

# STARTING LINES - NEWSLETTER OF THE SANTA CRUZ TRACK CLUB

Fall 2010 - volume 22, number 4



## COACH'S MESSAGE

By Greg Brock

In a very general way, the Wharf to Wharf race and the Summer All Comer meets at Los Gatos High School signal the end to a major phase in a lot of peoples' racing schedule. A lot of these people are now preparing for cross country, fall marathons, end of season triathalons, etc. There was some great performances at these races, and as much as I would love to take a lot of credit for them, I believe a great deal of the credit goes to a growing phenomenon in our club which I call peer coaching. That is athletes who have learned important lessons one way or another are now sharing that experience with other runners. I can't be there every workout, in fact darn few. Teammates can share so much on a long run. Greg Hales is clearly one of the main players in this movement. Diane and Larry also do a great deal of teaching/coaching with different but effective styles. I know many other people are doing it as well. This is one of the strengths of our Club and runners in general, which is the sharing of training ideas and techniques. I think people do this for very altruistic reasons, but the interesting thing is, that the more you give, the more you receive. Simply put, help others improve their running and your own will improve as well. Thank you all, Coach Brock



## MILE TIME TRIAL AND BEYOND

By Sue Dunn

Echoing Coach Brock's article above, special thanks go out to GREG HALES for his efforts in organizing the Wednesday night mile time trial that many of us did in June. Not only did Greg measure out the splits, but he did a great job of explaining the psychology of running a mile time trial. I think that most of us who participated in it were pleasantly pleased with our times, and many gained the confidence to join Greg in running at the Los Gatos All Comers meets.

## COMING EVENTS

### Rock & Run 2010 10K & 5K

Wilson Quarry, Aromas - September 12

### Big Sur Trail Marathon, Half & 5K

Old Coast Road, Big Sur - September 25

### Angel Island Trail Run - September 25

*Coastal Trail Runs*

### Santa Cruz Mountains Trail Run

Tentative Date - September 26

*Pacific Trail Runs*

### All Star Dog Run 10K & 5K **NEW!**

Nisene Marks, Aptos - October 9

### City to Sea Half Marathon & 5K

San Luis Obispo - October 10

### Big Sur River Run 10K

Pfeiffer Big Sur State Park - October 23

### Paso Robles Harvest Marathon &

Relay - October 24

### Rock n' Roll San Jose Half Marathon

October 30

### Silicon Valley Marathon, Half & 5K

October 31

### Morgan Hill Marathon & Half **NEW!**

Marathon - November 7

### Big Sur Half Marathon

Monterey Bay - November 14

### SCTC Turkey Trot 10k & 5k

West Cliff Drive - November 20



# Summer Highlights

By Sue Dunn



ANGELA MATTHEWS - First Place

**THE APTOS WOMEN'S FIVE MILER** was held in June. Race Director, **HOLLY TYLER**, did a great job of making all the women runners feel welcome and the SCTC men helped out on the course.

The SCTC picnic held after the race was fun too. Thank you to our BBQ chief, **JOE KAMMER**, who prepared a variety of patties on the grill for SCTC to enjoy. Always a fun event.

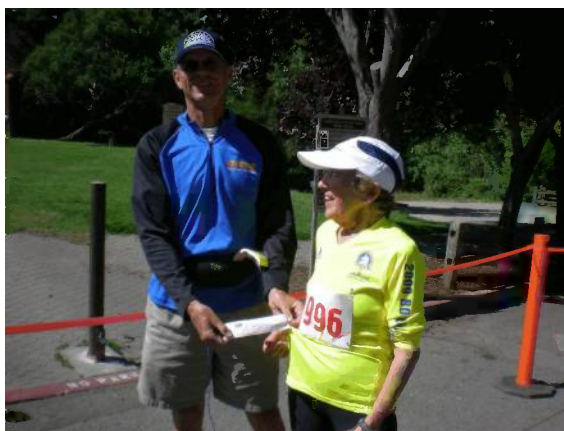


KATHERINE BEIERS took

RAMONA and ALEXANDRA YOUNG were both winners



First Place in her Age Division. She is an amazingly strong woman and veteran runner. But, wait a minute . . . did she pin the tear-off tag of the race bib to her shirt?



COACH BROCK scolding KATHERINE

## WHARF TO WHARF

The Wharf to Wharf Race is an event that SCTC looks forward to every year. With 15,000 runners from all over the globe, this race is truly the premier race event for Santa Cruz. SCTC had 10 runners in the top 100.

Samantha Forde	36 <sup>th</sup>	39:26
Jennifer Willoughby	50 <sup>th</sup>	40:35
Julie Bramlett	63 <sup>th</sup>	41:18
Alexandra Young	79 <sup>th</sup>	42:19
Ramona Young	85 <sup>th</sup>	42:43
Michael Young	35 <sup>th</sup>	31:49
Javier Naranjo	67 <sup>th</sup>	33:44
David Gonzales	77 <sup>th</sup>	34:11
Greg Hales	85 <sup>th</sup>	34:34
Christopher Ratliff	87 <sup>th</sup>	34:36

Another way that SCTC participates in the Wharf to Wharf is by hosting athletes who come from other countries to run the race. **NANCY WILBURN**, past director of the Race Mate Program hosted **SHADRACK KOSGEI** from Kenya, who won the race this year with a time of 27:01.



See next page for more W2W photos.

**CONGRATULATIONS** to our Youth Coach, **JAVIER NARANJO** for receiving the Age Graded Award at the Firecracker Race on the 4<sup>th</sup> of July. **JAVIER** ran a time of 37:37 in the 10K. When factoring in the age of the runners, Javier had the best performance over all.



# WHARF TO WHARF PHOTOS

Courtesy of John Hofacre

It appears that JOHN HOFACRE is a man of many talents. Did you all see the article about “The Running Joke” in the Santa Cruz Sentinel? John’s enthusiasm for running and SCTC is apparent, and there are even some good quotes from our President, LARRY BERG. Thanks for your talents, John. Here are some photos he took at Wharf to Wharf.



## IT'S TIME FOR CROSS COUNTRY AGAIN!

Fall Cross Country has officially begun. SCTC hosted the beginning race of the USATF Cross Country series on Saturday, August 21 at UCSC. We had a great turnout with 13 women and 15 men running for SCTC. The Masters and Senior Women's teams both scored in 3<sup>rd</sup> place. The Masters Men took 4<sup>th</sup> place and the Senior Women took 3<sup>rd</sup>. Congratulations to ARTURO RODRIGUEZ who placed 1<sup>st</sup> in his age division.



The Widner Empire Open race was held on August 28. Again, SCTC had a strong showing with 6 women and 6 men making the long trek to Santa Rosa.

There is still more fun to be had. Come out and join us for some of the races. Cross Country is the true essence of running, plus the comradery is great. We always carpool and have a good time together. Here are the remaining races for the Fall season:

9/11/10	25 <sup>th</sup> Annual Golden Gate Park Open	San Francisco
9/25/10	6 <sup>th</sup> Annual Garin Park XC Challenge	Hayward
10/2/10	12 <sup>th</sup> Annual Presidio Challenge	San Francisco
10/9/10	2 <sup>nd</sup> Annual Willow Hills XC Open	Folsom
10/23/10	13 <sup>th</sup> Annual Shoreline Open	Mountain View
10/30/10	15 <sup>th</sup> Annual John Lawson Tamalpa Challenge	Marin Headlands
11/6/10	1 <sup>st</sup> Annual Ancil Hoffman Challenge	Sacramento
11/21/10	25 <sup>th</sup> Annual PA Cross County Championships	GG Park - San Francisco



**Men's Cross Country Race at UCSC**

### **Women Cross Country Runners at UCSC**



If you are interested in running cross country this season, contact LARRY BERG at [LMB0102@sbcglobal.net](mailto:LMB0102@sbcglobal.net).

A special thank you goes out to RAY DISPERATI for recording the cross country race results. Remember, if you have run a race to send your results to [raymard@pacbell.net](mailto:raymard@pacbell.net).



## More cross county photos

Courtesy of Diane Delucchi



## 2010 USA Masters Outdoor Track & Field Championships

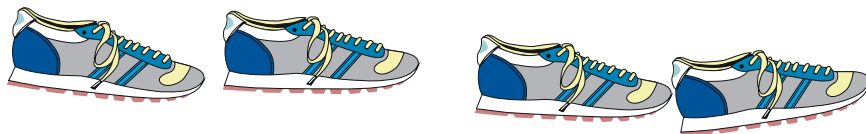
By Art Klein

From 22 – 25 July Masters athletes (age -40 plus) from all of the country competed at Sacramento City College in track events, field events and on road courses showing their skills at their respective distances. Four from SCTC were part of the mix of 1500 participants. Although the conditions were hot and humid each athlete tried to score well against their peers in 5-year age groups.

Diana Rigor	W45-49	400m Dash	1:13.38	(6 <sup>th</sup> place)
Arturo Rodriguez	M60-64	5000m Run	19:59.53	(8 <sup>th</sup> place)
Art Klein	M55-59	5000m Race Walk	31:50.47	(3 <sup>rd</sup> place)
Leslie Sokol	W50-54	5000m Race Walk	29:44.66	(3 <sup>rd</sup> place)
Art Klein	M55-59	10K Race Walk	1:05:49.02	(2 <sup>nd</sup> place)
Leslie Sokol	W 50-54	10K Race Walk	1:02:22.14	(2 <sup>nd</sup> Place)

After reviewing the results for other competitions, another athlete was identified by Coach Greg Brock as one who began his running avocation with SCTC, Jamie Heilpern. Jamie did well in the 40-44 group running the 800m in 2:03.16 (1st in his heat in the preliminaries) and then 1:58.56 (2<sup>nd</sup> place) in the finals. Jamie also competed in the 1500m finishing 2<sup>nd</sup> with 4:06.88.

Congratulations to all!



# SCTC YOUTH PAGE

Special thanks to our Youth Coaches, JAVIER NARANJO and JOE KAMMER, for conducting the Youth All Comer Meets on Tuesday nights during the Summer. The kids had a blast and were eager to test their skills.



## YOUTH CROSS COUNTRY

Youth Cross Country workouts have started and are being held at Soquel High School on Monday and Wednesday nights from 4:30 p.m. to 6:00 p.m. Coach JAVIER is working with young athletes to train for the USATF Pacific Association Youth Cross Country series. There are a total of 8 meets between October 2 and November 21, and the regional championships will be held on November 28. The race schedule for this season can be found at [www.pausatf.org/indexyouth.html](http://www.pausatf.org/indexyouth.html). Come out and join the fun.

## JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS - HIGHLIGHT ON DION SHATTUCK

By Art Klein

From 27 July to 1 August an even larger group of boys and girls (ages 8-19) arrived at Sacramento State College to compete in the JOs. There were a lot of Junior Olympics records broken and a few USATF National age-group records as well during these slightly cooler days.

Once again, Becky Klein's coaching expertise was evident by the quality performances of her race walkers that represented several clubs in the Pacific Association of USA Track & Field (PA/USATF). Many had repeat performances of 2009 scoring in the top -8. (Look for details in an upcoming issue of the California Track & Running News.)

Although SCTC currently doesn't have many youth participate in the PA/USATF club and Association competitions, one athlete stands out who could become the one for others to follow, Dion Shattuck, age 14. Dion is both a high jumper and a long jumper. He qualified for the National Jos at the Modesto Region 16 Junior Olympic Meet held 10-11 July. He scored with a 1<sup>st</sup> place height of 5 ft 9.75 in and a 2<sup>nd</sup> place jump of 19 feet. These accomplishments and others convinced the SCTC Board of Directors that he should be sponsored to ensure his participation in the national meet.

I conducted an interview with both Dion and his parents Julie Shattuck and Andrew Creely (both avid runners!), a few weeks after the competition. Below are their comments that show that the road to becoming a "star" begins with athletic challenges at a young age fostered by attentive coaches, a supportive family and lots of hard work.

Q: How did Dion get started in track & field?

A: Trained for two summers with Coach Joe in the Santa Cruz Youth Track Club. Ran in several 1K and 5K races )Slug Run, Turkey Trot, Run to Stop Global Warming, Big Sur 3K(. Ran cross country and track and field at Mission Hill Middle School in 2008, 2009, and 2010. Coached by Maritza Rodriguez and long jump coach Justin Johnson.

Q: What other competitions did he participate in to sharpen his skills?

A: In May 2010 Dion won the long jump )19'6"( and high jump )5'8"( in the Santa Cruz area middle school track and field league. Broke records in both events at Mission Hill Middle School. Competed for the first time in the Summer 2010 Los Gatos All-Comers Meet.

Q: What are his Personal Records in the high jump and long jump?

A: His PRs are 5' 10 in the high jump and 19' 9" both achieved at the All-Comers Meet.

Q: Dion, how did you feel after you saw your comparative ranking next to the Youth Boys from across the nation after your registered for the National Junior Olympics?

A: I felt special, important. I was ranked 2<sup>nd</sup> or 3<sup>rd</sup> in the high jump and top-5 in the long jump. I felt calm and confident and knew I would do well.

Q: Did you achieve your expected performance at the JOs?

A: No, I got a bone bruise on my foot which affected my performance, still I finished 11<sup>th</sup> place in high jump and 16<sup>th</sup> in the long jump. I used mental visualization to see perfect technique as I left the ground on each jump. Unfortunately, the pounding of my foot in the ground made it difficult and I was only able to jump 5 ft 5 high and a little over 17 feet long.

Q: I understand that Dion performs volunteer work associated with running. Tell me about this involvement with your family?

A: He has served as Assistant Start Director for the Big Sur Marathon for 9 years and the Big Sur Half Marathon for 5 years. His father, a marathoner runner, is the Start Director for both races and a Big Sur Marathon Board Member.

Q: Dion, I know that you have been exposed to other events in track and field. Tell me what may be in store in your future?

A: My coaches taught me how to run the 400m, 800m and the hurdles. They believe that it is good to try multiple events. I will be entering Santa Cruz High School in the Fall and am now training on the cross country team coached by Greg Brock.



**Dion Shattuck running the 400 meters**



**DION SHATTUCK**

## BEING A NEW MEMBER

By Jon Gugala

Attending a group run for the first time is a lot like a blind date. I know this because I have attended a lot of running groups, and I have also been on a lot of blind dates. I moved to Santa Cruz from Chicago in late July, and since running is a big part of my life, I looked up the SCTC to get involved with the running community. Our first date was a Sunday morning long run at Wilder Ranch.

My stomach was all a-twitter. I agonized about my outfit too much. I discarded a plain shirt for a race shirt—to show I was legit—and made sure I wore a neutral pair of shorts to show I am not too flashy, and therefore not compensating for a small PR.

I met Larry Berg that first Sunday. We ran for five or so miles along the bluffs, chatting about our Midwest roots, then politics, agriculture, and a grab-bag of other topics. Breaking away from the rest of the club, we crossed The One and climbed into the hills.

As you can imagine, there are not a lot of hills in Chicago. The Chicago Marathon is known for its pancake-flat, fast course. Some people, in preparation for a hilly race elsewhere, will run the ramps to parking garages. God knows we have enough of those. However, having not recently run parking garages or any other man-made inclines recently, Larry's decision to take the goat trails through the Wilder hills on my first day seems, in retrospect, sadistic.

Larry asked, midway through a couple-mile climb, "See that bush there?" It is important to note that he had not yet started breathing hard. I was too far into oxygen debt to answer with anything other than a grunt. If I did, I would have said, "No, but I did see snow, two Sherpas and a yak." But Larry had run the sarcasm right out of me.

Despite this, I fell in love that Sunday, which, as we all know, is not that common. The vista at the top of the climb, even fog-obscured, was incredible.

At the time of this writing, I'm in my fourth week in Santa Cruz. In some strange way I know that it was destiny that brought us together. And the hills don't bring me into such a despair.

I've got some tall goals in the next five years, including running a 2:40-ish marathon and winning a minor marathon, but I know I'm in the place to do it, and the people to train for it with.

So thanks to everybody that has shaken my hand, introduced themselves, and run the starch out of my legs. I'm eager to grow with you over the coming years.

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### ALL AROUND RUNNER AWARD



Congratulations to **DAVE DELUCCHI**

for being the first SCTC member to qualify for the All Around Runner Award. There is still time to achieve this award to be given out at the annual SCTC banquet in January. Here is the list of what you need to complete: 5 K Race, 10K Race, Half Marathon, Full Marathon, Trail Race, Relay Race, Track Race (1 mile or less) and a Cross Country Race. DAVE has completed all of the event by August. That's incredible.

Who will be next?



Previous  
**The Running Joke**  
CAPTION CONTEST



(Gold) – “But the next aid station is right around the corner.”  
by Dave Fuller

(Silver) – Look...a course monitor with an ironic sense of motivation.  
by Dan Figueroa

(Bronze) He’s a runner from last year. They thought he was a DNF, but it turned out... besides being philosophical... he is also very, very slow.  
by John Smith

This Issue  
**The Running Joke**  
CAPTION CONTEST



Submit a caption to [johnhofacre@gmail.com](mailto:johnhofacre@gmail.com)  
by November 15, 2010. Winning captions will be printed in next newsletter.  
The person submitting a caption grants permission to publish the caption in any form.  
The *Running Joke*: Copyright 2010 John Hofacre

Check out *The Running Joke* at Runner’s World Daily on the web at [rwdaily.runnersworld.com](http://rwdaily.runnersworld.com). The Runner’s Digest - August 27, 2010 features an article on John Hofacre’s cartooning abilities and mentions SCTC.



A grateful marathoner sent the following letter to SCTC about her experience at the Nisene Marks Marathon. Read on and you will see why SCTC is such a special group of people.

Dear Santa Cruz Track Club,

It is with extreme gratitude that I write this letter of thanks and appreciation. I completed the Nisene Marks Marathon on Saturday, June 5, 2010 because of the support and encouragement I received from your members along the way. By far, it was the hardest race I have ever attempted and more than once, I was ready to get in the truck and call it a day.

Had it not been for the fabulous sweepers, Jill Judd and Sara Carvil, coupled with Carol Cuminale's encouragement, I never would have finished the race. I am so grateful for the kind words, stories shared to distract me and the positive energy these woman gave me. I would have been crushed to have gone home and told my children I could not finish. Because of the Track Club, I did not need to.

I am truly grateful to these women and the entire Club. When I crossed the finish line, it was as though I had won the New York Marathon. The cheers and hugs were overwhelming and wonderful. From this challenging race, I take away the kindness and support you all gave me. These elements are what changed my "story" from one of disappointment to one that makes me smile!

With gratitude,  
Mary Lohnhart, Marathoner

## WHO YOU GONNA CALL?

### Board of Directors

President	Larry Berg	423-8291
Vice President	Diane Delucchi	684-0867
Treasurer	Cristy Diech	688-1800
Secretary	Holly Tyler	464-1545
Apparel Diva	Jan Stanger	688-2091
Member at Large	Greg Hales	688-1058
Web Master	Peter Huemer	247-2240
Newsletter	Sue Dunn	685-0146

[soozers@aol.com](mailto: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

Wharf to Wharf Liaison Mark McConnell 479-9377

[racetimer@aol.com](mailto: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.