



August 2006

So Cal / Fleet Feet perseveres at Outdoor Nationals

So Cal / Fleet Feet Track Club overcame much adversity – ranging from widespread injuries to suffocating heat to some unfortunate officiating – to rack up an impressive array of individual championships and other medal-winning performances at the 2006 USATF Masters Outdoor Nationals in Charlotte, N.C.

The only thing missing was the Hollywood-style happy ending. Despite 44 total medals from our contingent of 32 athletes, So Cal / Fleet Feet finished third in the team scoring, behind clubs from Sacramento and Florida.

The meet, at University of North Carolina, Charlotte, began amid triple-digit heat-index conditions that prompted police and fire officials to order six-hour suspensions of competition Thursday and Friday, followed by a spectacular lightning storm that forced postponement of the Friday night event schedule until Saturday morning.

“We had a lot of bad luck. We had things not go our way with the officiating, and we had several people injured,” coach Mark Cleary said. “I’m not pleased with third place, but I think everybody did the best they could do, and I’m proud of everybody.”

High-point honors for So Cal / Fleet Feet went to multi-event star V Amarasekara, who piled up 38 points. Alfy Pettes was the male top point scorer, with 28 ¼ points. Christine Long, attending her first Outdoor Nationals, was next, with 25 ¼ points.

Three of our teammates were double gold medalists: V, in the W45 long jump and triple jumps; Dave Quick in the M50 long jump and triple jump; and Brian Pope in the M40 5,000 and 10,000 meters.

**Continued, next page
Outdoor Nationals (con’t)**

Our other gold medalists includ

So Cal Track Club Board Members

Mark Cleary: President
Denise Janneck: Sec/Treas.
Mike Tipping: Communications
Director
Jeff Creer: Member-at-large
P.O. Box 80877
Rancho Santa Margarita
CA 92688
(949) 589-0242

Nolan Shaheed, M55 800; Lesley Chaplin-Swann, W45 800; David Salazar, M55 1500; Christine Long

CLUB WORKOUTS SPEEDWORK

Tuesdays at 5:30 p.m.
Trabuco Hills High School

HILL REPEATS

Saturdays at 7:30 a.m.
Call Coach Cleary for
specific dates and
locations

TRAIL RUNS

Sundays at 7:30 a.m.
Call Coach Cleary for
specific dates and
locations

COACHES & STAFF

Mark Cleary

Middle and Distance Coach
(949) 589-0242
runnermark@cox.net

Chris Watkins

Shot/Discus/Javelin Coach
(949) 636-5952

Randy Bauer, PT

24731 Alicia Pkwy, Unit B
Laguna Hills
(949) 588-7278

Jean Sorenson

Massage Therapist
Rancho Santa Margarita
(949) 285-7740

Dr. Thomas DeMoss

Chiropractor
27652 Crown Vly Pkwy,
Mission Viejo, 92691
(949) 364-1901

NEWSLETTER

hurdles;

W45 2,000 steeplechase; Tony Nogueras, M40 pentathlon; Oscar Robinson, M30 long jump; and Dan Holton, M35 pole vault. Also taking gold were our relay teams in the M30-39 4-by-400 and M40-49 4-by-800.

Our silver medalists included Sumi Onodera Leonard (W75 100, 200, 400, 800); Alfy Pettes (M30 high jump, long jump); Johnny Watson (M35 110 hurdles, triple jump); David Salazar (M55 800); Greg Turner (M45 long jump); Debbie Lee (W45 10,000); Henry Andrade (M40 110 hurdles); and Caren Ware (W40 pentathlon, javelin).

Ware also added two bronze medals to her collection, in the 400 hurdles and long jump. Alfy Pettes won bronze in the M30 100 and 400. V Amarasekara won bronze in the W45 200 and shot put. Johnny Watson took bronze in the M35 long jump. Lesley Chaplin-Swann was the bronze medalist in the W45 400, as was Christine Long in the W45 triple jump; Denise Janneck in the W50 5,000; Debbie Stiles in the W55 200 and Rick Ross in the M70 shot put. Our M30-39 team also netted bronze in the 4-by-100 relay.

Mark Cleary pointed out that, with a little better luck on injuries and officiating, we may have come home with many more medals. So Cal / Fleet Feet athletes compiled 11 fourth places, and lost three other medals on disqualifications that all were disputable.

Congratulations to all our medalists and to everybody who battled the heat and humidity.

For complete results, go to www.usatf.org/events/2006/USAMastersOutdoorTFChampionships/results/
So, now it's on to cross-country season and the 2007 indoor campaign.

New members

Tony Nogueras is a soccer player who also likes track as a secondary pursuit. How much he likes it is evident by the fact that he won the gold medal in the M40 pentathlon at the Outdoor National Championships.

Oscar Robinson is a sprinter / horizontal jumper from Boca Raton, Fla. His debut with So Cal / Fleet Feet also was gilded; he won the M30 long jump.

Greg Turner won silver in Charlotte, his first major meet for So Cal / Fleet Feet. Greg, hampered by injuries that kept him out of the sprints, still managed to take second in the M45 long jump. Greg knows his sprinting; he's a former University of Houston relay teammate of Carl Lewis.

Matt Armbruster is a versatile M40 distance runner who will bolster our cross-country corps this fall and run the 5,000 and 10,000 next season.

Richard Holmes is a top-ranked high hurdler who's returning to So Cal / Fleet Feet. Richard is about to turn 40, which could allow So Cal / Fleet Feet to dominate the M40 highs at the 2007 Nationals in Maine.

Glen Whiteley, a resident of Maryland, was ranked in the top four in all three sprints in the M45 division.

Jerry Harwood is a versatile thrower from the Oxnard area.

Luc Ringuette is an M45 distance and middle-distance runner who is returning to the sport for the first time since high school.

Kelly Buell is a W35 distance runner with a background in triathlon.

Dan O'Connor, 63, of Rancho Santa Margarita competed at 50 meters in the 2002 World Senior Games. He'll be running short to long sprints for us.

Jolene Steigerwalt competes in the W60 division and was the USATF female Racewalker of the Year in 2003 and 2004. Jolene will work with our other first-class racewalker, Yoko Eichel, in building a strong racewalk contingent for So Cal / Fleet Feet. Jolene is a retired nurse who is a licensed massage therapist and utilizes an innovative technique called Graston to rid the body of scar tissue from past injuries. Jolene worked on Denise Janneck and Mark Cleary at the Nationals in Charlotte, and Mark highly recommends her work.

Welcome to all our new teammates.

Results

Huntington Beach Sunset in the Park, 2.8-mile cross-country: Robert Ward, 17:19, 2nd M45-49, 8th overall.

Help build our club's ranks

This month's New Member's listing is the largest we've ever compiled for a single edition of our

newsletter. That reflects the surge in memberships we've experienced in the past two months. Who do you know who would be a great candidate for our club? If everyone of us brought in just one new member, we would double in size. Those kind of numbers could bring benefits to all of us, from improved chances to attract a national shoe sponsor to being able to field a team at Nationals large enough to cover the necessary events without anyone having to go beyond the call of duty. Please accept this challenge and bring in one new member in the next six to eight months. Thanks.

Results

Huntington Beach Sunset in the Park, 2.8-mile cross-country: Robert Ward, 17:19, 2nd M45-49, 8th overall.

Calendar (also see calendar section of scausatf.org)

- Oct. 7:** Club West Masters meet, UC Santa Barbara. Contact: Beverly Lewis (805) 969-5852.
 - Oct. 14:** SCA/USATF cross-country meet, Kenneth Hahn Park, Los Angeles
 - Oct. 22:** Self-Transcendence Masters meet, Cal State Long Beach. Contact: Bigalita Egger (310) 645-0271.
 - Oct. 28:** Cross-country meet, exact Orange County location TBA
 - Nov. 11:** SCA/USATF Champs, Kenneth Hahn Park, Los Angeles
 - Nov. 19:** USATF West Regional Cross Country Champs, Golden Gate Park, San Francisco.
 - Dec. 9:** USATF Cross Country National Club Championships. 10K men, 6K women, Golden Gate Park, San Francisco.
 - March 23-25, 2007:** USATF Masters Indoor Nationals, Reggie Lewis Center, Boston (Friday through Sunday)
 - Aug. 2-5, 2007:** USATF Masters Outdoor Nationals, University of Maine, Orono.
- For a calendar of meets across the country, go to www.masterstrack.com/meets/usa.html*

Lots of good info at Southern California Assn. Web site

As all of our members who live in Southern California should know, the governing authority for track and field in this area is the Southern California Association of USA Track and Field. The SCA/USATF Web site has become an important source of information on all levels of track & field, road racing, cross-country, trail running and race walking. Visit www.scausatf.org frequently.



Team Merchandise

Mark Cleary has a new batch of our team sweats in stock. Now is the time to get these sharp outfits, before demand heats up closer to track season. They cost \$75. And, Mark has also received the first shipments of a new item: running caps. He has about eight in blue and four in white. They cost \$20. Send a check, listing your size, payable to So Cal Track Club, to Mark Cleary, 18 Charca, RSM CA 92688.

| | | | |
|---|------|---------------|------|
| Speed suit | \$40 | Shemmel top | \$25 |
| Race singlet | \$30 | T-shirt | \$14 |
| Shorts | \$20 | Sweatshirt | \$26 |
| Sports Bra | \$25 | Long-sleeve T | \$18 |
| Women's bike short | \$25 | Sweats | \$75 |
| Polo shirts embroidered with our logo (60/40 cotton/poly) | | | \$32 |



P.O Box 80877, Rancho Santa Margarita, CA 92688

MEMBERSHIP INFORMATION

NEW MEMBERSHIP

Full Club Membership is \$80.00/Year,

Coaching Fee is \$50.00/Month,

which includes:

which includes:

-SCTC Jersey & Shorts

-Organized Workouts

-SCTC Newsletter

-Professional Coaching (additional fee)

RENEWAL MEMBERSHIP

MEMBERSHIP RENEWAL IS \$50/YEAR

Please enclose a check payable to *So Cal Track Club* and mail to:

So Cal Track Club

Attention: Membership Application

P.O. Box 80877

Rancho Santa Margarita, CA 92688

NAME _____ e-mail address _____

ADDRESS _____ APT _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____

BIRTHDATE _____ SEX _____ OCCUPATION _____

BEST TIMES: 100/200M _____ 400M _____ 800M _____ 1500M/MILE _____

5K _____ 10K _____ MARATHON _____ FIELD EVENTS _____ OTHER _____

TRAINING MILES PER WEEK _____ SIZE (JERSEY) _____ SHORTS _____

PLEASE BRIEFLY TELL US ABOUT YOURSELF SO WE CAN INTRODUCE YOU IN THE NEWSLETTER _____

