

Orange County Track Club

November 2003

www.octrackclub.com

Vol. 42, No. 11

Dear Orange County track club members,

My name is **Bill May**. As you know I have not been around the club for nearly two years. I moved to San Jacinto close to two years ago. I started having Arterial Arrhythmia in June of 2002. Since then, I received a pacemaker, and all the known Anti-Arrhythmic medication known for Symptomatic Arrhythmia. And since January of last year I have not been able to run. So I have wished I wasn't here a few times. But I have come to accept some of the reality. There is an operation I am having Sept. 30 that might change things. There is a 70% chance this could cure me. So I am looking forward to that day. I did find out an interesting fact from their testing. I have a Congenital Heart Defect from birth that only allows my heart to pump blood at 60% of its normal output. That means I ran a 2:39 marathon at 36 years old on 60% heart flow capacity. Is that possible? Some of you have known me for little while, and you have seen me in good times and bad. I never thought it would be this way. But I do take comfort in my effort to know that I took my dream way passed expectations of a 60% heart capacity runner. I guess I just want you to know, I wouldn't change a thing for all those good years I had. Nothing that I did contributed the problem. In fact it probably helped my chances of survival. When they had to take the pacemaker out and put it in again over a three day period, or when I developed Pare-cordite's, or had two small strokes, or having well over 300 bouts of Arterial fibrillation. It has been an adventure. And I'm laughing when I say that.

I wish you the best of your running. All of you have been blessed. Because I know I have. There is always a chance you will see me again either running with you, or past you. (ha ha) The only reason I dropped below three hours is because **Charlie** said I couldn't do it. Thank you for the inspiration Charlie. (That was sarcasm.) The truth is, I would have never run like that, if it wasn't for Charlie's coaching, and the club. Thank you Charlie and all the Club members who came before me and after me. So don't feel sorry for me, don't send money or cards, just keep on running for fun and life.

~Bill May

A NEW ARRIVAL!

Coach Charlie and Silvia are first time grandparents! Their new grandchild, **Santiago Boulton**, was born on Oct 16, 2003 at Hoag Hospital. He weighed in at 7lb and 16 ozs. Charlie plans on getting him on the track as soon as possible to take off some of that baby fat! He's 20" long. Mom, Carrie did fine. Dad David supported thru the whole process.

~Wil Sanchez

From Carrie and David to OCTC:

We would like to thank you so much for the gifts. We will use the money to buy a stroller - a running one, of course...



OCTC's Annual holiday party

Tickets for this year's holiday party at Los Caballeros on **Saturday, December 6** are \$20 each. The party and dinner begins at 6 p.m. **Laura Knight** is personally accepting your payment this year to facilitate the reservations process. She also asks that you send her club photos for the slide show. A D.J. will spin the hits after dinner, for your dancing pleasure. Watch octrackclub.com for more information.

Send your payment to: Laura Knight
2737 Sandpiper Dr., Costa Mesa, CA 92626.
Register before November 27 to receive 2 bonus grand prix points!

FOSTER the ROSTER

The most recent OCTC Roster is included in this month's newsletter. Detach it and keep it handy so that you'll know how to reach club members when necessary. If you notice any mistakes or outdated information in your entry, please contact **Stephanie Michaels** or **Steve Bloch**,

November Club Meeting and Potluck

Monday, November 3 @ 6:30 p.m.

Hosted by Tere Ross
2084 Flamingo, Costa Mesa
(714) 546-4410

Take the 405, exit Harbor, and go West. Turn Right at Adams. Turn Left at Albatross. Turn Right on Flamingo.

Bring food.

November Club Races

Orange County Half Marathon & 5K

Sunday, November 9, 2003
WORLD RUNNING DAY!

Irvine Center Dr. & Laguna Canyon Rd.
Captain: Rob Corl

27th Annual Dana Point Turkey Trot 5 & 10K

Thursday, November 27, 2003

Dana Point Harbor
Captain: Andy Bailey
www.turkeytrot.com

Plaque for fastest overall 10K team. Groups of twenty or more get \$5.00 off each entry mailed in together. Complete your entry form and write a check for \$20.00 to Dana Point Turkey Trot. Mail to: Andy Bailey, 760 Alta Vista Way, Laguna Beach, CA 92651 - or bring yours to the November club meeting or track.

CLUB WORKOUTS

Tuesday Nights

We resumed weekly workouts at Orange Coast College in Costa Mesa on September 9. Come enjoy speed and interval workouts on the track with Coach Charlie Appell every week at 6:15 p.m.

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.

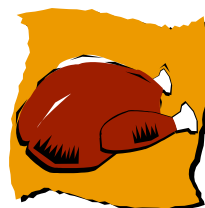
OCTC Designated Club Races

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

Turkey Travails

- 1 Hernandez Art
- Watson Bob
- 2 Kubiak Sherrie
- 6 Gaymon Connor
- 7 Saetermoe Ron
- 25 Stoops Lynn
- 27 Gaymon Don Horner Ruthie
- 27 McDonald Michael
- 27 Barnes Haven
- 28 Stiger Rae Ann
- 30 Zihlmann Susanne



~~DEADLINE DRAMA~~

The next deadline for submissions to the OCTC Newsletter is **Saturday, November 15**. Word format preferred. Put down that crack and get cracking. Email your submissions to octceditor@hotmail.com or fax to (714) 708-1230.

OCTC OFFICERS

Coach	Charlie Appell	714-540-2368 estanciaxc@hotmail.com
President	Robert Donald	714-641-0610 robertd65@prodigy.net
Vice President	Rob Corl	714-545-5150 Rcorl@filenet.com
Treasurer	Rena Beyale	
Secretary/Editor	Jamie Bolduc	949-422-1753 Octceditor@hotmail.com
Membership	Stephanie Michaels	949-764-9212 scmisu@aol.com
Co-Chair:	Steve Bloch	949-249-7797 sab_acsc@yahoo.com
Activities	Laura Knight	714-979-5753 chickrunner@attbi.com
Postmaster	Wil Sanchez	714-641-1160 Wil2run@yahoo.com Club voicemail: (949) 863-6166

2003 SAINT GEORGE MARATHON

by Bill Fritzsche

You know the saying, "Same time next year". Well that has become the mantra for a few of us here at OCTC with regards to the Saint George Marathon. For the sixth time in a row, yours truly and **Patrick McDonagh** made the trek to Utah and ran this marathon on the first Saturday in October. And yes we have the routine down to about the minute. Leave the day before about 11:30am and arrive in Saint George at 6:30pm (one hour time difference). Go to the expo, check into the hotel, have dinner at Scaldoni's Italian restaurant, you get the idea. Can you say de JA vu all over again?

Race day gets going with a 4:45am wake up call, a two block walk over to the buses and then a 45 minute ride to the start line 26.2 miles out of town and up the hill. With just enough time to do a bathroom run (Patrick has a fear of these bathrooms) the gun goes off at 6:45am and off we go. The race starts in the dark and about an hour into it you see the sun rise over the high desert of Utah, very spectacular!! Before you know it you can see the outskirts of the city and if all goes well you have run a time close to what you want and can still stand to tell everyone about it. This year was no exception.

I have come to the conclusion, that the older you get the more hills there are in this race. Mind you, this is a net downhill run, but just when you think that you have seen the last hill, up creeps another one. Or so it seems. Regardless, this is one great marathon and I would encourage anyone who is looking for a PR to try this run. I am sure that with a little bit of luck, OCTC will have a group heading to Utah again next year. And with an after race stay in Las Vegas, how can you say no. So start training and we will see you next year at Saint George.

OCTC Results:

Patrick McDonagh:	3.11.18
Bill Fritzsche:	3.23.27
"Irish" Mike Whelan:	3.35.04
Sheila Callan:	5.29.40
Bino McMann:	Around 4 hours
Trinna McMann:	Around 4 hours

NEW MEMBER NEWS

by Stephanie Michaels, Membership Co-Chair

Tess Joyce has been running off and on since she was 13. She competed at Mater Dei High School and then Golden West College. She has always liked 5k's but recently trained for the half marathon in Long Beach this October. She is supported in her running as well as in most everything else she does by her husband of 22 years, Kevin, and two wonderful daughters Christian and Kelly. Tess works at Springdale Country in H.B., an old fashioned general store that has been just down the street from her parents' house for 41 years. She grew up in the middle of 4 brothers and 4 sisters. Her baby sister Christine is her running idol. (Christine is **Charlie's** daughter in law.)

Our newest member, **Bert "Scotty" Donald** seems like OCTC "royalty" with the connections he has to the club. Not only is he friends with founding club members Norm Lumian and **Vince Sweetzer**, he also knows Coach Charlie. Not to mention his son, **Robert** is our current club President. Scotty has been running for seven decades! He is currently training for the Senior Olympics 5k walk. Originally from Motherwell (a small town near Glasgow, Scotland), Scotty made his home in the U.S. back in 1951. During this first year, he hitchhiked across the country and down into Mexico City. He made his living as high school history and sociology teacher. On the side he was a track, cross-country, and soccer coach. He has a wife, Sheila, and sons Robert and Ian (rumor has it that he's the good one!). Besides running, Scotty enjoys singing in a Barbershop Quartet and doing Scottish Country dancing and tap.



ORANGE COAST COLLEGE RUNNING CLUB INVITATIONAL

Sunday, December 7, 2003
**ORANGE COAST COLLEGE
TRACK**

***** Pre-register with OCTC (See Ken Lilly) *****

Race Day Registration Begins: 1:00 P.M.

Events Begin: 2:00 P.M.

Awards Ceremony: 5:00 P.M.

\$10.00 For Unlimited Participation.

Proceeds to OCC Track & Field Programs

**1 Mile * 400M * 100M * 800M
200M * 2 Mile * 4 x 400 Relay**



Tentative Schedule of Events

1 Mile: 2:00	200M: 3:40
400M: 2:30	2 Mile: 4:00
100M: 3:00	4x400 Relay: 4:30
800M: 3:20	Awards: 5:00

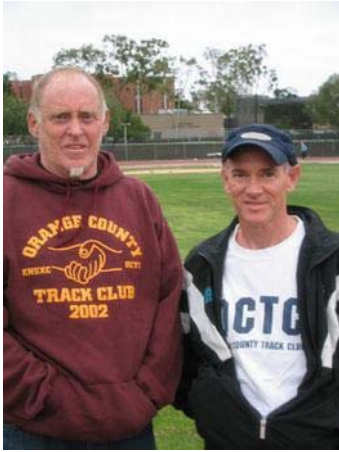
Team Scoring: 5 pts. 1st Place; 3 pts. 2nd Place; 1 pt. 3rd Place

Awards to Top Three Individuals In Each Event Based On Age Graded World Records
Over-All Team Award - Perpetual Traveling Trophy

The purpose of this track meet is to bring together local runners for a competitive and social running event, fostering camaraderie in the competitive arena of a track meet.

You must be a current dues-paid member of your running club and wearing your club uniform to participate.

Invite your family and friends to cheer!



Vice President Rob Corl with Coach Charlie Appell

After serving over three months as officers of OCTC, I thought it was time for us to learn a little bit more about each of them. After hearing from them, I know you'll agree that OCTC is fortunate to have their leadership.
~Veronica Burkhalter

What is your profession?

President, Robert McDonald: Research Economist

Vice President, Rob Corl: Operations Program Manager at FileNet Corporation. I have held various management positions at FileNet over the past 18 years.

Secretary, Editor, and Webmaster, Jamie Bolduc: I have been at South Coast Repertory as the Assistant to the Managing Director since March of 2001. It's a great job and an incredible environment. Just last week, a Pulitzer prize-winning playwright was standing outside my office, and next week, 80 managers from theatres across the country will be visiting our theatre to discover its recent growth and convene for an annual meeting. I love working for a not-for-profit arts corporation, and SCR is the best one around.

Membership Co-Chair, Stephanie (Michaels) Goley: I have been a teacher for the Fullerton School District for almost 7 years. During that time I have taught 3rd, 4th, and 5th grades. Fourth grade is what I am currently teaching- 30, 9 and 10 year olds every day! I got my master in education from Cal State Fullerton 2 years ago.

Membership Co-Chair, Steve Bloch: I'm a traffic safety researcher and policy analyst for the Auto Club of Southern California. I provide a researcher's eye view on the value of traffic safety laws and evaluate their effectiveness. For example, in the late nineties I worked heavily to revise California, Texas, and New Mexico's teen driving laws. The new laws ease kids in stages into full licensure. I then evaluated the effects of California's law, which significantly reduced crashes. Other evaluations I've done that drew a lot of media attention included examining: the increase in California's speed limit to 65 mph (which resulted in no crash increase) and the effectiveness of our state's traffic violator schools (which have no value in improving safety).

How long have you been a runner? Do you do other sports?

Robert McDonald: Thirty-three years, off and on. It would be easier to list the sports that I have not participated in at one time or another.

Rob Corl: My formal running career started in junior high school when I scored in the top 5% in the country in the Presidential Physical Fitness Tests. For my efforts I received a certificate signed by Richard Nixon and the attention of my P.E. teacher who was also the track coach. My daily running routine dropped off for a few years after college but I started competing again in local road races in 1991. I guess you would have to measure my interest in running by decades. As far as other sports, my daily biking started as a rehab exercise for my knee after arthroscopic surgery about five years ago.

Jamie: I have been running off and on my whole life. It was always my favorite way to exercise; I love that it's free and can be done anywhere, anytime, with no equipment. In younger years I was an MVP first baseman on a softball team, but in high school I switched to singing and acting and gave my athleticism several years off. Now I enjoy many activities, including tennis, biking, basketball, scuba, cooking, playing guitar, and writing songs. Music is my favorite sport.

Stephanie: I didn't start running until I was in college. I actually really hated running until my friend helped me overcome it. I started with 5K's and never thought about running a marathon until I joined OCTC. I also swim and cycle just enough so I can compete in sprint triathlons in the area. The other sports I enjoy are rollerblading and skiing (water & snow). I hope to get into rock climbing soon!

Steve: I've been running for 25 years, as I talked about recently in my newsletter article on the subject. I also swim regularly, bicycle and play basketball irregularly (even though basketball remains my favorite sport.)



Secretary & Editor
Jamie Bolduc

How long have you been an OCTC member? What do you think about our club?

Robert: One year. The club has been great for me. I joined the club to try to get some support in pushing my running past the two to three month mark at which I generally burnout, and fall off the wagon. The club has met my expectations in this regard. Thanks to Charlie's Tuesday night workouts, regular races, and the camaraderie of like-minded people I've been running regularly for the past nine months. I have also made several new friends, had my horizons broadened in many ways, and been brought to feel part of a community. In these ways the club has far exceeded my expectations.

Rob: I joined OCTC in May 1994 where I met a social group of runners that trains hard, enjoys competition, likes to improve PR's and has a full time coach to help you be successful.

Jamie: Around the same time I quit smoking, I took up running and became a member of OCTC. That was in April of 2001. I love OCTC and think it has the potential to be a much larger club with many more fun, organized activities, some of which would involve running, and some of which should be casual and social.

Stephanie: I have been a member for about 4 years off and on. While I was going to grad school it was difficult. I think our club is a very unique running club. I like the fact that everyone is very supportive of one another. I also appreciate the small size of our club. It helps us to get to know the members better. Additionally, the best thing about the club, in my opinion, is Coach Charlie.

Steve: I've been a member for about 5-6 years. The Club is a great resource for runners and a great motivator to keep me running and committed to the sport. It's hard not being impressed by the generosity and commitment of so many OCTCers.



It's lonely at the top.

President Robert Donald (at Race for the Cure)

What are your goals for your term as an officer?

Robert: I would like to see modest growth that allows us to maintain and improve upon the closeness of our community. I must also admit that the competitor in me would like to see us become more competitive with some of the other clubs.

Rob: There may be many things we don't know upon arriving at a race site for the first time such as, "where do we start and where do we finish." Now that we have the new officers assembled, we may be asking ourselves the same question. I have some ideas for "where do we start" and the club will need to help us determine "where do we finish."

I have been very fortunate in my nine years with OCTC to have trained, competed and been friends with all of our past Presidents during my membership (Harry Hunt, Willie Guevara, Bill Fritzsche, and Brad Calvin.) I am looking forward to serving as Vice President and forging the same relationship with Robert. The past officers have led initiatives to create a fund raising race for OCTC, increase membership, expand the 5K Pancake Breakfast and draft a set of by-laws.

My goal will be to support the club in any capacity required and to promote and execute an agenda that supports the club direction. At the October club meeting I presented four major areas of focus I previously distributed to the Board of Directors for review. The objective was to build on our existing strengths and present some ideas in areas that could improve our club. The focus areas were competition, membership, community service, and social activities. We will be discussing specific programs to support each of these focus areas at future club meetings. If I may speak for the new officers, **we encourage you to attend the upcoming meetings to help us define the course of the club and assist us with a clear vision of where we would like to finish by the end of the term in office.**

Jamie: Right now I am concerned about OCTC's future leadership. Last summer, when we didn't have a VP or President-elect, I thought it was a really bad sign that we haven't nurtured leaders and really enthusiastic club members; the kind of people we need. Maybe we have missed a few along the way. So while I want to do my job really well, I am also interested in showing others that serving as an officer is not this big, heavy burden, it's actually a privilege, and I enjoy it. When you do something you like, it becomes something relatively easy to do, and vice-versa. We all like to run. I just wish more would take the lead.

Stephanie: My goals as the officer of membership are to keep accurate and up-to-date records of our members and to encourage new members to join the club. I would like to see members stay with the club and get involved with our activities.

Steve: My goal is to be the best darn officer I can be and to serve and follow our perspicacious leader and help him be the best darn President he can. As Britney Spears said to CNN reporter Tucker Carlson recently, "Honestly, I think we should just trust our President in every decision that he makes, and we should just support that." If that's good enough for Britney and for *TIME* magazine (which reported it), it's good enough for me

Race for the Cure

by Bob Sullivan

The Race for the Cure on September 28 was very well attended by OCTC members both racing and for support. The weather was great for running as compared to last year's hot summer day in September. **Tere Ross** placed 2nd in her class with 28:36, and **Andy Bailey** was 3rd in his age group with 25:01. Club Pres. **Robert Donald** ran @ 19:16, **Veronica Burkhalter** ran 23:10, **Zsusi Burkhalter** @ 23:10, **Brad Calvin** 20:32, **Rick Berrios** 21:12, **Michelle Palmer** @ 36:00, new members **Linda Kiser** @ 26:27 and **Joan Oliver** @ 27:20, **Jim Baker** @ 22:10, **Darlene Barstow** @ 27:45 and placed somewhere in the "Survivors" in her age group. **Rick Noer** ran 24:00, **Bob Norton** and **Sue Rudolph**'s times were unknown. **Steve Bloch** and **Jamie Bolduc**, due to circumstances out of their control, did not list their times. Support members were **the Sullivan's**, **Jeri Bailey**, **Art & Seth Hernandez**, **Rob Corl** as the photographer and support. Due to the size of the event, our canopy was very hard to find, with the other TEAMS running. The determined OCTC members persevered to find us and get their grand prix points. Next year we will try to put the (bandit) canopy at the start or finish line to make OCTC more visible to other perspective members.

Here are a few words of wit and wisdom, from minds great and small, to inspire and amuse the running enthusiast in each of us. ~Robert Donald, President

"The best long distance runners eat raw meat, run naked and sleep in the snow." - *Alaska Airlines' advertisement honoring Iditarod dogs.*



OCTC takes to the Cure (l-r): Bob Sullivan (Captain), Zsusi Burkhalter, Veronica Burkhalter, Linda Kiser, and Rob Corl.

"My doctor told me that jogging could add years to my life. I think he was right. I feel ten years older already." - Milton Berle

"The only way to be who you want to be is by being what you haven't yet been." - Sally Edwards

"Only those who will risk going too far can possibly find out how far they can go."
- T.S. Eliot

"If at first you don't succeed, you can always become an ultramarathoner." - Bruce Fordyce

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. But whatever you do, keep moving."
- Martin Luther King, Jr.

"You've got to be a little bored to be doing really good training." - Marty Liquori

"No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes."
- Don Kardong

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'" - Peter Maher

"For all the hardship, I was still excited to be on the trail, testing my endurance, feeling especially alive as strength and fatigue flowed alternately through my limbs." - Colin Powell

"The woods are lovely, dark and deep, but I have promises to keep, and miles to go before I sleep, and miles to go before I sleep."
- Robert Frost

Scuttlebutt

By Veronica Burkhalter

It was bound to happen. We're such a friendly bunch. ***We've got ourselves a potluck crasher!*** He latched on to us at our Corona del Mar picnic in August and has attended the following two potlucks! Comes for the meal and leaves during the meeting. Don't even know if he's a runner. **Stephanie Michaels**, you nab him for dues if he shows up at **Tere Ross'** in November!!!

Michael and Sue McDonald were in town recently to show off their two-month old baby, Nicolas. Michael completed his 7th Ironman in Canada on August 25. Sue is also a triathlete.

Marla Meredith, 8 months pregnant, and hubby, Ross, joined us at Tuesday night track for an hour of walking and visiting. Marla looked fabulous!

Our resident thespian, **Steve Bloch**, appeared in two-man comedy skit performing original radio scripts of *Bob & Ray*. How many of you remember listening to that entertaining duo?

Ron Saetermoe and Andy Bailey joined over 2,000 athletes and celebrities at the Nautica Malibu Triathlon on Sept. 14. Andy finished 3rd in his new age group in the time of 2:04:38 and Ron finished in 1:59:12! **Robert Donald's** team ran that race too, but he won't divulge their results.

At the Oct. 4 Bonnelli Triathlon in San Dimas, **Andy Bailey** finished 1st AG in 1:36:37 while **Ed Tomasek** finished 5th AG in 1:47:44.

Haven Barnes competed in the 2003 USA Triathlon National Age Group Championships on Oct. 4 and in the time of 2:05:01, qualified for the World Triathlon Championships to be held in May 2004 in Madeira Island, Portugal. Well-known local swimming coach, **Mike Collins**, also qualified, with a finishing time of 1:58:49.

Zsuzsi Burkhalter and brother, **Steve**, raced in the Mission Bay triathlon. Stevie missed 3rd place by 2/100ths of a second, finishing in 1:02:22. Zsuzsi fixed two flat tires prior to the race, but had a third flat during the race! She finished 3rd in her age group, anyway, in the time of 1:07:59. Also competing was **Bob Knight** who finished in 1:14. This was Bob's 6th back-to-back triathlons!

Orange Coast College men's cross country team took 2nd overall at the Oct. 11 Triton Classic at UCSD finishing with **53 points**. UCLA won with **52 points**. That's quite remarkable because OCC was up against Division I schools. Art Diaz came in 1st in the 8,000 meter race in a time of 25:18.4 with teammates Jose Casillas in 2nd at 26:06, and **Humberto Rojas** in 3rd at 26:08.4.

An injured **Art Hernandez** took 1st place in the 5K in his age group and 3rd overall in the time of 19:09 at the 24th *Annual Running is for the Birds* at Bolsa Chica on Oct. 11. **Robert Donald** placed 2nd AG at 19:31 and 6th OA. **Ken Lilly** placed 3rd AG with 22:03, and **Steve Bloch** placed 1st AG in 24:04. Running in the 10K, **Richard Noer's** time of 47:13 placed him 2nd in his age group.

Ken Lilly reports that all of the Orange Country running clubs are enthusiastically supporting the December 7th track meet to be held at Orange Coast College. **Dave Fier** and **Gordon Fitzel**, representing the college's track staff, have agreed to handle all of the electronic timing. Look elsewhere in this newsletter for more information on the meet.

Here's a great story from **Jim Lyons**:

*"About a year ago, I attended a track meet in San Diego called the 'Senior Olympics.' In case you are wondering, it's for a bunch of old folks who still enjoy track and field meets. It's sort of like a high school track meet in really slow motion. (Unfortunately, participation is very limited.) In the afternoon, I watched some old guys throwing a "javelin." It look interesting. When I returned home, I contacted **Coach Charlie** and asked if he knew anything about the event, since I surely didn't. He said he did. So.....after a year of really good coaching and a little bit of practice, I returned to the same meet last month, and amazingly, came home with the gold medal! In addition to a couple of medals for running events, it was a very enjoyable day! Thanks, Coach! Gee, that pole vault event looks interesting....I wonder if Coach....Hmmmm."*

The Orange County Track Club

PO Box 1307

Costa Mesa, CA 92628

You can download the latest
Club newsletter now at:

www.octrackclub.com

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.

A CHRISTMAS CAROL

Order by October 31!

25 tickets are being held for OCTC for a performance of A CHRISTMAS CAROL at South Coast Repertory on **Thursday, Dec. 4** at 7:30 p.m. Tickets are \$25 and the seats are truly as good as they get! **Call Kelly Fullerton before October 31** at 714-708-5569 to reserve your tickets. Be sure to tell her you're with OCTC. You don't want to miss the 24th revival of this yuletide favorite! For more information, visit South Coast Repertory online at www.scr.org.

MEMBERSHIP INFORMATION

Renewals due this month:

Tom Dilday
Greg Doud
Jerry Jefferson
Becky Johnson
Marla Meridith

Membership Fees:

\$35/single
\$45/family

Annual Dues:

\$25/\$35



**2 months
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**