

Orange County Track Club

March 2004www.octrackclub.comVol. 43, No. 3

2004 PANCAKE 5K

By Robert Donald, President

The 7th annual Pancake Race is scheduled for Sunday, June 13th at Fairview Park. There are several goals and aspirations that the club has for this event, but our primary objective is - as it is in all we do - to have fun. We are a track club: by definition a group of people who enjoy running, and the company of other runners. There are even some amongst us who might be considered a little competitive. So I can think of no better way to celebrate who and what we are than to hold a race in the park. This seems to be born out in the growth of the event over the past seven years.

Second to having fun, we do also hope to raise some money. The club has discussed doing several different things over the past few months, and our ability to undertake these projects depends upon our remaining solvent. The Pancake Race is the one big fundraiser that keeps us solvent, and allows us to pursue all our other undertakings. Even more important than the money we raise for ourselves, however, is the money we raise for Coach Charlie Appell's Estancia High School Cross Country Team. Our own Humberto Rojas is but one example of the fine runners and outstanding individuals this program produces. It is a wonderful opportunity that this event affords us to support such a worthy cause.

This year, thanks to the organization of race director **Rob Corl**, we expect to produce a better event than ever before. The registration process will be streamlined allowing us to start on time. **Paula Fell** has donated an exciting new prize for the raffle: a hot air balloon ride. And I have been assured that the leader of the kid's race will have a balloon hat large enough to accommodate his enormous cranium.

How, you may ask, can you get involved? That's an excellent question. If you know of something you would like to contribute to the event, approach me or Rob in person or via email, or get in touch with the appropriate committee chairperson. Chairpersons and responsibilities are listed on our website to improve communication this year. If you don't know how you might contribute, come to one of the planning committee meetings and find out the particulars of what needs to be done. Everyone can help by speaking to local businesses that you work with, or frequent and asking if they would be interested in being a sponsor, an exhibitor, donating a raffle prize, or contributing promotional material for our goodie-bags.

Remember, the more people that come on board and help out, the less work there is for everyone, and the more fun we all have.

~~ 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 font preferred.

Email your submissions to octceditor@hotmail.com.

MARCH CLUB RACES

Spirit Run 5 & 10K

Sunday, March 14

At Fashion Island

Captain: Andy Bailey

www.kinaneevents.com

Carlsbad 5000

Sunday, March 28

World's fastest 5K!

Off the I-5 at Carlsbad Village Drive

Events begin at 7:05 a.m.

Captain: Wil Sanchez

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

MARCH CLUB MEETING AND POTLUCK

Monday, March 1 @ 6:30 p.m.

At the Home of Tere Ross

2084 Flamingo Dr., Costa Mesa

(714) 546-4410

6:30 p.m.

Exit the 405 at Harbor Blvd. and head South/West.

Turn Right on Adams.

Left on Albatross.

Right on Flamingo.

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

Volunteer needed to host the meeting April 5.

~ Marching into Another Year ~

4 Mellie Clark
8 Darrel Jeffries
15 John Ahmet
18 Shad Myers
20 Joaquin Perez
21 Sheila Callan
21 Diana Sweester
23 Ken Lilly
31 Lisa Calvin



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!

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 OFFICERS

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Amazing Race in Costa Mesa

By Rob Corl

On the surface, it was a normal 5K race but what developed at the CostaMazing Pride in the Park 5K on Saturday, February 7th was a community celebration. The event was organized and promoted by the City of Costa Mesa to celebrate the 50th anniversary of Fairview Park. Race Director Amy Kuchta pulled in city workers as volunteers, organized a Community Expo with many city exhibitors and arranged for the very entertaining music of The Answer (to classic rock) as the feature attraction for the post race activities. I had personally promoted the event to OCTC as the best \$15 race value you would ever find. The RD offered a great discount for club members with the entry fee including an event t-shirt and a pancake breakfast. As the race morning unfolded, you would have thought it was the first day of spring rather than the first week of February. The weather was perfect, a temperature of 50 degrees at the start of the race and the high 60's for taking in the sun and listening to The Answer. Since we host our own 5K Pancake Breakfast in Fairview Park, we were able to observe how the City of Costa Mesa prepared for a similar event. Following is a closer look at some of the aspects that may be of particular interest to us.

The 5K Race

We had (15) runners and (4) support participants attending the event. **Robert Donald** assisted the city with the course layout that started in the area we normally use in the summer for our training sessions in the park. Our path proceeded down Bicycle Hill, turned left at the bottom of the hill on the dirt path parallel to the river trail, turned 180 degrees onto the river trail back towards the park with a final right turn back up Bicycle Hill to the finish line. Awards were presented to the top 3 male and female overall finishers. **Phil Wingard** maximized our exposure at the event with a third place overall finish that netted him an armload of gift certificates from local businesses. We also had an Ironman-like performance from **Ken Lilly** who ran the Pacific Shoreline Marathon on Sunday and six days later ran a strong 5K. Although the course was easy to follow, the city had to also negotiate a permit with the county to use the lower portion of the run that was outside Fairview Park. We will not pursue changing our 5K course due to the added cost and time required to obtain county approval.

OCTC in the Press

The Daily Pilot was the Media Sponsor and was very active in covering the event that turned out very well for us. At press time I did not yet have the articles in hand but

here is what we will be able to share as soon as we get copies:

- Pre-race article where Amy Kutcha mentions OCTC involvement in the event
- Race day article with a quote from **Judy Bryant**
- Race day photo of Robert and myself assisting with the Kid's Race

Breakfast

The pancake breakfast was catered by Plum's Cafe. I would have to rate the food as excellent with the highlight being the hot syrup for the pancakes. The two massive flower arrangements were a really special touch. The breakfast lines moved along smoothly and seating was abundant.

National Anthem

An inspired rendition of the National Anthem was delivered by Rev. Keith Olivier. **Brad Calvin** quoted the anthem as, "one of the most professional renditions he had ever heard." With many similar opinions overheard, I approached Rev. Olivier about singing the anthem at our event on June 13th and I am pleased to report he accepted on the spot. Please make plans to arrive early and don't miss the pre-race events.

Race Photos

OCTC members **Joe and Laura Moreno** were on hand representing their company IPGPhotos (Instant Gratification Photo Company). Joe and Laura have brought a unique perspective to race photography I have not seen on any other race web site using streaming pictures of each runner with the race time at the bottom of each shot. Forgot your race number? No problem, just look for your finishing time. Don't like the single picture usually offered? Just pick any one of several pictures displayed by IPGPhoto. Take a look at the CostAmazing 5K pictures at www.IPGPhoto.com and see what you think. Given Joe and Laura's connection to OCTC and their race support background, they have agreed to be the official photographer for our Pancake Breakfast 5K! I believe everyone in the club will want to run our race to be included in these unique finish line pictures. Joe has however warned me he is currently on active duty at Camp Pendleton and could be deployed at any time. Joe was kind enough to send me a digital copy of my favorite picture from the event. More to follow on this gem in another article.

(continued)

Raffle

Although the running awards were limited to the top overall finishers, the raffle was the place for the rest of us to take home some goodies. One of **Veronica's** numbers came up a winner making her the recipient of a "Leadership" framed print. But, not to be outdone, **Jeri and Andy Bailey's** numbers were selected not one, not two but three times for prizes. I saw a lot of restaurant certificates so, guess who's buying!

Summary

To wrap up the event, The Answer played until noon and most of our group stayed and socialized in the sun until we were told we could now go home – party over. Our good fortune did not end with finding a singer and photographer, the city also donated their overage of goody bag stuffers and bags for our upcoming event. Andy also talked with all of the vendors concerning our 5K and their interest in supporting our event. As we packed up the canopy we were also offered the disposable trashcans from the event that now reside in our storage container. If the CostAmazing 5K is any indication of the community energy that can be generated in Costa Mesa, we are on the verge of a really exciting event for 2004.

As always, thanks to all of the participants and a special thanks to those that helped with the OCTC set-up and those that helped the city with the event – Judy Bryant, Veronica Burkhalter, Andy Bailey, Jeri Bailey, Robert Donald and Phil Winagrd who bravely led the Kid's Race on a moments notice.

Name	Time	Overall Place	Comments
Phil Wingard	18:30	3	
Robert Donald	19:24	6	
Brad Calvin & Brandy	21:23	12	
Rob Corl	22:21	19	
Ken Lilly	22:27	20	
Rick Noer	22:30	21	
Steve Bloch	23:07	24	
Tom Dilday	23:35	27	
Kathy Sanchez	24:37	33	5 th female
Andy Bailey	24:45	35	
Ed Tomasek	24:59	36	
Veronica Burkhalter	27:41	46	11 th female
Michelle Palmer	33:00	75	
Jeri Bailey	Walker		
Judy Bryant	Walker		
Bob Sullivan			Support
Wil Sanchez			Support

Night Race Irvine 5K

By Paula Fell

The idea of sleeping in and running late attracted a great group of OCTCers to the Night Race in Irvine. Extra layers were key as the sun dropped quickly and the temperature dropped even more quickly. **Rob Corl** only had seconds to take photographs as OCTC tops and jog bras were quickly flashed.

Flashing was indeed the theme of the night as competitors wore their flashing goodies to help promote safe running. It was like a disco out there!

The fast and almost flat course consisted of a double loop with 5 hairpin turns, one of the turns being a flashing Mini Cooper. Hard to miss that one! Awards were rife for OCTC as everyone (except for one, who shall remain nameless) placed. **Robert Donald** came in first for OCTC with "18 minutes and change" and 3rd AG. The **Burkhalter Zsuzsi** and **Veronica** had a great night placing 2nd and 1st respectively. The Race Director needed OCTC assistance when it came to announcing Zsuzsi's award! New member **Jon Barkman** did a great job placing 1st AG. **Jim Lyons** placed 2nd AG and **Jim Baker** placed 3rd AG. Go Jims!

Johann and **Christina Appell** came down to workout and do splits and although Johann was injured, some of us saw him pass by 2-3 times. Robert says he did not see him but he was sure he felt the breeze as he flew by!

Thanks to photographer **Rob Corl**, and to **Judy Bryant** and **Jamie Bolduc** for coming down to lend their support and cheer us all home. We got cheered on again by the kids as we came back from our cool down run. "Great job, way to go!". They thought we were finishing up our 5K in a blistering 45 minutes...

Robert Donald	18:52	3rd AG
Jim Baker	20:36	3rd AG
Zsuzsi Burkhalter	21:25	2nd AG
Steve Bloch	22:16	1st AG
Jim Lyons	23:08	2nd AG
Paula Fell	23:32	
Jon Barkman	24:30	1st AG
Veronica Burkhalter	26:58	1st AG

Triathlon Training with the Best of the Best

OCTC member, **Haven Barnes**, has joined a handful of aspiring elite triathletes to train at the USA Triathlon National Training Center whose purpose is to develop "up-and-coming triathletes to the next level of national and international competition." **Only 25 athletes were chosen nationwide.** "Much of the selection process was based not only on what you've done, but your potential as well." Said Haven. His training in Clermont, Florida, will run from January 31 through November 15, 2004. We asked him to share his experience thus far with us. We hope to receive updates from him as time goes on.

Dear OCTC Friends,

Hello from Florida! I arrived here about two weeks ago for the Triathlon National Development Team. The drive from SoCal took me three full days, with two bikes and two cats in tow. Not so sure my cats enjoyed the trip as much as I did. One of them still hasn't forgiven me. The bikes on the other hand, made it just fine.

The first day I arrived I met my new housemates and a few of the other team members. I am living with three guys from three different states: one from here in Florida, one from South Carolina, and the final one from Colorado. Other team members hail from Indiana, Texas, Minnesota, and the list goes on. It's quite the arrangement of US talent. The second day began what is my training heaven: working out with some of the best triathletes in the country every day for 3-4 hours, seven days a week.

Swimming is the real focus here, putting us in the pool for about 22,000 yards a week. It's a tough transition coming from a mere 10,000 a week in Huntington Beach. The next main component of the development program is draft-legal racing, tactics, and transitions. Twice a week we practice our speedy transitions from swim to bike and then bike to run. Another two times a week we work on bumping each other's tires, elbows, and handlebars on the bike, to simulate what an ITU (or Olympic style) race is like. Also learning a good, tight formation in a draft pack, otherwise known as a pace line (or echelon).

Running is running. We do quite a bit of that but when it comes to race day, the best runner has the best shot. Yeah OCTC! Don't worry; my track workouts are still on Tuesdays.... They just happen to be at 7a.m., not p.m.

It hasn't been too warm here yet, but I can feel it coming. A couple warmer days are only a hint at what is to come in June, July, and August. Luckily most

workouts are early in the day and then there is a lot of resting involved after that.

This upcoming season I will be racing in the World Championships in Madeira Island, Portugal, in May. Then I will be back to California for the Escape From Alcatraz on June 6th. From there I will race in Arkansas, Louisiana, and Chicago, Illinois. My season should be full of adventure both physically and mentally. I hope you all are doing well and I wish you all successful seasons! Feel free to contact me for any stories, questions, or fun things that I'm missing.

Run OCTC Run!

~Haven Barnes (shoehorn85@hotmail.com)

At Age 92, Chico Scimone Completes the Empire State Building's Race to the Top the 14th Time

NEW YORK (AP) Chico Scimone has one routine medical checkup a year: the Empire State Building Run-Up in New York City.

The 92-year-old Scimone lives in Sicily, but participated in the event for the 14th time Tuesday, February 4th.

Though he usually finishes last, Scimone has become somewhat of a cult hero in the event. Throngs of cheering, applauding fans greet him at the top and he always finishes. Last year, he completed the event in 40 minutes, 2 seconds. The winner, Paul Crake of Australia, won in 9:33.

"A lot of people ask me, do you see a doctor regularly?" he said. "I have one checkup a year. If I get to the top, I'm OK."

Participants start at the lobby, then race up 86 flights and 1,576 steps to the Observation Deck.

PACIFIC SHORELINE MARATHON, HALF MARATHON & 5K

SUNDAY, FEBRUARY 12, 2004

by Brad Calvin

The conditions could not have been better for this year's 100th Annual¹ Pacific Shoreline Race. The weather was beautiful-sunny and a little cooler than last year. Our club was well represented as nearly 50 members participated.

Noteworthy performances were had by **Laura Knight** who placed 2nd overall in the Half-Marathon with a time of 1:23:18, **Stephanie Goley** who placed 2nd in her division in the 5K, **Jon Barkman**, **Steve Bloch**, and **Dr. Jim "Novacain" Baker** all of whom earned a 3rd division place in the 5K, **Tere Ross** and **Kathy Sanchez** who placed 4th in their division-Half, and **Ken Lilly** who placed 5th? in the Clydesdale² division.

This year's race start at the new Hyatt was moved just south of its usual start at Main Street and the pier. I liked this, but noted that the parking was more difficult as nearly everyone was attempting to filter into the beach parking lot at Beach and PCH.

The only bummer³ 4 this year was the theft of our club's canopy. Apparently it went missing after the event organizer placed it by our table early on race morning. A search and rescue party was formed and dispatched, but our canopy was not recovered. Alas, the RD has promised to get us a new one.

5K RESULTS	Time	Div. Pl.
Bailey, Andy	24:23	4 th
Baker, Jim	21:30	3rd
Barkman, Jon	23:00	3 rd
Bloch, Steve	22:26	3 rd
Bryant, Judy	42:55	
Calvin, Brad	20:23	9 th
Fiskum, Kristi	?	
Goley, Stephanie	24:00	2 nd
Noer, Rick	21:59	
Ranes, Birute	?	
Slobom, Michael Sr.	18:39	
Slobom, Michael Jr.	18:05	

Widetick, Nancy	?	
HALF-MARATHON		RESULTS
Burkhalter, Veronica	2:00:13	8 th
Burkhalter, Zsuzsi	1:40	
Baumhard, Beth	1:32:45	PR, thanks Robert!
Bursey, Brian	2:01	
Callan, Sheila	2:13	
Donald, Robert	1:32:40	Thx Beth
Fell, Paula	1:55	1 st half
Fritzsche, Bill	1:37:33	Even splits
Guevara, Willie	1:58	Pacer
Kiser, Linda	1:49	PR!
Knight, Laura	1:23:13	2 nd overall
Lyons, Jim	?	
Maas, Shelly	2:04	
McDonagh, Patrick	1:37:32	
Palmer, Michelle	2:30	Fun!
Rojas, Humberto	1:20	
Ross, Tere	2:04	4 th
Sanchez, Kathy	?	4th
Schechter, Steve	2:13	
Stoops, Lynn	1:57	Slowest ½ ever
Tomasek, Ed	2:06	
MARATHON		RESULTS
Coy, Emile	4:27	
Fricke, Oscar	3:29:46	Bandit
Gaymon, Bari	3:59:32	
Hernandez, Art	3:06	
Horner, Ruthie	7:24:15	
Lilly, Ken	3:51:15	5 th Clydesdale

¹ Probably not quite 100 yet.

² Sponsored by Budweiser

³ Surf-City slang

⁴ Apart from the runner who died about ¼ mile from the finish line.

Support:

Curtis Quick, Wil Sanchez, Rob Corl,
Lisa Calvin, Rena Beyale, Jamie Bolduc

“Finger Lickin’ Good” Monthly Meeting

Stand-in Secretary: Veronica Burkhalter

The February 2nd OCTC monthly meeting was held at *Newport Rib Company* on Harbor Blvd. serving not only as our meeting place, but in conjunction with a fundraiser for **Sue Rudolph**. Approximately 35 members and their guests attended. Twenty percent of the \$20 meals was returned to the club to deposit in our *OCTC-Sue Rudolph Fund* account. **Laura Knight** organized the event with the help of owner, **John Ursini**, who had also donated food items to last year’s Pancake 5K.

Paula Fell introduced her friend, **Dennis Murphy**, who became a paying member that evening.

In the absence of our Treasurer, **President Robert Donald** estimated that we had a healthy \$1700 in our checking account, plus the \$800 CD. \$900 was spent last month to purchase new uniforms, which will be quickly reimbursed by our members. The *OCTC-Sue Rudolph Fund* checking account has close to \$2000.

Also under Old Business is the upcoming garage sale fundraiser for Sue Rudolph scheduled for April 17. **Bob Sullivan** will contact Orange Coast College to ask if we can hold it at their weekend swap meet. **Lynn Stoops** will check with Golden West College.

Rick Noer reminded everyone that on Feb. 28th beginning at 6:00 p.m., Snail’s Pace Running Club would be hosting a fundraiser for Sue at **MD’s Sports Grill** located in the *Los Caballeros Sports Club* complex on Newhope St. in Fountain Valley. It will be a \$10, all-you-can-eat pasta dinner with 15% of the proceeds going to Sue’s fund.

Vice President, **Rob Corl** reported that new uniforms have been ordered for those members who requested them. See ordering details inside this newsletter. Rob also reported on the January 17th Pancake Breakfast 5K planning meeting that focused on setting up the 22 committees, their chairpersons, responsibilities, due dates, and dependencies. The **Volunteer Committee**, chaired by **Bill Fritzsche**, is enthusiastically seeking members to sign up. Rob stated that one of the goals this year is not to “burn out” the few members who have done most of the work in previous years, but to involve as many members as possible. Among the committees who urgently need assistance are: **Fund Raising, Sponsors & Exhibitors**, headed by Jeri and Andy Bailey; **Raffle Donations**, headed by Veronica Burkhalter; **PR & Advertising**, headed by Jamie Bolduc; **Goody Bag-Sponsor Give-A-Ways** (need a chairperson.) All 7th Annual Pancake Breakfast 5K planning updates will be posted on our club website: www.octrackclub.com.

Once again, Rob took the floor to give his report on the Board approved “Proposal for OCTC to Sponsor

Elite Runners.” For consideration of OCTC’s general membership are these five areas: 1.) To provide entry fees to club members who meet qualifying times for a set distance, with the goals of: attracting younger runners; retaining current high-level performers; and encouraging multi-club members to run for OCTC. 2.) To set qualifying standards for male and female runners at specific distances as well as Open and Masters races. 3.) To decide on limited events; 4.) To draft a process to pay entry fees in advance; 5.) To require sponsored runners to compete in OCTC uniform.

Under New Business, **Andy** reported on the Southern California ½ Marathon & 5K held on Jan. 10th. Note last month’s newsletter. **Paula Fell**, Team Captain for the Jan. 17th Irvine Spectrum night race, gave her report. Look elsewhere in this newsletter for her article. **Brad Calvin** reported on the previous day’s *Pacific Shoreline* races, which attracted over 50 club members. His article is also in this newsletter.

The **21st Annual Spirit Run** 5K run/Walk, 10K Run and Kids’ Races, to be held on Sunday, March 14, at Fashion Island and captained by **Andy Bailey** is the first of two March club races. The **19th Annual Carlsbad 5000**, to be held on Sunday, March 28, is the other club-approved March race. **Wil Sanchez** will serve as team captain. Go to our website for more info: www.octrackclub.com on past and future races, fascinating features, photo albums, etc.

Tere Ross will be hosting our March 1st Potluck Meeting at her home: 2084 Flamingo Drive, Costa Mesa, 92626. (714) 546-4410.

Brad Calvin and Brandi at the CostAmazing 5K



“Hey Brad, your time might improve if you put the dog down!” (Rob Corl)

Proposal for OCTC to Sponsor Elite Runners

By Rob Corl

OCTC Warm-Ups

By Rob Corl

Preface

Bearing in mind we are an all abilities running club, we need to continually review our programs to attract new members from all segments of the running community. The other local clubs we compete against for members sponsor their own elite runners. The OCTC Board approved a motion to pursue a proposal to the general membership to create our own OCTC sponsorship program for elite runners.

Discussion

At the January club meeting, a discussion item was raised suggesting a way to advertise OCTC to the general running community and improve our visibility at local running events was to consider a program to sponsor elite runners. The OCTC treasury has never been in better fiscal shape and we now have some money available to pursue a direct advertising campaign focused on increasing our membership. The rewards would be promotion and exposure of our club. The suggestion was approved by the membership to create a proposal for review at the February club meeting.

Proposal for Consideration

1. OCTC to provide entry fees to club members that meet qualifying times for a set distance. The goal would be to:
 - a) Attract some younger runners to the club
 - b) Retain our current high level performers
 - c) Have some of the multi-club members run for OCTC
2. Will need to set qualifying standards for:
 - a) Male & Female runners
 - b) Distances – 5K, 8K, 10K, ½ Marathon & Marathon
 - c) Open & Master races
3. Decide if this should be limited to club events only where the sponsored runner intends on competing for one of the top places
4. Draft a process to pay entry fees in advance
5. Sponsored runners would be required to compete in a club uniform

Our selected vendor, My Premium Store, has presented the final pricing for the OCTC warm-ups. The following information supersedes all prior information communicated to date. Note: there was a slight cost increase on the jacket of \$4.50 and a cost decrease of \$30 on the set-up fees.

OCTC will absorb the set-up costs to include:

Embroidery Tape Charge = \$75.00

Art Charge = \$70.00

Screen Set-up Charge = \$30.00

Cost to Members:

Jacket = \$42.00

Pants = \$28.50

Shipping and Handling = \$2.00/set or \$2.00 jacket only

Total cost to club members:

\$72.50 for jacket and pants, \$44.00 for jacket only

Sizes

Jackets:

Adult - Small to 3XL

Youth - S (7/8), M (10/12), L (14/16), XL (18/20)

Pants:

Adult – Small to 2XL

Youth – S (7/8), M (10/12), L (14/16), XL (18/20)

Additional Details

Jackets and pants can be ordered in different same sizes.

Crew jacket is navy with white stripe. OCTC logo embroidered in white on the front left chest and larger OCTC logo silkscreened in white on center of back panel. Pants are tear-away style in navy, white stripe, no logo. To view the product specifications, go to the Charles River Apparel web site at <http://www.charlesriverapparel.com>, select “catalog” and go to the “Sportsman Collection.” Select # 9973 for the jacket and # 9961 for the pants.

Logistics

OCTC will cover the set-up charges.

All warm-ups in the initial order will be delivered to Rob. Payment for the product due on receipt. The vendor prefers purchases of at least five (5) jackets on subsequent orders. Vendor delivery will be approximately three weeks after the order is placed.

Orders

We have already placed the first order. If you would like to purchase these items in the second order, send an email to Rob Corl at rcorl@filenet.com identifying the appropriate items and sizes desired.

SCUTTLEBUTT

By Veronica Burkhalter

Rivaling the long strides of all legendary thoroughbreds, a **studly Steve “Seabuscuit” Bloch** has been captured front and center on the April 3 *Santa Anita Derby Day 5K* brochure...wearing his OCTC singlet! You say you haven't seen that race flyer? Don't worry, Steve has ordered enough for the entire club and all his relatives! Of course, this race will have to be one of our April club runs!

Have you noticed that our lovely **Lynn Stoops** always has an entourage of men running with her at races? **Willie Guevara** is one of her favorite pacers but he was late for the Shoreline ½ marathon so he sprinted through the crush of runners until he spied Lynn. Without hesitation, he took a short cut across the grass median. Don't bother to report him to the officials. He'll just charm them with his *new million-dollar smile*!

Bill Fritzsche tried every sales pitch at the Feb. 2 meeting to secure enough votes to make the LA Marathon one of our March club runs. We were almost swayed when he revealed that he and **Patrick McDonagh** would be running their *tenth* LA marathon on March 7. Unfortunately not enough marathoners were in attendance to vote the “LA” as a club run this year.

Lynn Stoops and **Bill Fritzsche** are organizing an OCTC group to participate in the May 16 *Bay to Breakers* in San Francisco. Contact Lynn at: hbrun7@aol.com or Bill at: BootSales@aol.com

When **Rob Corl** “takes the floor” at our club meetings, he doesn't relinquish it very quickly. Rob is chairing our 7th Annual Pancake 5K. He has taken charge of ordering our new club warm ups, and he has played a large role in exploring how our club can sponsor elite runners. These are huge responsibilities that take a lot of time. Behind every great man is an even greater woman and for Rob she's **Judy Bryant**. What a great team they make!

Can you believe that we will be hosting our 7th **Annual Pancake 5K** this year? It will be held on **Sunday, June 13**. We have 22 committees set up and we need the help of each of you *now*. Please contact

Bill Fritzsche and he will assign you to one of those committees. Check our website for updates: www.octrackclub.com

Stephanie (Michaels) Goley and her husband, Rob, who is in the Coast Guard, will be moving to Ft. Bragg this summer. While Rob will be “running boats in rough surf conditions,” Stephanie, an elementary school teacher, wonders what job opportunities will await her in a town of only 6,000. Our Stephanie is a multi-talented woman. We know she won't have any trouble finding suitable work.

Haven Barnes has been selected by the USA Triathlon National Training Center to become a team member. He will be training with our country's top triathletes for the next 11 months! Look for his fine article on this challenging experience elsewhere in this newsletter. An occasional email from you would help fend off any homesickness he may experience in between workouts: shoehorn85@hotmail.com

Jamie Bolduc, our newsletter editor, Webmaster, Pancake race committee member, and full time South Coast Repertory staff member, *ditched* it all for one week of cruising in the Caribbean, diving in Cozumel, and (yikes!) swimming with the sharks! For sure, we'll want an article on this adventure, Jamie!

Laura Knight reports that 36 friends of **Sue Rudolph** (plus 2 carry-out orders) attended the Feb. 2 fundraiser/meeting at **Newport Rib Company**. Owner, **John Ursini**, cut a check for \$153, which was 20% of our total bill. Thank you, Laura and John! Hey, OCTC members, whenever you get a hankerin' for the best ribs in town, be sure to dine at Newport Rib Company. John donated fruit to last year's Pancake race and plans on helping us again this year.

Nan Kappeler co-wrote the Feb. 13-16 *OC Weekly* cover story, “*Animal Attacks: 25 thoughts on what happens when we attack the animals who attack us.*” Many of us look forward to weekly runs or bike rides on the wilderness trails surrounding our communities. Her anecdotes will add a new perspective to our

mind-set toward wildlife whose paths we cross and
whose environments we disturb.

Absolutely Amazing Travel Opportunities From Sue Rudolph

*"I would thank everyone in the club for their support in the fundraising efforts that are being done to help me
with my medical needs. I truly appreciate all the help that the club has been doing for me."*

Huntington Beach, CA 92646

SYDNEY MARATHON TOUR PACKAGE SEPT 8 TO SEPT 20 2004

Includes International Air to/from Los Angeles
4 Nights in Sydney first class accommodations
4WD Tour to Blue Mountains with Lunch
Sydney Harbor Bridge Climb
Optional Entry in Sydney Marathon Sept 12, 2004
Post Marathon Celebration Dinner

Airfare from Sydney to Cairns
4 Nights Palm Cove first class accommodations
including breakfast
Great Barrier Cruise Includes Snorkeling and Lunch
Full Day 4WD Tour to Daintree Rainforest/ Cape
Tribulation including barbecue lunch with Australian
Wines
Tjapukai Aboriginal Theme Park for this evening's
wonderful Dinner and show. Includes Beer, Wine
and Soft Drinks

All transfers to/from airports
Porterage at hotels
Return flight to Los Angeles
Air tax additional

Optional add-ons (Based on 15 people)
I None – Return Sept 18 Land Cost 1897AUD
approx \$1440 USD
II Ayers Rock return Sept 20 2544 AUD \$1940 USD
III Adelaide/Kangaroo Island return Sept 20 \$1755
USD
IV Melbourne Return Sept 20 Land Cost 2301 AUD
approx \$1754 USD

Airfare additional approx \$1000 (Option I, IV)
Add \$100 to \$300 for other options
Air tax additional

Send \$200 Deposit (include desired option) to
Absolutely Amazing Travel
9841 Villa Pacific Drive

SYDNEY MARATHON TOUR PACKAGE OPTIONAL EXTENSIONS

Option I Ayers Rock

Airfare Cairns to Ayers Rock
2 Nights first class accommodations
Sounds of Silence Dinner
Sunrise tour of Ayers Rock with optional hike
Return Airfare Ayers Rock to Sydney

Option II – Adelaide, Kangaroo Island

Airfare Cairns to Adelaide
Round-trip transfers Adelaide to Kangaroo Island
2 Nights first class accommodation Adelaide
Full Day 4WD Tour Kangaroo Island including lunch
Return Airfare Adelaide to Melbourne

Option III – Melbourne

Airfare Cairns to Melbourne
2 Nights first class accommodations Melbourne
Colonial Tram Car Dinner in Melbourne
Half-Day Tour to Phillip Island including Penguin
Parade



For more information, contact Sue Rudolph
Absolutely Amazing Travel
(714)963-5281 (800)707-0005
info@amazingtravel.com

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

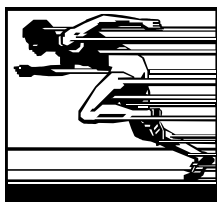


**OCTC supports the CostAmazing 5K
race in Fairview Park!**

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.



MEMBERSHIP INFORMATION

Renewals due this month:

Tony Khorouzan
Bob & Robert Sullivan

Membership

Fees:

\$35/single
\$45/family

Annual Dues:

\$25/\$35

2 months No More
past due = 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.