

STARTING LINES

Newsletter of the Santa Cruz Track Club

SUMMER 2013 - VOLUME 26, NUMBER 2

BOSTON MARATHON 2013

April 15, 2003 - We all watched in horror when the bombs went off at the Boston Marathon. It seemed almost incomprehensible when we first heard the news. SCTC had several runners there, and those of us at home were concerned for their safety, anxiously waiting for news. Some of us waited in agony for word from a loved one.



SCTC BOSTON PROUD

The morning of the marathon, this writer was tracking some of the SCTC runners on the internet. I knew that Michele Kern and Larry Berg had both started, and had a projected finishing time of 3:10 and 3:30, respectively. Michelle had started out with a blistering pace of 7:16 per mile. Katherine Beiers had started too. Then came the news of the bombings. Upon checking the BAA website again, I saw that Larry had finished in 3:17:44, followed by Michelle in a time of 3:19:57. Good news! They had already crossed the finish line before the blasts. But, there was still no report on Katherine Beiers. What did that mean? The emails started coming. We were all apprehensive and wondering. I can only imagine how Tish Bertino must have felt knowing that Larry was there. Eventually, at 4:45 pm, Diane Delucchi sent out an eblast to let everyone in SCTC know that our runners were safe.

WHARF TO WHARF

July 28, 2013 - Are you ready for the Wharf to Wharf? Time to put your training in action!



This is Santa Cruz' signature race as thousands of people every year pour into Santa Cruz on the last weekend in July. Whether you are a runner or a spectator, it is a grand race that brings in elite athletes from all over the world. SCTC is proud of our strong showing at the Wharf to Wharf. Many of our members have placed in the top 100 finishers. We also have a "behind the scenes" connection to the Wharf to Wharf through the Race Mate Program. SCTC's own Nancy Wilburn is working with the new race director, Scott McConville, to bring new ideas to the program and to allow more local people to get involved. There are many volunteer positions available and several ways that you can participate by either housing an athlete, preparing food for a pre-race dinner, shuttling athletes from/to the airport or helping out on race day. It is a wonderful experience to meet the elite runners and a great way to get involved. eblasts and further information will be sent out to all SCTC members.

SCTC SUMMER BARBECUE!!

July 24, 2013 at Annie Jean Cummings Park after Wednesday night track workout. BBQ and drinks provided. Bring a dish to share. Good time to get to know other members.

CONGRATULATIONS TO OUR BOSTON MARATHON RUNNERS:

LARRY BERG	3:17:44
MICHELLE KERN	3:19:57
BARRY COHEN	3:20:00
TODD OWENS	3:21:56
MARGARET FAHL	3:39:33
KATHERINE BEIERS	TBA

KATHERINE BEIERS would have placed First in her age division had the events of the day not occurred. Katherine is a veteran at this race and has ran the Boston Marathon more years than anyone I know, and has the trophies to prove her prowess. As of this writing, BAA is still trying to work out the details for a projected finishing time for those who did not get to complete the race. The following is a harrowing story written by Katherine's daughter, Kristen, about her experience during the day's events.



Richard Robinson, Katherine Beiers (80+ Female), Diane Delucchi (blue jacket), Josh Mader & Dennis Hartley



Larry Berg, Tish Bertino & Katherine Beiers

email from Kristen to her family

I sit in the Boston Logan Airport as I write this, eager to get home to safety. Although, watching the marathon I felt very safe. It was a beautiful day and I was standing near the finish line for about an hour waiting for my brother John to cross. The runners looked exhausted and many appeared to be hurting, but they were so close to the end and personal victory that there was lots of joy and celebration. I stood amidst many families with kids standing on milk crates, eager to catch a glimpse of their mom or dad. We all helped each other get close to the fence if "our" runner was seen approaching so that we could snap a photo. The kids had coolers of pop and handmade signs. The sisters in front of me were squabbling over who got to hold up the sign when mom passed. I finally

made my way to the front after a family left, no longer needing to watch since their aunt had passed by. Many runners ran over to the crowd for a high five—they were so close to the end. I was about a block from the bleachers where the blasts detonated. I had stopped there, but it was too crowded.

I was getting text message updates of when John might be near the 26 mile spot so that I had a good catch of catching him for a cheer and a photo. He got there faster than the technology suggested he would, which was a good thing.

I almost missed him, but I got a photo as he turned around to my cheers. He looked surprisingly energetic. I had called Walker to get some mathematical assistance about when to expect Katherine at the finish line. If she is running this rate and is at this kilometer multiply by the equation to miles etc. Clearly, I had a little time before Katherine was due to cross. I also checked with my technical support team and my friend Kathy Wild had already passed. I missed her and I am certain I was watching. This made me think later about all I had indeed watched and not seen at that moment. (See email - next page)

email from Kristen to her family*(continued from page previous page)*

Mary filled us in a bit on what was on the news. As we were talking, our mother wandered into the lobby. She looked relieved and cheerful. She was cold and tired and in need of a beer. I gave her my jacket and John's buddy got her a beer. She told us that she was probably .5 miles from the finish line and was ordered off the course. "I was doing so well, I would have won!". Bless her excellent heart. The timing of this would have been sometime after the blast, so they must have let the runners keep coming in until they got to a point where they were stopped. This was helpful because at least she was then close to where we were to meet. The bar in the lobby showed the footage of what had happened just outside and we started to feel like we needed to move somewhere safer. I wondered if it was safer to be where all the police were holed up...or if that was the LEAST safe place. Heading outside to find the bus where Katherine's belongings were kept, it became clear that the police had succeeded in evacuating many people. It was emptying out. We walked to another hotel where my cousin's daughter and son-in-law were staying with their new baby. Travis had ran the marathon under 3 hours and they were to head back to Tacoma that night. At the Parker House Hotel the concierge was stopping all the hotel guests heading out into the streets to get dinner and advising them that the Boston police had warned people to stay inside and not walk the streets. But we still needed to get back to our hotel. We decided to walk. The subways were shut down and the taxis were few. So after running their marathons, we began a 45 minute walk back to our convention center hotel. There were police at every corner and constant lights and sirens. We got back to the hotel where we were asked to show our room key before entering; again, security by a hotel clerk.

After showers, hot tubs and more beers we headed out to dinner in the neighborhood; the mood oddly cheerful. I think we were just glad to be alive and together and heading home soon. We were interviewed by my mother's friend, a reporter for the Santa Cruz newspaper before dinner and read the article outloud an hour later at the restaurant table. Watching the news with heavy heart and thinking of the 8 year old boy who died, I continued to think of the kids I had spent an hour with watching their runners triumphantly approach the finish line. Only a block down the street were little packages tucked under bleachers.



**SCTC Boston Family Past & Present
taken at a Wednesday night workout**



**Margaret Fahl, Katherine Beiers and
Michelle Kern**

I am now on the plane to Kansas City and then home. The FBI were stationed at the doors to the airport looking for neon-shirted runners to interview; "where were you? what did you see?" I have been travelling all morning and have not received news. I realize with tremendous disappointment watching these agents, that they are still in the dark. The couple next to me tell me that they were not allowed into their hotel for hours and were funneled along a sidewalk route with hundreds of other runners. Bostonians invited them into their homes to wait. Everyone is eager to get home.

I am glad my brother was so fast and my mother was so slow. And I am glad I was there to cheer them. I hope to go back next year and watch Katherine finish that final half mile.

THE SLUG RUN - April 14, 2013

It was great to see so many young runners at the Slug Run this year. It was a beautiful sunny morning at UCSC. Youth Coach, Joe Kamer, recruited Sammy the Slug to help him with leading the pre-race stretching. Sammy even ran the entire Kids 1K - no easy feat for a slug! Youth and adults enjoyed the day, and several SCTC runners placed in their age divisions.



Ramona Young, Meredith Mills & Carl Roth wave to the camera



The race is on!



Meredith Mills - First in her age in 10K



Ramona Young - First in her age in 5K



Jeff Bean & Vivianne with Sammy



Liz Devitt & classmate both First in age

BIG SUR RACE REPORT

Report and photos by George Dies

GREG HALES anchored an Open Men's team running under the name UCSC Associates. Everyone on the team was associated with UC Santa Cruz in some way: UCSC Track Coach, **AARON JACOBSON**; UCSC Assistant Track Coach, **JAMEY HARRIS**; UCSC Alumni, **JULIAN SUNN**; UCSC Professor and SCTC member, **STEFANO PROFUMO**; and UCSC Parent and SCTC member, **GREG HALES**.

Unfortunately, they didn't get a team photo on stage because it took so long to get the other team members back to the finish line. The team finished First in their division and First Relay overall in a time of 2:29. In fact, the team was so fast that Greg was the fourth person across the finish line (.ie. only three marathoners ahead of him).

RAMONA YOUNG anchored her family team (We'll Think of Something Later) to Second Place in Mixed Masters, in a smoking 2:55. Above is a photo of Greg and Ramona in the finish area, holding their acrylic plaques. The plaques, being clear, are a little hard to see in the photo.



**Greg Hales and Ramona Young
Relay Team Winners**

CARL ROTH and I (**GEORGE DIES**) were the last two runners on another mixed masters team, Lickety Splits, fourth in our division with a time of 3:39.

PETER STANGER ran the full marathon and placed third in his age division with a finishing time of 3:40:42, and **ERIN MURPHY** completed the marathon in 3:57:18.

MEREDITH MILLS ran a 3:26 for first in her age division and 27th overall female, in 3:26. This was her first marathon since her ankle surgery almost three years ago. She ran exactly the race she wanted to, with negative splits. The race director adjusted her result for stopping her and 20 plus other runners to let a convoy pass on the one-lane section of Highway 1. Here is a shot of her at mile 22.



**Meredith Mills
Still smiling at Mile 22**



Mike Wright - Ultra Runner

UTTERLY ULTRAS

Not only does **MIKE WRIGHT** run incredibly long endurance races, his times are continuing to improve. Mike broke the 8 hour barrier by completing the Razorback 50 Mile Endurance Race in March with a time of 7:41:43 and was the Second Overall finisher. In April, with barely a month to recover (do ultra runners recover?), Mike ran the American River 50 Miler in a finishing time of 7:50:34. It is hard to keep up with Mike these days. He just keeps running. Mike will be running the Western States 100 Mile Endurance Run on June 29, 2013. **MELAINE MICHALAK** and **TODD OWENS** were also selected to run Western States. That report will follow in the next newsletter.

Good luck to you all. **CHRIS WEHAN** did his 100 miler race in Santa Barbara at the Dirt Road & Trial 100 Mile Endurance Run on June 14 -16.

Chris finished the very hilly race in an astonishing time of 22:56, taking First Place Overall and was miles ahead of the second runner. Chris has quickly become an ultra runner star! These folks are truly amazing. See page 7 for a fun article by Greg Hales about training with ultra runners.

RACE RESULTS

The Pajaro Valley Shelter Services had a good turnout for the annual **MOTHER'S DAY 5K/10K**. SCTC was out in full force. **MARGARET FAHL** was first woman overall in the 5K and **ROMONA YOUNG** was fourth women over all. **TIMI SUTTON** was fourth woman over all in the 10K.



Timi Sutton

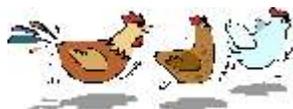
5K

MARGARET FAHL	1-A	20:27, 1-OAW
RAMONA YOUNG	1-A	22:17, 4-OAW
KEN HARGRAVE	1-A	24:19
JOHN KANE	1-A	24:28
LAURA CHIORELLO	2-A	27:35
LETICIA CAMACHO	2-A	28:06
NEAL COONERTY	2-A	33:13

10K

TIMI SUTTON	1-A	48:57, 4-OAW
OLOF HELLEN	1-A	56:38
KATHERINE BEIERS	1-A	1:11:07

SVTC CHICK CHASER 5K



Three members of the SCTC male population were found chasing chicks in Silicon Valley:

GREG HALES (Head Rooster)	1-A	18:30
CARL ROTH	3-A	19:20
DAVE GONZALES	3-A	19:28

TIMI SUTTON was one of the chicks being chased

THE ULTRA GUYS, MIKE WRIGHT and **JON BEARD** just keep getting better. How do they do it?

MIKE WRIGHT	Miwok 60K	6:30:08
	Ohlone 50K	6:18:13
	Razorback 50M	7:41:43
JON BEARD	Miwok 60K	8:32:43
	Ohlone 50K	7:50:29

CAPITOLA HALF MARATHON - MICHELLE KERN and **MARGARET FAHL** teamed up to do the Capitola Half Marathon Relay in a time of 1:26:43 One of our newer SCTC members, **DAN LONG**, ran the Half Marathon and placed First in his age division, in a time of 2:12. Dan was over a half hour ahead of his closest age division competitor. Not bad at all!

It is great to see **DAVE GONZALES** running again after rehabilitation of an injury. Dave ran the **OFF ROAD RAMBLE** at Pinto Lake which was a benefit race for scholarship funds for the families of slain Santa Cruz Police Officers Sergeants Baker and Butler, and on Memorial Day, he ran the **MARIAN MEMORIAL DAY 10K** in a time of 40:57.

TONI CASSELBERRY, having now completed a marathon on every continent, is working her way through all 50 states. She ran the **OKLAHOMA CITY MEMORIAL MARATHON** in April, and then headed up north in June to run the **VANCOUVER USA MARATHON**. She may hold the SCTC record for having ran the most marathons in different (and unusual) locales.

JOHN HOFACRE seems to prefer the 5K distance and is very consistent in his times. He ran the **BODY & SOLE 5K** in a time of 22:20 and completed the **WILLOW GLEN 5K** in a time of 22:40, taking Fifth place in his age division in both races. John also ran **RUN IN THE NAME OF LOVE** in Carmel in honor of his sister Susan Hofacre, Ph.D., who was the Athletic Director at Robert Morris University. Often

running for a good cause, John ran **THE GIANTS RACE** which is a fund raiser for Project Open Hand that provides nutritious meals for home bound people who are suffering from a serious illness. John is a great guy and we all know he has a good sense of humor.



John Hofacre at The Giants Race

TALES FROM THE DARK SIDE (well at least a few quotes)

By Greg Hales

We, at Santa Cruz Track Club, lovingly call ultra runs “The Dark Side”. Any runner deciding to go run a few ultra races is “going to the dark side”. When my friend, Todd Owens, gained entry into the famous ultra race “The Western States 100” and asked me to be his pacer, I immediately realized I would be visiting the Dark Side for a few months.



My first visit to the Dark Side was an event called the Western States 100 training runs. It was a three day event where participants run along sections of the Western States 100 course - 38 miles on day one, 20 miles on day two and 20 miles on day three. Other SCTC runners running this event were Melanie Machalak, Chris Wehan, Mike Wright, and Brigit Wright. If it wasn't for the long runs – This sounded like a great time!

Now, I had every intention of writing about this event. But here is what I would have written: We ran, we ate, we ran some more, it was hot, we ran some more, we ran up hill, we ran downhill, we slept, we ran some more, something funny happened on the run, we ran some more. We finished – it was a great experience.

What I found more amusing, and what I really wanted to share, was quotes I heard from other runners, while running on the trails. It gives us a little insight into the mind of an ultra runner after they have been on the trails for a few hours...then a few hours more...

“If I can run it, I can walk it.” Over heard from a runner as we passed him going up a significant hill.

“I will do absolutely everything I need to, to finish the Western Sates 100 race in under 24 hours. If that means I have to stop – I will.” Heard from a runner after I asked him his goal for the Western States 100 Race.

“Look, the Western States 100 really isn't that far. Just break it down into sections. Like today – We are only running 20 miles. Just tell yourself you only have to do today's run 5 times!” Runner on the trail TRYING to help us on the mental side of running 100 miles. (side note – it was after hearing his “helpful” advise I confirmed I will NEVER run 100 miles)

“I reached a point where I felt nothing, heard no one. I just focused on the finish line. No pain. Just run as fast as I can.” Jim Howard describing the last 400 meters of the 1983 Western States 100 where he won by only 22 seconds.

“I was in pain.” Jim King describing the last 400 meters of the 1983 Western States 100 where he lost by only 22 seconds.

Finally a quote given by Bjorg Austrheim-Smith 3 time women's winner of the Western Sates 100, and a quote Todd Owens, my friend that I am pacing, does NOT want me to take to heart...

“If you are feeling good, and not hurting, that means you are not running fast enough!”

NISENE MARKS MARATHON, HALF AND 5K

June 1, 2013 - Congratulations to our SCTC finishers!

MARATHON

GREG HALES	2-OAM	1-A	3:36:33
MIKE WRIGHT	6-OAM	1-A	3:54:13
CAROL ROTH		2-A	4:26:50
ROD CABORN		4-A	4:54:56
JON BEARD		2-A	5:07:17

HALF MARATHON

LETICIA HERNANDEZ		2-A	2:01:13
TIMI SUTTON		4-A	2:05:44

5K

ANN DREVNO	1-OAF	1-A	19:33
DAVE DELUCCHI	4-OAM	2-A	19:54
SARAH CARVILL	3-OAF	3-A	22:25
OLOF HELEN		3-A	26:41
ALEX VAGO		1-A	28:11

SANTA CRUZ TRACK AND FIELD

By Coach, Greg Brock

Santa Cruz County Track and Field athletes had an excellent year. At the highest level 13 athletes qualified to compete in the State Championships. California has by far the toughest State meet for athletes to qualify. Most States have multiple divisions based on school size. California has just one division. There are many athletes who could win in other states but cannot qualify in California. It is a remarkable achievement to have so many qualify from our small population area. Our section goes from South San Francisco to King City and we get three qualifiers to State. Our track club has played a small role in facilitating this success. Our youth program creates an awareness, interest and fitness level to aid young athletes in their development. Now we have added our coaching affiliation program adding more off season coaching particularly in technical event such as the pole vault and high jump. John Rembao (high jump) and Joe Miyoshi (Pole Vault) are our inaugural coaches in this program. Two of John's athletes, Maddy Fagan and Dion Shattuck will compete the World Youth Games Trials qualifying meet in Edwardsville, Illinois to be held June 25 and 26. Congratulations to all the coaches and athletes from Santa Cruz county who got to go to the State meet.

Some of our new members, and even long time ones, may not be aware of the coaching opportunities that the SCTC offers them. In addition to all our weekly workouts, all members can receive consulting on their training. Just get your training log to me and let me know what your goals are and we can meet to discuss your training direction. It doesn't matter how lofty or modest the goals are. We just need to figure out the next step in your progression towards that goal.

Lastly, I want to remind you about my hobby which is recycling to raise money for Santa Cruz High School Cross Country. For those of you who simply put your CRV containers in the recycling bin, please consider bagging them and donating them. Just give them to me at one of our practices and I will process them and take them to a recycling center to redeem them. Last year, I raised over \$1,500 dollars for the team. Thanks to all who have donated over the past few years.



**Race Director, Melanie Michalak
and Diane Delucchi**



5K RACERS TAKE OFF

PRECISION WELLNESS

By John Hofacre

In the continuing valiant effort to improve our running skill, about 11 members of the Santa Cruz Track Club attended a 12 week course held at the Precision Wellness Center on the Cabrillo College Campus. Our efforts were under the watchful eye and guidance of Jeff Moreno, DPT, OCS, the Precision Running Clinic Director. He has a Doctor of Physical Therapy degree and has completed many advanced training courses in orthopedic physical therapy becoming a Board Certified Orthopedic Clinical Specialist. He knows his stuff, but most important to us is that he is also a runner.



Precision Wellness Class Graduates

Jeff instructed us on a variety of topics and techniques including...

- the knee alignment in relation to the hip and foot
- foot position while running and how the foot should land
- skipping, hopping, lunging, etc... then more skipping, hopping & lunging.
- proper breath control
- how to achieve a stable core
- the search of the perfect 'squat' position... oh that was challenging!
- in other words... all the things we should be doing correctly, but aren't.

The goal was to be able to run better (maybe even faster!) and to avoid injury. It was well worth the time and effort plus we all got the stylish *Precision Sports Performance Running* dry-fit tech shirts. Check out their programs on their website: <http://www.pwccabrillo.com>

CALLING ALL YOUTH RUNNERS

Youth Cross Country sign-ups begin August 23, and the first cross country practice will be held August 26 at Soquel High School. Join Coach Javier Naranjo for a fun season of running races in Santa Cruz and other locations. Great comradery and a chance to get some excellent coaching.

The Tuesday nights All Comer Meets were a huge success. Young athletes participated in a variety of track and field events, and it looked like they were having a blast. See page 10 for more photos our SCTC kids in action.



Coach Joe Kammer leading the SCTC All Comer Meets

SANTA CRUZ TRACK CLUB YOUTH



It was a race between the boys & girls to put the landing bags away



The girls won!



APTOS WOMEN'S FIVE MILER

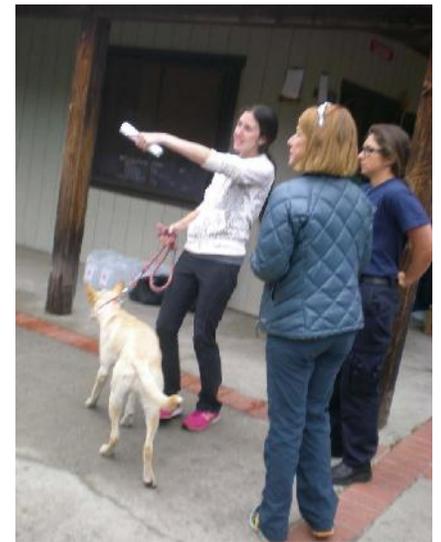
Congratulations to Sarah Carvill for her debut as a race director. The Aptos Women's Five Miler went off without a hitch, and I would say everyone thoroughly enjoyed themselves.



**Margaret Fahl
Fifth Overall**



Some ladies dressed up for the event



**Race Director, Sarah Carvill
with her assistant, Juno**

Girls just want to have fun!

RACE RESULTS

MARGARET FAHL	5-OA	1-A	34:51
STEPHANIE LAIN	8-OA	1-A	37:29
ALEXANDRA YOUNG	9-OA	3-A	38:06
RAMONA YOUNG	10-OA	2-A	38:14
TIMI SUTTON	12-OA	2-A	38:53
SARAH NARANJO		4-A	44:57
LAURA CHIORELLO		8-A	46:01
KAREN SANDERSON		3-A	46:18
CLAIR OWENS			1:00:25
PATTI MURRAY			1:02:56



Timi Sutton helps other runners prepare to race

Thanks to the male course volunteers



Sara Smith

Sara Smith won a beautiful quilt made by Laura Chiorello. Both Sara and Laura have a long history with the Aptos Woman's Five Miler and a deep love of the race. The quilt represents the elevation of the five mile race.

The Running Joke Cartoon

Submit a caption to johnhofacre@gmail.com by August 15, 2013. Winning captions will be printed in the next newsletter. The person submitting a caption grants permission to publish the caption in any form.

PREVIOUS CAPTION CONTEST



(Gold) – "They say no one has ever run "The Annual Lemming 5k" twice."
by Wendell Williams

(Silver) - "I started running to escape 'the rat race'...what about you?" by Ken Hargrave

(Bronze) – "Soo... this is the Best 'LITTLE' Road race in California!" by Mitchell Slade

The Final Heat Captions

"**Would this be a good time to tell you that I have never ran a race before?**" by Sue Dunn

"I'm new here. Can I run with you?" by Olof Hellen

"This isn't a race... it's a crowd source!" by John Smith

"My God! This run is so popular now it has turned into a shuffle!" by Babette Hofacre

"Starting line? No... it's the line to the restrooms." by John Hofacre

"Well, we're half way to the finish. Did you get a chance to run yet?" by Danny Figueroa

"Knowing the rabbits are half finished before I start is so demotivating." by Maria Dunn

See next page for this issue's Running Joke Caption Contest.

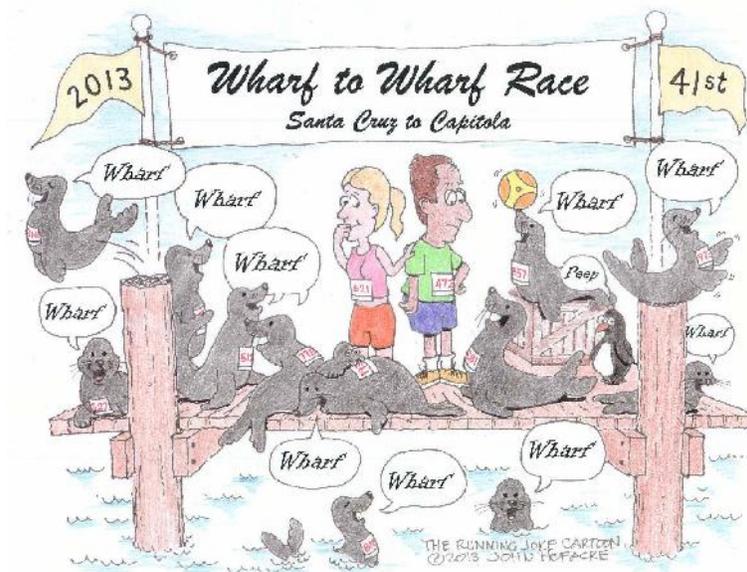
The Running Joke Cartoon

THIS ISSUE CAPTION CONTEST



The Running Joke Cartoon: Copyright 2013 John Hofacre
Website: www.runningjokecartoon.com
facebook (search): The Running Joke Cartoon

SNEAK PREVIEW! - Don't miss John Hofacre's Running Joke Caption Contest in the Santa Cruz Sentinel.



USA TRACK AND FIELD CROSS COUNTRY SERIES STARTS AUGUST 17, 2013

SCTC is proud to host the first cross country race of the Fall series at UCSC. This is your chance to try a cross county race close to home. Last year the Women's Masters Team took Third in our division. If we can make it to a few more races, we will move up in the ranks. We only need three fast ladies to make a team, but the more the merrier. Guys, don't let us gals show you up. Get a team together.

RACE THROUGH THE REDWOODS, AUGUST 18, 2013

SCTC has been affiliated with this race for years. The race is put on by the Felton Business Association and offers a scenic, yet challenging 10K course through Henry Cowell State Park. There is also a one mile fun run for ages 2 - 12. The Felton Volunteer Fire Department serves up a yummy pancake breakfast to all runners after the race. To register and get more information go to www.racethrutheredwoods.com

RUN BY THE SEA, AUGUST 25, 2013

If you are a Coastal Rail Trail advocate, this is the race to do. This is the first year for this race and it is a race with a purpose. This race is to raise people awareness of the rail trail system that is already in place and to raise to support future costal rail trails. All proceeds from the event will go to Friends of Rail Trails and Friends of State Parks for this purpose. The race is a 12K starting at Wilder Ranch State Park. Registration is open online at active.com. Check the race website for further information - www.runbythesea.org

SCTC PERSONNEL:**Board of Directors**

President	Larry Berg	423-8291
Vice President	Diane Delucchi	684-0867
Secretary	Holly Tyler	818-2117
Public Relations	Greg Hales	688-1058
Web Master	Peter Huemer	247-2240
Member at Large	Hallie Carl	818-9084
Member at Large	Joyce Parr	722-4181
Reporter/Member	Sarah Carvill	359-9282
Newsletter	Sue Dunn	685-0146

soozers@aol.com

Staff

General Manager	Greg Brock	479-9279
Adult Coach	Greg Brock	479-9279
Adult Speed Coach	Joe Kammer	425-2855
Youth Track Coach	Joe Kammer	425-2855
Youth XC Coach	Javier Naranjo	295-4231
Walk Coach	Art Klein	425-1205
Web Master	Peter Huemer	247-2240

Volunteer

Apparel Diva	Nancy Wilburn
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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.