



June 2006

Linda Cohn rewrites record book in the W50 javelin

To this point in the outdoor track and field season, none of So Cal / Fleet Feet's many stellar athletes has had the kind of season that **Linda Cohn** has had. If for no other reason than she's had two seasons, college and Masters. And she's broken an American record – twice.

Cohn, 53, is a multi-event performer whose best efforts lately have come in the javelin. She concluded a two-year career at College of the Canyons by taking seventh place in the Western State Conference Champs, throwing 119-4. But she was just getting started.

Cohn on May 20 broke her own W50 American record in the javelin, throwing 128-2 at the Striders meet in Long Beach. Her previous mark of 124-6 was set in 2004.

A week later, at the San Clemente Masters meet, Cohn took advantage of a brisk headwind to throw 130-5 (39.78m). She's within striking distance of the W50 world mark of 41.50 (about 136-2). She's also currently ranked No. 1 in the W50 shot and discus and No. 2 in the 100 meters. How's that for versatility.

The mother of two first competed in track and field just three years ago, at age 50, and gravitated toward the javelin because she felt years of playing softball had given her a good arm. Guess so.

Before we leaving the subject of women setting American records, let's point out that **Lesley Chaplin-Swann**, our new world indoor champion (800 meters), and indoor American record holder (1500), broke a 17-year-old mark in the W45 outdoor 1500 meters, running 4:47.36 in Nashville, Tenn., on May 13. Congratulations to these two exceptional women, and best of luck the rest of the season.

So Cal Track Club Board Members

Mark Cleary: President
Denise Janneck: Sec/Treas.
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P.O. Box 80877
Rancho Santa Margarita
CA 92688
(949) 589-0242

So Cal now teamed

Laguna Niguel

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
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Massage Therapist
Rancho Santa Margarita
(949) 285-7740

Dr. Thomas DeMoss
Chiropractor
27652 Crown Vly Pkwy,
Mission Viejo, 92691
(949) 364-1901

NEWSLETTER

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So Cal Track Club and Fleet Feet Sports Laguna Niguel, one of Orange County's top equipment providers for serious runners and triathletes, have agreed to a sponsorship partnership. All So Cal members should buy their training and racing shoes at Fleet Feet, 32411 Golden Lantern, Laguna Niguel, (949) 488-3356. They cost \$75 for men and \$70 for women. Contact Mark Cleary for more details.

'Help wanted' sign posted for West Region Champs

So Cal / Fleet Feet once again is hosting the USATF West Region Masters Outdoor Championships. This year's meet, July 22-23, is at Long Beach State University. We need people to help us stage this important event, the last major competition before the Masters Nationals. We'll have some Scouts helping us, but we need people to direct small groups of Scouts in their tasks. We particularly need people to retrieve throwing implements. So, throwers, step up.

New members

Dan Holton, lately of Burlingame and transitioning to Atlanta, is one of the world's top M35 pole vaulters. He medaled at the World Indoor Champs in Austria and has the No. 2 U.S. jump (4.57 meters) so far this outdoor season.

David Parke, 60, of San Bernardino, is a longtime soccer player who had always wanted to try the 400 and 800 meters. At his first track meet, May 28 in San Clemente, he ran 1:02.05 and 2:28.23, respectively. Those times currently rank fifth (400) and third (800) among M60 runners. Beginner's luck? More like raw talent.

Eric Parker is an M45 age-group runner from Wisconsin who as of June 15 had the No. 2 time in the nation in the 800 (2:04.08). He'll be joining us for the Outdoor Nationals in Charlotte.

Stephen Phelps, 16, will be a junior this fall at Santa Margarita High. He competes in cross-country and track.

Calendar (also see calendar section of scausatf.org)

June 17: SCA/USATF Champs. Moorpark College. 1 p.m. Fully automatic timing. Online entry at www.scausatf.org/events/masters/index.htm

June 24: Chuck McMahon Memorial Masters meet, Cal State University San Marcos, 7 a.m.

July 9 (Sunday): Trojan Masters meet, University of Southern California, 10:15 a.m. (race walk 8:30). Download entry form at www.trojanmtc.com.

July 22-23: USATF West Regional Champs. Long Beach State University. Mail entry to Mark Cleary, 18 Charca, RSM CA 92688. Download entry form at www.scausatf.org/events/masters/westregion/2006_West_Region.pdf

Also: There's the Los Angeles City Schools Summer All-Comers series, beginning June 28 for six weeks. Tuesdays at San Pedro High, Wednesdays at Birmingham High. The Birmingham meets have been designated the SCA/USATF Summer Grand Prix.

Aug. 3-6: USATF Masters National Championships, University of North Carolina, Charlotte. Online entry: www.USATF.org (go to Masters section and find link to National Championships). July 7 deadline for entries without a late fee. Enter any event you might want to compete in. Also, everyone at the meet should expect to take part in relays.

Anyone who wants to stay in one of the four-bedroom apartments we have access to at \$39/night (\$195 total) should send a check for \$195, payable to "Visit Charlotte," to Mark Cleary, 18 Charca, RSM CA 92688.

Dec. 9: USATF Cross Country National Club Championships. 10K men, 6K women, Golden Gate Park, San Francisco.

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.

GET YOUR ATHLETE'S PROFILE ON OUR WEB SITE

Our club Web site is a potentially wonderful vehicle for promoting our members and their accomplishments. But the site remains in limbo because not enough members have provided their profiles and photos for the roster. **EACH OF US** needs to e-mail or send Mark Cleary our information and a **PHOTO** that clearly shows us (no starting-line mob scenes) Please go to the site, www.xro.com\socal, click on Roster, then click on one of the hyperlinked names, such as "Nolan Shaheed," to see the proper format. Please follow this format when sending your biography to Mark. He will take it from there. Do this now, so your fans can follow your careers.

Team Merchandise

Now is the time to order sweats, uniforms, T-shirts and other gear for end-of-season competitions. Don't wait until the last minute. Our cool new sweats are \$75. Send a check, listing your size, payable to So Cal Track Club, to Mark Cleary, 18 Charca, RSM CA 92688. Prices on other gear follows:

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 _____

