

STARTING LINES



Newsletter of the Santa Cruz Track Club

WINTER 2010 * * VOLUME 23, NUMBER 4

COACH'S MESSAGE

By Greg Brock



Developing the complete runner. This year the club started an All Around Runner Award thanks to the inspiration of Greg Hales. A lot of runners classify themselves very narrowly as marathon runners, track runners, cross country runners, ultra runners. The problem with this approach is that they miss out on the benefits of a multi approach to their running and training. No one form of running emphasis gives all the training benefits of the multi approach. Cross Country gives strength and intensity on relatively softer surfaces with a lot of broken up pacing. Ultras and marathons really maximize aerobic training, track racing is about pacing and some anaerobic training. Runners need to expose their bodies to a multitude of training paces to stimulate their running potential to the maximum. Distinct paces are 400m, 800m, 1500, 3000m, 5000m, 10k, 15k, half marathon and marathon. Spending time at these paces with appropriate recovery leads to full physiological development. Variety is indeed the spice of running improvement. It is also fun and stimulating to take on new challenges. Running a relay is a great motivator to give your very best performance because you are not just running for yourself. This team aspect is also readily apparent in cross country. I have also noticed a trend in the elite training groups to narrow in their training/racing zones and I believe it is to the ultimate detriment to their performance. Back in the day runners like Frank Shorter and Bill Rodgers races cross country, roads and track with fairly great frequency. Now some elites only race 5-10 times per year and therefore miss out on the stimulation of maximal race efforts over a variety of distances. So, Santa Cruz Track Club should be proud of getting back to racing basics. This approach is one of the reasons that we can work with runners of all ability levels. When it comes to your training and racing remember that the human mind works best like a book, it has to be open.

Coach Brock



More Cross Country photos inside.

EVENTS IN 2011

RIO RESOLUTION RUN, 1/1/11

Rio Grill, Monterey (*Big Brothers/ Big Sisters of Monterey*)

SCTC ANNUAL REGISTRATION -
1/19/11, Soquel High School

SCTC AWARDS BANQUET -
1/22/11, Green Valley Grill

Join us for a night of dinner & dancing

CRYSTAL SPRINGS TRAIL RUN - 1/8/11,
Woodside (*Coastal Trail Runs*)

ANGEL ISLAND TRAIL RUN - 1/9/11,
Tiburon (*Pacific Coast Trail Runs*)
Join other SCTC members for a fun
morning of trail running.

PACIFICA TRAIL RUN - 1/15/11
Pacifica (*Pacific Coast Trail Runs*)

MISSION 10 - 1/29/11
San Juan Bautista (*Hollister Rotary*)

SCTC SUPER BOWL 5/10K - 2/6/11
West Cliff Drive, Santa Cruz
Come out to run or volunteer!

TOGETHER WITH LOVE - 2/13/11
Pacific Grove (*Monterey Rape Crisis
Center*)

CAT WINS DOG RUN

SCTC Member and local veterinarian **LIZ DEVITT** brought the All Star Dog Run to Santa Cruz this October. The race was held in Nisene Marks and included a 5K and 10K for humans and their canine friends. Dogs and their people enjoyed a variety of sponsor booths before and after the race with treats for all. Whole Foods donated prizes to the winners.



Leticia "Cat" Hernandez and her Dog, Vinny

LETICIA HERNANDEZ, affectionately known as CAT, won the 5K with Vinny, and **DJ CHAPMAN** won the 10K with Roxy.



Genevieve & Scout

Volunteers from the Santa Cruz SPCA ran with dogs available for adoption, and several SCTC members also participated in the run. **SONIA PLAGEMAN** and her daughter, **GENEVIEVE**, ran with their dog, Scout. **CATHY FRANK** ran with her loveable Lab, Jack, and **SUE DUNN**, ran with her with dog, Babe.



Sue & Babe

SCTC RACEWALKERS RULE ONCE AGAIN!



On 7 November our team of seven SCTC race walkers (and two youth) descended like a wave on the unwary participants of the Eye-Q Two Cities Marathon & Michelob Ultra Half Marathon. Although we were mixed with runners and other walkers at the start of the half marathon, we scored BIG in almost every 10-year age group in the walkers category - Five medaled

(top-three awards) and the other two were 4th in their respective age divisions. Our group ranged in age from 14 to 68. In addition, nationally recognized race walking coach, **BECKY KLEIN**, recovering from knee surgery, was in the race to gauge her own fitness, finished out of medal-contention but still crossed the finish line in the top 36th percentile of walkers. There were 724 total men and women walkers. When the results were finalized it was clear that SCTC was the dominant walking team.

WOMEN'S PERFORMANCES:

LILA HABA, age 14, 1st19 and under (representing Youth Club LSI, but coached by Becky) and 2ndOverall

DIANA ROSSMAN, 3rd40-49 - First Half Marathon! - finished in 2:30:21 and 4thOverall

SALLY WILLIAMS, 2nd50-59 - finished in 2:43:11 and 10thOverall

SUE HULL, 1st60-69 - finished in 2:48:11 and 14thOverall

DOREEN ADAMS, 4th50-59 - finished in 2:49:00 and 17thoverall

JADE CORRAL, age 14, 2nd19 and under (representing Youth Club LSI but coached by Becky) and 21st Overall

MEN'S PERFORMANCES:

ART KLEIN, 1st50-59 - finished in 2:23:55 and 2ndOverall

PETE OGILVIE, 4th60-69, finished in 2:55:13. and 19thOverall

Note: For Lila and Jade this was a special experience as this marked their first half marathon. Each girl is accustomed to competing at the 3000m (1.86 miles) distance for their age group in the National Junior Olympics race walks. Thanks to Becky's training plan these girls were ready to accept the challenge and thrive. The others benefited from her expertise too!

Submitted by Art Klein, Walk Coach and Pete Ogilvie

October 10, 2010 - (10/10/10) was a special day to run a marathon, and several SCTC members traveled great distances to do just that.

TONI CASSELBERRY made the trek to Scranton, Pennsylvania to run in the Steamboat Marathon, and **PETER HUEMER** lived up to his nickname of "Peter Too-Much" by finishing the marathon in a time of 3:57:32 despite having a severely pulled, blood engorged calf muscle. SCTC member, **DENISE WAX**, also ran the marathon with a finishing time of 4:16:13.

GREG HALES took on the famous and brutal Chicago Marathon with an amazing finishing time of 3:22:48 despite the cloudless sky and unmerciful sun that brought the temperature into the upper 70s. The conditions may not have been ideal, but Greg did a fantastic job.

DAVE GONZALES, (not to be out done by Peter Too-Much), ran the Portland Marathon while recovering from a muscle injury that flared up early on in the marathon. That still didn't deter him from finishing in a time of 3:30:22. **STEFANO PROFUMO** had an incredible finishing time of 2:59:15 after having been in a motorcycle accident a few weeks prior to the marathon. (Guys, you don't have to injure yourselves to prove you are tough.)

LARRY BERG ran the Towpath Marathon in his home state of Ohio. The marathon follows a trail through the Cuyahoga Valley National Park along the Ohio Canal Corridor where men and mules once towed barges. The website for the race is a glimpse of true Americana, complete with blazing fall foliage. Our Pres did the Club proud by finishing 18th overall with a time of 3:04:21.

VINCENT OBERST headed south later in October to run the Long Beach Marathon through the scenic palm tree lined shores of Southern California. Long Beach is a huge marathon with over 3,500 finishers. Vincent placed within the top 100 by finishing the marathon in 3:10:39.

CARL ROTH took on the Marines at the Marine Corp Marathon on October 31 running through the streets of Washington, DC. This was Carl's first marathon ever. Congratulations, Carl!

LETICIA "CAT" HERNANDEZ trained well and hard for the Santa Barbara Marathon held on November 6. Her participation in the cross country races helped to keep her strong to the finish, and she qualified for Boston with a time of 3:57.

Early December brings us the California International Marathon, always a favorite race with SCTC marathoners. **PETER STANGER** ran Cal for the 15th time this year, despite having injured his shoulder a few days before in a biking accident. (Again, what's with the pre-marathon injuries?) Peter received a shirt commemorating his longevity at Cal and had a good race despite his injury. **KIMBERLY EAST** also had a good race, with a finishing time of 3:40:00.

ALL AROUND RUNNER AWARD



There is still time to achieve the All Around Runner Award. The deadline for submitting your log sheet has been extended to include the All Comers meet to be held on January 8 at Los Gatos High School as one of the qualifying events for this award. The All Comers meet will have both a mile time trial and a relay race that may be counted toward fulfilling these events to get your award for 2010. Turn in your log sheet to **GREG HALES** no later than January 12 to receive your award at the annual banquet on January 22, 2011.

CONGRATULATIONS

to **PETER HUEMER** and **KARI GALLANT** on their recent wedding. Peter and Kari met through SCTC several years ago at the Super Bowl Race. Many of us at SCTC have followed their romance



over the years and are glad they finally made the leap into matrimony on November 27, 2010 at Seagrove Park in Del Mar, California. Best wishes to the happy couple.

USA TRACK & FIELD CROSS COUNTRY

It was a great cross country season this year with so many SCTC members participating in the USATF Cross Country series. In the overall results for the season, the **Men's and Women's Senior teams took Fourth place**, and the **Masters Men and Master Women came in Sixth** among all the Pacific Association running clubs. We all had fun at the races, and the women (being that we are women) went on a shopping spree for new matching singlets. Guys, you'll have to catch up to us next year. Styling makes you run faster.



Michelle tries on the new singlet and give her approval.



CROSS COUNTRY WOMEN



Michelle Prowse
Our New Zealand Girl



WHAT A GREAT CROSS COUNTRY SEASON!



Golden Gate Park Open, 9/11/10



Start of men's race at Garin Park



The guys run all out at Shoreline

The girls get ready to run 😊

The Shoreline Open was fun and fast with rolling hills and a looped course.



Arturo takes 1st in Age Division



SCTC ladies at Shoreline



The guys are running strong!



MORE COUNTRY PHOTOS

The USATF Pacific Association Championships were held on November 22 in Golden Gate Park. The storm the night before left the course a muddy, slippery mess, but that just made it all the more fun.



Quote of the Day: I'm not a meteorologist, but I think it may rain." Romona Young

Check out the snazzy new singlets

LIISA MILLER finished all ten of the Pacific Association Cross Country races. She traveled great distances to represent SCTC. Beside being such a sweet person that other teams wanted to adopt her, she is an excellent runner and scored 706.5 points overall.



SCTC YOUTH HOSTS CROSS COUNTRY MEET

Congratulations to our Youth Coach, JAVIER NARANJO, and his band of hard working parents who organized and put on SCTC's inaugural USATF sanctioned Youth Cross Country meet. It was hard to tell who were more excited, the young runners, or the parents, but everyone was energized.

The race was held on October 17, 2010 at Soquel High School. Javier measured courses for a 2K, 3K, 4K and 5K in the hills surrounding the school with the races finishing on the track. Depending on a child's age, the child would run in one of the following divisions:



Javier leading the 4K course walk

Sub-Bantams	8 years or younger	2K
Bantams	9 to 10 years old	3K
Midgets	11 to 12 years old	3K
Youth	13 to 14 years old	4K
Open	15 years or older	5K

Each race is run separately and some follow different courses. The runners are encouraged to participate in a course walk prior to the start of the races so they have a basic knowledge of the course.

Despite the rainy weather, the kids were enthusiastic and several SCTC youth placed in their age division.

Sub-Bantams

Marcella Russell 14:13:02 2K

Bantams

Camille Russell 17:09:02 3K

Sam Bortnick 18:24:00 3K

Midgets

Sergey Cutter 12:22:03 3K

Marielle Friedman 13:12:07 3K

Open - Andrew Walgren



Open Youth line up for the start



Santa Cruz Track Club Annual Turkey Trot



The annual SCTC Turkey Trot was held on the Saturday before Thanksgiving. With the weather cooperating by giving us a gap between winter storms over 500 runners of all ages came out to test their speed.



Cat & John Ratcliff each win a turkey

A big thank you to Whole Foods for donating a turkey to both the male and female winners of in all three events. The Ratcliff family ate well this Thanksgiving with Cat and John Ratcliff winning the 1K Kids Run.



Start of the 10K Race



John gets a special award

SCTC MEMBER RESULTS

5K RACE:

- Margaret Ellis, 22:53, 3rd in Age
- Hallie Carl, 21:34, 1st in Age
- Sarah Cavill, 23:39, 2nd in Age
- Diane Phariss, 24:32, 2nd in Age
- Maria Marsilio, 28:20, 2nd in Age
- John Hofacre, 22:23, 2nd in Age
- Neal Coonerty, 30:20, 3rd in Age

10K RACE:

- Arocely Closue, 38:01, 1st in Age
- Katherine Beiers, 1:08:15, 1st in Age
- Jon Gugala, 38:16, 2nd in Age
- Stefano Profumo, 36:13, 4th in Age
- Josh Mader, 42:21, 5th in Age
- Jeff Harding, 39:50, 1st in Age
- Quinn Wildman, 44:02, 4th in Age
- Olof Helen, 53:53, 1st in Age
- Daniel McKinnon, 38:01, 1st in Age
- Dennis Hartley, 49:08, 1st in Age



Kid's coach, Joe Kammer



Tommy Zaferes wins a Turkey



The Nilsen Twins



Previous
The Running Joke
CAPTION CONTEST



(Gold) – “Have you tried the new sports drink? I hear it makes you fly!”
by Sue Dunn

(Silver) – “That’s that gross brown stuff that Coach Greg keeps in the club shed.
Personally, I’m not drinking it.”
by Holly Tyler

(Bronze) – “Well, it tastes better than gels.”
by Scott Bronson

Final Heat

“Is this an awkward time for your names to be Hansel & Gretel?” by John Smith
“Suddenly I already feel very well hydrated.” by Babette Hofacre
“You mentioned needing a brew... well, here it is!” by Dan Figueroa

This Issue
The Running Joke
CAPTION CONTEST



Submit a caption to johnhofacre@gmail.com
by March 15, 2011.

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: Copyright 2010 John Hofacre

END OF THE YEAR COMMENTS

By Sue Dunn, Newsletter Coordinator



There is so much going on with SCTC these days. Both the youth and adults had a great cross country season. Many folks ran full and half marathons, and even ultras, this year. It was a great year for SCTC in many ways. Reflecting back, I have come to realize that not only is SCTC an excellent running club with a knowledgeable coach of expert caliber, we also have fun while continuing to challenge each other. Through SCTC I have met a wonderful group of interesting people from a variety of backgrounds. We encourage one another in our goals and listen to each other's stories of pain or conquest. We have a common bond in running, and we share a desire to stay healthy and active while having a good time doing so. It has been my pleasure to follow everyone's accomplishments throughout the year and to report some of the highlights in this newsletter. I wish everyone an inspired new year filled with personal bests.

DON'T FORGET TO SIGN UP FOR NEXT YEAR AT OUR ANNUAL REGISTRATION NIGHT ON JANUARY 19, 2011 AT SOQUEL HIGH

WHO YOU GONNA CALL?

Board of Directors

Staff

President	Larry Berg	423-8291	General Manager	Greg Brock	479-9279
Vice President	Diane Delucchi	684-0867	Adult Coach	Greg Brock	479-9279
Treasurer	Cristy Diech	688-1800	Adult Speed Coach	Joe Kammer	425-2855
Secretary	Holly Tyler	464-1545	Youth Track Coach	Joe Kammer	425-2855
Apparel Diva	Jan Stanger	688-2091	Youth XC Coach	Javier Naranjo	295-4231
Member at Large	Greg Hales	688-1058	Walk Coach	Art Klein	425-1205
Web Master	Peter Huemer	247-2240	Web Master	Peter Huemer	247-2240
Newsletter	Sue Dunn	685-0146			

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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.