

Orange County Track Club

February 2004

www.octrackclub.comVol. 43, No. 2

FANTASTIC FINISH

By Robert Donald, President

As you read this article OCTC will already have had our first Pancake Run meeting. We hope to set up a schedule of meetings to take us through the five months leading up to the race, and assign committee chairpersons to organize our efforts. All members are welcome, and all contributions are appreciated. Our race is scheduled with the city for Sunday, June 13th at Fairview Park.

As president it has been suggested that my roll is to inspire the membership. This vague mandate has left me scratching my head for ideas. How can I inspire a group of runners? What inspires runners? It occurred to me that I *am* a runner, and I might better be able to answer the question, what inspires me? One thing that inspires me is a closely contested competitive race. I never tire of watching Steve Prefontaine in the 1972 Olympic 5000 meter run, or Bob Hayes' anchor leg of the 4 x 100 relay at the Tokyo games. Since many of us have already seen these races however, I thought I would tell you about a race none of you are likely to have seen.

It took place my freshman year in high school. The Beach Cities Invitational was a track meet hosted by Newport Harbor, and attended by a dozen or more local high schools. Among the schools in attendance was Edison High who had a sprinter running for them at the time named Kerwin Bell. Kerwin was the fastest high school sprinter in the county that year, and had already accepted a full scholarship to play tailback at the University of Kansas. He stood 6'1" weighed 195 pounds and looked fast even standing still. There was some talk of Kerwin setting a meet, and a track record, but there was no doubt that he would win the 100-yard dash.

Newport's entry in the 100 was Rudy Jimenez. Rudy was all of 5'6" and by March of this, his senior year of high school, he was developing a beer belly. You

wouldn't have picked him out of a crowd as physically remarkable in any way. Nobody messed with Rudy though. He had a toughness, and intensity that you didn't dare cross, and as our team captain he kept the other upper class men from hazing the freshman like myself too much, so I always liked him. And he had some speed too.

As they lined up for the race Kerwin was in lane five, and Rudy was in lane four. Kerwin complained to the starter, Red, that there was a hole in front of his blocks. Red was gaunt, and gray in his bright red starters blazer, and somebody's grandfather said his hair was once a similar color. So Red was old enough to know when he told Kerwin, "That hole's been there longer than you've been alive, now get in you blocks." With some degree of histrionics Kerwin settled into his blocks next to Rudy.

In due course Red fired his starters pistol, and as expected Kerwin led the field out of the blocks. He was the picture of power, and grace as his long fluid strides carried him to a two-yard lead over his closest pursuer, Rudy, at the 40-yard mark. By contrast Rudy's short choppy gait, and backward leaning posture looked almost cartoonish. Despite appearances the gap between the two didn't change over the next 40 yards as they both pulled away from the field. Then with less than twenty yards to go Kerwin raised his arms, smiled for his people, and began to savor his victory. Rudy however, was still churning away, his little legs turning over at twice the rate of his rival's. As Kerwin began to celebrate, Rudy began to gain. With the finish line drawing closer, and closer, Rudy ran right under Kerwin's outstretched arm. The look of shock on Kerwin's face as Rudy hit the tape inches ahead of him was priceless. As Yogi Berra says, "It ain't over 'till it's over."

OCTC is hosting a Garage Sale

April 17

8 a.m. – 3 p.m.

The only problem is, ***we need a garage!***

Please contact Stephanie if you have a garage that the club may use to host the sale.

(949) 764-9212



All proceeds will be donated to the Sue Rudolph Fund.

FEBRUARY CLUB RACES

Pacific Shoreline Marathon

Sunday, February 1

At the Huntington Beach Pier

Captain: Brad Calvin

www.marathonrun.com

Costa Mesa Pride in the Park

Saturday, February 7

Fairview Park, Costa Mesa

Featuring a Pancake Breakfast

Captain: Rob Corl

Brea 8K Classic

Sunday, February 29

Off the 57 Fwy at Birch, near the Brea mall

Captain: Bill Fritzsche

****team subsidies available****

www.brea8k.org

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!

Sundays

⇒ 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.

⇒ 7 a.m., Coco's, Corona Del Mar, 16 m. Contact Oscar Fricke at (949) 586-4906.

⇒ 8 a.m., Huntington Beach Pier, 8-14 mi. Contact Brad Calvin at (714) 969-3775

⇒ *Snail's Pace Santiago Trail Run*

Meet @ 7 a.m., Warner/Euclid Round Table, FV
15-16 miles of hills and stunning scenery.

February Club Meeting and Potluck Monday, February 2 @ 6:30 p.m.

Newport Rib Company

2196 Harbor Blvd., Costa Mesa

(949) 631-2110

Take the 405 to the 55 South and exit Victoria. Take Victoria North up to Harbor Blvd. and turn right.

Please attend this special fundraising dinner for **Sue Rudolph**, which includes a delightful buffet in our own private room. Cost is **\$20 per person for club members. Make checks payable to OCTC and give to Laura Knight.** You may invite guests, but they must order from the menu and pay separately. Newport Rib Co. will donate 20% of all sales to Sue's fund. The Board is considering matching this amount from the club treasury. Regular meeting following dinner.

~ February Sweethearts ~

1 Jim Lyons
6 Neville Pearson
9 Alan Locher
14 Tom Dilday
24 Marcy Myers
28 Brian Bursey
28 Ian Malcolm



~~ NEWSLETTER DEADLINE ~~

The deadline for submissions to the OCTC Newsletter is **always on the 15th of the month.** Word format preferred. Content subject to the tastes of the Master. Email your submissions to octceditor@hotmail.com or fax to (714) 708-1230.

OCTC OFFICERS

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Club voicemail: (949) 863-6166

Southern California 1/2 Marathon & 5K

January 10, 2004

By Andy Bailey, Race Captain

Counting the number of school buses, this event should change its name to "Students Run L.A.". It was really wonderful to see the young runners and their teachers from all over Southern California training for the L.A. Marathon. They were an inspiration to me and overshadowed the race itself.

The race director did not put much emphasis on the fact that this was the 15th anniversary of the race and there was \$5,000 in prize money. However, it was enough for Wilhelm Gidabuday from Tanzania and Sylvia Mosqueda from L.A. to come out and go home \$500.00 richer. Wilhelm ran a respectable 1:09:31 and Sylvia set a woman's record in 1:12:14. Oscar Lemus-Lopez, 31, Tustin, won the 5K in 15:30 and Genevieve Graff-Ermeling, 32, Tustin, won in 16:08.

Our first attempt at team competition under the new standard did not fair well. I guess the race director made it to easy to enter and nobody was ready for that. We only had four team members in each division indicate they were racing with OCTC. Hopefully, a team captain will step-up at the Brea 8K in February and make sure we are all entered.

Bob Sullivan, Veronica Burkhalter and **Steve Bloch** got in some training time. V.P **Rob Corl** was on hand taking pictures and **Curtis Quick** and **Jamie Bolduc** were there supporting the troops.

Half M. Results	Time	Comments
Beth Baumhardt	1:39:13	
Bill Fritzsche	1:40:19	
Pete Rennard	1:43:15	Thanks Beth & Bill
Tere Ross	2:13:20	2 nd A/G Good Run
Steven Schechter	2:31:09	Died at mile eight
5K Results	Time	Comments
Phil Wingard	18:06	2 nd A/G Felt OK
Robert Donald	19:03	5 th A/G
Brad Calvin	20:25	6 th A/G
Rick Noer	22:20	Crap
Paula Fell	23:19	2 nd A/G PR
Jon Barkman	24:24	2 nd A/G
Andy Bailey	24:39	3rd A/G Legs like lead

New Members News

By Stephanie Goley

Welcome, new member **Bill Wilson**! Bill has been running for 30 years completing numerous races

including: Catalina and Long Beach Marathons, as well as more then fifty 5K and 10K races. Currently, he is training for his 5th Catalina Marathon. Bill is actually a member from 1986 when the club ran out of **Sandi Barr's** store.

Originally from Lexington, Nebraska, Bill now resides in Coto de Caza with his wife Jennifer and children Samantha (7), Sydney (5), and Katie (4). Outside of running, Bill runs his own landscaping business and works with Jennifer in Real Estate in South Orange County. In addition to his already busy life, Bill participates in a multitude of community organizations. Some of these include: AYSO Soccer Coach and Referee, Daisy Scouts, PTA Wagon Wheel Public, Elks, and Rotary. In his free time Bill likes to golf- with scores in the low 140's. Bill is also a Navy veteran! When does he have time to run?!

New members **Michael Slobom** and son, **Michael, Jr.** have known about OCTC for quite awhile. When Michael met club member **Ken Lilly** at a Calvary Chapel HS cross country event, he thought the club sounded like a good group for his son to train with. Then Michael came to the OC track meet in December and had so much fun, he joined the club himself! Michael ran track and cross-country at Edison High School, but had a knee injury his senior year and wasn't able to run again. Then in September, Michael started running with his son's cross-country team and hasn't had any knee pain, thanks to glucosamene! He isn't training for anything specifically now, but hopes to train for a 5K when he gets into shape and tests his knees out a little more.

Michael grew up in Huntington Beach and is currently a CPA. He has a wife and two children, Michael (14) and Jennifer (12). Michael Jr. started running a year and a half ago. He already won his races at Laguna Hills Invitational, Dana Hills Invitational, and Mt. Sac Invitational and came in second at Woodbridge Invitational. His mile time is 4:53 and two mile is 10:59. Outside of running, Michael likes to play basketball and spend time with this family.

Phil Wingard has been scoping out our club for two years and now he's decided to take the plunge! He first saw us at the Flo Jo Memorial race a few years ago, and he joined the club at this year's Turkey Trot. Phil is no newcomer to running, he's been at it since the 70's. He ran both cross-country and track for Troy High School, Fullerton Jr. College, and Long Beach State. Currently Phil is looking to train for track events, and runs some road races as well.

Phil is originally from Holland, Michigan. At 5 years of age he moved to California, and grew up in Fullerton. He is married and has two sons (9 and 13), and one daughter (14). He runs a graphic arts business with his brother and in his free time he enjoys hiking and sailing.

To Do Your Best, Take Some Time Off

By Marnell Jameson

Excerpted from the Los Angeles Times

Hard-core athletes can have trouble accepting the fact that giving their bodies time to recover after a hard workout will actually enhance their performance, coaches and trainers say.

"These people think they will lose fitness if they don't work out hard every day," says Paul Huddle, a triathlete coach in San Diego. "They see missing a day as a setback." Other athletes don't feel virtuous unless their workouts produce exhaustion.

However, Huddle adds, "If you go hard every day, you'll never do your best." He and other experts recommend a day or two off each week for those who exercise regularly.

The reason lies in muscle science. When you work out, you cause micro-tears in the muscle. As muscles mend, they become stronger than before.

If you tear those muscles again before they've fully recovered, you won't achieve your maximum potential, says Scott Trappe, director of the Human Performance Lab at Ball State University in Muncie, Indiana.

Another thing that many athletes don't understand, Trappe says, is that **it takes 30 to 60 days for the results of a workout to show up in muscles.**

Muscles need that much time to build and assemble new proteins. In other words, you won't see the effects of today's workout for a month or two—assuming you keep working out moderately to maintain a fitness level and take days off occasionally.

Before participating in this year's New York City Marathon, Trappe, a competitive marathoner, took his last big training run of 23 miles five weeks before the event. He tapered training from there, cutting intensity and duration by about 20% each week, and continued to take two days off a week.

"Athletes often underestimate how much rest they need," Huddle says. "Sometimes people start backing off to recover. Then two to three days into the taper, they feel sluggish and think they've lost conditioning and panic. What they're feeling is residual fatigue. Fatigue lags behind training. They need to ride it out until they feel all their energy come back."

Michael Collins, an Irvine-based swim and triathlete coach, says a good workout regimen includes days when you push yourself, days when you work to maintain, and days when you recover.



HELP YOUR BODY RECOVER

By Marnell Jameson

Los Angeles Times

If rest is so good for avid exercisers, then the next question they may ask is how they can help the recovery process along.

Start by replenishing water, carbohydrates, and protein, ideally within two hours after working out, when muscles are most receptive to absorbing the nutrients. Many experts recommend eating a ratio of 1 gram of protein to every 4 grams of carbohydrates.

The best way to determine the amount of carbohydrates needed is to convert your weight to kilograms and consume 1 gram of carbohydrates for every kilogram of body weight, says Scott Trappe, director of the Ball State University Human Performance Lab. The widely accepted formula evolved from a series of studies conducted in the late 1970's and early 1980's.

Thus, a 155-pound man would weigh 70 kilograms and should eat 70 grams of carbohydrates, and a fourth of that, or 17.5 grams of protein at his next meal. Hydration is also important. Trappe says it doesn't have to be any more complicated than noting the color of your urine. If it's too yellow, drink more water.

PHUNIN' IN PHOENIX WITH A PHAIRY

By Alan Locher

He was six feet tall, had a shaved head, a British accent, and wore a pink tank top and lace tu tu. He held a magic wand in one hand with his pinkie appropriately extended. The worst of it was that I couldn't keep up with this Rock 'n' Roll fairy. And we had the Goo Goo Dolls drummer who ran the marathon and sat in with some of the many bands on the course. But then there was Elvis – who wore a jog bra; we ran generally together for the last half of the race. It was warm – in the high 70s and at least 10° warmer than normal; but mercifully a few clouds protected us some of the time. Unfortunately the half-hour start delay cut into our morning shade and coolness. Shades of the Inaugural Rock 'n' Roll San Diego. And so went my experience at the Inaugural Rock 'n' Roll AZ Marathon on January the 11th.

The expo was large – about as large as LA but without all that cycling stuff. Probably the best deal was the guaranteed entry to the Marine Corps Marathon in October. They handed out “Event Entry” forms that guarantee entry if you mail them in before the end of April. You cannot enter online and use this option. With the popularity of the race and the lottery system making it difficult to be sure to get in, this is a sweet deal. The form is in black and white so I could be talked into making a copy for any interested member.

Having run the Rock 'n' Roll SD and Country Music Marathons where there weren't halves included, I was disappointed to find all the souvenirs had the same marathon/half-marathon statement – no separation of the races. Fortunately, the race shirts were distinctive according to the race.

The course was fairly flat but with a few inclines between miles 5 and 12 and again from 15 to 19. It was mostly city sights on the course as well as neighborhoods but one short segment went through Papago Park and near the Phoenix Zoo – both in the desert. Although we all started at the same time, marathoners and half-marathoners started on nearby parallel streets

and never converged. Traffic control was perfect due to great planning and a huge number of Phoenix, Scottsdale, and Tempe police.

Numerous bands entertained us along the way in the tradition of the Rock 'n' Roll series. The most interesting was in Papago Park where the Papago Indian all-percussion band banged away in their tight circle. The numerous cheerleaders were very young and very enthusiastic, even for us mid-packers.

Other than the delayed start and damnable congestion at the finish caused by well-wishers, the expo and race went off very well. Race management experience from San Diego, Nashville, and Virginia Beach obviously made a difference. And it was needed because there were over 13,000 marathon and 15,000 half-marathon entrants.

I met Sheila Callan at the expo and Michelle Palmer at the start but I don't know the other OCTCers. It was a good experience. Try it next year!

SCUTTLEBUTT

By Veronica Burkhalter

A "plan of action" for the work to be done on **Sue Rudolph's** home is being developed by a core committee which includes **Lana Dixon Merchant** from the Snail's Pace Running Club, **Jeri Bailey**, **Veronica Burkhalter**, and **Carol Latham**, a close friend of Sue. The start date has not been scheduled, pending preliminary clean up, possibly to be done by outside workers.

We will need between **20-30 OCTC and Snail's Pace volunteers**. Duties will include electrical and plumbing work, initial cleaning with TSP and scrapping wallpaper. To be painted will be the kitchen, living room/dining areas, the stairway, two bedrooms, two bathrooms, and ceilings throughout. The carpeting will be torn out and new flooring of either vinyl or ceramic tile will have to be laid.

Work may not begin until mid-February or later, but please contact one of the above coordinators and add your name to the list of volunteers. We would like to get all of the work done in one or two weekends.

On Saturday, February 28, 2004, **MD's Sports Bar** located at Los Caballeros Sports Club in Fountain Valley, in conjunction with the **Snail's Pace Running Club**, will be offering a special *Dinner with Sue* with 15% going toward the fund for **Sue Rudolph**. All you have to say when ordering the Special Pasta Dinner is that it is for Sue Rudolph. The pasta dinner is priced at \$10 for this evening, which begins at 1800 hours or 6:00 p.m. Please contact **Rick Noer** for further information: oscar10346@aol.com

You may send personal contributions made out to **OCTC-Sue Rudolph Fund** to OCTC at P.O. Box 1307 Costa Mesa, CA 92628.



Thought for the Day

From Patrick McDonagh

INTERNATIONAL THINKING AT ITS BEST!

Question: What is the truest definition of Globalization?

Answer: Princess Diana's death.

Question: How come?

Answer: An English princess with an Egyptian boyfriend crashes in a French tunnel, driving a German car with a Dutch engine, driven by a Belgian who was drunk on Scottish whisky, (check the bottle before you change the spelling) followed closely by Italian Paparazzi on Japanese motorcycles; treated by an American doctor, using Brazilian medicines. This is sent to you by an American, using Bill Gates' technology, and you're probably reading this on your computer, that uses Taiwanese chips, and a Korean monitor, assembled by Bangladeshi workers in a Singapore plant, transported by Indian lorry-drivers, hijacked by Indonesians, unloaded by Sicilian longshoremen, and trucked to you by Mexican Illegals...

That, my friend is...**Globalization**.



Malibu Marathon & Half Marathon

December 5, 2004

Save the Date!

"The Malibu Marathon presents a unique running experience for all runners from the elite athlete to the first time marathon runner. The Malibu Marathon, with the ocean on one side and the Santa Monica Mountains on the other, will be the most breathtaking run of your life. Make sure you don't miss out on running the inaugural marathon of an event that's sure to be one of America's signature marathons. "

www.malibumarathon.com

ABSOLUTELY AMAZING TRAVEL OPPORTUNITIES

From Sue Rudolph

Kilauea Wilderness Run Hawaii Group Tour Package

Volcano National Park
July 29-August 5, 2004

Includes:

Roundtrip Air from LAX to Hilo
Compact Rental Car
4 Nights Bed & Breakfast Volcano Village
Optional race entry (10mi, 5mi, 5K, Marathon)
Post Marathon dinner celebration
\$760/per (based on double, tax included)

Optional Kauai extension available:

Air, Compact Car, 3 nights Oceanview Condo
New total: \$1125/per (tax included)

Deposit: \$200. Limited space – hurry!

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### **Sydney Marathon Tour Package**

September 8-20, 2004

#### **Includes:**

Roundtrip Air from LAX  
4 nights in Sydney, First Class  
4WD tour to Blue Mountains (w/lunch)  
Sydney Harbor Bridge Climb  
Optional marathon entry (9/12)  
Post Marathon dinner celebration

Air from Sydney to Cairns  
4 nights Palm Cove, First Class (w/breakfast)  
Great Barrier Cruise (w/snorkeling, lunch)  
4WD tour to Daintree Rainforest (w/lunch, wine)  
Tjapukai Aboriginal Theme Park (dinner, show)  
Beer, wine, soft drinks included

#### **3 optional extensions:**

(Ayers Rock, Adelaide, or Melbourne)  
Transfers to/from airport, portage at hotels incl.  
Pricing available soon - See Sue for more info.



### **Dublin Marathon Tour**

October 22-31, 2004

#### **Includes:**

Airport transfer in Dublin  
3 nights Dublin, First Class (w/breakfast)  
Dublin Sightseeing city tour (incl. St. Patrick's cathedral, Trinity College, Book of Kells, and Marathon course, plus all admission fees)  
Post marathon dinner (10/25)  
9 days luxury motorcoach w/driver & guide  
2 nights Killarney, First Class  
1 night Galway, First Class  
2 nights Bunratty, First Class  
Full breakfast daily  
3 table d'hote dinners  
Medieval Banquet

#### **Sightseeing includes fees to:**

Cliffs of Moher, Aterford Crystal, Blarney Castle, Bunratty Folk Park, King John's Castle  
Transport on Tarbert Ferry  
Porterage at hotel, svc charges & govt. taxes included.

\$1075/per (based on double)

Single: add \$290

Deposit \$200 due by March 25

#### **Additional charge for airfare.**

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Mail deposits to:

Absolutely Amazing Cruises and Travel
9841 Villa Pacific Drive
Huntington Beach, CA 92646
(714) 963-5281

OCTC Designated Club Races

January	So Cal ½ Marathon Pacific Shoreline
March	LA Marathon & 5K The Spirit Run 5&10K
April	Carlsbad 5000
May	Saddleback Memorial 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.



SWITCH TO ONLINE NEWSLETTERS:

Send an email to OCTCeditor@hotmail.com if you would like to stop receiving a paper newsletter. Simply type "online only" in the subject line and sign your name.

Thank you to those who have signed up!

MEMBERSHIP INFORMATION

Renewals due this month:

Sheila Callan
Beth Cusimano
Alan Locher
Jim Lyons
Karen Overall
Vargas Randy



Dues	Single	Family
Membership Dues	\$35	\$45
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.