
Orange County Track Club

January 2004

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Orange Coast College Running Club Invitational

By Robert Donald

Ken Lilly's vision of a track meet between the various Orange County running clubs came to fruition with the inaugural running of the Orange Coast College Running Club Invitational. On Sunday, December 7, 2003 at Orange Coast College, 46 competitors, numerous volunteers, and supporters all came together to produce a tremendously successful event. OCTC's stated goals for the track meet included building camaraderie, and a spirit of friendly competition with the other running clubs, recruiting new members, selling uniforms, and of course having fun. All these goals were achieved, and then some. Members of the various clubs were able to meet, and talk in a way that doesn't happen at road races. Ken reported that three new members signed up, and one old member **Ross Erick** re-upped at the meet. **Stephanie Goley** sold a few singlets. A good time was had by all. Plus, the bake sale in support of **Sue Rudolph** as she battles liver disease, arranged by **Rick Noer**, manned by **Jeri Bailey**, and supplied through the culinary expertise of people too numerous to mention, raised over \$200 for this most worthy cause.

As for the competition itself, placement in each event was decided not on speed alone, but also took into account the competitor's age and gender. In the first, and most popular event of the meet, the Mile Run, **Laura Knight** finished third for OCTC in a time of 5:23 for a score of .772. That means she ran 77.2% of world record pace for her age and gender. The finish gave OCTC its first point in the team competition where one point is awarded for third, three points for second, and five points for a first place finish.

The second event was the 400 Meter Run. Several OCTC runners tried to run the 400 immediately after the mile with limited success. OCTC failed to score in the event, but the tone of the meet was set by James Chinn of Southern California Track Club who won going away in a time of 53.9 for a score of .891.

Recognizing that drastic measures needed to be taken, Ken and Veronica quickly recruited a passing football

player to run the next event, the 100 Meter Dash. Their

recruit, Scott Brengle, finished second; while **Ross Erick** took third. Of even greater interest however, was the pitted battle between **Jamie Bolduc** and **Zsuzsi Burkhalter**. Both ladies battled neck-and-neck the entire race until Jamie edged Zsuzsi at the line by a matter of inches. Don't think coach missed that performance from his position as starter either; expectations have been raised, ladies.

Despite quality performances by **Jim Lyons**, **Laura Knight**, and **Teri Ross** in the 800, OCTC failed to place. The 200 however was a different story as returning member Ross Erick scored again with a second place finish in 28.1 seconds for a score of .783. What really whipped the crowd into a frenzy was the performance of fan favorite **Veronica Burkhalter**. So moved was she by the outpouring of support, that she wrote me a note asking me to be sure to leave room in this article to thank those who cheered her on.

Michael Sloban, **Steve Bloch**, and **Ken Lilly** carried the banner for OCTC in the final individual event of the meet, the 2 Mile Run. Following the 2 Mile Run, with only the 4x400 relay left to run, OCTC stood two points behind Snail's Pace for third place.

As twilight descended on the track, two teams from OCTC prepared to run the relay. The first team was lead off by **Melinda Sullivan**, followed by team leader, and family patriarch **Bob Sullivan**, running third **Jamie Bolduc**, and anchored by young **Robert Sullivan** running his third event of the meet. The second OCTC relay team was made up of **Art Hernandez**, **Ross Erick**, **Phil Wingard**, and yours truly. In a hotly contested race we managed to finish second to the Road Runners by two seconds, and ahead of Snail's Pace. As a result OCTC finished tied with Snail's Pace for third place in the team competition behind SCTC, and SCRR.

Thanks to all those who made this such a memorable event.

January Club Meeting and Potluck

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

Hosted by Veronica Burkhalter

1103 Visalia, Costa Mesa

(714) 549-0374

Exit 405 at Fairview Drive. Turn East toward the mountains one block. Turn right at South Coast Drive (towards So. Coast Plaza). Drive about ½ mile until tract wall ends on your left. Get into left lane just before grassy median begins and go left at San Leandro Dr. ("The Cape" apartments will be on the right). Turn left at 2nd street, Visalia Dr. The house is on the left with tall pine and palm trees.

Bring food.

January Club Races

Southern California ½ Marathon & 5K

Saturday, January 10

at Barranca & Lake, in Irvine

Captain: Ken Lilly

Team subsidies available: \$10/p.p.

Organize your team today!

<http://www.schalfmarathon.com/>

The Night Race 5K

Saturday, January 17 @ 6:00 p.m.

Irvine Spectrum

Captain: Paula Fell

<http://www.nightraces.com>

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.

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&10M
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.

~ January Birthdays ~

6 Kathy Sanchez
16 Brad Calvin
17 Tere Ross
17 Ed Tomasek
23 Joe Garcia



~~ NEWSLETTER DEADLINE ~~

The deadline for submissions to the OCTC Newsletter is **always on the 15th of the month**. Word format preferred, long hair Freaky people need not apply. Email your submissions to octceditor@hotmail.com or fax to (714) 708-1230.

OCTC OFFICERS

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27th Anniversary – Dana Point Turkey Trot

November 27, 2003

By Andy Bailey, Race Captain

The 27th edition of this popular race was ushered in by a beautiful, sunny Thanksgiving morning. The Race Director put OCTC in with the paid exhibitors, which surprised some club members who were wandering around trying to locate the canopy. However, most everyone managed to find us. Our sign-in sheet spilled over on to a second page! Perhaps the new location was good for us, as a lot of runners stopped by our booth. **Phil Wingard** had seen us the last two years and decided to join. Look for the “check in the mail” **Stephanie**, you and **Steve** are going to have a lot of fun following up on our interest sheet.

Our club had a good turnout thanks to **Veronica Burkhalter**, **Laura Knight** and **Peter Rennard**, who submitted 19 applications between them to help get our club register for the team competition and qualify for the \$5.00 discount. Our friends from the Orange County Triathlon Club (OCTC) joined us again to help push us over the top.

The stars of our 10K team were **Laura Knight**, **Robert Donald** and **Linda Stennes**. **Laura** was the seventh woman overall and second in her age group with a **PR** of 37:59. **Robert's** time of 40:14 was an improvement of over five minutes from last year. **Linda** was first in her age group with 41:23. Team **Burkhalter** had such a good time last year that they brought dad **Steve** along as well as a couple of their Belgium friends, **Gus Van Dender** and **Wouter Pardaens**.

Stevie won the sibling challenge this year followed by **Zsuzsi** and **Drew**.

Jerry Jefferson did a double again this year and won his age group in both the 10K and 5K. Wonder what he is going to get this year with his Nike Gift Cards? **Art Hernandez**, **Patrick McDonagh**, and **Rick Dana** also did the 10K as a warm up for the 5K.

Coach **Charlie Appell's** kids had a good day with **Johann** finishing third overall and third in his age group. **Christina** was the third female and second in age group in the 10K and sixth female and first age group in the 5K. **Stephan** crossed the finish line in 19:09. **Michale** was out on the course with **David Boulton**. **Carrie** had baby **Santiago** training for the Stroller Run next year. It was also nice to see **Kimberly Smith** and baby **Ian** on the sideline cheering on father **Matt**.

Humberto Rojas won his age group and was fourth overall. New member, **Paula Fell**, cut 34 seconds off her last 5K for a **PR** of 24:00.

Thanks to **Rob Corl** for taking pictures and to **Bob Sullivan**, **Judy Bryant**, **Curtis Quick**, **Jeri Bailey** and **Robert David** for manning the booth and helping with pack up.

10K Results

	<u>Time</u>
Dave Schumacher, 35 H.B.	32:34
Dolly Ginter, 40 Newport Bch	36:40
Laura Knight	37:59
Phil Wingard	39:55
Robert Donald	40:14
Linda Stennes (1 st a/g)	41:23
Art Hernandez	41:24
Linda Kiser	50:38
Nan Kappler	52:38
Beth Cusumano	54:37
Jamie Bolduc	56:00

Matt Smith	41:59
Patrick McDonagh	42:30
Sue Zihlmann	43:22
Rick Dana	44:30
Jim Lyons	47:20
Jerry Jefferson	49:30 (1 st a/g)
Ken Lilly	49:35
Peter Rennard	56:39
Bill Wilson	?
Michelle Palmer	1:08:30
Brian Bursey	1:28:46
Stewart Price	?

5K Masters Results

	<u>Time</u>
Danny Reed 43, L.N.	15:41 (1 st o/a)
Ceci St. Germe 40, N.B.	17:41 (1 st o/a)
Kevin McCarthy	17:53
Dave Fier	18:47
Art Hernandez	19:02
Jim Baker	20:05
Tess Joyce	21:21
Brad Calvin	21:45
Bob Norton	22:08 (1 st a/g)
Steve Burkhalter	36:08

Rick Dana	22:30
Bob Berry	22:48
Patrick McDonagh	23:30
Jerry Jefferson	23:55 (1 st a/g)
Paula Fell	24:00
Andy Bailey	24:24
Kathy Sanchez	25:01
Veronica Burkhalter	27:51
Tere Ross	28:16 (2 nd a/g)
Steven Schechter	28:20
Ron Saetermoe	?

5K Under Age 40 Results

	<u>Time</u>
Wilhelm Gidabuday 29, G.G.	14:48
*Lauren Fleshman 22,	16:22
Humberto Rojas (1 st a/g)	15:04
Stevie Burkhalter	22:10
Zsuzsi Burkhalter	23:04
Drew Burkhalter	32:32
<i>*Johnson City, TN - course record!</i>	

Christmas Run – December 13, 2003

By Jamie Bolduc

The Christmas Run 5 and 10K in the Venice Marina was held on a very cold Saturday, December 13, 2003. I arrived at the location early and was led like cattle into the parking lot where the city of Venice wanted \$6.00 from me for parking my car hours (if not months) before any beach-going tourists could ever possibly arrive. Anxious to save every dollar in this painful holiday season, I politely requested a referral to some "free" parking area. I was then directed to the street, just two blocks away and well worth the detour. (Mental note noted.) I tried to quiet a sour attitude as I locked my car and made my way to the registration and expo area.

This was my second 10K in one month, a feat I had never before attempted. My last 10K was at the Turkey Trot, where I earned a solid 56:00 finish time, which I was happy about, considering I had not spent any time training; I had literally gone into it "cold turkey." Nonetheless, my finishing time was 1:47 faster than last year, and though I paid a painful price in blisters and sore hips, it was a good experience. Now here I was, two weeks later, on a new course in old, familiar L.A.. I was excited at the prospect of running along Venice and Santa Monica's beaches, my old stomping grounds before the dot-com bubble burst.

One can really appreciate the value of an OCTC canopy when one arrives at an out-of-town race and is forced to go without. But I stealthily stashed my belongings in the human-carved brush that advertised to the skies: SANTA MONICA. I put my keys inside the "S" and my new T-shirt in the hole of the "A".

I had time to spare and wanted to get centered, so I walked out to the shoreline to stretch. I tried to take in the energy of the ocean. The ocean can have differing effects, depending on which time you catch her. When you need solitude and sanctuary, the ocean can soothe you and cover the sounds of the world with a numb vibration, so you can hear yourself better. When you need hope or understanding or a place to celebrate good news, the waves can smile and salute your most earnest endeavor. And when you're just one runner in a race attended by over 3,000 people, your meditation on all such deep thoughts can be easily interrupted by a group of teenage girls who want you to snap their picture with their disposable camera.

"Do you want me to get the surfer in the background?" I offered.

"Not necessarily," the matriarch replied.
hmmph. Disposable camera indeed.

One can also take for granted the proper organization of a race until you have attended one gone awry. Just four minutes before the start of the 10K, as we early birds were warmly nuzzled arm-to-arm at the starting line, we were told that we were facing in the wrong

direction. As our collective groans rose and fell, everyone anxiously attempted to hold on to their position while shifting to the other side of the starting line. Even if the elite runners had assumed their proper place at the front of the line when they arrived, they were soon engaged in territorial combat with 12-minute milers, vying for a once-in-a-lifetime opportunity to lead the pack.

As the horn finally sent us on our way, it was painfully obvious that the front-runners were not the "elite". Race directors: mental note noted?

Now, about the course itself: I was misled in my expectations that I would be running along the beaches that had greeted me in mornings before the turn of the millennium. Instead, I followed the fold through the neighborhoods and streets just east of the shore. We were only given a taste of sand and surf at the home stretch, when one is too tired to really enjoy it. We rounded the corner at the south end of Venice and trampled the eccentric fortune-tellers who were just setting up shop on the sidewalks, before stretching to the finish.

What had fallen short in scenery, however, was more than replenished by fodder for intellectual reflection. It gave me pause to run so quickly by so many homeless people, in what was, for me, just one small step in a personal challenge to reach my physical best. Here were grown adults who carry their life's possessions in plastic grocery bags and rely on stolen carts and cardboard boxes to keep it all together. I didn't want to imagine how cold the night had been for them, and how many hours they had laid awake, anxious for the sun to rise. Such a vast difference I perceived, between that homeless person and myself, and while I took the moment to be thankful for my health, happiness, and family, I couldn't shake the sense of privilege and arrogance that comes with those blessings. Here I was, running in L.A. for the supposed purpose of indulging in the fantasy that is rich landscape and inspirational surf, and what I was given instead was graffitied streets and an inner confrontation with the homeless population.

I was able to maintain a very good pace once I found my place among the pack, and finished with a time of **52:42**. This was almost 3:30 faster than my turkey trotting, so naturally, I was happy with the outcome. I retrieved my belongings from their makeshift storage and found my car just as the parking meter hours went into effect. I don't mean to sound like this was a life-changing experience for me; it probably wasn't, but I do believe everything we do changes us just a little bit. Maybe I won't be so anxious to run in L.A. again... Unless, of course, my personal challenges lead me to the L.A. Marathon.

See results from the 5K on the following page.

Running Club Invitational - Results

Name	Event	Time	Score	Event	Time	Score	Event	Time	Score	Event	Time
Bob Arnold	1 Mile	06:43.5	0.664								
Steve Bloch	400	01:21.2	0.640	1 Mile	06:31.4	0.685	2 Mile	14:12.9	0.672		
Jamie Bolduc	100	15.2	0.658	200	36.0	0.583	Relay	05:59.8			
Scott Brengle	100	11.5	0.870								
Veronica Burkhalter	100	22.1	0.633	200	47.2	0.593					
Zsuzsi Burkhalter	100	15.3	0.654	400	01:17.6	0.619	1 Mile	06:17.9	0.659		
Tom Dilday	1 Mile	06:37.4	0.747								
Robert Donald	100	13.9	0.719	200	29.5	0.712	1 Mile	05:19.0	0.743	Relay	04:25.6
Ross Erick	100	13.3	0.827	200	28.1	0.783	Relay	04:25.6			
Beau Gertz	100	12.4	0.806								
Art Henandez	400	01:08.3	0.630	1 Mile	05:24.3	0.752	Relay	04:25.6			
Laura Knight	800	02:34.4	0.732	1 Mile	05:22.6	0.772					
Ken Lilly	2 Mile	14:17.9	0.634								
Jim Lyons	800	02:59.2	0.742	1 Mile	06:35.5	0.741					
Tere Ross	400	01:45.4	0.636	800	03:52.8	0.674					
Michael Sloban	2 Mile	11:55.6	0.734								
Melinda Sullivan	100	17.9	0.782				Relay	05:59.8			
Robert Sullivan	100	18.0	0.722	1 Mile	06:35.3	0.724	Relay	05:59.8			
Bob Sullivan	100	19.0	0.579	Relay	05:59.8						
Matthew Tuttle	100	17.6	0.568								
Philip Wingard	1 Mile	05:32.5	0.758	Relay	04:25.6						

Christmas Run 5K (non-club event) - Results

Robert Donald	Official Time 19:07 - Actual Time 18:56 - 4th in Division - 40th Overall.
Jim Baker	20:06 - 5th in Division - 61st Overall
Steve Bloch	22:32 - 2nd in Division - 95th Overall
Paula Fell	23:34 - 3rd in Division - 116th Overall
Beth Cusimano	Official Time 25:14 - Actual Time 24:45 - 7th in Division - 166th Overall

Sue Rudolph has been diagnosed with a form of cirrhosis of the liver not caused by alcohol or drugs. Currently she is undergoing testing at UCI Medical Center to be placed on a donor list. More immediately her doctors have told her she needs to be in as close to a sterile environment as possible; this means new flooring, and paint, etc. at her home. Several fund raising options were discussed at the December club meeting. A number of restaurants kick back a percentage of your bill to your charity if you bring in a large group of people. **Laura** will check with the Newport Rib Company about setting up such an event for our February meeting. **Jeri Bailey** will look into doing something similar on a larger scale through the Pennysaver that would include multiple restaurants and the other clubs. A garage sale to be held at **Laura's** and **Linda Stennes's** houses and contributed to by members of all the clubs was also discussed. **Veronica Burkhalter** will speak with a representative of **Snail's Pace** (who have already raised \$1200 for Sue), and invite them to our January meeting so we can coordinate with them. **Brad Calvin** is looking into opening a separate account at our bank for fund raising and distribution purposes.

~Robert Donald

Rock N' Roll Arizona, Anyone?

"We want to invite all OCTC members to join us in this inaugural marathon in Phoenix on Sunday, January 11th. **Ian Malcolm, Emile Coy, Leo Siton** and I have been training hard for this event. Our goal is to run a Boston qualifying time of 3:35 or better. We are driving to Phoenix on Friday, Jan 9th and are taking in a Phoenix Suns vs Sacramento Kings basketball game on Friday night.

If anybody else is planning to come, please have them call me at 714-996-6431 or send an e-mail to free-willie@juno.com. There is also a ½ Marathon. 20,000 runners are expected.

Based on previous success of RNR Marathon San Diego, this one should also be a BLAST."

~Willie Guevara

OCTC Favorite Race Criteria:							
		Club race for at least the last 3 years					
		Minimum of 20 participants in at least one year					
		Average of more than 15 participants per year					
Rank By Average Participation							
Month	2004 Date	Race	Location	2001	2002	2003	AVG
JUN	6/13/04	OCTC Pancake Breakfast 5K	Costa Mesa	81	75	60	72
FEB	2/01/04	Pacific Shoreline Marathon, Half Marathon & 5K	Huntington Beach	57	51	42	50
NOV	11/25/04	Dana Point Turkey Trot, 5K & 10K	Dana Point	41	31	37	36
MAY	5/31/04	Saddleback Memorial Half Mar. & 5K (fka Flo Jo)	Laguna Beach	25	34	25	28
JUL	7/04/04	Surf City 5K	Huntington Beach	26	26	29	27
AUG	8/14/04	Huntington Beach Distance Derby, 5 & 10 Mile	Huntington Beach	28	20	25	24
MAR	3/14/04	The Spirit Run, 5K & 10K	Newport Beach	20	23	24	22
SEP	9/26/04	Race for the Cure 5K	Newport Beach	23	16	24	21
NOV	11/07/04	Orange County Half Marathon & 5K	Irvine	24	21	15	20
MAR	3/07/04	Los Angeles Marathon & 5K	Los Angeles	16	28	16	20
JAN	1/10/04	So. California Half Marathon & 5K	Woodbridge	15	24	18	19
MAR	3/28/04	Carlsbad 5000	Carlsbad	21	10	14	15
Rank By 2003 Race Date							
Month	2004 Date	Race	Location	2001	2002	2003	AVG
JAN	1/10/04	So. California Half Marathon & 5K	Woodbridge	15	24	18	19
FEB	2/01/04	Pacific Shoreline Marathon, Half Marathon & 5K	Huntington Beach	57	51	42	50
MAR	3/07/04	Los Angeles Marathon & 5K	Los Angeles	16	28	16	20
MAR	3/14/04	The Spirit Run, 5K & 10K	Newport Beach	20	23	24	22
MAR	3/28/04	Carlsbad 5000	Carlsbad	21	10	14	15
MAY	5/31/04	Saddleback Memorial Half Mar. & 5K (fka Flo Jo)	Laguna Beach	25	34	25	28
JUN	6/13/04	OCTC Pancake Breakfast 5K	Costa Mesa	81	75	60	72
JUL	7/04/04	Surf City 5K	Huntington Beach	26	26	29	27
AUG	8/14/04	Huntington Beach Distance Derby, 5 & 10 Mile	Huntington Beach	28	20	25	24
SEP	9/26/04	Race for the Cure 5K	Newport Beach	23	16	24	21
NOV	11/07/04	Orange County Half Marathon & 5K	Irvine	24	21	15	20
NOV	11/25/04	Dana Point Turkey Trot, 5K & 10K	Dana Point	41	31	37	36

25 Years of Running: I Know I Keep Doing This...I Just Don't Know Why

—Part 3: Maybe Running Relaxes Me—

by Steve Bloch

Several months ago I started my exploration of why I keep running after all these years. Figuring I'd said all I possibly could about the subject, I concluded that I still really didn't know why I run, but that one statement by Aron Ralston, the mountain climber who continued to climb despite the loss of his arm, resonated well with me: "It's all unnecessary. But at the same time, for me it's entirely necessary."

Little did I know that I would be inundated by an avalanche of comments about a particular shortcoming of my article. Well, not quite an avalanche, but two people commented – and they both said the same thing.

First, no less than triathlete Ed Tomasek demurred "Well, [I don't know about you, but] I run because it relaxes me." "Wait," I thought, "how could I have written 3,715 words on this subject and not have addressed such a major issue?"

Even with Ed's pronouncement, I concluded that I could still just bury his insight because probably no one else had noticed (and also because Ed seemed far less imposing shortly thereafter hobbling around with three cracked ribs he got from playing basketball). But little did I know that only days after Ed's observation, another even more trenchant analysis was added, this time by an even more imposing character — my wife.

"I thought you ran because it relaxes you," she asked ingenuously. "I thought you told me that running centers you."

Oh, no! All that elocution on how I don't know why I run, and now...had I been trapped in my own words? I mean, what doesn't this sage of my emotional vicissitudes know? And to make matters worse, wasn't it no less than George Sheehan – the legendary guru of running – who posited in his last article on the subject (1993), that he ran because "the sedentary life would reduce [his] emotional well-being."

Yes, maybe the truth had been bared – like the sins of a politician just before election or the crimes of a sports icon just before contract negotiations – at the worst possible time. Maybe running makes my life better because it regularly makes me more relaxed and centered. As George Sheehan, himself might have phrased it: those long, hard hours of exercise might just allow me to exist on a higher emotional plane. Wow!

There are not many epiphanies in this life. And maybe this is one of them. At least it's an issue worth exploring.

Running relaxes and centers me

That running relaxes you is well ingrained in society's sports belief system. I mean, academics have spent their careers on the subject – and anyone who's read my previous articles on this topic knows how impressed I am with that.

Even more importantly, where would KCET pledge drives be without repeated broadcasts gabbling and gabbing on about the mind-body connection? How would Dr. Phil keep finding new topics to write books about if the mind-body connection were suddenly debunked? And, would the American Psychological Association have to stop publishing books like *Working it Out: Using Exercise in Psychotherapy* (1999) if Dr. Phil came out against the mind-body connection? Would Borders have to stop stocking *Move Your Body, Tone Your Mood* (2001)?

Yes, exercise has even been called "moving meditation" and it is believed by some that any exercise with an aerobic component, as well as those that rely on regular deep breathing (such as yoga or weightlifting) also appear to enhance mood. Bonnie Berger, director of Bowling Green University's School of Human Movement, Sports and Leisure (boy, there's a School I wish I'd heard about on career counseling day) states that "Regular abdominal breathing is a component of many stress-management techniques...and seems to boost mood."

With so much evidence to back up its claims, the running-relaxation hypothesis seems pretty well airtight, or so at least we seem to believe. As Dr Berger says, "Simply participating in any activity you enjoy will lift your mood." So could that be why I run?

Can thousands of aerobically trained mice be wrong?

As I see it there are at least two problems with the hypothesis that I run because running relaxes me. First, why do we assume that just because exercise can be relaxing, it's why everybody does it? Or more importantly, it's why I do it.

I mean, sure running is relaxing sometimes. But so is lazing on the couch eating ice cream and watching fish swim around on my TV screen.

In fact, if relaxation alone is the goal, then maybe we should all be even more excited by the ever-expanding list of widely available mood-altering pharmaceuticals that can quickly and efficiently be shipped to our homes by an eager-to-please national network of computer spammers.

I'm just surprised the Pharmaceutical Industry hasn't just copyrighted the word "relaxation" and taken all this discussion of exercise off the table. I hope that I'm not the

only person to whom it's occurred that, if the reason we all run is relaxation, we should all be worried about the future of sport. As drug makers become ever more advanced, the future may consist of only two types of persons: ubermensch athletes who take undetectable steroids and the rest of us who will take our daily dose of Brave-New-Worldian soma pills to relax.

The second problem with the relaxation hypothesis is that it sounds far too much like the conclusion of some researchers who've spent far too much time in a laboratory. "Hey, Jurgan, look! My mice look far more relaxed after running on a treadmill for 30 minutes at 85% of their heart rate max than your mice who've been running around a maze for eight hours and commuting home for 45 minutes."

In fact, lots of theories work real well in the laboratory. They just collapse under the weight of being applied in the real world. Take for example the classic 1930s experiments where scientists went out to an industrial plant to apply all sorts of approaches to getting workers to work harder. Their experiments succeeded as production kept increasing – until they discovered that it didn't matter whether they raised or lowered the lighting, raised or lowered the temperature, people just worked harder because they knew researchers were studying them.

With that in mind, let's take a real-life example of the way runners actually live, keeping in mind its implications for the relaxation hypothesis. Here, then, is a scenario from the lives of two potentially real people. For the sake of it, let's call the main characters **Steve**, the committed runner, and Elaine, his eternally patient wife.

Scene 1 (As the scene opens, we see the kitchen of a pleasant suburban home. It is dark out and the only noise heard is that of a television playing quietly in the background. Elaine takes a bowl out of the microwave. Suddenly the garage door slams. Steve enters stage right wearing dress clothes, a tie loosely slung around his neck.)

Steve: Hi hon, I'm home.

Elaine: Oh, hi dear. Did you have a nice day?

Steve: *(Walks over, gives wife a peck on her cheek.)* Well, yes and no. Work was hell. I can't believe my boss keeps giving me work. I mean, what kind of slave driver is she, bugging me about finishing a memo she'd given me only two weeks ago! It's just good to be home...I need to relax, I'm going for a r—
Elaine: Well, that's good dear, except it's a quarter to 7 and we need to get a move on if we want to make the movie at the multiplex.

Steve: Wow, that's right, I almost forgot. It's a good thing I have you around to remind me of things like that. You're amazing!

Elaine: O.K., so change and well have a nice dinner. I made corn soufflé, your favorite, and prawns in lemon sauce. They had a great sale on giant prawns for only \$18.99/lb.

Steve: Great. I'll keep my run down to 30 minutes, so that'll give me enough time to fill up on stuff before we leave.

Elaine: You're going running?

Steve: Yeah, you know how much it relaxes me after a tough day.

Elaine: Yeah, but I thought maybe, just once, you could not...O.K., I guess if that's what you really want. But make it quick. Remember, this is the last day they're showing "Love, Actually."

(Steve exits stage right, running,. Elaine takes the soufflé out of the oven.)

Scene 2 (Steve enters sweating profusely.)

Elaine: It's 7: 35. We need to get going if we're going to make the movie. I thought you said you were going to run for only 30 minutes?

Steve: Well, things kinda got away from me a little, and you know I'm in training for the big OCTC Invitational track meet. But I'll take a quick shower and throw some food on a plate and eat it while I'm showering.

Elaine: But the movie starts in 5 minutes, how will—

Steve: Not to worry. You know how they show 12 minutes of coming attractions? Well, I figure that if the movie is scheduled for 7:55 and we leave here at 7:51 and it takes 12 minutes to get there and 4 minutes to park and get into the theater, we can still get there at 8:07 and see the start of "Kill Bill—Volume 1".

Elaine: But you said we'd go see *Love, Actually* at 7:40, not another Quentin Tarantino killfest.

Steve: Well, sometimes you just have to be *flexible*. And, anyway, this way we can relax on the way to the theater and not have to rush. You hate to rush, so this is better for you.

(Steve begins grabbing food with his hands and putting it on a plate. He runs out, stage left, chewing a prawn.)

Scene 3. Two and one-half hours later.(Steve and Elaine enter stage right.)

Elaine: So, what'd you think of the movie?

Steve: Well, it's amazing the movie sold out like that, but other than having to sit in the front row, it seemed like it was pretty good. The opening fight scene was wild, and the last couple of murders were impressive.

Elaine: But what'd you think of the plot?

Steve: Well, the review said there wasn't much of a plot.

Elaine: The review? What do you mean the review? Didn't you notice for yourself that there wasn't much of a...Are you telling me you fell asleep during the movie?

Steve: Well, just between the first fight scene and the last couple of murders.

Elaine: So you're telling me you missed almost the whole movie?!?

Steve: Well, uhhh, yeah, umm...maybe. But you'd be pretty tired too if you ran 35 miles a week. Hey, where are you going?

Elaine: If you want me, I'll be in the living room lazing on the couch, eating ice cream and watching our fish aquarium video.

Steve: *(Calls out.)* You know you really should learn to relax. Hey, maybe I have a valium left from my last knee operation. I can go get it for—

(The door slams as Elaine exits stage left. Steve turns downstage to the audience.)

Steve: Boy, talking to her is giving me a headache. I don't know why she can't learn to relax. I wish she'd take up running!

(Fade to black.)

Scuttlebutt

By Veronica Burkhalter

Tho' this is the January, 2004 issue of the newsletter, you'll be reading it during the 2003 holidays when we seem to be bursting with mega doses of the *Spirits of Love, Friendship, and Giving*. In the past month our running community, most especially, **The Snail's Pace Running Club** and **OCTC** have drawn on those Spirits to help one of our own, **Sue Rudolph**, who has been diagnosed with a life-threatening liver disease and has become a candidate for a liver transplant. Snails Pace Running Club and OCTC have led the way in fundraising plans to secure enough resources to repair, clean, paint, and tile her home to make it a sterile environment once she has the transplant. **Rick Noer**, a member of both clubs, organized the bake sale held during the December 7 Track Meet, which grossed \$249. Several other members have generously come forward with cash and checks, so a special bank account has been set up for contributions. Checks should be made out to: **OCTC-Sue Rudolph Fund** and mailed to: **P. O. Box 1307, Costa Mesa, CA 92628**. We'll keep you updated on Sue and what we will be doing for her through our newsletter. We'll be looking for painters, tile layers, brawny guys to move furniture, and handymen and women. Sue continues to run her travel agency and would very much appreciate your business. Email her at info@amazingtravel.com

For the second year in a row, **Jamie Bolduc** secured 25 tickets for OCTC members to attend an evening performance of **A Christmas Carol** at South Coast Repertory. Dinner at the Claim Jumper rounded out the magical evening. We definitely want to make this an OCTC tradition. Thanks so much, Jamie! Attending were **Wil and Chris Sanchez** with their friends, **Marina Lopez and Hope Gamble; Andy and Jeri Bailey;**

Rick and Nancy Noer; Ken and Diane Lilly; Steve and Elaine Bloch; Linda and Matt Stennes; Laura and Greg Knight; Lisa and Brad Calvin; Stephanie and Rob Goley; Jim Baker; Steve, Veronica, Drew, and Zsuzsi Burkhalter and her friend, **Gus;** and, of course, **Jamie!**

Joe and Laura Moreno sent this email to **Jeri Bailey**: "*Thanks for thinking of Laura and me. We won't be able to make it to the OCTC Christmas party. I just went back on active duty with the Marines this week and it's been very hectic. Don't worry, though, I'm with a unit that just got back from Iraq, and they need help getting settled back into Camp Pendleton.*" Good Luck, Joe. Our prayers are with all of our brave soldiers.

Humberto Rojas' time of **20:18** at the four-mile California Community College Championships held in Fresno on Nov. 22 awarded him the individual champion title as well as helped lead his Orange Coast College cross country team to claim the state title. We're so proud of you, Humberto!

For those of you who are already starting that list of New Year's Resolutions, be sure to put "*Tuesday Night Track Workout*" right at the top. **Coach Charlie** plans a unique and fun (!) workout every week.

On the injured list: **Wil Sanchez** is going in for torn meniscus surgery. **Rob Corl** is getting more optimistic about his hip/back recovery. **Ross Erick** is *baaaack* and he is as fast as ever!

We were sad to learn of the passing of **Bob Crevier**, owner of Crevier BMW in Santa Ana on Nov. 23. He was a generous sponsor of our annual Pancake 5K.

THE SAN SEBASTIAN MARATHON AND SOME THINGS SPAIN

By Bill Fritzsche

The first word that comes to mind when I reminisce about the San Sebastian Marathon (November 23, 2003) is the word FAST. When you see a group of 30 runners at 15 kilometers (we are in Europe) with a pacer running with a sign that says 2:45, you begin to get an idea this is not a Joe Pedestrian marathon.

Of the 1850 listed runners that finished the marathon, 300+ were under 3 hours, 1000+ under 3 ½ hours and if you finished at 4 hours, like your author, you were in the last 15 percent of the finishers. By contrast, the LA marathon has roughly 150 runners less than 3 hours with 18,000 listed finishers. You get the idea when I say it is a FAST race!!!

However, for all the speedy runners, this was one fine marathon. Run along the beaches and in the city of San Sebastian, the course was very flat. You run by both buildings that are centuries old in the downtown area, as well as new modern buildings as you traverse a business park several kilos away from the coast.

I have learned that when running in Europe it is best to bring your own gel and Gatorade. You will get sponges every few miles and plenty of water but do not count on anything else.

Rain was the order of the day, but a hardy band of OCTC runners (**Sue Rudolph, Rena Beyale, Alan Locher and yours truly**) didn't let the elements interfere with the race and all the fun of the marathon.

We were joined by runners from the LA Leggers and were definitely enjoying ourselves, not only during the marathon, but also during our tour of San Sebastian, Lourdes in France, Andorra and Barcelona. It was a quick nine days, but very enjoyable and worth traveling the long distance. Next year there is talk of Australia and/or Berlin. Any takers?!!!

Bill Fritzsche – 4.00.58
Alan Locher – 5 hours
Sue Rudolph – 20+ miles
Rena Beyale – ½ marathon



It's A Wonderful OCTC Life!

By Veronica Burkhalter

Our OCTC Holiday Party was held on Saturday evening, December 6, in the beautiful upstairs banquet room of Los Cabelleros Sports Club in Fountain Valley. Chairwoman, **Laura Knight** and her co-chair, **Linda Stennes**, with the help of the Los Cab staff prepared a festive holiday mood with handmade OCTC tree ornaments for each guest and pillow-size Santa and snowmen centerpieces, which lucky members won in the course of the evening.

Over 70 members and their guests arrived early for cocktails and socializing. A cash bar was available for those wishing to capture the spirit of the season with a glass of spirits.

Andre Riou, a long-time member said this was his very first holiday party. It seems **Andy Bailey** reached out to him with a personal invitation. Other "old-timers" in attendance were **Curtis Quick, Sue Rudolph, Sandi Barr, Jeri and Andy Bailey, Charlie and Sylvia Appell** who also bought family members: **Stephan, Carrie and David Boulton**.

The delicious buffet dinner consisted of Caesar salad, creamy chicken lasagna, bowtie pasta and meatballs, rolls, lemonade, coffee, and a special cake for dessert. Many went back for seconds.

The highlight of the evening was the awarding of the one-of-a-kind *Grand Prix* mugs created by **Sandi Barr** who also made the presentations to the top five winners: **Robert Donald** with 64 points; **Andy Bailey** with 63 points; **Bob Sullivan** with 62 points; **Rob Corl** with 61 points; and **Jeri Bailey** with 60 points. **Andy Bailey** has collected one of these mugs for the past 13 years!

President **Robert Donald** presented **Sylvia Appell** with a Rosemary Christmas tree planter and **Coach Charlie** with a little holiday money collected from OCTC members. He also gave **Laura Knight** a bouquet of flowers for chairing such a successful party.

The dance floor was never empty. **DJ Dante** knew just what kind of music to play to keep young and old shaking their booties all night long.

Rob Corl has posted pictures on our website:
www.octrackclub.com

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

HELP REDUCE CLUB EXPENSES:

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. **Wil Sanchez** will send an email announcement every month when the electronic newsletter is online and available to download. It's simple!

Thank you to those who already signed up!

NEW MEMBER NEWS
From Stephanie Goley

Welcome new member **Paula Fell**! She recently joined OCTC when **Jeri Bailey** "mugged" her at the OC half marathon. She is a relatively new runner, having started this last July. Paula is currently training for her first half marathon, the Pacific Shoreline. Paula is originally from the United Kingdom and now works in Southern California as a Principal Consultant. Her only close family is her father in Hollywood; her mom lives between the UK and New Zealand (great vacations!) Besides running, Paula enjoys beach volleyball and skiing. Another interesting tidbit about Paula is that she has a pilot's license for Hot Air Balloons and actually owns one, too! Sounds like an OCTC outing in the making!

Welcome to other new members **Bill Wilson** and **Michael Slobom**. Look for

MEMBERSHIP INFORMATION

Renewals due this month:

Haven Barnes
Marcy/Shad Myers
Denise Oglesby
Jane Rands
Lynn Stoops

Membership Fees:
\$35/single
\$45/family



Annual Dues:
\$25/\$35

2 months

No More

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

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