

STARTING LINES

Newsletter of the Santa Cruz Track Club

SPRING 2012 - VOLUME 25, NUMBER 1

THE BLESSINGS OF “MIXING IT UP”: CROSS-TRAINING FOR FITNESS, FUN, AND FASTER RUNS by Sarah Carvill, *Starting Lines Reporter*

As anyone who reads Starting Lines probably noticed, 2011 was an awesome year for Michelle Kern. She started it off by winning the Whale to Whale time trial, and she was also the first female finisher in the Mother’s Day Run for Shelter. She took third overall in the Aptos Women’s 5-Miler and finished the Firecracker 5K in a blistering 19:17, again coming in third among the women and winning all-out in the age-graded rankings. She then handily made the Top 100 at Wharf to Wharf (410A; 2A), and took second in her age group and eighth overall in the Dirt Inspires Half Marathon. She capped off the year with her very first marathon, finishing Cal International in an impressive 3:23:16 and qualifying for Boston by a more than 30 minute margin. After taking fourth in the Rio Resolution 10K on January 1, and winning the Super Bowl 3K a month later, Kern had every reason to believe that 2012 would be equally auspicious. And then her foot started to hurt.

Kern was diagnosed with a navicular stress fracture and tibialis tendonitis, and told she had to take a break from running. It wasn’t until May 27, after three and a half months on hiatus, that Kern was able to hit the track for some gentle laps. For the next two weeks she took it easy, running every other day and only on soft surfaces. By June 17, however, she was getting antsy. Her father had passed away in April, and the Run in the Name of Love in Carmel presented an opportunity not only to “see where she was” in her recovery, but also to pay tribute to both her parents by racing the 5K in their memory. “I drew from their love mentally and focused on form and relaxing,” Kern recalls. “I just let go of any outcome.”

And then she won the race— with a ten second PR. Reporting Kern’s victory, Margaret Ellis joked, “Maybe I should break my foot.”

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FOURTH OF JULY RUNNING EVENTS



The Firecracker 10K and 5K. Hosted by the Sunrise Rotary Club. Harvey West Park. Experience the “Thrill of the Hill.”

La Selva Beach neighborhood fun run. Free event starts at 8:00 a.m. at Triangle Park in La Selva Beach.

ANNUAL SCTC BBQ PICNIC
July 27 at Anna Jean Cummings Park after the Wednesday night workout. Please bring a salad, dessert or side dish to share. Beverages and burgers of various types will be provided. Bring the family and enjoy a fun evening in the park.

INSIDE THIS EDITION:

BOSTON REPORT, Article by Hallie Carl

NISENE MARKS MARATHON, HALF AND 5K, Article by Melanie Michalak

USATF FALL CROSS COUNTRY begins in August. SCTC hosts the first race held at UCSC on August 18. See 2012 Cross Country Schedule inside.

THE RUNNING JOKE GETS PUBLISHED - Congratulations to John Hofacre for having a collection of his cartoons published. See inside for story and this edition’s cartoon.

RACE RESULTS - It has been a busy Spring. Check inside for local race reports.

MEMBER INTERVIEWS, ARTICLES AND MORE . . .

LOCAL RACE REPORTS

Results courtesy of Ray Disperati

SLUG RUN, UCSC CAMPUS, APRIL 15, 2012

There is nothing sluggish about this group of SCTC runners.

5K - MARGARET FAHL, 1ST OA Female, 1-A, 20:13; RAMONA YOUNG: 2nd OA Female, 1-A, 21:10; MELANIE MICHALAK, 2-A, 25:12; MARIA MARSILIO, 2-A, 25:12

10K - STEFANO PROFUMO, 3RD OA Male, 1-A, 36:21; CHRIS RATLIFF, 4th OA, 1-A, 36:58; CARL ROTH, 8th OA Male, 2-A 40:02; PETER STANGER, 1-A, 45:50; OLOF HELLEN, 2-A, 57:31; JEFF BEAN, 4-A, 1:07:39

MOTHER'S DAY 5K AND 10K

Comments and photos by Sue Dunn

Many thanks to DIANE DELUCCHI and the other SCTC volunteers who helped with the Pajaro Valley Shelter Services Mother's Day 5K and 10K race. The race brings out the local community and our SCTC runners did very well. MARGARET ELLIS, Second Woman overall in the 5K was too fast for my camera, but I did manage to catch some of the other runners.



Mother's Day was Laura Chiorello's first race as a new mother.



Olof Hellen



Leticia Hernandez



John Kane



Ramona Young

RACE RESULTS

10K - MICHAEL YOUNG, 1ST OA Male, 34:03; RAMONA YOUNG, 1-A, 45:54

5K - MARGARET FAHL, 2nd OA Female, 20:23; ALEXANDRA YOUNG, 1-A, 21:22; JOHN HOFACRE, 1-A, 23:12; LETICIA HERNANDEZ, 1-A, 23:18; JOHN KANE, 4-A, 27:19; LAURA CHIORELLO, 4-A, 27:59; NEAL COONERTY, 2-A, 31:26; DOUG McDONALD, 1-A, 33:40; MELODY PAHEL, 49:27

SCTC RUNNERS TAKE "TOP LOCAL" HONORS IN THE SANTA CRUZ HALF MARATHON

by Sarah Carvill, *Starting Lines* Reporter



The Santa Cruz Half Marathon and 10K is a popular race among SCTC members; with close to 4,000 registrants, it is also a crowded one, drawing participants from all over California, and even a few from the East Coast. This year, local spectators didn't have to wait long to spot the SCTC logo in the crowd: Eighty minutes after the gun went off, the Track Club's own Kevan Chu rocketed down the Beach Street hill and onto the sand of Cowell's Beach; fewer than nine minutes later, he was followed by SCTC stand-out athlete Annie Thomas, who had never competed in the half marathon distance before the April 1 race.

With official times of 1:20:45 and 1:29:37, both Chu and Thomas turned in impressive performances that placed them among the top 10 in their respective gender divisions, but they also earned another distinction, recognized in the next day's Sentinel: They were the first Santa Cruz residents to finish the half marathon.

Chu ran the race in 2011, as well, and improved his time by more than a minute this year. He also advanced from 15th place to 8th, and from 4th in his age group to 2nd.

For her first 13.1-mile race, Thomas had two goals: Break ninety minutes and "have fun." She did both. "I could not have asked for better conditions," she says, noting the low wind and the fact that the sun waited until about mid-race to break the morning fog.

Though the distance and the event were new to Thomas, she was on familiar turf: As a cross-country runner for Santa Clara University, she frequently came "over the hill" to train in college. "In fact," she recalls, "part of the reason I chose to go to Santa Clara was that the team took me to Wilder on my recruiting trip. Connecting to the natural world has long been a major inspiration for running for me, and the Wilder bluffs do just that every time I run on them." Thomas has now been running the cliff top trail for eight years. "Needless to say I felt like I was on my home course," she concludes.

Other notable SCTC finishes include, in the half marathon, Dave Delucchi (1:29:13) and Dave Gonzales (1:30:46), and Meredith Mills (40:33) and Margaret Ellis (41:42) in the 10K.

APTOS WOMEN'S FIVE MILER

by Sue Dunn

The Aptos Women's Five Miler has been a tradition in Santa Cruz for 31 years. This is a special little race where mother and daughter, sisters, and even aunts and nieces can come together and spend a day enjoying the Forest of Nisene Marks. MARGARET ELLIS has had a spectacular Spring and took 3rd place in the race.

A special thank you to Race Director, Holly Tyler, who has done a fantastic job of putting on this event for 11 years. Next year Holly will be handing the reins over to our energetic *Starting Lines* reporter, Sarah Carvill.



Margaret Ellis finishing the AW5M

See next page for results and more photos.

APTOS WOMEN'S FIVE MILER

(continued from previous page)

MOTHER - DAUGHTER DUOS



Ramona Young and daughter, Alexandra



Karen Sanderson and daughter



Laura Chiorello and family



Margaret Ellis and daughter

RACE RESULTS

MARGARET ELLIS, 3-OA, 1-A, 34:37

ALEXANDRA YOUNG, 10-OA, 1-A, 36:57

RAMONA YOUNG, 3-A, 37:25

SARA NARANJO, 1-A, 43:54

KAREN ANDERSON, 4-A, 44:31

LAURA CHIORELLO, 4-A, 46:51

MICHELLE KERN, 10-A, 48:28

KIMBERLY EAST, 7-A, 51:55

KATHERINE BEIERS, 1-A, 1:02:48

MARATHON MONDAY

Coverage of the Boston Marathon by Hallie Carl

Every race, particularly a marathon, has a unique story. The story for this year's Boston Marathon was the weather.

I was told that the weather for this time of year in Boston is unpredictable. It can be rainy, windy, cold, snowy, or warm. Turns out that it can be very warm. In fact, this year was one of the top 10 hottest Boston Marathons on record. That means one of the hottest out of 116 races! It was 81 degrees at 10 am when the race started, and it stayed in the high eighties for the rest of the race. Great beach weather, but challenging race weather conditions. I was sweating just standing at the start line.

As you know, the 20,000 annual Boston marathoners must qualify for the race. We train long and hard just to be there. But, because of the heat, about 4,000 runners decided to accept the BAA's offer and defer their entry until next year. The rest of us decided to go for it. We are presumably fairly fit people, experienced runners. And yet the heat had people dropping like flies out of the race. From mile 9 through post-finish, I saw runners on the sidelines, some being helped off the course and into medic tents, some onto gurneys and headed to the hospital. Even the men's defending champion, Geoffrey Mutai, dropped out of this year's race at mile 18 because of cramps. And the men's champ this year was 30 minutes slower than last year's winning time. (Now that's hot!)

I usually break through one wall in any given race, somewhere in the middle, where my body adjusts and my second wind kicks in. On this 26.2-mile course, I broke through multiple walls. Each time I gained determination and strength as I watched my limitations fall away. But it wasn't easy. At each water/Gatorade station (almost one at each mile), I would have a sip of Gatorade and water, and then pour two cups of water over myself to cool down. I also gratefully accepted cold snacks from the kind spectators that lined the course. My personal favorites were popsicles and ice. Ice!! I happily chomped it and dumped it down my shirt, front and back, many times to cool my core temperature. It worked! I'm sure the ice was the boost that kept me going.

The other boost that undoubtedly kept me and the other runners forging ahead were the 500,000 spectators—yes half a million—that lined the entire course. Their loud cheers of encouragement were invaluable. Shouts of, "Go, Hallie" "You can do it, Hallie!!" (I had my name written on my arms) and "Woohoo, Santa Cruz!!" "Go, Banana Slugs!! (I wore my SCTC singlet) kept me moving forward and shored up my mental mettle. And the enthusiastic hoots and hollers from the students at Wellesley and Boston College were phenomenal; definitely a highlight of my race experience. In fact, the spectators' enthusiasm and support helped to make the race really fun.



I also had a very special spectator was in the crowd—my 13 year old daughter, Allie. At mile 23, when I was spent and wondered if I could make it to the finish line, I saw her. She and my friends cheered for me, waved signs, and gave me hugs, giving me the mental lift I needed to get through the longest remaining 3.2 miles of my life. I think I was probably running this race as much for her as for me. She is a runner. And I hope that I inspired her, as she inspired me.

(See next page)

Amazingly, it was only forty years ago when eight women lined-up at the start line with their bib numbers as the first official women Boston entrants. Only 40 years ago!! This year, over 10,000 women ran the race. Here's to watching limitations fall away! And passing the baton to the next generation.

Bottom line, if you get the opportunity to run the Boston Marathon—do it. There are so many reasons that make it memorable, and you will be happy that you did it. And don't let the unpredictable weather deter you—it only makes for better stories.

Congratulations to all of our Boston runners!

DEEP WATER RUNNING

By Ray Disperati with contribution from Arturo Rodriguez

Recently, the SCTC membership heard the subject of deep water running presented by Michelle Prowse and Arturo Rodriguez. I'm sure that the thought of water running as an alternative to land running is foreign to most individuals as it was to me. My running days ended approximately 6 years ago when I developed knee problems in both legs, but I have been able to do some exercise routines to get an aerobic workout, or so I thought. Hearing about water running intrigued me, so I decided to give it a try. After better than an hour of doing routines, laid out by Michelle and Arturo, I was wiped out. It was the best workout I had in 6 years. This led me to do a little research into the water running and its effect on the body. Here is what I found out:

It's a great way to prevent and to deal with injuries associated with running at any level. You can maintain and improve your physical condition without risking or worsening an injury.

It offers a tremendous method of cross training by improving total body fitness.

Offers positive stress on the cardiovascular system. Your heart rate will be approximately 10% lower in water compared to land running.

Improves your running form. Most form drills you do on land can be replicated in the water.

Being submerged in water (not completely, as you're wearing a flotation belt) will provide resistance on all sides of your body which forces muscles to work equally.

Increasing the resistance of movement being in water decreases the stress on your joints, while increasing your range of motion. Since there is no impact, an injured athlete can train and remain fit and/or improve their fitness while the injury heals.

Workout routines on land can be replicated in water in terms of time. (eg. land 400m = 100sec., do fast running motion in water for 100sec.) You don't have to concern yourself about distance. You can do interval training, fartleks, sprints, and strides. The best part is that recovery is faster.

There is much more information available if you choose to do a little research. As for me, I'm sold on it.

There are two sessions that are being held at Simpkins Swim Center. They are Thursday evening at 6:00PM and Saturdays at 1:15PM. Flotation belts are available for use at poolside. All you need is a 3 foot bungy cord and, of course, swimming attire.

References Used: Benefits of Deep Water Running.com and Distance Coach.com

EMBRACING THE SPORT OF RUNNING, THE LONG AND SHORT OF IT

by Melanie Michalak

Ten years ago, I was not a runner, but I lived on mile 25 of the Boston Marathon course. Like everyone in Boston, we all looked forward to Patriot's Day (Marathon Day) because this meant a day off of school and work and a chance to get rowdy by consuming some choice beverages, where consumption was directly proportional to effectiveness of cheering. My introduction to running was spectating at this historic race, and I have to admit, the appeal of the race was just that- spectating. I saw the pukers and poopers and bloody nipples at mile 25!

However, one day after my college swimming career was over, I did a 5k road race. It was a rush! As is common with many newbies without any running background, we get hooked and we think: longer must be harder! 5ks are for babies! Bring on the marathons! As the years unfolded, I steadily increased my race distances.



I recently did a few ultrarunning events and thought I was satisfied with this type of challenge. However, when I watched Greg Hales run the 800meter event at the Track & Field Worlds last year I was struck by the beautiful scene of flowing legs and pumping arms. I decided to try it out at the Los Gatos All-comers meet in January. Not to be overly dramatic, but the 800 meter event is the most painful experience I've ever had. I ran the last 200 meters with my eyes closed, in slow motion, and spent the rest of the day hacking up my lungs. Ouch.

Getting RD advice from Diane Delucchi.

Photo credit: Patrick Barry.

Wow! Boy did I have a lot to learn. One thing that ultrarunning teaches you is a perspective on distance; everything seems short. What it neglects to teach you is how to handle the lung-searing pain and whole body failure of racing fast and short. Humbled, I decided to embrace all aspects of the sport of running as completely as I could. And it wasn't just about doing all kinds of new races, I also would volunteer, spectate and take on a race to organize.

I tried all the events on the track. The 800 was pretty bad, but the other events weren't any easier- the 100 and 200m events left me sore in places I didn't know I had muscles, and the 1 mile and 2 mile were wheezing, shaking episodes of near-puking disaster. I was proud of myself for trying out the track, but I felt even more like a "non-runner"!

I had skipped up to the longer endurance events so quickly, I hadn't spent much time on road races either, so in revisiting those, I was reminded of how hard it was to pace myself. I felt awesome during mile one, and then the decline to the gasping, whole body failure came quickly and without warning. WHAM. (This is obviously not the case if you train and pace correctly, see Coach for advice.)

And then of course there are the discomforts, long-lived pain and mental loopy-ness of racing ultra events. Just ask the guy who ran behind me during mile 55 of the Miwok 100k. I believe I announced to him that I had diarrhea and was going to sing along to 'Thriller' if he wanted to join me. *(Continued on next page)*

EMBRACING THE SPORT OF RUNNING, THE LONG AND SHORT OF IT

(continued from previous page)

To date, I've raced 18 times in 2012; the shortest, the 100 meter event on the track, and the longest, the 100 kilometer Miwok trail race. On the track: 100m, 200m, 400m, 800m, 1 mile, 2 mile, the 4x400 relay. On the road: 3k, 5k (2x), 10k. On the trails: half marathon, 35k, marathon, 50k (2x), 50 miler, and 100km. I've also volunteered, swept courses, spectated, and put on the Nisene Marks marathon/half/5k races on June 2nd.

The hardest race of them all? The one I didn't race. Putting on the Nisene races was both a sprint and an endurance event, physically, mentally and emotionally exhausting, in a completely different way than doing a race myself. When racing, your focus is singular- one foot in front of the other, go, go, go. When planning a race for others, you have to be completely selfless, and your focus has to be on forty different things at once. Furthermore, unlike the exhausting day after I have a good race, when the congratulations pour in from friends and family, instead, the day after the Nisene races my inbox featured some complaints that hurt worse than hobbling down stairs the day after a 50 miler.

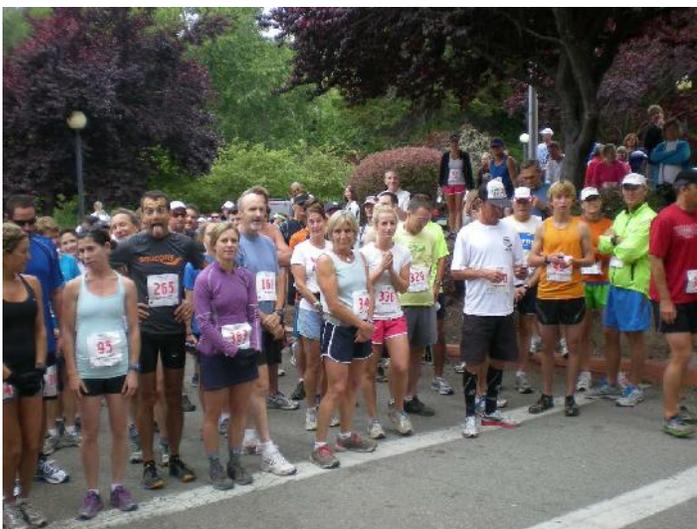
In the days following the Nisene races, I noticed a few runners out there wearing the 2012 t-shirt I designed. I thought back to the late nights I tediously drafted up the design and I couldn't help but smile. It felt good. Maybe even better than crossing the line at a big race.

I've come along way from the days of BBQing with a beer in hand on Comm Ave, cheering on the crazy people doing the Boston Marathon. I've realized that what it takes to be a real runner is not just commitment or speed or the ability to finish a marathon. It's respect. Respect for the distance (no matter how short or long!), respect for the training, the coach, your fellow runners and respect for the people who put on the races.

5K RESULTS: MICHAEL YOUNG, 1st OA Male, 17:06; GREG HALES, 3rd OA Male, 2-A, 18:38; MARGARET FAHL; 1st OA Female, 20:46; JOHN HOFACRE, 2-A, 23:20; OLOF HELLEN, 3-A, 27:33

HALF MARATHON: STEFANO PROFUMO, 1ST OA Male, 1-A, 1:25:27; ROBERT MULLIS, 2:01:43; SUE DUNN, 2:09:16

MARATHON: CARL ROTH, 7th OA Male; 2-A, 3:39:50; MIKE WRIGHT, 1-A, 3:57:36; JON BEARD, 4:40:45



Runners line up for the start of the Half Marathon

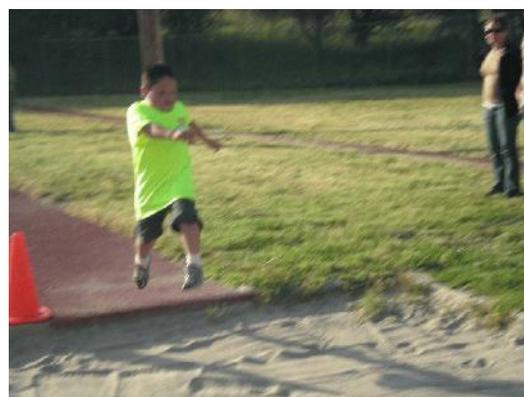


Stefano Profumo
First Male in the Half Marathon

SCTC Youth workouts are in full swing. The All Comer Meets held in the Spring were well attended by enthusiastic young athletes. Some were coming back from last year and others were new to Track & Field. The kids had an opportunity to try several different activities, and all were given ribbons to record their time or distance so they could compare each week as the season progressed.

Coming up in the late Summer, Coach Javier, will begin working with the older youth to train for Fall Cross Country.

**Photos from Tuesday Nights All Comer Meets
Courtesy of Sue Dunn**



USA ATHLETIC ASSOCIATION CORPORATE RELAYS will be held July 14 - 15 at Dougherty Valley High School in San Ramon. This is a great opportunity to get a relay team together. For further info to www.usaa.org.

USA TRACK & FIELD FALL CROSS COUNTRY SCHEDULE



Everyone who has ever ran a cross country race can tell you how much fun they are. Great chance to get to know other runners from both SCTC and other running clubs within the USA Track & Field Pacific Association. We car pool to the races and usually find a good place to snack afterwards. Come out and join us for the first race of the season right here in Santa Cruz at USCS. It's a great feeling to be part of a team. If you are interested in doing cross country this season, contact Prez Larry Berg to be sure you are on the email list.

- 8/18/12 UCSC XC Challenge, Santa Cruz
- 8/25/12 Phil Widener Empire Open, Santa Rosa
- 9/1/12 Rebels XC Challenge, Sacramento
- 9/9/12 Garin Park XC Challenge, Hayward
- 9/15/12 NorCal XC Challenge, Redding
- 9/23/12 Golden Gate Park Open, San Francisco
- 9/29/12 Presidio Challenge, San Francisco
- 10/6/12 Willow Hills XC Open, Folsom
- 10/13/12 Shoreline Open, Mountain View
- 10/27/12 John Lawson Tamalpa, Marine Headlands
- 11/3/12 Ancil Hoffman Challenge, Sacramento
- 11/18/12 PA Cross Country Championships, Golden Gate Park, San Francisco

AMAZING BUT TRUE!!

STEFANO PREMO, MELANIE MICHALAK, CARL ROTH and DAVE DELUCCHI have already earned the **All Around Runner Award**. To achieve this award, you must run the following events all within one calendar year.

5K Race, 10K, Race, Half Marathon, Full Marathon, Trail Race, Relay Race, Track Race (1 mile or less) and Cross Country Race.

There is still six months left. You too can do this!

TAHOE RUNNING RETREAT

If you are interested in doing some high altitude running, here is your chance. Sarah Carvill is working with a friend who owns the Lost Trail Lodge in Truckee. The lodge is six miles from Squaw Valley and is located near the Pacific Crest Trail. Sarah is working on getting a group rate for the dates of September 14-16. If you are interested in going, contact Sarah. More information will follow. You can check out the lodge at www.losttrailodge.com. This should be a fun SCTC getaway weekend.

MIWOK 100K TRAIL RACE

No newsletter is complete without a mention of our ultra runners' accomplishments. CHRISTOPHER WEHAN, MELANIE MICHALAK, MIKE WRIGHT and JOHN BEARD all ventured up the Marin Headlands on May 5th to run the Miwok 100K. This event is advertised as a very hilly course (that's an understatement) with 12,000 feet of cumulative elevation gain giving way to spectacular views of San Francisco Bay, the Golden Gate Bridge, Mt. Tamalpais and Point Reyes. It turns out that CHRISTOPHER WEHAN is a natural and is becoming quite a star in the ultra runner community. He finished the race in 9:44:58 and took 4th place overall. MIKE WRIGHT finished in 13:29:50 and MELANIE MICHALAK finished in 15:11:20. Sadly, JON BEARD suffered two falls during his race and ended up with bandages on both hands and a broken finger. Ouch!

THE BLESSINGS OF “MIXING IT UP”: CROSS-TRAINING FOR FITNESS, FUN, AND FASTER RUNS *(Continued from page 1)*

The following Wednesday night, Coach Brock used Kern’s impressive comeback as a teachable moment for the rest of the Track Club. He firmly told the assembled runners, “You’re looking at the poster child for cross-training.”

True, nobody who knows Kern would have assumed that she spent her time off from running eating Cheetos and watching television; those of us who follow her on Facebook noticed the regular shout-outs to the instructor of her favorite spin class, and many check-ins from Simpkins pool. Kern had long employed weight lifting and core exercises in her training regimen, but after her injury, she consulted with her doctor about incorporating a variety of other, non-running activities into her weekly routine. Soon she was doing each of four types of cardio workouts twice a week— swimming, water running, cycling, and using the elliptical trainer— in addition to lifting weights as she had before.

Her Run in the Name of Love victory proved what Brock has long attempted to instill in his SCTC athletes: That cross-training has tremendous potential to improve performance by increasing strength and maintaining fitness while sparing joints the impact of running. As Kern summarized via iPhone after her race: “xtraing key:)”.

Generally, cross-training refers to any activity other than the sport one competes in that is undertaken to improve performance in that primary sport. Weight lifting is a form of cross-training, but in this article we’ll focus on activities that improve cardiovascular fitness. (Look for an article about weight training in a future issue of Starting Lines!)

Cross-training has long been a controversial subject at the highest levels of American distance running. Many coaches maintain that elite runners improve only by running, but for competitive runners below the elite level, cross-training has become popular as a way of improving and maintaining cardiovascular fitness while strengthening different muscle groups and avoiding the impact that makes runners notoriously injury-prone.

Brock’s conversion came in the 1970s, when he used cycling workouts to train through an injury. “I had a [physical education] background that made me more open to cross-training,” he adds. When he began coaching, he encouraged runners to take up triathlons, and worked with athletes who came to running from other sports.

Brock considers SCTC’s own Dave Delucchi as “one of [his] greatest success stories.” In high school, Delucchi ran cross-country and track, and he had a strong cycling background. Brock encouraged him to pursue both sports, and Delucchi became an accomplished triathlete as the sport took off in the ‘80s and ‘90s. (Brock also credits Delucchi with pioneering the quadrathlon— “His fourth event his keeping up with [wife and SCTC Vice President] Diane.”)

By the time Brock took over the Track Club as General Manager and Head Coach, the benefits of cross-training were clear to him, and when he was coaching Maggie Vessey, he bucked convention by prescribing three 40-minute cross-training sessions a week, which he believes helped keep the fracture-prone pro injury-free for three years.



Michelle Kern - Our Poster Child

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THE BLESSINGS OF “MIXING IT UP”: CROSS-TRAINING FOR FITNESS, FUN, AND FASTER RUNS *(Continued from previous page)*

Brock stresses that there is no single “best way” to integrate cross-training into your running routine; what activities you do, and how often you do them, should depend on how much you’re running now, your injury history, and— not least— which activities you most enjoy and can fit most easily into your life. Runners often find swimming and cycling to be highly complementary to their primary sport; cycling builds leg strength, while swimming is a full-body workout that especially benefits the lungs. In Santa Cruz County, our proximity to hilly single-track trails and rolling mountain roads make bicycle-based sports convenient and scenic. Of course, we also have easy access to the ocean and, for less adventurous swimmers, excellent aquatic facilities such as those at Simpkins. Water running is also an option; it emulates the motion of running in a low-impact environment.

For runners with access to a gym, Brock recommends the elliptical and especially rowing machines. Yoga can enhance running performance by improving strength and balance. Though they tend to lack the sustained cardiovascular intensity of running, cycling, and swimming (and therefore don’t necessarily replace a run), what Brock calls “high level recreation activities”— surfing, stand-up paddle boarding, and rock climbing, for example— can complement running by improving core and upper-body strength, and may be more enjoyable than lifting weights in a gym. He emphasizes that experimentation with different activities is part of the process of developing a cross-training regimen.

Whatever activity you ultimately choose, Brock suggests a few general principles for deciding how much of it to do:

- For an injured runner who can’t run at all, cross-train as many times a week as you were running before the injury occurred.
- For an uninjured a recreational runner who wants to get faster and avoid injury, Brock suggests cross-training one to three times per week, depending on time, energy, and prior training.
- For a competitive runner who wants to enrich his or her training, the same basic advice he gives the recreational runner applies, though it should translate to a different duration and intensity of cross-training activity, in keeping with the competitive runner’s differing level of prior training.

For all runners, Brock recommends introducing new activities into your training regimen gradually, “with a sense of fun as in mastery of the activity.” Following this advice can be difficult for runners who “have to” cross-train because of injury, as Kern did. She echoes Brock’s exhortation to focus on the fun in the process, and reminds us that “trying new things is fun.” Kern also suggests inviting friends along on workouts— for encouragement, so that you have someone to encourage, and so that you can share each other’s successes. Her advice carries an implicit reminder that the benefits of being part of a team are a constant across sports.

Brock also stresses caution. Though cross-training does generally spare runners from the impact associated with their primary sport, it does not confer immunity from many of the most common causes of running injuries— such as the “too much too soon or too hard” problem, and poor technique. The former can be especially vexing to physically fit runners who expect to be able to get in an hour of cardio, for example, and feel their work for the day hasn’t been done unless they have passed a certain number of minutes above a certain heart rate. Kern advises “easing into” alternate activities, starting with two workouts a week, to avoid sore muscles and burnout. Once she had ramped up her cross-training to an optimal level, she utilized her alternate activities to populate a training schedule that mirrored her old running routine, including easy days, tempo workouts, sprints, and some foundational elements of her athletic lifestyle that remain constant: “Rest, diet, and H₂O.”

THE BLESSINGS OF “MIXING IT UP”: CROSS-TRAINING FOR FITNESS, FUN, AND FASTER RUNS *(Continued from previous page)*

Brock says that we shouldn't be surprised that cross-training works: Humans, after all, are generalists— “jacks of all trades, and master of none.” As he sees it, we are natural cross-trainers. “When we were kids some of us did [all kinds of sports] and consequently were pretty successful right away when we started training seriously for running,” he points out. “It just didn't have a name then.”

Kern has certainly taken this perspective to heart. Having more variety in her routine— and knowing that she's taking better care of her body in the process— has made her more excited about the running she can now get back to. She plans to incorporate spinning, swimming, surfing, and weight training into her training indefinitely. “I am confident in cross-training,” she explains. “It has made me stronger and more fit.” Kern enthusiastically encourages others to follow her lead.

“Mix it up. Your body will love it,” she says. And reflecting on her year-so-far, she sees only the good. “I am stronger than ever,” she concludes, “I am blessed.”

Advertisement

KeSon Designs

Custom quilts, bags, and more by Sonia Westphal

Handcrafted quilts created from t-shirts are a wonderful way to convert a pile of mementos into a custom, colorful, happy, warm memory.

T-shirt quilts provide a visual history and a unique way to remember special events in your life. Display a collection of t-shirts into a quilt by using shirts from 10k's, half marathons, marathons, ultra-marathons, triathlons, cycling events, swimming, sporting events (baseball, football, hockey, etc.), holidays, sororities, fraternities or school activities. A t-shirt quilt is a great way to reduce clutter, recycle, re-use and organize your various t-shirt collections. The t-shirt quilts I make are machine stitched, machine quilted; pre-washed; machine washable and dry-able, which makes them strong and long wearing, preserving your treasured t-shirt memories.



For more information regarding t-shirt quilts, check out Sonia's website at www.kesondesignsquilts.com.

10% off quilt orders for SCTC members. Offer expires September 30, 2012.

About Sonia

I love creating quality hand-made quilts. When I make your quilt, I like to listen and learn about you and your family, and be inspired to create a unique quilt, a work of art that reflects your passions and memories. I live in Aptos, California, with my husband and our two schnauzers, Lucy and Molly. I started my career as a high school home economics and physical education teacher; and for more than 20 years I worked for the Y in various administrative roles. In my spare time I teach Tri-yoga, have a passion for quilting, train for and compete in marathons and triathlons. To date, I have completed more than 50 marathons and two "Vineman" triathlons. In addition, I am a CASA (Court Appointed Special Advocate), an avid reader and I love to travel.

email: Keson1@comcast.net

SHE RUNS THE WORLD

An interview of Antoinette Casselberry by Sue Dunn

I wanted to come up with a catchy title for this article that would match the charisma of Antoinette “Toni” Casselberry, but that’s hard to do when talking about a person as vibrant as Toni. Toni is truly unique. Few people have been to as many exotic places, and to run marathons in such places, is an amazing feat. Undoubtedly, it is Toni’s spirit for adventure, and her desire to make a difference, that keeps her running across the U.S. and around the globe. This is the story of a woman who has completed numerous U.S. marathons and has run a marathon in



seven different continents! Having just completed the St. Joe River Marathon in Idaho on June 10, she has a busy future agenda of traveling to Montana, Alabama and Arizona, adding a few more states to her accomplishments. But to Toni, the marathon running isn’t just about a tally sheet, she has found a way to combine her love of running with her love of the planet and all life upon it. She has a big heart and looks for marathons that benefit a cause, whether it be helping children in Madagascar or saving wildlife on Antarctica.

Antarctica

I had the opportunity to speak with Toni one night after a track workout about some of the more unusual marathons she has done. When asked what was her most interesting marathon, she quickly replied “Antarctica” and went on to describe the breathtaking scenery of black mountains and glaciers. Apparently, Antarctica has quite a few birds and very friendly penguins too. Maybe too many penguins -- the description of running on black ice covered with slimy penguin poop didn’t sound so appealing. Toni said she ran in trail shoes, but cramp-ons would have been helpful. SCTC member, Greg Hales, ran the Antarctica Half Marathon that year, but he didn’t let the terrain slow him down and broke the course record which still stands today! Toni had an interesting story of how Greg was running faster than the race official who was riding on a ATV. This guy actually told Greg to slow down so that he could stay ahead of him. Of course, Greg didn’t listen to him. (Sounds like something out of a James Bond movie, running across the ice and catching the guy on an ATV.) I also like the description of the Russian ice breakers that they stayed on for housing. Toni and Greg agreed that the food was incredible, and there was also a lot of Vodka to be had, (although they say they didn’t indulge), but Toni did admit that she swam in the Antarctic Ocean for 2 ½ minutes for a shot of apple brandy. The water was freezing, but her main concern was to stay away from any leopard seals. How’s that for an afternoon dip?

Madagascar

Wanting to run a marathon on every continent, Toni looked for a marathon in Africa and came up with the “Madagascar Marathon.” This was a marathon designed specifically for Toni by her friend, Akos Hivekovics, who is a world renown environmentalist and wildlife activist. While in Madagascar, Toni was educated to the plight of impoverished children, and the ugly business of trafficking and selling children. Having always had a strong connection with children (being a CASA volunteer here in Santa Cruz), Toni found an opportunity to combine running a marathon with raising social awareness of this plight. Toni described scenes of running through villages with little children following her and her guide who rode beside her on a bicycle. The guide did not speak English, but Toni said he knew many songs, so they sang together. They must have been quite a sight. She loved the people in Madagascar and spoke of the colorful and unusual animals, particularly the endangered Lemurs.



Easter Island, Next Stop Istanbul



This marathon was by far the hardest to get to. Toni told me that Easter Island is referred to as the “navel” of the world and is considered the most remote place on earth.

Fortunately, she can sleep almost anytime and is accustomed to taking red eye flights.

Her next marathon on foreign turf will be Istanbul, which is truly an intercontinental marathon in that it passes through both Europe and Asia. I am sure that Toni will take both continents by storm, and will return having made new friends and with more stories to tell. If anyone is interested in joining Toni in Istanbul, she said that the marathon only costs \$27. Could be a fun Track Club event.

Toni is also working on running a marathon in each of the 50 states in the US. By the end of the year she will be at about 30% of her goal. She is following in the footsteps of local running guru and SCTC member, Katherine Beiers, and will have reached her goal before she turns 80.

2012 CALIFORNIA SENIOR GAMES CHAMPIONSHIPS

By Sally Williams and Pete Ogilvie

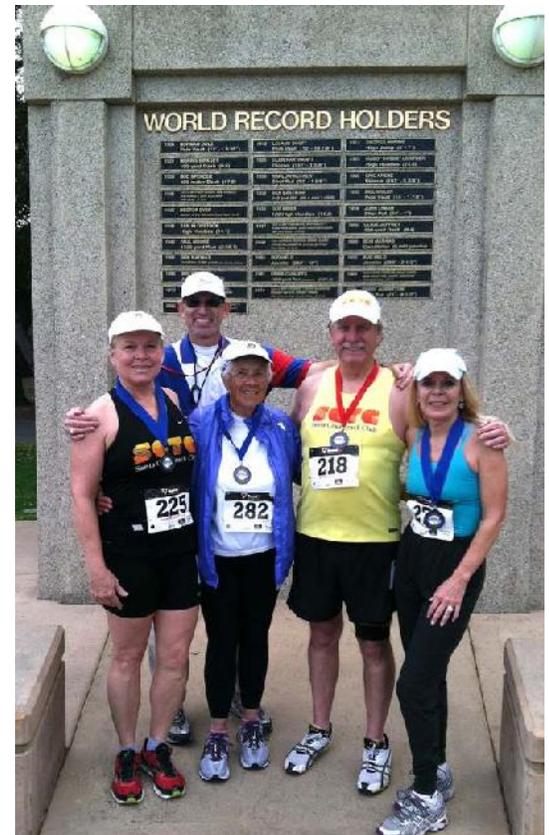
“The Competition Never Ends” was the tagline of the 2012 California Senior Games Championships held at a variety of venues around the San Francisco Bay Area during the month of March. Running and racewalking events were staged at Stanford University on the 11th, drawing racers from all over the State.

Our own Art Klein took on the job of Racewalk Chair for the Games as he has done for a number of years, overseeing the 1,500 and 5,000-meter competitions. During the 5K race, Art stationed himself at the 200 meter mark, encouraging and giving tips to each racer as they passed by.

At the finish line of the 5,000 meter racewalk, held on the Stanford track in the early afternoon, two SCTC racewalkers, Sally Williams and Pete Ogilvie placed first and second, respectively, in their age divisions, Sally taking a gold and Pete a silver medal.

A highlight of the 5,000 meter race was a duel between racewalking veteran, Rich Hansen, 86, and Phyllis Karsten, 87, a racewalking newbie. Phyllis crossed the finish line a mere eight seconds behind Rich, at a very respectable 44:55:29!

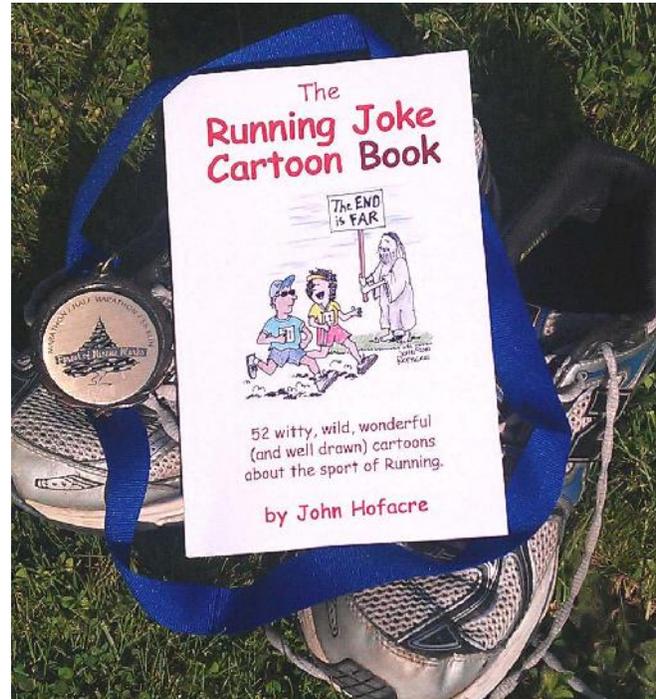
Athletes like Rich and Phyllis in the 5,000 meter race, and Thelma Ruben who posted a time of 14:59:95 in the morning’s 1,500 meter sprint at 91 years of age, may inspire us all. Truly, the competition never has to end!



CONGRATULATIONS TO JOHN HOFACRE

THE RUNNING JOKE CARTOON BOOK is going public.

Through the years, you have enjoyed The Running Joke Cartoon in this newsletter, drawn by fellow SCTC member, John Hofacre. Now, for even more enjoyment, is.... **The Running Joke Cartoon BOOK!!!** It has the cartoons from the newsletter plus many, many, many more! The cartoons have also appeared in numerous media such as Runner's World and the Sentinel. The Senior Editor at Runner's World, Jeff Dengate, comments, "*The Running Joke Cartoon Book is masterful at capturing the absurdity and hilarity of our everyday running lives.*" There are 52 cartoons that includes everything important in a runner's life... medals, shoes, course maps, wine barrels, UFO's, vultures, snakes and bears (oh, my)... and maybe most important for runners... one with a psychiatrist. Many track club members are credited in the acknowledgments for contributing captions. You can find the fun on facebook, search: The Running Joke Cartoon or on the website: www.runningjokecartoon.com.

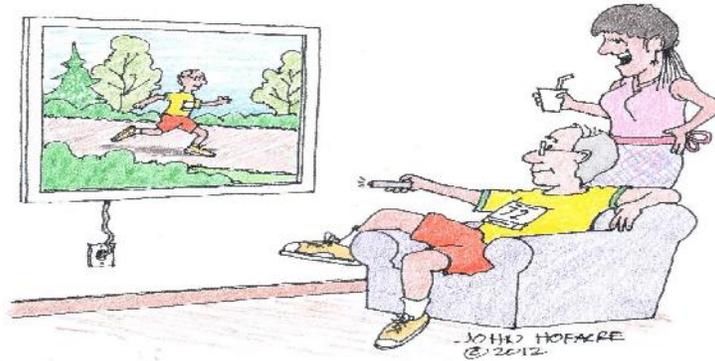


The book is on sale for \$15.00 from the website or email John at therunningjoke@yahoo.com, or talk to him at his shamefully sporadic appearances to the Wednesday night workouts. The book can be a memorable addition to anyone's fine literature collection, a reward for someone who completes an important run or a unique birthday gift (heck, who needs another t-shirt). John created the book to help raise funds for the **Dr. Susan Hofacre Endowed Scholarship for Sports Management** at Robert Morris University, Moon Township, PA. John's sister, Susan, was the Athletic Director there when she died of cancer. John also asks that everyone in the SCTC spread the word about the book by forwarding the website to someone or post it on their facebook site. It will help a good cause.

Also... Look for John's Wharf to Wharf caption contest cartoon that will be in The Sentinel a few days before the race.

And... Special Breaking News! Bookshop Santa Cruz will have a meet the author/artist and book signing event on July 19, at 7:30 pm. Should be fun! Please attend and wear some SCTC gear.

Previous
The Running Joke Cartoon
CAPTION CONTEST



(Gold) "That's my George... first 'and last' in the 70 & over division!" by Ken Hargrave

(Silver) "I don't think this is what Coach Gregg meant by... 'repeat work'." by John Smith

(Bronze) tie –

"You're right... when you press *fast forward* you do move faster. But you know your time doesn't improve... don't you?" by Dan Figueroa

"So, this is why you wanted a Big screen, High-definition TV!" by Ken Hargrave

"No amount of reviewing will change the outcome, dear." by Ray Disperati

Special Insider Caption Award

"Are you thinking *Peter Too Much Award*?" Ray Disperati.

This Issue
The Running Joke Cartoon
CAPTION CONTEST



Submit a caption to johnhofacre@gmail.com
by August 20, 2012.

Winning captions will be printed in the next newsletter. The person submitting a caption grants permission to publish the caption in any form. The Running Joke Cartoon: Copyright 2012 John Hofacre

Website: www.runningjokecartoon.com; facebook (search): The Running Joke Cartoon

WHARF TO WHARF RACE MATE PROGRAM

Looking for Host Families! Take part in this awesome experience and host an athlete in your home or provide airport transportation. This is a great opportunity to get to know an elite athlete from another country. Please contact Nancy Wilburn at (831) 345-9442 if you are interested in being part of this great program. It is a unique experience you will always remember.

COACH'S COMMENTS, *by Greg Brock*

In coaching runners I use the same guidelines for anyone doing a lifetime fitness program. The first priority in a program is health. It is possible to fit without being totally healthy. Fitness is part of health. Regular health exams and monitoring key components are necessary for health. Body weight, body composition, blood pressure, changes in resting pulse, are easy to monitor. General physical fitness is the second priority. Just working on running endurance is not enough to be fit. Flexibility, strength and balance are the other key ingredients. Lastly, is specific fitness and competitive fitness for running which is what most people want to improve. If the other components are neglected injuries can result and greatly diminished health.

Recently, we had a classic example of the importance of health monitoring. Two weeks ago at a workout a runner told me he was experiencing shortness of breath. This is a sudden change for a fit individual and indicative of something serious. I urged him, possibly ordered, to see a doctor as soon as possible. He saw a doctor and after a thorough exam and going home, he was called 30 minutes later and told to come in immediately. He had blood clots in his lungs. This is serious, but treatable. The moral of this story is to monitor and be aware of your health.

None of us are getting any younger. Some of us are deeper into the aging window of vulnerability. So, make sure you are paying attention to all these areas. Taking a total preventative approach to health can lead to better running as well as a healthier, longer, more productive life. Coach Brock

WHO YOU GONNA CALL?

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Website: <http://santacruztrackclub.com> Mailing Address: P. O. Box 1803, Capitola, CA 95010-1803

The **Santa Cruz Track Club (SCTC)** is a non-profit organization established in 1989 to promote running and track and field by providing coaching and support programs in our community. The club operates two sections; one for adults (over 18) and one for youth. Athletes of all abilities are welcome. Workouts respect the level at which each individual desires to train. The SCTC also helps local organizers of road races and track meets with event management. We are a diverse, multi-talented group of athletes which includes sprinters, hurdlers, middle distance runners, marathoners, ultra marathoners, walkers, race walkers, field competitors and triathletes. Our members span from youth to masters and from novices to national and Olympic class athletes. The Board of Directors meetings are the second Tuesday of each month. Any member is invited to attend. Call Larry or Diane for meeting location and time.

Starting Lines is the quarterly publication of the Santa Cruz Track Club. Articles submitted must be supplied by email. Articles, opinions and commentary in the newsletter are those of the authors and not official positions of the Santa Cruz Track Club.

