

STARTING LINES

NEWSLETTER OF THE SANTA CRUZ TRACK CLUB
2017 - SUMMER EDITION



WHARF TO WHARF 2017



Coverage of the **Wharf to Wharf Race** inside this edition of *Starting Lines*. Photos from the race, pre-race dinner and after race party. A wonderful community event and a great SCTC weekend!

IT'S CROSS COUNTRY, TIME TO GET DIRTY!

SCTC sponsored the first race of the **USATF Pacific Cross Country Grand Prix Series** at UCSC on August 19. There was a strong turn out of runners representing our Club and everyone enjoyed the experience.

There is still time to come out to try one or more of the races. The races are held in parks and other beautiful places in the Bay Area. You must be a member of USATF and can register at <https://www.pausatf.org>. Contact Jeff Soares if you want to get on the email list for carpooling. More details are available at our website: <http://www.santacruztrackclub.com/adult-cross-country.html>





A LOOK BACK AT SUMMER

Editor's comments by Sue Dunn

After putting together the Spring edition of *Starting Lines* (which ended up being 24 pages), I promised Peter Huemer (our Web Master and my publisher) that I would not create such a monster project for him with the Summer newsletter. Well, it looks like I have broken that promise. After an incredibly active Spring, SCTC continued to run, play and party our way through the Summer too! We had so many fun races. Trying to track and record members' race results posted on Facebook because an impossible task shortly for me after the beginning of July. There were simply too many to follow. My apologies, but I ran out of time and energy just sitting at a desk. I can't even imagine how others keep up.

We had some wonderful celebrations this Summer too, from casual backyard potluck parties to the celebration of a lifetime achievement for one of our members that included a proclamation from the Mayor. There is never a dull moment for this group.

I hope you will enjoy reliving the events of the Summer through the photos and stories contained in this edition of *Starting Lines*.

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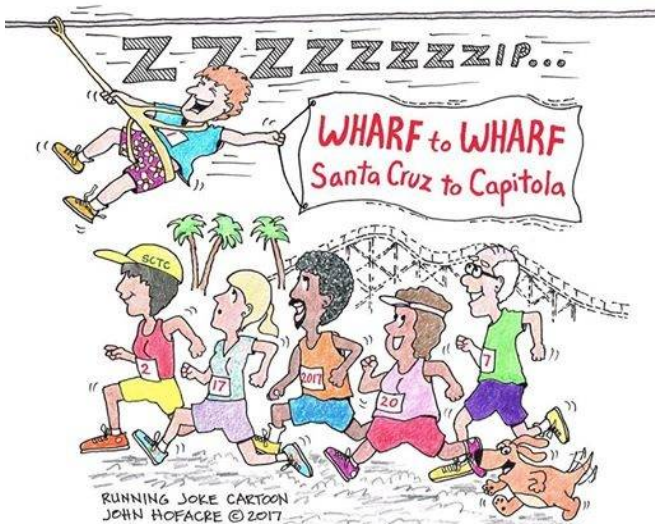
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SCTC Women's XC Team at UCSC

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 a 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.

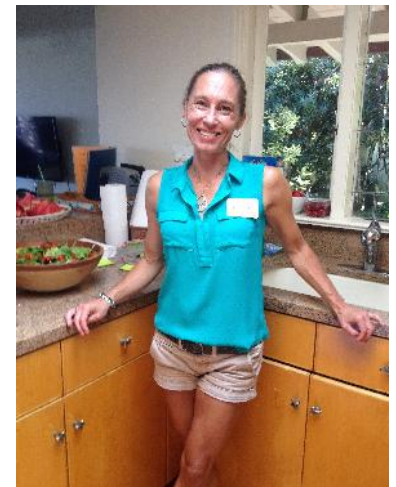


WHARF TO WHARF 2017

It was another fantastic year for the Wharf to Wharf and SCTC's involvement with the race. The Track Club started preparing for the race in June with on the course workouts lead by JEFF SOARES and the stuffing of 16,000 race envelopes by SCTC, friends and family.

SCTC also coordinates the Race Mate Program by hosting world class elite runners in our homes. The Program is becoming ever more popular and Wharf to Wharf had a record number of elite athletes applying for the race. The word is out across the globe that this is a great race and friendly people. It is wonderful experience to meet the elite runners, whether from Kenya or the US or elsewhere, and share their joy.

The Race Mate Program provides a pre-race dinner where the elite runners get their bibs and last minute instructions about the race. MARGARET FAHL prepared all the food in advance and spent days of preparation so that all came off flawlessly the night of the dinner. It was nice seeing some of the returning athletes and also meeting a few new runners this year. MONICAH NGIGE, who placed Second in last year's Wharf to Wharf returned with her coach OWEN ANDERSEN. SILAS KIPRUTO and TESHOME MEKONEN were also returning. SIMION CHIRCHIR, BUZE DIRBIA and MARA OLSON (all who later placed) were new to the race. Each of these athletes not only had a great showing at the Wharf to Wharf, they also had the fun experience of getting to know the local people and staying in our homes.



Margaret Fahl
Our fabulous dinner chef



Race day provided cool skies and lots of smiles. *Starting Lines* was able to capture a few photos from the race and many others did too. Thanks for sharing your photos on facebook! See next page for a select few.



WHARF TO WHARF 2017



**Teshome Mekonen, Simion Chirchir &
Silas Kipruto**



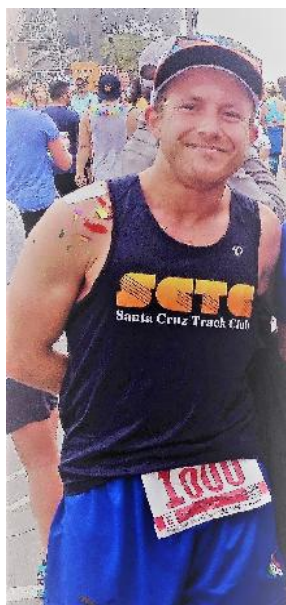
**Buze Dirba, Monicah Ngige, Mara Olsen &
Samantha Silva**



**Nikki Hiltz
Top Local Finisher**



SCTC hanging with the elite athletes



WHARF TO WHARF AFTER PARTY

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Nancy Wilburn - Our Hostess

THANK YOU TO NANCY WILBURN for providing her home for the after race party. Nancy also hosted a couple of the Kenyan athletes and provided them with all the comforts and luxuries of Santa Cruz. The post race party had an extra bonus of signing up for a 15 minute message by Erin Brummett of Kinetic Health, plus there was food aplenty!



SCTC YOUTH ALL COMERS MEETS

When school is ending, just before Summer begins, the SCTC Youth Track & Field workouts wrap up with a series of All Comers Meets. This is the time for the kids to test the skill, strength and endurance that they developed during the Spring workouts. The All Comers Meets are a huge hit! The kids love the friendly competition and they also love collecting the colorful ribbons that are handed out after each event. TIMI SUTTON, the official “Ribbon Monitor,” and her team of volunteers were very popular at the meets. Thanks to our coaches LAURA CHIORELLO and JAVIER NARANJO for another great season.



**Coach Laura Chiorello
Eric Gentry, Timi Sutton & Joyce Parr
“The Ribbon People”**



AFFILIATED COACHING PROGRAM

SEASON WRAP UP

By Coach Joseph Y. Miyoshi

Coach Joe Miyoshi is often seen at the Soquel High School Track with his star pole vaulter athletes. It is always amazing to watch these determined youthful athletes as they learn to test their limits. Below are Coach Joe's highlights on three outstanding student athletes that he has worked with this year through the Affiliated Coaching Program.

Laurel E. Wong, a sophomore pole vaulter/sprinter and long jumper at Santa Catalina High School in Monterey had a banner year in 2017 starting with winning her division at the Reno indoor pole vault summit, setting a personal best and a new school record at 12'-6", followed up with a gold medal at the Arcadia Winter Championships and another PR /PB of 12'-10", a meet & school record. Laurel continued her season with first places at: the Santa Cruz County relays, the K-Bell Classic, Avis/Kelly Invitational, Don Christopher Classic, MTAL Frosh/Soph Championships and the Bill Kearney Invitational. Laurel placed 2nd at the Stanford Invitational and 3rd at the Spring Arcadia Invitational, setting another PR/PB of 13'-2", (fourth all-time in CCS history) and another school record. She went on to win her MTAL league title in the pole vault at 12'-9", the long jump, (17'-8" a new school record), ran a winning leg on the girls 4x100m relay, setting a new school record of 49.05 sec. and taking second in the 100m dash in 13:01sec. Laurels 2017 season concluded with winning the CCS Championships at 13'-00", qualifying her for the CIF Calif. State Championships in Clovis where she received a medal for 5th place in the state. Laurel then qualified for the USATF Junior National Championships in Sacramento, vaulting 12'-9.50" to take 4th place in the nation, competing against the nations top high school and collegiate freshman vaulter's, she is currently tied for 1st in the state of Calif. in the pole vault. Laurel has been a SCTC youth/junior member for three years and is looking forward to her junior year.

Avery Blanco is a junior at Santa Catalina High School, an extremely versatile multi-event athlete, competing in the pole vault, sprints, long jump, high jump and triple jump. Avery has a PB/PR of 10'-3" in the pole vault, 36'-2.5"(a school record) in the triple jump, 5'-00" in the high jump, also runs the 3rd leg on the winning 4x100m relay and the 200m dash. She has won the triple jump at the: 2017 Santa Cruz county relays, MTAL Time Trials, the Don Christopher Classic, Bill Kearney Invitational, MTAL Cluster meet, Peninsula Invitational, Soquel Invitational and was MTAL League Champion. In addition, Avery finished 4th at the K-Bell Classic, 6th at the Top 8 Classic and 10th at the Arcadia Invitational in the triple jump. Avery has been a youth/junior SCTC member for over 3 years and is looking forward to her senior year.

Delaney Ezeji-Okoye, a freshman at Monte Vista Christian School is a pole vaulter (11'-00") a sprinter, running the anchor leg on the 4x100m relay, the 100m (12.85sec.) the 200m (27.86sec.) and the anchor leg on the 4x400m relay. Delaney placed 2nd in the nation in the pole vault at the 2016 Junior Olympics in Sacramento as an 8th grader in 2016. As a freshman in 2017, she set a new freshman and school record in the pole vault at 11'-00". Her freshman season record includes: 3rd place SC County Relays, 5th place K-Bell Classic, 3rd place Don Christopher Invitational, 4th place Avis Kelly Invitational, 3rd place Bill Kearney Invitational, 4th place Los Gatos Top 8 Classic, 6th place Arcadia Invitational, MBL League Champion in the pole vault and a CCS finalist. Delaney has been a SCTC youth/junior member for 5 years and is looking forward to her Sophomore year.

All three athletes have continued their technical/training/competition throughout this summer and fall in anticipation of having a great 2018 season.

AFFILIATED COACHING PROGRAM

SEASON WRAP UP

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By Coach John Rembao

Coach Rembao is very proud of his high school athletes and he has good reason to be. John submitted the following information to *Starting Lines* about two of his star prodigies.

Cassie Ackemann, Senior, San Lorenzo Valley High School, Santa Cruz Track Club

The high school Senior [won 20 of 24 jump competitions](#) (long, triple, high jump) and 12 of 14 high jump competitions. She [led the Santa Cruz Coast Athletic League](#) (SCCAL) in the long, triple, and high jump, and was in the top three in the 100 and 200 meters. During the season she broke the Santa Cruz County Record twice, [5'10" at the Knights Invite](#) and [5'11" at the Golden West Invitational](#) (7th on the all-time Golden West list). This list includes athletes who have become NCAA all-Americans and champions, World Championship and Olympic qualifiers. Cassie was the [SCCAL Champion in the Long, Triple, and High Jump](#) for the second year in a row, winning her second Bob Enzweiler Award - Outstanding SCCAL Athlete Award - for the top scoring athlete in the league championships. From the league championships, she went on to win the Central Coast Section championships in the high jump for the second year in a row. She also was third in the triple jump qualifying for the state meet and anchored the [County Record setting 4x400m team](#). Besides her athletic prowess, Cassie maintained a 4.33 GPA and was selected by the [Santa Cruz Sentinel as the County Scholar-Athlete of the Year](#). Cassie will be attending Southern Methodist University in Dallas, Texas, where she received a full athletic scholarship and will study in one of the top undergraduate business schools in the nation.

Elizabeth Patterson, Professional Track Athlete, Santa Cruz Track Club

Liz came to Santa Cruz in the fall of 2012 to turn around her career. In 2016, she hit the Olympic Standard of 6'4" at the Kawasaki Meeting in Japan. At the 2016 US Olympic Trials, she just missed making the Olympic team by one qualifier. In 2017, Liz bounced back to hit the World Championship Qualifying Standard of 6'4¼" at the Mt. SAC Invitational in Cerritos, California. On June 23, at the USA Track & Field Championships, Liz jumped 6'3 ¼" to place second. Having already hit the qualifying standard this put her on her first World Championship Team. Additionally, Liz was selected to be a part of the Summer Town Track Series, representing the Surge team, which competed in Portland and New York against three other teams. She helped her team take second place in the series. As a part of Team USA, she will compete in London on August 10 for the qualifying round. The finals will be August 12th.



INTRODUCING SANTA CRUZ TRACK CLUB PLUS

The Santa Cruz Track Club now has a separate men's running group coached by the legendary Dan Gruber held at 6:00 p.m. on Tuesdays at Aptos High School. The group consists of male athletes who are able to meet the following standards:

<u>Open</u>		<u>Masters</u>	
Mile	sub 5:00	Mile	sub 5:30
5K	sub 17:00	5K	sub 19:00
10K	sub 35:00	10K	sub 40:00

Membership includes a cool new racing singlet and all other benefits of SCTC. Contact Greg Hales or attend a workout if you are interested.

NEVER FORGET

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FIRST RESPONDERS MEMORIAL RELAY RACE

By Joyce Parr

Now in its third year, the "Never Forget First Responders Relay" was held May 7, 2017 in the Forest of Nisene Marks. The relay benefits the Fallen Officer Foundation. It is a nonprofit organization dedicated to providing support and financial assistance to the Santa Cruz County First Responders and their families during times of crisis and special need.

The teams consist of four runners. Each person completes two 5K distances in a relay to honor Santa Cruz County's fallen heroes. Team divisions were Fire, Law Enforcement and Corrections.

"Non-Sworn" teams were Probation, Dispatch, EMT, DA and Courts. They could also be support staff, retirees or family members. They offered the Santa Cruz Track Club two teams to run the relay: Joyce Parr, Sue Dunn, Diane Delucchi and Deby Amrhein being one team, and Greg Hales, Kevan Chu, Eric Gentry and Jeff Soares being the other.



SCTC Relay Runners

SCTC helped out with registration which is always amusing to see the creative and humorous team names. Some of them were "Not Fast but Furious", "We Run for Cops and Donuts", "Worst Pace Scenario", "When Do We Eat?", "Just Answer the Question" and "Where's the Finish?". The team that I was on had to quickly come up with a name which ended up being "Cuff Me".

As I warmed up before my first 5K leg, I ran up the hill out of Aptos County Park. Once there, I was greeted by at least 30 fellows from the South Bay Regional Academy. I tried explaining I was just warming up for the race but they kept cheering. Finally I stopped to let know that they were the best cheering squad I'd ever heard. It was surprising that each one stopped cheering long enough for me to speak to let them know. They seemed to enjoy my comment then proceeded to cheer even louder. It was a defining moment while feeling all their positive support.

Prior to the race, Zach Friend, Second District Supervisor for Santa Cruz County, spoke of many of the fallen officers dating back to 1925. Their names and EOW (End of Watch) were announced. It's always a very moving and emotional experience for all who stand there with their team. The realization that these people put their lives at stake to help protect others was very impressive. Their work is challenging and diverse every day, keeping our county safe.



Deby & Dazy

In a lighter moment, Steve Drott, a Santa Cruz County Assistant District Attorney with a great sense of humor and quick wit, was announcing at the race. Before the race he asked if there were any volunteers to help start the fire on the barbecue, quickly adding that preferably it wasn't a fireman, as they are much better at putting fires out. The race went flawlessly and it was enjoyable watching the teams work together. Both of our Santa Cruz Track Club teams received medals which was a nice surprise. We felt very fortunate that we had the opportunity to run and help out at such a meaningful event.

MOTHER'S DAY 5K AND 10K

May 14, 2017

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Cheers to moms everywhere and especially to JUDY SAMBRAILO, Race Director of the Pajaro Valley Shelter Services' annual Mother's Day Run/Walk that always draws a crowd. The race is a major fundraiser for the Shelter and generously supported by the Watsonville community, both personal and business. SCTC plays a major role in the race from setting up the course to the final sweep and our team in blue was out there in full force.



SCTC also had several runners participate. ED ACOSTA took Second Place Overall in the 5K and RAMONA YOUNG was Fifth Woman Overall. JAVIER NARANJO placed Third Overall in the 10K. Whether running or volunteering, everyone had a good morning on Mother's Day.

5K RUNNERS

ED ACOSTA	2-OAM
RAMONA YOUNG	5-OAW
EVA ESPINOSA	1-A
ANA ENGLAND	2-A
MARYBETH EATON	4-A
OLOF HELLEN	2-A
NEAL COONERTY	3-A

10K RUNNERS

JAVIER NARANJO	3-A
DOUGLAS PRINGLE	4-A
MARLENE CARNES	1-A



PARTY AT KEVAN'S HOUSE!!



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HOORAY TO KEVAN CHU for starting the SCTC Summer with a lovely morning run from his house through Long Marine Lab and up into Wilder Ranch. Groups ran varying distances, and a few of us stopped for photos by the Lab's whale skeletons.

After our adventure, we all returned to Kevan's house to relax and chow down on a yummy spread of breakfast goodies, a variety of refreshments, and of course, a few games of bean bag toss. Thanks for the fun morning!



Let the games begin!



Happy Birthday to John Hofacre

NISENE MARKS HALF MARATHON, 5K - JUNE 3, 2017

FIRST TIME RACE DIRECTOR

By Jeff Soares

I was minding my own business after the March 22nd Wednesday night SCTC track workout when I heard our illustrious leader Greg Hales tells me that I am the race director for the upcoming Nisene Marks Marathon, Half Marathon and 5K.

I said I would be willing to do it and asked when the race was. “You have a little more than 2 months.” Hmmm, I have never been a race director before but I sure

have run a lot of races. “That doesn’t seem like a lot of time.” “Don’t worry, we will help you” Diane Delucchi told me. By the time I got home there was a highly edited video on Face Book of me saying only “I would be willing to do it.” I was locked in.

The first thing I did was contact the previous race director, who moved away from Santa Cruz and get the passwords needed for the Active.com site and the Gmail account. Then I had to figure out how to navigate the Active.com account. I was surprised at how detailed the Active.com account is and I started running reports to find out our financial status, shirts needed, age groups for medals, etc.

The head park ranger for Nisene Marks contacted me telling me that due to the storm damage on the fire road that the race would have to be canceled. This is due to emergency vehicles not having access into Nisene in case of an emergency. The next day during my daily run in Nisene, I took inventory of the damage. Besides the numerous trees that had fallen across the fire road and the mudslides that blocked areas of the fire road, part of the fire road itself had actually washed away. I contacted the ranger with a proposal. I asked him if they could cut the fallen trees and move them off the fire road, I would rent a utility (quad) vehicle that could get around the missing part of the fire road and the mudslide areas that emergency personnel could use on race day. He actually like the idea.



Diane Delucchi & Race Volunteers

Thanks to Diane Delucchi, we had a meeting with the Lions Club, who actually hosts this race and we gave them an update. I was very pleased with the meeting because I now had the names of the key players with the Lions Club. I contacted numerous companies hoping they would provide items for the race, food and stuff. Come to find out, almost all of the businesses require a request for their product at least 90 days in advance. Mind you, I took over as the race director with about 60 days’ notice. Thanks to GU, Technu, Fleet Feet Aptos/Monterey and the Santa Cruz Running Company who stepped up with great product for the race. I ordered the shirts, medals and bibs. I went shopping for snacks for the runners. Everything was looking pretty good!

(Continued on next page)

APTOS WOMEN'S FIVE MILER



The Aptos Women's Five Miler is a sweet local gem and personal favorite of several women who have ran the race over the years. Race Director LAURA CHIORELLO has been a part of the race for 17 consecutive years, both as a runner and now as the head lady in charge. Laura puts her whole heart into her duties as Race Director and does everything from clearing the Buggy Trail of poison oak to designing and sewing decorative wall hangings for the top overall finishers. Being that Laura is also a SCTC Youth Coach, this year she added a .5 mile kid's race. What a delight it was to see the children (and some parents) enjoying the benefits of running.



Hazel Dixon placed Second Overall



The Smith sisters, Laura and Sara, have stepped in for their mother who ran this race until she was in her 80s. Sara has carried on mom's tradition of being the oldest women runner and the both placed in their age groups. The SCTC ladies swept the course with many taking home hardware.



SCTC Ladies

See next page for more photos of the Aptos Women's Five Miler



Timi Sutton



Race Director Laura Chiorello & Liisa Miller, First Overall Finisher



Laura and Sara Smith



Hallie Anzalone

APTOS WOMEN'S FIVE MILER
(Continued from previous page)

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Tiffany Verbica



Carmen Robles, Joyce Parr & Sue Dunn

A huge cheer goes out to our sponsors and to JOYCE PARR for procuring so many awesome raffle awards and a generous cash donation from MID BAY FORD.



**THANK YOU TO OUR
VOLUNTEERS & SPONSORS**



Hazel & Wyatt Dixon



Kari, Erik & Peter Huemer



**Vivienne & Erik
compare medals**



CELEBRATING TONI CASSEBERRY DAY

IT'S A SUPER PARTY!!

Antoinette Marie Casselberry was given her own “day” by proclamation of Supervisor Ryan Coonerty on June 24th at a “super party” held in her honor. And, what a super party it was! It is doubtful that many *Starting Lines* readers do not already know Toni Casselberry. Those who do, know that she is a power punch of energy, charisma and vitality laced with Southern charm. Toni has ran a marathon in all 50 states and every continent. An article in the Santa Cruz Sentinel on June 22 covered the tour of her marathons and her inspiration for running some of the more remote marathons such as Antarctica (to see the penguins), Madagascar, Easter Island and Istanbul, Turkey. After having completed all 50 states and running around the world, what else is there to do but to sing, dance and celebrate with friends. Congratulations, Toni! Thanks for sharing your adventures and the Super Party.



RACE REPORTS



SCTC has been on fire this Summer! Everyone is out running and there are so many races, it is impossible for *Startling Lines* to keep up with you all. Here are just a few highlights of the Summer.

We have some tough guys in our Club. **JEFF KIRK** sent in the following results from **the Great Race** held in April. The 40th annual 4-mile foot race from Saratoga to Los Gatos. SCTC had a great day, with 4 of the top 11 runners (out of 1236 finishers) and all 5 in the top 10%. The results also include an age-graded percentage. Good job, Guys!

Place	Name	Time	A/G %
5	Christopher Jones	22:54	75.04%
7	Jeff Soares	23:18	84.84%
8	Chris Nestlerode	23:25	72.17%
11	Jeff Kirk	24:09	84.61%
121	Arturo Rodriguez	30:55	71.54%

ERIC GENTRY is proving to be a very good runner. He took on the challenge of the **Big Sur Marathon** in April and reported that he finished with a PR. Eric placed Third in his age division and completed the marathon in a time of 3:15:10. Eric has also been an amazing volunteer with SCTC events and the Youth All Comers Meets.

JEFF SOARES and **KEVAN CHU** showed the Police Department how to run at the **Hollister Police Foot Pursuit 5K** on May 13 by placing Second and Third Overall. Perhaps the police should join SCTC.

SURFER'S PATH HALF & FULL MARATHON

May 20, 2017 - This race was very well attended by SCTC. We had so many awesome runners in the half marathon, lead by **STEFANO PROFUMO** who was Second Overall with a time of 1:19:08.



Congratulations to **CAT HERNANDEZ**, **CARMEN ROBLES** and **HUNNY KERSHAW** for their performances at the **Surfer's Path Half Marathon**. Carmen placed Fourth in her age division. **DEBY AMRHEIN** also ran the half marathon and placed Seventh in her age division. These ladies have been training hard and fast this Summer. Congrats to all who ran this race!



Leticia "Cat" Hernandez, Carmen Robles and Hunny Kershaw

Speaking of hard training women, the "Moms" from Watsonville have been very consistent at the Wednesday night workouts, and in their races. On May 21, several ladies headed up to San Francisco to take in the sights at the **Bay to Breakers**. (Sometimes you see more than you want to at this race, but it is always entertaining.) On the more feminine side, a few of them headed back to San Francisco on June 4 for the **Diva Half Marathon**. **SEPHORA FLORES** placed Sixth in her age division, and **EVA ESPINOZA** and **ANA ENGLAND** placed First and Third, respectively, in their age group.

CARMEN ROBLES and **CAT HERNANDEZ** were at it again at the **San Diego Rock n' Roll Marathon** on June 5. They reported that the weather was very humid, but they persevered to the finish line, and despite the humidity, Carmen placed Sixth in her age division!



RACE REPORTS

(Continued from previous page)

OLOF HELLEN jumped into a race while visiting Anchorage, Alaska and placed in his age division in the **Twilight Skinny Raven 12K/6K**. How cool is that!

Stephanie Lain

STEPHANIE LAIN brought home the gold for placing First in the 800 meters at the **USATF Championships** held at the College of San Mateo on June 4. Congrats, Steph!



For the fourth year in a row, SCTC member, **TIFFANY VERBICA**, placed First Overall among the women at the **Henry Coe Park 5K/10K** held on June 10. Tiffany is married to Henry Coe's great grandson, Peter Verbica, VP of the Pine Ridge Association at Henry Coe Park. The course was an out and back at beginning at the Hunting Hollow Trail head and with the rains earlier this year, runners splashed through the creek bed in multiple places.

Run in the Name of Love - June 18

This event held in scenic Carmel by the Sea is a unique opportunity to pay tribute to the special people in your life who have passed before you. The race was created by Susan Love as a remembrance of her deceased son. **JOHN**

**John & Beata Hofacre**

HOFACRE ran the race with his beautiful wife **BEATA** in honor of his sister, who was also named Susan. John's sister was a professor and Athletic Director at Robert Morris University, so this was a very fitting tribute. John placed Second in his age division. **DOUG PRINGLE** also participated in the race and placed Fifth in his age.

SCTC's super hero **JEFF SOARES** must have been wearing his super shoes at Fleet Feet's **Superhero Race** held on Father's Day in Nisene Marks. Jeff placed First Overall in the 10K in a time of 37:52.

Congratulations to **CHRIS NESTLERODE** and **TIFFANY VERBICA** for their fine performances at the

San Lorenzo River Run held in the Coastal Redwoods on June 24. Chris placed First Overall in the 10K and Tiffany was First Woman Overall.

JOYCE PARR did some family bonding with her daughter-in-law Jolene Pasquinnucci. Both ladies ran the 10K and Joyce placed First in her age division. Yahoo!!

Joyce & Jolene

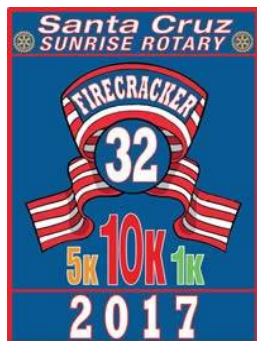
HAPPY FOURTH OF JULY - SCTC dominated the podium at the annual **Firecracker 5K/10K**. This race was taken over by the Sunrise Rotary Club several years ago and has become bigger and better every year thanks to the diligent work of SCTC member and Race Director **JEFF KIRK**.

**SCTC Runners at the Firecracker Race**

MARI FRIEDMAN, who came up through the ranks of SCTC's Youth Program, was First Overall Woman in the 10K. The race also featured age graded results in which Mari also placed First. **JEFF SOARES** was First Overall Male in the 10K age graded results. Check out the SCTC age group results listed on the next page.

RACE REPORTS

(Continued from previous page)


**SUNRISE ROTARY
FIRECRACKER RACE**

July 4, 2017

SCTC Age Group Results
5K

SARAH CARVILL	3-A	
HALLIE ANAZOLNE	5-A	
SHARON SCHAFER	7-A	
BEATA HOFACRE	6-A	
ERIC GENTRY	1-A	5-OAM
STEFANO PROFUMO	1-A	3-OAM
BENOIT PELCZAR	1-A	
ED ACOSTA	1-A	
JOSH MADER	2-A	
DOUG PRINGLE	1-A	
DANNY SHEN	2-A	
GARY KOHLER	6-A	
JOHN HOFACRE	1-A	
RICH LARSON	2-A	
OLOF HELLEN	2-A	

10K

MARI FREIDMAN	1-A	1-OAW
TIFFANY VERBICA	2-A	
CAT HERNANDEZ	1-A	
DEBY AMRHEIN	2-A	
LIZ DEVITT	4-A	
SUE DUNN	1-A	
LYNN SANDERS	2-A	
CHRIS NESTLERODE	1-A	3-OAM
SCOTT McCONVILLE	1-A	2-OAM
JEFF BEAN	13-A	
KEVAN CHU	1-A	
JEFF SOARES	1-A	4-OAM
RICK FERRELL	2-A	
STEVEN OCCHIPINTI	1-A	
BEN YOKEL	2-A	
WILLIAM MENCHINE	3-A	
ROGER KERN	1-A	


Photos by Rick Nolthenius

Running in Scotland

By John Hofacre

The Running Joke Cartoon in... Edinburgh, Scotland! My daughter and I were attending a music camp. (If cartoons aren't humorous enough... we play the ukulele). When traveling, I give local running stores copies of my "The End is Far" book. Turns out... Edinburgh has a very active running community and, in July, I visited two stores near our city center hotel.



1) 'Run4It' has cool shoe tread doorhandles and logo/sign. They loved the cartoons and, in turn, gave me a copy of the guide "RunABC-Scotland (www.runabc.co.uk). They also have shops in Aberdeen, Glasgow, Inverness, Dundee and Bridge of Allan. www.run4it.com/edinburgh-run4it-running-shop

2) 'Run and Become', is a family owned business, inspired by Sri Chinmoy, with three stores (one in London). www.runandbecome.com/edinburgh. It felt great that both thought the book cartoons were fun and unique.

Two owners (sisters), of 'Run and Become', befriended and invited me to their weekly Wednesday evening run in the Meadows Park... at the foot of the Edinburgh Castle! On July 19th, I joined their 2 mile event. It was low-key, hand timed, no t-shirts or swag... and cost only \$3... mostly to cover snacks at the finish. It seemed more of a community building event than serious racing... although many of the 60+ runners were darn, darn fast... from running clubs with fitting names like Jog Scotland, Glasgow South and Hunters Bog Trotters. My enthusiastic fellow runners were happy to gather round for a group after-run photo with the cartoon runner guy... all the way from California! They welcomed me in as if I were already a part of their group. I find this true with the running groups that I meet... all over the world..

www.runandbecome.com/ra.../edinburgh-sri-chinmoy-2-mile-190717

www.facebook.com/RunningJokeCartoon



2017 Wharf to Wharf Captions by John Hofacre

!!! ZIP, ZAP, ZOWIE... CAPTIONS !!! The Wharf to Wharf Cartoon Caption Contest results were printed in the Santa Cruz Sentinel newspaper! Congratulations to the winners and a Grand 'Thank You' to all the creative participants. It has been my honor that the Sentinel and the Wharf to Wharf Group have graciously included the cartoon for the past 6 years. The cartoons have always meant, through our triumphs and foibles, to bring us together and enrich our understanding and appreciation of each other. Remember... you too can have 5 seconds of fame by submitting a caption to the SCTC Newsletter cartoons.