

Orange County Track Club

April 2004

www.octrackclub.com

Vol. 43, No. 4

FOR A GOOD CAUSE

By Deepah Bharath, The Daily Pilot

Sue Rudolph has been a runner all her life.

But now, this 51-year-old Costa Mesa resident, a 12-year member of the local Orange County Track Club, is running a different kind of race — against time.

In July, Rudolph was diagnosed with cirrhosis of the liver. She had to get on the list for a liver transplant. Doctors could not tell her when she would get an organ or how soon she could go downhill.

"It came as a total shock to me," she said. "I was never much of a drinker."

Rudolph was a nonsmoker and ate healthfully. She couldn't figure out how and why. And just when she was grappling with these painful questions, other members of the track club came to her rescue.

At first, Rudolph said, she did not want to tell anyone.

"I'm a private person," she said. "I only told a couple people first. But they urged me to tell others right away."

She did, and the results were overwhelming. Everyone rallied around her.

Soon, people were offering to take her to doctor's appointments, clean around the house or shop for groceries.

"We runners are a tightly-knit group," Veronica Burkhalter said. "We're concerned even when others have a knee injury. This came to us as too much of a shock, and this is the least we can do for Sue."

Club members have started a series of fundraisers to help out Rudolph. They made about \$150 from their first one at Newport Rib Company on Feb. 2,

Burkhalter said. They plan to have a similar event on Feb. 28 at 6 p.m. at MD's Sports Bar at the Los Caballeros Sports Club in Fountain Valley. The bar will offer a \$10 pasta dinner, with 15% of the checks benefiting Rudolph.

Members will also hold a rummage sale at the Orange Coast College Swap Meet on April 17, member Bob Sullivan said.

"We'll probably rummage through our homes and garages and donate items which will go on sale," he said.

Rudolph's situation has touched not only members of the local club, but those of A Snail's Pace, a club in Fountain Valley, said Jamie Bolduc, who edits the Orange County Track Club's newsletter.

"Sue is a friendly, humble and shy person," she said. "She is a dedicated member. It was the most natural thing for everyone to do."

Rudolph said she has been touched by the acts of kindness.

"I'm relieved I told my friends because now I have this amazing support system," she said. "This is obviously hard for me. But it's great that they let me know they're there for me."

FYI: Those interested in helping may send contributions to the Sue Rudolph Fund, P.O. Box 1307, Costa Mesa, CA 92628. For more information about the Orange County Track Club, visit its website at <http://www.octrackclub.com/>.

Editor's Note: OCTC thanked Deepah for running this article in the Daily Pilot February 18, 2004.

~~ IMPORTANT NOTICE ABOUT ~~

~~ NEWSLETTER SUBMISSIONS ~~

The deadline for submissions to the OCTC Newsletter is always on the 15th of the month. It will help your editor tremendously if you **DO NOT format your article in any way**. Plain text, Word format, Times New Roman or any standard font preferred. Thank you!

Email your submissions to octceditor@hotmail.com.

APRIL CLUB RACES

Seal Beach 5 & 10K

Saturday, April 3

151 Marina Dr., at the Community Center

Captain: Paula Fell

www.sealbeachrun.com

Silky Sullivan's Run for the Roses

Sunday, April 25

Mile Square Park, Fountain Valley

5K begins at 8:30

Captain: Rob Corl

***Even if you don't run,
come support your team!***

APRIL Club Meeting and Potluck

Monday, April 5 @ 6:30 p.m.

At the Home of Laura Knight

2737 Sandpiper Dr., Costa Mesa

(714) 979-5753

6:30 p.m.

Exit the 405 at Harbor Blvd. and head South/West.
Turn Right on Adams.

Left on Albatross.

Right on Flamingo, which becomes Sandpiper.

Please bring a dish, beverage or dessert
to share in the potluck.

May 3 @ Steve Schechter's

June 7 @ Bill Fritzsche's

~ April Babies ~

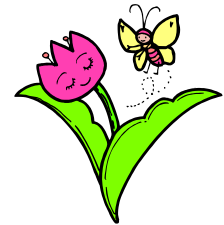
13 Jimmy Gaffney

25 Bill Fritzsche

Sorry we messed up the
following birthdays last month!

Linda Kiser- February 29th

Lisa Calvin- March 31st



Happy Birthday!

CLUB WORKOUTS

Tuesday Nights

Speed and interval workouts on the track with
Coach Charlie Appell every week at 6:15 p.m. Rain
or shine!

Weekend Runs

⇒ **NEW!** Sat, 8 a.m., location changes weekly.

Training runs for R'n'R Marathon on June 6.

Contact Veronica Burkhalter (714) 549-0374

⇒ Sun, 7 a.m., Carbon Canyon Hills off the 57, 7-9

mi. Contact Emil Coy at (909) 279-7126

or Willie Guevara at (714) 996-6431.

⇒ Sun, 7 a.m., Coco's, Corona Del Mar, 16 m.

Contact Oscar Fricke at (949) 586-4906.

⇒ Sun, 8 a.m., Huntington Beach Pier, 8-14 mi.

Contact Brad Calvin at (714) 969-3775

OCTC OFFICERS

Coach Charlie Appell 714-540-2368

estanciaxc@hotmail.com

President Robert Donald 714-641-0610

robertd65@prodigy.net

Vice President Rob Corl 714-545-5150

Rcorl@filenet.com

Treasurer Rena Beyale

Secretary/Editor Jamie Bolduc 949-422-1753

Octceditor@hotmail.com

Membership Stephanie Goley 949-764-9212

scmisu@aol.com

Co-Chair: Steve Bloch 949-249-7797

sab_acsc@yahoo.com

Activities Laura Knight 714-979-5753

chickrunner@attbi.com

Postmaster Wil Sanchez 714-641-1160

Wil2run@yahoo.com

Club voicemail: (949) 863-6166

THE LOS ANGELES MARATHON

By Patrick McDonagh

By the way which is faster, hot or cold? Hot – Because you can catch a cold. That one was as stupid as running 26.2 miles in 94-degree weather. That's what a bank clock registered along the course. I thought it had to be wrong until we got back to the car and it was 93. Hot as hell. Weather God, what were you thinking?

Start time was 15 minutes earlier this year – 8:30. How about 6:45? No corral management at the beginning, again. On the positive side there were hundreds of volunteers manning the water (warm of course) stations throughout the course. A first for any marathon was handicapping the elite woman by 20:30 minutes to see if the men could catch them. They didn't. Tatyena Pozdnyakova from Ukraine won with a time of 2:30 and collected an additional \$50,000 for beating out the men! She's 49 years old!

It was 10 LA marathons in a row for **Bill Fritzsche** and I. Considering retiring now, Bill? **Andy Bailey** was at the marathon finish line providing kudos to OCTC runners. Gratitude goes out to **Robert Donald** and **Beth Baumhardt** for making the 2nd half of our ride more cheery. I was on target for a 3:10 'til then, subsequently it was collapse city – I suffered from heat exhaustion as many others did. Surprisingly no one died but 100 runners were brought into the hospital. Beth can confirm the amount of walkers there were even in the 3:30-4:00 group. Usually LA gets 150 runners under sub 3, this year there was something like 70. Hot, I tell you! Next year will be the 20th anniversary for LA Marathon. Please rain.

MARATHON	Time	Overall	Age Group
Patrick McDonagh	3:39:39	541	80 th
Bill Fritzsche	4:04:52	1440	156 th
Bino McMann	4:41:44	3506	93 rd
Emile Coy	4:39:20	3576	85 th
Mike Whelan	4:31:01	2995	149 th
Leo Sitton	5:23:06	7327	398 th
Haily Ho	3:31.04	377	7 th
Support / 5K			
Robert Donald	Ran (?) Bill F. in from 14.		
Beth Baumhardt	Scraped Patrick off asphalt (liquid state) and kicked him home from 14 on.		
Sue Zihlmann	Ran 5K (20:48) 2 nd in age group!		
Andy Bailey	Did bike race and 5K (24:27) 2 nd place in age group! Then greeted finishers of marathon.		

BREA 8K CLASSIC - FEBRUARY 29, 2004

By Bill Fritzsche

Leap Day comes once every four years, so why not celebrate the day by running or walking in a foot race. With that as the goal, a good number of OCTC members found their way to the Brea Mall on February 29 for an early morning race with some of Orange County's best. True to form, OCTC took home many individual and well as team awards and if you didn't get any hardware there was always the breakfast to feast on.

The course had some rolling hills, with a good climb at mile 3 and then a fast downhill to flat last 2 miles. With a sunny day, it didn't take long to warm up, but it never got too hot to effect one's racing. The big reward is the food at the end; whatever calories you ran off were more than put back on after the race.

Individual honors went to **Laura Knight** (2nd AG & 4th Women Overall), **Andy Bailey** (3rd AG), **Phil Wingard** (4th AG), **Robert Donald** (4th AG) and **Tess Joyce** (5th AG). Additionally, the Open Team (under 40) of **Laura Knight, Robert Donald, Paula Fell** and **Jamie Bolduc** took 2nd place, and the Grand Masters (over 50) of **Jim Nixon, Leo Sitton, Greg Masters** and **Emile Coy** also took second.

With a nice course, easy parking and great food, I am sure this race will find its way onto the schedule next year.

8K RUN/WALK Overall Finishers

Name	Place	SexP	DivP	S A	Time
Phil Wingard	37	34	4	M 48	30:05
Laura Knight	39	4	2	F 34	30:13
Robert Donald	50	44	4	M 38	31:24
James Baker	140	117	11	M 51	34:58
William Fritzsche	143	120	13	M 48	35:01
Tess Joyce	159	30	5	F 41	35:20
Leo Sitton	166	136	12	M 53	35:40
Emile Coy	224	180	8	M 56	37:27
Rick Noer	227	182	18	M 53	37:31
Dennis Murphy	241	192	20	M 53	37:52
Ken Briggs				M	38:05
Steve Bloch	250	198	9	M 55	38:13
Paula Fell	266	60	11	F 38	38:36
Ian Malcolm	269	208	6	M 60	38:48
Andrew Bailey	308	239	3	M 65	39:46
Jamie Bolduc	419	117	19	F 27	42:45

Open Team 2nd Place

Laura Knight, Robert Donald, Paula Fell, Jamie Bolduc

Grand Masters 2nd Place

Jim Nixon, Leo Sitton, Greg Masters, Emile Coy

Rob Corl	Photographer
Sue Rudolph	Supporter
Curtis Quick	Supporter

21st Annual Spirit Run
Sunday, March 14, 2004
By Andy Bailey

This is truly a "Run for Education" as over 1000 kids participated in the race this year, eclipsing both the Asics 10K and the Bananaman Chase 5K. Looking at the times for the kids' races it appears that the Students Run L.A. Program has come to Orange County.

The race director must have heard our comments from last year because there were team competitions and awards for the top three largest teams. Thanks to all who registered early and filled in the team information, **OCTC had the third largest team** even though our numbers were down from last year.

Robert and **Melinda Sullivan** ran the kid's one mile in 6:24 and 7:59 and improved their times from last year. **Bob** and **Maureen** were there helping the kids sell their chocolate bars. **Rob Corl** had just flown in from Hawaii in time to take some pictures. Look for them on the website soon. **Curtis Quick** and **Jerry Jefferson** were on the course cheering on their fellow teammates.

Oscar Gonzales, 40, Irvine, won the men's 10K in a time of 32:30 and Kelly Flathers, 32, H.B. won in 36:08. Gabe Hernandez, 24, won the 5K in 14:36 and Liz Guerrini, 35, of Long Beach, was first for the second year at 17:05.

10K Results:		Comments
Cindy Demarco	42:23	returning member
Robert Donald	42:30	arrived late
Jim Lyons	49:29	4 a/g
Paula Fell	49:56	P.R. by 3:16, 2 nd 10K
Rich Demarco		chasing mom

5K Results		
Phil Wingard	18:05	5 a/g
Robert Donald	20:48	
Jim Baker	20:49	4 a/g
Bill Fritzsche	21:02	L.A. Marathon cool down
Tess Joyce	21:23	
Andy Bailey	24:11	2 a/g 7:46 pace
Jon Barkman	24:13	3 a/g
Carthy Sanchez	24:45	2 a/g
Paula Fell	26:00	felt great
Marla Meridith	26:22	returning mom
Wil Sanchez	33:13	good to be any place
Jeri Bailey	44:06	Missed my walking partner, Judy

Thanks to **Paula Fell** for helping me put up the canopy, and also to **Robert Donald** and **Bill Fritzsche** for bringing some race flyers for our Pancake 5K. **Robert** and **Paula** also stayed around to help with the take-down duties.

Music to the ears

By Lisa Morgan, Trail Runner Magazine (Online)

If you are still running with a portable CD or tape player, you should pull up the shades and reconnect the phone. While you've been hiding, numerous companies have designed MP3 players -- light contraptions that allow you to download music from your computer. Now, you can run the trails with your favorite tunes blaring from a player the size of a baby toad.

Two companies, Nike Inc. and Sonic Blue (Rio), make players specifically designed for sport. I tested the Rio, but held off on the Nike player because the company said their new version (due out in August) would be much improved. I also reviewed Apple's iPod. If you own a Mac, you'll likely want this player that works flawlessly with Mac's iTunes program.

Apple iPod \$299

It may not be specifically made for sport, but the iPod rocked my workout. I slipped the player in its holster (a simple case with a clip), switched the hold button to keep the volume in place and headed uphill. Just for good measure, I tapped the player on a few trees to test durability -- no worries. At 6.5 ounces, the iPod is a bit heavy, but on the upside holds around 4000 songs. One hitch: You'll want a Mac to really enjoy this player -- the features are designed with Apple programming in mind.

800-MY-APPLE; www.mac.com

Rio S30S and S35S \$129 and \$179

The Rio S30S and S35S, which differ only in memory and price, are designed for sport. Weighing a mere 2.2 ounces with battery, these players are great, inexpensive options. Both come with armbands that keep the units comfortably snug to you when you run.

The S30S is a mere \$129 and holds about two hours of music, but is upgradeable to nearly 10 times that capacity. The S35S holds about four hours of music and is also upgradeable. You can play a specific track or your entire play list. The Rio player also includes an FM tuner, which is great for long runs if you want a little variety or just *have* to hear the news. Another benefit of the Rio is that downloading music is painless, whether you're on a PC or a Mac.

800-468-5846; www.sonicblue.com

My First Year of Running

By Paula Fell

"Chariots of Fire" has always been my favorite movie, but not because of running. At school I hated running. I loved to play hockey, swim, and throw the long pointy thing, but I just couldn't run.

Twenty-five years later, my colleague Jessica waited patiently for me, bright and early, in the lobby of my San Jose hotel. I begrudgingly joined her. I didn't care for running any more than I did in school. The June 2003 Mud Run was that upcoming weekend, and I had been persuaded by my friend Susan to join her. I played beach volleyball, lifted weights and used the elliptical trainer three times each week. I figured that, if I jogged 3 miles twice that week, I'd be just fine.

The three-mile jogs turned out to be a struggle. I tried to think up some original excuses to enable me to flake on my friend.

The first mile of the Mud Run went very well. Then came the first hill, and I was forced to walk. I realised then and there that I was far from being in great shape. At the finish I was exhausted, but I did finish. And, I had mud coming out of my ears and nose for a week to prove it.

As we left Camp Pendleton we were offered a copy of Competitor magazine. I declined, but Susan accepted. After scanning it, she handed it to me. "You should take it," she said. I obliged.

The following night I scanned through the magazine and noticed a 5K coming up the following month in Huntington Beach, called "Surf City". "Maybe I should enter a road race," I thought. That would give me something to train for. After a few more 3-mile jogs, I arrived in HB on July 4th, alone and slightly nervous. Although the last mile was desperately hot, I managed to finish in just under 26 minutes. I buzzed around the race results canopy like a fly for confirmation of my time.

From a distance I studied the runners at the running club canopies in awe, too intimidated to approach them. After all, they were wearing running shoes. I looked down at my feet. "Maybe I should invest in a pair," I thought. I left the race, elated.

Last September I entered my second race, "Race for the Cure" 5K. Now armed with running shoes, and having joined a running club, I proceeded to the canopy for the first time. One of the first runners I met was Sue Zihlman. I told her that I wanted to break the 25-minute barrier, and she waited at the finish to cheer me on. I missed my goal by 30 seconds, but apparently I did "PR". I had absolutely no clue what that meant, but I guessed it was a good thing. "Don't worry," Sue said. "This race was hilly. You will beat your time by one minute at Canning Hunger next month because it's flat."

My new friend Kristi offered to pace me at Canning Hunger, and she did a sterling job. We did really well for the first two miles. As I faded badly in the last mile, she rallied around me, yelling encouragement from the front. She also instructed everyone on and around the course to cheer for me too. God bless you, Kristi. God bless you, because now every man and his dog was going to bear witness as I threw up in the street.

Sue Z. was right on the money. And, along with that PR came my very first age group award. I remember looking at it, totally and utterly dumbfounded.

My first year of running has given me two things above all. Firstly, great friendships and camaraderie, and secondly, great health. Some of my running friends will surely be friends for life.

My doctor recently reviewed some bloodwork I had taken. She raised her eyebrows as she read off my cholesterol and HDL levels. She peered at me over her spectacles and cracked a smile. "It must be all that running you're doing", she said.

FRESH OFF THE SLOPES: IT'S RENA BEYALE!

LA Marathon

Standing on the corner of 9th and Figueroa watching all the guys and gals go by
Standing on the corner giving all the runners the eye
Standing on the corner cheering all the marathoners on,
receiving hugs from my good friends Julie and Theresa,
plus a gift of a sweaty sweatshirt from Luis
all before heading to breakfast at the Pantry with Jose and his breakfast bunch

Standing on the corner of 9th and Flower watching all the wheelchairs whiz by
and cheering them on to the finish
Standing on the corner waiting for the elites to run by
Standing on the corner cheering Tatyana Pozdnyakova as she flashed by,
followed by Tatiana Tiloya rushing by and looking behind for the Guy
Standing on the corner cheering David Kirui as he cruised by

Standing on the corner of 3rd and Lerner cheering all LA Leggers as they went by
Standing on the corner encouraging all the runners onward by name
and watching their smiles on recognition,
receiving thank you's from runners for being there for their support
Standing on the corner cheering all the marathoners on towards mile 21
and wishing I was on the course too
but happy I was not since it was so Hot

Standing on the corner looking for OCTC'ers
finally seeing **Leo Sitton** run by
shouted and cheered him on
alas, he did not hear me he was so focused on the run and dripping water all along the way

Congratulations to all LA Marathon finishers from the corner.

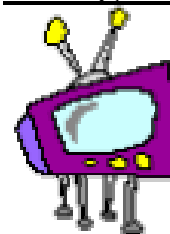
AEROSPACE 5k

With LA Marathon on my mind, I decided to run the monthly Aerospace 5K at Seal Beach. LA was hot, it was even hotter on Monday at the Beach with 5K starting at noon. **Manny Banuelos** (25:42) was there greeting me with a hug. I started with my friend Joan (38:3) who was practicing her race walking technique. The 5K course is flat, starting at Boeing parking lot onto Westminster to the river then along the river bike path where it dips down and under the street to the turnaround. The 5K was like old times, watching Dave Parsel (16:14) as usual lead the pack with John Araujo (18:17; LA Marathon finisher 2:58) coming up second. There was Dave Smith, former OCTCer (time not listed). And barefoot Ken Saxton along with barefoot Todd Byers (27:23) whom I met on my China trip. Good to see all these acquaintances. I was happy to finish (38:43) without any heel pain. Now I can get back into some serious training again. I'm back and happy about it.

Spring Cleaning Time!!

We need all OCTC members and their friends to start "spring cleaning" so we have things to sell at the **Sue Rudolph** Garage Sale! The sale will be on **April 17th from 8 am to 3 pm** at Orange Coast College (not to be confused with the swap meet at the fairgrounds). We need items in all categories: kitchen, sports equipment, clothes, knick knacks, toys, decorations, etc.!!! There will be two days to drop off donated items on April 10th and 11th (times TBA) at the club storage bin located at Estancia High School.

Contact Stephanie Goley with any questions:
949-764-9212 or scmisu@aol.com.



Club Meeting – March 1, 2004

By Paula Fell

The March 1st OCTC monthly meeting was held at the home of **Tere Ross**. New members **Anne-Marie Basile** and **Ken Briggs** were warmly introduced. President **Robert Donald** thanked Tere for hosting the meeting.

Robert also introduced guest speaker Doug Hansen from Cal Coast Track Club. Doug was at the meeting to promote 'Angel's Run' on April 3rd at Corona Del Mar High School. Doug and his wife, Jennifer, have a daughter, Angel, who was born with severe birth defects. Doug explained that Angel's charity was founded in 2003 by a group of concerned parents, whose goal is to become an important community resource for families of children with special needs. Doug will be running/walking for 24 hours at Angel's Run, starting at 8am on April 3rd. Runners are welcome to drop by and run a few laps with Doug, and volunteers are needed to help out during the 24-hour period. There will be a Silent Auction, raffle and bake sale at the event, with all proceeds going to Angel's charity. Corona Del Mar High school is located at 2101 Eastbluff in Newport Beach.

In the absence of the OCTC treasurer, Robert told us that there is \$1750 'in the bank'. \$110 was spent on voice mail renewal and Pacific Shoreline refreshments, and we have \$839 in the CD account. Robert also gave us an update on the OCTC Grand Prix points standing as of February 22.

Vice President **Rob Corl** reported that the new warm-up uniforms had arrived and that payments were now due. If there is enough interest we will be able to place a second order. Rob also gave us an update on planning for The 7th Annual Pancake 5K on June 3rd. The responsibility matrix and calendar of meetings can be found on the OCTC website. If anyone can volunteer to help, please contact volunteer chairperson **Bill Fritzsche**. The tri-fold flyer should be ready for distribution soon. **Brad Calvin** expressed an interest in what the age ranges would be this year for the race.

Club race reports were given for the CostAmazing 5K and the Brea 8K. Rob Corl, who captained the race at CostAmazing, gave his race report, which can be viewed in detail in the March Newsletter. Robert Donald reported that there were 16 runners and 3 supporters from OCTC at the Brea race. **Phil Wingard** ran in 30:05 to place 4th in division and 37th overall. **Laura Knight** placed second in her division and was 4th overall female. Laura was thankfully upgraded from 5th, after it was realized that **Johann Appell** was not, in fact, the fastest female on the planet. Robert was himself 4th in his division; **Tess Joyce** was 5th, and **Andy Bailey** was 3rd. OCTC also did well in

the team competitions, placing 2nd in the open and masters divisions, also 2nd and 3rd in Grand Masters. The food court was enjoyed by all after the race. Thanks to Rob for taking photographs and to **Sue Rudolph** for coming along to support.

Robert reported on the upcoming club runs for March. The Spirit Run at Fashion Island on March 14th will be captained by Andy Bailey. Anyone interested in registering in time for the team competition should speak to Andy. The club canopy will be positioned outside Muldoon's as before. Thanks to **Bob Sullivan** for all his hard work identifying the best company to personalize our replacement canopy, which went missing at the Pacific Shoreline Marathon.

The Carlsbad 5000 will be captained by **Wil Sanchez**. The canopy will be set up in the usual place, by the 'T' of the race.

Robert listed the races upcoming in April:

Derby Day at Santa Anita 4/3

Seal Beach 4/3 (Same day as 24 hour Angel's run)

Gift Of Life in Fullerton 4/17 (Same day as the garage sale for Sue)

Jimmy Stewart Team Relay 4/18

Kids Konnected 4/25

Andy Bailey also reported that Silky Sullivan's "Run for the Roses" would be held on 4/25 at Mile Square Park, with a cheap pasta dinner the night before at the pub. Roses will be handed out to all finishers. The Seal Beach 5 & 10K and Silky Sullivan's 5K were elected as club races, and will be captained by **Paula Fell** and Rob Corl respectively.

Our President reminded us that the club will be represented at Bay to Breakers in San Francisco on May 16th. Any interested parties should contact Bill Fritzsche or **Lynn Stoops**. This is the same weekend as Project Cuddle on May 15th at Mile Square Park. Look out for our Lovely Laura in the tri-fold!

Laura reported that she is already looking to book the venue for this year's holiday party. The 2nd weekend in December at the same venue as last year seemed to be the most popular choice.

We will be returning to Laura's pad for the April 5th Club Meeting. Thanks Laura! **Steve Schechter** kindly offered to host the May meeting, and Bill Fritzsche is our illustrious host for June.

Make a Break for the Bay!

By Bill Fritzsche

Get your travel shoes on, we are going to the Bay Area to run the Bay to Breaker's Race. The annual 12K run is the largest running race in the USA and probably the world. Registered and bandit runners will make the count around 100,000 people. This is the craziest race with every costume under the sun, centipede teams and more. It is San Francisco at its wackiest. Want to be part of the fun? Below are the details and I hope to see you there.



The race is Sunday, May 16, 2004. Many of us will be going to San Francisco on Friday afternoon. You are on your own to get to the Bay Area.

Hotel: We will be staying at the Cow Hollow Motor Inn & Suites. The address is 2190 Lombard Street, 94123. Phone # 415 921 5800. We have 4 of us staying there. The hotel is in the Marina District, with free parking and loads of restaurants within easy walking distance. Cost per night is \$125.00 and ask for a room off of the street. I have stayed there numerous times on business, nothing super fancy, but very clean and convenient. If they are full, there are 3 other hotels in the area run by the same company. They are the Chelsea, Coventry and Lombard Motor Inns. They can give you the phone numbers.

I am planning on doing a run the day before. I will start and end at the hotel. The course is down to the Marina and then into the Presidio and up onto and across the Golden Gate Bridge, then back. Round trip is 9 miles or as far as you want. It is a great run with spectacular views of the city, Alcatraz, Angel Island, etc..

The people going so far are: **Lynn Stoops, Bill Fritzsche, Brad & Lisa Calvin, Robert Donald and Paula Fell.** I am probably missing a few so let me know

So, there you have the basic facts. It will be a great time and I would encourage everyone to join us for the weekend. If you have any questions contact either me (949 722 8612) or Lynn Stoops (714 960 5653). Do not be left out!!!!

Bill's Email: BootSales@aol.com

www.baytobreakers.com

New Member News

By Stephanie Goley

This month we welcome a few new members to the club: Anne Maria Basile, Jeff Katz, and Ken Briggs.

Anne Maria Basile learned about our club from **Bill Fritzsche** (whom she met at the gym). Through Bill she met **Laura Knight** and a few other runners from the group. Anne ran track and cross country throughout junior high and high school, but took a break until about 4 years ago. She is currently training to do 5k's and 8k's. Anne grew up in Rosemead, California until she left for college at UCI. She now resides in Orange County as well. She works at UCI for a program called Healthy Families & Medi-cal Program for Children. Anne does not have a family of her own, but is lucky to have a brother, sister, parents, and 3 nieces close by! Outside of work and running, Anne enjoys acting, attending concerts, scrap booking, cycling at the beach, and dancing.

Another interesting fact about Anne that she was in a car accident in 1995 where she shattered her tibia/fibia and thought her leg was going to be amputated...however, after being on crutches for 1 and 1/2 years and 3 surgeries later, including placing metal plates and screws in my leg, having a bone graft from my hip and lots of therapy, she can now run because she can mostly to complete, not compete. What an inspirational story!

Jeff Katz heard about OCTC from a member at the Costa Mesa 5k race. He is new to running, starting only 6 months ago, but he already has goals he is working toward. Jeff has run 5k's, but hopes to start training for 10k's soon. The inaugural Orange County Marathon in December is a possibility also, but he's not committing to that race quite yet! Jeff grew up in L.A. and now works as Director of Regulatory Affairs for PacifiCare. Jeff also enjoys playing basketball. When asked about other interesting facts he could tell us about him he stated, "You'll just have to wait and find out." Very mysterious...

Ken Briggs has been running since 1988, but is not currently training for anything specific. He joined OCTC after hearing about it from some friends he met while running on the beach. Ken is also a southern California guy, having grown up in Orange County. He now lives in Huntington Beach. Ken would be considered a "jack of all trades" with the variety of things he participates in. He enjoys playing in bands, going to air shows, and flying in "vintage military aircraft." He is an auto a light truck mechanic and used to be into motorcycles until a few accidents scared him back to his senses! Other interesting facts Ken states about himself are that he is a Christian and he does volunteer work for the police department.

SCUTTLEBUTT

By Veronica Burkhalter

Coach Charlie's son-in-law, **David Boulton** competed in the March 6 *New Zealand Ironman* and finished in 12:11:15. OCTC member, **Paul Flores** also competed and finished in 13:48:35. Traveling with them to Kiwi country to cheer and support were David's wife, **Carrie**, and son, **Santiago**. According to Paul, Baby Santiago was a great traveler, especially on the long flight to New Zealand.

Peter Rennard found another exotic location to compete in a triathlon: Honduras, Central America. His daughters accompanied him on the trip and joined him for scuba diving around a beautiful island off the coast.

Sue Rudolph was determined to compete in the *American Trail Champion Series* held on Catalina Island. She completed the Feb. 7th ½ Marathon Buffalo Run in 2:32 and the March 13th marathon in 6:23. Combining the two times gave her 1st place in her age group, and a gift certificate for new Reebok shoes. Two former OCTC members also took 1st place in the Series: **Bob Norton** finished the ½ in 1:59 and the marathon in 5:03. **Beverly Andrews** ½ marathon time was 1:53 and her marathon time was 4:33.

Rick Noer didn't let jet lag from his business trip to Guam and the marathon he completed there stop him from competing in the Catalina 10K race also held on March 13. He finished in 55:11 and 5th in his age group. He's promised an article on his Guam marathon experience, so watch for it hopefully next month.

According to one of the polls on our website, starting up a Saturday training run would be a great idea for our club! Twenty-three out of 28 respondents said they would consider showing up, should a long run like this get organized. Well, the time is now! There's a small group of us currently training together for the June 6th San Diego Rock 'n Roll marathon. **Coach Charlie** has put together a training schedule.

If you'd like a copy of it and want to join us for our long Saturday morning runs, you may look for the schedule on our website: www.octrackclub.com or contact **Ken Lilly** (714) 957-8567 or **Veronica Burkhalter** (714) 549-0374. We have found beautiful local trails for the long runs. Join us even if you just want to get in a few extra weekly miles while in the company of a nice group of runners.

Linda Kiser is sharing the ½ marathon-training schedule that Charlie put together for her for the Shoreline ½. If you are planning on running the Saddleback Memorial ½ Marathon on May 31, this schedule should help you get a PR. Check our website for that too: www.octrackclub.com (CalCoast Track Club is starting a training program for that race beginning on March 20 and charging \$129 per runner – but running with us is free!) As you know, Charlie has always been generous with training programs ranging from track and field events (Ask **Jim Lyons**!) to 5K's through marathons. He loves it when you ask his advice and he never expects anything in return. (But...take it from this reporter; he has never refused a bag of home baked cookies!)

(newspaper comic here.)

The Million Dollar Marathon Charity Challenge

Helping Abused Children _____

In the history of extreme sports, there has never been an event to match this one. With a \$1,000,000 winner-take-all grand prize, twelve local \$10,000 prizes, and \$5,000,000 to benefit abused children in the U.S. foster care system, this event is totally unique.

Tom Jones, a real-life Forrest Gump, and advocate of abused kids, who has previously run across America by undertaking 120 consecutive marathons, has issued the ultimate extreme running challenge. And with over \$1,000,000 at stake, some of the most prestigious long-distance runners on the planet will undoubtedly answer the call.



Jones is a World Champion kick-boxer and extreme endurance runner, who also happens to be an abused child and survivor of the foster care system. This fall he will begin a 12-city U.S. tour, featuring 10 consecutive days of marathons in each city, to highlight the plight of, and raise funds for, abused and foster kids.

The Challenge in each city will feature a \$10,000 winner-take-all prize for the athlete with the best aggregate time who completes all 10 runs in that city. The National Challenge features a \$1,000,000 prize for the runner, with the best aggregate time, who completes all 120 runs in all 12 cities alongside Tom Jones. The event will enable the Tom Jones Foundation to raise funds for his program of assisting kids as they leave the U.S. foster care system. The

fundraising goal is \$5 million to be used as an endowment for the Foundation.

Tom isn't new to this kind of effort. He ran the length of California in 1998, 1999 and 2001. In 2000, as previously stated, he ran 120 consecutive marathons from California to New York--all for the same cause.

In 2003 Jones distinguished himself among the world's extreme athletes by running a complete marathon, followed immediately by a 5-round sanctioned Muay Thai kick boxing match. Tom finished the marathon in less than four hours, then scored a third-round KO in the fight.

This year's event promises to garner spectacular media coverage over a 6-month time frame, with many levels of national and local sponsorship opportunities available. Media projects already planned around the event include a 90-minute theatrical movie, a 12-part reality TV series, regularly scheduled weekly sports/news television and radio coverage, and aggressive local and national print media PR efforts.

While the world's top runners grind out the mileage on pavement, the *Million Dollar Marathon Charity Challenge* will definitely get some media mileage of its own. Be part of it-- part of the frenzy, part of the drama, and part of the solution for abused and neglected kids. Ask how your company can get involved in one of the many sponsorship packages available.

<http://www.run4kids.org/>

The Orange County Track Club
PO Box 1307
Costa Mesa, CA 92628

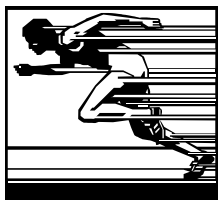


Curtis Quick, Emil Coy and Ian Malcolm
Buddies in Brea

OCTC Designated Club Races

January	So Cal ½ Marathon
	Pacific Shoreline
March	The Spirit Run 5&10K
	Carlsbad 5000
May	Saddleback 5K & ½M
June	OCTC Pancake 5K
July	Surf City 5K
August	HB Distance Derby 5&10 mi.
September	Race for the Cure
November	OC ½M & 5K
	Dana Point Turkey Trot 5&10K

OCTC typically has a presence at two local races per month, including the ones shown here. Others may be selected by vote at monthly club meetings.



MEMBERSHIP INFORMATION

Renewals due this month:

Peter Rennard

Membership

Fees:

\$35/single

\$45/family

Annual Dues:

\$25/\$35

2 months past due = No More Newsletter!

Your renewal date is on your mailing label.

If you are due or almost due to renew, mail your check, made out to OCTC, along with any updated information (name, address, phone number, email address) to:

OCTC Membership
P.O. BOX 1307
Costa Mesa, CA
92628

STAY CONNECTED!

Subscribe to Wil Sanchez's email notification for all the latest OCTC news and events. Send an email to Wil2run@yahoo.com if you are not already on the list.