

Coach's Message

By Greg Brock

December is a great time to reflect on the past year and plan for the new one. From my coaching perspective it has been an amazing year. I coached myself to a second place in the World Indoor Rowing Championships in Boston in February. We had a great season at Santa Cruz High School and some fine performances by my athletes including Brennan Lynch, breaking the 30 year school record in the mile set by one of my former athletes. Elle Sanders placed 5th in the Section with a school record in the 800 meters. We just concluded our high school cross country season in Fresno on November 28. Our girls team placed 11th in Division 4. It is the third straight year of going to our state meet.

A major highlight was the incredible season put together by Maggie Vessey. From her win at the Prefontaine Meet to a second place at the World Athletics Final in Greece she put together a season of high performance and a few meets that were disappointing but still excellent learning experiences. She caused a great deal of excitement for our local running fans who follow the sport very closely.

(Continued on next page - See Coach's Message)



Mark Your Calendars

2010 Membership Registration

at Soquel High - **January 6**
Sign up to be a member next year & get a cool new SCTC running shirt

Annual Awards Dinner & Dancing

at Green Valley Grill - **January 23**
Dust off your dancing shoes & join us for an evening honoring our athletes

Local Races & Trail Runs

Jingle Bell Rock - Santa Cruz Levy
December 11
Rio Resolution Run - Carmel, CA
January 1
Angel Island Trail Run - Tiburon, CA
January 10 (**See article inside**)
Pacifica Trail Run - Pacifica, CA
January 23
Rotary Mission 10 Miler - San Juan
Bautista - January 30
Woodside Trail Run - Woodside, CA
February 6
SCTC Super Bowl 10K - West Cliff,
Santa Cruz - February 7
Together with Love 10K - Monterey
February 14

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.

Startling 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.

Coach's Message

(continued from front page)

Unlike previous years when I've worked closely with Track Club members to help them achieve goals and personal records, there wasn't much of that. It may have been a fallow year for the Track Club, but keep in mind if you have a goal you want to achieve, let me know and I'll try to help you achieve it.

The National Track Championships are in Sacramento this summer, and the World Championships are there the following year. A lot of people are returning to track races so they can participate in these events. Keep in mind a great place to start and get extra coaching is the Saturday morning workouts. Coach Joe will also have his Monday night workouts starting in late January/beginning February. So, there is lots of help out here.

Angel Island Run - January 10

Submitted by Holly Tyler

Come join the Santa Cruz Track Club in this fun run on Angel Island. Great views, great workout. The run is put on by Pacific Trail Runs. 25K, 16K, 8K, all with elevation. Cost is \$30 for 8K, \$35 for 16K, \$40 for 25K. Take the ferry boat from Tiburon (\$15) to the island at 10:00 am. Start times staggered, beginning at 10:30 We will carpool from Soquel High School. Maybe have eats in Marin after race. Rain or shine. More information and race registration is available at www.pctrailruns.com. Try to sign up early as it may fill up. Put it on your calendar! Details to follow in 'eblast'.

Race Walkers Walk Away With the Goods

By Art Klein, Walk Coach

On 8 Nov., seven members of the SCTC Walk Group traveled to Fresno to participate in the Two Cities Half Marathon. Historically the route has started in Fresno at Woodward Park, traversed to Clovis and then returned to finish back in the park. This year the course had been altered to remain in town while the concurrent full marathon would flow between the two cities. As in past years, there were separate award categories for walkers and runners. While many of the Walk Group had competed in the half marathon distance before, for a few this would be their first race greater than 10K.

The runners were placed in corrals based on estimated finishing times with the walkers (assumed to be the slowest) in the last corral. As the gun went off it became apparent that some of our club walkers were better conditioned and trained than the rest of the walkers. A few charged ahead of the slower runners achieving grace and speed that wowed the spectators and many others around them.

As the course changed from a relatively flat 9 miles to rolling hills our Walk Group bared down on their competitors and kept a strong pace. One by one each of the seven crossed the finish line receiving a beautiful medal and hooded sweatshirt as their reward.

When the results were posted race management was surprised to see SCTC members scoring again and again in the top three age-group divisions. This was NO surprise to the walkers and runners who had been handily beat by our technique-superior race walkers.

Finishers:

Art Klein, 2:26:29 (2nd overall, 1st 50-59)
Starla Sasaki, 2:46:02 (11th overall, 2nd 40-49)
Sally Williams, 2:50:41 (20th overall, 3rd 50-59)
Melody Patel, 3:07:28

Sue Hull, 2:46:02 (10th overall, 2nd 60-69)
Doreen Adams, 2:48:48 (18th overall, 2nd 50-59)
Peter Ogilvie, 3:01:40 (1st Half Marathon)

Congratulations to Our Fall Marathoners

INTERNATIONAL NEWS -
Interlaken, Switzerland - **DIANE
AND DAVE DELUCCHI**

finished the challenging Jungfrau Marathon in October across the Swiss Alps. Apparently, running the marathon wasn't enough for this dynamic duo, they followed that incredible feat by hiking through the Alps for two weeks encountering all types of weather. What an amazing couple. (I wonder what they will do for their next vacation?)

Veteran marathoner **KATHERINE BEIERS** ran the New York City Marathon placing 3rd in her age group, only weeks after having returned from hiking across England for her summer vacation. (Doesn't anyone ever spend their vacation sipping drinks pool side anymore?)

Closer to home in Silicon Valley, **MARGARET ELLIS** ran the Silicon Valley Marathon. This was her first marathon and she ran a fantastic time of 4:00:07. **DENNIS HARTLEY** also ran the Silicon Valley Marathon with a time of 4:16:27 and placed 2nd in his age group.

SONIA PLAGEMAN and **NANCY WILBURN** put another notch on their race belts by finishing the Portland Marathon in October, and **LETICIA HERNANDEZ** finished the San Antonio Marathon with a Boston qualifying time of 4:01:44. Good job, Ladies.

If you like difficult, but scenic marathons, try the Big Sur Trail Marathon put on by Enviroports. The finishing times are age graded. **MIKE WRIGHT** had an AG time of 4:12:20 and **JON BEARD**'s AG time was 4:39:09. These guys are tough!



SCTC Turkey Trot Recap November 23, 2009

Thank you to all our volunteers and runners who made the annual Turkey Trot such a huge success, and a special thanks to Diane Delucchi, Race Director Extraordinaire. We had a great turnout on a beautiful morning, and SCTC had a fantastic showing of runners. Thank you to all the parents who brought their children out to run the 1K. What a great way to spend time with your kids. And, a big thank you to our sponsors, Fleet Feet, Jamba Juice & Whole Foods, who gave a turkey to the first place male & female runners in the 5K and 10K.



SCTC MEMBERS RACE RESULTS

5K RACE

Juan Salinas	17:06	1 st Overall
Tim Nash	18:06	2 nd in Age
Peter Huemer	20:11	3 rd in Age
Margaret Ellis	22:44	1 st in Age
Diane Phariss	23:26	1 st in Age

10K RACE

Gabriel Lombriser (SCTC Swiss Division)	35:56	1 st Overall
Quinn Wildman	41:54	3 rd in Age
Vincent Oberst	42:37	3 rd in Age
Mike Wright	43:02	5 th in Age
Peter Huemer	43:14	4 th in Age
Hallie Carl	47:50	2 nd in Age
Jon Beard	48:05	4 th in Age
Carl Roth	51:55	6 th in Age
Denise Wax	52:16	4 th in Age
Olof Helen	52:17	1 st in Age

**A SPECIAL THANK YOU TO MARK
McCONNELL FOR TIMING THE RACES**

**Congratulations to All Who Ran
The California International Marathon
on December 5, 2009**

Santa Cruz Youth Track Club

FALL

CROSS COUNTRY EDITION

2009



*Santa Cruz Youth Track Club
Cross Country Team photos*

Encouraging kids to run, have fun, and to discover that they can do more than they think they can, Coach Javier Naranjo led the SCYTC in another fantastic season!

This year's SCYTC team was a bit bigger than in previous years, with more athletes participating in more PA/ UASTF events together.

Rosa. We also had a great turnout for the annual Turkey Trot run in Santa Cruz! At every event, the comradery and support for fellow teammates was inspiring! The kids were so enthusiastic in cheering each other on at every race!



Wrapping up the season, seven of our team went to Reno, NV to compete in the Region 16 Junior Olympic Qualifying race, and four members qualified to advance to the Junior Olympic Cross Country Championships! Selena Friedman, Marielle Friedman, Jackson Halderman, and Sarah Stoner-Nicolosi will be making another trip to Reno NV on December 12th!



We've got a truly special community!

The families really pulled together this year, supporting each other, bringing snacks for the kids at practices, and enjoying each other's company for runs and walks while the kids were working out.

Led by a fantastic coach and supported by such a wonderful community, we're looking forward to another great year in 2010!



We started the season with lots of good practice, building strength and endurance, and refining technique.

We had athletes attend races in

San Jose, Pleasanton, Union City, Menlo Park, Rocklin and Santa

Junior Olympic Cross Country
Championship Qualifiers:

Selena Friedman, Marielle Friedman,
Jackson Halderman and Sarah Stoner-Nicolosi

Cross Country Comments & Photos

The Santa Cruz Track Club had both a Men and Women Master team participating in the USA Track & Field Pacific Association Cross Country Grand Prix Series this year. The Grand Prix Series consists of nine cross country races held at different locals in Northern California. It is a fun series of short, fast races held in parks and cross country courses from Santa Cruz to Sacramento in which different track clubs take turns hosting a race. For more information about the series check out www.pausatf.org.

SCTC hosted the first of the series on August 22 at UCSC. Our club was represented with both a Men Masters and Women Masters team. (I dove into the first race from the registration table at the last minute to complete the Women Masters team and am glad that I did. I was hooked after that.)

Given that the races are held nearly every week, and many are held in the Bay Area or beyond, the SCTC Men Masters did an amazing job attending the races. You guys rock! Here are some photos to enjoy.



Top: 5th Annual Garin Park XC Challenge



Bottom: 12th Annual Shoreline Open



23rd Annual PA Cross Country Championships

The final race of the USATF Pacific Association Cross Country Grand Prix Series was held in Golden Gate Park on November 22nd. The race announcer addressing the crowd said that it was perfect running weather. That was true if you don't mind getting muddy and wet, but that isn't an issue to serious runners because once you are at the start the adrenaline is so high that when the gun goes off, you don't even notice the weather. It was actually a great day. The women run first, so it was fun to cheer on the men after we finished.

Congratulations to Dave Gonzales for his fast finishing time of 36:45. He placed 30th overall on a six mile grassy, muddy, slippery, rooted and rutted course. Pretty Impressive.



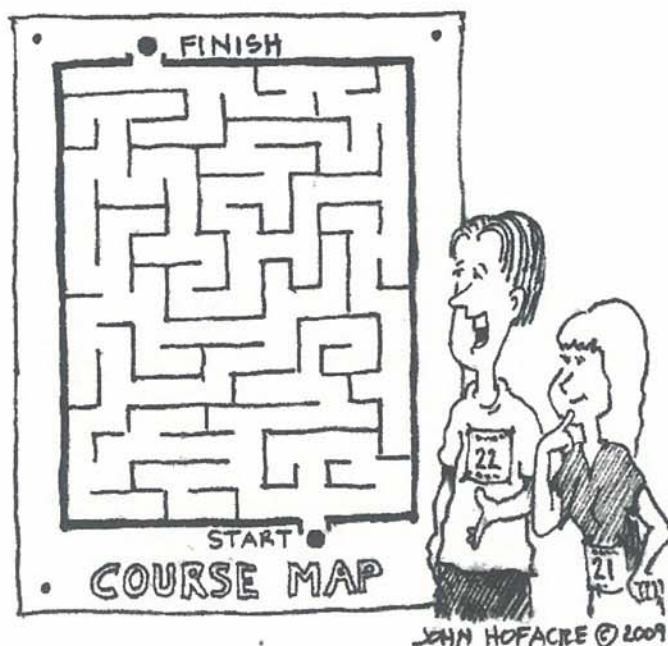
SCTC Cross Country Runners:

MEN MASTERS: LARRY BERG, KEVAN CHU, ANDREW CREELY, DAVE DELUCCHI, DAVE GONZALES, JEFF HARDING, OLOF HELLEN, JEFF KIRK, ROBERT MULLIS, ARTURO RODRIQUEZ, CHRIS ROSE

WOMEN MASTERS: LIISA MILLER, HOLLY TYLER, SUE DUNN and RAMONA YOUNG



Previous
The Runnnng Joke
CAPTION CONTEST



(Gold) – "Last year 507 runners started... but only 498 came out.... *Creeeeepy!!*
by John Smith

(Silver) – "At least it's not an out-and-back course, those are so boring."
by Sue Dunn

(Bronze) – "'Welcome to the 'Egalitarian 10K'! Where EVERYONE --young, old; novice, elite-- has an equal chance of stumbling across the finish line first!"
by John Doane

Final Heat

"I hope there will be cheese at the end." by John Hofacre

"This is going to drive my GPS crazy." By Danny Figueroa

"It's the same course as last year. I think Sammy is still trying to finish." by Babette Hofacre

Special "Locals" Award

"So, just because a few locals --like Larry, Joe, Peter, and Javier-- start P.R.-ing on this course, the race committee decides to slap polished titanium mirrors on all vertical surfaces."

"Really?"

"Yeah, all funded by the 'Wharf-To-Wharf!'"

Running Joke Caption Contest continued on the following page. Submit your captions to johnhofacre@gmail.com.

This Issue
The Runnnng Joke
CAPTION CONTEST



Submit a caption to johnhofacre@gmail.com
by March 15, 2010.

Winning captions will be
printed in the next newsletter.

The person submitting a caption grants
permission to publish the caption in any form.
The Runnnng Joke: Copyright 2009 John Hofacre



**THERE IS STILL TIME TO GET YOUR
1,000 MILE SHIRT FOR 2009**

Print a Log Sheet from our website at www.santacruztrackclub.com, fill in
your mileage and bring it to a Wednesday night work out before the end of
the year.

Special Announcement - SCTC IS GOING GREEN

Beginning 2010, all SCTC Newsletters will be produced in an electronic format to be posted on our web site in full color for all to view. Many people like having a tangible copy, and we will still provide a printed version for anyone who wants to receive a paper copy. Printed copies of the Newsletter will also be available on the sign up table at Wednesday night workouts. Some members have requested to continue to receive their Newsletter by mail. If this is your desire, please contact me at soozers@aol.com or by phone at the number below, and I will be happy to continue to mail a Newsletter to you.

Sue Dunn, Newsletter Coordinator

WHO YOU GONNA CALL?

Board of Directors

President	Larry Berg	423-8291
Vice President	Diane Delucchi	684-0867
Treasurer	Cristy Diech	688-1800
Secretary	Holly Tyler	464-1545
Apparel Diva	Jan Stanger	688-2091
Member at Large	Greg Hales	688-1058
Web Master	Peter Huemer	247-2240
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

Wharf to Wharf Liaison Mark McConnell 479-9377 racetimer@aol.com

Website: <http://santacruztrackclub.com>

Mailing address: P. O. Box 1803, Capitola, CA 95010-1803

Happy Holidays

