

STARTING LINES



Newsletter of the Santa Cruz Track Club

SPRING 2012 - VOLUME 25, NUMBER 1

SATURDAY MORNING FORM DRILLS: REVOLUTION BY EVOLUTION

by Sarah Carvill, *Starting Lines Reporter*



It is a chilly morning in early March. Against the bright background of red lanes, green turf, and blue sky, eighteen runners step awkwardly over hurdles set on the back stretch of the Santa Cruz High School track in two rows.

“Hurry up you guys, they’re beating us,” jokes Track Club President Larry Berg, noting that the group on the left has already advanced from stepping over each hurdle with the right leg and then the left to the next exercise, which calls for the same thing with a right leg lead. “Don’t worry,” adds a runner in Berg’s line, “form counts, too.”

“You do know that’s two strikes against you guys, right?” Coach Greg Brock replies, teasing them.

You can always count on Saturday morning form drills for a good laugh or two. This series of dynamic exercises, led by Brock, sends adult athletes hopping, skipping, marching, and sometimes stumbling around the Santa Cruz High School track for about an hour a week, and if you don’t think you look a bit silly stepping backwards over hurdles, it’s just because you haven’t heeded Brock’s weekly exhortation to go through the routine in front of a mirror at home or at the gym. But those who are willing to try “B Skips” and “Butt-Kickers” and “Backwards Doubles” even a couple of Saturdays a month quickly find that there is much more to be had from form drills than their entertainment value.

This is true now more than ever. Last year, Brock attended a speed and strength clinic put on by John Rembao, an elite coach whom Brock himself once coached at Santa Cruz High School. In the clinic, Brock discovered that Rembao had taken the foundation he built as a student athlete and “exploded it,”
(Continued inside - Part 4)

SCTC COMING EVENTS:



APRIL 15, SLUG RUN at UCSC Campus, SCTC supported. A fun race on hills with a view. Come out and support the Slugs.

MAY 13, MOTHER’S DAY 5K AND 10K, sponsored by Pajaro Valley Shelter Services and supported by SCTC through volunteers. The race starts and finishes at Ramsey Park in Watsonville. Join the race or earn a volunteer credit by helping out.

JUNE 2, FOREST OF NISENE MARKS MARATHON, HALF MARATHON, 5K, sponsored by Santa Cruz Host Lions & SCTC. Melanie Michalak & Chris Wehan, Race Directors. Come enjoy the forest.
www.nisenemarksmarathon.com

JUNE 10, APTOS WOMEN’S FIVE MILER, sponsored by SCTC, Holly Tyler, Race Director. Santa Cruz’s **original** all women race held at Aptos County Park. This year is the 31st annual. SCTC member barbecue to follow after the race. Bring a salad, side dish or desert to share. Drinks and BBQ are provided. Guys, come out to volunteer and cheer on the ladies.

JULY 22, WHARF TO WHARF RACE - Annual SCTC members get a free wharf to wharf entry. **New this year** all members must pick up a voucher from Coach Brock, Larry Berg or Diane Delucchi. Registration opens online April 1. You must have your voucher number when signing up online. The race will sell out, so sign up ASAP.

IT WAS A PR PERFECT DAY AT THE SUPER BOWL RACE



The day was perfect, the weather was perfect, and PRs abounded at the SCTC Super Bowl Race this year. The race featured a Kid's 1K, 3K and 10K. The kids loved the 1K and it was great to see some of the older kids taking on the longer races.



Kids waiting expectantly for the awards

Young or old, everyone seemed to have a grand time and many runners reported that they set a personal record. KEVAN CHU had an excellent race. CAROL ROTH improved his 10K time by 2 minutes, and STEFANO PROFUMO and MICHELE KERN were 1st man and woman overall in the 3K.

3K

MELANIE MICHALAK	8 OAW, 1-A	14:10
STEFANO PROFUMO	1 OAM, 1-A	9.50
MICHELE KERN	10AW, 1-A	11:18
JOHN HOFACRE	1-A	13:09
JOHN KANE	3-A	15:09
GARY KOHLER	5-A	24.27
NEAL COONERTY	2-A	17:48
DOUGAL McDONALD	1-A	20:36

10K

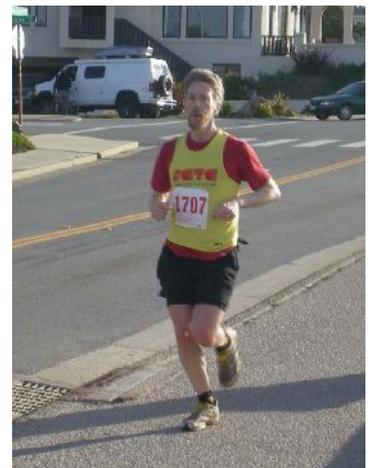
ALEX CONDOTTI	1-A	39:00
STEFANO PROFUMO	2-OAM, 1-A	35:17
CHRISTOPHER RATLIFF	3-OAM, 1-A	35:55
JEFF BEAN	8-A	1:06:46
KEVAN CHU	7-OAM	36:36
CAROL ROTH	4-A	39:22
ED ACOSTA	6-A	42:25
GREGORIA ACOSTA		1:02:01
VINCENT OBERST	1-A	40:22
DAVID DELUCCHI	2-A	40:32
MARK JUNOD		50:01
DIANA ROSSMAN	1-A	45:54
SHARON BRUMMITT	8-A	1:02:16
JAVIER NARANJO	6-OAM, 1-A	36:31
JOSE OGARRIO	4-A	43:57
MEREDITH MILLS	1-A	42:52
JOHN BIDDICK	3-A	54:41
OLOF HELEN	1-A	53:47
KATHERINE BEIERS	1-A	1:08:51



Stefano did double duty by running both races and he won the 3K



Katherine Beiers



Carl Roth

MORE PHOTOS FROM SUPER BOWL SUNDAY



Monica Jo Nicholson won the 10K but her daughter almost lost the cake



Margaret & Michele - Fast Friends

Tish Bertino, Gerry McCarthy and Bodie volunteer along the course . . .



Diana Rossman



Doug McDonald - 1st in Age



Javier Naranjo - 1st in Age



A NEW SEASON IS UNDERWAY FOR SCTC YOUTH.

The opening sign ups were held on February 20, 2012, with a good turn out and more have joined in the weeks that followed. Youth workouts are held Mondays and Wednesdays at the Soquel High School track from 4:30 to 6:00 p.m. The youth workouts will last through mid-May. All Comer Meets will begin on Tuesday nights in May. There will be a total of six. The All Comer Meets are also held at the Soquel High School track beginning at 6:00 p.m. Ages 8 - 14 are welcome. Check out our website at www.santacruztrackclub.com/youth for dates when the meets will be held.



THE YOUTH COACHES

Javier Naranjo, Ray, Disperati and Joe Kammer address the crowd of potential athletes and their parents on opening night of the youth workouts.



Coach Joe leads the kids on a run

THE FIRST LAP OF THE SEASON! They're off and running . . .



A special thank you goes out to **DIANE DELUCCHI** and **PRISCILLA RUSSELL** for helping with registration. We have a great group of young athletes this year. The Coaches are excited and so are the kids. Moms and dads are encouraged to volunteer if they can. Get the family involved. It's fun for everyone. Please note that younger children who are not participating in the workouts must be accompanied by a parent.

NOTABLE ACHIEVEMENTS



CAL INTERNATIONAL

MARATHON - SCTC is set for another Boston invasion with all of the following members qualifying: ANDREW KENNY 3:16:36 / PETER STANGER 3:20:33 / MICHELLE KERN 3:23:16 / MARGARET ELLIS 3:24:03 ARACELLY CLOUSE 3:28:43 Congratulations to you all and good luck to those who are headed to Boston!

SCTC WOMEN dominated in the Rio Resolution Run on New Year's Day. ALEXANDRA YOUNG was First Woman Overall in the 5K, and managed to beat her mother, RAMONA. Ouch! MICHELLE KERN placed Fourth Woman Overall in the 10K, and MEREDITH MILLS and MARGARET ELLIS also placed within the top ten with some very impressive times.

JUDY SAMBRAILO

traveled to Boston to compete in the **WORLD INDOOR ROWING CHAMPIONSHIP** at

Boston University Aggains Arena. She took home a silver medal and placed second in her age division.



STEFANO PROFUMO had a fabulous performance at the **NAPA VALLEY MARATHON**. He completed the marathon in a time of 2:41:44 and placed 8th Overall. So far, Stefano is having a great year.

CHRIS WEHAN and **JON BEARD** ran the **WAY TOO COOL 50K**. Chris had a phenomenal race, finishing 7th Overall with a time of 3:48, placing him in the 91.5%. Wow, the top 10! Jon did very well and finished with a 30 minute PR over last year with a time of 5:45.

The **RACE WALKERS** performed well at the California State Senior Games Championship held at Cobb Field at Stanford. **SALLY WILLIAMS** and **PETE OGILVIE** both placed in their age divisions in the 5K and Sally was 2nd Woman Overall.

AWARDS ABOUNDED AT THE ANNUAL BANQUET

The Annual Awards Banquet was held at Severino's this year in Aptos. Several SCTC members received awards for notable improvement, enthusiasm and outstanding performance. Dave Delucchi, Maria Marsilio, Stefano Profumo, Margaret Ellis, Michele Kern, Greg Hales and Rob Mullis all received the All Around Runner Award, which consists of running a 5K, 10K, Half Marathon, Full Marathon, Trail Race, Relay Race, Track Race and a Cross Country Race all within one year.



New this year was the Literary Runner Award presented to members who contributed articles to this fine newsletter. Pete Ogilvie, Sally Williams, Mike Wright, Diane Delucchi, Peter Stanger, Dave Gonzales and Greg Hales each received the Literary Runner Award.



Recipients of the Literary Runner Award



Jan Stanger is acknowledged for her work as Clothing Diva

SATURDAY MORNING FORM DRILLS: REVOLUTION BY EVOLUTION

(continued from front page)

developing a series of specialized exercises for outstanding college runners. Brock took pains to master these movements himself. To make the rigorous series suitable for athletes of all ages and levels of experience, he has “very gradually” introduced them into the rotation on Saturday mornings “evolution, not revolution,” as he puts it.

Many of the exercises specifically target the ankles and hips. By improving strength in the former, Brock explains, athletes are better able to transfer energy to the latter and engage their gluteal muscles— which are of primary importance in running. Brock explains, “If your ankle is stable, you are straight and truer from the glute— there is no long back kick in your stride.” This is why participants in form drills are so often instructed to skip, often in unexpected rhythms, or to mix up a march or side-step in a way that requires a small hop to execute: These motions incorporate “baby bounces” that help build balance, reactivity, and stability in the ankles over time.

The drills also help build muscle memory of efficient movement, and for athletes who are ready to consciously work on their form, Brock’s weekly narration of the exercises provides portable reminders of the way good running feels. Robert Mullis, who has been attending form drills consistently for about two years, finds his experience at the Saturday morning workouts especially beneficial in races, especially at the end of the course when he is tired and trying to finish strong. “There are certain things in every hard race that I fixate on, like driving the elbows back and having a nice relaxed posture,” Mullis explains.

Both of those movements are emphasized in the marching drills with which Brock begins each Saturday’s workout. He first has runners squeeze their shoulders back and release them; then he tells the group to raise their shoulders to their ears and release them; then he has them raise their shoulders to their ears, release them, and begin swinging their arms loosely from side to side. From this position, Brock talks the group into an exaggerated march, in which the arms, bent 90° at the elbow, swing loosely in their sockets and the knees “pop” up after pulled-in toes contact the surface of the track. This series of motions, repeated two or three times per Saturday workout, remind Mullis how to use his arms in a race— driving the elbows backward, but letting them swing forward naturally from relaxed shoulders. After participating in form drills, Mullis says, “You know how things are supposed to feel” when you’re running.

Howard Whitney agrees. Since he began doing form drills, Whitney has also experimented with incorporating the motions he practices on Saturday mornings at the track into his everyday life— balancing on one foot in the kitchen to improve ankle strength, for example, and making an effort to sit up straight at his desk. Whitney thinks to do these things, he says, because he has practiced them at the track.

Both Mullis and Whitney believe that the drills prevent injury. Says Whitney, “I don’t have a lot of the nagging pains in my thighs, hips, and ankles that I used to,” and Mullis hasn’t been seriously hurt since he started making Saturday mornings a regular part of his workout regimen. This makes sense to Brock, who notes that when your form improves, you can increase your speed without increasing your chance of injury.

Form drills also “encourage the full movement spectrum,” as Brock puts it. This is beneficial both over time, and in the very short time, which is why many participants use Saturday form drills as a warm-up for a track workout. Michelle Kern now does some of the exercises on her own before long runs in Nisene Marks, noting that the routine has an “elongating” effect. “It opens up the hips and gets you more limber and more flexible, which is important as you get older,” she says.

Between increasing strength, efficiency, and range of motion, and reducing the likelihood of injuries that keep runners off their feet, Coach Brock and an increasing number Santa Cruz Track Club members are finding many reasons to spend their Saturday mornings stepping over hurdles and marching around the track. Five years ago, form drills regularly attracted between five to twelve runners; now about twenty is the norm.

One thing that hasn't changed about Saturday mornings is the convivial atmosphere. Though the drills become more aerobically intensive as the workout progresses, marching and skipping exercises are of a short duration, and waiting in line for the hurdle-based part of the workout— in which the hurdles are stepped over, not leapt over— makes for built-in recovery periods. The more relaxed pace of the workout means that there is ample opportunity for chatter about upcoming races and spirited debate about whether the “doubles” drill should actually be called “singles,” and for participants to coach each through the more confusing exercises, like the one that involves stepping each foot over two hurdles going forward, and then repeating the second of the two hurdles by stepping each foot over it backward. (Legend has it that one Track Club officer got “stuck” in the drill by repeatedly stepping twice over forward and then twice over backward; regulars take special care to prevent this from happening to Saturday morning newcomers.)

“It never seems to get old,” Mullis reflects. “There is a lot of repetition [week to week], but I’m still challenged. I never feel like I’ve got it perfect, and [Brock] is always throwing in new things.” Or, as Dougall McDonald put it, “He is up to the minute, but he can filter out the BS.” Indeed, the way Coach Brock has refined Saturday morning form drills seems to be a testament to this ability, and Track Club members’ participation in and enthusiasm for the workouts is a measure of its success.

To see what form drills can do for your running, stop by the Santa Cruz High School Track on Saturday mornings at 8:50 (or 8:30 if you would like to squeeze in a few warm-up laps).

Sarah Carvill, *Startling Lines* Reporter

A JOURNEY TO NAPA

By Stefano Profumo

Linearity

When I try to explain to my students at UCSC what “linear” means, I often talk about running (I often talk about running in general, actually!). *You train twice as hard, you go twice as fast.* This is “linear”. Unfortunately, we all know that running performance is almost never linear with training (despite what authoritative experts like Oprah Winfrey say: “Running is the greatest metaphor for life, because you get out of it what you put into it.”).

The last time I experienced something close to linearity in running was after the 2008 Wharf to Wharf, when I finished barely under the hour, craving my next cigarette (turns out an hour is a long time for the pack-a-day smoker). After trading addictions and switching from smoking to running, my 2009 performance was in the high-30’: not linear, but almost.

I trained harder for my latest marathon, in Napa (March 4), than for my previous marathon, in Boston, last year (2:51 PR). I trained *quantatively* more – about 50% more miles in the last two months before the race; and I trained *qualitatively* more: for example, I turned some of my LSD (Long, Slow Distance) into LsD (Long, sort-of-slow, Distance), and did all those long marathon-pace tempo runs. It paid off: I run Napa in 2:41:43, almost 10 minutes faster than Boston. Not linear, but perhaps the closest I had gotten to it since I quit smoking...

Larry, Pftizinger and Coach Brock’s mantra (part 1)

I owe it in part to Larry: he recommended Napa, that’s where he (and other SCTC friends) PR’d, and it sounded like he had many good memories. Perhaps I also owe it in part to Pete Pftizinger: for once, I decided to stick to a rigid training schedule (“Advanced Marathon”), and followed it religiously for two months. I owe it – largely – to Coach Brock: not only for the Tuesday and Saturday workouts, but also for his insistence on “going out conservative and negative splitting” – more about that later...



I felt calm at the gun, amidst the beautiful sunrise in Calistoga – the morning fog quickly lifting and giving way to a gorgeous sunny morning, with temperatures starting in the low 40's and rising to the high 60's. I was focusing on finding optimal trajectories along the steeply banked Silverado trail, repeating Brock's mantra in my head ("For the first half you have to go at a pace that makes you think: Coach is crazy to make me go out this slow!"). I was running by myself almost from the start, occasionally slowly pulling in with an imaginary string the lonely runner a few tens of yards ahead of me. I rejoiced seeing my wife Tesla and son Alex at mile 9, and then again at mile 16, together with my ultra-friends Mel and Chris.

Coach Brock's mantra (part 2)

The fascination and the curse of the marathon is nutrition: human bodies cannot store enough energy to make it all the way, and one must eat on the run. Napa is great, as you can give the organizers your bottles to be delivered at any of the aid stations (which almost makes you feel like an elite runner!). In past marathons I always had problems taking gels after mile 10 - yuk! This time I dissolved my gels into the bottles that were delivered at the aid stations, and it worked.

The second half of the run felt good: mile splits were improving, I felt more and more "in the zone". And switched to the other Brock marathon mantra: "In the second half, you will say: oh, actually Coach was right to have me go out at that pace!". Sometimes you see that hill on your regular training course and your legs feel like it's flatter than usual, and you're at the top in no time. The gods of the marathon decided that's how I felt over the only significant incline, at mile 19. The rest of the race was all downhill, for the mind and the body.

The second half was my second fastest half-marathon ever: 1:20:10, much faster than the first half (1:21:33). I was seventh man, eighth overall: like those macho-ist trail runners say, "I got chicked". No shame: the first woman, Devon Crosby-Helms, is an elite trail and ultra-runner, who is making a career out of "chiking" boys. I even got beat by a guy dressed up like Elvis (51 sec ahead of me, who broke his previous 2:42 Guinness World Record for fastest Elvis marathon).

The Italian marathon gold medalist Gelindo Bordin reportedly said, at the finish of the Seoul 1988 Olympic marathon: "I am too tired, even to be happy". Perhaps, I did not give it all, as I was evidently not tired enough: Oh, yes, was I happy!

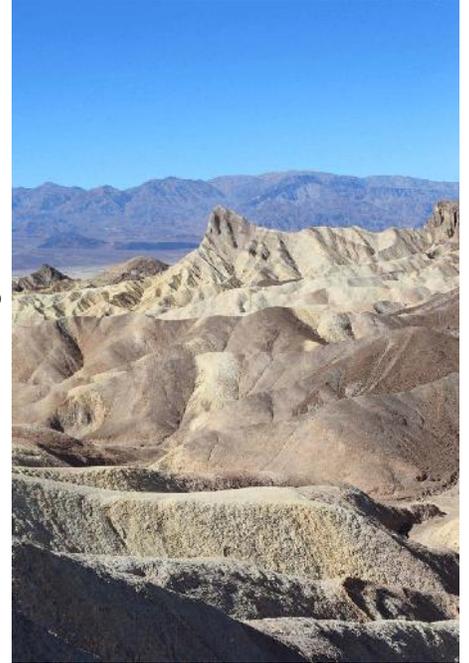


The Tullamore Dew Running Club Death Valley Run 2012

By Robert Mullis

On February 11 The Tullamore Dew Running Club held their annual Death Valley run. This year there were 10, 13 and 26.2 mile courses (31 for Mike) along the path from Rhyolite, Nevada through Titus Canyon into Death Valley. A few SCTC members have been regular participants but this year our club overwhelmed the event between 15 and 20 participants. Mike took the first place honors for the marathon distance and several of us managed to finish ahead of (RunningWith)Reza(.com), with his handicap of a tire he pulled along through the desert. The weather was wonderful - perfect for a long February run.

One of the great benefits of belonging to a club such as ours is the opportunity to participate in group events. Many of us headed into Death Valley a few days ahead of the run to do some sight-seeing, hiking, swimming and, of course, a few sunrise and sunset runs. You can get a little idea of the variety of activities from the pictures but greatest fun is the camaraderie and good times had by all.



I would strongly encourage those that think the club is just slogging around the track during Wednesday night workouts or running in the Wharf-to-Wharf once a year to give some of the group events a try. In addition to group participation in many of the notable runs in the area, join one of the relay teams (Im currently recruiting for the upcoming Lake Tahoe Relay on June 9th) or try a season on the SCTC Cross Country team. You will likely meet a lot more of your fellow club members and have a great time along the way.



SCTC INVADES DEATH VALLEY

More photos on next page . . .

Death Valley Trip
Photos by Robert Mullis



Overview of Marathon Course



RACE REPORT: THE AL GORDON CLASSIC (4 MILES, BROOKLYN, NEW YORK)

By Sarah Carvill

High winds on the morning of February 25th threatened to knock branches from the trees lining the rolling course of this year's Al Gordon Classic. There was talk of a calling off the 4-mile road race, which is named for a prominent New York investment banker who ran his first marathon at 80 and lived to be 107. A cancellation would not have been a disaster for the hundreds of local athletes who can get to an impeccably marked, professionally timed event every weekend of the year just by hopping on a subway, but the opportunity to represent SCTC in this 4-mile road race and check out the New York running scene was a big factor in my decision to take a trip "Back East" this winter. Fortunately, the event was held as scheduled, and 4,462 runners fought gusting winds the around the perimeter of Brooklyn's Prospect Park to the finish line.

The loop course begins with a slight downhill, followed by a half-mile climb. Though nowhere near as steep as the hills Santa Cruz runners train on in Wilder Ranch and Nisene Marks, on a frigid winter morning, it packs a punch. For this reason, my Uncle Steve made sure we took an adequately long warm-up jog. As my guide for the day and to New York running generally, he also told me that the mile and a half or so of downhill following the climb would be "glorious." It lived up to his description, and the race as a whole in many ways exceeded my expectations. Large-display digital clocks synched with the main race timer were posted at every mile, and smiling volunteers funneled runners onto one lane of the closed road well in advance of obstacles that might otherwise have caused bottlenecks. (The volunteers, I later learned, had a good reason to grin and bear the cold: Help out with nine New York Road Runners events in a year earns a club member a guaranteed spot in the New York City Marathon.)

The winner of this year's race was Gordon's grandson, 32-year-old John Roberts, who clocked in at 21:01. First among the women was Katarina Janosikova (age 31, 23:30) whose other distinctions include top local female in the 2008 NYC Marathon (2:42:57). The group of us my uncle drove over from Manhattan— all teammates in the Millrose Athletic Association running club— couldn't quite keep pace with Roberts and Janosikova, but I learned a lot about New York running from Michael Frankfurt, an NYRR Board member and Chairman of the Armory Track and Field Foundation, which restored and maintains the premier indoor track and field facility in the country, and sponsors fitness programming for kids. The Armory is also home the National Track and Field Hall of Fame— worth a visit if work, or perhaps a marathon, take you to NYC.

My Uncle Steve ended up beating his niece in Brooklyn— but by less than a minute. Look for him at the Wharf-to-Wharf, where we're hoping to have a rematch.



OTHER CLUB NEWS

APTOS WOMEN'S FIVE MILER

A Message from the Race Director, Holly Tyler

Do you want to get more involved in the Club? Here's a great opportunity. This year marks the last for me as Race Director, and the call is out for a new RD. Who might want to take over at the helm?



You may not know it, but the Aptos Women's Five Miler race is one of Santa Cruz's oldest established races. This year is the 31st anniversary of the race; the race started in 1981. It's always been a favorite race for local women runners, as part of the annual racing season. The race was started in 1981 by Gail Goettelmann, who was director for 10 years. Then Carol Cuminale, long time SCTC member and noted ultra runner, directed the race for ten years. I took it over from Carol, for the last 11 years, and it's been a great adventure. It's a unique race, from the coveted award mugs that are given out, to our special entry categories of mother-daughter and sister-sister. We always have fun, too, like the time some cross dressers participated in the race! The new RD would get lots of training and support along the way, I can assure you! And equal opportunity, the new director could be a guy or a gal!

Please contact Holly if you're interested.
Phone: 818-2117

CONGRATULATIONS TO OUR NEWEST HONORARY MEMBER

VIVIENNE LAUREL BEAN was born on December 7, 2011 to **LAURA CHIORELLO** and **JEFF BEAN**. Best wishes to the new family.



THE 2012 AMGEN TOUR OF CALIFORNIA IS COMING TO SANTA CRUZ

Calling all cycling enthusiasts, the County of Santa Cruz is raising money to bring the Tour of California to our hometown. Several events are being hosted to raise money for the San Francisco to Santa Cruz stage of the tour. **DIANE DELUCCHI** hosted a St. Patrick's Day fun run and Mexican brunch at her home to raise money for the tour. For more information about upcoming events check the website at www.tourofcalifornia-santacruz.com.

BROCK STEADY - The Santa Cruz Sentinel recently ran an article about our coach, **GREG BROCK**, touching on his extensive history, experience and passion for fitness. After graduating from Stanford University, while getting his M.A. in Exercise Physiology at UCSB, Coach Brock competed in the Olympic trials, placing 5th in the marathon.

Over the years, he has trained several outstanding athletes and has coached people of all ages and abilities. As stated in the Sentinel's article, "Brock qualifies as a Santa Cruz running institution."



**St. Patrick's Day Amgen Tour
Runners & Race Walkers**

Previous
The Running Joke Cartoon
CAPTION CONTEST



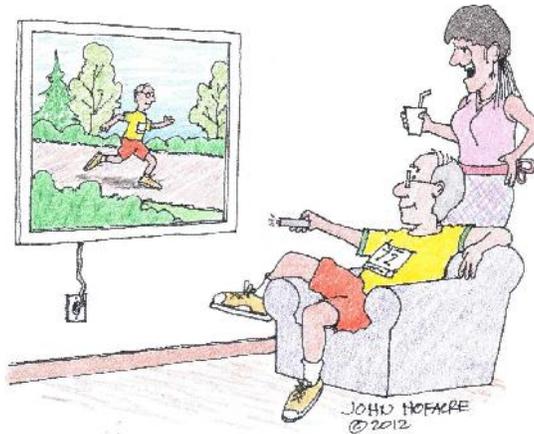
- (Gold) – “Quality always wins over quantity.” by Ray Disperati.
(Silver) – "All I ask is an honest advantage." by Quinn Wildman
(Bronze) – “You seem to be going nowhere fast.” by Ken Hargrave

Final Heat

- “You’re Soooooo... competitive!” by John Smith
“Do you ever feel like a rat in a lab?” by Ken Hargrave
“Very impressive dear!” by Ken Hargrave

Special Effort Award from John to Ken Hargrave for sending in 4 captions!

This Issue
The Running Joke Cartoon
CAPTION CONTEST



Submit a caption to johnhofacre@gmail.com
by May 15, 2012.

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

facebook (search): The Running Joke Cartoon

WE'VE GOT MAIL!



To the SCTC Membership:

This note is long overdue. During the past 17 months I have had a health adventure that I would not want to wish on anyone. Hopefully the worst of it is over for me and all that is left are the periodic visits to the cardiologist so that pacemaker/defibrillator, I have implanted in me, can talk to the doc's computer and continue to indicate everything is ok. Part of this journey is the mental acceptance that I now have to depend on a 3.2 volt battery powered device to keep my heart in line and developing the understanding of what I can do in the way of physical activities. The doctor has released me to do whatever I choose to do; however, the physical limitations are due more to the routing of the sensor leads between the clavicle and the first rib than the limitations of the heart. So far I have not been successful in discerning the range of movement of the clavicle during certain types of weight training. If anyone in the SCTC has some level of expertise of skeletal movement during weight bearing exercises, I'd appreciate some help with this. During all of this adventure I have received tremendous support from the SCTC membership through cards, emails, verbal well wishes, and even some meals especially during the most recent episode. I want you all to know that I am well on the road to recovering from all of this and am getting more physically active and motivated as the days go by. My motivation is derived from each of you. You all are my inspiration and following your race result achievements add to that inspiration. Saying thank you sometimes seems very shallow but it's the best I can do. So, to each of you, thank you so much, and I will continue to support all of you and the youth track program in anyway that I can. **Ray Disperati**

WHO YOU GONNA CALL?

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
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

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

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.