

# STARTING LINES



## Newsletter of the Santa Cruz Track Club

SUMMER 2014 - VOLUME 27, NUMBER 2

### SANTA CRUZ TRACK CLUB YOUTH HOW WE HAVE GROWN!



**Dion Shattuck winner of the  
Bob Enzweiler Outstanding Athlete Award**

**THE SANTA CRUZ TRACK CLUB** has had an increasingly growing youth program over the years. This year seems to be the best yet in terms of the number of young athletes that are showing up for work outs, but the program has been going strong for several years now. Some of the young athletes have grown up through the Track Club, starting when they were very young until they reached high school. Many have gone on to compete in high school and have done amazingly well. On April 13, Santa Cruz High senior **DION SHATTUCK** broke the Central Coast Section in-season decathlon record by scoring 6,798 points at the two-day **Arcadia Invitational** near Los Angeles. Dion was first overall in the Long Jump, Discus and 100M Hurdles making him the fourth-best all-time for a California high school athlete in season.

**DION SHATTUCK** and **CATE RATCLIFF** were both headlined on the front Sports page of the Santa Cruz Sentinel on May 11, the day after the Santa Cruz  
*(continued on next page)*

### LOCAL EVENTS

#### **Wharf to Wharf - July 27**

Meet other SCTC runners to car pool to the start. 7:00 a.m. Nob Hill parking lot on Bay Avenue.

**Salinas Valley Half Marathon - August 2.** Picturesque run through the Salinas farmlands. Finishes at Paraiso Winery.

**USATF Cross Country Series begins August 16.** Opening meet hosted by SCTC at UC Santa Cruz. Come out and score points for SCTC..

**Race Thru the Redwoods - August 17.** Challenging course through Henry Cowell State Park followed by a pancake breakfast.

**Run by the Sea - August 24**  
Beautiful coastal course along the bluffs at Wilder Ranch.

**CapitolaMan - September 13**  
New this year! A full distance triathlon here in Santa Cruz.

### INSIDE THIS EDITION

#### **Photos and recap of races:**

Spring It On  
Mother's Day Run  
Nisene Marks Races  
Aptos Women's Five Miler  
Firecracker 5K/10K  
SCTC Youth  
Ray's Race Results  
The Running Joke and more

## SCTC YOUTH - HOW WE HAVE GROWN!

*(Continued from front page)*

Athletic League Track and Field Finals were held at Aptos High School. Dion Shattuck was awarded the **Bob Enzweiler Outstanding Athlete Award** for accumulating the most points of any male athlete at the Finals. This is the third time Dion has won this award. He was first overall in the Pole Vault, High Jump and Long Jump, and took second overall in the 110M Hurdles. That is an exceptional array of talent! Maybe SCTC helped that talent to grow. Ray Disperati jokingly mentioned that he coached Dion in the Long Jump when he was a member of the SCTC Youth Program many years back, and that Joe



**Coach John Rembao, Dion Shattuck  
and Coach Joe Miyushi**



**Dion Shattuck  
Arcadia Invitational**

Kammer may have introduced him to the hurdles. They must have sparked Dion's interest when he realized he was good. At the CCS Championships, Dion qualified for the State Championships in the Pole Vault (14' 6") and was first over all in the Long Jump at 21' 11.25". Unfortunately, Dion did not attend the State Championships this year due to a hip injury that required rest, but what an awesome senior year! Dion will soon be off to the University of Arizona in Tucson to compete for the Wildcats next season. The future holds a lot of promise for this fine young man.

**CATE RATLIFF** is a sophomore at Santa Cruz High School and former SCTC youth member. Cate competed in several running events at the SCCAL Championships with impressive results: Fourth place in the 1600M in a time of 5:04.53, which was a PR by over five seconds of the school record and CCS auto qualifier.



**Cate Ratliff**

**Cate Ratliff at CCS Trials**



Cate took third place in the 3200M in a time of 11:08.18, also a CCS auto qualifier and PR of the school record from 36 years ago set by Terry Schneider. Anyone who knows Terry Schneider knows how amazing it is that Cate surpassed her record.

At the CCS Finals, Cate ran the 3200M in a time of 10:51:41, significantly faster than her previous time. This gal shows great potential for her junior and senior years. Cate comes from a family of runners, and we know she has a great coach, so she will surely do well.

*(Continued on page 7)*



## SCTC YOUTH CLUB RAP UP

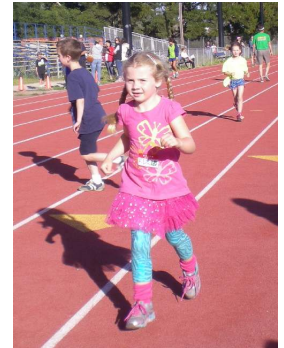
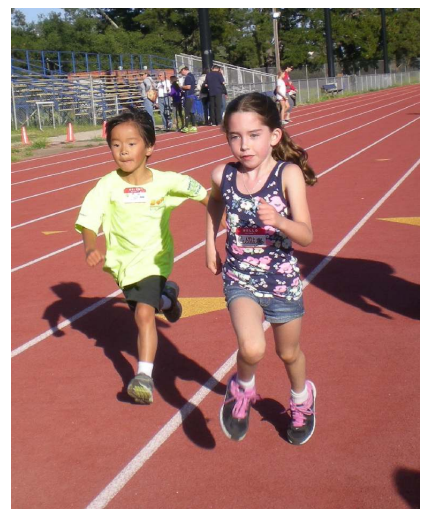
**By Coach Joe Kammer**

2014 shaped up to be another exciting season for SCTC youth. We had a great turnout of happy energetic athletes. 2014 was my 16<sup>th</sup> season with the program. I can honestly say it was the best year yet. It is a joy to work with these highly motivated kids, and I mean motivated. It is hilarious to watch them running, jumping, spinning around and throwing themselves on the ground laughing hysterically without a care in the world. I personally do not recall spinning around and throwing myself on the ground laughing, but I am sure I did.

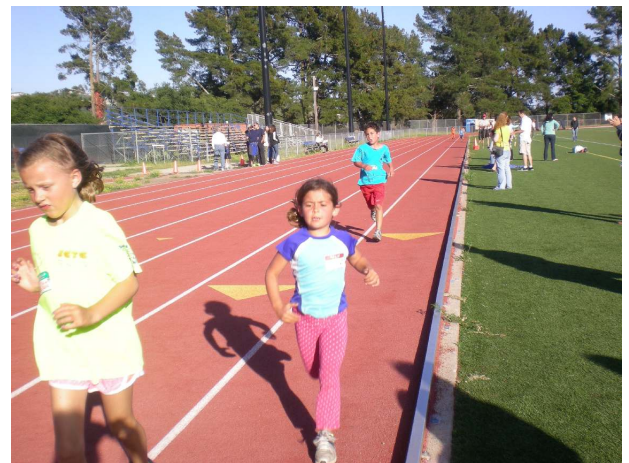
We had 22 practices and six track meets from mid-February thru mid-June. Our activities emphasized flexibility with endurance and strength training. The program also highlights sportsmanship and personal growth. The meets are something special to watch. All athletes who participate and try hard receive ribbons for their efforts. As far as they are

concerned, it is as good as a gold medal!

I would like to thank the SCTC members that made everything run so smoothly: Diane Delucchi, Joyce Parr, Holly Tyler, Nancy Wilburn, and our youth photographer, Sue Dunn. Thank you again and see you next year.



**Coach Joe lining up the runners**



**Runners take their marks**

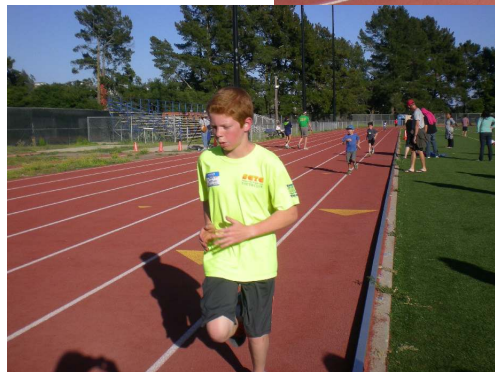


**A well deserved water break**



## SCTC YOUTH

FINAL ALL  
COMERS  
MEET  
June, 2014



## IT RUNS IN THE FAMILY

George Dies submitted these pictures that were taken at the **Seascape 5K/5 Miler** held in April. **MICHAEL YOUNG** was first overall and **MARGARET FAHL** was second overall woman. Michael's mother, **RAMONA YOUNG** took fourth woman overall. Margaret Fahl's son, **BAILEY**, won the kids' race.



Michael Young - First Overall



Margaret Fahl



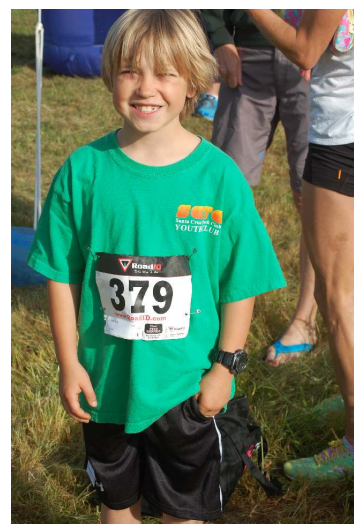
Ramona Young



Ramona & Michael



Marvelous Margaret



Bailey Ellis  
Winner of the Kids' Race





## SANTA CRUZ TRACK CLUB SPRINGS IT ON!

When it comes to reaching out to our local community and helping charities, the Santa Cruz Track Club does what it knows best - - we promote running. When SCTC was approached by a first time race director who wanted to hold a 5K to raise money for the Leukemia & Lymphoma Society, Greg Hales, Sarah Carvill and Diane Delucchi sprang into action. They gave countless hours of their time meeting with Ms. Trinity Maggas-Bernard to discuss exactly what putting on a race involves. Simply put - - it is not easy. There are so many aspects to think about. Diane and Sarah were able to provide Trinity with check lists and timelines, a must have for any race director. Greg Hales marked the 5K course and served as MC on race day. The race was held in Corralitos starting at the Women's Center, and SCTC was there in full force, both as runners and volunteers. The event featured not only a 5K race, but also a pancake breakfast, an Easter egg hunt and other activities for children, a raffle and live music. It was a wonderful day for Trinity and enabled her to raise significant funds for the Leukemia & Lymphoma Society.



Chris Rose, Barry Cohen & Dave Delucchi

All SCTC runners placed in their age divisions. Way to go!

MICHELLE KERN 2-OAW; 1-A 19:15

DAVE DELUCCHI 2-OAM; 1-A 19:57

MARGARET FAHL 3-OAW; 1-A 20:00

CHRIS ROSE 5-OAM; 2-A 21:45

STEPHANIE LAIN 7-OAW; 3-A 22:37

JOHN KANE 8-OAM; 1-A 24:27

CARMEN ROBLES 14-OAW; 1-A 25:41



SCTC Runners & Volunteers



Michelle Kern & Carmen Robles



## MOTHER'S DAY 10K AND 5K

Another community event that the Santa Cruz Track Club is proud to be associated with is the **Pajaro Valley Shelter Services Mother's Day 10K and 5K**. The Shelter, located in Watsonville, offers temporary housing for homeless families with the goal of providing skills and training to establish self-sufficiency. This was the 30<sup>th</sup> year of the race, which is a major fund raiser for the Shelter. The Santa Cruz Track Club stepped in several years ago to assist with the race, and we have seen it change and evolve over the years. The race originally ran through the streets of Watsonville and out onto the river levee. The old time runners can remember when they were given a popsicle at the finish to determine where they placed. A few years back the race was moved to Ramsey Park and a course was developed that circles Watsonville Slough. SCTC has been there through the years measuring the various courses and computerized timing has now been integrated. SCTC was present on race day as course volunteers and we also had a few fast runners show up.



**Roger Kern leads the first runner**

### SCTC RACE RESULTS:

#### 10K

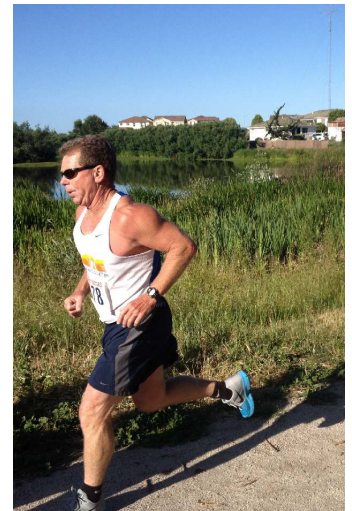
MICHAEL YOUNG	1-OAM	35:30
DANNY LONG	1-A	56:38
LAURA CHIORELLO	4-A	1:00:28
JEFF BEAN	5-A	1:10:32

#### 5K

MARY MALETA-WRIGHT	1-OAW	19:18
RAMONA YOUNG	4-OAW	22:14
LETICIA HERNANDEZ	1-A	24:07
JOHN KANE	1-A	24:27
KEN HARGRAVE	1-A	24:44
NEAL COONERTY	5-A	37:02



**Leticia Hernandez**



**John Kane**



**Ramona Young**



**Danny Long**



**Laura Chiorello**



**Michael & Ramona**



## SCTC YOUTH - HOW WE HAVE GROWN!

(Continued from page 2)

**NICOLE TRENCHARD** and **ERIKA MALASPINA** tied as first woman overall in the pole vault at the CCS semi-Finals held on May 24, by clearing 10'6". During the CCS Championships, Nicole vaulted a distance of 12' 4", placing third, and Erika cleared 11' 7", placing fifth. High school athletes are eligible to compete at the state level either by placing in the top three at sectional finals or they can be given an "at large" entry by exceeding a minimum standard or time in an event. Hence, both Nicole and Erika qualified to go on to the State Championships. At the CIF State Championships, Erika vaulted 11'10", placing sixth woman overall, and Nicole's vault came in at 11'4.25", putting her in ninth place.

Nicole had previously set the SCCAL record in pole vaulting by clearing 12.5' at the Garlic Invitational in March. Not only does Nicole excel in pole vaulting, she was recently featured in the Santa Cruz Sentinel's sport pages for competing in a javelin exhibition event in Modesto. Since both events are sanctioned by USA Track and Field, Nicole could compete at both of them on the national level in Eugene, Oregon this July.



**Cate Ratliff at the CCS semi-Finals**

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## COACH'S CORNER

**By Greg Brock**

**COACH GREG BROCK** sent the following report while attending the Junior National Championships in June:



Santa Cruz County high schools had some great performances this past season, including quite a few by Santa Cruz Track Club athletes. **DION SHATTUCK** placed Seventh at the Arcadia Invite in the decathlon to qualify for the Junior Nationals, but unfortunately he had to end his season early after qualifying to the State meet and helping the Santa Cruz High win the first CCS Championship by a county team. Three track club girls went to the State meet in the pole vault: **ERIKA MALASPINA** and **NICOLE TRENCHARD** of PCS, and **KATHERINE WHITING** of Santa Cruz. Also, **CATE RATLIFF** placed 6th at CCS in the 3200 in 10:51 breaking the school record with a time good enough to qualify for the Junior Nationals. Earlier at league meet she broke the school record in the 1600 running a 5:04.

On Saturday, June 28, after the National Championships, Nicole and Erica competed in the Golden West meet taking Second and Fourth in the Pole Vault, both clearing 11' 5.75". **MAGGIE VESSEY** ran a good race to place Fourth in 2:00.13 against a very strong field. She beat **BRENDA MARTINEZ** by .01 seconds. Brenda was the bronze medalist in the World Championships last year.

SCTC continues to contribute to the County doing well on all levels of track and field

**Editor's Note:** Coach Brock must be feeling very proud this season since he is not only a track coach at Santa Cruz High School (first place County team), he was also a coach to Maggie Vessey. SCTC is fortunate to have a coach with such a good eye for personal abilities and the knowledge of how to continue to improve.



## NISENE MARKS MARATHON, HALF AND 5K

Another community race that SCTC has had a long time affiliation with is the Nisene Marks Marathon, Half Marathon and 5K sponsored by the Santa Cruz Host Lions Club. This race is been around for many years as a fundraiser for the Lions Club, but this was the first year for PETER FISH to serve as Race Director, and he did an outstanding job. The race was very well organized with SCTC behind the scenes and there on race day.

Peter added a fun element to the race by holding a random drawing before the start of each race for donated prizes, and he had some great stuff. The overall male and female winners of the marathon and half each received an awesome running jacket as a keepsake of the race.



**Peter Fish, Race Director**



**Marathoners heading off into the forest**



**Runners lining up for the start of the Half**



**Getting ready for the 5K**



**Volunteers love a Race Director with a sense of humor**

See next page for race results and more photos.



## NISENE MARKS MARATHON, HALF AND 5K

*(Continued from previous page)*

### SCTC RACE RESULTS:

#### Marathon

CARL ROTH 5-A 4:14:14 11-OAM

#### Half Marathon

KEN HARGRAVE 3-A 2:14:00

GWEN KAPLAN 1-A 2:40:55

JEFF BEAN 2:54:31

MARIA MARSILIO 2:58:18

#### 5K

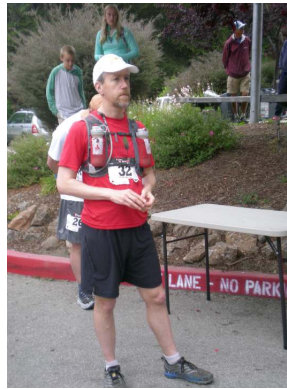
MARGARET FAHL 1-A 20:15 2-OAW

SARAH CARVILL 2-A 23:09 3-OAW

TONY BENNETT 1-A 23:29 8-OAM

ALEX VAGO 1-A 28:01

OLOF HELLEN 2-A 28:29



**Carl Roth at  
the start**



**Carl Roth  
Still smiling after a tough marathon**



**Olof Hellen in the 5K**



**George & Meredith  
Registration Volunteers**



**Sarah congratulates her competition  
at the finish of the 5K**



**Alex Vago finishing the 5K  
First in his Age Division**



**Nancy, Dave & Carmen  
Westridge Volunteers**



## APTOS WOMEN'S FIVE MILER

Once again **SARAH CARVILL** did a superb job of race directing this local women's favorite race. It is such a beautiful course among the trees of Nisene Marks Forest. Women of all ages, shapes and athletic abilities come out to run this race. There is nothing intimidating about it, but if you are fast, you will be a part of the history of this race that is in its third decade and second generation. The race does have an interesting history. It has had three different SCTC race directors over years, each bringing their own personal touches to the race. We have watched a second generation of young women runners evolve. **ROMANA YOUNG** won this race for several years and now she has teamed up with her daughter **ALEXANDRA YOUNG** to be the conquering winners of the Mother-Daughter teams. Forever Young!

### RACE RESULTS:

MARGARET FAHL	3-OAW	2-A 33:50
STEPHANIE LAIN	10-OAW	2-A 36:31
ALEXANDRA YOUNG	11-OAW	1-A 37:51
RAMONA YOUNG	13-OAW	1-A 38:09
HALLIE CARL		2-A 39:36
LETICIA HERNANDEZ		3-A 40:28
CARMEN ROBLES		1-A 44:22
LYNN SANDERS		2-A 47:49
LAURA CHIORELLO		5-A 48:07
SUSANNE COCHRAN		6-A 50:46



**Ramona and Alexandra Young**  
**First Place Mother/Daughter Team**



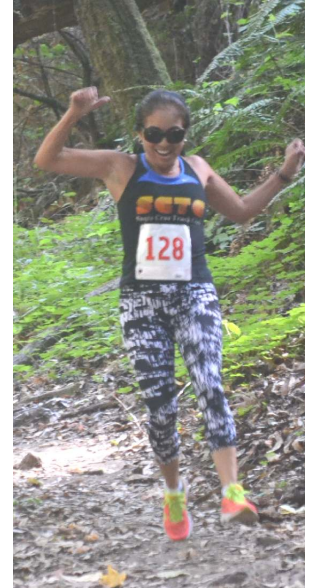
**Sarah Carvill, Race Director**



**Nikia Brautovich**  
**First Place Overall**



**Margaret Fahl**  
**First SCTC Woman**



**Leticia Hernandez**

This year the Nisene Marks Races (see pages 8 and 9) fell on the same weekend as the Aptos Women's Five Miler so Race Directors PETER FISH and SARAH CARVILL joined forces and offered a 5K - 5 Miler Challenge. MARGARET FAHL took the challenge and did amazing well in both races by placing Second Overall in the 5K on Saturday and taking Third Overall at the 5 Miler on Sunday. That's some fast running.

So many SCTC women have a history with this race, and apparently a few of our guys do too. Check out the next page to see some fun photos of the mysterious, yet very well dressed, "ladies" who attended the event.



## APTOS WOMEN'S FIVE MILER

*Continued from previous page*

THE APTOS WOMEN'S FIVE MILER also seems have attracted some unusually fashionable ladies the past few years. With the help of their female fashion consultants their sense of style has improved greatly since they first started running this race, but we are not sure if that has helped their pace any. Perhaps someone should tell them they don't need to run with their purses, but they did seem very attached to them.



**Looking a little nervous at the start**



**Inside the dressing room  
with fashion consultants Michelle & Tish**



**Could this group be the lovely ladies above?**

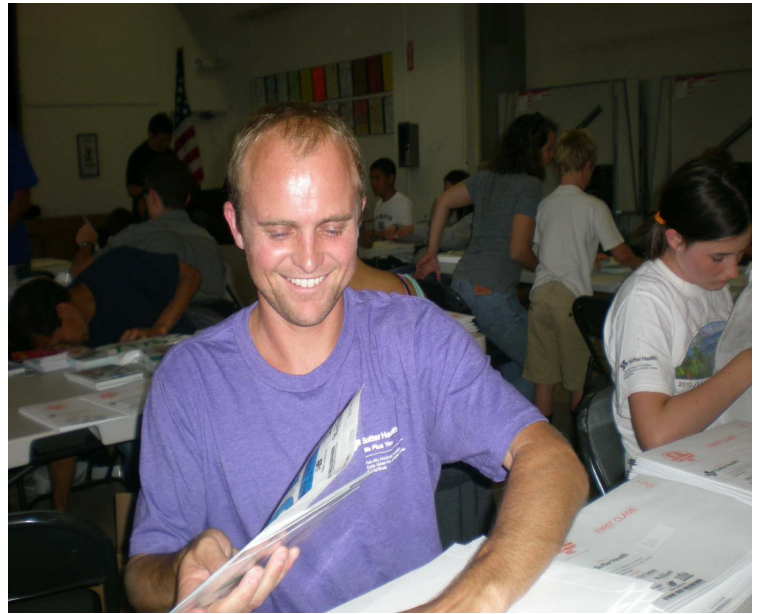


**Yes, they ran the full race and finished  
with purses intact**



## OUR NEW BOARD

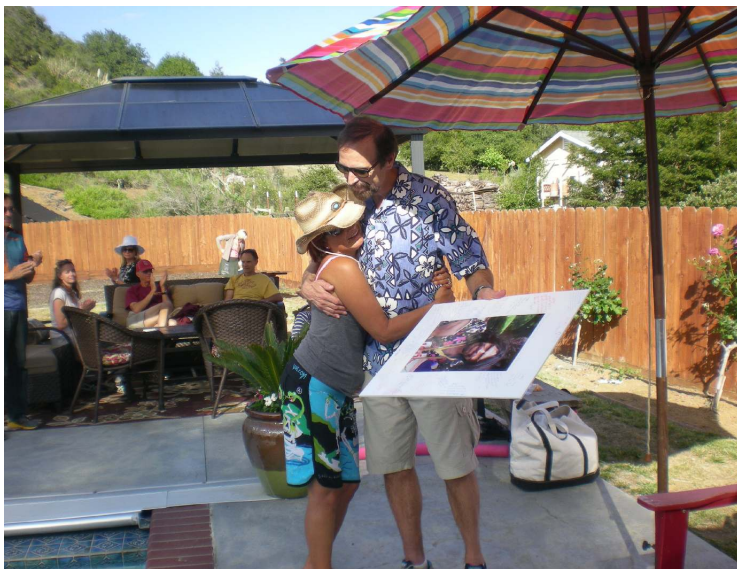
SCTC has recently undergone a few changes on the Board of Directors. We were all saddened by **LARRY BERG**'s departure as President for over 14 years, but **GREG HALES** was willing to step up and take the challenge. Greg has many great ideas and seems to have his finger on the pulse of the running community. We are also very excited to announce that **SCOTT McCONVILLE** has joined the Board. Scott is an exceptional athlete in his own right, and is quickly becoming a well known sports icon in town having taken over as Race Director of the Wharf to Wharf. Scott's resume is amazing. His accolades include: four year NCAA Division I student-athlete, former UCSB School Record Holder for 1,500 meters, 2006 NCAA Track & Field Captain, 2005 NCAA Cross Country Caption, 2001 HS Track & Field Captain, 2000 HS Cross Country Captain, 2010 Wharf to Wharf Volunteer of the Year, 2001 Wharf to Wharf Scholarship recipient. He is also the current Track & Field Head Coach at Aptos High School. For such a young man, those are some major accomplishments. SCTC is very excited to have Scott on board.



**Scott McConville, our newest Board Member  
and Wharf to Wharf Race Director**

## LARRY'S FAREWELL PARTY

In true SCTC fashion, Vice President, **DIANE DELUCCHI**, threw a farewell party for our outgoing President. The party was a blast as we toasted and roasted Larry's contributions to SCTC over the years. Larry took in a bit of ribbing about his fashion trend at the Aptos Women's Five Miler.



**Larry gets a hug from Diane**

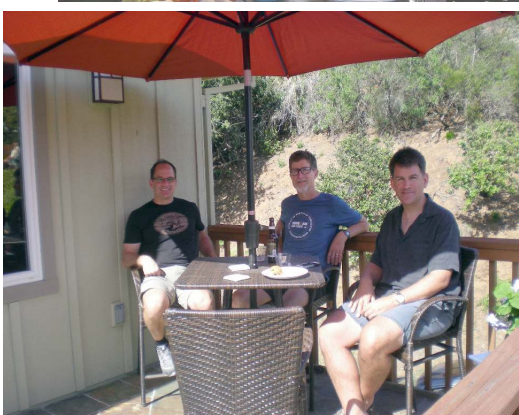


**Larry and his alter ego**

**See next page for more party photos.**



**MORE PHOTOS FROM LARRY'S FAREWELL PARTY**  
**Cinco de Mayo theme ala Diane Delucchi**





## RAY'S RACE RESULTS

Please send your race results to  
[raymard@pacbell.net](mailto:raymard@pacbell.net).



## SANTA CRUZ HALF MARATHON, 10K &amp; 5K

## Half Marathon

Carl Roth 4-A 1:29:19

Dave Gonzales 1:34:56

Timi Sutton 4-A 1:46:07

Robert Mullis 6-A 1:53:28

Danny Long 2-A 2:02:55 - 17 minute PR over last year!

George Dies 2:05:14

Katherine Beiers 1-A 2:31:57

## 10K

Benoit Pelczar 4-OAM; 1-A 37:30

Josh Mader 6-A 42:09

Ken Hargrave 2-A 47:43

Neal Coonerty 12-A 1:11:21

## 5K

John Hofacre 6-OAM; 1-A 23:28

Alex Vago 14-OAM; 1-A 27:02

Dolly Long

## SHE IS BEAUTIFUL 10K &amp; 5K

## 10K

Gwen Kaplan 9-A 1:00:32

Leticia Hernandez 1:04:41

Sharon Brummitt 1:08:25

## 5K

Margaret Fahl 7-OAW; 1-A 19:54

Karen Sanderson 2-A 26:18

Laura Chiorello 9-A 27:02

Dolly Long

April was a busy month for SCTC runners. **CARL ROTH** reported at track that he ran the **Oakland Marathon** in a time of 3:24:12 and **ROGER KERN** competed in an **X-Terra Off Road Triathlon** in Las Vegas, placing first in his age division.

Then there is always the ultra guys. **MIKE WRIGHT** ran a 100 miler in Zion, Utah on a very difficult course, and **JON BEARD** ran a 50 miler at Lake Sonoma. This was just a warm up for the **Miwok 100K** in May, which was well attended by SCTC folks. **JON BEARD, MELANIE MICHALAK, PETER FISH, BREE LAMBERT** and **JOHN BURTON** ventured up to Stinson Beach to run the

very hilly course that has a 12,000 feet of cumulative elevation gain. The views are spectacular, but what a long day of running. There is more to report on the ultra runners. Keep on reading . . .

Nothing beats Big Sur for views and a hilly course, yet Ray was only able to find one SCTC member who ran the **Big Sur Marathon** this year. Congratulations go out to **PETER STANGER** who has finished this marathon so many times, he could probably do it in his sleep. **JOHN KANE** and **GARY KOHLER** ran the 5K at Big Sur.

If **DIANE DELUCCHI** sees a mountain, she wants to run up it. She is training for the Jungfrau Marathon in Switzerland this Fall and needs to be ready for the Alps. In preparation, she ran the **Mt. Diablo Half Marathon** in April finishing fifth in her age division. She was back at Mt. Diablo a month later running a 15K with **JOYCE PARR, MARIA MARSILLO** and **NANCY WILBURN**. On her third time back to Mt. Diablo, Diane moved up to second place in her age group in a yet another hill climbing half marathon. Keep on climbing!

**CONGRATULATIONS TO OUR BOSTON MARATHONERS!** Former Mayor **KATHERINE BEIERS** was first place in her age division once again. She was also noted for being the oldest woman to run Boston. That puts her in the history books alongside another Katherine (Katherine Switzer), who was the first woman to officially run Boston. **LETICIA HERNANDEZ** and **LIISA MILLER** also ran Boston this year and reported that they had a great time both on and off the course. Looks like the ladies are taking over this race. You've come a long way, Baby!

**CARDIAC PACER** It would appear that this year's pacer was a meet between the SCTC and UCSC. Of the 21 total finishers, three participants were from the "community," six were from the SCTC and remaining twelve were UCSC X-Country runners.

Vince Oberst	2-OAM 33:33
Dave Delucchi	3-OAM 34:22
Chris Rose	5-OAM 35:07
Carl Roth	6-OAM 35:55
John Sliney	11-OAM 38:44
Guy Lasnier	18-OAM 52:48



## RAY'S RACE RESULTS

(Continued from previous page)



### CAPITOLA HALF MARATHON

KEN HARGRAVE	5-A	1:51:04
DANNY LONG	4-A	2:11:23

### SURFER'S PATH MARATHON

STEPHAN JOANIDES	4:29:49
TANMAYI SAI	4:37:04
SHARON BRUMMITT	5:19:54

**KATHERINE BEIERS** and **TONI CASSELBERRY** ran the **Fargo Marathon** in Fargo, North Dakota. Everyone did well despite some minor travel glitches.



**Toni Casselberry, Katherine Biers & Family**  
after completing the Fargo Marathon

Continuing on her quest to run a marathon in every state, the following week **TONI CASSELBERRY** ran the **Green Bay Marathon** in Wisconsin on May 17 and completed her 25<sup>th</sup> state. She is an amazing woman and has already completed a marathon on every continent of the world. What a fun way to travel.



**Toni running the**  
"Lambeau loop"

The ultra guys are at it again. **MIKE WRIGHT** ran the **Quicksilver 100K** on May 10 in a total time of 12:14:49, placing in the 77<sup>th</sup> percentile. **JON BEARD** completed the **Ohlone Wilderness 50K** on May 18. These two have become fast and steady friends through the hours they have spent together training for ultras. Jon and crew headed to the **Western States 100 Mile Endurance Run**. Jon had to drop out (probably at the urging of his crew) at the Michigan Bluff aide station after completing 56 miles. His daughter's post on Facebook was very touching when she called him the strongest man she knew. He sure is.



**Mike & Jon**  
**The Ultra Guys**

**DIANE DELUCCHI** is still running up hills. On June 21, she and her entourage of **LETICIA HERNANDEZ, JOYCE PARR, NANCY WILBURN** and **DAVE DELUCCHI** headed up to Mill Valley to run the **Dipsea Race** which claims to be the oldest trail race in America. The Dipsea is a very scenic race, but it has it's ups and downs. Diane found that running the race in a new pair of Hoka's also had it's ups and downs. Clunky on the up hills, but great cushioning on the down hills.

**JOHN HOFACRE** and his wife Beata had a nice outing on Father's Day in beautiful Carmel while running the **Run in the Name of Love 5K**. John placed 3<sup>rd</sup> in age and finished the race in 22:51.

**TONI CASSELBERRY** keeps running between her marathons and ran the **River Run 10K** on June 22, and she placed First in her age division. Well done.

**CARL ROTH** and **SARAH CARVILL** both attended the Shark's Fitness Faceoff on June 29. It appears that 7 was the lucky number of the day. Sarah ran the 5K and was the 7<sup>th</sup> woman overall (3<sup>rd</sup> in age) with a time of 22:15. Carl ran the 10K and placed 7<sup>th</sup> in his age division in a time of 44:38.

**Good job everyone! Remember to send your race results to [raymard@pacbell.net](mailto:raymard@pacbell.net).**



Previous

## The Running Joke Cartoon

CAPTION CONTEST



(Gold) - "Hold up, I have some WD40!" by Ray Disperati

(Silver) - "You DON'T win the runner's version of 'The Voice' contest." by Dan Figueroa

(Bronze) - "Sounds like your overdue for your 26.2 mile tune-up." by John Smith

Honorable Mention: "YO... ONE MAN BAND... PULL OVER!" by John Hofacre

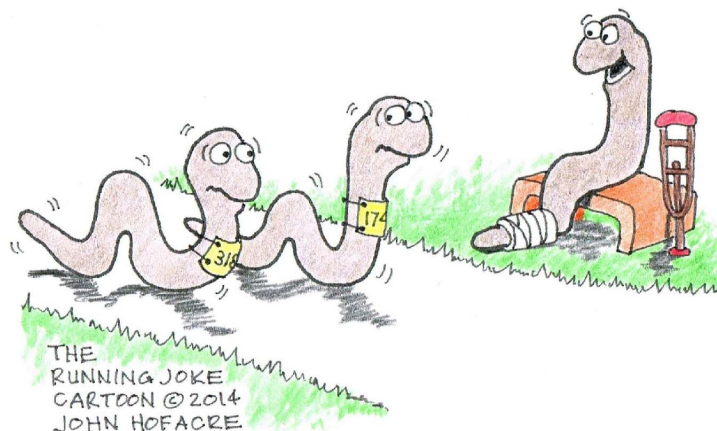
This Issue

## The Running Joke Cartoon

CAPTION CONTEST

Submit a caption to [therunningjoke@yahoo.com](mailto:therunningjoke@yahoo.com)

by Aug. 15, 2014.



Winning captions will be printed in the next newsletter. The person submitting a caption grants permission to publish the caption in any form. Website: [www.runningjokecartoon.com](http://www.runningjokecartoon.com)

[www.facebook.com/RunningJokeCartoon](https://www.facebook.com/RunningJokeCartoon)

The Running Joke Cartoon: Copyright 2014 John Hofacre



## The 2014 Wharf to Wharf Race Cartoon by John Hofacre

!!!SPECIAL PREVIEW!!!

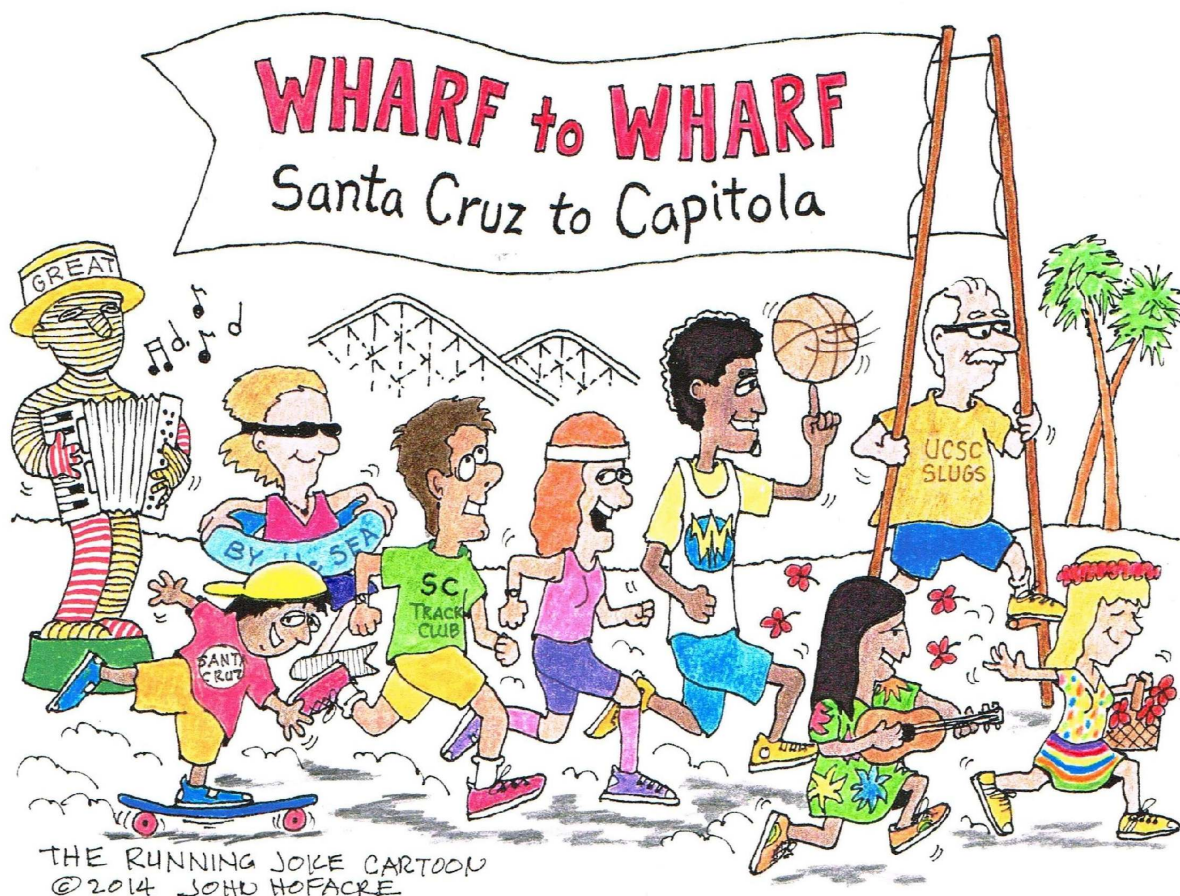
The 2014 Wharf to Wharf Race Cartoon by The Running Joke Cartoon (aka SCTC member John Hofacre). The cartoon captures the Santa Cruz Running vibe with a flower child, ukulele lady, Warrior Basketball, SCTC, skateboarder and the Great Morgani. It will be published as a caption contest in the Santa Cruz Sentinel for a couple of days prior to the race. Start collecting your captions and watch the newspaper. Just like road racing... you have to enter... to win!

I printed t-shirts (with the 2014 Wharf to Wharf Cartoon) for family members and have some extra (and could print more if i'm flooded with requests). They are cotton short sleeve in small, medium and large... for \$15.00. Contact me if you are interested. (therunningjoke@yahoo.com)



## The Running Joke Cartoon

Facebook.com/RunningJokeCartoon





## FOURTH OF JULY FIRECRACKER 5K/10K

SCTC member **JEFF KIRK** has been the Race Director for this homespun favorite race for several years now and has brought the event to new heights each year. This year the combined races (5K, 10K and 1K Kid's Run) brought in close to 1,000 runners and every one of them was having a great time starting off the Fourth of July in a happy, healthy way. SCTC runners did quite well in both races. When Jeff became the Race Director, he began compiling the race results into an age graded formula and each year he acknowledges the top finishers with the age graded factor applied. This year **MICHELLE KERN** achieved the honor of being the First Women Overall in the age graded results and her name will be inscribed on the Firecracker's official trophy. Way to go, Michelle!



**Michelle Kern holding her winner's race shirt**

### RACE RESULTS:

#### 5K

MARY MALETA-WRIGHT	1-OAW, 1-A, 18:23
MICHELLE KERN	2-OAW, 1-A, 19:01
VINCENT OBERST	7-OAM, 1-A, 19:21
MARGARET FAHL	4-OAW, 1-A, 20:03
DANNY SHEN	11-OAM, 1-A, 20:24
SHOSHANAK ORZEC	7-OAW, 1-A, 20:57
KEN HARGRAVE	1-A, 25:13
NEAL COONERTY	6-A, 35:55
DOLLI LONG	1-A, 40:38
GARY KOHLER	6-A, 41:46

#### 10K

ALEX CONDOTTI	3-OAM, 1-A, 37:45
BENOIT PELCZAR	11-OAM, 3-A, 41:57
CARL ROTH	15-OAM, 4-A, 42:27
LEIGHANN WORK	6-A, 54:50
BARBARA CHOI	7-A, 54:58
JOSH MADER	58:10
DANNY LONG	1-A, 59:49



**Dolli Long placed 1st in age**



**Race Director, Jeff Kirk**







## TEAM M & M

### Wharf to Wharf Training

A HUGE THANK YOU goes out to the M&M Wharf to Wharf Coaches, **MICHELLE ZELENA** and **MICHELLE KERN**. The two Michelles have volunteered their time and knowledge to help train other runners for the Wharf to Wharf. Michelle Zelena was the top local finishing woman last year, and Michelle Kern was a top 100 finisher. Both of these ladies are incredible runners. Michelle Kern recently ran a 1500 in 5:11:21 at the USATF Master's Championships. She is excited and ready for the Wharf to Wharf and her energy is infectious. Both women are amazingly skilled coaches. Michelle Kern recently received her coaching certification and Michelle Zelena has a keen insight into running form gained from being a competitive runner in college and a highly trained physical therapist. The special work outs and running tips these ladies provide are very helpful to others, many of whom have shown progressive improvement in strength and ability.



**Michelle Zelena**



**Michelle Kern**

We wish you all a great Summer and a fast and fun Wharf to Wharf.

## SCTC PERSONNEL:

### Board of Directors

President	Greg Hales	688-1058
Vice President	Diane Delucchi	684-0867
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### Staff

General Manager	Greg Brock	479-9279
Adult Coach	Greg Brock	479-9279
Youth Track Coach	Joe Kammer	425-2855
Youth XC Coach	Javier Naranjo	295-4231

### Volunteers

Apparel Diva	Nancy Wilburn	
Web Master	Peter Huemer	247-2240

Wharf to Wharf Liaison: Mark McConnell 479-9377 [racetimer@aol.com](mailto:racetimer@aol.com)

Website: <http://santacruztrackclub.com> Mailing Address: P. O. Box 1803, Capitola, CA 95010-1803

The **Santa Cruz Track Club (SCTC)** is a non-profit organization established in 1989 to promote running and track and field by providing coaching and support programs in our community. The club operates two sections; one for adults (over 18) and one for youth. Athletes of all abilities are welcome. Workouts respect the level at which each individual desires to train. The SCTC also helps local organizers of road races and track meets with event management. We are a diverse, multi-talented group of athletes which includes sprinters, hurdlers, middle distance runners, marathoners, ultra marathoners, walkers, race walkers, field competitors and triathletes. Our members span from youth to masters and from novices to national and Olympic class athletes. The Board of Directors meetings are the second Tuesday of each month. Any member is invited to attend. Call Larry or Diane for meeting location and time. *Starting Lines* is the quarterly publication of the Santa Cruz Track Club. Articles submitted must be supplied by email. Articles, opinions and commentary in the newsletter are those of the authors and not official positions of the Santa Cruz Track Club.