

# STARTING LINES



## Newsletter of the Santa Cruz Track Club

FALL 2013 - VOLUME 26, NUMBER 3

### WHARF TO WHARF 2013

Even though this was the 41<sup>th</sup> annual running of the Wharf to Wharf, this year the race had many new aspects. Anyone who reads the Santa Cruz Sentinel (or even this newsletter) knows that the race had a new Race Director this year. Kirby Nicols handed the reins over to Scott McConville, former Mariner athlete and now Head Track and Field Coach at Aptos High School. Scott worked with the Wharf to Wharf Board to better organize the starting line up of a race that has grown to 15,000 runners by instituting starting corrals this year. The use of the corrals helped to keep the faster runners at the front of the pack and prevented runners from squeezing in from the sidelines at the beginning of the race. Everyone seemed happy with the corral system and said that it greatly improved the flow of the race.



**Runners headed to the start of the Wharf of Wharf**

Congratulations to SCTC's **MICHELLE PROWSE**. First local woman finisher at Wharf to Wharf. See inside for SCTC race results and more photos of the Wharf to Wharf.

The Wharf to Wharf has offered prize money to the top finishers since 1992, which has brought in elite runners from all over the world. Santa Cruz Track Club has been contributing to the effort of bringing fine athletes to the Wharf to Wharf by establishing the Race Mate Program whereby elite runners are provided transportation, meals and housing by members of SCTC and the community at large. It is a wonderful way to get to know the world of elite running and what motivates these incredible athletes. Nancy Wilburn of SCTC did a superb job of coordinating the Race Mate Program and seeing that the elite runners were welcomed and that their needs were taken care of. *(Continued on next page)*



**Elite Race Mate Runners, Left to Right:**

**Tony Okello, Nicholas Kipruto, Shadrack Kosgei (2<sup>nd</sup> place male), and Risper Gesabwa (3<sup>rd</sup> place female).**



**Top Male Finishers**  
**Nelson Oyugi (1<sup>st</sup>), Brett Gotcher (3<sup>rd</sup>) and Shadrack Kosgei, (2<sup>nd</sup>)**



**Top Female Finishers**  
**Emily Infeld (1<sup>st</sup>), Risper Gesabwa (3<sup>rd</sup>) and Almaz Negede Fekade (2<sup>nd</sup>)**

Another new twist for the race this year is that the first place male and female finishers were relatively new to the winners' podium. The top male finisher was Nelson Oyugi of Kenya. Nelson finished the race in a time of 27:12:04, beating the favorite and three time previous winner, Shadrack Kosgei of Kenya. After the race, Shadrack's comment about his fellow countryman and this year's winner was that he had never seen him before, but he knew of him now. The same was true of the top female finisher. Emily Infeld of Portland, Oregon had never run a distance race before. She was a 2012 NCAA champion in the 3,000 meters and placed 8<sup>th</sup> at the 2012 Olympic Trials in the 5,000 meters, but this was her first road race ever. Not only was she surprised to be the first woman overall, she didn't even know about the prize money, but she soon found out.



**Michelle Prowse**

SCTC was proud to have MICHELLE PROWSE out there running the race while wearing her SCTC singlet. Michelle is an outstanding athlete who came to us from New Zealand. She runs with the swift graceful movement of a gazelle and covered the Wharf to Wharf distance in a time of 35:26, coming in twelfth Woman Overall and first local woman finisher. Way to go Michelle!

Also new this year was the SCTC tent at the end of the race. Perhaps you didn't see it? Unfortunately, not many people did, as we were located in the sand away from all the foot traffic. Still this was our first year to actually have a booth at the finish of the race. Joyce Parr and Sue Dunn, with a tremendous amount of help from Joe Kramer and Luke DeBrito, erected the tent and held down the fort until after the race. We did get a few visitors, but not as many as we had hoped. Maybe next year we can negotiate for better placement of our tent to increase our visibility.



**Joyce Parr at the SCTC tent**

*SCTC race results and photos on next page.*

## SCTC WHARF TO WHARF RACE RESULTS

Courtesy of Ray Disperati, Photos by John Hofacre

TRACY BALLINGER 41:53  
 JON BEARD 45:57  
 KATHERINE BEIERS 1:08:35  
 TONY BENNETT 1:07:54  
 LARRY BERG 39:49  
 TISH BERTINO 1:01:04  
 LUC BOUCHARD 1:03:39  
 ROD CABORN 45:21  
 LETICIA CAMACHO 1:00:49  
 KELLY CARLSON 55:27  
 SARAH CARVILL 45:07  
 TONI CASSELBERRY 1:06:38  
 LAURA CHIORELLO 1:49:42  
 BARBARA CHOI 52:06

**ALEX CONDOTT: 85-OAM 34:36**

NEAL COONERTY 1:15:26  
 ANDREW CREELY 37:45  
 JONATHON CROCKETT 1:05:33  
 ELI CUSHNIR 36:51  
 DARREN DAVISON 52:08  
 CRISTY DEICH 1:02:03  
 DAVE DELUCCHI 45:50  
 CARMEN DEREGO 1:45:51  
 GEORGE DIES 55:29  
 DEBBIE DILL 55:08  
 ROBIN DIXON 55:21  
 JOHN DOANE 1:09:43  
 SHARON EVANS 1:10:59

**MARGARET FAHL: 76-OAW  
 40:08**



MEGAN FARRELL 42:33  
 JIM GRIFFIN 45:03  
 JUANITA GUNTER 1:12:49  
 GREG HALES 36:29  
 JEFF HARDING 39:26  
 KEN HARGRAVE 48:25  
 LETICIA HERNANDEZ 45:09  
 JOHN HOFACRE 1:27:57  
 SHEA JOHNSON 49:04  
 MARK JUNOD 1:13:48  
 JOHN KANE 49:12  
 DOUG KEHN 1:05:17  
 ROGER KERN 44:33

**MICHELLE KERN: 46-OAW  
 38:47**



ART KLEIN 1:12:01  
 BECKY KLEIN 1:38:50  
 STEPHANIE LAIN 43:00  
 RICH LARSON 50:10  
 GUY LASNIER 59:27  
 DOLLI LONG 1:10:52  
 DANNY LONG 1:10:52  
 JOSH MADER 1:02:46  
 MARIA MARSILIO 1:07:42  
 GERRY MCCARTHY 45:48  
 DOUGALL MCDONALD 1:37:18



**SCTC Pres, Larry Berg**

JIM MCMILLIN 59:11  
 STEVE MILLER 51:16  
 MEREDITH MILLS 44:18  
 TERRILL MORGAN 55:26  
 ERIN MURPHY 45:44  
 JAVIER NARANJO 35:40  
 VINCE OBERST 39:22  
 PETE OGILVIE 1:15:58

**SHOSHANAH ORZECH: 98-OAW  
 41:19**

CLAIRE OWENS 1:13:45  
 RODNEY PECK 53:01  
 BENOIT PELCZAR 37:58

**STEFANO PROFUMO: 89-OAM  
 34:51**

**MICHELLE PROWSE: 12-OAW  
 35:26**

**CHRIS RATLIFF: 78-OAM 34:24**



*See next page for more . . .*

WHARF TO WHARF RESULTS  
(Continued from previous page)

JOHN RATLIFF	36:25
<b>CATE RATLIFF: 29-OAW</b>	<b>37:43</b>
KATHY RAU	1:22:11
ARTURO RODRIGUEZ	42:06
CARL ROTH	40:18
LYNN SANDERS	55:35
KAREN SANDERSON	52:08
SHARON SCHAFFER	54:35
DANNY SHEN	41:37
JENNIFER SOLIS	1:22:11
JANIS STANGER	1:06:06
CLAUDIA TEBAY	49:30
JULIA VAN DER WYK	1:24:49
HOWARD WHITNEY	1:42:57
SALLY WILLIAMS	1:14:55
MIKE WRIGHT	43:08
RAMONA YOUNG	44:10



## THANKS DIANE FOR THE FUN PARTY

Many, many thanks go out to Diane Delucchi for hosting the Wharf to Wharf after party. She put the entire family to work and Mama Lerma, as usual, cooked her heart out to feed the masses. A wonderful way to unwind after the race. Coach Brock said it was the social event of the season, and it gave the elite runners a chance to relax and socialize.

## SCTC ANNUAL PICNIC

Once again, Diane Delucchi's never say die attitude paid off. The annual picnic to be held at Anna Jean Cummings Park called for an emergency relocation. Someone else had already nabbed our picnic spot! Not to worry, Diane went out in search of a solution. Javier Naranjo spotted a barbecue grill on wheels that was parked by the side of the Soquel High cafeteria, and with a little ingenuity, help from Larry Berg and Jim Norris' van, the grill was towed over to the track. Joe Kramer fired it up and we all enjoyed a track side barbecue. It seemed like a fitting location and many folks said they enjoyed having it there more than at the park.



**The party girls at Diane's house**



**The barbecue caper**



**Coach Joe, our Master Griller**



## RACE RESULTS AND OTHER SCTC NEWS

**WOW! It's been a busy summer . . .**

**DANNY AND DOLLI LONG**, one of the Track Club's sweetest running couples, ventured off to Montana to run the **Missoula Half Marathon** on July 14. This is the second time this pair has ran this particular race and they both did very well. Danny placed 3<sup>rd</sup> in his age division and Dolli took 6th place in hers. Congratulations to you both.

Speaking of triathlons, a few SCTC members were seen at our local **Sandman Triathlon**. **DAVE DELUCCHI** placed 3<sup>rd</sup> in his age group, and **STEVE MILLER** took 8<sup>th</sup> in his. **SHEA JOHNSON** was 9<sup>th</sup> over all and second in his age division. Pretty impressive showing.

**CARL ROTH** seems to enjoy races with unusual names and themes. Where does he find these events? On August 4, he ran the **Sausage Fest Run** in Los Gatos. Everyone who completed the race received a sausage and beer. On August 18, he ran the **Earthquakes 5K Challenge** and placed 5<sup>th</sup> overall, 2<sup>nd</sup> in age, with a time of 20:10. This was the day after the UCSC cross country race. There isn't much dust collecting on Carl's running shoes.



**GREG HALES** is still experimenting with venturing over to the "dark side" of ultra running. Greg ran his first 50K on August 10 at the **Crystal Springs Trail Run**. Sadly, he took a wrong turn that and put in a few extra miles, which cost him some aggravation and a top finisher's spot. But, that hasn't deterred him, and he plans to do a 50 miler next. It looks like he has been seriously bitten by the ultra bug.

Apparently a 50K must be a walk in the park for **JON BEARD**. Jon has had a busy August and ran two 50Ks within a two week period. He reported that his finishing time in the **Skyline 50K** this year was better than last. That's the way to do it.

**MIKE WRIGHT** and **MELANIE MICHALAK** ran the granddaddy of all races, the **Western States 100 Mile Endurance Run** in June. Both runners earned the coveted bronze belt buckle by finishing the race in under 30 hours. Mike finished the race in 26:24:28 and Melanie finished in 29:11:59.

**KAREN SANDERSON** reports that she has some ups and downs this year. Karen ran the **Aptos Women's Five Miler** in June with her sister. She placed 3<sup>rd</sup> in her age group and they were 2<sup>nd</sup> among the "sisters" teams. **The Firecracker** on the 4<sup>th</sup> of July proved to be a little more challenging.



**Karen at the AW5M**

**KATHY FRANK AND ROGER KERN** took on some altitude during their adventure to Colorado in July to participate in an **Xterra Triathlon**. Both said the altitude made for a difficult race. They did much better at the **Xterra Lake Tahoe** in August. Kathy placed 1<sup>st</sup> in age, and Roger came in 2<sup>nd</sup>. All this altitude training will come in handy if they should decide to tackle Kilimanjaro next year.

**MICHELE KERN** has gathered in some 1<sup>st</sup> place finishes this year. She was first woman over all at the **Run in the Name of Love 5K**, and she teamed up with **MARGARET FAHL** to be first in the **Capitola Half Marathon Relay**. Michelle also placed 1<sup>st</sup> in her age group at the **USATF Chabot** meet in both the 1600 and 800 events.

The **Race Through the Redwoods** is always a fun event. A challenging course followed by a pancake breakfast. SCTC had three runners in the 10K, **RON GOODMAN** placed 4<sup>th</sup> in his age in a time of 49:46; **RODNEY PECK** finished in 58:34, and **TERRILL MORGAN** completed the course in 59:53. This is one tough race!

*See next page for more incredible race results*

**RACE RESULTS** (Continued from page 6)

**TONI CASSELBERRY** never slows down. Having conquered all continents, she is now working her way around the U.S. to run a marathon in every state. In April, she ran Oklahoma City, June was Vancouver, Washington and July was Aspen, Colorado. October 6 she will be running the Minneapolis/St. Paul Marathon and then on to Mason City, Iowa on October 13. In December she plans to run the Memphis Marathon and in January, 2014 she is headed to the Mississippi Blues in Jackson. That's quite a schedule!



**Toni Casselberry and other SCTC ladies on a run to Berry Creek Falls**

**KEN HARGRAVE** has been running steady. He placed 1<sup>st</sup> in his age group at the Capitola Half Marathon in a time of 1:49:28. He placed 2<sup>nd</sup> in his age division at the Firecracker 5K and also ran the Wharf to Wharf.

Speaking of the Firecracker 5K, **PETE OGILVIE** reports that two of SCTC's racewalking contingent did very well in the 5K. While lots of other SCTC runners got to mount the awards podium, Pete

commented that none were more tickled to be there than he and **SALLY WILLIAMS**. Both took 2<sup>nd</sup> in their age groups and were very happy to have placed in a race against runners. Sally and Pete also racewalked the Wharf to Wharf, setting PRs by a few seconds each, and Sally beat Pete by a minute.



**Pete Ogilvie - 2<sup>nd</sup> in Age at the Firecracker 5K**

**PETER HARTMAN** completed his first half-marathon on August 10. The race was the Lululemon Seawheeze Half-Marathon in Vancouver, B.C., Canada. Peter finished in 2:08 and says he is now hooked on 13.1 miles. Below is a picture of him with two of his colleagues, right after crossing the finish line. Congratulations, Peter!



**Peter Hartman at his first half marathon**

## COACH BROCK BECOMES CERTIFIED

By Greg Brock

After coaching for 39 years, events added up to becoming a USATF certified coach. Certification didn't exist when I started. My background of undergrad in psychology and grad school in exercise physiology seemed to be an adequate education. I also had taken ed courses in Track and Field as well as attending numerous coaching clinics. USATF started certifying coaches in the late 1970s. This past February there was a Level 1 school at Chabot College. It was two days of 8 hours of instruction in all the events of track and field. There was a 200 question online multiple choice test to be completed at home after the class open book. I passed that and was then eligible to take a Level 2 course.



The Level 2 school was at Cal State East Bay this past July. It was much tougher. We studied online learning modules for several months before attending. The first few days consisted of reviewing the material and then being tested in four areas: Physiology, Training Theory, Psychology, and Mechanics. Each test was 25 multiple choice questions and had to be passed with 80%. About 10% failed at least one test. They weren't real easy. Fortunately, I passed them all.

Next, we attended our area specialty: choices are: jumps, throws, sprints/hurdles or endurance. Naturally, my area was endurance. At the end of about three days, we did a group project in designing a training program and that went well for everybody. The last day we took a 50 question multiple choice test that had to be passed with 70% and again, I passed it along with everyone else.

Now, was it worth it and did I learn anything? I learned a lot. Some new stuff. Things do change in 40 years. Material is presented from a different prospective and some new areas were brought to my attention. Another great feature of this program is to standardize terminology and language. I met a lot of new people who share my passion and love for this sport. It was a very intense experience because we stayed in the dorms and shared meals in the cafeteria. We talked a lot of track and studied together. We had a lot of test anxiety which will make me identify more with my high school students. Overall a great experience.

## NISENE MARKS 5K, 10K AND HALF MARATHON

A couple of new local running events were added to the calendar this August. The Run by the Sea (see next page) and the Run Santa Cruz race series sponsored by Fleet Feet held a race in Nisene Marks to mark the park's 50<sup>th</sup> anniversary. Unfortunately, both races were held on the same day - August 25. This reporter wasn't able to be in two places at once, but I did see **MEREDITH MILLS** at the following Wednesday night workout and learned that she placed First in her age division in the 5K. Meredith's time was 21:40, and she actually beat **DAVE DELUCCHI** and **DAVE GONZALES**, who ran the 5K in a time of 22:16 and 25:43, respectively. Meredith mentioned that the two Daves might not have been at their peak performance due to injuries, but she was relishing her victory all the same. SCTC women truly dominated at this race, **MARGARET FAHL** was First Female Overall. Margaret's daughter, **BALIY ELLIS** is following in mother's foot steps. Baliy placed Second in the females under 19. **RAMONA YOUNG** placed First in her age in a time of 22:18. **LAURA CHIORELLO** took on the longer distance of running the 10K and is making a steady comeback to those pre-baby days. The guys didn't do too shabby in this race either, **JOHN HOFACRE** placed First in his age, and **JEFF BEAN** and **KEN HARGRAVE** took Second place in their age divisions. Way to go SCTC runners.





## RUN BY THE SEA

### Race report by Sue Dunn

Oh what a beautiful morning! The coast was clear and kissed with sunshine on the day of the inaugural Run by the Sea, Santa Cruz County's first ever coastal trail run. The race was the concept and design of Ron Goodman, who envisions having a coastal trail all the way to Davenport someday. Ron, who would often run home to Santa Cruz from Davenport, wanted to introduce other runners to scenic coastal bluffs and the idea of Run by the Sea started to form.

Wilder Ranch (being one of my favorite places in Santa Cruz) was an excellent venue for the race, and the Santa Cruz Track Club was out there in full force helping Ron with his debut as a race director. The course had one tricky aspect - a short, but steep descent from the bluffs to the beach and then back up again in the first mile.

Diane Delucchi was Ron Goodman's right-hand lady through out the production of this race. Being a novice as a race director, what better person for Ron to have by his side. Diane spurred the runners on as we ran down the bluff and through the sand.

SCTC had many smiling volunteers on the course, and our runners were smiling too. GREG HALES won the race overall! Awesome job, Greg. BARRY COHEN was third overall. TIMI SUTTON placed first in her age division and LETICIA "CAT" HERNANDEZ also took first in age. Even this writer was able to bring in second place in age despite my lack of mountain goat agility. Trail running can be challenging, but so much fun!



**Greg Hales must have known he would win the race. He was in a jovial mood before it even started.**



**Runners crossing the bluffs to the beach**



**Coach Brock gives a finisher final instructions**



**Cat, Sue, Timi and Greg  
We all got chocolate bars for placing**

## USATF CROSS COUNTY

The USA Track and Field Cross Country Series begun on August 17 with the 13<sup>th</sup> annual UCSC Cross Country Challenge hosted by SCTC. It is always interesting to meet runners from other running clubs in the Bay Area and beyond. SCTC had both a Men's Masters and an Open Women's team. It was good to see some new (and fast) club members on the Women's team this year. Once again, MICHELLE PROWSE was our local female winner and KEVAN CHU was the top SCTC male finisher. Meredith Mills reports that our Women's Team placed 2<sup>nd</sup> out of 9 teams!

There are still many more races to go.  
Come out and join us for a few.

September 8	Golden Gate Park Open, San Francisco
September 14	NorCal XC Challenge, Redding
September 21	Garin Park XC Challenge, Hayward
September 28	Willow Hills XC Open, Folsom
October 5	Presidio Challenge, San Francisco
October 26	Shoreline Open, Mountain View
November 2	John Lawson Tamalpa, China Camp
November 17	Ancil Hoffman, Sacramento
November 24	PA Championships, San Francisco



**Chris Rose heads up the hill to the finish**



**Larry Berg**



**Carl Roth**



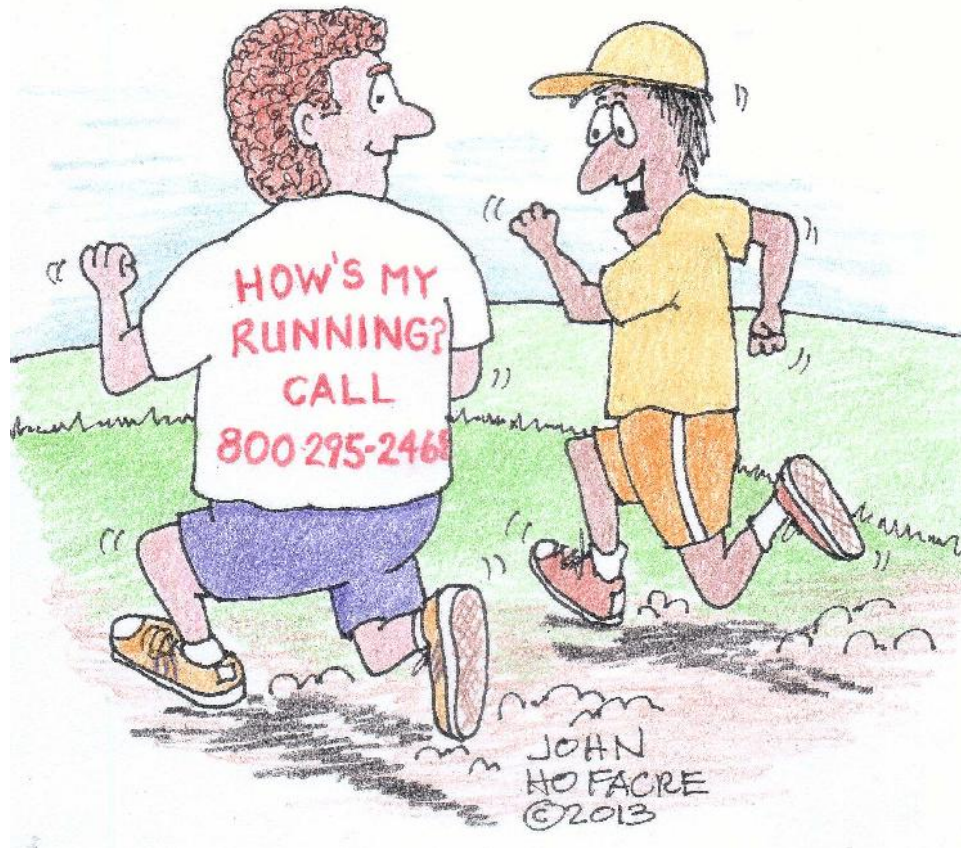
**Even Coach Brock got into the action**



**Arturo Rodriguez**

**A big thank you to all our fabulous volunteers. We couldn't make this happen without you. Special thanks to Nancy Wilburn for providing last minute shuttle service for the runners from the parking lot.**

Previous  
**The Running Joke Cartoon**  
CAPTION CONTEST



(GOLD) "Some questions are best left unanswered!" by Ken Hargrave

(SILVER) "Cool... Crowd Source Coaching!" by John Hofacre

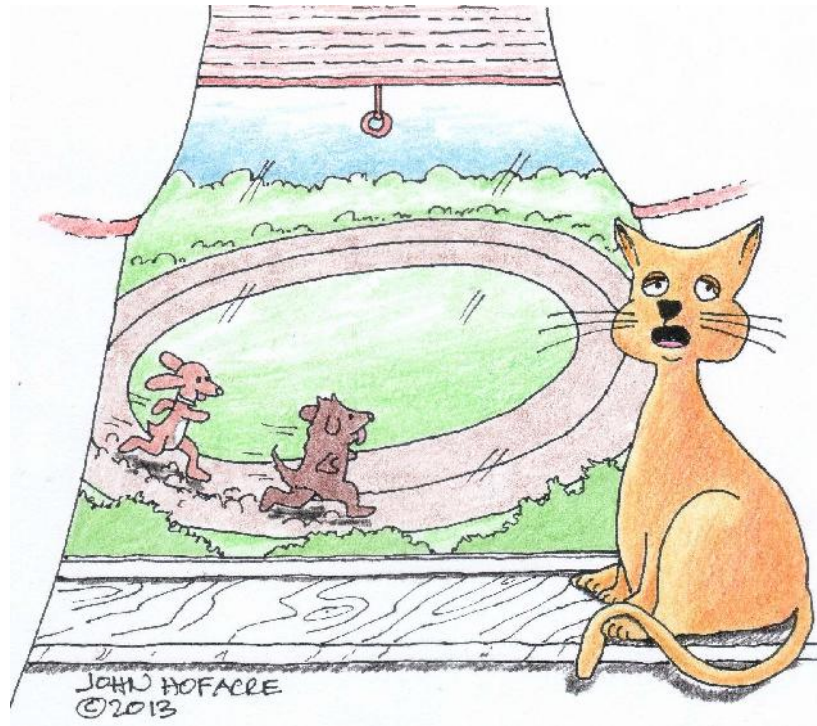
(BRONZE) "Hey Pal, you just 'ran' a stop sign!" by Wendell Williams

3-WAY TIE "You say the 'form' tips are so-so, but you've gotten 3 dates!" by John Smith  
"Nice form, Norm!" by Mitchell Slade  
(maybe the guy looks like Norm from TV's Cheers)

TODAY'S SPECIAL

"And if I get that t-shirt... I get free coaching?... I want one!" by John Smith

This Issue  
**The Running Joke Cartoon**  
CAPTION CONTEST



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Submit a caption to [therunningjoke@yahoo.com](mailto:therunningjoke@yahoo.com)  
by October 15, 2013.

Winning captions will be printed in the next newsletter.

The person submitting a caption grants  
permission to publish the caption in any form.

The Running Joke Cartoon: Copyright 2013 John Hofacre

Website: [www.runningjokecartoon.com](http://www.runningjokecartoon.com)

facebook (search): The Running Joke Cartoon

RUN SMART RUNNING CAMP  
FLAGSTAFF, ARIZONA, JULY 14-20, 2013  
By Arturo Rodriguez

*Starting Lines, Page 13*

As some of you know, last month I went to a running camp in Flagstaff Arizona (altitude 6996'). It's the only running camp I have ever done. The reason for my desire to go to this particular running camp was because I had just learned of Jack Daniels, an otherwise well-known coach, who would be lecturing at the camp. He would be responding to questions about training and how to improve as a runner. Going to a running camp is probably one of those things we have probably thought might be fun and perhaps do someday. I fortunately happened to be available that week and I have been planning to go to the World Masters games in Brazil in mid-October. Well, I didn't get as much time with Jack Daniels as I had hoped. However, being at this running camp far exceeded my expectations as to how much you could learn, running at beautiful locations, and just how enjoyable it was to be with runners with helpful and personable staff.

Sunday, July 14<sup>th</sup> -- We had the welcome kickoff dinner at the Embassy Suites Hotel where we were staying. On my way down to the dinner, I happened to run into one of the participants, Don who related that this was his second year at the running camp. My first unspoken reaction was "I wonder if he's a slow learner since he had to come back and repeat!" At the meet and greet, Mike Smith one of the coaches did most of the talking while the other main coach, Vince Sherry (14:02 5K) stood by to answer questions. I didn't realize it then, but Mike Smith (the Georgetown women's cross country coach) was quite an athlete. I later saw a picture of him in Running Times Magazine racing the Trans-Rocky Race and being described as a multi-year winner. They passed out the latest Saucony training shoes and we socialized for a few hours.

Monday, July 15<sup>th</sup> -- We met at the lobby and piled into the two vans to head to Buffalo Park for our first run at 7:30 am. Staff obviously put a lot of thought into picking this as our first altitude run since all of us were lowlanders. It is a beautiful park in Flagstaff where they had us running in 2 mile loops. They wanted to keep an eye on us in case anyone got into any trouble. I did my 6 miles which was plenty for the first day. We then caught a **Nutrition for Running Performance** class with Alicia Shay (former 2X NCAA 10K Champ, 4<sup>th</sup> US Olympic Trials 10K). After lunch at the Northern Arizona University dining hall (a short walk away) which had an assortment of great tasting and nutritious food, we had a couple of hours to relax and then meet again in the lobby for our departure to the afternoon session: learning what is and how to properly do **Active Isolated Stretching** from Vince Sherry. Previous to the camp, I had never heard of it, although I had seen Greg Hales doing it before some races and track workouts. Then we piled into the vans and went to a great Greek Grill for dinner and a further opportunity to socialize.

Tuesday July 16<sup>th</sup> -- After an early breakfast, we vanned it for a 7 mile run at Aspen Corner (9000'). It was an amazingly beautiful trail, with aspens, grand vistas, some tough up and down small hills during the first 3 ½ miles and then a very gradual down hill. As some of you may have experienced, running hills at altitude is very tough. We just had time to get to our 11 am **Functional Strength** for Runners session at the local University with Dr. AJ Gregg. I was ignorant of this type of supplementary training for athletes. As I understand it, each individual sport, and in running, event, has certain strength and flexibility requirements to perform your best. For long-distance runners, Dr. Gregg showed us a number of squats, Pilates type moves, balance and stretching exercises. It may be no surprise to anyone who knows me that I, like most of us, need to work in all these areas. For the afternoon session we met in the hotel conference room for a talk and question-and-answer with 2012 US Olympian Janet Cherobon – Bawcom, who is trained by Jack Daniels, lives in Flagstaff and came in 12<sup>th</sup> at the London Olympics in the 10,000 meters finals. She was candid, told funny stories and I learned a bit about how a serious runner trains and competes. Dinner was at a great pizza restaurant with more socializing.

Wednesday July 17<sup>th</sup> -- After an early breakfast, we drove to Sedona for a beautiful 7 mile run at (4500'). It was another amazingly beautiful trail, with hug red spires, grand vistas, some gradual up and down small hills during the up and back course. I had the pleasure to run with Sarah, Vince Sherry's wife, who was obviously

someone who had competed in college. We chatted about her running and hopes of getting competitive again and I asked her about her yoga practice. There was time for lunch and sightseeing in Sedona and then we headed back to the hotel for an afternoon session with Alicia Shay, entitled **Drills for Efficiency and Performance**. These I was familiar with, Greg Brock having had us doing running drills prior to our track workouts. Dinner at another great restaurant with the group.

Thursday July 18<sup>th</sup> -- After an early breakfast, we were dropped off for a 10 mile run on A1 Mountain road. It was a beautiful fireroad, with some tough up and down small hills during the first 2 ½ miles and then a very gradual down hill. Some of the campers were ultrarunners and had arranged to get there early to get their 20 miler done. We had been scheduled to have a morning session with Dr. Jack Daniels, however his plane was held up due to weather and the class was rescheduled for Friday. This afternoon we had a **Restorative Yoga** class with Sarah. Knowing that I have poor flexibility I had tried yoga 10 years ago and was so bad that I quit. I had not heard of restorative yoga until this camp. It's basically for injured persons, rehabilitating persons, and was perfect for someone like myself. You get in a position with big pillows and blankets and other soft aides to help you hold a position for a about two minutes. I am now taking restorative yoga in Santa Cruz twice a week. This was the only dinner we were on our own and I had great Indian food with some of the campers.

Friday July 19<sup>th</sup> -- After an early breakfast, we departed for a 6 mile run at the south Rim of the Grand Canyon. It was an up and back trail with vistas of the Grand Canyon, some tough up and down small hills. Lunch and sight seeing at the Grand Canyon and back to the hotel to hear Jack Daniels. He gave a lecture that was funny, inspiring, full of his many wonderful stories and training insights. He has been called by Runners World the "World's Best Coach" He has written Daniels' Running Formula 2<sup>nd</sup> edition. He has been an Olympian pentathlete who team medaled twice, and on the US Olympic staff as an exercise physiologist who worked with many the famous Olympians including Jim Ryun, Joan Benoit, Frank Shorter, Alberto Salazar, et al. That evening we drove to a beautiful ski area and had our farewell dinner during which Jack Daniels told more funny and inspiring stories while the other coaches gave brief speeches on how much they enjoyed having us and we said our official goodbyes.

Saturday July 20<sup>th</sup> -- After an early breakfast, some of the campers went on an early morning run while others of us were catching the van to get to our flights and back home. It was only during the flights and waiting in the airports that I finally finished Jack Daniels book on running. Dr. Daniels did state that he was completing his third edition which would be out sometime later this year.



I had a great time, met some wonderful people, and learned so much that I am tempted to sign up for next summer. It was one of my best vacations. When I've thought of running camps, I would think of being somewhere in the woods. However, I felt being in a beautiful small town like Flagstaff with wonderful restaurants and having the facilities of Northern Arizona University right next to us was quite ideal. One final note, the staff was quite flexible catering to the individual training needs of the campers whether you were an out-of-shape walker, an injured runner, an ultramarathoner, etcl. They would provide alternative distances on each of the days and keep an eye on you since we were new to the trails.

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## TAHOE TRAIL RUNNING WEEKEND

**By Sarah Carvill**

One Friday, August 9<sup>th</sup>, a group of SCTC runners and triathletes again converged on the Lost Trail Lodge outside of Truckee for the Track Club's second annual Tahoe Trail Running Weekend. This year, most of the group took the day off in order to arrive at the beautiful backcountry lodge— 4 miles up a rough dirt road from I-80— while it was still light enough to run, ride, or at least join the fun of cooking a delicious dinner together on the massive range.

On Saturday morning, Dave Delucchi took the opportunity to squeeze in a long training ride— at the appropriate elevation— for his upcoming Ironman. Roger Kern and Kathy Frank also explored the area's trails and roads on bicycles. Claudia Tebay suggested that those of us who wanted to brave the 3.6-mile climb out of Coldstream Canyon, where the Lodge is located, to the Pacific Crest Trail, do so on Saturday. Robert Mullis, a veteran of this steep and at times rocky ascent, decided to hike up with a pack and save his running miles for the rolling trail and sweeping views along the ridgeline. Michelle Prowse, Claudia, and I decided to start at a run, and were soon spread out along the trail. Easily taking a long lead, Michelle ended up on a rambling traverse around the ridgetop. Claudia and I stayed closer to Rob, the three of us reconvening periodically to adjust our expectations about things like how fast and far we would go on that kind of terrain, and how long we would wait to dip into our picnic lunches.

When we finally reached the ridge, we scrambled a little higher for a view out over Squaw Valley, and beyond it, the bright blue lake. After enjoying some water and snacks with our vista, we started making our way back to the PCT. It was then that we came upon Peter Huemer pushing a baby jogger, and Kari carrying baby Eric on her hip. The whole family, along with Rob, Joe Kammer, and Diane Delucchi, enjoyed picnic at the crest, and then ventured to the top of a nearby promontory known as Tinker Knob.

The group had a more relaxing afternoon, with some of us venturing back out to Truckee to re-caffeinate at local favorite Wild Cherries Café. The evening was filled with a major— and ultimately delicious— pasta collaboration, a card game tournament, and conversations that in some cases went on until midnight. Sunday morning was, for most of us, dedicated to an easier run. Rob led an expedition to locate the old and now defunct railroad tunnels he was able to find last year, and when everyone reconvened at the lodge, pancake production commenced in earnest. The lodge has an unusually large griddle, and with multiple magazine articles describing quinoa and polenta pancakes, we put it to very good use. New this year: On the way out, a few of us stopped to explore old downtown Truckee. Just like last year: We can't wait to go back next summer!



**Lost Trail Lodge Runners**

## SANTA CRUZ TRACK CLUB A BIG HIT AT THE SUNRIDGE WELLNESS FAIR

By Maria Marsilio

Every year SunRidge Farms sponsors a Wellness Fair for its employees every year in August. There are a wide variety of health related vendors that participate. Just to name a few, Precision Wellness came to talk about injury prevention. Agape La Vie demonstrated holistic skin care products. Dr. Bedolla was on hand to provide advice about dental concerns. This year, SCTC came and promoted running for fitness sake. Numerous people stopped by the SCTC table to find out what it was all about. One person said that he was a pole vaulter in high school and was encouraged to find out that there is a venue for adults to participate in such events. Many people said they wanted to get their children involved. Still others were happy to learn that there is club where they can find workout partners.



As you may know, SunRidge has been a Bronze Sponsor of the Wharf to Wharf for the past several years by providing packets of trail mix for the goodie bags and has sponsored a number of Track Club events. Look for SunRidge Farms at the Turkey Trot in November.

Many thanks to Sarah Carvill, Diane Delucchi, and Mama Lerma for introducing the SCTC to SunRidge Farms and for helping the 2013 to be a big success.

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## COMING EVENTS

### **SANTA CRUZ TRIATHLON, SEPTEMBER 29, 2013**

Formerly called the Santa Cruz Sentinel Triathlon, the Santa Cruz Triathlon is a non-profit event. Last year the race donated nearly \$50,000 back to the Santa Cruz community. Proceeds from the event are donated to Santa Cruz County High School athletic programs, the UC Santa Cruz Swim Program, Cabrillo College Athletics, Santa Cruz Track Club, Santa Cruz Triathlon Association and Long Marine Lab. Come out to volunteer or participate!

### **HALF MOON BAY PUMPKIN RUN, OCTOBER 20, 2013**

Kids Fun Run, 5K and 10K Run, plus 5K Walk starting at Hatch School in Half Moon Bay. This race is part of the Half Moon Bay Pumpkin Festival. The festival officially begins on October 19, 2013, with a parade, costume contest and pie eating contests. Former San Francisco 49<sup>th</sup> quarterback Steve Young will be the Grand Marshal at the parade this year. The Pumpkin Run is held on Sunday, followed by more fun and activities. A good way to get into the Fall spirit. Registration is open on [www.active.com](http://www.active.com).

### **SCTC TURKEY TROT, NOVEMBER 23, 2013**

Kids Fun Run, 5K and 10K Run. This race is a favorite among the locals. Scenic course along West Cliff Drive. Lace up your running shoes for some friendly competition or come out to volunteer. Last chance to earn volunteer points before the end of the year!