

Marin AC Newsletter January 2014

It has been a year since our last newsletter. Due to injuries and ‘aging’ in general, there is not a lot to report on the racing front. There is still a core group that meets for the Sunday Run. Some of us still get together regularly for dinner and drinks and to reminisce about the past. Here are highlights from the past 12 months and some upcoming events.

Dipsea Hike

Our 4th annual Dipsea hike was held on **Sunday, May 19th**. The turnout had been better in past years. **Wes Hildreth** made the trip and shared numerous stories of his memories from the trail and races from the 50's and 60's. We were escorted along the way by **George Cagwin** and his Model ‘A’. The hikers were greeted by George’s car horn at Windy Gap, Muir Woods Parking Lot and at the Old Barn (which no longer exists). One hiker caught a ride into Stinson in the rumble seat.

This year’s hike is set for **Sunday, May 18**. Meet at Old Mill Park at 9:00 AM. Hope to have a better turnout this year.

RACE NEWS

Our Super Senior Team was somewhat depleted due to age, injuries etc as was previously mentioned. We had trouble fielding a full team for most races. However, **Don Makela** did finish as the 2nd ranked runner in the USATF Pacific Association Super Senior Division for last year. He has been referred to as “*The Last Remaining Runner of the Marin AC*”.

Alex Sterling was the club’s highest finisher in last years **Dipsea**. He placed 76th in a time of 55:38. This was also the club’s fastest ‘scratch time’. **Matt DeShazo** made the trip down from Arcata and ran 57:29, finishing in 89th. Former course record holder **Don Makela** and Dipsea veteran **Steve Stephens** finished 119th and 121st respectively. As usual, the club picnic was well attended. **Barney Hope** drove down from Chico and hiked over the trail before the race.

Darren Walton switched to road biking in place of running due to knee problems. He completed last year's 135 mile '*Tour of the California Alps Death Ride*' on July 13th. He completed all five passes and finished the race in the allotted time. This was a major accomplishment as he had never ridden a 'Century' before the race. His training consisted mostly of 'spin classes' with a few short road training rides. He drew comments from other riders in the race such as , 'You know, your form is really bad.' (Editorial comment: They never saw his running form.) The legend grows.

The Trinidad-Clam Beach Run was run on Saturday, January 25th. It was held in spectacular almost perfect conditions. *Don Makela* finished 44th over all out of 395 runners in the 8 3/4 mile race. He ran an outstanding time of 58:02 that appears to be a course record for the 60-64 year old division. New club member *Dan Byers* finished 13th over all out of 410 runners in the 5 3/4 mile run. Next year is the 50th anniversary of the race. Make plans to attend.

UPCOMING EVENTS

Hood to Coast Relay

Darren succeeded in entering a team in this year's **Hood to Coast Relay** on August 22-23. It's a 199 mile 12 person relay that starts at Timberline Lodge on the slopes of Mt Hood in Oregon and finishes in the town of Seaside on the coast. Each runner runs 3-4 legs for a total of 16-20 miles. The entry fee of \$1,500 has been paid. Darren hopes to enter a team of all '**Over 60**' runners. He is also in the process of fund raising in order to bring down the cost of sending a team. If you think you might be interested or know of anybody who may want to run, contact Darren for more details at 415 456-6325 or email darren@bitsnblades.com. We are looking to recruit other 'Over 60' runners from other clubs from in or out of the area. You can also check out the relay web site at www.hoodtocoast.com.

The *West Valley Track Club's 50th Anniversary Reunion* is set for September 6, 2014 in Saratoga Springs. The reunion is open to anyone connected to running in the Bay Area in the last 50 years. Contact *Jack Leydig* @ wv50th@att.net.

OTHER NEWS

On August 28th, *Vince Engel, Don Makela* and *Mark Byers* did a single day summit hike of **Mt Whitney**. Mt Whitney is the highest peak in the lower 48 at 14,500' in elevation. The hike was 22 miles with 6,000' in elevation gain. A bit of advice, the hike down can be harder than the hike up.

Club members *George Wright and Jeff Kroot* attended last years World Track and Field Championships in Russia. Many of us were treated to George's daily reports via email.

The balance in our bank account is declining due to bank fees and a lack of fund raising. We may need to raise some money to cover the cost of printing and mailing this newsletter and paying for the web site. We have not collected dues the past few years. We may be asking for dues in the near future.

A club mailing list/roster is now available. Let us know if you want one.

Northern California Running Review

Old issues of the Northern California Running Reviews, formerly the West Valley News Letter, are now available on line. You can check it out at:

1972/ncrr32.p library.la84.org/SportsLibrary/NCRR/?df

We'd like to hear from you. Don't forget to check out the club's web site at MarinAC.org.

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