



NEWSLETTER OF THE SANTA CRUZ TRACK CLUB VOLUME 28, SPRING EDITION 2015

SCTC YOUTH TRACK & FIELD

SCTC YOUTH sprung into action in February with an energetic showing of exuberant youth. This year we have a new Youth Coach LAURA CHIORELLO. Laura has been a member of the Santa Cruz Track Club for many years, and she also has experience with coaching beginning runners and children. Having been a public school teacher for many years, Laura understands the importance of fitness in children and how to motivate them to try their best and have fun too.



Laura Chiorello, Youth Coach



SCTC Youth at Soquel High School

SCTC takes pleasure and pride in offering a program that provides a healthy and positive outlet to children and teaches them the fundamentals of fitness. See inside for more photos.

SCTC AT FREMONT PEAK



----- COMING EVENTS -----

Santa Cruz Host Lions
**FOREST OF NISENE MARKS
MARATHON
HALF MARATHON, 5K**



Saturday, June 6, 2015

APTOS WOMEN'S FIVE MILER

Sunday, June 14, 2015 - Join SCTC for the annual running of the Aptos Women's Five Miler in Aptos Village Park/Nisene Marks. Mother-daughter teams are encouraged. This is a small local race with a friendly atmosphere and a fast downhill finish, always a winning combination! Run or be a volunteer. Contact Luke DeBrito, debritoluke@yahoo.com



CONGRATULATIONS TO OUR BOSTON MARATHON RUNNERS - Race report and photos inside this edition of *Starting Lines*.

Letter from the Editor
By Sue Dunn



If you are reading this, I want to thank you. It has been my pleasure to be the editor of *Starting Lines*, the newsletter for the Santa Cruz Track Club for the past five years. This year I held off on putting out the Spring edition of the newsletter so that it could include results and reports of the Boston Marathon. That idea proved to be advantageous as it gave me more time to gather articles, including some heartfelt and hilarious comments about Boston.

SCTC has had an exciting Spring, including a huge boom in participation in the Youth Track & Field Program, both in terms of young athletes and adult volunteers. We are also striving to make a positive and inviting presence in our local community, and it is my hope that this newsletter will reflect the energy of our awesome members.

INSIDE THIS EDITION

Boston Marathon	Page 3
Boston to Big Sur, by Greg Hales	Page 4
SCTC Youth	Page 7
SCTC Happenings	Page 9
Super Bowl Sunday - Race report and photos	Page 13
She is Beautiful - Race report and photos	Page 15
Ray's Race Results	Page 16
The Running Joke Cartoon Caption Contest	Page 19
Fallen Officer Foundation Relay, by Joyce Parr	Page 21

WHARF TO WHARF ANNOUNCEMENTS

Wharf to Wharf Training Clinics are being held on Saturday mornings at Santa Cruz High School, form drills begin at 8:50 a.m. SCTC will also be facilitating the **Race Mate Program** again this year. If you are interested in hosting an elite athlete, please contact Greg Hales. e-blasts will be hitting your inbox soon with further information about ways that you can get involved and be part of a unique experience. Athletes come from all over the world to run this race and they love to come to Santa Cruz because of the warm welcome they are given.

SCTC PERSONNEL:

Board of Directors

Officers:	Greg Hales	688-1058
President	Diane Delucchi	684-0867
Vice President	Holly Tyler	818-2117
Secretary	Sarah Carvill	359-9282
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	Scott McConville	588-9215
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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 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.

THE BOSTON MARATHON 2015

THE BOSTON MARATHON has been the pinnacle of marathons for 119 years and is on every serious marathoner's secret bucket list. Runners are a determined group of people and the Santa Cruz Track Club always has a contingent present at the Boston Marathon. This year the attendees at Boston were LIISA MILLER, CHARLES QUAN, ERIN MURPHY, CARL ROTH, LARRY BERG, CHRIS ROSE, KATHERINE BEIERS and GREG HALES.



Our Boston Runners

It should be noted that this was **KATHERINE BEIERS'** eleventh running of Boston, where she has placed First in her age division every year. This year she had the honor of being the oldest woman to finish the marathon. Katherine has a stunning collection of Boston trophy vases to bequeath to her grandchildren. She has one more year to go for her complete collection. She is truly an amazing woman in many ways. Long may she run.

Editor's Note: Regrettably, the publication budget for this newsletter did not allocate a flight for me to personally witness the marathon (much to my dismay), but I was able to gather a few comments from those who were there. Everyone mentioned the cold, but they will always remember the thrill and excitement.

LIISA MILLER mentioned her personal highlights:

Seeing Katherine again this year at the expo – that's two years in a row unplanned ...out of all those thousands of people – so nice to see a familiar face! Having dinner with my old college roomie and her family (our tradition) and meeting up with my old high school track buddy that has now run Boston 28 years in a row!

Chatting with new friends from Nova Scotia & Seattle, at the athletes village. Good conversations sure take your mind off the weather while you wait.

Getting a big warm hug from the lady that gave me my medal at the finish. I think she knew I was REALLY cold by that point, and it meant so much.

So thankful for that women's changing tent at the finish and nothing beats a Dunkin Donuts French Vanilla hot coffee, cream only & lemon filled donut (my favorite, and it was their last one!)....it took the entire time of enjoying that coffee and donut, and visiting with a few other runners in that Dunkin Donuts – to just stop shivering, (I personally prefer cold and rainy any day over heat though). It was all around a good day and Boston remains my favorite marathon (I guess being a New Hampshire native, it's ok to be partial huh?) This city & this race deserve nothing but positive energy in motion, every year.

LARRY BERG was also returning to Boston this year, which may have been a bittersweet experience for him. When asked about Boston, Larry had the following comments:

(continued on pages 4 - 6)

Starting Lines, Page 4

This year's Boston Marathon was my sixth and most likely my last due to my arthritic hip. I knew it would be my slowest, but wanted to celebrate the thrill of just being there. Boston has such excitement during the marathon weekend because of the 35,000 hyped-up runners filling up the city, and the locals who proudly encourage the runners along the fabled course.

The weather this year was a challenge – in the low forties, rain and wind. It didn't seem to matter – most runners mentioned the forecast with rolling eyes and a smile. Once the race began, I remember being wet, but it didn't bother me. I tested my hip by going out very conservatively. I knew it was there but it didn't seem to get worse as the miles went by. After I passed the screaming Wellesley College co-eds at around Mile 12, I took off the trash bag and decided to pick up the pace. I started passing a lot of people and the glory days of racing filled my head. By about Mile 25, the pace was taking its toll, but I managed to coax the dead legs onto Boylston Avenue and under the finish line banner. One last time! I loved it even in the howling wind and rain.



Caroline Roitch (far left) & Carl Roth

CARL ROTH had a special connection to this year's winning woman runner, **CAROLINE ROTICH**, who he had hosted for the Wharf to Wharf last year. Tanya DeCell posted this cool photo of Carl and Caroline on Facebook.

GREG HALES had a more altruistic goal for running Boston this year. Greg volunteered to pace his good buddy Dave so that he would finish the marathon in under six hours, which may have been painfully slow for Greg, but gave him an advantage later when running the Big Sur Marathon.

(See the next edition of *Starting Lines*.)

BOSTON TO BIG SUR – PART I, THE BOSTON MARATHON Reported by Greg Hales

We have all read race re-caps from runners about their experience in their marathons. Most are well written, and fun to read, as we live vicariously through the article. Some articles...well...c'mon let's be honest – are just kind of boring.

The Boston to Big Sur challenge is a different type of running challenge. You must first run (and finish) the Boston Marathon; then 6 days later run (and finish) the Big Sur Marathon. With this different type of challenge in mind, and with the hope of avoiding the "boring" label – Here is a different kind of race re-cap.

Saturday 4/18 – Bike tour of Boston. Windy and cold. "I hope it is not like this on Monday."



Greg & Dave finishing at Boston

Starting Lines, Page 5

Sunday 4/19 – Boston Red Sox Baseball game. I left in the 5th inning because my face was freezing and getting wind burns. “Getting worried for tomorrow.”

Monday (race Day)

1:30am - A fire alarm and announcement we must evacuate the hotel! “Maybe if it is a real fire it will keep me warm.”

4:00am – Off to busses that will take us to the start. Yes, survived the “false alarm” wake up call at 1:30am

11:15am – Fourth Wave Start. Running with my good friend, Dave. He is a charity runner whose main goal is to finish Boston. He tells me his longest run has been 10 miles. It is cold, but at least it is not raining.

11:17am – It starts raining

11:20am – (1/4 mile in) 1st pee stop and time to put on rain poncho

12:40pm – 8 miles in – Crowd is great! Rain is tolerable. A little windy. And we catch up to good friend, and former Santa Cruz Mayor, Katherine Beiers! Take a quick picture with her. As we continue on, leaving Katherine behind, Dave asked how old is Katherine? I say. “I think around 85”. Dave responds cheerfully, “What an inspiration!”

1:45pm – Almost half way as we reach Wellesley College. It is cold, wet, and windy, yet these young women are smiling, cheering, holding signs – incredible! Dave apparently wants to high five or kiss every one of them!

2:15pm – We hit the first of the three “Newton Hill”. The wind has really picked up, and it is icy, I tell Dave to simply tuck in behind me as we slowly jog up the hill. He does a great job!

2:21pm – 2nd pee break for me. But I discovered something interesting. I actually got a little warmer having to pick up my pace to catch back up to Dave. I filed that very important information for later.

3:15pm – Almost to the top of “Heartbreak Hill”. The hills have taken a toll on Dave who is resigned to simply walk to the top of the hill. I take advantage of this and have a beer with some drunk college guys standing and cheering in the rain.

3:40pm – Mile 22. Four miles to go! Only problem is it is now POURING rain. We are in an icy wind tunnel. Dave has bonked. He will be walking most of the way in. Katherine Beiers has just run by us. Dave says in a very monotone voice, “how inspirational.”

3:41pm – 3rd pee stop for me (kind of) I tell Dave I need to stop and I will catch up. I get in the porta potty out of the wind and try to warm up. I figured I’ll wait 5 minutes, then run and catch up to Dave – That will warm up!

3:48pm – Darn it! I catch Dave in under 2 minutes. Not enough time to warm up.

3:55pm – Pouring rain, Icy Wind, Walking. I wonder if we qualify for an episode of “I shouldn’t be alive”

Actually I should point out at this point that under normal circumstances this would be complete HELL, and I would probably recommend we simply call it a day and jump in a taxi. However, even in these conditions, there are people out here yelling and cheering enthusiastically! These Boston folks truly are amazing people. They are the reason we are pushing on.

4:00pm – I do not have gloves. I have been holding my phone in my hand this whole time; I can no longer open my fingers. Literally, I cannot. I ask Dave to slide the phone out of my hand. Dave is a doctor. He looks at my hands and tells me to stop at the next medical tent and slowly warm them up. My hands are at the first stage of frost bite. I, instead, opt to run into a 7-11 and simply buy a pair of gloves. Unfortunately my hands were too cold and stiff to put the gloves on! Luckily two very nice college girls came in and helped me get them on. They each gave me a kiss on the cheek and sent me on my way!

5:12pm – The gloves were a God send, but even better... We have turned the final corner and are on the last 300 meter stretch. I cannot believe there are still people here cheering. The weather is awful, but these people are incredible! They inspire Dave to run to the finish.

5:13pm – 4th pee break (just kidding)

5:14pm – Hands raised we cross the finish line!

5:16pm – I tell Dave the truth – “I cannot describe how proud I am of you. The way you continued on under those conditions was amazing! Running a marathon in 6 hours is absolutely harder than running in less than 3 hours. You are my hero! Dave, I love you like a brother...but I am leaving you now and running back to my hotel to take a hot shower!” I think I ran the 1 mile distance back to my hotel in under 6 minutes!

6:00pm – Warm in Hotel room. Thinking I will have to run Big Sur Marathon on 6 days.
“Well”, I think, “At least it won’t be this windy!”

to be continued....

Don’t miss the next edition of *Starting Lines* for Boston to Big Sur - Part II. At least the weather gets better, and so does Greg’s finishing time.

BOSTON MARATHON RESULTS

LIISA MILLER	3:11:45, 11-A
CHARLES QUAN	3:18:28
ERIN MURPHY	3:37:57
LARRY BERG	3:41:41
CHRIS ROSE	4:36:48
KATHERINE BEIERS	5:53:40, 1-A
GREG HALES	5:57:57

Congratulations to all these extraordinary people!



Charles Quan

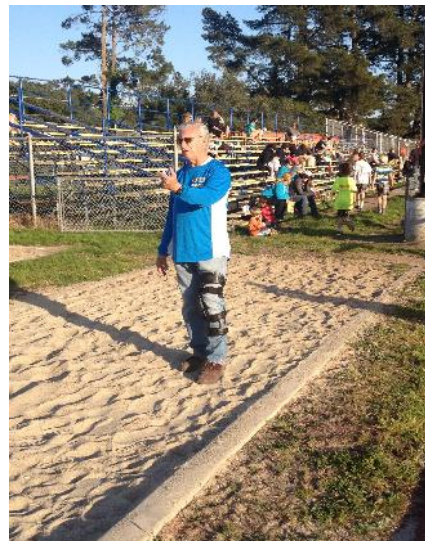
SCTC YOUTH TRACK AND FIELD



The SCTC TRACK AND FIELD YOUTH PROGRAM got off to a running start. Word of the program must be getting out as this year has been the largest attendance ever. Youth Track and Field is a wonderful opportunity for children to test their strength and learn coordination.



YOUTH TRACK AND FIELD has been such a hit this year that SCTC has integrated a few adult volunteers into the program to assist our full time Youth Coaches JAVIER NARANJO and LAURA CHIORELLO. One man, RAY DISPERATI, has unfailingly helped with the Youth Program since the early days of its formation. Ray is taking a sabbatical from coaching while recovering from knee surgery, but as you can see from *Ray's Race Results*, he still keeps tabs on the kids who he has coached.



Ray Disperati



Trinity Maggas-Bernard



Jeff Soares



Heather Cruddas



Laura Chiorello

SCTC wishes to extend a huge thank you to everyone who has helped the Youth Program to continue to grow.

SCTC HAPPENINGS

Photos & comments by Sue Dunn

ANNUAL REGISTRATION SIGN UPS, January 14 - It was great to see everyone who turned out for the annual registration sign ups at Soquel High School. This is always a good time to meet other members, catch up with old ones, and share plans for 2015.



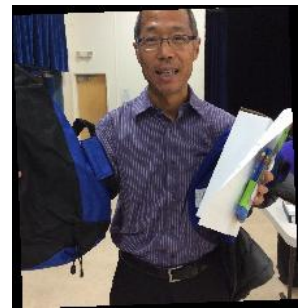
Good friends,



fabulous women and



**Sarah Carvill & SCTC Prez,
Greg Hales**



fun swag!

ANNUAL AWARDS BANQUET, January 31 - 2015 started out fast for SCTC with nonstop action. The annual awards banquet was held at Severino's on Saturday January 31, and the next morning we held our annual Super Bowl races. Many of our banquet attendees who planned to run one of the Super Bowl races the next day did mention this fact, but everyone survived and we all had a good time at both events. Cheers to DIANE DELUCCHI, who got us all dancing and was also the Race Director of the Super Bowl races the next day.



Congratulations to our 1,000 Mile Runners



Greg Hales receives a special shirt

**See next page for more banquet photos
and a list of our 2014 award winners!**

SCTC HAPPENINGS

Continued from previous page



THE ANNUAL AWARDS BANQUET JUST GOT CRAZIER



SCTC does the Cabo Wabo



Oh no, Tequilla!

CONGRATULATIONS TO OUR AWARD WINNERS

KAREN SANDERSON and DARREN DAVISON - Going Above and Beyond

DANNY SHEN - Mr. Congenialty

MICHELLE ZELENIA and MICHELLE KERN - Coaching Gurus

LAURA CHIORELLO - Comeback Runner

GINA OLIVAREZ - Rookie of the Year

STEPHANIE LAIN and CORA CORREIA - The Ratliff Running Family Award

NEIL COONERTY - Peter Too Much Award

NANCY WILBURN, JOHN HOFACRE and TODD RUMBAUGH - Team Players of the Year

MARIA MARSILIO - Best Attitude

NANCY WILBURN, DAVE DELUCCHI and LETICIA HERNANDEZ - Alpinist Awards

CARMEN ROBLES - Outstanding Achievement

LARRY BERG - Outstanding Leadership (over 14 years!)

RECOGNITION FOR COMPLETING 1000 MILES IN 2014

GARY KOHLER, MICHELLE KERN, LETICIA "CAT" HERNANDEZ, CARL ROTH, MARIA MARSILIO,
ROBERT MULLIS, DAVE DELUCCHI, DANNY LONG, SARAH CARVILL, TONI CASSELBERRY,
VINCE OBERST, RICK NOLTHENIUS, CHRIS MAYER, GINA OLIVAREZ, MEREDITH MILLS,
and DIANE DELUCCHI

RECOGNITION FOR COMPLETING 2000 MILES

GREG HALES, JON BEARD and MIKE WRIGHT

SCTC TENT ON WEST CLIFF DRIVE, January 25, 2015

A special thank you to KEVAN CHU for hosting a Sunday morning run starting from his home and heading out along West Cliff Drive and back. An added bonus was the SCTC tent along the way. We all had a great morning run and then relaxed in Kevan's backyard afterwards while enjoying breakfast goodies.



Kevan Chu & Greg Hales



**Tish, Mike, Kari & Susanne
enjoying the beautiful day**



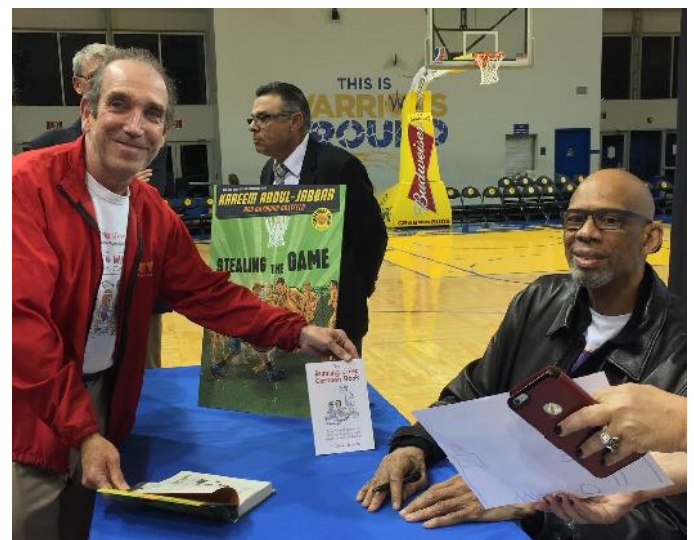
Peter Huemer, Kari & son Erik



Great day for a bike ride too!

JOHN HOFACRE MEETS KAREEM ABUL-JABBAR

Starting Lines cartoonist and creator of *The Running Joke* JOHN HOFACRE had an interesting exchange with Kareem Abul-Jabbar at the Warriors arena in Santa Cruz. No, they didn't spar down the court, but they did trade autographed books. Kareem was promoting his new book, "Stealing the Game" and John presented him with a copy of his book, "The Running Joke Cartoon - The End is Far." See page 19 of *Starting Lines* for this edition of "The Running Joke Cartoon Caption Contest" by John Hofacre.



CONGRATULATIONS TO THE NEW PARENTS

Deacon, aka Deeks, made one of his first public appearances on a sunny morning in March at Pacific Coffee Roasting in the company of his parents MELISSA and SCOTT MCCONVILLE. Running is sure to be an important factor in Deek's life. Let's hope that mom and dad are able to keep up with him once he starts growing.



MORE SCTC HAPPENINGS

Starting Lines, Page 12



SCTC was visited by the Easter Bunny in the form of Diane Delucchi for an Easter Egg Hunt run in Nisene Marks. Golden egg finders received a special prize.

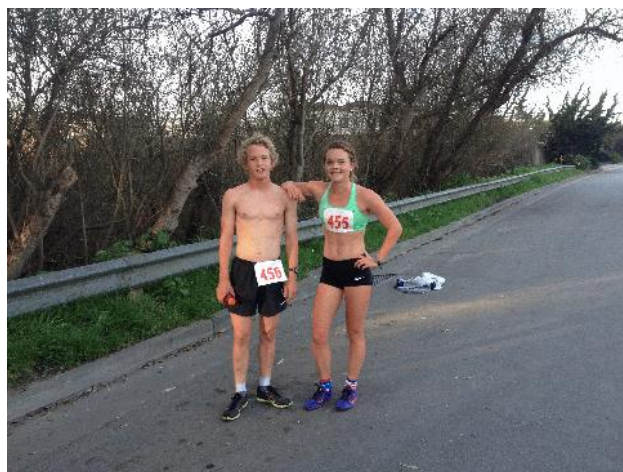
THANK YOU TO FLEET FEET FOR SCTC APPRECIATION NIGHT

Fleet Feet Sports of Aptos hosted a special Santa Cruz Track Club appreciation night and rolled out the red carpet to invite SCTC to their store. Thank you Tina and Russ for a fun night of shopping and socializing.



SUPER BOWL SUNDAY, 2015

New England Patriot fans had reason to celebrate on Super Bowl Sunday, and so did the Ratliff family. The Ratliff siblings JOHN and CATE dominated the 3K at SCTC's annual Super Bowl race. This was a true family competition since their finishing times were only 25 seconds apart. It was a perfect morning for a run and SCTC has several members who placed in their age division. This race was fun for everyone, young and old.



John & Cate Ratliff
First place pair in the 3K

SCTC RACE RESULTS

3K

JOHN RATLIFF	1-OAM	9:57
CATE RATLIFF	1-OAW	10:23
DAVE DELUCCHI	4-OAM	12:01
JOHN HOFACRE	1-A	13:41
NEAL COONERTY	2-A	20:18
GARY KOHLER	3-A	23:01

10K

ALEX CONDOTTI	2-OAM	35:08
LUC BOUCHARD	4-OAM	35:18
ANDREW WALGREN	8-OAM	37:32
KEVAN CHU	1-A	37:44
JEFF SOARES	1-A	38:43
VINCENT OBERST	3-A	40:05
DANNY SHEN	2-A	41:46
PETER STANGER	1-A	49:00
LETICIA HERNANDEZ	2-A	49:23
GINA OLIVAREZ	3-A	50:01
RICH LARSON	2-A	53:16
RICK SINCLAIR	8-A	55:43
OLOF HELEN	2-A	58:43
SUSANNE COCHRAN	3-A	1:00:54
TISH BERTINO	6-A	1:00:55
DANNY LONG	4-A	1:01:24



Hallie Carl & Race Director, Diane Delucchi



Jim Ratliff takes Second in the Kid's 1K



Runners lining up for start of the 3K

See next page for more Super Bowl photos.



MORE SUPER BOWL FUN



Runners take off at the start of the 10K



Cate & John Ratliff take the lead in the 3K



Luke DeBrito and a younger participant



Susanne & Tish

Overall female & male winners received
goodie bags from Whole Foods
Molly & Dylan were first place in the 1K



The older you are,
the tougher the competition



SCTC men show off their metals



Thank you to our race volunteers!



She is Beautiful

March 22, 2015

SCTC made a stunning appearance at the She is Beautiful 5K/10K on West Cliff Drive. Not only did our ladies rock the pink theme, they also scored big in the race results. MARGARET FAHL was Second Overall in the 10K. CARMEN ROBLES placed First in her age division in the 10K, and RAMONA YOUNG placed First in her age for the 5K. Way to go, ladies! DIANE DELUCCHI also ran the 5K and took Second in age, despite running in a pink wig. She also caught the attention of the Santa Cruz Sentinel photographer and her picture was featured in the newspaper the next day.



In addition to our speedy women runners at the race, SCTC hosted a booth staffed with enthusiastic volunteers getting the word out to the community about our great running club.



Special thanks to LUKE DeBRITO, RICK SINCLAIR and SLYVIE MAXWELL, our early morning volunteers!

5K

RAMONA YOUNG	1-A	22:00
GINA OLIVAREZ	3-A	23:57
HEATHER RHODES	7-A	26:14
LYNN SANDERS	3-A	26:25
DIANE DELUCCHI	2-A	26:31
JOYCE PARR	4-A	29:11

10K

MARGARET FAHL	2-OA	1-A	39:23
HALLIE CARL		9-A	46:41
CARMEN ROBLES		1-A	47:35
LETICIA HERNANDEZ		3-A	48:58



RAY'S RACE RESULTS

Please send your race results to
raymard@pacbell.net



RIO RESOLUTION RUN

New Year's Day SCTC has several runners down in Carmel on a bright, but cold, morning. Our very own LIISA MILLER was First Women Overall.

5K

LIISA MILLER	1-OAW	21:59
RAMONA YOUNG	7-OAW	24:16
LETICIA HERNANDEZ	3-A	26:25
HEATHER RHODES	9-A	29:11
NEAL COONERTY		42:31

10K

CHRIS ROSE	5-A	42:32
DAVE DELUCCHI	1-A	42:54
SUE DUNN	- Not reported. Editor's prerogative.	

SCTC's newer member HUNNY KERSHAW took 2015 by storm. Hunny ran four races by the end of February. **Hot Chocolate Run 15K** (1/11/15), **Coyote Hills 10K** (1/24/15), **Super Guadalupe River Run 10K** (2/1/15) and **Bay Breeze 10K** (2/14/15). Hunny's finishing times continue to improve in leaps and bounds with each 10K. What a strong improvement!

Mission Bells rang for RAMONA YOUNG at the **Mission 10 Miler/5K** in San Juan Batista. Ramona was First Woman Overall in the 5K. NEAL COONERTY also ran the 5K and JEFF SOARES ran the 10 mile course placing Second in his age.

MEREDITH MILLS ran the **Surf City Half Marathon** in Huntington Beach (the other surf city) on the 1st day of February. She had a fantastic race and place First in her age group and was over 5 minutes ahead of the Second place finisher. The race was age graded as well, and Meredith ranked 11th place among the woman.

MARGARET FAHL and MICHELLE KERN ran the **San Francisco Kaiser Half Marathon**, also on February 1st. Margaret had a PR day and finished the race in 1:29:04, breaking the 1:30 barrier.

SARAH CARVILL has been on a roll with her running. She ran Cal International in December with a 9 minute PR, and then headed back up to Sacramento in February to run the **Jed Smith Ultra Half Marathon**. Sarah has an impressive finishing time of 1:49:16 and was Fourth in her age division.

JOHN HOFACRE and his wife BEATA MACH have been seen recently running together on Wednesday night workouts. They seem to be enjoying their time running together so much, that they braved a persistent cold wind to run **Together with Love 10K/5K** along the Asilomar Coast in Pacific Grove. This stretch of coastline is beautiful, but the conditions on race day were brutal, heading straight into the wind. Still, the couple persevered to finish the race.



MEREDITH MILLS continues to amaze us with her speed and determination. In February she ran a USATF 8K in Southern California and placed Second in her age. The race was also age graded on a National level, placing Meredith Seventh over all!

Congratulations to our **408K Race to the Row** runners. SCTC had six runners from 831 running in this race. MICHELLE KERN and MARGARET FAHL both placed First in their age division. Here are the results:

MICHELLE KERN	3-OAW	1-A	32:01
MARGARET FAHL	6-OAW	1-A	32:14
HALLIE CARL		3-A	37:28
LAURA CHIORELLO			45:58
HUNNY KERSHAW			48:58
NEAL COONERTY		9-A	58:27

NAPA VALLEY MARATHON, March 1, 2015

Wow, what a story. BILL HOPKINS was featured on the front of the sports page in the *Santa Cruz Sentinel* for qualifying for the Boston Marathon by running Napa on severely damaged legs. Bill's story of determination to come back to running makes me realize just how much we love the sport.

BILL HOPKINS	4:27:38
DANIEL SHEN	3:28:32
COLLEEN BLACKBURN	4:37:44

RAY'S RACE RESULTS

Continued from previous page



Greg Hales at Aloha Stadium

GREG HALES never ceases to take on a challenge. While in Hawaii, Greg participated in the Spartan Race at Aloha Stadium. The race was an obstacle course of climbing stairs, leaping over hurdles, scaling fences and other performances of physical prowess. Greg took First in his age division and was First Rookie Overall

(although he is hardly a “rookie” at athletic endeavors). Even more impressive was that Greg was the 15th finisher out of a field 1,000 participants, including elite athletes.

MEREDITH MILLS traveled to San Diego to run the **Carlsbad 5000**, one of Southern California’s premier races. Promoted as “the world’s fastest 5K” due the flat nature of the course, this race attracts both novice and elite athletes. The event features six races, with separate races for males and females, consisting of Masters (over 40), under 29, 30-39, wheelchair division and elite athletes. Meredith ran a remarkable 5K, finishing in 20:46 and placing Third in her age division. She also reported that through connections by being friends with the former Race Director, she was able to ride in the press truck and enjoyed watching the elite race from such a unique vantage point.



CONGRATULATIONS TO **ERIKA MALASPINE**, former SCTC Youth member. Erika set both the County and State High School records in the pole vault this year. She set the State record at the **Don Christopher**

Invitational meet on March 21 with a vault of 13 feet, 25 inches. Very cool!

SANTA CRUZ HALF MARATHON - April 12, 2015

JEFF SOARES and **MARGARET FAHL** both had an excellent morning. Jeff placed Third Overall among the males in the 10K and Margaret was Fifth Overall among the females in the Half Marathon. **GINA OLIVEREZ** had a somewhat difficult Half Marathon, but in the true spirit of a dedicated runner, she finished the race despite some rather awkward complications.



Margaret Fahl

Race Results - Half Marathon:

MARGARET FAHL	5-OAW	2-A	1:34:29
LETICIA HERNANDEZ		6-A	1:50:31
GINA OLIVEREZ			2:00:14
SUSANNE COCHRAN			2:10:13
PATRICK WILLIAMS	10-OAM	4-A	1:22:34
KEVAN CHU	11-OAM	5-A	1:22:41
MANUEL ZAMORA			2:12:05
CHRIS MAYER			2:35:15

Santa Cruz 10K:

NEAL COONERTY		14-A	1:14:16
TODD RUMBAUGH			1:26:27

Santa Cruz 5K:

ARTURO RODRIGUEZ	3-OAM	1-A	21:24
JOHN HOFACRE	7-OAM	2-A	23:17

LAKE SONOMA 50 - April 11, 2015

Our Ultra Guys, **MIKE WRIGHT** and **JON BEARD** just keep on trucking. They ventured up to Lake Sonoma to run a 50 miler. Mike came very close to finishing the race in under 10 hours, coming in at 10:08:40. Jon also put in a full day of running and finished in 12:52:04. When asked about the experience, Jon said that he had forgotten how hilly the course was and had not fully recovered yet from Monument Valley (another prior ultra running experience), but the trails were beautiful with lots of wild flowers and good beer at the end!

RAY'S RACE RESULTS YOUTH



The athletes on this list are all club members. The high jumpers and pole vaulters are part of the affiliated coaching program. High Jumpers are coached by JOHN REMBAO and the pole vaulters by JOE MIYOSHI or PAUL FRIEDENBACH. The athletes are from San Lorenzo, Scotts Valley, Santa Cruz, PCS and Carmel High Schools.

SCOTTS VALLEY VS APTOS (4/30/2015)

Lexi Stevens: Shot Put 6-OAW 19ft 8in
High Jump 1-OAW 5ft 2in
Triple Jump 34ft 5in

MTAL PENINSULA MEET (4/30/2015)

Nicole Trenchard: 200m 7-OAW 28.48
Discus 1-OAW 84ft 1in
Erika Malaspina: 100m 4-OAW 13.39
200m 4-OAW 28.10
Luc Bouchard: 800m 2-OAM 2:02.87
1600m 1-OAM 4:36:72

PACIFIC GROVE INVITATIONAL (4/25/2015)

Cate Ratliff: 1600m; 1-OAW; 4:59:44
John Ratliff: 1600m; 1-OAM; 4:41:23
Julie Zweng: 100m hurdles; 2-OAW; 16:06
High Jump; 2-OAW; 5ft 3in
Long Jump; 3-OAW; 15ft 7.5in
Alex Condotti: 1600m; 4-OAM; 4:26:09
Lexi Stevens: Long Jump; 5-OAW; 15ft 4in
Triple Jump; 1-OAW; 33ft 9in
Summer-Solstice Thomas: 400m; 4-OAW; 63:46
High Jump; 1-OAW; 5ft 3in
Andrew Walgren: 3200m; 16-OAM; 10:09:57
Erika Malaspina: 100m; 2-OAW; 13:02
Pole Vault; 1-OAW; 12ft 0in
Angel Melija: 3200m; 9-OAM; 9:51:02
Angie Pogson: 1600m; 12-OAW; 5:41:74
Mari Friedman: 800m; 1-OAW; 2:19:54

FIRST ANNUAL CENTENNIAL INVITATIONAL (4/25/2015)

Cassie Ackermann: 200m; 22-OAW; 27:32
High Jump; 2-OAW; 5ft

SCOTTS VALLEY, HARBOR, SLV @ SOQUEL (4/23/2015)

Julie Zweng: 100m hurdles; 1-OAW; 16:86
Melissa Braun: Discus; 2-OAW; 65ft 7in
Pole Vault; 1-OAW; 10ft 6in
Lexi Stevens: Triple Jump; 1-OAW; 33ft 10in

ST. FRANCIS, APTOS, @ SANTA CRUZ (4/23/2015)

Cate Ratliff: 1600m; 3-OAW; 5:05:70
3200m; 1-OAW; 11:03:60
John Ratliff: 3200m; 2-OAM; 9:55:20
Summer-Solstice Thomas: 400m; 1-OAW; 63:24
High Jump; 2-OAW; 4ft 10in

Andrew Walgren: 1600m; 5-OAM; 4:45:60
3200m; 3-OAM; 10:41:2
Angel Mejia: 1600m; 2-OAM; 4:33:70
Angie Pogson: 3200; 3-OAW; 12:16:70
Mari Friedman: 800m; 1-OAW; 2:24:04
1600m; 2-OAW; 5:04:80

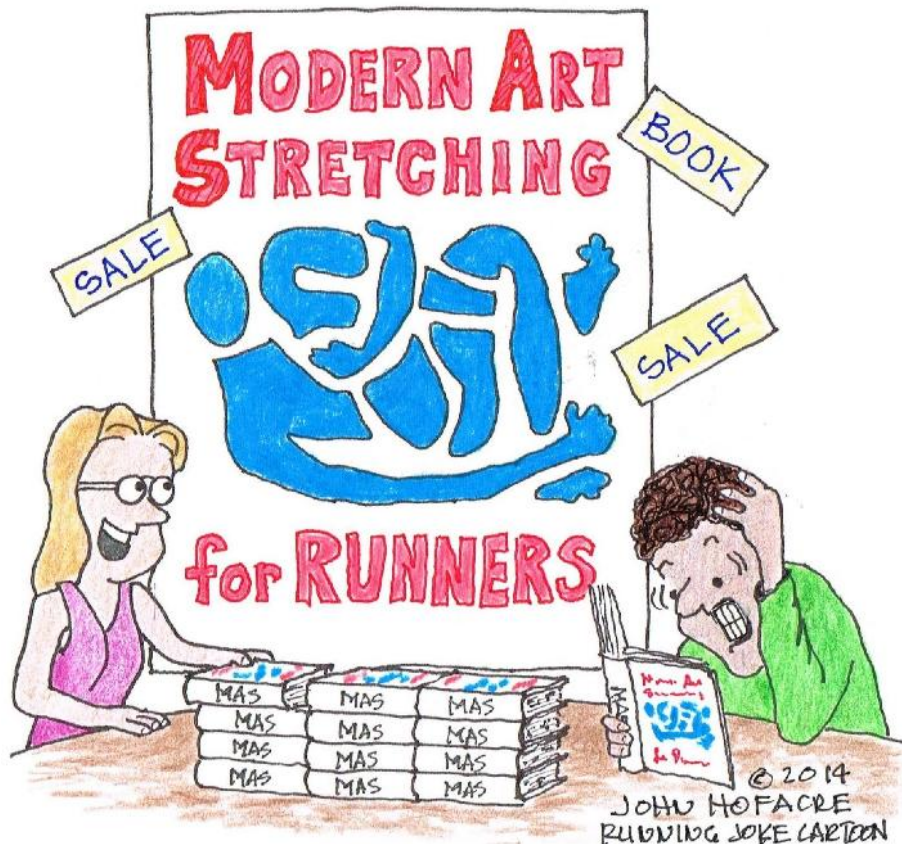
CCS TOP 8 TRACK & FIELD (4/17/2015)

Alex Condotti 800m 7-OAM; 1:58:56
1600m 13-OAM; 4:29:01
Erika Malaspina Pole Vault 1-OAW; 12ft 9in
Nicole Trenchard Pole Vault 2-OAW; 12ft 6in
Cate Ratliff 3200m 1-OAW; 10:32:14 PR
Summer-Solstice Thomas High Jump 1-OAW; 5ft 4in
Julie Zweng 100m hurdles 9-OAW; 16:26
High Jump 3-OAW; 5ft 0in
Lexi Stevens High Jump 6-OAW; 5ft 0in
Triple Jump 2-OAW; 36ft 2in
John Ratliff 1600m 20-OAW; 4:44:50
Melissa Braun Pole Vault 7-OAW; 11ft 0in
Mari Freidman 1600m 8-OAW; 5:07:81

MTAL CLUSTER MEET (4/16/2015)

Gina Condotti 100m hurdles 4-OAW; 20:27
300m hurdles 5-OAW; 57:34
Nicole Trenchard Shot Put 2-OAW; 24ft 9in
Discus 1-OAW; 91ft 6in

Previous
Running Joke Cartoon
CAPTION CONTEST



(Gold) - "Breath." by John Hofacre

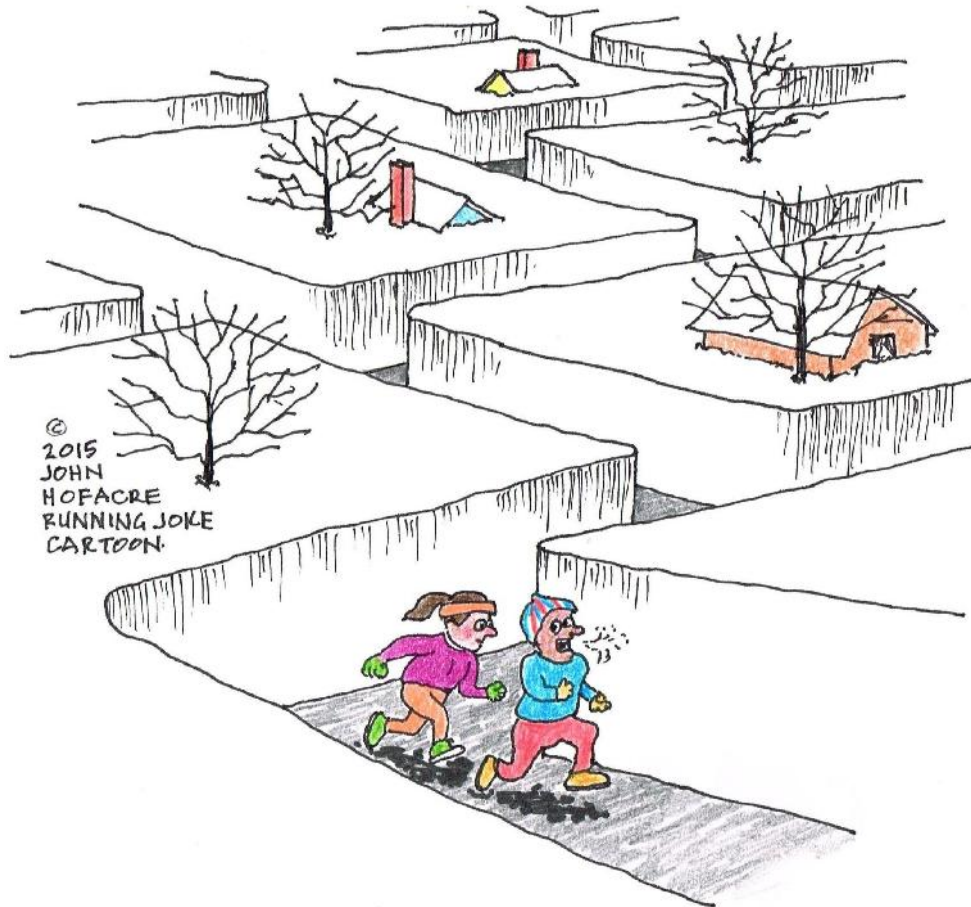
(Silver) - "Just remember... relax and remain calm within." by Ken Hargrave

(Bronze -tie) - "The hip bone's connected to the thigh bone?" by Wendell Williams

Sid suddenly realized he may have to revise his pre-race routine. by Dan Figueroa

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

This Issue
Running Joke Cartoon
CAPTION CONTEST



Submit a caption to therunningjoke@yahoo.com
by June 15, 2015.

Winning captions will be printed in the next newsletter.

The person submitting a caption grants
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FALLEN OFFICER FOUNDATION RELAY

By Joyce Parr

It was an absolute honor and privilege to help out with the memorial relay in Nisene Marks on April 26, 2015. The relay benefits The Fallen Officer Foundation. It is a non-profit organization dedicated to providing support and financial assistance to Santa Cruz County First Responders and their families during times of crisis and special need.

Running this relay were officers from all over the County, including Santa Cruz County Sheriff and Fire Departments, Dispatch, EMT, Courts, District Attorney, Probation, California Highway Patrol, Watsonville Police Department, among others. The relay team consists of four members. Each person runs two 5K distances. There were a few walking teams as well. About 28 teams participated in the event.

Diane Delucchi, Gerry McCarthy, Scott Goddard and I worked registration. It was fun to see the creative team names - Loaded Legs, Just Us, The Alerts, and Pumped Up.

Prior to the race, District Attorney Inspector Henry Montes, spoke of many of the fallen officers dating back to 1925. Their names and E.O.W. (End of Watch) dates were announced. It was a very moving and emotional experience for me and for all who stood there with their team. When Mr. Montes asked for a moment of silence I realized how amazing all these people are. Their work is challenging and diverse every day. They put their lives at stake to help protect others keeping our county safe.



**Diane Delucchi, Gerry McCarthy,
Nancy Wilburn & Joyce Parr**

After the race began, Diane, Greg Brock and I moved to the finish line to help with timing. The spirit was high and the runners energy was awesome. You could sense the teams comradery. The bond created by a shared goal and their friendship was very apparent.

As the race went on I spotted Henry Montes who was instrumental in putting the race together. Actually I spotted his Boxer dog first so I had to take a trip over to say hello. His dog's name is Justice. Henry was very approachable and very genuine. After covering many topics with him, I headed back to the finish line.

I was very impressed on how smoothly everything went and how well organized it was. Assistant District Attorney Steve Drotter did an excellent job of announcing many of the runners coming in and running out. He had a great sense of humor and a quick wit which really kept things lively and fun.

We feel fortunate that we had the opportunity to help out at such a meaningful event to benefit families of fallen law enforcement officers.

SCTC received this note of appreciation from Inspector Montes: Diane, I personally want to say thank you, to you and the SCTC. You guys were awesome! This event would not have been successful if it was not for you, your knowledge and your team. We had no idea what we were doing until you stepped in. The event came out better than we expected for our first time. We have been receiving so many compliments about how organized we were, that credit goes to you guys. Words cannot describe how thankful we are of you and SCTC. Everyone is talking and asking about next year. *Inspector Henry Montes, Santa Cruz County District Attorney's Office*