

STARTING LINES



Newsletter of the Santa Cruz Track Club

WINTER 2013 - VOLUME 26, NUMBER 4



THANKSGIVING GOODIES FIRST THE TURKEY, THEN THE PIE

THE SANTA CRUZ TRACK CLUB TURKEY TROT has become a tradition in Santa Cruz and is held every year on the Saturday before Thanksgiving. Runners of all ages and abilities come out to run along our beautiful coastline. This year we were pleasantly surprised to see so many young runners participate in the 1K and many did quite well. First place winners of each race received a turkey donated by Whole Foods and were adorned with turkey hats. Fleet Feet also donated prizes. Many runners went home with medals for placing in their age division and everyone received a pair of turkey socks. Chris Ratliff's family had a strong showing at the races by having a runner in the 10K, 5K and the 1K. See page 7 inside for more photos and race results of SCTC runners.



RUN FOR PIE sponsored by Fleet Feet is in its second year and drew a happy crowd of runners to Nisene Marks on Thanksgiving morning. The race benefitted the Youth

Resource Bank, a nonprofit, all volunteer agency founded by the late Judge Thomas Black to provide assistance and resources to at risk youth in our community. See page 8 for more photos.



Young runners getting ready for the Turkey Trot 1K



Runners take off at the start of Run for Pie

★★ COMING EVENTS FOR 2014 ★★

SCTC Annual Membership Sign Ups
January 15, 2014, Soquel High School

SCTC Annual Awards Banquet
January 18, 2014, Severino's in Aptos

SCTC Super Bowl 10K, 5K and 1K Races
February 2, 2014, West Cliff Drive

**See inside for more race photos and results of 2013
Special Report on CIM by Sarah Carvill - page 14**

RAY'S RACE RESULTS

Dedicated to Ray Disperati for his internet sleuthing of race results.

Yes, Ray, you now have a column named after you.



Fall seems to be Triathlon Season for many of our SCTC athletes. The **Tri Santa Cruz** race was held on August 11. **STEFANO PROFUMO** participated in the duathlon portion of the event, placing first in his age group, and **ROD CABORN** did the complete tri, finishing seventh in his age division.

The **Santa Cruz Triathlon** was held on September 29. **JEFF BEAN** did the aquabike portion finishing in 2:30:34. **STEFANO PROFUMO** and **DAVE DELUCCHI** did the full tri and finished in 2:14:14 and 2:35:55. **PATRICK WILLIAMS** finished second in his age group in a time of 2:11:38 and **WILLIAM MENCHINE** finished in 2:46:53.

KATHY FRANK and **ROGER KERN** are still going strong with their travels to Xterra triathlons. In August they went to Lake Tahoe for the **Incline Village Xterra**. Kathy placed first in her age division and Roger finished second in his.



Roger Kern and Kathy Frank at Incline Village Xterra

Later in September, Kathy and Roger traveled to Ogden, Utah for the **2013 Xterra National Championships**. Again, Kathy placed first in her age group and Roger took second in his.

DAVE DELUCCHI took on the granddaddy of all triathlons, the **Lake Tahoe Ironman**. Not only is this an incredible endurance race starting with a chilly swim in Lake Tahoe, the biking portion climbs to an elevation of 7,200 over Brockway summit. Dave finished the entire course in a total time of 15:04:05. David, you are amazing.

TONI CASSELBERRY is at it again. She finished the **Medtronic Twin City Marathon** in Minnesota on October 6 and then following weekend she was off to Mason City, Iowa to run the **Road for Education Marathon** giving her two more state toward her goal of running a marathon in all 50 states. Not only is Toni an accomplished marathon runner, she also has theatrical talent and recently performed with the Santa Cruz Follies.



Toni Casselberry and SCTC friends at the Santa Cruz Follies

LETICIA "CAT" HERNANDEZ traveled to Montreal, Canada to run in the **Marathon Oasis de Montreal**. Leticia reported that it was her slowest marathon ever, but probably the most fun because she spent so much time eating and dancing along the course. Sounds like my kind of marathon!

JENNY WICKETT was excited to report that she completed her goal of running the **St. George Marathon** this October. From her smile and enthusiasm at track, it was evident that she thoroughly enjoyed this beautiful marathon.

More race results to follow . . .

MORE RACE RESULTS

The **San Jose Rock n Roll Half Marathon** was well attended by SCTC runners. **CHARLES QUAN** lead the pack with a time of 1:22:53. **GREG HALES** finished in a time of 1:27:36, followed by **VINCE OBERST** only 8 seconds later in a time of 1:27:44. **CARL ROTH** was close behind finishing in 1:29:41. Also



Greg Hales

CARL ROTH is keeping busy this Fall. After running the Rock n Roll Half, he traveled to Washington, DC to run the **Marine Corp Marathon**.



Carl is not a new recruit to this marathon, this being the fourth time he has run it, but this year was a PR over previous years and he finished the race in a time of 3:25:25. Carl said it is a great course that runs through historic parts of the city and past the memorial monuments along the scenic Tidal Basin.



Margaret Fahl

rocking through the streets of San Jose were: **MICHELLE KERN**, 1:32:23; **MARGARET FAHL**, 1:37:42; and **SHEA JOHNSON**, 1:55:02



Vince, Charles & Carl

HALLIE CARL is back in peak form after having been sidelined in the past from injuries. Hallie ran the **Nike Women's Half Marathon** in October and completed the course in a time of 1:48:44.



Hallie Carl and young fans

BIG SUR HALF MARATHON

LARRY BERG was pleased to have met his goal of doing a sub-1:30 half marathon by finishing the Big Sur Half in a time of 1:29:49. Unfortunately, his wife Tish had to drop from the race at mile 4 due to plantar fasciitis. Several SCTC folks ran the race and finished with very impressive times.

LARRY BERG	1:29:49	2-A	KEN HARGRAVE	1:53:36	
MEREDITH MILLS	1:32:41	3-A	KATHERINE BEIERS	2:33:56	1-A
DANNY SHEN	1:38:14		GENEVIEVE GOLDSTEIN	2:37:13	
STEPHANIE LAIN	1:38:28	5-A			



George Dies was on the course with his camera and snapped some fun photos.



CONGRATULATIONS TO OUR ULTRA RUNNERS

Comments by Sue Dunn

SCTC has runners of all abilities, but none equal the stamina and determination of our ultra runners, and for a relatively small club, we have some amazing talent in this area of extreme running. **CHRIS WHELAN** only began ultra running a few years ago, but he is already gaining notoriety among the ultra runners' circuit. Chris won the **Rio Del Lago 100 Mile Endurance Run** outright in a total time of 16:56:46. (I am not sure what Rattlesnake Time on the website refers to, but Chris' was 1:59:23.) This is not the first ultra race he has won in his short career as an ultra runner, and I have a feeling there is more to come.

Our Wednesday night ultra guys, **JON BEARD** and **MIKE WRIGHT** also did amazingly well at Rio Del Lago. Mike finished 11th overall in a total time of 21:53:50 (his Rattlesnake Time was 2:09:50). This was a five minute improvement over his time at the Western States 100 Miler in June. Mike finished Western States in a time of 26:24:56. That's impressive!

JON BEARD was very happy to report that he finished the race in a total time of 28:58:03. This was particularly gratifying for Jon after having traveled to Oregon in September to run the Pine to Palm 100 Mile Endurance Run where he was pulled from the race at mile 67 just ten minutes shy of the cutoff. Disappointed, but being a man of amazing determination, rather than get discouraged, as many of us would, Jon laced up those open-toed running shoes and started again. This time he finished the full 100 miles with time to spare even in spite of having some recent health issues to deal with. Next time I am whining during a 5K, I will think of Jon.

MELANIE MICHALAK, no novice to the ultra running scene herself, was Jon's pacer for part of the course. Melanie also ran Western States in June, finishing in a time of 29:11:59. Just like Chris, Melanie has come a long way in the world of ultra running in a relatively short time.

Everyone had positive things to say about the Rio Del Lago Endurance Run. The course consists of a couple of out and back loops so there is a good central area where you will pass your family, friends and crew several times. This also makes the race a little more interesting for your family, friends and crew who are out there at all hours of the day. The course is also well supported with aid stations, but there were stories of the occasional wrong turn. No one needs those extra mileage points when doing a hundred miler.

In my book, all these athletes are outstandingly amazing. Running such a long distance is something that very few runners can do. Long may they run.



Jon Beard finishing Rio Del Lago 100



**Mike Wright & Jon Beard
Wearing their Rio Del Largo vests
and open toed running shoes**

SCTC YOUTH CROSS COUNTRY MEET - September 29, 2013

Young athletes from all over the Bay Area came to Soquel High School on September 29, 2013 to participate in the USA Track and Field Pacific Association cross country meet hosted by SCTC. **Coach Javier Naranjo** supervised several events for young runners covering distances of 2 to 4K.

Four SCTC runners attended the races. **SAVANAH CHARRON** was SCTC's youngest runner, who participated in the Girls 2K. **BLAKE BISCOTTI** ran the Boys 3K in a time of 16:21, followed closely by **JEREMIAH TONG** in a time of 16:35. **MARIELLE (MARI) FREIDMAN** was the star of the day, who took First place in the Girls 4K with a time of 15:57. This girl is quite the athlete. It was touching to see the kids' enthusiasm and Coach Javier did a fantastic job of organizing the line up, answering dozens of questions, recruiting volunteers, and getting the kids to the starting line for each race. Not an easy task for just one guy. He was probably more exhausted than the young runners at the end of the day. Many thanks go out to the parents who volunteered for their invaluable help.



Jeremiah Tong & Family



Mari Freidman & Coach Javier

MORE YOUTH NEWS

DION SHATTUCK BECOMES AN ALL-AMERICAN



DION SHATTUCK is now in his senior year at Santa Cruz High School. Dion won a silver medal in the octathlon (8 of the 10 decathlon events) in June 2013 at the **New Balance Nationals** in North Carolina and became a high school All-American. He went on to place Fourth at the **USA Track & Field Junior World Trials** in Illinois. He is training to be a collegiate decathlete. He started his track career in the SCTC Youth Track Club when he was 6 and has been running ever since. Dion is proudly wearing his SCTC singlet on the stage at the Nationals. You may see Dion working out from time to time on the track, and we will be hearing more about Dion in the future as he finishes high school and goes on to college athletics.

USATF YOUTH CROSS COUNTRY CHAMPIONSHIPS

MARI FREIDMAN has had a fantastic year. After competing at the SCTC cross country meet in September, Mari went on to run at the **USATF Junior Olympics Regional Championships** and did very well. Coach Javier reported that three SCTC runners ran at the Regional Championships and qualified for the **National Championships** to be held in San Antonio, Texas. Coach Javier will be traveling with **MARI FRIEDMAN** and **LILA ROAKE**, also a fine young SCTC runner, to San Antonio, Texas to compete at the national level. What an excellent opportunity for these two ladies. We wish them well and great speed. Enjoy your visit to San Antonio and remember the Alamo!



TURKEY TROT RACE RESULTS

10K RACE

CHRIS RATLIFF	36:48	1-A	3 RD PLACE
GREG HALES	38:22	1-A	
JAVIER NARANJO	39:58	1-A	
JOSH MADER	44:19	5-A	
MARK JUNOD	58:12	8-A	
GUY LASNIER	58:30	5-A	
OLOF HELEN	55:58	2-A	

5K RACE

JOHN RATLIFF	18:24	3-A	
MARGARET FAHL	20:09	1-A	3 RD PLACE
CRISTY DEICH	28:29	2-A	
JOHN HOFACRE	22:59	1-A	
JOHN KANE	25:37	2-A	
NEAL COONERTY	33:46	2-A	



Erin Murphy as our mascot turkey chats with two young race contestants



Runners lining up at the start of the 10K



Thank you to our sponsors
Nu Aquos, Whole Foods and Fleet Feet



Congratulations
to our First Place Finishers!





RUN FOR PIE

Several SCTC athletes participated in the Thanksgiving Day Run for Pie and many were a part of the Fleet Feet Racing Team. **MARGARET FAHL** was First woman overall in the 5K with a time of 20:29, followed by **MICHELLE KERN** and **ROMANA YOUNG** as Second and Third. **DAVID DELUCCHI** was the Fourth male overall in the 5K with a time of 21:08. **JOHN HOFACRE** and his wife **BEATA** also ran the 5K, and it was good to see **DAVID GONZALES** out running again after several months of recovery from an injury. Runners never give up!



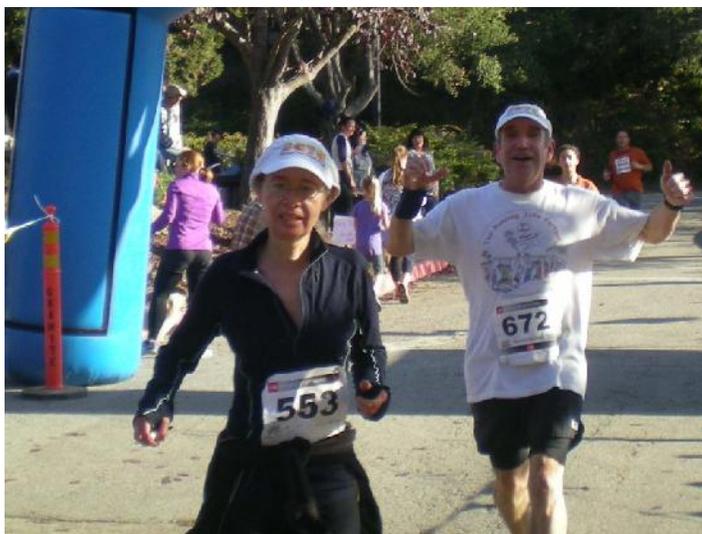
Michelle Kern & Margaret Fahl line up at the start



Michelle Kern crosses the finish line



Romana Young & David Delucchi



Beata & John Hofacre finishing the 5K



Romana Young

CROSS COUNTRY WRAP UP

Comments by Sue Dunn, Photos by George Dies

For this older runner, the USATF Cross Country series was a humbling experience. Coach Brock mercifully did give me some perspective about finishing in the back of the pack by reminding me that the people who run these cross country races are the “cream of the crop” runners and not your garden variety jogger that you might come up against at a local 5K fun run. Still, it would be great to be able to run like Meredith Mills. Meredith became the unofficial coach of the women’s team. She did all the scoring for us both on and off the course, and is quite knowledgeable about running cross country.



Masters Mens race at Garin Park



Womens race at Garin Park

We were lucky to have some new ladies on the team this year. Stephanie Lain came out for several races and was a great asset for our team. Shoshanna Orzech, also a very fast runner, joined us for a few of the races early in the season until she was injured after running the Santa Cruz Tri. Hopefully, she is on the road to recovery. Tish Bertino joined us at Golden Gate Park and Sharon Schafer also came out for a taste of cross country. Sharon chose to run one of the tougher courses at Garin Park. She said it was nothing like what she experienced when running cross country in high school. Garin Park is a particularly hilly race with difficult terrain in many places.

Only Meredith, Stephanie and Robert Mullis were able to make it to John Lawson Tamapla Challenge at China Camp State Park in San Rafael (see next page for photos), but we had a full team for the Championships in Golden Gate Park consisting of Michelle Kern, Margaret Fahl, Meredith Mills, Stephanie Lain and Sue Dunn.



The ladies at Garin Park

The mens team consisted of Kevin Chu, Carl Roth, Larry Berg, Chip Rose, Arturo Rodriguez, Andrew Creely and Robert Mullis (I hope I didn’t miss anyone), who ran different races throughout the season. Mens Masters teams need to have a minimum of five runners, but the Women Masters only need three, so it was much harder for the guys to get a full team together. Kevin Chu was the lone runner at the Rebel XC Challenge traveling all the way to Sacramento for the race.

A special thanks goes out to George Dies for driving us to several of the races and getting some great photos with his camera.

See next page for more cross country photos.



The guys at Garin Park

CROSS COUNTRY PHOTOS
Courtesy of George Dies

Starting Lines, Page 10

GARIN PARK - September 21, 2013



China Camp - November 2, 2013



China Camp



Golden Gate XC Championships



Golden Gate Park

COACH'S MESSAGE

By Greg Brock



One of the things I learned last summer by doing my USATF Level 2 coaching school was the prevalence of iron deficiency among endurance athletes. The experts who deal with endurance athletes set the standards higher than the traditional medical approach for the general population. They also prefer to test this deficiency through serum ferritin levels. They want to see scores of 40-50 for endurance athletes. The general marker is not to be alarmed unless the test goes below 12. The range is all the way up to 400, above that constitutes another health risk of too much iron.

I had some athletes not performing well this past Fall at Santa Cruz High School, and convinced them to be tested. One was dangerously low and all the others were moderately low. If you are a male athlete or any female of childbearing age you should be tested. Serious women athletes should be tested twice a year until it is determined not to be a problem. Iron is the element which binds oxygen in hemoglobin and is crucial for endurance performance. We are lucky in that local chiropractor/runner Amy Haberman will write us prescriptions to have the test performed. It only costs \$17. I decided to have mine done and was pleased to score 131. If you score low there are natural ways to boost it, as well as supplementation. So, if you think your running performance is not up to par based on workouts, look into getting tested.

We just had the California State Cross Country Championships this past Thanksgiving weekend in Fresno and our high schools enjoyed a lot of success. The Santa Cruz Sentinel had excellent coverage and you can also get good information, results from www.crosscountryexpress.com and the Lynnbrook athletic website.

CONGRATS TO JOHN HOFACRE

SCTC's resident cartoonist **JOHN HOFACRE** was featured in the Guide section of the Santa Cruz Sentinel on November 20, 2013 for his cartooning abilities. John was able to put in a plug for his book, *The Running Joke*, and also gave the Track Club some publicity by mentioning the Turkey Trot. Adjacent is a cartoon that

John did for a group that holds a "Hug a Runner Day." Sounds pretty good to me, but as you can see, John has pointed out that there can be some draw backs.



Cartoon from the Run for Pie Race

In support of... **GO HARD**
Globally Organized Hug A Runner Day



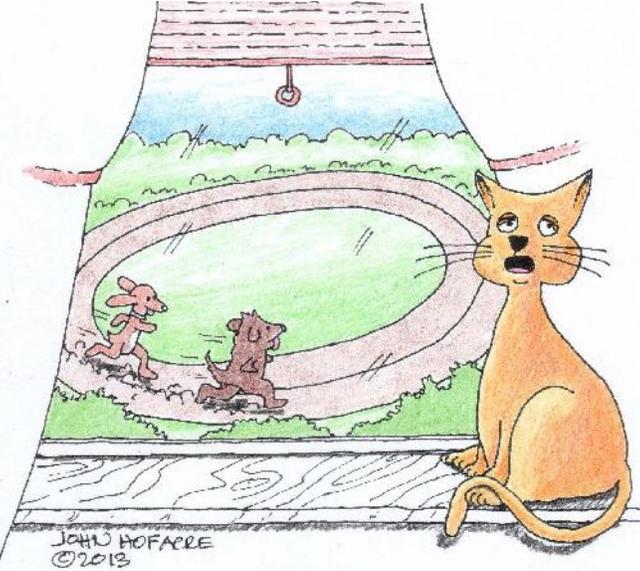
Runners Enjoy Hugging A Bear!

[facebook.com/TheRunningJokeCartoon](https://www.facebook.com/TheRunningJokeCartoon)

www.runningjokecartoon.com

THE RUNNING JOKE CARTOON
CAPTION CONTEST

PREVIOUS ISSUE



(Gold) – "Just more proof...cats are smarter!"
by Ken Hargrave

(Silver) - "What are those dumb dogs chasing? You would never see a cat running in circles unless there was a mouse involved." by Sue Dunn

(Bronze) – "I did NOT see that coming." by John Smith

3-Way Tie "Train all they want, they'll never catch me. I'm an indoor cat." by Wendy Way.

"I rest my case!" by Wendell Williams

"Dog Run." by John Hofacre

THIS ISSUE



Submit a caption to therunningjoke@yahoo.com by March 15, 2014

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 2013 John Hofacre

Website: www.runningjokecartoon.com

facebook (search): The Running Joke Cartoon



MORE ANNOUNCEMENTS

OUR NEW ZEALAND CONNECTION

Wedding bells have rung for **MICHELLE PROWSE**, our runner from New Zealand. Diane Delucchi is always looking for a reason to party, and what better reason is there than a happy couple and a new marriage. Speaking of happy couples, another reason to party was that SCTC past President Tom Dodd and his wife Pam were back in town to visit from their home in New Zealand. A group of us gathered at Diane's house to celebrate our New Zealand friends.



Congratulations to Yuri and Michelle



Pam and Tom Dodd



A toast to the newly weds



Don't they look sweet?



So far, so good.



Oh dear, what happened?

LATE BREAKING RACE RESULTS
NORTHFACE CHALLENGE HALF MARATHON



Good job to those folks you made it up to the Marin Headlands for the **Northface Challenge**. Again, SCTC runners rocked. **LETICIA HERNANDEZ** placed Second in her age division with a time of 2:20:11. Other runners were **DAVE DELUCCHI**, 2:00:55, **JONATHON CROCKETT**, 3:07:48 and **MARIA MARSILIO**, 3:38:32. This is a tough trail race with plenty of staggering hills, but what a fantastic view.

SPECIAL REPORT - CALIFORNIA INTERNATIONAL MARATHON

By Sarah Carvill

Eight Santa Cruz Track Club members toed the starting line at this year's California International Marathon (CIM), which had its 31st running on December 8. Some were aiming to PR on the mostly-flat, net downhill course; others lost our last weeks of training to injuries and were just hoping to finish. Approached for comment on his race, experienced marathoner and CIM veteran Greg Hales simply said: "It was cold."

For many of us, the cold will be the salient memory of CIM 2013. When the gun went off at 7 a.m., the temperature in Folsom was supposedly 25°, but participants agree that it felt much colder. It was certainly colder when most of the 9,000 race participants arrived in Folsom, transported by a fleet of yellow school busses that left race-affiliated hotels shortly after 5 a.m. Presumably the arrival time is intended to give runners plenty of opportunity to warm-up, but in the pre-dawn hours of December 8, staying on the bus was clearly the best strategy for anyone interested in elevating (or simply maintaining) his or her body temperature.

Most of us waited until the last possible minute to visit the porta potties, which traced the contour of Folsom-Auburn for almost a half mile alongside Folsom Lake, stretching beyond the glow of the streetlights into the quiet dark of the Sierra foothills. Carl Roth recalled, "Trying to negotiate a porta potty in the dark, in 25 degree weather, when your hands are beginning to go numb is not a pleasant experience."

The energy of the crowd rushing to the start was nervous and hurried as participants hurled drop bags into the backs of rental trucks, then crowded behind the inflated arch.

The CIM course begins on a wide boulevard lined with leafless cottonwoods, then turns through quiet neighborhoods of widely-spaced residences. Families braved the chill to cheer the runners on; in other yards, horses stamped and whinnied, their breath visible like the little puffs of mist above each of the racers. One particularly sadistic household managed to make mile two smell intensely of bacon. The grass and fallen leaves along the shoulder were white with frost— and increasingly punctuated by piles of shed layers as runners began to warm-up.

As we approached the first aid station, 3.3 miles in, runners were met with an unexpected challenge: In the sub-freezing temperatures, water spilled by earlier-comers had frozen on the pavement. Volunteers waved their arms and yelling warnings, but several marathoners still slipped and took hard falls in the first half hour of their races. Erin Murphy recalled that Roth later observed, "You don't ever want to hear someone say 'Watch out for the black ice' in the water station."

Though CIM is a famously flat course with a significant net elevation loss, the first half is truly rolling— two blocks down, two blocks up. The streets become less rural and more suburban. Around the half, the race passes through a less-aesthetically-pleasing series of strip malls before turning onto wide, tree-lined boulevards with a gentle downhill grade. Finally, the course winds into downtown Sacramento to a finish in front of the capitol building and its trimmed Christmas tree.

Temperature-induced misery "just before and just after" the race notwithstanding, Roth had a great day on the course, setting a 2-minute PR with a chip time of 3:09:03. What makes this feat more impressive is that Roth had been taking it relatively easy in the second half of the year. After struggling with injuries in the spring, in October he ran the San Jose Rock and Roll Half Marathon in 1:29, followed by the Marine Corps Marathon in 3:25. His goal at CIM was only to, in his words, "not suck," so he was untroubled when his 6:45 miles became 6:50s. But around Mile 24, a spectator yelled to the passing runners that they were all on track to finish

CALIFORNIA INTERNATIONAL MARATHON (Continued from previous page)

sub-3:10. “Once I heard that shout-out I had an obligation to keep the pressure on,” Roth says. “I was still reeling folks in at the last turn.”

Roth typically runs about 50 miles a week and continued to do so as he trained for CIM. He credits his significant improvement in the last several years to some fairly unsurprising and straightforward factors—things like losing weight, taking Wednesday night workouts seriously, keeping fairly consistent weekly mileage, and including a variety of kinds of workouts within each training week so the routine doesn’t get old. In other words, Roth did the things we all know we should do, but often have a hard time achieving. In the last year, he fine-tuned his fueling and electrolyte replacement strategies, used Epsom salt baths to speed recovery, and kept injuries at bay by doubling down on physical therapy exercises.



Chris Rose, Carl Roth, Greg Hales & Joe Bistrain

Everyone has a lingering injury, and everyone has one of those mimeographed sheets from the PT that tells you the exercises to do twice a day to keep the injuries from recurring,” says Roth. “Just do them. Most of my important races in the last 18 months were ruined because a lingering injury cropped up at the end.”

This is actually a pretty good description of my CIM experience, which was nearly derailed completely when an odd step on the “acid pavement” at Kresge College touched off my first case of IT band syndrome. I arrived at the start line *very* well rested, having done no running outside of a swimming pool from November 4 to December 3. After training for a sub-3:40 marathon, my new goal was simply to make it to Mile 4—which would be my thousandth mile of the year. If the injury flared up, I knew I would have to drop out of the race. The ensuing 26.2 was incredibly painful (it turns out that not running for a month can really slow you down, too) but as I crossed the finish line (a mere four hours and 41 seconds after the gun went off), I’m happy to report that my IT band was probably the only thing that *didn’t* hurt. Peter Stanger also suffered an injury in the waning days of his training and had to take a significant period of time off, but he completed the marathon in 4:21:34.

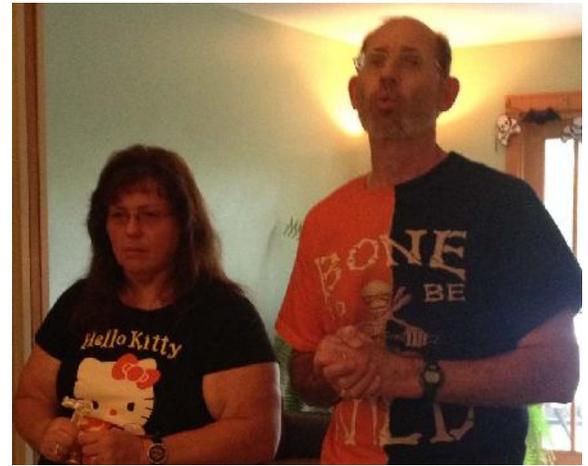
Greg Hales signed up for CIM to support a friend, so after his buddy decided not to run, he figured he would aim for slightly below three hours. He laughed as he explained that, when calculating his pace in his head in the first half of the race, he forgot to build in time for the final two tenths of a mile. After getting a projected finish time at the 20 mile mark that was over three hours, Hales realized his mistake—and had to run a very fast final 10K to make it to the capitol in 2:59:23.

Also representing the Track Club were Chris Rose, who finished the race in 3:15:19, and Andrew Kenny, who came in at 3:21:12. Shortly behind Kenny was SCTC’s first female finisher, Margaret Fahl (3:22:51), and Erin Murphy completed the race in 3:44:02. Asked for what she felt was the best moment of the day, Murphy joked, “Um, need to get back to you on that.” In addition to the resounding consensus that it was very cold, there was widespread agreement that the emergency blankets handed out at the finish are entirely useless when it is 25°.

But as a first-time CIM runner, I felt there was something special about the race and the course. Roth might have pinpointed it when he noted, “No one actually travels to Sacramento voluntarily, it’s not a tourist destination. Any one who showed up that Sunday in 25 degree weather was *serious*, and it showed.” He concluded, “As at cross country, I tend to find that inspiring.”

A FOND FAREWELL TO ART & BECKY KLEIN RACE WALKING COACHES

SCTC members met on an late October afternoon at the home of Holly Tyler to bid farewell to race walking aficionados, Art and Becky Klein. Art and Becky have been actively involved in race walking for over 30 years and are leading authorities in the sport. Not only did Art serve as the Race Walk Coach for SCTC, he and Becky were both former Chairs at the Pacific Association USA Track & Field and helped to develop educational and promotional programs through the PA/USATF Race Walk Committee. Art and Becky are headed to West Virginia for their “retirement,” though it is doubtful these two will ever retire. They will be greatly missed by many and we wish them well in their new endeavors.



Becky & Art Klein



SCTC PERSONNEL:

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Web Master	Peter Huemer	247-2240

Volunteer

Apparel Diva Nancy Wilburn

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.