

STARTING LINES

**NEWSLETTER OF THE SANTA CRUZ TRACK CLUB
2016 - FALL/WINTER EDITION**



HAPPY NEW YEAR FROM SCTC

**LIISA MILLER TAKES SECOND IN THE NATION AT
THE NATIONAL CROSS COUNTRY CHAMPIONSHIPS**



SCTC went to the National Championships in Tallahassee, Florida on December 10. See inside *Starting Lines* for a full recap of the USATF Cross Country races and our SCTC team.



Cross Country crew celebrating a fantastic season!

COMING EVENTS - 2017

January 11 - SCTC Annual Sign Ups

Come join us at Soquel High School for a short work out followed by the annual sign ups for the Club. Stop by the multipurpose room to check out the new swag included in your membership.

Annual Awards Banquet - Further details to follow via email to SCTC members. A night to celebrate and acknowledge members' achievements. Contact Greg Hales or Diane Delucchi with your award nominations for 2016.

February 5 - SCTC Super Bowl 10K, 3K

Beautiful course on West Cliff Drive. Fast and Flat! Discount for SCTC members. Ladies, good warm up for She is Beautiful.

March 6 - SCTC Youth Track & Field

Tentative date. Workouts will begin in March and will be held Mondays & Wednesdays at the Soquel High Track from 4:30 to 6:00 p.m.



March 19 - She is Beautiful. A fabulous women's race along West Cliff Drive. Register early, this one sells out.

YOU CAN MAKE A DIFFERENCE IN 2017

Editor's comments by Sue Dunn

We live in an amazingly beautiful area and many of us run in Nisene Marks State Park on a regular basis. We enjoy the serenity that the tall Redwood Trees bring and the adventure of following the winding trails. About 18 years ago, a group of dedicated volunteers formed together to become stewards of the forest. **The Advocates of Nisene Marks** have been going strong maintaining the trails, installing and rebuilding bridges. Some of you may remember former SCTC member MARGARET HICKS who was instrumental in building the bridge across Aptos Creek that now bears her name. More recently, the Advocates worked with the CA State Parks and CA Conservation Core to install an ADA trail that leads from the parking lot at the Ranger's Kiosk to a wheelchair accessible platform overlooking the creek. Board member JOHN FUCHS and his wife often bike the trails to see if work is needed and ALLISON LIVINGSTON is a frequent runner of the trails. SCTC is proud to announce that our very own DIANE DELUCCHI recently join the Advocates board. The Advocates meet at the Ranger's kiosk on the third Sunday of every month at 9:30 a.m. to venture out into the forest for a morning of trail work. They are a friendly group and can always use volunteers. Learn more at www.advocatesfnm.org.



Advocates Board Members: John Fuchs, Bob Bailey, Allison Livingston, Geoff Alexander, Diane Delucchi, Ed Gilbert, Melanie Dominguez & Jeff Thompson

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SCTC PERSONNEL:

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Carmen Robles, Clothing Diva

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The **Santa Cruz Track Club (SCTC)** is a non-profit organization established in 1989 to promote running and track and field by providing coaching and support programs in our community. The club operates two sections; one for adults (over 18) and one for youth. Athletes of all abilities are welcome. Workouts respect the level at which each individual desires to train. The SCTC also helps local organizers of road races and track meets with event management. We are a diverse, multi-talented group of athletes which includes sprinters, hurdlers, middle distance runners, marathoners, ultra marathoners, walkers, race walkers, field competitors and triathletes. Our members span from youth to masters and from novices to national and Olympic class athletes. The Board of Directors meetings are the second Tuesday of each month. Any member is invited to attend. Call Greg or Diane for meeting location and time. *Starting Lines* is a 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.



SCTC TURKEY TROT

This is such a classic hometown race. Older folks that have done this race for years mix with families of young children who are running for the first time.

The race is also somewhat of a reunion for SCTC by bringing out members both as runners and volunteers.

A big thank you goes out to Race Director DIANE DELUCCHI. Her positive attitude always motivates others. LARRY BERG and KIM CROWLEY were in charge of the race timing, and we had numerous volunteers along the course and at the finish. JEFF KIRK deserves a shout out for helping to set up the course in the early morning hours. Although the forecast had been for rain by 8:00 a.m., we were lucky that the rain held off until the races were over and everyone was able to enjoy the cool morning with perfect weather for the runners. SCTC swept the course with many runners placing in their age divisions.

The kids are eager to run



The 10K begins



Stefano Profumo & Chris Ratliff



STEFANO PROFUMO was the first SCTC finisher in the 5K. See next page for SCTC race results.



Takehiro Yamaya
First Overall - 5K



Kevin Feng & Sarah Meyer
Tapia - First Place in the 10K



A happy group of award winning runners



RACE RESULTS:

5K

JULIA NEMEC	24:02	2-A
STEFANO PROFUMO	18:08	2-A
DANIEL WIRLS	18:52	1-A
GRAHAM KING	20:08	1-A
ED ACOSTA	20:34	1-A
JOSH MADER	21:54	2-A
STEPHANIE LAIN	22:16	1-A
DANIEL GAGVINE	24:25	1-A
TISH BERTINO	28:28	1-A

10K

CHRIS NESTLERODE	36:51	1-A
KEVAN CHU	38:18	1-A
JEFF SOARES	37:20	1-A
DAVID DELUCCHI	44:11	3-A
RICK SINCLAIR	57:05	5-A
SYLVIE MAXWELL	49:09	1-A
SUSANNE COCHRAN	58:54	3-A
JILL JUDD	1:03:38	5-A
BEATA HOFACRE	1:05:15	6-A
RICK FERRELL	45:51	1-A
WILLIAM MECHINE	44:33	3-A
JOHN HOFACRE	50:39	5-A
CAMILA SHAFFER	59:54	4-A
OLOF HELLEN	1:02:43	2-A
KATHERINE BEIERS	1:17:26	1-A



A huge thank you to our fabulous volunteers. You make it all happen!

2016 USATF CROSS COUNTRY RECAP

Golden Gate Park - September 11



More races to come . . .

CROSS COUNTRY 2016

The USATF Cross Country Series for the Pacific Association holds races all over the bay area. Some are easier to get to, some entail long drives and sometimes even plane flights. The courses vary from the slippery grass and mud at Golden Gate Park (pictured on the right) to the dry and dusty hills of **Garin Park in Hayward** (pictured below). KEVAN CHU and JEFF SOARES ran on the men's team and caught these photos of the SCTC women at Garin Park on a sweltering day in late September.



**Stephanie Lain & Liisa Miller
at Golden Gate Park**



Chilling at Hippie Brew after the race



Ramona Young



The **Rebels XC Challenge** was held near Sacramento at Ancil Hoffman Regional Park. JEFF SOARES and KEVAN CHU went to the race in style by flying up in Jeff's Piper Arrow. No getting up early or hassling with traffic. These guys make SCTC look super cool! (continued on next page)

CROSS COUNTRY CONTINUES

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In mid-season a couple of our women runners unfortunately encountered some nasty strains and sprains and were not able to run at the **Excelsior Challenge** on October 1. LIVIA PERAS and JANET WOLVERTON represented the women, but we were one woman shy of a full team. The men had a better turn out with a full Masters Team.

DAVE GONZALES and DOUG PRINGLE were the only SCTC runners that made it to all the way to the **Willow Hills Open** on October 8. Good job guys!

By late October, LIISA MILLER was on the mend and back in fine form. The **Aggies Open** was held on a beautiful day at Shoreline Park in Martinez and SCTC was there in full force to enjoy a fast flat course along the water, and of course, a post-race snack.



Aggies Open



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The John Lawson Tamalpa Challenge is a fun race on a beautiful course at China Camp State Park in San Rafael, and they serve cold beer at the end! What more could you ask for? But this year there was a torrential downpour of rain all morning while our valiant SCTC runners waited in their cars prior to running like crazy in the mud and they loved it!

The Pacific Association Championship race was held at Golden Gate Park in mid-November. The Women's team was joined by a new runner TIFFANY VERBICA who scored well for the team.

Congratulations go out to LIISA MILLER who was first woman in her age division for the entire circuit! Unfortunately, Cross Country is not without its hazards. JEFF KIRK pulled a hamstring during the men's race and missed the team photo below. Time for rest and recovery.



Tiffany Verbica & Liisa Miller



LIISA MILLER, JEFF SOARES, KEVAN CHU and JEFF KIRK took SCTC to the national level by flying to Tallahassee, Florida to attend the National Championships on December 10th. Stories of their adventure follow on the next page.

CROSS COUNTRY NATIONAL CHAMPIONSHIPS

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Congratulations to our SCTC runners who made it to the National Championships in Tallahassee, Florida on December 7. **LIISA NICHOLS, JEFF SOARES** and **KEVAN CHU** flew out a few days early, and it is probably good that they did. They look happy enough on the plane heading out, but then their flight was delayed in Dallas. Jeff posted these photos on Facebook with the comment that SCTC was stuck in Dallas Fort Worth, Texas. “Our original plane had maintenance issues they couldn't fix. Two hours later they brought another plane. As they called for us to start boarding, that plane now has maintenance issues. So here we sit!!!!!!”

Fortunately, the group made it to the Championships and so did **JEFF KIRK** and **DAVE BLANKENSHIP**. **DOUG PRINGLE**, who has been a strong cross country runner this season, described the team best in his post saying, “This team is insanely good, especially in the 50 and over category. Some are those in their 50s are running 36 minute 10Ks.”

LIISA MILLER finished the season by placing Second Overall in the 50+ age division nationwide! Liisa ran the Masters Women's 6K in 23:10 at a 6:13 pace. That is true star quality.

The guys did great too. **JEFF SOARES** ran the 10K in 37:38, and was 27th in the 50+ age division. **JEFF KIRK** finished the 10K in a time of 37:38, placing 21st in the 55+ division. **DAVE BLANKENSHIP** ran the 8K in 32:34 and was 14th Overall, Third in age. Unfortunately, **KEVAN CHU** pulled his calf muscle. Darn, this season has not been without injuries, but everyone thoroughly enjoyed it.



Dave Blankenship, Jeff Kirk, Jeff Soares & Kevan Chu



Jeff Soares



Jeff Kirk



SCTC YOUTH CROSS COUNTRY

Comments and photos by Sue Dunn

JAVIER NARANJO has been coaching youth cross country for many years and has dealt with young athletes of all ages. Many of his trainees have continued to excel at running in high school. He must be very happy for his prodigies. He is always encouraging to the kids and teaches them to try hard and be proud of their accomplishments.

The SCTC Youth Program participates in a USATF Cross Country series similar to that of the adults. Clubs from all over the Bay Area host meets and compete against one another to score points that are then totaled at the end of the season. SCTC hosted a meet on October 23. The meet was well attended by SCTC runners, parents of SCTC runners (a very important part), and several other youth clubs and parents. Coach Javier wants to get the parents involved and they certainly were. He had a team of ladies working the registration table and finish line. One dad in particular, **MIKE NEMEC**, was the volunteer of the day! Not only did he make the signs for the various races, he was the go-to guy when the race results came in.



SCTC Girls



SCTC RACE RESULTS:

2K JAXON CLEMENTS 12:36
MARIAH BARCELO 13:17

3K AGES 9 - 10
WYATT CARTWRIGHT 17:11
MIA LINGENS 17:27
ISLA JOHNSON 17:34

3K AGES 11 - 12
MIA STAFFORD 14:40
TAYLAN JOHNSON 15:10
KILEY BROWN 15:14
JULIA NEMEC 15:15
ATLEE HALDERMAN 15:24

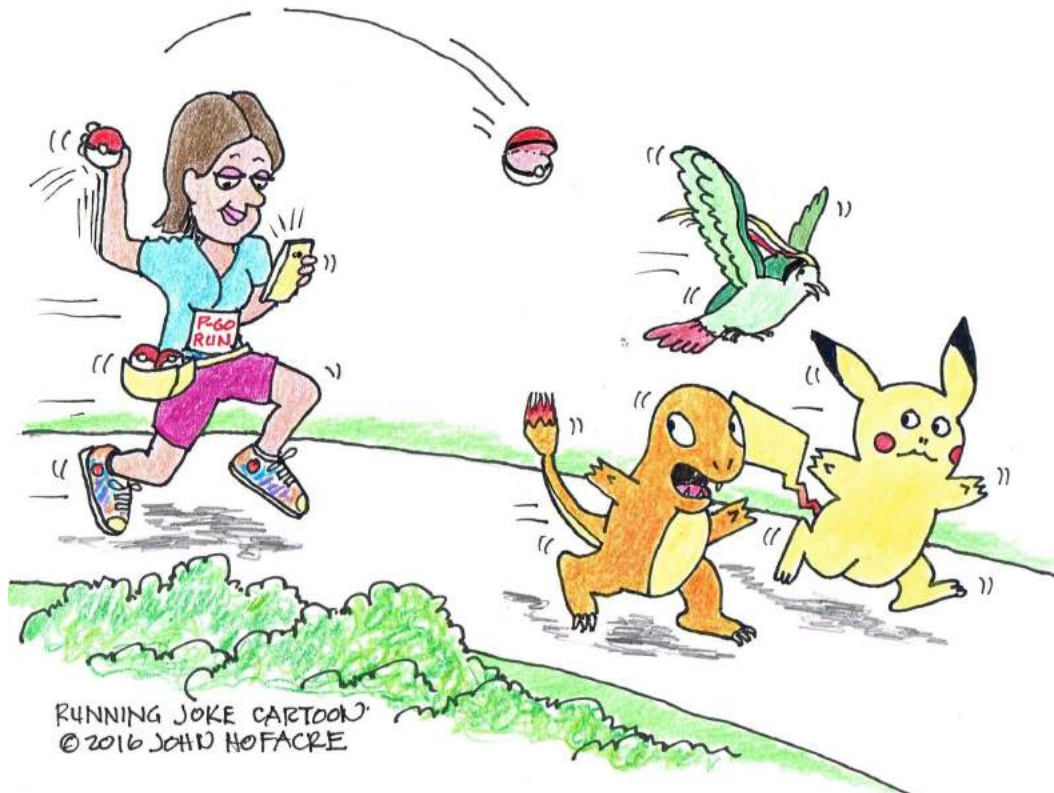
4K AGES 13 AND UP
ISABEL SANCHEZ 15:43

Running Joke Cartoon

PREVIOUS CAPTION CONTEST

Running Joke Cartoon

www.facebook.com/RunningJokeCartoon



Gold - "Pokemon... RUUUUUN!!!!" by Dan Figueroa

Silver - "Her special battle power is SPEED!" by Peggy Smith

Bronze - "RUNNER'S are the BEST Pokemon Go players!" by John Hofacre

See next page for this edition's Running Joke Caption Contest.

Running Joke Cartoon

NEXT CAPTION CONTEST

Get ready for the Super Bowl!

RUNNING JOKE CARTOON
www.facebook.com/RunningJokeCartoon



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Winning captions will be printed in the next newsletter.
The person submitting a caption grants
permission to publish the caption in any form.
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RACE REPORTS



JOYCE PARR has been busy busting up the trails. Joyce knows Mt. Madonna very well and she certainly did well at the **Mt. Madonna Challenge 6K** by taking First Place in her age division. She also ran the 10K at the **Santa Cruz Trail Run** in Henry Cowell Park and again came in First in her age division. Good job, Joyce!

KEVAN CHU had an incredible race at the **Ironman 70.3** held in Santa Cruz on September 10. The race consisted of a 1.2 mile ocean swim at Main Beach, followed by a 30 mile bike ride from Depot Park to Swanton Road along Highway 1, and finishing off with a run along West Cliff to Natural Bridges and back. Kevan finished the course in a time of 5:02:52 and placed 20th in his division. Not bad for a race with over 2,000 entrants.

CHRIS NESTLERODE went down to Fort Ord Dunes State Park to run the **Monterey Bay 5K** presented by Fleet Feet. Chris finished the 5K First Overall in a time of 18:07. Way to go!

CAMILLA SHAFFER participated in the first ever **Scotts Valley Running Festival** by running the 12K race that starts at Scotts Valley High School going down Scotts Valley Boulevard and back up Bean Creek Road. The event is a fund raiser for the high school's athletic programs.

TIFFANY McBROOM is a lady to watch. Tiffany has been regularly attending the Wednesday night workouts and she is running strong. Tiffany ran the **Rock 'n' Roll San Jose Half Marathon** in October and finished the course in 1:34:28. Tiffany said this race wasn't her best, but a 7:13 pace for that distance is still impressive.

QUINN WILDMAN accompanied his wife Samantha to the **Portland Half Marathon** on October 9. Unfortunately Samantha injured herself and was unable to run the half marathon, so Quinn filled in instead. No sense in letting a race bib go to waste. Quinn finished the race in 2:12 and was happy to run it and pleased with the results.

GREG HALES

continued with his quest into the realm of ultra running by going back to Hell, Michigan to run the **Woodstock Hallucination 100 Miler**. He took his crew of **HUNNY KERSHAW** and **TODD OWENS** along for the adventure, and what an adventure it



Greg Hales

was. Hunny posted these comments on Facebook: "It started off extremely hot and humid around 4:00 p.m. and it stayed that way until midnight. That's when a storm hit and it started pouring all the way until morning. Crewing all night with no sleep wasn't an easy task, but the hardest part for me was to watch my athlete run back into the pitch dark woods in the freezing rain with just short sleeves and shorts over and over every 4 miles. Just before 7:00 a.m., Greg came in at mile 50 still with a smile. There, he had to make a decision to not continue with the race. The trail had become muddy after the heavy rain and was no longer runnable. I know it was disappointing to him, but it was beyond his control. Running 50 miles in this brutal condition is a huge deal in my book, and I am very proud of him."



Todd & Greg in Hell, MI

A few SCTC folks were seen in Capitola Village at the **Surfer's Path Hang 10/5** on October 23.

JENNIFER WILLOUGHBY (3rd in age), **LETICIA HERNANDEZ** (5th in age), **LAURA CHIORELLO** and **NEAL COONERTY** ran the 5 miler. **TODD OWENS** and **LYNN SANDERS** ran the 10 miler up to Arana Gulch Park and back.

RACE REPORTS

Continued from previous page

MARIA MARSILIO has been working her way across the country running a race in every state. This October she was happy to finish the **Portland Marathon** and cross Oregon off her list of states.



Maria at the Portland Marathon

CARMEN ROBLES ran the **Morgan Hill 5K** on October 23 and placed Second in her age division. Good job, Carmen!



CARL ROTH headed to Washington DC to run the **Marine Corp Marathon**. Carl is a veteran at this race having run it before and he always takes his SCTC pride with him. The race also gave Carl and Tanya an opportunity to tour some of the historic sights of DC.

Training for a Fall race is always more fun when you have good friends to train with. The ladies below spent many Saturday mornings together to prepare for the **Oktoberun Half Marathon** in Redwood City. The training must have paid off. **SUE DUNN** placed First in her age division, **TISH BERTINO** took Third, and **GWEN KAPLAN** was Fourth. **RICK FERRELL** and **RICK NOLTHENIUS** also ran the half marathon.



Dana, Gwen, Tish, Sue & Rick Ferrell

SCTC was well represented at the **Cardiac Pacer** this year. The race is a five mile course, although if you miss an arrow on the trail, you may end up running a few miles more, as some of us did.

ROGER KERN is becoming a true master of the **Xterra Off-Road Triathlons**. Roger flew to Maui to compete in the Xterra Championships held on the Kapalua Coast on October 29. Roger made it to the podium (again!) for placing First in his age

division. Roger reported that the course was a muddy mess and it was through pure determination and persistence that he was able to outlast the competition. Keep going strong, Roger!



RACE REPORTS

Continued from previous page

HALLIE CARL posted this picture on Facebook from the **Zombie Runner Halloween Run** in Los Gatos on October 29. Not only did Hallie place Second in her age group, she also won the costume contest.



DANNY LONG is often seen in Nisene Marks clicking off the miles. Danny ran the **Big Sur Half Marathon** along the Monterey Bay on November 13 and finished in a time of 2:33:21. His time was a little slower than last year, but he is still going strong and has already logged well over a 1,000 miles for the year.

REPORT FROM OUR ULTRA RUNNERS!!



Grand Circle Trailfest
Jon Beard and Peggy Zagelow

The **Grand Circle Trailfest** was a three day trail running festival centered in Kanab, Utah on October 13- 15. **JON BEARD, PEGGY ZAGELOW** and **MIKE WRIGHT** went to the trailfest and ran all three days. Thursday was 13 miles through hoodoos overlooking Bryce Canyon, Friday was 12 miles on a mesa overlooking Zion Canyon, then Saturday's run was 19 miles along the north rim of the Grand Canyon. The evenings were filled with food trucks, trail running films and a live band.



Peggy running the trails



KATHERINE BEIERS is another veteran runner who just keeps on going. Katherine was thrilled to run the **New York City Marathon** this year and placed First in her age division. She is an amazing woman and ran the NY Marathon while recovering from a broken arm. That's a special kind of endurance. Katherine has been invited back to the Boston Marathon in the Spring. May she run well and strong!



HUNNY KERSHAW has been busy. Reports of her races could take up an entire newsletter. She is the ever ready, forever energetic warrior princess. In November, Hunny completed her fourth **Spartan Race** that included a rope climb, scaling tall walls and carrying logs. Hunny referred to herself as a trifecta tribe member and posted these photos of her in "beast" mode on Facebook. Hunny also ran the Silicon Valley Turkey Trot with her family who follow in her adventurous footsteps.

RACE REPORTS

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RUN FOR PIE - THANKSGIVING MORNING



Beata and John Hofacre

It appears that **JOHN HOFACRE** may have caught himself a turkey, not referring to his lovely wife **BEATA MACH**, but his inflatable friend on the other side. John and Beata ran Fleet Feet's **Run for Pie 5K/10K** in the Forest of Nisene Marks State Park on Thanksgiving day morning. John reported that there were actual mini-pies for approximately 1000 runners, but the course was hilly through the heavily treed forest. Beata was Fifth in her age group and John was First in his. Congratulations to the happy couple.

SCTC had several runners at the **Run for Pie**. Cheers to all who came out for the holiday race. **CHRIS NESTLERODE** was First Overall in the 5K, **PETER FISH** was Third and **GRAHAM KING** placed Sixth, all finishing First in their age divisions. **KATHLEEN BORTOLUSSI**, **HALLIE CARL**, **PETER FISH** and **RICH LARSON** placed First in their age divisions. **JEFF SOARES** showed his stamina in the 10K by placing First Overall. What a way to start the holiday!

NORTHFACE CHALLENGE

The first weekend of December is the annual NorthFace Challenge Championships held at Marin Headlands just over the Golden Gate from San Francisco. It has become an annual tradition for the SCTC. 18 members attended this year! The group stayed at the hostel, which was 50 yards from the race start and finish, and bonded the night before with tons of food, wine, and good stories.

Congratulations especially to **KEVAN CHU** and to **JOYCE PARR**, who both won their age groups. **DIANE DELUCCHI** (who organized the group weekend) injured her left hip flexors and ended up doing a slow 10K (by her standards), rather than the usual half marathon. A few others nursed injuries as well, but all had a great time.

HUNNY KERSHAW and **GREG HALES** made the trek, and Hunny reported that with absolutely no training, her 50K was changed to half marathon, and then at the last minute, she changed the half marathon to just a 10K. The 10K course was tough with a steep four mile climb.



RACE REPORTS

Photos from the Northface Challenge Championships weekend - December 4, 2016



Greg Hales & Hunny Kershaw



Age Division Winners

Congratulations to **JOYCE PARR**, **CARMEN ROBLES**, **LETICIA HERNANDEZ**, **DIANE DELUCCHI** and **KEVAN CHU** (not pictured above - Kevan where are you?) for placing in their age divisions.

CALIFORNIA INTERNATIONAL MARATHON

Accolades go out to **TIFFANY McBROOM** for her fantastic finishing time at CIM. Tiffany flew down the course from Folsom to Sacramento in a time of 2:56:39, placing 14th in her age division and qualifying for Boston with over a half hour to spare. That's incredible! **PETER FISH** also ran CIM and very well. Congrats to our winter marathoners.

CRISTY DEICH ran the **Dallas Half Marathon** on December 11 with Team in Training in honor of her brother Steve Hubbard who died from leukemia 10 years ago. Not only did Cristy have a great race, she was able to raise money for a very worthy cause. Zak Hubbard is pictured with Cristy in the finisher's photo on the right. What an inspirational way to remember a loved one.



SCTC was at the Christmas Relays at Lake Merced again this year. **GREG HALES** put together a team with **SARAH CARVILL**, **HUNNY KERSHAW** and **JAKE CHAPNICK**. As you can see from the photos, they got into the spirit and had a great time.



HAPPY NEW YEAR! SEE YOU IN 2017