



### TURKEY TROT 2014



#### TURKEY TROT 10K

The 2014 Turkey Trot was under way beneath rainy skies, but no one seemed to mind. In fact, it almost seemed as if the runners came out to celebrate the arrival of the long awaited rain that we had desperately needed. The 1K Kid's run brought out children of all ages who were excited to run and play in the rain. It came as no surprise that JIM RATLIFF was the overall winner of the 1K. The Ratliff Family was well represented at the Turkey Trot. JOHN RATLIFF ran in the 5K, placing Second overall, and his father CHRIS RATLIFF took on the longer 10K. Both father and son were First in their age divisions. Other SCTC runners also had remarkable results and several placed in their age divisions. GINA OLIVAREZ, who is a newcomer to SCTC, surprised herself by placing First in her age in the 10K. DEBBIE DILL also ran the 10K and took First in age. ALEX VAGO ran the 5K, receiving First in his age division. Congratulations to all SCTC runners. See inside for SCTC race results and photos from the Turkey Trot.



**ANNUAL REGISTRATION - January 14, 6:00 p.m. at Soquel High School**  
or register online at:

[www.santacruztrackclub.com](http://www.santacruztrackclub.com)

**AWARDS BANQUET - January 31, 6:00 p.m. at Severino's Restaurant.**

Leave the running shoes at home, and bring your dancing shoes instead. Awards will be given out to our outstanding performers of 2014 and other fun categories. It is a great time to mingle with club members, reflect on the past year, and share our future goals.

**SUPER BOWL 10K, 3K AND 1K -**

**February 1.** Same course as the Turkey Trot along West Cliff Drive. This is a good way to compare your times or get a starting point for 2015. All runners get a tee shirt with the helmets of the competing Super Bowl teams. A great race to run and wear your shirt afterwards while watching the game.

### WOMEN'S XC CHAMPIONSHIPS AT GOLDEN GATE PARK



More inside - Ray's Race Results, fun articles, youth report, survey results and photos abound.



# SCTC TURKEY TROT

Starting Lines, Page 2

EDDIE STRNAD of Redondo Beach was the First finisher of the 5K, keeping a steady lead with a 5:02 pace and finishing in an overall time of 15:37. Our own JOHN RATLIFF took Second place, clocking in at 17:26, which is quite amazing since John only is 14 years of age. The First place finisher in the 10K was THERON CARMICHAEL of Santa Cruz. Theron finished the 10K in a time of 33:13 and was quite pleased with his achievement. The male and female first place winners all went home with Thanksgiving turkeys donated by Whole Foods.

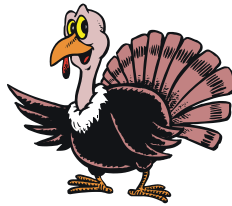
## SCTC RACE RESULTS

### 5K WOMEN

MARGARET FAHL	1-A	20:28	6-OAW
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### 5K MEN

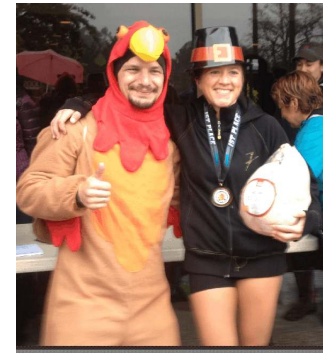
JOHN RATLIFF	1-A	17:26	2-OAM
JEFF KIRK	1-A	19:07	
ANDREW CREELEY	2-A	19:22	
CHRIS ROSE	2-A	19:53	
ALEX VAGO	1-A	28:11	
OLOF HELEN	2-A	28:20	
NEAL COONERTY	2-A	37:50	
GARY KOHLER	2-A	42:57	



Olof Helen



Theron Carmichael  
First in 10K



Sarah Meyer  
First Woman in 10K

### 10K WOMEN

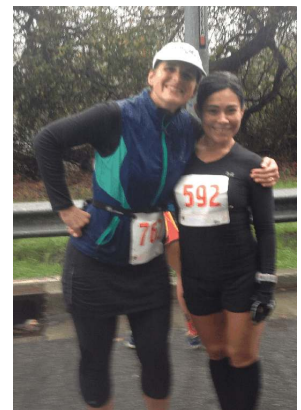
GINA OLIVAREZ	1-A	51:15
KAREN SANDERSON	2-A	54:43
LAURA CHIORELLO	4-A	56:27
DEBBIE DILL	1-A	58:17

### 10K MEN

CHRIS RATLIFF	1-A	36:21
ANDREW WALGREN	2-A	37:07
JEFF SOARES	1-A	38:27
KEVAN CHU	2-A	38:33
PATRICK WILLIAMS	2-A	38:53
DAVE DELUCCHI	3-A	42:38
WILLIAM MENCHINO	3-A	44:09
STEVE MILLER	5-A	50:47
RICH LARSON	2-A	50:53
CHRIS MAYER	7-A	52:46



The UCSC Slugs enjoyed the rain



Laura Chiorello &  
Gina Olivarez

### A HUGE thank you to our fabulous volunteers.

From the early morning crew (pictured at right), to those who endured the wind and rain at the finish line, you rock! Races don't happen without volunteers and SCTC has the very best.





## STOP BY THE BOOTH

In case you haven't seen us, SCTC has been hosting an informational booth on the last Sunday of the month at Nisene Marks. This is a great way to meet other runners in our community and get the word out about SCTC. We provide coffee, bagels and other treats. New folks get a warm welcome and it is a fun way to hang out with other SCTC members after a Sunday run. We hope to move the booth to other places in the new year, so check our website to see where we will be next.

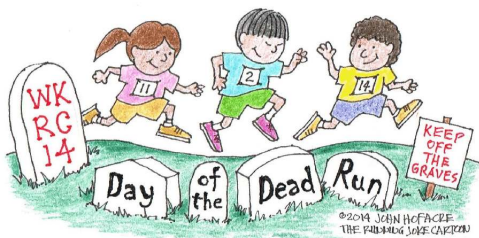


Joyce, Diane, Luke & Friend  
Hosts & Ghosts of Halloween



### WATSONVILLE KIDS RUNNING CLUB

## Day of the Dead Run



### The Running Joke Cartoon

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

## DAY OF THE DEAD

The Day of the Dead Run was the brainchild of Connie Guerro, founder of the Watsonville Kids Running Club, which was formed a little over year ago to promote running and provide healthy outdoor activities for the children of Watsonville. The inaugural race was held at Pinto Lake and drew a huge crowd of excited children as well as adults. ED ACOSTA was the First place finisher

overall in the 5K. DIANE and DAVE DELUCCHI also ran the 5K and placed First in their age divisions. Diane was Second female overall. JOHN HOFACRE contributed his talents by drawing the above cartoon for the race, and all received traditional Dia de los Muertos skulls as medals.





## Santa Cruz Track Club Joins SunRidge Farms

Santa Cruz Track club joined SunRidge Farms on Friday, August 15<sup>th</sup> for the 11<sup>th</sup> annual Health and Wellness Fair at our main manufacturing site in Royal Oaks, CA. The fair runs every Friday during the month of August from 10AM-2PM to overlap different shifts. The goal of the Wellness Fair is to promote a healthy lifestyle. Local professionals, organizations and theme parks share ways

to maintain and improve healthy habits. This year we had a total of forty vendors join our efforts. A few of our guests included the American Red Cross, Central Coast Sleep Disorders Center, Dr. Flavio Cornejo, The Monterey Bay Aquarium, Monterey County Health Department, Precision Wellness and the YMCA to name a few. At the Wellness Fair Falcon employees are given the chance to meet with organizations for the first time, learn about options that are available to them and take advice home to later share with their families. We believe that by bringing the resources to them they in turn will make conscious decisions towards healthier life styles. Along with information, everyone is given free promotional gift items and is entered into a daily raffle for special prizes as well as for the grand prize. This year the grand prize was a Specialized Mountain Bike. We are also excited to share that we had a lot of new demonstrations, sponsors and vendors come out for the first time, which increased our company participation by 40%!

The participation of Santa Cruz Track club is a key factor when measuring our success. Not only is sharing information about physical activity important but equally helpful are the services that the Track club offers that are tailored to individual needs. Our employees are inspired by talented athletes in the track club who are also local community members. We have heard great feedback and have had requests to have the Santa Cruz Track Club back every year. They were especially thrilled to enter for a chance to win the Santa Cruz Track club bags filled with goodies but most importantly for the year-membership that was raffled off. Falcon Trading Company/ SunRidge Farms really appreciates your support and participation in our health and wellness fairs. Our employees get a glimpse of a variety of organizations and means of physical activities that they likely would not be exposed to on their own. Your continued dedication to community outreach has positively influenced our people here at Falcon Trading, and we hope to continue doing so. *(Contributed by Maria Marsilio)*



**Thanks to our volunteers, Sarah Carvill, Joyce Parr & Mama Lerma**



## RAY'S RACE RESULTS

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



### BANANA SPLIT 5K (9/21/2014)

<b>5K</b>	LAURA CHIORELLO	7-OAW	1-A	28:53
<b>10K</b>	VINCENT OBERST	2-OAM	2-A	39:13
	JEFF SOARES	3-OAM	1-A	39:34

September 28 was a significant date for SCTC cross country runners. Take a look at these results:

### SANTA CRUZ TRIATHLON (9/28/14)

ED ACOSTA	17-A	2:44:53
WILLIAM MENCHINE	10-A	2:50:23
LEIGHANN WORK	12-A	2:52:38
LAUREN VALK		3:31:47
LORI MEDLEN	15-A	3:36:05

### SAN JOSE ROCK N' ROLL HALF (10/5/14)

MARGARET FAHL earned a PR at the San Jose Rock N' Roll Half. She broke the 1:30 barrier by finishing the race in a time of 1:29:42. Way to go Margaret!



**Margaret Fahl**

### URBAN COW HALF MARATHON (10/5/14)

SARAH CARVILL headed up to Sacramento and ran the Urban Cow Half in a time of 1:45:44.

### NIKE HALF MARATHON (10/19/2014)

COLLEEN BLACKBURN did very well in the Nike Women's Half Marathon finishing the course in 2:20:00. Do you call that precision running?

**CARL ROTH** returned to Washington DC to run the **Marine Corps Marathon**. Carl has run this marathon before, and being such a strong runner, he was able to finish with little advance training. Although Carl did not recommended his shortened training technique, he was able to pull it off and finish the marathon.

Two energetic ladies traveled all the way from Monterey on behalf of SCTC to run the **Lawson Tamalpa XC Challenge** held at China Camp State Park in San Rafael on October 20. LIISA MILLER finished in a time of 29:09 and TARA CLARK finished the 4.25

mile course in 32:34. This race, known in running circles as "The Johnny" has been a tradition in the USATF cross country series held in honor of the late great John Lawson of cross country fame. All runners are treated to beer and receive an engraved glass commemorating the event.



**Liisa Miller & Tara Clark with Bow and beer mugs in hand**



**GEORGE DIES** and **MEREDITH MILLS** traveled to Kentucky to ran the **Bourbon Chase**, which is a relay race consisting of 12 runners, each running a total of 3 legs. George and Meredith

joined their favorite mixed masters team, the **LICKETY SPLITS**, to finish the relay in 29:47:21. Not bad, considering the relay boasts of having several distilleries along its scenic 200 mile course, and plenty of bourbon to sample.

**TONI CASSELBERRY** is constantly on the move. Toni reported on Facebook that she ran the **Chicago Marathon** on Sunday, October 12, then after a whirlwind tour through Illinois and Tennessee, including taking in a Paul McCartney concert, Toni ran the hilly and cement surface of the **7 Bridges Marathon** in Chattanooga on October 19 and took second in her age division. This gives her two more states toward her goal of running a marathon in all 50 states. Wow, Toni never stops!  
(More race results on next page.)



## SCTC YOUTH CROSS COUNTRY

*Starting Lines, Page 6*

SCTC is very proud of our youth program and we have seen many of the youth who came up through the ranks of SCTC establish a keen interest in running. With a strong foundation, these young athletes have gone on to flourish in high school with some very impressive race results. Ray Disperati, our race results sleuth, has been keeping track of our former SCTC youth and reported the following cross country results:

### EARLY BIRD INVITATIONAL XC

CATE RATLIFF 18:07

### STANFORD INVITATIONAL XC

ALEX CONDOTTI 16:39

LUC BOUCHARD 17:14

### RAM INVITATIONAL XC

CATE RATLIFF 1-OAW 14:03

JOHN RATLIFF 13:30

### SERRA/CRYSTAL SPRING INVITATIONAL

CATE RATLIFF 1-OAW 17:37

JOHN RATLIFF 16:47

BRAXTON RICO 17:20

JAMES T YOUNG 19:08

CATE and JOHN RATLIFF both participated in the Crystal Springs race on October 11. Note that Cate was first female overall again! Ramona Young also had a couple of SCTC youth athletes who competed in the event.

### SCCAL XC at UCSC

JOHN RATLIFF 1-OAM 11:53

BRAXTON RICO 3-OAM 12:22

MARI FRIEDMAN 13:04

CATE RATLIFF 13:11

### MIDDLE SCHOOL XC 2M FINAL

LILA ROAKE 2-OAW 13:17

CATE RATLIFF became the shining star of the CCS Cross Country season by claiming her first SCC title at the cross country meet held at Pinto Lake. MARI FRIEDMAN, who also formerly ran with SCTC was second varsity female overall.

### PINTO LAKE XC

#### Boys Varsity:

JOHN RATLIFF 7-OA 16:03

BRAXTON RICO 16:50

ANDREW WALGREN 16:57

JAMES T. YOUNG 18:31

#### Girls Varsity:

CATE RATLIFF 1-OA 17:19

MARI FRIEDMAN 2-OA 18:06

SARAH NARANJO 23:01

#### Junior Varsity:

JARED REMBAO 11-OAM 18:23



**Cate Ratliff**

### The CCS XC CHAMPIONSHIPS

were held on November 14 at El Toro Park in Salinas. CATE RATLIFF was Second Women Overall, followed by MARI FRIEDMAN. Mari is a Freshman this year and Ray noted that she is a prodigy of the SCTC Youth Program. Congratulations on a great season to all these fine runners.

### CCS XC CHAMPIONSHIPS DIVISION IV

JOHN RATLIFF 17:09

CATE RATLIFF 2-OAW 18:01

MARI FRIEDMAN 3-OAW 18:36

### CCS XC CHAMPIONSHIPS DIVISION V

ALEX CONDOTTI 5-OAM 17:15

LUC BOUCHARD 6-OAM 17:16

BRAXTON RICO 17:44

JAMES T. YOUNG 19:24

### CIF STATE XC CHAMPIONSHIPS DIV. IV

CATE RATLIFF 4-OAW 18:23

MARI FRIEDMAN 19:13

### CIF STATE XC CHAMPIONSHIPS DIV. V

ALEX CONDOTTI 17:10

LUC BOUCHARD 17:32

BRAXTON RICO 17:38

RYAN FISH 21:37

*See next page for more race results.*

## RAY'S RACE RESULTS

(Continued from previous page)

### DIANE and DAVE DELUCCHI

took an entourage of friends along on a journey to Switzerland and a few of the travelers ran the **Jungfrau Marathon**. Dave finished the alpine marathon in 5:15:35, an impressive time for an extraordinary course.

### NANCY WILBURN and LETICIA

**HERNANDEZ** also completed the marathon. Unfortunately, Diane encountered some problems. Despite trying to keep her composure, her early morning Swiss yogurt snack caught up with her at mile 16. Sparing you the details of her story, she made it as far as Lauterbrunnen before withdrawing from the race. Still, everyone had a fabulous time. See photos on next page.



Not to be outdone by Diane, **GREG HALES** ran a 10K race while traveling to **Chang Mai, Thailand**. Greg should be one proud American having won the race overall!

Few women can beat **MEREDITH MILLS** and she proved that beyond a doubt when running the **Honor the Fallen 10K** at Fort Ord Dunes State Park. Meredith finished First woman overall, beating the second place runner by two minutes (and 20 years difference in age).



Meredith Mills

### CARDIAC PACER

SCTC had a strong turn out of stout hearted men (but no women?) for this cardiac pumping race on the hills of UCSC.

DAVE DELUCCHI	34:56
WILL MENCHINO	37:41
STEVE McGOWAN	38:08
ARTURO RODRIGUEZ	39:37
JOSH MADER	40:43
TIM WANG	48:35
RICH LARSON	48:44
OLOF HELLEN	49:29
GUY LASNIET	52:52

## SURFER'S PATH 5K/10K



The SCTC ladies cleaned up in the Surfer's Path 5K by being the first four top finishers overall!

### 5K RESULTS:

REBECCA DOTY	1-OAW	18:46
MEREDITH MILLS	2-OAW	19:18
SHOSHANA ORZECH	3-OAW	19:20
MARGARET FAHL	4-OAW	19:25
JOHN HOFACRE	1-A	22:26
KEN HARGRAVE	2-A	24:21
KAREN SANDERSON	3-A	25:09
NEAL COONERTY	3-A	35:41

### 10K RESULTS:

JEFF SOARES	1-A	38:22
GINA OLIVAREZ	5-A	48:24
SHARON BRUMMITT		1:04:09

## USATF XC CHAMPIONSHIPS Golden Gate Park, San Francisco

Despite having injured her ankle at the beginning of the season, **LIISA MILLER** was able to complete the cross country series held at Golden Park on November 15. Liisa was accompanied by **STEPHANIE LAIN**,



Liisa & Stephanie

who has also ran several cross country races this season. These two women deserve a lot of admiration for being at these races. Cross country brings out the best of the Bay Area runners and the competition is as tough as the terrain. Liisa and Stephanie got a sample of the new course at Golden Gate Park. Next year the National Championships will be held at Golden Gate Park so you will have three opportunities to run the new course which starts in Speedway Meadow and finishes on the south side of the old polo grounds track. We hope to get a full team together next year so that we can make it to as many races as possible and then attend the National Championships.

*See page 15 for more race results.*



## SCTC VISITS SWITZERLAND

*Photos by Nancy Wilburn*

Nancy Wilburn shared these photos of the group trip to Switzerland with Diane and Dave Delucchi, and Leticia Hernandez to run the Jungfrau Marathon. Joyce Parr also joined the group on a trek across the Swiss Alps. Nancy said that the SCTC sling bags were handy to use as a small essentials bag attached to their backpacks. Although it was a strenuous trip (traveling, running a marathon and plenty of hiking), everyone loved the journey and raved about the refreshing beauty of Switzerland.



**Diane, Nancy & Leticia getting ready for the Jungfrau Marathon**



**The Ladies at the Start**



**Hiking in the Alps**



**Dave Delucchi at the finish**

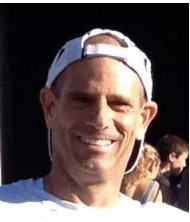


**Nancy Wilburn at the finish**



**The SCTC Gang**





## 100 MILES IN NISENE

By Greg Hales

*Starting Lines, Page 9*

As I write this, I am sitting on a sun drenched deck aboard the Norwegian Cruise Ship “Liberty” heading toward Jamaica. It feels a world away, and a century ago, since I was struggling to keep myself moving forward at 4:00 am in Nisene Marks Park. But it has only been a little over 72 hours since I decided to try to run/walk 100 miles in under 30 hours on my own.

I am sure you are asking, ‘why did I decide to do that?’ When I tried 100 miles in Michigan, and failed, I said it was because it was too humid and I did not keep myself hydrated. When I tried again, and failed again, in Arizona, it was because I got some gnarly blisters on my feet. However, I consoled myself by saying, “Well, if I just went easy, and ran in Nisene, I could finish 100 miles in under 30 hours.”

The problem: One of my pet peeves in running is when someone says something like, “I can run under 2:00 in the 800 because I ran 1:28 for the 600.” Or, I can run under 3 hours in the marathon because I had a 20 mile run in 2:20. It just doesn’t work that way. The last 70 meters of an 800 feels like you are wearing cement shoes. The last 5K in a marathon feels like an uphill 20 mile run. For ultras, it is like saying, “I finished a 100K so I can finish a 100 mile run.” I now know that just isn’t the case. So, if I tell myself, “Well, if I just went easy, and ran in Nisene, I could finish 100 miles in under 30 hours.” I better go out and prove it!

As I am re-reading this, I need to be completely honest with myself. A final motivation, is that I just do not like failing at anything, and I really did feel like I was a failure.

So, Friday morning at roughly 5:00 am, starting from the large dirt parking lot, I headed into Nisene. It was still dark, and I was actually more nervous about coming across a hungry mountain lion then I was about finishing 100 miles. The plan was simply, walk all flats and uphill, jog on the downhill when it was easier than walking. The course was even simpler: up to the 5 or 6 mile mark (depending on how I was feeling) turn around and head back to my aid station (also known as my car). Change socks, shoes, and shirt, every 20 miles; alternate full running vest and running belt every 10 miles. The fuel was a bit trickier, but I had turkey sandwiches, peanut butter sandwiches, thermoses of soup, and MANY varieties of Gu, Shot Blocks, and fluids in the car. I would simply eat and drink whatever sounded good at the time.

I figured out from my past attempts at finishing 100 miles, that I can easily walk a 16:00 – 16:30 pace, even with a slight uphill. I, of course, slowed down on steep up hills, but made up that time by jogging the down hills. This strategy was tailored made for Nisene. I was able to get to the bottom of the incline (4 ½ ) miles averaging a little over a 16 minute pace. I was able to walk the steep incline for next half mile at 18 minute pace. When I turned around to run down the steep incline, it was very easy to simply put my center of gravity forward, and run a 9 minute pace without any effort. When I returned to the bottom of the incline, I eased back into my comfortable walking pace. To finish 100 miles in under 30 hours, you need to average a 18 minute pace. My strategy would have me finish well under 30 hours.

The first 20 miles went exactly according to plan. No problems, and seemed to pass by quickly. Once the sun came up I was constantly listening to music and even listened to “How to improve your conversational Thai vocabulary”. On my second lap I started to see people I knew running in the park. Most just said “Hi” and ran on. However, a friend of mine, and SCTC member, Greg Garcia, slowed down and started walking with me. When I told him what I was doing he completely freaked out. No! You cannot do this alone! Too dangerous...etc. etc.) I told him it was fine, and he ran off shaking his head. (*See next page*)

## **100 MILES IN NISENE**

Jumping ahead... The day went as well as can be expected, no real problems, I did deviate from the course a few times, trying different trails, but I noticed it just slowed my average pace down having to walk on the single track trails. I headed into the dark on my fourth loop (around 45 miles at this point) feeling confident and looking forward to seeing the sun rise knowing I walked/ran through the night.

It is amazing how feelings can change so quickly. By the time I got to the bottom of the incline in the dark night, I was questioning why I was doing this. I decided to simply turn around instead of heading up the hill. When I returned to my aid station (car) I was absolutely shocked to see Greg Garcia waiting at my car. He was decked out in his running vest and head lamp. I was completely overwhelmed when he said he would run with me for two laps, and then his brother, Paul would take over. This was around 7:30 pm and I was in around 54 miles. I was still feeling ok, but it was becoming a challenge mentally. Greg Garcia was a God send!

We actually did the next 10 miles in a little under 2 ½ hours, which was my fastest loop so far. I told him we may need to take it a little easier next lap, but we still pulled off a little over 2 ½ hours. When we came in around 1:30 am, Paul Garcia was there ready to go! Paul is a funny guy, and likes to talk, I think over the next 2 ½ hours he never stopped talking once, and kept my spirits up. Unfortunately, he was only good for 1 lap. I don't think I realized how much I was relying on them to keep me going until I headed out on my own a little before 4:00 am.

Things started unraveling quickly. I had only walked to the kiosk (less than a mile from my car) when I really hit a low point. My legs were aching, my lower back was tight, and I felt slightly nauseous. Mentally, I couldn't imagine walking 5 miles through the dark in Nisene, only to have to walk back. I was WAY ahead of a 30 hour pace, so I made a decision to walk back to the car, and just sit for awhile. When I got back there, I couldn't get comfortable in the front seat. I decided to walk to my office, only 600 meters away, and lay down. Once in my office, I turned on the heat and curled up in a ball on the floor.

I knew at that point I was done. I had failed again! I am not sure if I had ever felt so low. What was I thinking trying to do this on my own?! I closed my eyes and just shut down. I had been laying there for 45 minutes (or so) when I stood up to go to the rest room. I was still tired, but I actually felt a little stronger, both mentally and physically. As I walked back to my car, I still had every intention of simply driving home. But as I approached my car, I felt more loosened up. The sky was turning from a dark black to a light shade of grey. My spirits started to lighten up with the sky.

I had been using two GPS watches, as I wore one, the other would be charging in my car. As I went to exchange my watch (still not 100% convinced I would head out again) my heart leaped! I actually shouted out "Holy Sh\*t!" I WAS AT MILE 85!! I only had 15 miles to go!! In the dark (and in my pain and despair) I had lost track of my miles. I was simply focused on getting back to the car and not thinking of the overall miles. I was approximately 24 hours in, so I had around 6 hours to do 15 miles. I could do this!

I loaded up and headed out. Over the next 9 miles I went through a roller coaster of emotions. One minute I was feeling relatively good – I was still very sore and tired, my back was permanently on fire – but I still knew I was going to finish. The next minute I was done, too sore, too tired, too nauseous, no way I can make it. Back and forth my emotions battling with each other. I contemplated not turning around at the bottom of the incline, just going up 7 ½ miles, forcing myself to make it 15 miles to the end. But a few steps up the incline and I knew that wasn't going to happen. Leaning forward into the hill gave me an unbearable pain in my lower back. I headed back to the car, praying I had the strength to force myself out for one more 6 mile loop.

*(continued on next page)*



## **100 MILES IN NISENE**

When I returned to my car a huge smile came across my face. Greg Garcia, My daughter Natalie, and her boyfriend John were there cheering! The mental struggle to head back out had completely dissolved. Natalie went with me the last 6 miles. I must say, even with her there, it was the longest 6 miles of my life. I was done. I really didn't want to be out there anymore. And I told myself that I would DEFINITELY never do this again.

I have to give a huge shout out to Todd Owens, Melanie Michalak, Chris Wehan, and Mike Wright. All four were on my mind through most of this experience. They were truly my inspiration to keep going - both in a negative and positive way. Negative, because I couldn't bear the thought of telling them what I attempted, and failed again. Positive knowing what they went through in their 100 mile races, it was so inspirational knowing what they all had endured to finish their 100 mile races.

As we approached my car, I was overwhelmed for a second time. There was a group of folks standing there, cheering, with signs reading "Congratulations Greg" I don't get emotional often, but that was amazing.

27 hours 42 minutes total for 100 miles. This was over 72 hours ago. Today, my legs are tired, my lower back is sore, I keep getting that annoying cramp in the arch of my feet, and my stomach is still not right, but, to be honest, I love challenging myself – and succeeding – I feel great! (Of course sitting on a cruise ship heading to the Caribbeans helps!)



**Greg Hales**  
**A true ultra runner**

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## **ADVOCATES FOR THE FOREST OF NISENE MARKS FALL TRAIL WORK DAY**



As you can tell from reading the above article, Greg Hales knows the Forest of Nisene Marks very well. Not only does Greg spend his days running in the forest, he also volunteered to help maintain the trails. GREG HALES and DIANE DELUCCHI joined the Advocates in October to remove two seasonal bridges that cross Aptos Creek. The bridges will be stowed for the winter and replaced in the Spring after the rains. The Advocates of Nisene Marks have been stewards of this treasured forest since 1992 and hold trail work days throughout the year. For more information how you can give back to the forest, visit the Advocates website at [www.advocatesfnm.org](http://www.advocatesfnm.org).

## AND THE SURVEY SAYS . . .

You may recall that last September SCTC sent out an online survey to its members, and we are pleased to announce that we received a 34% response rate, which is high in terms of typical survey responses, and a reflection of how much our members care about SCTC. The purpose of the survey was to get a better understanding of who we are individually, and as a Club. The Board wants to know what works for our members, and what doesn't. What do our members want from the Club? What do we want SCTC to look like in the future? How can the Board serve our members to achieve that?

The mission statement of SCTC states that we want to promote running in our community and we welcome and encourage runners of ALL abilities. There has been a perception in the running community that members of SCTC are predominately fast runners, which can be intimidating to beginning or slower runners. While it is true that some members of SCTC are very fast and experienced, and we are proud to have these incredible athletes among our ranks, we actually have a wide range of paces within our Club. It was interesting to see in the survey that the majority of respondents indicate that they perceive themselves as a slower runner than other members. This is a misconception. The truth is, SCTC has runners of all abilities and we often pair up with others of a similar pace to spur one another on. Whether fast or slow, we all cheer for each other. We try to acknowledge everyone's achievements because a person's first 5K is just as significant as someone winning a race outright. SCTC members simply enjoy running and want to share that experience with other people. The #1 response in the survey to the question, "Why did you join SCTC?" was "Companions to run with and motivational support." SCTC is not just about running fast - we are a diverse group of individuals who share a common desire to be healthy and active.

SCTC is split evenly 50/50 between male and female. The survey responses show we are an older and loyal Club in terms of our membership. 61% of the respondents are between 45 to 64, and 51% said they had been a member of SCTC for over 5 years. While it is great to have such a solid foundation, the Board is actively looking for ways to attract new and younger members. New members bring fresh ideas and more options for running mates. Social networking is also a must, because we want to reach the younger generation.

Some other interesting survey statistics is that the majority of respondents indicated that they run between 3 - 5 times per week for a distance of approximately 3 - 12 miles per run. The range of average weekly mileage was a bit larger, but it was determined that 66% of the responding members run between 10 - 39 miles per week. The preferred race distance among the survey respondents is a 10K.

### **We hear you!**

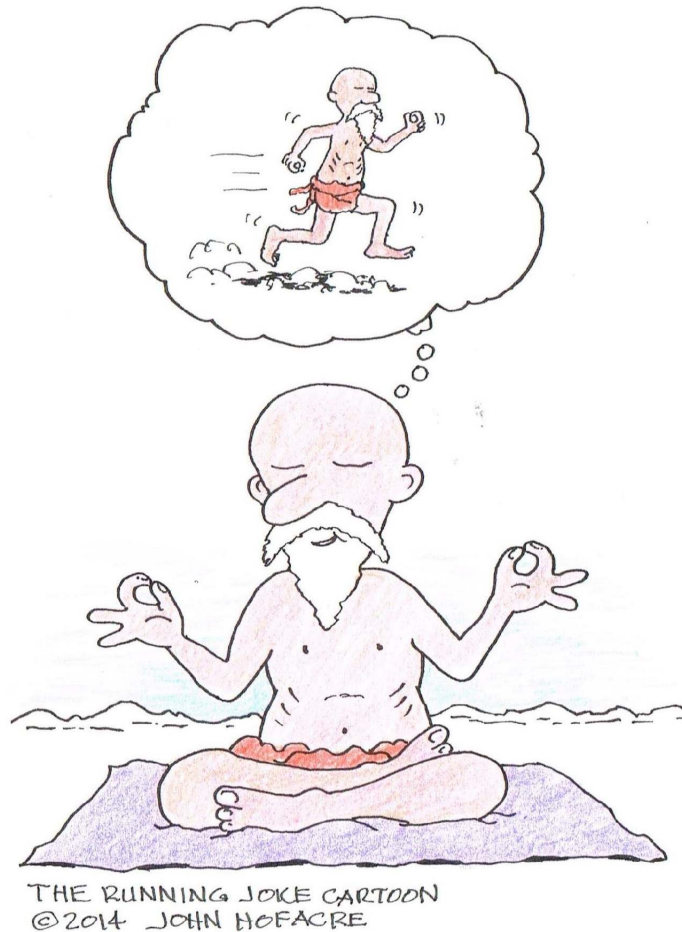
The survey reflects that our current members are hungry for more! Survey responses show that members want more opportunities for workouts, more group fun runs, more group outings, more social events, etc. We hear you and will be planning more group runs and special adventures in the future. We hope to offer training for specific races, and being that most races are held on the road, the Board is exploring the idea of creating a road runners subsidiary to SCTC. More information on that will follow as plans develop.

Thank you to those who took the time to complete the survey. We plan to make SCTC a bigger and better Club for everyone. There are many exciting ideas brewing for 2015, and we look forward to an inspiring new year. We strive to have an open and inviting Club with a strong presence in our community.

*Special thanks to Hallie Carl and Sarah Carvill for all their hard work on preparing the survey and compiling the results.*



Previous  
The Running Joke Cartoon  
CAPTION CONTEST



(Gold) - "It is good to exercise the mind as well as the body." by Sue Dunn

(Silver) - "OM.....OM.....OMG! That's what inner peace looks like!"  
by Lenore Kenny

(Bronze) - "OM...OM...OM.....Olympic Medal...Olympic Medal...Olympic Medal..."  
by Ken Hargrave

Special Promotional Caption: "GUru" by John Hofacre

**See next page for a new caption contest of The Running Joke Cartoon.**

This Issue  
The Running Joke Cartoon  
CAPTION CONTEST



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Submit a caption to [therunningjoke@yahoo.com](mailto:therunningjoke@yahoo.com) by Feb. 15, 2015. 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 2014 John Hofacre

Website: [www.runningjokecartoon.com](http://www.runningjokecartoon.com); [www.facebook.com/RunningJokeCartoon](https://www.facebook.com/RunningJokeCartoon)



## RAY'S RACE RESULTS

(Continued from page 7)

The **Big Sur Half Marathon** was held on November 16, and SCTC had two very fast runners. **BENOIT PELCZAR** finished the race in 1:28:38 (sub 1:30, wow!) and **CHRIS ROSE** clocked in at 1:33:58.



Thanksgiving not only brings food to our tables, it also brings races to our neighborhoods. **JEFF KIRK** made the trek over the hill to run the **Silicon Valley Turkey Trot**

and placed Second in his age division in the 5K with a time of 18:27. Very impressive.

Then there is the hometown **Run for Pie** held in Nisene Marks. The SCTC folks attending this race made us proud. Check out these results:

### 5K

PETER FISH	3-OAM	18:24
MEREDITH MILLS	2-OAW	20:04
CARMEN ROBLES	1-A	24:14
GARY KOHLER		43:30

### 10K

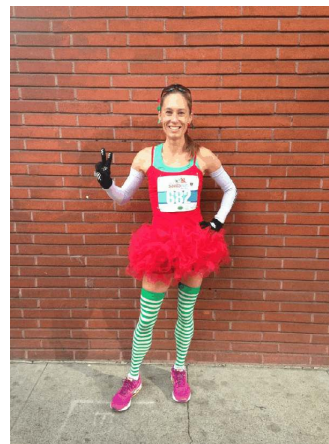
JEFF SOARES	3-OAM	38:52
GEORGE DIES	3-A	57:50

Congratulations to all who ran the **CALIFORNIA INTERNATIONAL MARATHON**. Several SCTC runners traveled to Sacramento to run this race. Fortunately, they were met with clear skies. **PETER STANGER** runs this race every year. **SARAH CARVILL** is also a CIM veteran and despite her pre-race jitters, she had a 9 minute PR! **STEPHANIE LAIN** also had an excellent race and qualified for Boston. Sarah's Facebook post after finishing the marathon encapsulates her feelings of joy.

"One of my favorite things about running a marathon is the last 10K ... said no one ever. What I actually wanted to say, before I go to bed, is that one of my favorite things about running a marathon is the sense of community that comes with it— both in the encouragement I get from my amazing fellow SC

runners leading up to the event, and from the wider running community on race day itself. Highlights of this weekend included having dinner with Steph Lain the night before the race (in which she threw down a 3:45! Booyah!), hanging out with Folsom bus mates Ekkehard Bonatz and "the woman from Lincoln, Nebraska" when I would probably otherwise have been having a panic attack, and seeing Janis Stanger TWICE on the course (I hope Peter had a great race, Jan!). I am pretty excited to have knocked nine minutes off my PR, and I could not have done it without three people in particular— Greg Hales, Trinity Magas-Barnard, and Melanie Michalak. You guys are seriously just the absolute and total best— THANK YOU a million times!" *Sarah Carvill*

Several jolly SCTC Santas and agile Christmas elves were seen at the **Silicon Valley Santa Run** in downtown San Jose. **MARGARET FAHL** sported a tutu for the race and posted on Facebook that she once said she would never run a race in a tutu. But after discovering that she was the First female finisher, she may rethink her running wardrobe.



**Margaret Fahle**  
**First Lady of the Elves**



**George Dies in his cool**  
**Santa Dude costume**



**The Motley Crew**

**More fun**  
**photos on next**  
**page.**





HO!  
HO!  
HO!







**CONGRATULATIONS TO SCOTT AND MELISSA McCONVILLE**

on the birth of their new son. Scott sent this email to the Board with the good news: "My baby boy, Deacon ("Deeks") Paul McConville was born ten days ago on 11/28/14. He was 7 pounds, 10 ounces and healthy as a horse. Melissa was outstanding - proud papa!" We look forward to seeing a photo of Deeks in the newsletter. (Hint, hint)

SCTC YOUTH TRACK & FIELD WORKOUTS begin on February 18, 2015 at Soquel High School. We are pleased to announce that LAURA CHIORELLO will be working with Coach JAVIER NARANJO as a new Youth Coach in 2015. A full interview of Laura and photos of the youth workouts will appear in the Spring Edition of *Starting Lines*.

**AWARD NOMINATIONS NEEDED!!**

There is still time to nominate your favorite SCTC friend for an award to be given out at our annual awards banquet. Let us know if someone has inspired you or you want to acknowledge someone who has had an awesome year. We all like to know that our achievements are noticed.



**SCTC PERSONNEL:**

**Board of Directors**

**Officers:**

President	Greg Hales	688-1058
Vice President	Diane Delucchi	684-0867
Secretary	Holly Tyler	818-2117

**Staff**

General Manager	Greg Brock	479-9279
Adult Coach	Greg Brock	479-9279
Youth Track Coach	Laura Chiorello	462-4912
Youth XC Coach	Javier Naranjo	295-4231

<b>Board Members:</b>	Sarah Carvill	359-9282
	Hallie Carl	818-9084
	Joyce Parr	722-4181
	Scott McConville	588-9215
	Luke DeBrito	

**Volunteers**

Apparel Diva	Nancy Wilburn	
Web Master	Peter Huemer	247-2240

Newsletter	Sue Dunn	685-0146
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[soozers@aol.com](mailto:soozers@aol.com)

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 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.