

# STARTING LINES



## NEWSLETTER OF THE SANTA CRUZ TRACK CLUB SPRING EDITION - January - April, 2016

### SCTC WOMEN AT BOSTON



**Liisa Miller**

LIISA MILLER just keeps getting better. She had a fantastic finishing time at Boston of 3:14:35 and placed Fifth in her age division. Way to go, Liisa!

STEPHANIE LAIN also ran the Boston Marathon. This was her first time at Boston and she was rightfully excited. See inside this edition of *Starting Lines* for comments from Stephanie and Liisa about their training and experiences at the Boston Marathon.



**Katherine Beiers**

KATHERINE BEIERS has run the Boston Marathon several times. In fact, she has several glass trophies to prove it as she always places in her age division. Katherine holds the title of being the oldest woman to run the Boston Marathon. She continues to amaze us. She was joined by her son JOHN BEIERS, who also ran the race, and most of her family, including nine grandchildren.

*More photos inside.*



**Stephanie Lain**

### COMING EVENTS

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

**June 4, 2016 - Forest of Nisene Marks**

Presented by the Santa Cruz Host Lions Club and Santa Cruz Track Club

Register online at [www.active.com](http://www.active.com)

#### APTOS WOMEN'S FIVE MILER



The Aptos Women's 5-Miler

#### 35<sup>th</sup> Anniversary - June 12, 2016

The Award Mugs are back. Lots of special things happening this year!

Ladies, come and join us. This is a race not to be missed. More details inside this newsletter. Register online at

[www.aw5m.weebly.com](http://www.aw5m.weebly.com).

### IT'S NEVER TOO EARLY TO THINK ABOUT CROSS COUNTRY



**Look inside for more info!**

**SPECIAL ANNOUNCEMENT!!**

**LIVIA PERAS** has taken over the position of Race Results Extra Ordinaire from the competent hands of Ray Disperati. In case you missed Livia's email that went out to the Track Club earlier this year, here are her comments:



You may be wondering why I volunteered for this position. That's easy, because my full time job is a systems analyst working for the Central Coast Alliance for Health. My workdays are filled with spreadsheets and data and I'm bringing those skills to you by providing accurate and easy access to your race results. My first step is creating a unique Gmail account specifically for SCTC race results. That email address is: [sctcraceresults@gmail.com](mailto:sctcraceresults@gmail.com).

Please send your race results or any questions you may have to that email address. I am also working on getting a link setup on the SCTC home page to access your race results year round. Keep on racing and don't forget to email me your results!

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**SCTC PERSONNEL:**

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Joyce Parr, Secretary

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Greg Brock, General Manager & Adult Coach

Javier Naranjo, Youth Track Coach

Laura Chiorello, Youth XC Coach

**Volunteers**

Mark McConnell, Wharf to Wharf Liaison

Carmen Robles, Clothing Diva

**★ ★ SAVE THE DATE ★ ★**

**WHARF TO WHARF ENVELOPE STUFFING**

June 22, 2016 - 6:30 p.m. - Soquel High School  
Bring your friends, family, and neighbors, etc....

**INSIDE THIS EDITION OF STARTING LINES**

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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, filed 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.

## **REFLECTIONS ON THE 2016 BOSTON MARATHON**

By Stephanie Lain



Once I had a crazy idea that it might be fun to train for a marathon. This happened in 2010, the year before my daughter and I moved to Santa Cruz. Up until that point, I had only ever run one race - a half-marathon earlier the same year. True, I had been running for years on my own, but I was strictly a weekend runner who ran to stay in shape. I had no idea of training and certainly no idea of what marathon training would entail. I pictured early morning runs through the city, some going up and down of steps - in other words, I thought it would be like the movie “Rocky”. Even though Rocky’s a boxer in the movie and not a runner, I equated the portrayal of his training in the movie with what you do if you want to do something really hard-core. Given this, it perhaps comes as no surprise that my main focus in the early stages of training lay in putting together a great running soundtrack for my ipod. It’s hard to overstate how completely unprepared I was for what lay ahead. Then again, how can you know what a marathon will be like until you’ve actually done one?

Bobbi Gibb, the first woman to complete the Boston Marathon, had to crash her 1966 race in order to run it. When discussing this act, Gibb ascribes her motivation to a love and pure enjoyment of running. While I believe she is perfectly sincere in this, my own experience of marathon training tells me that “love” and “pure enjoyment” only come in fleeting moments. Instead, the majority of training runs tend to be characterized by either: 1) heart-thumping breathlessness accompanied by incipient nausea (in the case of speed work and tempo runs), or 2) mind-numbing, grinding boredom (in the case of long runs). This makes me wonder if people like Bobbi Gibb belong to another class of human altogether or if it’s just me that has a bad attitude.

The memories of my first marathon are unequivocally more bitter than sweet. That fun party feeling at the beginning of the race disintegrated little by little into exhaustion and despair. I had thought I was in shape (I wasn’t). I had thought I had trained well enough (I hadn’t). By the time I hit the wall at Mile 20, I struggled to keep it together enough to put one foot in front of the other, forget about running. In the end, rather than experiencing triumph and glory at the finish line, I settled for the sense of relief that came with knowing I’d made it across without vomiting or passing out.

Now five years later, and post some major life reshuffling, I have just completed my fourth marathon, the 120<sup>th</sup> Boston Marathon. It was a special race for me (my first time qualifying!) and for Boston as well. This race commemorated the 50<sup>th</sup> anniversary of Bobbi Gibb’s victory, which became the catalyst to women’s continued participation and eventual acceptance in the race. Leading up to the big day, I read many interviews with Gibb. I was amazed to learn that even though she finished the race in a time of 3:21:40, ahead of two thirds of the field, she felt disappointed and discouraged by what she perceived to be one of her worst runs ever. To me, this confirms that, all differences in aptitude and attitude aside, what really defines a distance runner is this unusual relationship with adversity. Whereas most people shy away from activities that are physically and mentally punishing, a distance runner seeks them out, and then proceeds to punish herself when the performance appears to fall short.

Running a marathon is no joke (and special kudos to the ultra runners who often go even much further distances). Even if you’ve trained well (as I did this time around, under the careful eye of Coach Greg Brock), there’s no guarantee that you won’t screw up or that things will go according to plan on race day. One might think that training would become less hard over time, but in fact, every single workout hurts. Maybe they don’t hurt in an “I’m injured” kind of way but they always hurt in a “Running’s hard” kind of way. Even the easy runs hurt because they’re coming on the heels of a hard run. At any rate, at Training Week 15 this time (of a 22-week plan), I hit the wall. Even though I was running well, I began to dread the harder workouts. Thank goodness for my track club friends who were willing to go on pool runs and long runs with me. They made all the difference in helping me get over the hump. *(continued on next page)*



In fact, running has been such a different experience for me since we moved to Santa Cruz and I became involved in the track club. I credit Coach Brock for teaching me about form. Running really does involve much more than just putting one foot in front of the other! Who knew? From my SCTC friends, I've learned how to take care of my body between workouts and how to avoid injury. Meredith Mills and Arturo Rodriguez have shown me that the best runners are always pushing the boundaries of what's comfortable- whether we're on a training run, at the pool, in a race or whatever. It's clear they have not become the accomplished runners they are by inhabiting the space of what's easy.

Here in Santa Cruz, we're fortunate in so many ways. How many runners in the U.S. can step out their front door and ask themselves, "Would I care to run in a redwood forest or on bluffs overlooking the ocean today?" Whichever way you go, you are likely to run into a friend from track club, or one of the high school runners, or a member of the Slug team. This is such a wonderfully robust and welcoming community. In Boston, I felt overwhelmed by the sheer volume of runners. There were definitely moments when I felt small and wondered about the point of it all. In retrospect, I guess the point of all that collective talent and dedication is to show what's possible and to prompt us as individuals to push the boundaries. In 1966, women weren't allowed to run in AAU-sponsored events (like Boston) that were longer than 1.5 miles. It was believed they (we) weren't physically capable of completing the 26.2 marathon distance. This was the basis of Bobbi Gibb being denied entry to the race. 1966 wasn't that long ago, but so much has changed. Who at that time could have imagined that 50 years later, a Santa Cruz woman in her 80s would finish her 12<sup>th</sup> Boston Marathon, becoming the oldest person to finish the race for the second year in a row? Without the perspective of history, it's easy to overlook the fact that we are currently living in the presence of greatness.

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## **BOSTON MARATHON - COMMENTS BY LIISA MILLER**

I just love this run. In part, I'm sure, because I grew up in NH, so I feel very lucky getting to take part in the Boston Marathon. To me, it's just one of those running events, that is so special to return to. The first time I ran the Boston Marathon was in 1991. The race started at noon, there was no chip timing, no wave starts. I remember sitting in the cafeteria of Hopkinton High School waiting for the start. As I recall there was a couple that sat with me, offering advice and encouragement. I didn't care much how fast I ran, I was so excited to have a qualifying time & wanted to take it all in. It was an amazing experience in 1999 . . . and it is just as amazing in 2016!



**Liisa waiting for the start**



**Katherine & Crew**

Over the years I've returned to this run, now, 7 times. I had it in my mind that when I turned 50 I hoped to be at the starting line again. So this was the year (since I turned 50 in December). And how special too, since the Boston Marathon was also celebrating 50 years of women running in the race this year! Isn't it hard to believe that just 50 years ago, women were not allowed to run that far, let alone enter the Boston Marathon? And now in this year's field of the 26,639 runners that finished...12,168 were women (46% of the finishers). Isn't that just amazing! The Boston Marathon is truly something special, and an event I hope to return to run again!

## CLUB ANNOUNCEMENTS

**JEFF KIRK JOINS THE SCTC BOARD** - SCTC is proud to announce that JEFF KIRK has joined the Board of Directors of our Track Club. Many of you may already know Jeff from the excellent job he has done with the Sunrise Rotary in expanding the Fourth of July Firecracker 10K/5K race held every year in Harvey West Park. Jeff has been a long-time runner and member of the Santa Cruz Track Club.

Jeff has been running since grade school (in Kearney, Nebraska, when he tried (and failed) to keep up with his Dad's morning run around the block and was beaten soundly by his twin neighbors in virtually every sports-related activity he tried. He improved dramatically when a neighborhood mom offered cookies to the winner of the kids' race around the block. Jeff started running seriously in high school (at Normal High, in Normal, Illinois) when he went out for cross country his freshman year to get in shape for basketball. Jeff was better at running than basketball. He held the intercity (Bloomington/Normal) meet record in the mile for 17 years (4:25.1) and still holds the College of Wooster (Ohio) indoor (4:16.1) and outdoor (4:12.4) mile records, and the 1500 meter record (3:54.0). After transferring to the University of Illinois his junior year, he made the top 10 all-time list at Illinois for the 5000 meters (14:37.4).

Jeff's run 4 marathons, including Boston in 1996, with a best of 2:35:04. But his craziest running exploit was inspired by a Runner's World article on 24 hour relays. In the summer of 1976, during the Montreal Olympics, he and 4 other high school team mates went after the 5-man world record in the 24 Hour Relay (the easiest, by far, of the existing records according to Runner's World). Jeff ran 48 miles that day, one mile at a time, holding a baton. And they beat the record listed in Runner's World, which turned out to be a grossly inaccurate misprint (189 was listed—the real record was 249, which they missed by a mile—actually 47 miles). Jeff has spent the rest of his life as a lawyer, closely proof-reading contracts and other documents in retaliation, and is thrilled to be a part of the SCTC Board. Jeff is still competing and enjoys the camaraderie, competitiveness, and companionship of his team mates on the Santa Cruz Track Club. Indeed, he's married to one of them — Lisa Kirk, who also went to Normal High!



The photo on the right is of Jeff about to lick an icicle at this year's Sundance Festival, while snowshoeing. Jeff commented that our newest Board Member may *not* be the sharpest knife in the Board's drawer. The Board already knows that is not true. We appreciate the knowledge and humor that Jeff brings to our meetings.

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### THE 35TH RUNNING OF THE APTOS WOMEN'S FIVE MILER

**SUNDAY, JUNE 12, 2016** - This race was Santa Cruz County's first women's race and one of the first in the country before the days of Nike's "Runs like a Girl" and the "She is Beautiful" events of today. Not only is it a women's race, it is a heck of a deal. Pre-register is \$35 online at [www.active.com](http://www.active.com). Race Day Registration \$40 at 7:30 - 8:30 a.m. Come and join us for a fun day in the Forest of Nisene Marks. Guys come out to volunteer and support the ladies. Post race BBQ and registration discount for all SCTC members.



**Margaret Fahl**  
**First Finisher - 2014**





## CROSS COUNTRY RECAP

By Liisa Miller

It was so terrific that our SCTC had Cross Country Teams last year!! We were able to share in the camaraderie that a season of running together brings...not just amongst our club – but all of the great clubs we'd get to see each weekend as we 'went to battle' over some challenging & fun courses over a strong PA USATF circuit of races.

My fondest memories are from the starting lines of each race...all of the colors of club uniforms, strung across the various fields! And the team cheers...yup – Strawberry Canyon Track Club – those young gals had the best! Or how about at the USATF Club Nats when our gals starting box assignment was near our good buddies, the Golden Valley Harriers....and what was their team cheer that Dec 12<sup>th</sup>? .... one, two, three...**“GO GVH.... & SANTA CRUZ”** Of course we also returned the cheer with a **“GO SANTA CRUZ...& GVH”**. Maybe you had to be there, but those are the great competitors & friends you meet when you run cross country races! It's more than just 'entering a race', it's a true season & a progression. You're reminding your feet what it's like to just run joyfully hard!...whatever the terrain & footing brings – paces that we're so bound to in road racing, get thrown out the window. You remember how to just “play.”

In the words of the great George Sheehan, MD: “Play is the key. There, we do things because we want to, without thought of payment. Play is something we would do for nothing, something that has meaning but no purpose.”

Hey & if you're looking for some other great reasons to run cross country this year - There was a great article in Runner's World (September 2015) <http://www.runnersworld.com/racing/its-time-to-love-off-road-racing-again> written by Louis Cinquino – below are just a few of many excellent points about running cross country that he highlighted:

“Start unearthing what running on soft and uneven surfaces can do to efficiently build speed and stamina- and actually prevent injury.”

“A trail run is like a neuromuscular tuneup.”

“Because you have to pay close attention to where your feet are going and keep changing your stride length, you avoid falling into a mindless pattern of just putting one foot (too far) in front of the other.”

So LET'S GO SCTC...keep on the grass, not off it!! Let's continue our clubs presence in the PA USATF circuit!!



Cross Country Championship at Golden Gate Park - 2015

This year's schedule on next page ▢

## SCTC YOUTH TRACK & FIELD



**Youth Track & Field workout at Soquel High School**

It was another banner season, thanks to our Youth Coach **LAURA CHIORELLO**. This was Laura's second year and the program continues to grow. Laura is assisted by Coach **JAVIER NARANJO**, who works with the older children on cross country and longer distances. SCTC wants to recognize our faithful youth program volunteers, **JEFF SOARES, TONY BENNETT, HEATHER CRUDDAS, JOYCE PARR, LUKE DEBRITO, TIMI SUTTON, RAY DISPERATI, DIANE DELUCCHI** and **NANCY WILBURN**. Laura passed on with these words of praise to her enthusiastic aides. "All are amazing athletes and role models for our youth. I am very grateful and humbled by their generosity with their time, talent, and patience. The program is a success because of them!" We hope to see you all again next season.

## 2016 PRELIMINARY USATF PA CROSS COUNTY SCHEDULE

Date	Race	Location
8/20/2016	16 <sup>TH</sup> Annual UCSC XC Challenge	Santa Cruz (UCSC)
8/27/2016	24 <sup>th</sup> Annual Phil Widener Empire Open	Santa Rosa
9/11/2016	31 <sup>st</sup> Annual Golden Gate Park Open	San Francisco (Golden Gate Park)
9/17/2016	6 <sup>th</sup> Annual Rebels XC Challenge	Sacramento (Ancil Hoffman Park)
9/24/2016	12 <sup>th</sup> Annual Garin Park XC Challenge	Hayward (Garin Park)
10/1/2016	18 <sup>th</sup> Annual Excelsior Challenge	San Bruno (San Bruno Mt. Park)
10/8/2016	8 <sup>TH</sup> Annual Willow Hills XC Open	Folsom
10/22/2016	19 <sup>th</sup> Annual Aggies XC Open	Martinez
10/30/2016	21 <sup>st</sup> Annual John Lawson Tamalpa Challenge	China Camp
11/13/2016 or 11/20/2016	31 <sup>st</sup> Annual PA XC Championships	San Francisco (Golden Gate Park)



## SPRINGTIME RUNNING WITH SCTC



Diane leads a group on an adventure run in Nisene



Crossing Aptos Creek

Going to Five Finger Falls



A fabulous waterfall



The gnarly muddy troopers



Run at Pogonip in February



Easter Egg Hunt/Run



Carpooling to Waddell Creek



Berry Creek Falls



Olof found a golden egg!





## RACE REPORTS, *Starting Lines, Page 9*

### JOHNNY MATHIS INVITATIONAL



We have some amazing Male Masters runners among us. **JEFF SOARES, JEFF KIRK** and **DAVE GONZALES** ran the mile at the **Johnny Mathis Invitational Track Meet** at Cox Stadium at San Francisco State on February 28. Their times were incredible! These are the guys to watch this year. They are determined to run the best they can.

JEFF SOARES	2-OA	5:08
DAVE GONZALES	3-OA	5:11
JEFF KIRK	4-OA	5:31



Photos by  
Kathleen  
Bortolussi



Jeff Kirk, Jeff Soares & Dave Gonzales

March proved to be a rainy month, but that didn't deter die-hard SCTC runners. **HUNNY KERSHAW** finished her first 25K at the **Marin Ultra Challenge** on March 12. She was joined by **GREG HALES, DIANE DELUCCHI** and **JOYCE PARR**. Hunny reported that the race was a total sell out despite the wind and rain. Diane pulled ahead of her during the run, but around mile 8 she could hear Diane's enthusiasm from across the valley and it kept her smiling for miles. **JOYCE PARR** also ran the **Fort Ord 10K Trail Run** in February, placing First in her age division.



Diane Delucchi, Joyce Parr & Hunny Kershaw



**Greg Hales**

**GREG HALES** at the **25K Marin Ultra Challenge** - A tough course on a rainy day with a lot of climbing.

**Jon Beard**

**MIKE WRIGHT** and **JON BEARD** took it to another level by running the **50 Miler** at the **Marin Ultra Challenge**. The 50

Miler had over 11,000 feet of elevation gain through the Marin Headlands and finished at Stinson Beach. Mike and Jon both placed Third in their age division and even though Jon spent most of the day running in the rain, he finished with a smile.

**HEATHER CRUDDAS** was also running in the rain this March. Heather completed the **Go Green St. Patrick's Day Half Marathon** in Los Gatos on March 13. Heather finished the half marathon in under 2 hours with a time of 1:56:32.

**JOHN HOFACE** ran the 5K, placing first in his age division and making his momma very proud of him.

**John Hofacre & Mom**

A few brave soul's went out to Pinto Lake for the **Shamrock Run Off Road Ramble** the same stormy weekend. Once again, the weather didn't daunt SCTC runners from doing their best. **JEFF SOARES** said the rain made the race more exciting as he slogged his way to First Overall in the 10K. **RAMONA YOUNG, GINA OLIVAREZ LINDA ROBERTS-SOARES** and **JOSE SANCHEZ** ran in the 5K with **CHRIS NESTLERODE** and **ISABELL SANCHEZ** taking First Place in the 5K.

**TONI CASSELBERRY** checked the State of Kansas off her list of running a marathon in all 50 states. Toni ran a marathon in Liberal, Kansas which she said was like running in a tornado. It was 40° and the wind was so strong that it shredded the trash bag she was wearing, yet she persevered and the wicked flying monkeys never caught her.

**MARIA MARSILIO** is also running across the US one state at a time. Maria ran the **Myrtle Beach Half Marathon** in South Carolina and hopes to run a race in every state.

**CHRISTINA ROBINSON** finished the **Napa Valley Marathon** in a time of 4:16:25, also under inclement conditions and running into the wind the entire time.

**TIFFANY McBROOM** found relief from the storms in San Diego and placed Second in her age division at the **San Diego Half Marathon** in a time of 1:25:27.

**SHE IS BEAUTIFUL** So many SCTC women came out to join the **She is Beautiful 10K/5K** along West Cliff Drive on a picturesque sunny day. 3,000 women empowering each other and having a fabulously fun morning.

**Diane Delucchi in full regala**

**DIANE DELUCCHI, HALLIE CARL, MARGARET FAHL** and **KIMBERLY MYGATT** all received metals for placing Third in their age groups. Also running in this extraordinarily pink event were: **LAURA CHIORELLO, LETICIA HERNANDEZ, JOYCE PARR, THERESA CICCHINELLI, JENNIE HARMS, SHARON McBRIEN, GINA OLIVAREZ, SHELLY RITCHIE** and **LYNN SANDERS**.

**Laura & Vivienne**



## MORE RACE REPORTS

**LIVIA PERAS** and **KATHLEEN BORTOLUSSI**

ventured down to San Diego to run the **Carlsbad 5000**, a well known race that attracts elite runners from all over the globe. Both woman ran well and Kathleen had a fantastic finishing time of 26:03. Livia was able to capture a cool picture of her with Olympic Medalist Bernard Lagat.

**Livia & Bernard Lagat**



### **SANTA CRUZ HALF MARATHON, 10K/5K**

Several SCTC runners turned out on a cool, drizzly morning in April to run one of the three races finishing on the Main Beach in Santa Cruz. **MARGARET FAHL** took Second Woman Overall in the 10K and **MICHELLE**



**Michelle & Margaret**

**KERN** was Third Woman Overall in the 5K. What a team! The guys also made a good showing at the race. **JEFF SOARES** was Third Male Overall in the 10K and all placed within their age divisions.



**JEFF SOARES**, 3-OAM, 10K  
**DAVID GONZALES**, 1-A, HALF MARATHON  
**DAVID DELUCCHI**, 1-A, 5K  
**JOHN HOFACE**, 1-A, 5K

## *Starting Lines, Page 11*

**MEREDITH MILLS** proudly wore her SCTC singlet while running the **Schneider Electric Marathon de Paris** on April 6. **GEORGE DIES** joined her in this effort while the two were traveling through Europe. This couple knows how to combine running with the finer things in life. Visiting the Eiffel Tower and running a marathon. Life doesn't get any better than that.



**TONY CASSELBERRY** finished marathon #52 in the state of Kentucky and is continuing to get closer to her goal of running a marathon in every state.

### **BIG SUR INTERNATIONAL MARATHON**

This event is always a favorite with SCTC members because of its majestic ocean view from a challenging hilly course. No wonder **HUNNY KERSHAW** chose this as her first marathon. Hunny was assisted by her personal coach **GREG HALES** who kept her smiling the whole way.



**MEREDITH MILLS** made it back from Paris in time to lace up her running shoes once again for Big Sur. Meredith ran on a relay team with **RAMONA YOUNG** and **JAVIER NARAJANO** with the catchy name "I'll think of something later." The name may not adequately reflect the abilities of the team, who took First Place among the Mixed Masters finishing over 40 minutes ahead of the second place team.

**JOHN HOFACE** and **BEATA MACH** where also on the seen at Big Sur and run together in the 5K.



## ANNUAL AWARDS BANQUET

January 30, 2016

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Who ever said that the Santa Cruz Track Club are only serious runners? We know how to have fun and the SCTC annual banquet is always fun. This was a night to honor not only the serious and extraordinary runners among our ranks, but also to honor the volunteers and people who have shown a serious commitment to our Club. The special honoree of this year's banquet was **RAY DISPERATI** for his lifetime of volunteering. Ray has been an integral part of the youth scene. He has coached and assisted at youth track workouts from the days of its early beginnings and continues to assist Coach Laura Chiorello with the Wednesday night youth workouts. Not only did Ray keep track of the kids, he has kept track of the SCTC adults too, by recording race results of SCTC members and providing us with printed results at the annual banquet each year. For this and more, Ray was given the "The Ray Disperati Legacy Award." See page \_\_ for comments from Ray.



**Laura Chiorello presents Ray Disperati with The Ray Disperati Legacy Award**



**Dave Gonzales thought he won the tie contest . . .**

Prior to the presenting of the awards, Greg Hales started off the evening with an impromptu skit parodying the controversy surrounding the recent Miss America Beauty Pageant. Apparently, one contestant was announced as the winner and then stripped of her crown when the announcer realized that the teleprompter from which he was reading was wrong. Our contest was for who was wearing the best tie that evening. Although the contest was rigged, John Hofacre protested that his tie should have won. Running must bring out our competitive instincts.



**John Hofacre wants in on the competition**



**But, Albert stole the crown**

Dave got over losing the tie competition in time to present **JEFF SOARES** with an award for his outstanding effort at Cross Country. Jeff made it to all the races but one, and brought enthusiasm to every race. **LIISA MILLER** also made it to all but one race, and she made it to the winner's stage at the National Championships placing Third Overall in Women Masters for the entire season!



**Jeff Soares is presented with an award for outstanding performance**



**More Banquet photos . . .**

**DAVE GONZALES** was recognized for his amazing come back after injury and his zest for continual improvement.

**HUNNY KRESHAW** was the first SCTC woman to receive the dubious honor of the “Peter Too Much Award” for the incredible number of brutally challenging events she completed in 2015, including a Spartan World Championship in Tahoe.



**Dave Gonzales**



**Liisa Miller received an award for her outstanding Cross County series**



Congratulations to SCTC runners who logged over 1,000 miles in 2015, including three members who ran over 2000 miles! Olof Hellen, Gina Oliveraz, Toni Casselberry, Danny Long, Liisa Miller, Michelle Kern, Jeff Soars, Rick Nolthenius, Sue Dunn, Vince Oberst, Maria Marsillio, Diane Delucchi & Hunny Kershaw



**Margaret & Michelle aka M&M**

**Hunny Kershaw**

**1,000 miles and more!**

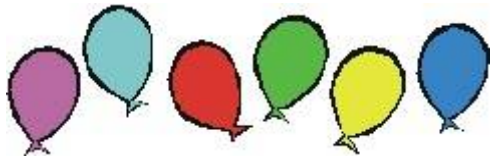




# SANTA CRUZ TRACK CLUB ANNUAL BANQUET

*Starting Lines, Page 14*

The party continues . . .





## **THE RAY DISPERATI LEGACY AWARD**

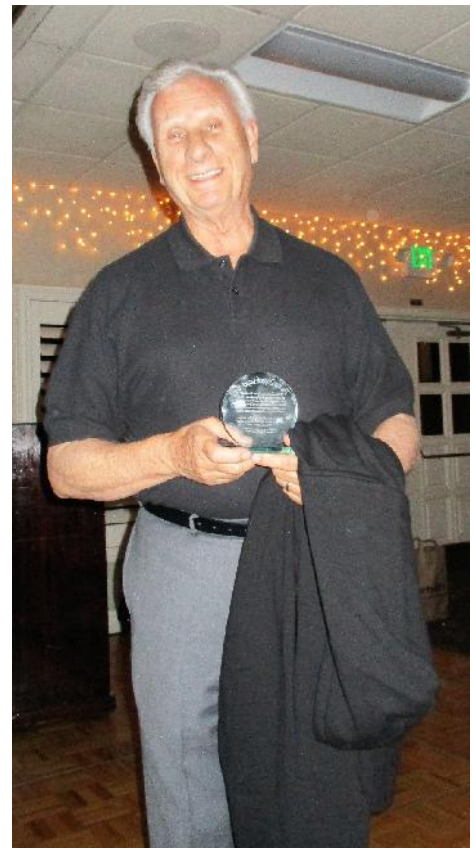
Ray Disperati has served the Santa Cruz Track Club for so long and so well, it was time for the Track Club to show our appreciation in return. Our Youth Coach Laura Chiorello sent an email to Diane Delucchi with an idea and the “Ray Disperati Legacy Award” was born. The glass plaque (pictured with Ray at the right) is inscribed with the following text:

We are inspired and humbled by your example of service to others. The positive impact you have made on the lives of the adults and youth of our community cannot be measured. We all walk and run stronger in your path.

“We make a living by what we get, but we make a life by what we give.”

~ Winston Churchill

With enormous gratitude,  
The Santa Cruz Track Club



Ray is the sort of person who does things from the heart. His love of SCTC and caring attitude toward others is very apparent in his message below that he submitted to *Startling Lines*.

### **TO THE SCTC MEMBERSHIP:**

In 2007, my running days had unexpectedly ended due to the onset of knee issues. I had hoped to recover and to be participating in running events to this day. However, family genetics and my body took over and plotted a different course for me. Along came the opportunity to track the race results for the SCTC membership. It was a task that I was to perform for the next eight years or so. I’ve enjoyed following all of you, knowing of the hard work you’ve put into your training and seeing the results of that training in the various events you’ve entered. I’ve seen the results of the younger members improve under the guidance of Coach Greg and I’ve also seen the waning results of the senior members as they advance in age.

Of particular excitement, for me, was tracking the high school members of the SCTC, some of whom came through our very own youth program. A few of these athletes have received state wide recognition and a few have received scholarships to various universities to participate in track and field or cross country. I have to admit that I am envious of all of you. In following you through your results, you have been an inspiration for me to maintain a reasonable level of physical well being.

By now I’m sure you know that I’ve passed on the race results task to the capable hands of Livia Peras. I would like all of you to know that I have considered it a privilege to track your results and I hope you have enjoyed seeing your results either posted on the club’s website or in the publication that is produced for the annual SCTC dinner. I will continue to support the SCTC by volunteering for the youth program (albeit in a limited way) and providing my support to the various club running events throughout the year.

A HUGE THANK YOU TO ALL ----- Ray Disperati



## **SUPER BOWL 10K, 3K AND 1K KID'S RACE**

It was clear skies and sunny weather for Super Bowl Sunday. A good day for a race and several SCTC folks joined in on the coastal run along Westcliff Drive. The race featured a fun 1K for the younger runners and it was great to see the families that came out.



Erik Huemer waiting for the race with mom



A young contestant with mom



Diane Delucchi



Sonya Drotter brings the children to race



John Kane



Gary Kohler

### **THE 3K RACE**

GINA OLIVAREZ	1-A	13:44
JOHN KANE	1-A	14:12
DIANE DELUCCHI	2-A	15:44
MICHAEL DANIELS	2-A	19:12
NEAL COONERTY	1-A	23:03
DANNY LONG	1-A	24:51
DOLLI LONG	1-A	24:51
GARY KOHLER	3-A	31:44



Neal Coonerty



Gina Olivarez



Danny & Dolli Long  
10K photos/results on next page



## SUPER BOWL 10K

*Starting Lines, Page 17*



**Chris Ratliff - First Overall**

Congratulations go out to CHRIS RATLIFF for finishing first overall in the 10K. It was a competitive field with the lead male runners sticking together in a tight pack.



### 10K RESULTS

CHRISTOPHER RATLIFF	1-A	37:33
JEFF SOARES	1-A	38:04
DAVE GONZALES	2-A	38:40
DAVID DELUCCHI	3-A	42:48
RICK FERRELL	2-A	47:31
VINCENT OBERST	4-A	43:48
HALLIE CARL	1-A	49:46
LETICIA HERNANDEZ	1-A	51:15
SYLVIE MAXWELL	1-A	51:25
ROGER KERN	1-A	55:03
RICK SINCLAIRE		57:35
OLOF HELLEN	3-A	59:24
TISH BERTINO	3-A	1:03:16
KATHERINE BEIERS	1-A	1:13:50



**The SCTC Men**



**Tish Bertino**



**Leticia Hernandez**



**Sylvia Maxwell**



**Rick Ferrell and  
Olof Hellen**



**Thank you to our fantastic volunteers.**



**And to our sponsors.**



**Congratulations to our winners!**



**Hallie Carl**



**Dave Delucchi**



**Olof Hellen**



**Sylvie Maxwell**



**Leticia Hernandez**



**Katherine Beiers**



**The UCSC Slugs**



# First Responder Memorial Relay Race

Article by Joyce Parr

Starting Lines, Page 19

In its second year, the "Never Forget First Responder Memorial Relay Race" was held April 30, 2016 in the Forest of Nisene Marks. The relay benefits the Fallen Officer Foundation. It is a non-profit organization dedicated to providing support and financial assistance to the Santa Cruz County First Responders and their families during times of crisis and special need.

The teams consisted of four runners. Each person completed two 5K distances in a relay to honor Santa Cruz County's fallen heroes. Team divisions were Fire, Law Enforcement and Corrections. "Non-Sworn" teams were Probation, Dispatch, EMT, DA and Courts. They could also be support staff, retirees or family members. They even offered the Santa Cruz Track Club two teams to run the relay, ROGER KERN, DIANE DELUCCHI, BEN YOKEL and ALBERT TORRES being one team, and GREG HALES, MICHELLE ZELENKA, GRAHAM KING and KEVIN CHU being the other. SUE DUNN stepped in to run one leg of the race as Diane had to leave after her first 5K leg.



**Justice surveys the scene**

Helping out with registration and seeing their creative team names is always interesting. The first team to collect their race bibs was named "Here for the Beer". Some of the other teams were the "Jay Walkers", "Lady Justice", "Hose Pullers", "Bureau Babes" and "Dragon Slayers".

Prior to the race, Luke Skyler Rockhold, who is an American mixed martial artist and has competed in the UFC where he is the current Middleweight Champion, spoke of many of the fallen officers dating back to 1925. Their names and EOW (End of Watch) dates were announced. It was a very moving and emotional experience for me and all who stood there with their team. The realization that these people put their lives at stake to help protect others was very impressive. Their work is challenging and diverse every day, keeping our county safe.

I headed over to the finish line to help with timing. The spirit was high and the runners' energy was amazing. You could sense the teams comradery. The bond created by a shared goal and their friendship was very apparent.

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



**Congrats to SCTC Coed Team  
First Place Finishers Overall**

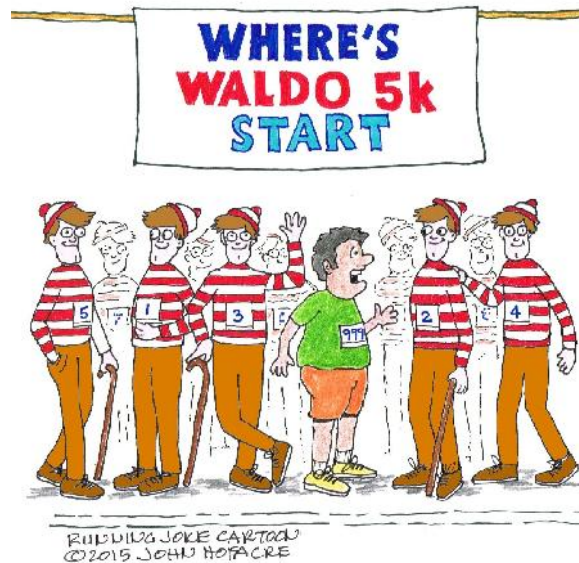


**Roger Kern does double duty  
as a volunteer and runner**



## Running Joke Cartoon

PREVIOUS CAPTION CONTEST



(Gold) - "Hey, 'number two' ....where are the porta potties?" by Ken Hargrave

(Silver) - "I'm out of my league here" by Maria Marsilio

(Bronze) - "I think you'll find Waldo on the Winner's Stand." by John Hofacre

"A Waldo for every kilometer!" by Wendell Williams

"Ahhh... you're at the starting line." by John Smith

"I didn't know this is a 'Theme Run'!" by Babette Hofacre

## THIS ISSUE CAPTION CONTEST



Submit a caption to [therunningjoke@yahoo.com](mailto:therunningjoke@yahoo.com) as soon as possible. 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 2016 John Hofacre; Website: [www.runningjokecartoon.com](http://www.runningjokecartoon.com)  
[www.facebook.com/RunningJokeCartoon](http://www.facebook.com/RunningJokeCartoon)



## **RACE - The incredible story of Olympic Champion Jesse Owens**

SCTC attended the captivating movie *Race*, the “true story” of Jesse Owens and the 1936 Olympics held in Nazi Germany amidst Hitler’s rise to power. Hitler believed that the Games would support his theory that the German Aryan people were the dominant race. German propaganda film director Leni Riefenstahl was hired to film the games to show the world the new Germany and Aryan superiority, but Jesse foiled those plans by being the first American track and field athlete to win four gold medals in a single Olympiad during a time of deep-rooted segregation.



Jesse Owens came from humble beginnings. He was the son of an sharecropper who moved to Ohio with his family as a child. His birth name was James Cleveland Owens, but story has it that his schoolteacher gave him the nickname of Jesse when he told her that his name was "J.C." but she thought he said "Jesse". Jesse excelled at track and field in high school. At the National Interscholastic meet during his senior year, he set a new high school world record by running the 100 yard dash in 9.4 seconds to tie the accepted world record, and he created a new high school world record in the 220 yard dash by running the distance in 20.7 seconds. A week earlier he had set a new world record in the broad jump by jumping 24 feet 11 3/4 inches. Although he received offers from several colleges, Jesse chose to stay in Ohio to be close to his family and attended Ohio State University even though they did not have a track and field scholarship. He worked several jobs between practice and setting records on the field in intercollegiate competition.

Ohio State University Coach Larry Snyder allowed black athletes to run for him. By comparison, Ohio State's football team didn't allow black athletes to participate (a locker room scene in the movie shows a football player telling Owens and his black teammate that they have to wait to shower until the football team is done). Snyder's decision not only helped black athletes like Owens find success, it also proved beneficial to his own career and he was eventually inducted into the USA Track and Field Hall of Fame.

In the years prior to the 1936 Olympic Games in Berlin, the Nazi Party had threatened to ban ethnicities from participating in the Games, especially Jewish athletes. After a number of countries threatened to boycott the Games over Germany's anti-Semitism, Hitler relented and agreed to let ethnicities participate. Yet, he did criticize the U.S. for including black athletes on its Olympic roster. When the Nazi regime got wind that the International Olympic Committee delegates were privately meeting to discuss whether to change their decision to hold the Games in Berlin, the regime promised that Jewish athletes would be permitted to compete on German Olympic teams. Yet, when the actual Games occurred, two Jewish American athletes are sidelined from running the 4 x 100 relay and were replaced by Jesse and Ralph Metcalfe. Some believe (as portrayed in the movie) that Olympic Committee member Avery Brundage was motivated by anti-Semitism, but others claim that the Jewish athletes were merely replaced by faster runners. In any event, there was certainly an overtone of tension and disappointment. *(continued on next page)*



The movie *Race* also portrayed that not all Germans embraced the Nazi theory of Aryan superiority. German athlete Carl Luz Long, who was Jesse's competition in the long jump, actually helped Jesse achieve success. After fouling on his first two attempts, Owens was nearly out of the competition when Long advised him to jump from a few inches back to play it safe. Luz Long was the first one to congratulate Jesse after his winning jump. This did not sit well with Hitler, but the two athletes became fast friends. Jesse is quoted as saying, "It took a lot of courage for him to befriend me in front of Hitler. You can melt down all the medals and cups I have and they wouldn't be a plating on the 24-karat friendship I felt for Luz Long at that moment." [ESPN.com] Sadly, Luz Long died in 1943 while fighting for the German Army in WWII in Italy.

Jesse Owens was known as the "Fastest Human in the World." During the 1936 Olympics he became the first American in Olympic Track and Field history to win four gold medals in a single Olympiad:

100 meter dash in 10.3 seconds (tying the world record)  
Long jump of 26' 5 1/4" (Olympic record)  
200 meter dash in 20.7 seconds (Olympic record)  
400 meter relay (first leg) in 39.8 seconds (Olympic and world record)

The crowd erupted for Jesse, calling out his name and cheering him despite his race and ethnicity. There remains a controversy over whether Hitler actually snubbed him at the Games by refusing to acknowledge his achievements. After staying through the entire first day of the Games to congratulate the German winners, Hitler abruptly left on the stadium on the second day after Jesse beat Luz Long in the long jump. Some reports claim this was an deliberate snub, while others claim that Hitler had to leave early to attend to other business. Looking at the actual film clips found on You Tube certainly show that Hitler was not amused. Nazi party member Albert Speer wrote that Hitler "was highly annoyed by the series of triumphs by the marvelous colored American runner, Jesse Owens. People whose antecedents came from the jungle were primitive, Hitler said with a shrug; their physiques were stronger than those of civilized whites and hence should be excluded from future games." [Hitler, *Nazi Philosophy and Sport*, Emma Anspach]

After his shining victory at the Berlin Olympics, Jesse returned to a U.S. that while on the surface was more progressive than Germany, was still separated by segregation. Jesse was quoted as saying, "After I came home from the 1936 Olympics with my four medals, it became increasingly apparent that everyone was going to slap me on the back, want to shake my hand or have me up to their suite, but no one was going to offer me a job." [HistoryNet.com] He staged a series of attempted comebacks, some successful, some not. He tried unsuccessfully to make a living as a sports promoter and an entertainer, and even resorted to challenging racehorses to earn money. He eventually moved to Chicago and traveled the country as an inspirational speaker and working with disadvantaged youth.

Jesse's career was not without controversy. The NAACP wanted him to boycott the Berlin Games in order to send a message to the world regarding Adolf Hitler's policies toward people of color. Owens felt that emerging victorious at the Games would send an even louder message. Rumor has it that just before his death in 1980, he tried unsuccessfully to convince President Jimmy Carter to withdraw his demand that the U.S. boycott the Moscow Olympics. He argued that the Olympic ideal was supposed to be observed as a time-out from war and that it was above politics. In 1976, Jesse was awarded the Presidential Medal of Freedom, the highest award bestowed upon a civilian, by Gerald R. Ford, and in 1990 he was posthumously awarded the Congressional Gold Medal by President George H.W. Bush.

- Comments & research by Sue Dunn



**Jesse Owens**