

# STARTING LINES

NEWSLETTER OF THE SANTA CRUZ TRACK CLUB  
2016 - SUMMER EDITION



## UCSC CROSS COUNTRY CHALLENGE



### CROSS COUNTRY HAS BEGUN

*Comments by Jeff Soares*

The USATF Cross Country season is here! It kicked off on Saturday August 20<sup>th</sup> with Santa Cruz Track Club hosting the first race on the redwood lined trails of UCSC. This year's race was well represented with Pacific Association running teams from all over Northern and Central California. It was nice to see younger runners this year including our very own 14-year-old ISABEL SANCHEZ who placed 21<sup>st</sup> in a super competitive Open division race. She was by far the youngest runner in the women's Open division. Watch out in the coming years to see her become a running phenomena. (See page 3.)

## WHARF TO WHARF - 2016

This race has a little of something for everyone. Not only does the prize money attract elite athletes from all over the world, it also engages our community by bringing runners of all abilities, family, friends and fans to the coastal streets of Santa Cruz every year on the fourth Sunday in July. Santa Cruz Track Club's involvement with the Wharf to Wharf is not just limited to our members that take to the streets, but we are also actively involved by hosting many of the elite athletes in our homes. Runners come from Kenya, Ethiopia, Russia and other parts of the U.S. Over the years many of us have created a bond with the athletes that we have hosted and experiences that we will always remember. This year was particularly meaningful for me (Sue Dunn) since it provided the incredible experience of meeting two exceptional ladies, MONICAH NGIGE and GLADYS KIPSOI, who placed Second and Third respectively. These delightful young women stayed at my home as part of the Race Mate Program. It was also an honor to meet their coach DR. OWEN ANDERSON, author of *Running Science* and numerous articles published in *Runner's World* and other periodicals about human kinetics and the biomechanics of running. Dr. Anderson now resides in Lansing, Michigan where he continues to coach athletes. (See page 5 for more coverage of the Wharf to Wharf.)



**Gladys Kipsoi, Monicah Ngige  
Risper Gesabwa & Silas Kipruto**

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**SPECIAL ANNOUNCEMENT**

**LARRY IS BACK!!**

SCTC is pleased to announce that Larry Berg is back on the board. After having survived a lifetime of working for PG&E and counting the days to his retirement, Larry is now a free man at last! But that doesn't mean that he gets to relax, or that Tish gets to keep his talents all to herself, SCTC needs you too Larry. We love your dedication to the Club and are elated that you have come back to us. More fun times to come . . .



**Larry Berg posing with his "Honey Do" melon**

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.



## CROSS COUNTRY HAS BEGUN

*(Continued from front page)*

*Starting Lines, Page 3*

The Santa Cruz Track Club runners came out in force! We had 13 men running in the Masters division, 11 women running in the Masters division and one in the Open division. Having run the entire cross country series last year, I think that our course is the hardest. If you can run our course, you can run any of the other courses. None of them have the intense hill climb (climbed twice) that the SCTC course has. If for some reason you felt discouraged after running our course, don't be. No matter what your place or time was, you should feel a great sense of pride completing a difficult course and representing the Santa Cruz Track Club! I hope you will join us for more of the races.



**Men's Masters at UCSC**

The Pacific Association USATF Cross Country series is a ten race series with most of the races being 5Ks. The 31<sup>st</sup> Annual PA Cross Country Championships is the last Pacific Association Race of the season held at Golden Gate Park and is a 10K for men and a 6K for women. But wait, there's more . . .

The very last cross country race of the season is the USATF Club Nationals, which is the big race of the season. This year it is being held in Tallahassee, Florida. A group of us have already booked our flights and hotel. If you are interested in running at Nationals, I would start making plans now.

Some of us drive up the night before for the races that are held further away (Santa Rosa, etc.) and we carpool to the closer races. The third race in the series is a popular race with SCTC members, held on Sunday, September 11<sup>th</sup> at Golden Gate Park. If you are interested in running any of the races or carpool information, please send me an email at [Luv2fly55w@comcast.net](mailto:Luv2fly55w@comcast.net). Join us for some races, you will have a lot of fun, I guarantee it! Go SCTC!! - Jeff Soares



**Start of the Women's Race**

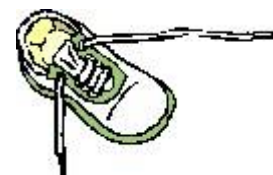
LIISA MILLER looks a little nervous at the start, but she is our star runner. Liisa finished the UCSC course in 28:12 and placed First in her age division. *(More photos on next page.)*





## CROSS COUNTRY CONTINUES

Photos from UCSC Cross Country Challenge





## WHARF TO WHARF - 2016

(Continued from front page)

GREG HALES did an amazing job of organizing the Race Mate Program this year. He had a lot to juggle with more elite athletes coming this year and the staggered arrival and departure times. So many folks from SCTC stepped up to either host or transport an athlete. JAKE (BE BRAVE) CHAPNICK was an incredible trooper battling the traffic making airport runs, sometimes twice a day, over the hill. HUNNY KERSHAW not only went to SFO to pick up elite runners, but then generously donated her car to shuttle runners to where they needed to go. LISA DECKER again provided her beautiful home for the pre-race dinner and MARGARET FAHL prepared a fantastic meal for the athletes and their hosts. Meeting the elite athletes is a wonderful experience. Some of the athletes had returned from prior years and the pre-race dinner became a reunion of old friends and new. (See photos on next page.)



**Greg Hales**

JEFF SOARES led a Wharf to Wharf training group on weekends prior to the race that was enjoyed by several of our members who hoped to improve their times and perhaps win a coveted Wharf to Wharf jacket by placing within the top 100 male and female finishers. Although Jeff did indeed improve his time with a PR at the race, placing within the top 100 proved to be more difficult this year. In 2015, the finishing time to be included as a top 100 male was 35:42, yet this year (2016) a finishing time of 34:35 was required to place within the top 100. The women had it slightly easier with a cut-off time of 41:57 for the top 100.

**Dave Gonzales, Kevan Chu, Jeff Soares & Jack Chapnick**



**Michelle Kern & Margaret Fahl  
Top 100 Women**



**John Hofacre, Katherine Beiers & Joyce Parr**



## WHARF TO WHARF - 2016

### PRE-RACE DINNER



Carmen Robles & Tonny Okello



Carmen Robles & Nancy Wilburn  
with the elite athletes



Greg Hales and  
Monica Ngige & Gladys Kipsoi

### RACE DAY MORNING - Taking the Elite Athletes to the Start



### Top Male Finishers



### Top Female Finishers



### TOP MALE FINISHERS:

ISACC MUKUDI	27:31
SILAS KIPRUTO	27:32
TESHOME MEKONEN	27:40
JOHN MURITU	27:47
PATRICK SMYTH	27:49

### TOP FEMALE FINISHERS:

RISPER GESABWA	31:34
MONICAH NGIGE	31:40
GLADYS KIPSOI	31:56
ALYCIA CRIDEBRING	32:17
ABNET SIMEON YESHANB	32:28

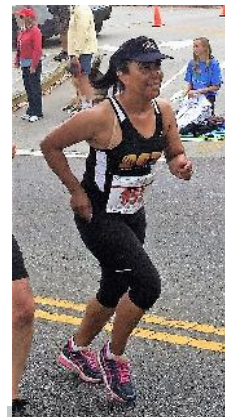




# MORE PHOTOS OF WHARF TO WHARF

(Courtesy of John Hofacre)

*Starting Lines, Page 7*





## AFFILIATED COACHING PROGRAM

*Starting Lines, Page 8*

Comments by Coach Greg Brock

This past season the Affiliated Coaching Program has really allowed the Santa Cruz Track Club to truly be a track club, and not just distance running. The high school league championships featured a lot of athletes coached by our affiliated coaches and myself.

MARI FRIEDMAN won the 1600 meters in 4:58.16, won the 800 in 2:18.76, and anchored the winning 4x400 (4:01.98), third fastest in CCS.

ANAYA WARD was second in 800 (2:19.90) and also ran on the 4x4.

CATE RATLIFF, was first 3200 in 10:39 and LILA ROAKE took fourth in 11:47.93, and MAYA DESMOND was sixth at 12:22.52.

CASSIE ACKEMANN, JULIE SWENG and SUMMER THOMAS all qualified for CCS in the long jump.

Two PCS athletes who really excelled in the Pole Vault are ERIKA MALASPINA, who reached 13'7", and COREY FRIEDENBACK at 11'6.25". Erika's mark was second in the State.

### SCTC POLE VAULT GIRLS



*Photo courtesy of Lee Malaspina and Joe Miyoshi*

The CIF State Track and Field Championships in Clovis California were attended by several local athletes, MARI FRIEDMAN, CATE RATLIFF, SAM SCHUBERT, CASSIE ACKEMANN and ERIKA MALASPINA, who placed second in the pole vault clearing 13'8". Erika will be attending Stanford next year.

Our whole league is very good, especially considering that we are a small schools league. The support of Wharf to Wharf and the Santa Cruz Track Club are contributors to this success. - *Greg Brock*

## SCTC YOUTH CROSS COUNTRY

Youth Cross Country began in August and meets every Monday and Wednesday at 4:30 p.m. at the Soquel High Track. Bring your older children (ages 7 and up) to join Coach JAVIER NARANJO for workouts emphasizing endurance and strength training.





## **NISENE MARKS 5K, HALF AND FULL MARATHON - JUNE 4, 2016**

The Santa Cruz Track Club has assisted with this triple layer event for several years, but each year is a unique experience. The full marathon is truly grueling. Anyone who has run up the fire road in Nisene Marks up to Sand Point and beyond, knows about the ever climbing switchbacks. This year a couple of brave souls from SCTC, **SYLVIE MAXWELL** and **GRAHAM KING** ran the full marathon. It seems astonishing that Graham would run another marathon 13 days after having just ran his first ever marathon (Surfer's Path), but he said that he enjoyed it so much, that he decided to do it again. He may be hooked on distance running.

### **Peter Fish gives instructions to the half marathoners**



**Runners gather for the start of the full marathon**



**The half marathon begins**

### **5K Race**



**DIANE DELUCCHI** and **OLOF HELLEN** lined up for the 5K. Diane took Second in her age division and Olof was First in his. **SYLVIE MAXWELL** placed First in her age division in the full marathon. **GRAHAM KING** was 9<sup>th</sup> Overall in the full marathon. Way to go SCTC!

This running event is a hometown gem that was established many years ago by the Santa Cruz Host Lions with the help of SCTC to benefit the community and the Advocates of Nisene Marks.





## NISENE MARKS 5K, HALF AND FULL MARATHON



**Sylvie Maxwell**  
Full Marathon  
First in Age



**Adam & Dale Kerr with mom and dad**



**Thank you to the Advocates!**

SCTC has the best race volunteers ☺

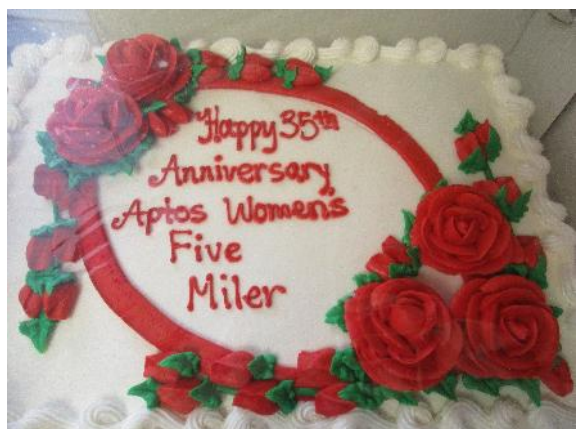


**The Dusty Bottoms Trail Runners**  
come over from Modesto every  
year to run this race



## **APTOS WOMEN'S FIVE MILER**

**35<sup>TH</sup> ANNIVERSARY - June 12, 2016**



WOMEN love to celebrate anniversaries, and this was a special one to the local female runners of our community. The anniversary was a reunion of the women who brought running to Santa Cruz. The picture on the right, taken at the start of the race, shows multiple generations of women who are making a difference in the way women perceive themselves and are embracing the joy of running.

The founders of the Aptos Women's Five Miler, original Race Director, **GAIL GOETTLEMANN**, and her friend, **JEANNE DAWSON**, were present this year to witness their living legacy. These women paved the way for others. **NANCY DITZ MOSBACHER**, the original winner of the race 35 years ago is still running. After the original race in 1971, Nancy went on to be a US National Champion in the marathon and competed in the 1988 Olympics. We were honored to have Nancy back this year on the starting line. It was also a pleasure to see **KATHERINE BEIERS**, a local legend, who just recently finished her 10<sup>th</sup> Boston Marathon and continues to inspire us. **MICHELLE KERN** and **MARGARET FAHL** were at the start sporting their new singlets for a recently formed women's running club, Arete. Michelle and Margaret have evolved into amazing athletes and have taken the sport of women's running to a new level.



**Start of the Aptos Women's Five Miler**

The Aptos Women's Five Miler is a celebration of how far women have advanced in this sport in such a relatively short period of time. In fact, our local race pre-dates the first official acceptance of women into the Boston Marathon in 1972. Now, in 2016, 45% of the finishers at the Boston Marathon were women.

Women are advancing and picking up the pace!

*More photos on next page*





**Becky Lavelle**

As an historical side note, local runner **PAT SMITH** held a long history with this race and came out with her family for several years. Pat was an older runner at the time (70+), but she always brought cheers when she crossed the finish line. Sadly, Pat is no longer with us, but her daughters Sara and Laura have kept on the tradition. Laura and Sara ran as a Sisters team, and this year **SARA SMITH** was in the 70+ age division.



**Margaret Fahl**

**MARGARET FAHL** flew down the hill to finish the race in 34:44, placing Third Overall. **KATIE GOTT** took Fourth Place in a time of 34:53, and **MICHELLE KERN** was Fifth with time of 35:12.



**Katie Gott**



**Michelle Kern**

Below **KATHERINE BEIERS** receives an award for First Place in the 80+ age division.



**Katherine Beiers**



**Congratulations to our first three finishers  
Becky Lavelle, Sarah Meyer & Margaret Fahl**

*More on next page . . .*



## APTOS WOMEN'S FIVE MILER

(Continued from previous page)

### Team Competitions

The race featured a new team competition this year. Beside the usual Mother/Daughter and Sisters teams, a new "Friends" division was created. **MARGARET FAHL** and **MICHELE KERN** were the winning Friends team with an overall time of 1:09:56.

The competition was fierce among the Sisters teams. The Cohen Sisters consisting of **SARA TANZA** and **MELLISA McCONVILLE** won the division in a total time of 1:13:52. **KAREN SANDERSON** and her sister **JUDITH SANDERSON** took Second place. Karen was particularly happy with her race as she also took Second in her age division, plus her husband bought the winning grand prize raffle ticket. (see below)



There was a total of nine Mother/Daughter teams this year. This category exemplifies the history of this race - - passing on the joy of running to the next generation.



**LAURA CHIORELLO** has put her heart and soul into this race for many years. For the past several years, she has donated a unique homemade quilt as the grand raffle prize. The money earned from the sale of the raffle tickets will be shared with the Advocates of Nisene Marks for their stewardship of the forest.

*One more page of photos, including a rather unusual team . . .*



## THE APTOS WOMEN'S FIVE MILER



**Toni, our course sweeper with Race Director, Laura Chiorello**



Once again a mysterious team snuck into the race. These runners may wish to remain anonymous, but they are good sports to join in on the fun.

Greg sure nailed the bad girl look, but Larry will never make an attractive woman, and Olof, the pigtails are cute, but sorry, your shoes don't match.



## RACE REPORTS

SCTC has been a part of the annual **Mother's Day Race** to benefit the Pajaro Valley Shelter Services for several years, and this year former SCTC runner and world rowing champion **JUDY SAMBRAILO** was the Race Director. SCTC came out in force, both as runners and volunteers.



**Margaret Fahl takes the lead**



**MARGARET FAHL** ran both the 5K and 10K, and was First Woman Overall in both events. What an amazing runner!

### SCTC RUNNERS 5K

GINA OLIVAREZ,  
1-A

MARGARET FAHL, 1-A, 1-OAW, 3-OA

MICHELLE KERN, 1-A

JOHN KANE, 1-A

### 10K

MARGARET FAHL, 1-A, 1-OAW

DANNY LONG, 1-A

### SURFER'S PATH MARATHON - CAPITOLA HALF MARATHON

This was **GRAHAM KING's** first marathon which he finished in 3:43:46. Not bad for a first attempt. Graham spent several hours of trail running to prepare for the race. **BEN**

**YOKEL** reported that he had a 19 minute PR in the full marathon by finishing in 3:35:36, and placed First in his age division. Whoo Hoo! **TISH BERTINO** and **SUSANNE COCHRAN** ran the half marathon and sent the above photo to *Startling Lines*.



**TONI CASSELBERRY** is our ever ready bunny who is hopping across the US running a marathon in every state. Since the last edition of *Starting Lines*, Toni has ran seven more marathons in Delaware, New Jersey, Vermont, New Hampshire, Connecticut, Michigan and Indiana. She has Nebraska on her radar for October and will hit both Virginia and West Virginia in October.



**JEFF KIRK, KATHLEEN BORTOLUSSI** and **LIVIA PERAS** ventured over to the College of San Mateo to run in the **USATF Pacific Masters Track & Field Regional Championships** on

June 5<sup>th</sup>. Jeff won the 1500 meters in a time of 4:59 and Livia placed second in her age group in the 800 meters with a time of 3:03.



**Jeff Kirk wins the 1500 meters**

The Ultra Guys **MIKE WRIGHT** and **JON BEARD** take their running a little farther. Mike and Jon went down to San Diego in June to run the **Lake Cuyamaca 100 Miler**. The race was in the high desert in hot weather, and Mike said it was a brutal challenge. Mike stuck it out and finished the 100 miles in 30:41:50. Jon (perhaps the smarter of the two) withdrew at mile 55. Still, this hasn't stopped them from planning their next endurance run - a Fall running tour of the Grand Canyon, Zion and Bryce.





## RACE REPORTS

### SUPERHERO



**Liisa Miller & Jeff Soares**  
**SCTC Super Heros**

**THE SUPER HEROS OF SCTC** came out on Father's Day to Nisene Marks for the **Super Hero 5K, 10K, 15K** presented by Fleet Feet Sports. **JEFF SOARES** showed the men how to run the 5K by leading the pack and finishing First Overall in a time of 19:48. Jeff truly does know how to fly! **MICHELLE KERN** was Second Woman Overall in the 5K. **LIISA MILLER** took on the longer distance of the 15K and she finished First Woman Overall. Liisa is superstar! **TIMI SUTTON, SUSANNE COCHRAN** and **LYNN SANDERS** also ran in the 15K. Congrats to all our super heros!



**Greg at Tahoe Rim 50**

**GREG HALES** has officially stepped over to the "dark side" and is joining the ranks of ultra runners. Greg completed the **Tahoe Rim Trail 50 Endurance Run** on July 16, that featured a brutal uphill climb. The race started at 7,500 feet elevation and climbed to 9,000 feet in 2.5 miles, but Greg kept on trucking.

## FIRECRACKER 10K, 5K

The Fourth of July brings us the "Thrill of the Hill" Sunshine Rotary's patriotic challenge to run through the hills of Pogonip. **JEFF KIRK** and his friends at the Rotary put on a fantastic race that was enjoyed by several runners from SCTC.



**Jeff Soares**  
**First OA Age-Graded Male**

**JEFF SOARES** and **LIISA MILLER** took the podium again as First place age-graded male and female in the 10K, which is a true testament to what superb athletes they truly are. The following race results were reported to SCTC.

<b>5K</b>	CHRIS NESTLERODE	18:52	1-A
	JEFF KIRK	19:11	1-A
	ISABEL SANCHEZ	20:04	1OAW
	MARGARET FAHL	20:27	2OAW
	MICHELLE KERN	20:29	1-A
	MARY WRIGHT	21:09	1-A
	ARTURO RODRIGUEZ	21:48	1-A
	LIV HERDMAN	23:43	3-A
	JOHN KANE	25:30	2-A
	CARMEN DeREGO	28:40	
<b>10K</b>	SCOTT McCONVILLE	38:43	3-A
	JEFF SOARES	39:54	1-A
	KEVAN CHU	39:55	2-A
	JAKE CHAPNICK	40:54	2-A
	STEVEN OCCHIPINTI	43:32	1-A
	LIISA MILLER	43:50	1-A
	ED ACOSTA	44:08	3-A
	BEN YOKEL	47:43	2-A
	JOSH MADER	48:28	
	JOSE SANCHEZ	51:31	
	TIMI SUTTON	52:58	3-A
	LETICIA HERNANDEZ	53:44	
	LIZ DEVITT	54:53	
	RICH LARSON	58:45	
	LYNN SANDERS	59:42	3-A
	KAREN SANDERSON	1:01:30	
	DANNY LONG	1:02:01	1-A
	JEFF BEAN	1:08:36	



## RACE REPORTS

*Starting Lines, Page 17*



### JUNGLE RUN HALF MARATHON AND 10K

A big roar goes out to **LARRY BERG** and his entourage of ladies who headed over to the jungles of Los Gatos for the

Jungle Run in mid-July. **TISH BERTINO** and **SUSANNE COCHRAN** also ran the half marathon, and **KATHERINE BEIERS** joined the group to run the 10K. It was also Katherine's birthday, and of course, she placed First in her age division!



**Hunny Kershaw**

**HUNNY KERSHAW** never seems to stop. She is always on the go, go, go. She ran the **San Francisco Half Marathon** on July 31, and also ran the **Sea Wheeze Half Marathon** in Vancouver on August 12, which features not only a half marathon, but a full weekend of fitness activities and yoga training. The race is sponsored by Lululemon so the shopping was good too.

### LOS GATOS ALL COMERS MEETS

A couple of our speedy runners participated in the Los Gatos All Comers Meet on August 16. **NORMAN CORNWELL** ran the 800 meter race in a time of 2:58 and **DAVE GONZALES** took on the 5,000 meter race, finishing in 17:57.

**TOM BREKKA** reported that he finished the **Sandman Triathlon** on August 21 in a overall time of 1:38:20. This was a PR for Tom and he was First in his age division. Check out the cool trophy he received.



**Tom Brekka**

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**MORE CROSS COUNTRY PHOTOS** - Jeff Soares submitted these photos taken at the **Phil Wildner Empire Open** in Santa Rosa on August 27.



**Coffee & food after the race - the best part!**





Previous  
**Running Joke Cartoon**  
CAPTION CONTEST



(Gold) - "What Rover lacks in speed, he makes up for in accessories." by Dan Figueroa

(Silver) "Running like a gazelle's 'NO SWEAT'...for some of us! " by Ken Hargrave

(Bronze) - Fido often considers going back to the four-legged bare foot method. by John Hofacre

This Issue  
**Running Joke Cartoon**  
CAPTION CONTEST



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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 2016 John Hofacre  
[www.facebook.com/RunningJokeCartoon](http://www.facebook.com/RunningJokeCartoon)



## The Davis Moonlight 5k

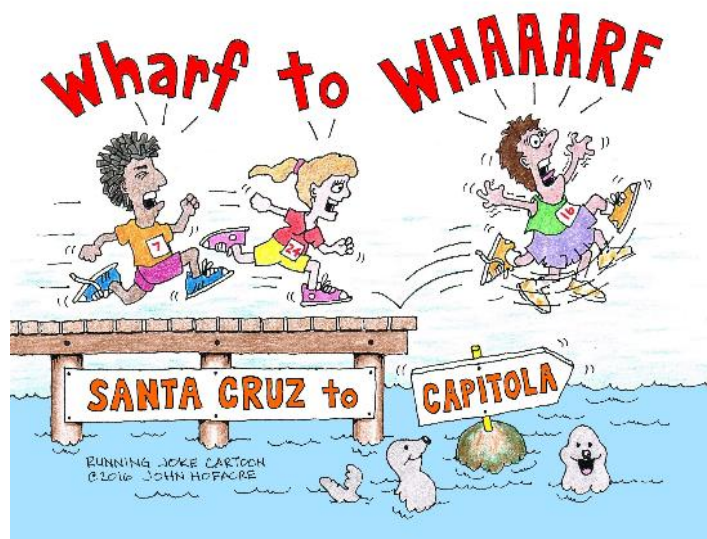
By John Hofacre

I lived in Davis, California many years ago and for the last four years I have returned, in July, to run the **Davis Moonlight 5k Run**. I pass on their 10k & half marathon... too darn hot! It's one of my favorite races because they have a 'running cartoon cow' as their logo (usually on the t-shirt) and crazy Running Cow (Glow-in-the-Dark!) Age Group Medals!! I was lucky enough to win one this year... again helped by being in an "older" age group. Some people pronounce it the MOOOOnLight Run (because of the cow). Since I've gotten to know A Change of Pace Foundation (race organizers)... I drew a cartoon that they featured on their facebook page. The start time is 7 o'clock... in the evening... yes, PM, so runners, in the longer races, literally finish in the "moonlight"... many wearing glow rings (as seen in the cartoons). ▣



As many of you know, John Hofacre also does a cartoon for the Wharf to Wharf every year that is printed in the Santa Cruz Sentinel prior to the race. In case you missed it, here it is . . .

RUNNING JOKE CARTOON  
www.facebook.com/RunningJokeCartoon



The RESULTS are in! Here are the winning (and clever) captions from the Wharf to Wharf Caption Contest... as seen in the actual printed newspaper. A big THANK YOU (from me, John Hofacre) to all the enthusiastic (and zannnnny) people who sent captions. Also a heartfelt thank you to the Santa Cruz Sentinel newspaper and the Wharf to Wharf organization for allowing me the opportunity to contribute my cartoon. In honor of the 44th Wharf to Wharf Race, the Santa Cruz Sentinel newspaper asked readers to come up with the best caption for the cartoon. The following are the top 5 winners, as voted on by the Sentinel staff.

1. "For thrills, shrills and occasional chills"
2. "Well, they did say free water for all contestants."
3. "I told you this wasn't a PokeStop!"
4. "Donald Trump's holding a rally in Santa Cruz!"
5. "Seal ya later!"



**RON GOODMAN** created **Run by the Sea** as a fundraiser for the development of a coastal rail trail between Santa Cruz and Davenport. With the help of Bike Santa Cruz, the Friends of the Rail Trail and others, the race, now in its fourth year, and has grown tremendously in a short period of time. SCTC has been there from the beginning providing assistance and volunteers. This year, **LARRY BERG** and **PETER HUEMER** were an integral part of the race by taking the helm at the computer logging in the race results. Thanks guys for taking on this all important task!



Peter & Larry - Run by the Sea Racetimers



Chris Nestlerode  
First Place Overall



Tish Bertino helps at the Finish



Our Age Group Winners



Dave Delucchi



Rick Sinclair



Chris Nestlerode



Dave Delucchi



Thank you for reading this edition of *Starting Lines*. Happy Running!