

Orange County Track Club

October 2003

www.octrackclub.com

Vol. 42, No. 10

HAPPILY EVER AFTER

Congratulations to the newlyweds of the summer of 2003!

Patrick McDonagh, Stephanie Michaels, Brad Calvin, and Lisa Van Patten!



Patrick and his bride seal the deal as Bill Fritzsche and Lynn Stoops look on.



Stephanie and Rob: "I Do."



Stephanie and her Flower Girl

October Club Meeting and Potluck

Monday, October 6 @ 6:30 p.m.

Hosted by Veronica, Steve,
and Zsuzsi Burkhalter

1103 Visalia, Costa Mesa
(714) 549-0374

Exit 405 at *Fairview Drive*. Turn *East* toward Mountains--1 block. Turn right at *South Coast Drive*. (Towards So.Co.Plaza). Drive approx 2 *mi.* until tract wall ends on your left. Get into *Left turning lane* just before grassy median begins. You are turning onto *San Leandro Drive*. ("The Cape Apartments" sign will be on your right.) 2nd street is *Visalia Drive*. Our home is the *big white house* on the left with the tall Pine and tall Palm trees.

OCTOBER Club RaceS

LONG BEACH MARATHON

Sunday, October 12

Also ½ M and 5K

LONG BEACH MARINA

Captain: Michelle Palmer

YMCA 10K Mud Run

Saturday, October 18

Camp Pendleton

Captain: Stephanie Michaels

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
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 majority vote at monthly club meetings.

October Birthday Ghouls

- 12 ChrisAnn Richards
- 17 Jerry Jefferson
Willie Guevara
Bob Sullivan
- 31 Matthew Tuttle



Next Deadline

The next deadline for submissions to the OCTC Newsletter is **Wednesday, October 15**. Word format preferred. Se habla espanol. Email your submissions to octceditor@hotmail.com or fax to (714) 708-1230.

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2003 HUNTINGTON BEACH DISTANCE DERBY

by Bill Fritzsche

This year's addition of the Distance Derby took place on a hot and sunny day Saturday, August 9, 2003. OCTC was well represented with over 25 members either participating or giving moral and vocal support.

As usual, club members did well in both the 10- and 5-mile races. Placing well in the 10-miler were **Laura Knight, Beth Baumhardt, Sue Zihlmann** and **Ian Malcolm**. Others running the 10-miler included **Ken Lilly, Ruthie Horner, Michelle Palmer, Lynn Stoops, Sheila Callan, Tere Ross, Bill Fritzsche, Brian Bursey** and **Steven Schechter**.

Humberto Rojas was 2nd overall in the 5-mile race with a time of 26:34. He will run for Orange Coast College this year and is sure to be a great addition to their team. Others who participated in the 5 miler included: **Rick Noer, Robert Donald, Kevin McCarthy** and **Andy Bailey**. This was Andy's first 5-mile run in 2 years. Good job Andy!

Manning the canopy and giving vocal support were **Veronica Burkhalter, Bob Sullivan, Rob Corl, Leo Sitton, Sue Rudolph, Matt Tuttle** and **Mike Whelan**.

As one of the oldest running events in Orange County, the Distance Derby should be on the Club's calendar next year. And with a little luck, we will have a cooler day to go after those PR's.

10-Mile Results:

Ken Lilly	1:20:48
Ruthie Horner	2:11:00
Ian Malcolm	1:17:04 (3 rd a/g)
Michelle Palmer	?
Sue Zihlmann	?
Laura Knight	1:06:19 (4 th o/a, 1 st ag)
Lynn Stoops	1:26:36
Sheila Callan	1:44:00
Beth Baumhardt	1:11:00 (4 th a/g)
Tere Ross	1:44:00 (1 st a/g?)
Brian Bursey	2:08:00
Bill Fritzsche	1:19:45 ("just shoot me")
Steven Schechter	1:54:05

5-Mile Results:

Rick Noer	?
Humberto Rojas	26:34 (2 nd o/a)
Robert Donald	32:51
Kevin McCarthy	31:07
Andy Bailey	41:45

House Boating with Huck Finn on My Mind

By Veronica Burkhalter

The moment I stepped onto the houseboat, I thought of Huck Finn and Big Jim. Like their raft, this would be my family's floating home for a week. Like Huck, we loved having new adventures, and the week ahead promised that we'd have many as we planned to navigate around all five arms of Lake Shasta.

There were a *few* differences in our circumstances, though. Instead of a snug wigwam, like Jim built on the raft to get out of the blazing sun, or a layer of dirt six inches deep with a frame around it to hold a campfire, we had a two-room cabin. One was a full kitchen/living room and the other was a bedroom with bunk beds. Well...we also had a fridge, a gas stove, a microwave oven, a kitchen sink, a bathroom with a toilet and hot shower, and a front and back porch. Nevertheless, we were roughing it.

By day we fished lazily and jumped off the back porch or the roof into the clear, blue lake to play and cool off. Unlike Huck and Big Jim, we didn't catch fish big enough to toss into the frying pan for dinner, so we had to resort to the victuals we had stuffed into the fridge and cupboards. One night, though, we decided to "lay out" the fishing lines and to our amazement we caught two big catfish. Unfortunately, their "whiskers" and general appearance were not appealing to us. Fortunately for them, they were released back into their dark habitat on the lake's bottom.

Each night we would climb up on the flat roof and like our old friends, lay on our backs and watch for shooting stars, gaze in awe at the cloud-like appearance of the million stars that make up the Milky Way, and try to identify the different constellations. It was the perfect

place to view Mars, which was closest to the Earth since way before Huck's time—to a time 57,000 years ago when Native Americans stared in wonder at this very place. We even spotted several man-made satellites orbiting the earth.

Each day we'd explore a different arm of the lake and look for a secluded cove to anchor for the night. Each arm had its unique personality. One arm, our favorite, had dead trees still standing in the water. For this reason many boats stayed out of that area, making it very isolated. We liked that. Another area had high, black granite cliffs rising straight out of the lake. None of the shoreline was suitable for sitting or walking. Rocks and boulders covered it at a 45-degree slant for about 1/8 mile and then the tree line of tall pine forests started climbing hundreds of feet above us. As we meandered from arm to arm, we'd catch a glimpse of snow-covered Mt. Shasta, which rises over 14,000 feet.

Of course, the purpose of our vacation was to combine family time with fishing. Luckily the family time was rich because our fishing luck was meager. We pulled a small boat behind us, somewhat like the canoe Huck found; except ours had a motor to get to those out-of-the-way places, which we were sure were teeming with giant bass. Those side trips were fun for exploring areas the houseboat was too big to navigate.

Our family vacation was truly special and memorable. It's wonderful to be surrounded by the natural wonders of Mother Nature. And quoting Huck, "Take it all around, we lived pretty high." He and Big Jim would agree: life just doesn't get better than this.

—

Need a tow? Lessons from adventure racing

by Adam Chase

www.trailrunnermag.com

""The day people tow me is the day I'm in a coffin! I don't want to be towed around like a dog on a string!" -- Kathy Lynch, Team PureNZ.com

The practice of towing, tethering, short roping, or otherwise having one or more team member assist a slower teammate is commonplace in adventure racing, and may have some applications for open-minded trail runners.

In adventure racing, where the whole team must cross the finish line together, the fact that a team may only go as fast as its slowest member has the potential to haunt faster ones. Towing provides a fix -- if the faster teammates are willing to pitch in and slower members are willing to be towed.

Towing, along with redistributing pack weight, will help a team through tough places and, in some cases, can be crucial to a team's survival, much less finishing or winning. For trail runners, towing can be a great tool during group runs, particularly long ones, with members of disparate abilities, again provided there's good cooperation.

Get connected. Mechanically, towing is accomplished with a three- to five-foot elastic cord, which can be anything from a bungee, a bike inner tube, or surgical tubing, that is tied or attached with carabiners to a harness around the towee's waist or to the waist strap or sternum strap of a hydration pack. Experiment with the gear you'll be racing or running with to see what attachment point feels most comfortable. It's the tower's job to judge the terrain and set a pace that is quick but comfortable for the towee. The key to success is

communication. If the towee is moving uncomfortably fast, it's only going to lead to mental anguish or nasty crashes.

Get started. Plenty of die-hard endurance athletes who compete in solo endeavors like trail running have been tempted by adventure racing. But, given their individual athletic prowess, many just can't imagine being towed.

Those interested in adventure racing -- or even runners who want a harder trail workout or simply wish to run with a slower partner -- may want to consider integrating towing into their training runs. Practice being towed before trying it in an adventure race; start slowly if you're heading out on a hilly training run. The teammates who get towed usually end up "running" about 30 seconds faster per mile than they are used to, sometimes bounding down stretches of sketchy, rocky singletrack with only about two feet of visible ground separating them and the teammate doing the pulling. Experienced adventure racing teams do that in the dark with only a headlamp to light the way.

The racers who are more likely to be doing the towing should also practice before the race because the action dramatically increases the exertion level and may lead to injuries. It is not uncommon for a towing teammate to overtax a hamstring or adductor or wind up spent early in a race. Such strain can have devastating effects over a long course and can be especially depleting if the running or trekking transitions into a cycling leg. Practicing towing means exercising pulling-specific muscles and will help to stave off such strains or exhaustion.

Missed Opportunity

by Robert Donald, President

At the unspeakable hour of 5:30 a.m. Team Kaplan Skin Care Center staggered into our team minivan, and began our journey to the Nautica Malibu Triathlon. Behind the wheel sat our driver, benefactor, namesake, pit-crew, and team photographer Dr. Ross Kaplan. By trade Dr. Kaplan is a dermatological surgeon, and therefore obsessed with the dangers of the sun. This obsession manifests itself in the form of a large, wide brimmed straw hat, copious amounts of sun block applied long before the sun appears, and possibly the palest countenance in the western hemisphere. Next to Ross in the front seat, his "little" brother Mike, our swimmer, attempts to rub the sleep from his eyes. Mike, at 6'4" and 280 lbs. is quite possibly the largest participant in the entire event. Our cyclist Arny Winter has only one arm, and one leg, but three cups of coffee have left him far too chipper for this unholy hour of the morning.

Within seconds of sitting down in the van, I am once again asleep. The next thing I know we're parked at Zuma Beach starting the long walk up the beach to the start. After putting our gear in the transition area, and getting our numbers written on our bodies we gather in front of the main stage. There is now enough light to see by, as somebody starts to babble about colored caps, starting waves, safety warnings, and my, my, my that's Jessica Simpson on stage now. Now that's a wakeup call. As she sings the national anthem I'm struck by what a fine set of lungs she has.

Upon finishing the song, Ms. Simpson is quickly whisked away to the VIP tent: undoubtedly to keep the riff-raff like us away from her. Unfortunately we can't linger anyway, since the relay teams start in the second wave. So, we head to the starting line; where, within ten minutes, the largest "athlete" in the competition begins lumbering toward the water. As the group enters the water, an amazing transformation occurs. Suddenly Mike is overcome by what can only be described as a state of grace, evidenced by an uncommon fluidity of motion, as he bounds through the whitewater, and dolphins through the

surf. As they approach the first buoy, the big man is just behind the leaders.

After losing sight of the swimmers we head to our next assignments. Arny readies himself, and his bike in the transition area. Ross, in his role as photographer, takes up a position where he can get a picture of Mike coming out of the water. While I assume an elevated position on top of a wall behind the transition area where I can spot Mike coming out of the water, and relay this vital information to Arny. From this vantage point I see Jennifer Garner, from the TV show *Alias*, being interviewed in the transition area. She is apparently going to do the running leg as a member of Team Disney. I allow myself to be distracted by this diversion for a few minutes before returning to my duties as spotter.

Mike emerges from the water with the same enthusiasm that he entered it 30 minutes earlier, but with significantly less energy. Lets just say that watching an exhausted 280 pound man stagger up the beach, and through the transition area, to tag a one legged man in cycling shoes, who must then run his bike out of the transition area, was not the high point of our teams race. Once on his bike however, Arny was in good shape, and looked confident heading out to PCH, and the hilly, 18-mile bike course.

While our pit crew made sure Mike got dried off, and warmed up, I now found myself with some time to pursue more interesting diversions. So I turned my attention to the celebrity section of the transition area where Jennifer Garner was now, like me, waiting for her cyclist to return. As I was wondering what else we might have in common, Mike and Ross came over to see what was attracting my attention. After pointing Ms. Garner out to them, Ross suggested I go over and get her to pose with me while he took a picture. I said no, that she wouldn't want to be bothered by riff-raff like me, but Ross pointed out that Will Farrell had been happy to pose with him, while I took their picture last year. I couldn't argue with that, so I walked through the transition area

toward the celebrity section trying to look like I belonged. Off course the first of the ten yellow clad volunteers assigned to the task of keeping riff-raff like me away from celebrities like Jennifer, quickly turned me around.

Undaunted by this setback, I quickly realized that if Arny could get back within five minutes of Team Disney's cyclist, I could catch Jennifer on the course, and get my picture taken with her while running. Armed with a new plan, I left my people to keep track of Jennifer's whereabouts, while I went to warm up. Upon my return however, I found Jennifer had gone, and my people were blissfully unaware of her departure time. My hopes were lifted two or three minutes later though, when Arny came riding by the far end of the transition area. Now I was supposed to wait by our assigned rack for our cyclist to run with his bike the length of the transition area to tag me. Watching our now exhausted, one-legged cyclist, hobbling toward me in his cycling shoes, with precious time ticking away, proved to be too painful. So, ignoring protocol, I ran up the transition area to tag Arny, and then back down, and out onto the course to chase down Jennifer Garner.

I did have one thing going for me. Since this was an out and back course, I would be able to see her coming the opposite direction, and then gage how much ground I would need to make up in the final two miles. So I kept my eyes peeled for her bright yellow Disney top as I made my way through the field. My confidence continued to grow, because each stride I took without seeing her brought me two strides closer to catching her. Finally, I could see the turnaround ahead, and still no Jennifer. As the turnaround drew closer I saw that Jennifer was not there at all. Somehow, I had missed her. This meant she could once again be anywhere. My confidence was shattered. How could this have happened?

My question would not be answered for another two miles, at the finish line. I continued to run hard, passing as many people as possible, but never came across Jennifer in her bright yellow jersey. As it turned out, she finished just twenty yards in front of me. Unbeknownst to me, before starting the run she had removed her yellow top,

and was running in all white. Once again my teammates had failed to provide me with this vital piece of intelligence. Immediately following the race she was, off course, whisked away to the VIP tent and away from the riff-raff like me. Alas, one more missed opportunity.

INVESTMENT ADVICE

Looking for a sure way to get a great return on a small investment?

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Contact **Rob Corl** or **Judy Bryant** at www.judyrob22@hotmail.com or (714) 545-5150 or log on to www.entertainment.com to order direct and enter our **group #617353**.

Orange County Editions are available August 28, 2003 and are good through November 1, 2004.

**THANK YOU FOR YOUR SUPPORT OF
CHILDRENS HOSPITAL OF ORANGE
COUNTY.**

ALCOHOL: Health Poison or Super Nutrient?

by Dr. Matthew Tuttle D.C.

Concerning alcohol, Abraham Lincoln once said: "None seemed to think the injury arose from the use of a bad thing but from the abuse of a very good thing."

When it comes to health, the research is clear -- moderate consumption of alcohol is associated with improved health. Furthermore, those who don't consume alcohol, like those who over-use it, are not as healthy.

Now obviously, we have all heard volumes about the detrimental effects of alcohol abuse. Alcoholism is a very serious disease. Too much alcohol can obviously cause a myriad of health issues as well as critical accidents when operating a motor vehicle or other heavy machinery. But what about the responsible, light to moderate use (not abuse) of alcohol?

There is a significant amount of evidence in the peer-reviewed literature to suggest that light to moderate use of alcohol can yield surprising health benefits. Recently, the New England Journal of Medicine published a study concluding that frequent moderate consumption -- three or more days per week -- significantly decreased the risk of myocardial infarction as compared to those who consumed alcohol less than once per week.

Another study in the Lancet (2001;357:763-767) showed that "Non-drinkers and heavy drinkers had higher CRP concentrations than moderate drinkers." CRP, C-reactive protein, is an important indicator of chronic inflammation that may be the first stage of many chronic diseases including cancer, Alzheimer's and heart disease.

Moderate alcohol consumption was determined to be a key health component in the now famous Nurses Health Study, published in the *New England Journal of Medicine* (2000;343:16-22). Those who included moderate alcohol in a healthy diet could prevent 74 percent of heart attacks. The cardiovascular benefits of alcohol seem to stem from its effect on balancing cholesterol. Those who consumed light to moderate alcohol typically have a rise in HDL (the "good") cholesterol by as much as 20 percent.

This can significantly lower the risk of heart disease.

Light to moderate alcohol intake may also help reduce insulin resistance, which can further reduce the risk of heart disease, as well as other conditions.

These benefits are not just related to wine, but also to beer and liquor. However, wine not only contains alcohol, but also powerful phytonutrients that may provide even more benefits. A study on wine published in the *Annals of Internal Medicine* (2000;133:411-419) concluded that, "Wine intake may have a beneficial effect on all causes of mortality that is additive to that of alcohol. This effect may be attributable to a reduction in death from both coronary heart disease and cancer." Other studies demonstrate that light to moderate wine consumption was related to good self-perceived health, lower risks for a number of conditions including stroke, dementia, lung and stomach cancer, and hip fracture.

Overall, wine is related to a lower rate of death compared with abstaining, or beer or liquor drinking. In the case of heart disease, wine may further reduce risk by another 25 percent over beer and other liquor.

If you're looking for recommendations from your doctor about alcohol use, you may be disappointed. While many practitioners encourage their patients to consume more foods that improve health, issues surrounding alcohol are more complex. However, by weighing the information indicating light to moderate alcohol intake can enhance an otherwise healthy lifestyle, you may be able to make your own responsible and informed decision.

Dr. Tuttle is a local sports injury Chiropractor in Fountain Valley. For information on diet and lifestyle or sports injuries feel free to contact **Dr. Tuttle**. Phone: 714-432-9355

www.BioLogicsHealth.net

SCUTTLEBUTT

By Veronica Burkhalter

Mike Whelan teamed up with Rachael Toor and “Slick” to win **1st place** in the Man/Woman Division and 5th overall of the **33rd World Championship Ride and Tie Invitational** in Truckee held on Sept. 6 in the time of 4:33:29! **Rick Noer**, Melanie Walker, and their faithful steed, “MCA Kamanche,” finished in 8:01:06. “The Ride and Tie combines ultra trail running and endurance horse back riding in a relay race with two-person, one-horse teams. One member rides the horse along the marked trail, then ties off the horse and runs ahead. The trailing runner reaches the horse and starts to ride, passing the runner and then tying the horse ahead. The world championship is 35 miles.” Our “Irish Mike” was a jockey in Ireland and has been a marathoner for the past 14 years. Combining these two sports are a natural for him. Rick promises to write an article on this fascinating sport for our next issue.

Humberto Rojas, now a freshman at Orange Coast College, was voted “OCC Athlete of the Week” by the *Daily Pilot* for placing 11th in the Cal State Fullerton Invitational, running the 8K course in a time of 25:45:30. That’s our *Pepino*!

Haven Barnes took **1st** in his 25-29 age group at the Sept. 7 *The City of Los Angeles Triathlon*. Completing the Olympic Distance in the time of 2:09:20! Way to go, Haven!

Nan Kappeler’s article entitled “Kid Jocks” is the cover story of the Sept. 12-18 *OC Weekly* magazine. The subtitle is, “Would you make your little prince repeat 6th grade if that might help him win the Heisman trophy?” Nan did an outstanding job of exposing this scheme put into practice by many parents.

Speaking of Nan, she accompanied **Coach Charlie, Sylvia**, other members of the **Appell family**, and this year’s **Estancia cross-country team** for their annual running camp in the mountains. Fortified with Sylvia’s home cooking, their days were filled with long endurance runs up and down the mountainous terrain. Proceeds from

our Pancake race helped with the Estancia team’s expenses.

Pete Rennard found himself caught in the East Coast blackout while in the elevator on the 65th floor of the Empire State Building. Taking the stairs is a great way to keep fit, Pete.....

Vince and Diana Sweester are back on the mainland for a few weeks to enjoy their family here in Orange County. Diana has joined **Jeri Bailey** on her Tuesday night power walks while Vince works out with the rest of our runners. We like to remind our new members that **Vince** and **Charlie Appell** are two of the founding members of our track club.

Rob McNair will be running the *Angeles Crest 100 Mile Endurance Run* beginning on Saturday Sept. 27 in Wrightwood and finishing on Sunday in Pasadena. Rob looks lean and mean and ready to take on this punishing challenge. May the wind always be at your back, Rob!

Ken Lilly’s dream to bring together all Orange County running clubs for a track meet will be realized on Sunday, December 7, at the Orange Coast College track. Plans are already in the works with all the clubs enthusiastically supporting it. Watch for details in the November newsletter. You may contact Ken at his email address if you’d like to help with the track meet’s organization. Kenlilly5@msn.com

OCTC September Meeting

Monday, Sept. 8, 2003

By Tere Ross, Ad-hoc Secretary

I. Meeting was opened at 8:00 p.m. by President **Robert Donald**.

- A. Welcome to former member Vince Sweetser and wife, Diana, who now live in Hawaii.
- B. Thanks to **Bob** and Maureen **Sullivan** for hosting the meeting.

II. Old Business

- A. *Treasurer's Report*: **Rena Beyale** gave the financial report, stating that the checking balance for the period ending Aug. 31 is \$3,787.32. Receipts totaled \$95.00 and disbursements were \$170.80, mostly for newsletter printing and postage. The CD account amounts to \$836.62. The total balance is \$4,548.14.
- B. *Grand Prix Report*: Rena also gave this account. **Andy Bailey** is the current leader, followed by **Rob Corl**, **Jeri Bailey**, **Robert Donald**, **Bill Fritzsche**, **Ken Lilly**, and **Bob Sullivan**.
- C. *Uniform update*: **Stephanie Michaels** said that information will be in the newsletter.
- D. *Track Meet Update*: **Ken Lilly** reported on a meeting attended by Snail's Pace and OCTC members to set up an all-Orange County Track Club meet. The proposed date is Sunday, Dec. 7 at 2:00 p.m. at the OCC track. There will be awards for age-rated performances. We need to generate interest to make it happen. **Ken** will check on getting the track. The entry fee may be \$10/person. Clubs can set up canopies for promotional purposes.
- E. *Membership*: **Stephanie** read the names of people who are more than two months overdue in their renewal and asked for information about them.
- F. *Running Trips*: **Sue Rudolph** reported that there are a few spots left for the November 20-30 trip to Spain. The cost is about \$1660. Contact **Sue** immediately if interested. Next July she's thinking of a trip to Hawaii.

III. New Business

- A. *Race Report*: Race Captain **Bill Fritzsche** gave the results of the Huntington Beach Distance Derby, held on a hot August day. **Laura Knight** was 4th woman overall! There were more than 25 OCTC participants in the 5-mile and 10-mile races, but most people indicated slower-

than-usual times. (**Bill's** article is in this newsletter.)

- B. *Race Nominations for October*: After discussion of various events, the two club races for the month will be the Long Beach Marathon and Half-Marathon on Sunday, Oct. 12 (**Michelle Palmer** will be Race Captain) and the Mud Run on Sat., Oct. 19 (**Stephanie Michaels** will be Race Captain).
- C. *Upcoming Club Meetings*:
 - 1. October – **Veronica Burkhalter**
 - 2. November – **Tere Ross**
 - 3. December – **Laura Knight**
- D. *Gift for Coach's Daughter*: **Carrie Bolton's** baby is due in October, and the club would like to give her a gift. One that was mentioned was a baby jogger. Another thought was to find out where she is registered and give a gift card for that store.
- E. *Run for a Cause*: **Bob Sullivan** showed an article in the current *Runner's World* which highlights **Doug Hansen**, a running coach at Corona del Mar H.S., who has a daughter born with severe medical problems. **Doug** pushed her in a baby jogger at last year's Long Beach Marathon and finished the race, giving the medal to his daughter. There will be a 24-hour run for her in the spring and the club may form a team.
- F. *Holiday Party*: **Laura Knight** reported on plans for the club party on December 6th. She's looking for a DJ, which should cut the cost. Tickets will be \$20 and must be paid by mid-November. **Laura** is also looking for a "crafty" person who can help create centerpieces and decorations. Contact **Laura** if that's you.

Invitations to Run

Forwarded by Andy Bailey

I am recruiting three men to join our Clif Bar sponsored team participating in The Relay from Calistoga, CA to Santa Cruz, CA.

Event dates are October 10-13, 2003:

Team drives to Calistoga on Oct 10.

Team races Oct 11-12.

Team returns to SD on Oct 13.

Information on the race is at www.therelay.com

Highlights:

- Race is 199 miles
- 12 runners on a team (in 2 vans)
- Each runner has 3 legs of 5 - 7 miles each
- Our team will complete the distance in 24-25 hrs
- One lucky runner will take our team across the Golden Gate Bridge

If you are interested in this different form of endurance event, please contact me: Dave Clark
dclark71@yahoo.com or 858-613-9077 (evenings)

Score One for Slackers.

Weldon SM, Hill RH. [Manual Therapy](#)

The objective of this study was to conduct a systematic analysis of the literature to assess the efficacy of stretching for prevention of exercise-related injury. Randomized clinical trials (RCTs) and controlled clinical trials (CCTs) investigating stretching as an injury prevention measure were selected. A computer-aided search of the literature was conducted for relevant articles, followed by assessment of the methods of the studies.

The main outcome measures were scores for methodological quality based on four main categories (study population, interventions, measurement of effect, and data presentation and analysis) and main conclusions of authors with regard to stretching. One RCT (25%) and three CCTs (100%) concluded that stretching reduced the incidence of exercise-related injury. Three RCTs (75%) concluded that stretching did not reduce the incidence of exercise-related injury. Only two studies scored more than 50 points (maximum score 0 points) indicating that most of the studies selected were of poor quality. Neither of the two highest scoring RCTs showed positive effects for stretching. Due to the paucity, heterogeneity and poor quality of the available studies no definitive conclusions can be drawn as to the value of stretching for reducing the risk of exercise-related injury.

Santiago Peak

Saddleback Mountain Trail Run

Enjoy running to the peak of the Saddleback Mountains with your fellow diehard runners/triathletes! Sunday, Oct. 19th. Meet in the Albertson's Parking lot in Trabuco Canyon at 6:30 a.m. Albertson's is located where Santa Margarita Pkwy dead ends at Plano Trabuco. We then will caravan/carpool down into Trabuco Canyon and take a dirt road about 20 minutes into the canyon to the Holy Jim Trail Head. From here we will run up the Holy Jim trail, a very scenic single-track trail, to the Main Divide, and then to the peak. It is 8 miles up, and 8 miles down, an up-and-back route. If you can get up, you can get down! If you want to hook up with others to do a shorter version, please do! October can have some heat waves, so please plan for whatever the weather may be, and bring lots of water, sports drink, and other nutrition you may need. To park in this canyon, an Adventure Pass is needed. I have one and access to another and I can take several runners. You can purchase a one-day Adventure Pass for \$5.00 at sporting good stores. If you need help with this, please let me know and I will try and pick up some. Anyone who is fit to do this run, whatever the distance, is welcome to join us. If everyone can bring some kind of post run food goodie, we can have a mini tailgate party. This will be great training run for fall/winter marathons! Hope to see you there. Any questions, please e mail me at Lindarun40@hotmail.com or call me at 949-858-0562.

WEBSITE UPDATE

by Lisa ~~Van Patten~~ Calvin, Associate Webmaster

I wanted to let you know that I have recently updated the "Photo Album" on our website, so check for photos of the Club Meeting/Prediction run, Distance Derby and some other miscellaneous photos. Thanks to **Rob Corl** who was our club photographer at the Distance Derby and Prediction Run!

If any members have some photos that they would like me to add to the website, please feel free to email them to me. In order for me to post them, I need the photos to be emailed to me, less than 300 KB in size, and I would like a brief description of each photo and the race/event they are all from. (You can see how I post them for a better idea of what I am talking about.) The next club race is the Race for the Cure, which I might not be able to attend. If anyone is going that has a digital camera, I would really appreciate it if you would email me some race photos that I could include on our website.

Thanks!

The Orange County Track Club

P0 Box 1307
Costa Mesa, CA 92628

Be sure to check out all the latest club news and information 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

TIME IS RUNNING OUT!

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 the end of October** 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:

Rick Dana
Robert Donald
Ron Saetermoe

Your renewal date is on your mailing label.

Membership Fees:

\$35/single
\$45/family

Annual Dues:

\$25/\$35



2 months past due = No More Newsletter!

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**