

# STARTING LINES

## NEWSLETTER OF THE SANTA CRUZ TRACK CLUB 2017 - SPRING EDITION

**THE SANTA CRUZ TRACK CLUB** has had an exciting Spring! *Starting Lines* is bursting with photos and stories of events, races, road trips, social gatherings and more. The year started out with our annual awards banquet, which was absolutely wild! We honored some of our amazing athletes and had a stellar evening with friends. Take a peek inside this edition of Starting Lines for photos of the Super Bowl Race, an adventure to Death Valley that included a wedding, a fun and mischievous night time run, the Hot Chocolate Run on a rainy day in San Francisco, reports from the Boston Marathon and more.

### SUNDAY GROUP RUN IN NISENE MARKS



### SCTC YOUTH TRACK & FIELD - SOQUEL HIGH



**SCTC online store is now open!!** Browse our website store and get yourself some snazzy apparel and running gear.

### COMING EVENTS

#### June 3 - Nisene Marks Marathon, Half Marathon and 5K

A race that has a distance for everyone. SCTC is taking on a bigger role this year with JEFF SOARES as the new Race Director. Choose your distance or volunteer as race support. Either way, it will be an enjoyable day.



#### The Aptos Women's 5-Miler

#### June 11 - Aptos Women's 5 Miler

Ladies, we know you are beautiful, now show how powerful you are! The Aptos Women's Five Miler is a cross between She is Beautiful and Girls Love Dirt held on road and trail in the Forest of Nisene Marks. Now in its 36<sup>th</sup> year, the race is enjoyed by multiple generations. New this year is a .5 mile race for kids.

#### July 4 - Firecracker 10K, 5K

Don't forget "The Thrill of the Hill." Celebrate the 4<sup>th</sup> with the Sunrise Rotary Club at Harvey West Park.

[www.santacruzfirecracker10k.org](http://www.santacruzfirecracker10k.org)

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## EDITOR'S MESSAGE, *by Sue Dunn*

The enthusiasm of SCTC is contagious and amazing. No matter what the weather, you can usually find someone in the Club to run with. The beginning of 2017 hit us with cold winter storms, mud slides and mayhem everywhere. Getting around the County by car was challenging due to fallen trees and flooded roadways, but that did not deter the hardy from attending SCTC workouts and Sunday long runs. We have had a busy Spring with so many races and events, and there is still more to come. Who would think that a track club would be so active? It is my hope that this edition of *Starting Lines* will display the fun and friendships formed by SCTC. Happy Running!



**Joyce & Diane**  
**SCTC Easter Bunnies**

## SCTC PERSONNEL:

### Board of Directors

#### **Officers:**

Greg Hales, President

Joyce Parr, Secretary

#### **Board Members:**

Scott McConville

Luke DeBrito

Jeff Kirk

Nancy Wilburn

Larry Berg

Peter Huemer, Web Master

Sue Dunn, Newsletter [soozers@aol.com](mailto:soozers@aol.com)

### Staff

Diane Delucchi, General Manager

Greg Brock, Adult Coach

Laura Chiorello, Youth Track Coach

Javier Naranjo, Youth XC Coach

### Volunteers

Mark McConnell, Wharf to Wharf Liaison

Carmen Robles, Clothing Diva

**Address:** P. O. Box 1803, Capitola, CA 95010

**Website:** <http://santacruztrackclub.com>

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

*Starting Lines, Page 3*

The Santa Cruz Track Club has had a presence at the Boston Marathon every year. Several of our members have made it to Boston in the past, and continue to do so.

**DANNY SHEN** was there this year and finished the course under 4 hours in a time of 3:56:54. Way to go, Danny! **KATHERINE BEIERS** has the unique distinction to be the oldest finisher of the Boston Marathon. At age 84, Katherine has run numerous

Boston Marathons and this year she was first in her age group with no female competition. After finishing Boston, Katherine promptly took off on a 486 mile hike on the Camino de Santiago through Spain. Both Katherine Beiers and Maria Marsilio were features in the *Santa Cruz Sentinel* about their involvement with the Boston Marathon. **MARIA MARSILIO** ran Boston for the first time this year while raising money for the Dana-Farber Cancer Institute. SCTC was supportive of her challenge, and Maria wrote the following article for *Starting Lines* about her experience.

### WHAT DO YOU GET WHEN YOU CROSS 16 ESPRESSO DRINKS WITH 172 DIRTY SOCKS?

*Article by Maria Marsilio*

You get 16 weeks of Boston Marathon training. Greg Hales, Kevan Chu, and Jeff Soares can attest to this because on numerous Saturday mornings I would run past them at Peet's in Capitola. They were finished with their training for the day, but my workout was still in progress. It would be quite a few more miles before I would make my way back to the coffee shop where my husband, Jonathan, would be waiting for me with a recovery drink and a Bombon which is a Peet's specialty drink consisting of espresso and condensed milk. I called it "the reward."

As many of you know, I ran the 121st Boston Marathon on April 17 of this year. It was a monumental experience for me. The Dana-Farber Foundation grants race numbers to individuals that are willing to raise money for their research efforts. Thousands of people apply, but only 500 are chosen. I pledged \$9,071 and at the writing of this article have raised \$10,163. The minimum is \$5,000. Special thanks goes out to the members of the Track Club for contributing to the effort through their generous donations at the pancake breakfast run and through my Dana-Farber website which is [www.rundfmc.org/2017/mariam](http://www.rundfmc.org/2017/mariam).



The training was different than that of the other 11 marathons and 2 ultra that I ran. The schedule was about the same as the rest, but I prepared mentally so that I was ready for the "wall." As a result, I was able to run the entire marathon feeling strong. The urge to stop running that rears its ugly head at about mile 20 never happened, and Heartbreak Hill proved to be a non-issue as many veteran runners had stated.

Boston is a wonderful city and the people from all the towns along the marathon course were incredibly supportive. It was 26.2 miles of cheering fans urging the runners on through the course. I don't know how they had the energy to be out there all day. When I finished the race, my husband, cousins from New Jersey, and a high school friend who was living in Framingham, were waiting for me at the finish line. The interesting thing was that strangers kept coming up to me to congratulate me and give me hugs. It didn't matter to them if I ran the marathon in 3 hours or 6 hours. Anyone with a medal was a champion in their eyes. That sure felt good. It was an experience of a lifetime, and I thank God that I was given the opportunity to run the Boston Marathon.

## HOT CHOCOLATE 5K/15K

Article by Joyce Parr

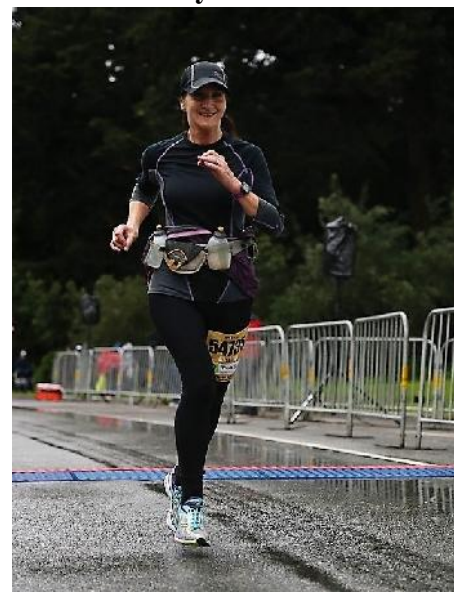
I attempted to register for the Hot Chocolate 5k/15k race in San Francisco January 6, 2017 but it was sold out. I figured I'd try again next year until a friend mentioned she had an extra bib number available. This race raises funds to support the Ronald McDonald House Charity in San Francisco. Their mission is to care for families of children with complex medical needs by providing a "home away from home" while their child is being treated in a San Francisco hospital. The organization helps families heal while providing comfort and compassion and also promote and raise awareness in the community.

The weather forecast was for 100 percent rain. While staying at my sister's home in the city, the heavy downpour started early in the morning as I lay there listening to it. She was surprised we were still heading out into the weather for the race. She offered to serve us hot chocolate and forego the run. After realizing that was not an option for us, she offered three different sized garbage bags to wear and protect us.



As we stood in the pouring rain and fierce wind prior to the race, we prepared ourselves for an adventure run in the elements. The race directors had already shortened the course by 3 miles so it would remain within Golden Gate Park without venturing out on the Great Highway. The runners seemed in high spirits as the race began. A few miles in, the rain and wind lightened up as we wound our way through groves of trees and past cascading waterfalls. I've always loved running in the park surrounded by so much beauty. After crossing the finish line, we headed straight toward the hot chocolate.

Joyce Parr



Even though the rain started again watering down our chocolate, it still tasted pretty good after a cold and wet run in the rain.

The Hot Chocolate Ladies:

SEPHORA FLORES, JOYCE PARR, GINA COLE, MARY CASTRO CERVANTEZ, AURORA RAMIREZ KNAUSS, EVA ESPINOZA, MARILYN BASTIAN, ANA ENGLAND, SONIA ROJAS FARIA, ANGELES NUNEZ PALOMINO and DENISE PHIPPS CRAIG



**THE SCTC YOUTH PROGRAM** is a huge hit with the kids. On Monday and Wednesday evenings from March to May, Track & Field workouts are held for youth ages 6 to 14. Coach LAURA CHIORELLO and her volunteers run the workouts in a circuit so that each child gets a chance to try different activities, including running, agility, long jump, javelin throw and more. Coach JAVIER NARAJANO often works with the older, more experienced runners to strengthen their training and prepare them for Cross Country in the Fall.



**All Comers Meets start on Tuesday, May 9, 6:00 p.m. at Soquel High School. The meets are open to the public. Come out and join the fun!**



## WHERE ARE THEY NOW?

By Coach Greg Brock

From the vantage point of coaching 42 years in Santa Cruz County, there are more former county athletes competing at the college level than ever before. Santa Cruz Track Club's affiliated coaches are having a major impact in achieving this phenomena. Here is a recap of the affiliated coaches and our local youth who are moving on to higher goals.



Coach Brock

**John Rembao** has an impressive list of athletes competing in college and some still at the high school level. **MADY FAGAN** is at the University of Georgia and just jumped 6'4" to win the Indoor NCAA Championship; **SUMMER THOMAS** is in her freshman year at Williams College; **JULIE SWENG** is a freshman at Cal Poly San Luis Obispo; and **CASSI ACKEMAN** is one of the top high jumpers in the State and has accepted a full athletic scholarship to attend SMU in Texas next year.

Recently, Coach Rembao reported that **LIZ PATTERSON** of the Santa Cruz Track Club jumped 1.94m (6' 4.25") at Mt. SAC Relays. This jump also ties her for a world leading mark with Vashti Cunningham of the US. Liz is now eligible to be a part of team USA in London this summer. She needs to be top 3 at the US Track & Field Championships in Sacramento in June. That's pretty exciting!

**Paul Friedenback** has worked with several young athletes. **KATHERINE WHITING** is in her junior year at the University of New Mexico; **NICOLE TRENCHARD** is in her junior year at Harvard University; **ANASTASIA KIBICKI** is in her sophomore year at UC Davis; and **COREY FRIEDENBACK** is competing well at Pacific Collegiate High School.

**Joe Miyoshi** worked with our local talent as well. **ERICA MALASPIN** is in her freshman year at Stanford; **LAUREL WONG** is one of the best in the State currently competing for Santa Catalina; **EVERY BLANCO** is also a vaulter for Santa Catalina; and **DELANEY EZEJI-OKOYE**, a freshman at Monte Vista Christian is one of the best in the section.

**Greg Brock** had the opportunity to train **CATE RATLIFF** who is attending her freshman year at Cal Poly San Luis Obispo. **MARI FRIEDMAN** is a junior at Santa Cruz High School coming off a 3<sup>rd</sup> place in the 800 at Arcadia, which is currently the 7<sup>th</sup> fastest time in the nation. **LILA ROAKE** is running well at Santa Cruz high school as well as her teammates, **ANAYA WARD** and **MAYA DESMOND**.

On April 23, the *Santa Cruz Sentinel* featured **CASSIE ACKEMAN** performing the varsity girls high jump at CCS Top 8 Track and Field Classic held at Los Gatos High School. The reported that Cassie and **MARI FRIEDMAN** both performed exceptionally well at the Los Gatos meet. Cassie won the high jump event the second year in the row and is aiming to break the Santa Cruz County Record at the Central Coast Sectional Championships. Cassie also won the triple jump with a PR, beating her previous attempt by almost seven inches.

**MARI FRIEDMAN** was a triple event winner at the Los Gatos Top 8 Track and Field Classic. She finished the 800 in 2:13.36, won the 1,600 in a time of 4:59.23, and completed the 3,200 in 10:56.89, winning all three events.



## EASTER EGG HUNTERS AT NISENE MARKS



**SPRINGTIME WITH SCTC** is always so much fun. The Easter Bunny came to visit the Forest of Nisene Marks in the form of NANCY, DIANE and JOYCE, who rose in the wee hours of the morning to hide Easter eggs among the trees. When the runners showed up, the hunt was on. Fortunately, the kids got a head start and were lucky to discover a few of the special golden eggs that entitled the finder to a free item of SCTC swag. The KOONTZ brothers each discovered a golden egg and so did ERIK HUEMER, who redeemed his egg for a SCTC cap at the BBQ. See next page.



**The hunt begins!**



**The Easter Bunnies**



**The Koontz Family**



**Peter, Kari & Erik and the Koontz boys**



## **SPRING TIME TRIAL AND BARBECUE**

Spring is a wonderful season. The weather warms up, flowers start to bloom and so do SCTC runners. This is the time to shake off the winter dull drums and stretch out your legs. We began preparing for a mile time trial in March and by April 26, everyone was ready to go. And, go they did! Hunny Kershaw caught some great photos for SCTC's Facebook page. Below is Hunny's group photo of the mile time trial challengers.



The purpose of a mile time trial is to get an idea of your current pace. Of course, pace varies according to abilities, but everyone who finished the time trial seemed to be genuinely happy with their result knowing that they were prepared and did their best.

After the time trials, everyone headed over to Anna Jean Cummings Park for a barbecue. There is nothing better than running hard and then eating well!

**Thank you to Larry Berg and Nancy Wilburn for being our barbecue chefs and picnic providers!**





## DEATH VALLEY DAYS

Every February the Tillamore Dew Running Club joins forces with SCTC for a weekend outing to Death Valley. The trip is always an adventure. Exploring sand dunes, caves and crevices. Early morning sunrises, wide open spaces, and yes, a few automotive skeletons. This year's trip was particularly poignant to SCTC. Two of our members PEGGY ZAGELOW and JON BEARD were married shortly before going out on a run. Another SCTC love story!



Peggy & Jon - Congrats to the happy couple





## What just happened?

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A group of runners gathered together in the dark one evening in March to run at Seascap. The gathering was rather special in that it has become an annual event to celebrate the birthday of one of our members. It was a fun spirited competition in running a mile with an extra added ingredient. See if you can guess what the extra ingredient might be. JEFF SOARES won the competition and the rest of us had a lot of fun trying.







## SUPER BOWL 1K, 3K, 10K

It was a small, but mighty crowd that came out for the Super Bowl races on a chilly morning in early February, and SCTC was there in full force. The *Santa Cruz Sentinel* commented on STEFANO PROFUMO's close loss by 23 seconds of a double First Place in the 3K/10K races, but even more exciting was the race between STEFANO and JEFF SOARES, who followed him by a mere two seconds in the 10K. That was an exciting finish to watch!



**UCSC Slugs getting ready to race**

Another participant who caught the eye of the *Santa Cruz Sentinel* was LETICIA (CAT) HERNANDEZ and her dog VINNY, and their photo was featured in the newspaper. Joyce Parr also followed the pair with her camera and caught them in action. Cat placed First in her age group. We didn't count Vinny's age, but being the only canine competitor, he also placed First.

The UCSC Slugs showed up with a cohesive team that did some dynamic exercises to warm up for the race. Those of you who go to the SCTC weekday workouts might recognize these moves.



**Stefano Profumo**



**Cat & Vinny**



**Vinny - First Dog**



**Stefano & Jeff Soares**



**David Delucchi  
"Double Bowl"  
Award Winner**



**Danny Shen - 10K  
Second in Age**



**Tiffany Verbica -10K  
Third Over All Female  
First in Age**

*See next page for more*



## SUPER BOWL RACES

*(Continued from previous page)*

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The Super Bowl Races included a 1K Kid's race that was attended by several enthusiastic and adorable children. SCTC Youth Coach LAURA CHIORELLO, and Race Director DIANE DELUCCHI, led the children in stretches before the race, and then they were off and running.

### Kid's 1K Race



The kids loved the race, and the best part was after the race. Every child received a ribbon and many of the children were proud to earn a race metal for a job well done.

The 3K was a mixture of youth and adult runners. There was a wide spread in ages ranging from age 5, WESLEY KOONTZ, as the youngest runner, to JOE LOBIANCO, who is 89 years young.

### The Lobianco Family & Wesley Koontz



ERIK HUEMER (left) is a second generation SCTC runner who attends this race with mom and dad every year. Go Erik!

See SCTC race results on next page.



**Runners line up for the start of the 3K**



## SCTC SUPER BOWL RACE RESULTS

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### 3K

STEFANO PROFUMO	10:30	1-A	1-OAM
JEFF KIRK	11:20	1-A	2-OAM
DAVID DELUCCHI	12:27	2-A	
GINA OLIVAREZ	14:55	1-A	
TISH BERTINO	17:33	1-A	
GARY KOHLER	24:41	2-A	

### 10K

STEFFANO PROFUNO	37:20	1-A	2-OAM
JEFF SOARES	37:22	1-A	3-OAM
TIFFANY VERBICA	43:34	1-A	3-OAF
BEN YOKEL	44:05	2-A	
RICK FERRELL	44:25	1-A	
DANNY SHEN	45:01	2-A	
DAVID DELUCCHI	45:14	3-A	
JOSH MADER	45:52	3-A	
TODD OWENS	46:25	4-A	
QUINN WILDMAN	47:40	2-A	
WILLIAM MECHINE	48:22	3-A	
LETICIA HERNANDEZ	50:01	1-A	
SLYVIA MAXWELL	51:20	2-A	
RICH LARSON	54:15	2-A	
SHARON SCHAFER	55:28	2-A	
RICK SINCLAIR	1:01:08		
OLOF HELLEN	1:01:25	1-A	
JEFF BEAN	1:08:30	5-A	
LEILANI LISAOLA	1:15:35	4-A	



JIM HAMM (left) is a regular at the SB races and he always finishes with a smile. Jim was our oldest runner in the 10K this year in the 75+ age division. Everyone who participated in the races had a fabulous time. Thank you all for your support! We also want to thank our volunteers and sponsors on the next page.





## THANK YOU TO OUR SUPER BOWL VOLUNTEERS AND SPONSORS



**Early morning risers at the registration desk**

It was wonderful to see so many SCTC folks at the Super Bowl races both in terms of runners and also as volunteers. Thanks for getting up early to spend the morning with us.



**Finish Line Volunteers**



**Our sponsors, SunRipe & Power Crunch**



**Roger Kern patrols the course**





## SCTC ANNUAL AWARDS BANQUET

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Boy, what a party! The SCTC Awards Banquet went wild this year, both in terms of the achievements of our honorees and the celebration that followed. SCTC is a warm and welcoming group of people and that feeling always comes out at the annual dinner. It is a great time to connect with friends, old and new. We have so many outstanding members in our Club, it is hard to highlight just a few each year.



**Graham King**

The evening started off with the “Mr. Awesome Award” being presented to GRAHAM KING. Graham is an example of the SCTC spirit. Whether he is running or volunteering, he is always smiling.



**Jeff Soares pays tribute to Liisa Miller**

JEFF SOARES and LIISA MILLER were the Cross Country King and Queen. Liisa scored second place nationwide at the Cross Country National Championships in Tallahassee, Florida, accompanied by Jeff and KEVAN CHU, also a top notch Cross Country warrior.

JON BEARD and MIKE WRIGHT were acknowledged for their long trek on “the dark side” and all the incredible endurance runs they have done. These guys never give up.

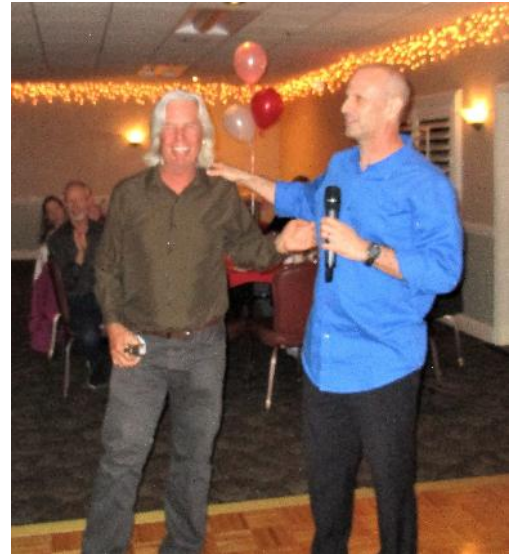
GREG HALES presented TONI CASSELBERRY with flowers for her amazing achievement of having run a marathon on every continent, and this year she will have completed a marathon in all 50 states. Toni has been a long time SCTC member and many of us have followed her journey. Soon she will get a chance to put her feet up and relax.

SCTC relies on so many dedicated volunteers. The majority of the people who attended the banquet had completed at least three volunteer credits in the past year (Free Dinner!) and some folks did so much more. JAVIER



**Youth Track & Field Volunteers**

NARANJO, JEFF SOARES, JOYCE PARR and RAY DISPERATI were given sweatshirts for volunteering with the SCTC Youth Track and Field workouts. Our youth program has grown tremendously and these volunteers were a huge help.



**Jon Beard - Ultra Man**

Perhaps one of the more touching moments of the evening was the standing ovation for our Coach GREG BROCK. This was a long overdue acknowledgment. Greg’s commitment to SCTC is often taken for granted. We just expect that he will be there at the workouts and races, rain or shine, and he is. Thank you, Coach Brock!

*(More on next page)*



## ANNUAL AWARDS BANQUET

(Continued from previous page)

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SCTC is quite an active club. We had so many 1,000 Mile Club members last year, that without a panoramic lense, everyone would not all fit within one photo. Some of our higher achievers ran over 2,000 miles.



**Stephanie Lain & Liisa Miller**  
**Cross Country pals**

**1,000 and 2,000 mile runners**

### **- 1,000 MILES OR MORE -**

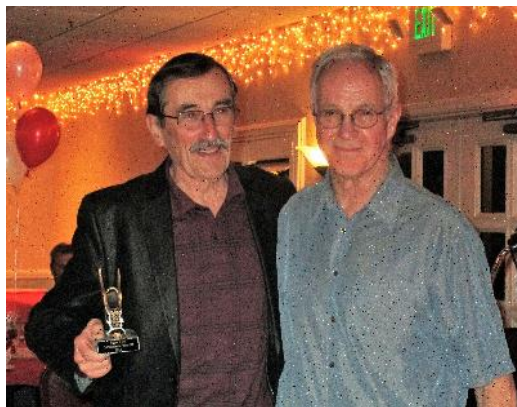
JON BEARD	DANNY LONG
MARLENE CARNES	BEN YOKEL
DAVID DELUCCHI	DANNY SHEN
DAVE GONZALES	JEFF SOARES
PETER FISH	DANNY LONG
MARGARET FAHL	CREEDENCE SHAW
SEPHORA FLORES	RANDY DAWSON
GREG HALES	SYLVEE MAXWELL
OLOF HELEN	RICK NOTHENIUS
MICHELLE KERN	TODD OWEN
GRAHAM KING	TONI CASSELBERRY
JEFF KIRK	NORMAN CORNWELL

HUNNY KERSHAW received the All Around Runner Award for the second year in a row. She is the first SCTC member to accomplish this. Not only does Hunny have stamina and strength, her enthusiasm is unbounded.



**Hallie & Hunny**





Wow, what a fun night! The dancing became outrageously crazy. Even the DJ was impressed and commented that he had never seen such a lively crowd. We are the Santa Cruz Track Club and we know how to celebrate!



Previous  
**Running Joke Cartoon**  
CAPTION CONTEST

**RUNNING JOKE CARTOON**  
[www.facebook.com/RunningJokeCartoon](http://www.facebook.com/RunningJokeCartoon)



Gold - "Who let Donald Trump into the race?" by Sue Dunn

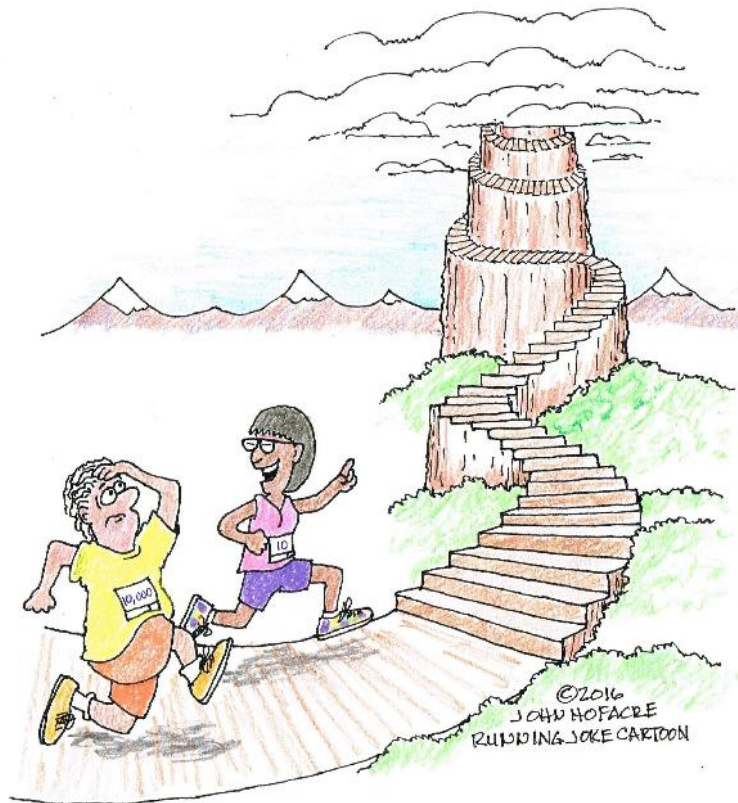
Silver - "I didn't know this was a Biathlon." by Dan Figueroa

Bronze (tie) - "Finish Line Etiquette... Not." by John Hofacre  
"Feels like Bowling... not Running." by Peggy Patton



This Issue  
**Running Joke Cartoon**  
CAPTION CONTEST

**Running Joke Cartoon**  
[www.facebook.com/RunningJokeCartoon](http://www.facebook.com/RunningJokeCartoon)



Submit a caption to [therunningjoke@yahoo.com](mailto:therunningjoke@yahoo.com)  
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 2017 John Hofacre  
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## RACE REPORTS



### Rio Resolution Run - New Year's Day

Once again LIISA MILLER started off the new year by winning the 5K at the Rio Resolution Run. Not only was Liisa the first woman finisher, she finished eighth overall in a field of over 700 runners.

### Hot Chocolate Race 15K/5K

JOYCE PARR lead a group of ladies up to San Francisco to run the Hot Chocolate Race in January. The weather was brutal, but they hung in and had a good time. See page 4 of this edition of *Starting Lines* to read Joyce's exposé on their experience.

**Run Fore Fun Fairway Race - RAMONA YOUNG, CHRIS NESTLERODE and JEFF SOARES** all placed First in their age divisions and scored very well in the age-grated results at the Run Fore Fun presented by Fleet Feet at the Poppy Hills Golf Course. Congrats to our fleet of feet trio!



Chris Nestlerode & Jeff Soares

The end of January brought us the **Rotary Mission 10 Miler/5K** held in picturesque San Juan Bautista. JEFF KIRK, DAVID DELUCCHI and RAMONA YOUNG ran the 5K. Jeff placed Third overall and Ramona was Fifth among the females putting SCTC on the leaderboard. JEFF SOARES and KEVAN CHU (the hill repeat kings) ran the 10 miler that heads out of town to a long steady hill before turning back to the mission.



## Surfer's Path 10K and 5K - February 26, 2017



JEFF SOARES is becoming a legend in this town. Jeff was Second Overall in the Surfer's Path 10K in a time of 36:13. He just keeps getting better! We also have a new member in the Track Club, RON TOLEDO, who place Fourth Overall. CHRIS NESTLERODE was Second Overall in the 5K with a time of 17:43, and MICHELLE KERN was Second Woman Overall, coming in at 20:31. In looking over the race results there were several other SCTC runners participating in the races. Congratulations to all!

HUNNY KERSHAW and HALLIE ANZALONE were having fun at the **408K Race to the Row**, part of the Run the Bay series. Hunny commented this was her first race of 2017

and it was hard to get out of bed, but sometimes, you just need the cold and the rain to make you feel alive.



Hunny & Deadpool

It looks like the ladies enjoyed hanging out with their super heros.



Brian Mendelsohn & Hallie Anzalone



## RACE REPORTS

*Continued from previous page*

What better way is there to celebrate St. Patrick's Day than a run in the park? **JOHN** and **BEATA HOFACRE** did just that at the **Go Green 5K** in Vasona Park. John posted on Facebook that he even met a few Running Joke Cartoon fans (with their book!) and was inspired to write the following limerick..

"There once was  
a race called  
'Go Green'...  
The best race that  
we've ever seen.  
We ran with no fear...  
Finished with cheer...  
And heartily drank  
down a beer!"



**Beata & John**

**STEFANO PROFUMO** is such an incredible athlete. He completed the **South Bay Duathlon** in Morgan Hill in March and made the Olympic distance Leaderboard, taking Second Overall by finishing the race in 2:01:52. The photos below show his determination and true grit.



**Stefano Profumo**

**South Bay Duathlon**

**TIFFANY McBROOM** did an incredible job running the **Modesto Half Marathon**. Tiffany also made the Leaderboard, placing Third Overall Woman in a time of 1:24:47. Tiffany ran the **California International Marathon** last year in a time of 2:56:39 (Second in Age) and received an award from SCTC for her achievements.

SCTC dominated **She is Beautiful** with spirit, fun and attitude. Several of our ladies placed in their age divisions and were proud to report their victories at a Wednesday night workout.



Pictured above from left to right:

**CARMEN ROBLES**, 10K, 5-A

**SHARON SCHAFER**, 10K

**MARY CERVANTEZ**, 10K, 5-A

**JOYCE PARR**, 5K, 3-A

**ANA ENGLAND**, 10K

**LAURA CHIORELLO**, 10K

**MARILYN BASTIAN**, 10K

**LETICIA "CAT" HERNANDEZ**, 10K, 3-A

**DIANE DELUCCHI**, 5K, 3-A

There were so many other SCTC ladies not named above who ran **She is Beautiful** and made our Club shine. **HALLIE ANZALONE** reported that it was one of her better 10K races. She finished in 47:13, slightly over a 7:30 pace. **GINA OLIVAREZ** ran the 5K. Congratulations to all you beautiful women!





## RACE REPORTS

*Continued from previous page*

Kudo to our two Ricks for their performance at the **Morgan Hill Wildflower Run**. These guys have been friends and running buddies for years and are often seen at local races. Long may they run.



**Rick Ferrell & Rick Nolthenius**

**GREG HALES** and **HUNNY KERSHAW** teamed up as running buddies for a crazy challenge at the **San Jose Spartan Race**. Not only do you run a race, the course is filled with obstacles causing you to scale walls, climb ropes, swing from overhead bars, crawl through mud under barriers and other feats of strength and willpower. Greg claims he was willing to quit, but his teammate Hunny spurred him on. These two make a great team!



**Greg Hales & Hunny Kershaw**

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## MONTANA DE ORO RUNNERS



**DIANE DELUCCHI** led a group of runners to down to San Luis Obispo for a trail race at **Montana de Oro** in early April. Although the course was rutted and rocky, SCTC did incredibly well and returned with metals for everyone.



**SCTC Winning Ladies**



**SYLVIE MAXWELL** represented SCTC at the **Woodside Crossover Half Marathon** at Huddart County Park in Redwood City and took home some hardware for placing First in her age division.

*Still more race results.  
Keep reading!*



## RACE REPORTS

Continued from previous page

Starting Lines, Page 23

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



Jeff Soares

The 10K leaderboard included **STEFANO PROFUMO** as Second Overall (35:22), followed by **CHRIS NESTLERODE**, who was Third Overall in a time of 35:31.

Once again, SCTC was leading the pack at the Santa Cruz Half, 10K and 5K on April 9. **JEFF SOARES** was Second Overall in the 5K, finishing in 16:28. **MICHELLE KERN** and **MARGARET FAHL** were Second and Third Woman Overall in a close race of 18:46 and 19:00.



Steffano Profumo



Chris Nestlerode

runners from Wednesday night workouts in the race. **LETICIA "CAT" HERNANDEZ** had an incredibly good race and finished the Half in 1:50:26. Congratulations to everyone who was out there! It was a beautiful day for a race. Please enjoy these photos courtesy of George Dies and others.

### Cat, Carmen & Hunny - Half Marathon Finishers!



Jeff - 20A 5K



Chris - 30A 10K

### HALF MARATHON SCTC RUNNERS

ERIC GENTRY  
CAT HERNANDEZ  
CARMEN ROBLES  
HUNNY KERSHAW  
GWEN KAPLAN  
SUE DUNN  
MARY CERVANTEZ  
EVA ESPINOSA  
SUSANNE COCHRAN

There may be many others who are not mentioned. Please send us your race results to see your name in *Starting Lines*. (Keep reading - one more page!)



Gwen Kaplan & Sue Dunn  
Happy Half Finishers





**John Hofacre at the Giants Races**

Our Running Joke Cartoon man JOHN HOFACRE joined the Giant Races at the **Sacramento Giant 5K** on April 15. A 'river' of runners in black, white & orange (Giant's team colors) flowed along the beautiful (& flat) course following the Sacramento Rive with a left field finish inside the Saber Cats Baseball Park (Giants minor league team). The medal features the Bear Mascot and a River Boat (due to the river) and a Saber Cat ribbon. John was Third out of 50 in his age group in a time of 23:30.

DIANE DELUCCHI led a weekend outing to the **Wildflower Bike Ride** in Chico on April 29. The ride consisted of 70 miles with 4,000 feet of climbing. These are some hardcore cyclists!



**The Wildflower Bikers**

## BIG SUR INTERNATIONAL MARATHON

**April 30, 2017**

Runners were blessed with beautiful weather this year and several different options of distances to run.

GREG HALES placed First in his age division in the 5K and earned a well deserved beer. ERIC GENTRY had an astonishing time of 3:15 for the full marathon.

MARLENE CARNES ran the 10.6 mile distance and HUNNY KERSHAW ran the 12K. Hunny shared the photos below on Facebook. Congratulations to all our Big Sur runners!



**Eric Gentry & Greg Hales**



**Marlene Carnes & Hunny Kershaw**



**Hunny finishing the 12K**



**Greg Hales enjoys a post race beer**