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UPCOMING EVENTS

- April 14** – OTC Running Series #4, Eugene
April 16 – Ekiden Trail Run & Relay, Dexter
April 17 – Bridgeway Run For Autism, Eugene
April 23 – Wine Country 5K, Lorane
April 30 – Eugene Marathon 5K, Eugene
May 1 – Eugene Marathon, Eugene
May 8 – Re-Run Run 5K / 1M, Eugene
May 12 – OTC Running Series #5, Eugene
May 14 – Casa Champions For Children, Eugene
May 15 – Bark In The Park 5K, Eugene
May 22 – Duck Bill Thrill Triathlon, Lowell
May 28 – Ridgeline Ramble Trail Run, Eugene
May 29 – Why Not Tri Kids Triathlon, Eugene
May 30 – Run 4 The Memorial 4M, Eugene

Member-Only Special Event

OTC to Host Hayward Hospitality

As membership in the Oregon Track Club expands, we have more members who have never experienced the magic of a Hayward Field track meet.

As an introduction to a sport and spectator event that most runners love once they "meet," OTC is hosting a new event for all club members during the Pepsi Team Invitational on April 9. We suspect it might be a very special meet this year, and that combined with a lot of new OTC members who may not already be Hayward regulars inspired our Hospitality Committee to plan a fun event, whether or not you are an experienced track fan.

The event will take place on top of the weights and measures building, located near the southeast entry gate on Agate Street. Upon entering the gate, there are stairs to your right, and the OTC member event is right up those stairs.

There is no charge to OTC members, but you will want to bring your membership card (we will have a member list if you forget), and you will need to purchase a ticket to the Pepsi Team In-

vitational, available at GoDucks.com. Confirmed teams include Nebraska, Stanford, Washington, and Oregon.

The event will start concurrent with the running events that day, currently scheduled to begin at noon, and run through the meet. We'll have light refreshments and several seasoned track experts on hand to welcome you and in-



Join the Oregon Track Club on April 9 at the Pepsi Team Invitational. Just bring your membership card to join the fun.

troduce you to events and how to get the most out of watching a meet if it's your first time to Hayward.

Whether you are a seasoned track fan or new to the sport, we hope you will join us on April 9 at the Pepsi Team Invitational!

Thank You to the Bells for Pre's Trail Donation!

A hearty thank you to Wade and Marie Bell, through The Oregon Community Foundation, for their very generous donation to the Prefontaine Trail Improvement Fund. We are

pleased to move forward with new projects, making the trail even better for the Club and the community. Thank you to the Bells, longtime OTC members and supporters!

Business Members

Adult Living Solutions
 Axis Physical Therapy & Rehab., Inc.
 Baden & Company
 Bayberry Salon
 Bob Heitstuman Construction
 Brown Contracting, Inc.
 Byrke Beller MD - Pacific Women's Ctr
 Cameron McCarthy Landscape Architects and Planners
 Cascade Dermatology
 Chambers Communication Corp.
 Chambers Construction Company
 Competition Not Conflict
 Cooperative Performance & Rehab, LLC
 Core Strength Chiropractic
 Custom Orthotics
 D2000 Safety, Inc.
 Dave & Nancy Haverstock
 "Mr. & Mrs. Real Estate"
 Dave Henry Real Estate Services, Inc.
 David E. Carmichael, Attorney
 Dr. W. Gray Grieve Orthodontics
 Eclectic Edge Racing
 Eugene Airport
 Eugene Area Chamber of Commerce
 Eugene City Brewery
 Eugene Hilton Hotel
 and Conference Center
 Eugene Physical Therapy, LLC
 Eugene Running Club
 Eugene Running Company
 Eugene Wellness Center
 European Touch Painting Co
 Evans Elder & Brown, Inc.
 Fiddler's Green Golf Center
 Fitness Link, Inc.
 Franklin R. Lulich, CPA, P.C.
 Garden Way Chiropractic Center
 Gleaves Swearingen Potter & Scott LLP
 Gorilla Capital
 Handy Ed Construction
 Heart and Home Real Estate
 Home Federal Bank
 Hutchinson, Cox, Coons, DuPriest,
 Orr & Sherlock, P.C.
 Imagine Group
 John L. Stringer D.D.S.
 Jones and Roth, CPAs
 and Business Advisors
 Kalen Electric & Machinery Co. Inc.

Business Member Snapshots

Axis Physical Therapy & Rehab., Inc.

Axis Physical Therapy & Rehab., Inc., offers hands-on treatment by a highly skilled physical therapy practitioner extensively trained to treat biomechanical and neuromuscular problems effectively. Treatment programs are individualized with respect for pain responses and activity limits. Examinations focus on minimizing pain while facilitating maximum function.

Axis offers a full range of physical therapy services, including treatment of musculoskeletal disorders, rehabilitation from surgery and injuries, therapeutic exercise for specific conditions, treatment for motor vehicle accidents, state-of-the-art manual therapy, and chronic pain management. They accept most insurance plans, including Medicare and Workman's Comp, as well as private payment. Find out more at axisptrehab.com or call 541-683-6187.

Dr. Gray Grieve, Orthodontics

Voted most outstanding orthodontist in a Register-Guard readers' poll, Dr. Gray Grieve has been in practice in Eugene since 1991. He's held all elected offices of the Lane County Dental Society, has authored a book, "How to Choose an Orthodontist," and has published orthodontic and dental research in the Journal of Dental Research and the American Journal of Orthodontics and Orthopedics. His research is continually cited nationally and internationally. He is a member of the American Association of Orthodontists, The World Federation of Orthodontists, and is a Diplomate of the

American Board of Orthodontics.

His commitment to continuing education, technology, and the ongoing improvements of procedures and his treatment facility allows him to provide the absolute best and most conscientious treatment and obtain the finest results for children, adolescents and adults.

Dr. Grieve also offers a discount to OTC members. Just ask!

Find out more at coolorthodontist.com or call 541-484-1877.

The Long Run Picture Company

Michael Lebowitz likes to cover marathons, distance race events and endurance sports, from the start to the finish and beyond. The pictures Michael takes are meant to tell the story of the day, both for the people who participate as well as for the others who are not there but who care about what you do.

Lebowitz has worked with Nike, Newsweek, The Eugene Marathon, Marathon&Beyond, Woman's Runner, The Sydney Parks Commission, The Royal Victoria Marathon, The Dick Beardsley Marathon Running Camp, The Joe Henderson Marathon Training Team, The Eugene Running Company, The Register-Guard, The Oregon Urology Institute, and Team In Training.

He shoots for Eclectic Edge Events and also served as our volunteer photographer at this year's OTC Annual Dinner. Thanks, Michael!

Find out more at photography.longrunpictures.com or call 503-309-3054

Become a Business Member Today

Are you interested in a business membership with the OTC?

Business memberships are only \$100 per year and include the benefits of a family membership, plus:

- Free business listing in the Prefontaine

Classic program

- Free listing in the monthly Oregon Track Club newsletters
- Free listing and link on the OTC website

For more information, visit www.oregon-trackclub.org.

President's Perusings: OTC is a Great Membership Value – and Getting Better

by Kari Westlund

As we head into the outdoor track season, the spring running phenomenon and a seasonal uptick in outdoor walking, I hope you'll remember to recommend membership in the Oregon Track Club to your friends, acquaintances, and competitors.



We are offering the best membership value in our history, and our focus is on programs and services for our broad spectrum of members. All are designed to grow our membership and increase our ability to positively influence the sport of track and field, local running and walking, and our community's health and fitness.

You have been running/walking in or reading about our new monthly free member runs. You are kept more up to date by our now monthly, full-color newsletter. You may have enjoyed your Nike Employee Store pass, or you may be saving it since you have until December 31 to use it. You are probably carrying your running shoes and workout gear in your OTC member backpack, and enjoying your OTC member discounts.

You have either received your \$10 discount in the Eugene Marathon or Half Marathon (\$5 for 5K) or you are about to use it (remember,

online registrations enter the discount code OTC2011). And soon you will register for the beloved Butte to Butte and secure your \$5 OTC member discount.

You have an early bird chance to purchase tickets to the 2012 Olympic Team Trials – Track & Field, because you are a member of the Oregon Track Club.

On April 9, you'll head to Hayward Field and will enjoy the OTC member event on top of the weights and measures building as detailed elsewhere in this issue.

The reward for your board of directors and committees in bringing additional benefits and programs to life is a visible uptick in membership.

If you like the efforts that OTC is making to be a better and stronger club, encourage your friends to join so we know that we are on the right track. We take new memberships at the monthly runs, many Eclectic Edge Events races, at our Butte to Butte registration, Eugene Marathon Expo, and online at www.oregontrackclub.org.

And remember, the member roster gets produced in April – your renewal and annual dues need to be in by now!! If you haven't done so, do it TODAY (really, TODAY), and we'll work to get you included in this year's roster.

Thanks to everyone who has responded to our calls for volunteers. If you haven't heard from us yet, you will very soon!

Wear your Club Colors with Pride!

Did you know you can pick up new merchandise at the OTC office?

Members get a 10% discount and save on shipping by purchasing gear in person. Come by and check out the white and black t-shirts, dri-fit singlets and short-sleeve shirts, long-sleeve half-zip tech tops, and shorts.

Get your gear in time for the Eugene Marathon or Half Marathon and represent your club!

Stop by on Tuesdays and Thursdays, between 9:30 and 11:30am, at the office located at 2350 Oakmont Way, Suite 201 (behind Trader Joe's).

Cash, check, or credit card accepted.

Business Members

Kathleen Dugan LMT
Kernutt Stokes LLP
KEZI 9
Lane Regional Air Protection Agency
Let's Move Fitness, LCC
Lile/Eugene Moving & Storage
Locklear Leatherworks LLC
Mike Fanelli
National CineMedia
National Fire Fighter
Oakway Catering
On Track
Oregon Research Institute
Pacific Continental Bank
Pepsi-Cola Bottling Company of Eugene
Postal Pharmacy
Prichard Partners, Inc.
Random Lengths
RBC Wealth Management
RedWood TCM
Rexius
Run Momma Run
Runnin' Wild
Sapient Private Wealth Management Company
Sightline Property Inspections
Slocum Orthopedics, PC
SportHill
Springfield Area Chamber of Commerce
The Carpet Company
The Eugene Marathon
The Long Run Picture Company
The Nike Store
Track Town Massage Therapy
Tracktown Photo
Tracktownsoftware.com
Travel Lane County - Eugene, Cascades & Coast
Trips, Inc.
Tyree Oil, Inc.
University of Oregon
Bookstore/The Duck Store
Valley River Inn
Vox Public Relations Public Affairs
W. Michael Keller Realty of Spokane, WA
West Eugene Heated Storage
Wildish Land Company
William P. Maier, MD PC
World Wheelchair Sports



Sharon Rogers running one of her favorite trails, the McKenzie River Trail.

== I plan to celebrate my 50th birthday this July by doing the Mt. Hood 50-miler on the Pacific Crest trail. ==

Meet Member Sharon Rogers

By Celeste Kuta

Sharon Rogers, originally from Michigan, worked in the forestry area after completing a degree from LCC. She then obtained a music degree from OSU and has been teaching in 4J schools for about eight years. She plays numerous instruments, sings, and is in several folk music bands. Music provided a social escape from isolated forest work and now trail running provides solitude after teaching and performing.

Running since? I started about 10 years ago for fitness/weight control after my sons entered their teens. My first race was the 2002 Butte to Butte. After finishing a little under an hour, I couldn't wait to run more races to try and get that time down.

Did you? Even though I turn 50 this year, I'm still improving. A big breakthrough for me was Tuesday night speed training with OTCM. Free, professionally coached workouts for OTCM members are held every Tuesday night (5-6pm depending on season). We meet at South Eugene High for track, hill or tempo workouts. It's fun, instructional, supportive, and everyone runs their own pace. Usually 6-12 runners show up. I highly recommend it – more information is in the OTC Masters newsletter.

What else do you like about OTCM?

Social events like dinners and talks by experts and competing in All-Comers' and Hayward Classic meets. I'm especially thrilled with the Thursday evening run series OTC started this year – low-key, fun, social, and free.

What other things would you like OTCM to do? It would be great to get an OTCM team together to compete in cross-country events. We have lots of runners in Eugene but aren't organized to compete as a team like some of the other clubs.

Where do you mostly run? I'm a trail runner at heart so I spend a lot of time on Ridgeline Trail, McKenzie River Trail, Pre's Trail, Adidas/Rexius Trail, and trails near my home in Noti. I plan to celebrate my 50th birthday this July by doing the Mt. Hood 50-miler on the Pacific Crest trail.

How do you stay injury-free? Staying on soft surfaces, bicycling, yoga, weights and good coaching from OTCM. I also garden and enjoy my own organic vegetables.

Do you run with music? Surprisingly no, even though music is my passion. But I'm around music all day and enjoy being unplugged to think or talk with other runners (and my MP3 player isn't working).

UO Alumni Invited to Reunion Events

Attention Women Alumni of Oregon Track and Field/Cross Country:

Join current and former Oregon women track and field/cross country athletes and coaches for a Women's Track and Field Walk/Jog/Run on Saturday, May 7. The event will start at 9am from the Bowerman Building at Hayward Field.

The event is free. Participants can choose to run, jog, walk or socialize. Light breakfast refreshments will be available. Families are welcome!

For more information, contact Ellen Schmidt-Devlin, ellen.devlin@me.com, 503-

830-4519 or Kim Spir, spir@up.edu, 646-584-4149.

Many thanks to Don Stone, President of the Order of the O, and OO Board Members, for their generous support of this event.

Oregon men and women track/cross country alums will have their annual reunion at the Twilight Meet on Friday, May 6. Geoff Hollister and Scott Daggatt are co-chairs of the reunion. The weekend also features a celebration and retroactive awarding of letters for intercollegiate UO women athletes who participated prior to 1981.



The OTCM Monthly

Oregon Track Club Masters

April 2011

President's Column

by Shivaun Black, OTCM President

It is an honor to be serving as Oregon Track Club Masters President. I am looking forward to working on enhancing the events that we have planned and on developing new events. For those of you who are not familiar with OTCM our primary purpose is to organize and conduct a full range of activities for master and sub-master athletes.



2011 Plans – races, presentations, parties

For 2011 we currently have planned: two masters races before the Pepsi Invitational and two before the Oregon Twilight Meet, the Hayward Classic — a masters meet that will also serve as the USATF Oregon Association Masters Track & Field Championship on May 14th, three Socials/Presentations at Washington Park where we will have a featured speaker (April 28, June 16, and October 27), a picnic at Lamb Cottage in July, a pizza party at Track Town Pizza in September, the Fall Celebration race in September, and a holiday party in December.

Tyler Burgess: Improving Walking Form

Our Social/Presentation in April will feature a talk by Tyler Burgess about improving walking form to increase your speed.

Free, open to all

This event is open to the public so if you know of folks who are not OTC/OTCM members who would be interested please pass the information about the event along.

Our website has more detail about the masters races and information on how to sign up. I am looking forward to meeting more OTC/OTCM members. I would love to hear from you if you have any feedback about the events we have planned or suggestions for events that you would like to see.

USA Masters Indoors Champions

Two members of the Oregon Track Club Masters were double winners and National Champions at the USA Masters Indoor Track and Field Championships in Albuquerque, New Mexico, March 4-6.

Suzy Hess-Wojcik won the W65 12-pound weight throw with a toss of 8.78 meters (28 feet, 9.75 inches), and the 20-pound superweight throw with 6.10 meters (20 feet, 0.25 inches).

Jerry Wojcik won the M80 12-pound weight throw with a toss of 12.96 meters (42 feet, 6.25 inches) and the superweight with a 7.40 meters (24 feet, 3.50 inches).

Tyler Burgess April 28 Social / Presentation

Thursday, April 28th, we meet at the Washington Park Fieldhouse, near 21st and Washington in Eugene.

7 PM Social — open to all

The meeting, open free of charge to the public, starts with a 7 PM social, a nice opportunity to chat with other masters (and sub-masters).

7:30 PM Presentation

Tyler Burgess, noted local walking coach, will tell us how to improve walking form, and how doing so will lead you to increase your race walk speed.

Tyler has noted the effects of both stride length and foot strike patterns on your effectiveness while in motion. Check out her website at www.walk-with-me.com.



April Birthdays

1	Ken	Vendley	40-44
2	Wayne	Sabin	75-79
2	Dennis	Staples	65-69
2	Georgia	Cutler	65-69
2	David	Lawson	60-64
2	John	Tasker	60-64
2	Aaron	Porter	40-44
2	Patty	Whalen	35-39
3	Trent	Corey	30-34
4	Kathi	Bean	45-49
7	Joe	Sneddon	65-69
8	Bill	Kelly	60-64
10	Ron	Sherriffs	75-79
10	Carolyn	Petersen	45-49
12	Dick	Lamster	65-69
12	Michael	Cahn	65-69
12	Marilyn	Nippold	60-64
12	Bob	Livak	60-64
14	Diane	Marsh	50-54
15	Connie	Austin	40-44
17	Larry	Wikander	45-49
17	Gabe	Piechowicz	30-34
18	Craig	Godwin	40-44
20	Wayne	Whiting	60-64
21	Lawrence	Newby	65-69
21	John	Lindsley	60-64
21	Bill	Manning	45-49
22	Judy	Harold	65-69
22	Thomas	Huntsberger	60-64
24	William	Maier	55-59
25	Les	Castle	65-69
26	Anthony	Van Orden	40-44
27	Craig	McMicken	85-89
27	Bill	McChesney	80-84
27	John	King	70-74
28	Tom	Munkres	65-69
28	Pam	Duncan	45-49
30	Donnie	Nelson	40-44

Hayward Classic

Several ways to participate:

Athlete

Volunteer

Official

Major Sponsor

Event Sponsor

April Entry Deadlines

World Masters Championships – entry due April 24



**Hayward Classic – on-time entry due by April 25
late entry due April 26-30**



Masters Track and Field
Championships
Eugene, Oregon

Hayward Classic Officials

Our one extended Saturday event should be easier to schedule for officials than the 2 day sessions at past classics.

Sponsors

Sponsors make this whole wonderful master's event possible. See <http://www.haywardclassic.org/Event%20Sponsor%20Form.pdf>

Hasay, Theisen are Athletes of the Year

by Kimberly McManus

Jordan Hasay and Brianne Theisen have been named women's national athletes of the year by the The U.S. Track & Field and Cross Country Coaches Association (USTFCCA) after leading Oregon to the 2011 NCAA Indoor national title. It is the first time a Duck has captured either women's award.

National Women's Track Athlete of the Year: Jordan Hasay, Oregon – Hasay, a sophomore from Arroyo Grande, Calif., would lead Oregon to a national indoor team title with a meet-high 22 points, scoring individual national crowns in the mile and 3000 meters and as anchor of the Ducks' runner-up DMR squad. Hasay became the fifth overall and first to win the national mile-3K double since Northern Arizona's Johanna Nilsson in 2006. Hasay won the mile at the NCAA Indoor Championships in a personal-best and school record 4:33.01, a mark that is among the all-time top ten of American collegians. In the



Jordan Hasay

3000, Hasay outlasted Villanova's Sheila Reid with a 9:13.71 run to avenge a previous head-to-head loss to Reid in the DMR the night before.

National Women's Field Athlete of the Year: Brianne Theisen, Oregon – Theisen, a senior from Humboldt, Saskatchewan, twice set the collegiate record in the Pentathlon in 2011 and won her second-straight NCAA crown in the event. Her score of 4,540 bettered her previous all-time collegiate best mark of 4,507 set in January at the UW Invitational and ranked among the world's top five in the event for the season. Theisen would earn personal bests 8.35 in the 60 meter hurdles, of 6-½ (1.84m) in the high jump and 2:11.82 in the 800 meters en route to this season's national crown. The 60 hurdles and high jump marks are also Oregon indoor school records. Additionally, Theisen scored at the NCAA meet for the second-straight year as a member of Oregon's 4x400 relay team.



Brianne Theisen

Youth Liaisons Still Needed for Our Board

The Oregon Track Club Board of Directors invites high school students to apply to serve as liaisons to the Board and serve on the OTC Youth Committee.

This opportunity will provide students with experience working with community leadership, decision making, as well as opportunities to contribute to the success of OTC events (USA Championships, Olympic Trials, Butte to Butte, etc.) while connecting their peers to Track Town USA.

Responsibilities

- Attend monthly board meetings and Youth Committee meetings
- Assist in submitting articles to the OTC Newsletter (content ideas or article submission)
- Distribute OTC membership materials and event promotion to local high schools
- Serve as an advisor on creative ways to involve high school youth in Track Town USA

Qualifications

- Be a high school student in Eugene/Springfield
- Maintain a GPA of 3.0 or greater
- Interest in track & field or running
- Become a member of Oregon Track Club

Time Commitment is about 2-3 hours per month

For a full application, including a complete list of requirements and benefits, please visit OregonTrackClub.org.

Return applications to: Kimberly McManus, City of Eugene Youth & Family Services, 2445 Willakenzie Rd., Eugene, OR 97401 or email: kimberly.k.mcmanus@ci.eugene.or.us.

Hayward Field Masters Races – April 9, May 6

The Oregon Track Club Masters is once again putting on masters-only races at two major University of Oregon meets. This is a great chance to race at Hayward Field, in front of a crowd.

We want to showcase masters athletes in all age groups from 40 up, so don't be shy about participating. We have had athletes up to age 82 compete in past years.

There is no entry fee, and you do not need to be a member of the Oregon Track Club Masters to compete, but you must enter in advance. Entries may be limited, so respond quickly to reserve your spot. The final deadline to enter (if space remains) is one week before each meet. You may enter one event in each meet. To enter, respond with your name, age, team

affiliation (if any), and event.

Pepsi Invitational, Saturday, April 9 – Approximately 11:00am: Masters 100, Masters Mile.

Oregon Twilight, Friday, May 6 – Approximately 5:00-5:30pm: Masters 400, Masters 3,000.

The masters races will occur back-to-back to kick off the track portion of the meets. The exact race times will not be set until the college/open entries and TV schedule for these meets are finalized, but start times are expected to be in the approximate ranges listed above.

For more information, contact Craig Godwin at craig@otcmasters.org or 541-687-1551. Updates will also be posted at www.otcmasters.org.

continued on page 8

2011 Grassroots Grant Winner: Bethel Schools Track and Field

The Oregon Track Club is proud to support this elementary and middle school program that serves students in the Bethel School District in West Eugene.

The program annually serves more than 470 kids, grades 4-8, representing nine schools. Participants take part in a seven-week after-school program that encourages young people to develop physically, emotionally and socially through their involvement in track and field.

Participants learn skills, build a positive self-image, and develop a sense of sportsmanship through the team experience.

OTC's generous grant will help the program offer scholarships for low-income students who might not otherwise be able to participate.

A portion of the grant money will also help bring 50 athletes, parents and coaches on a field trip to Hayward Field to cheer for the Ducks at the UO Twilight Meet on May 6.

Marathon Entry Winners

Marathon entry winners of a free Eugene Marathon or Half Marathon entry to date: Rick Russell, Dave Kofranek, Bella Richardson and John Hall. We will have more drawings at our next Monthly Run/Walk on April 14.

Event Spotlight: 3,000M Steeplechase

by Mark Rowland

The 3,000-meter steeplechase is one of the most grueling events in track and field, and therefore one of the most exciting to watch. Perhaps no one knows the steeple better than OTC Elite head coach Mark Rowland, who won a bronze medal in the steeplechase at the 1988 Seoul Olympics and a silver in the 1990 European Championships.

According to Coach Rowland: "The steeple is all about versatility. You have to be a multi-faceted athlete to be world-class. You generally get two types of steeplechasers: those that are aerobic animals and have great aerobic strength, and those who are more anaerobic animals and have great physical strength."

Ben Bruce

Birthday: September 10, 1982

College: Cal Poly San Luis Obispo, 2005

Steeplechase PR: 8:22.88

2010 Highlights: Running at the Diamond League meet in Gateshead, England last summer, Bruce placed third in the steeplechase and knocked three seconds off his PR. His time of 8:22.88

also set an OTC Elite record. Earlier in the season, and a little closer to home, Bruce set another personal best. It came in the 5,000 meters at the Oregon Twilight meet, where he raced to a time of 13:31.87, which was nine seconds better than his previous best.

Best Bets to catch Ben at Hayward Field this year: The Oregon Twilight (May 6) and the 2011 USA Championships (June 23-26).

IAAF World Championships 'A' Standard: 8:23.10

Interesting Facts: Ben did not run track in high school. He was a three-sport athlete at Mt. Carmel High in San Diego, Calif. – competing in cross country, soccer and golf. A late-bloomer in track, he picked up the steeplechase at San Diego Mesa College before honing his skills

at Cal Poly, where he earned NCAA All-America honors in the steeplechase in 2005.

Coach's Quote: "Ben is more of an efficiency athlete. He wasn't necessarily developed at a younger age to maximize his potential, but he applies himself in a very professional manner to get the best out of himself. He's a very economical athlete. He understands his body well and knows the parameters of where he can maximize his performance."

Bridget Franek

Birthday: November 8, 1987

College: Penn State, 2010

Steeplechase PR: 9:32.35

2010 Highlights: Competing in her 12th consecutive NCAA Championship meet (in cross country, indoor and outdoor track) last June, Franek capped off a stellar Penn State career with an NCAA Championship in the steeplechase at Hayward Field. One month later, she was back in Eugene, setting her PR of 9:32.35 at the Prefontaine Classic.

Best Bets to watch Bridget at Hayward Field this year: The Oregon Twilight (May 6) and the 2011 USA Championships (June 23-26).

IAAF World Championships 'A' Standard: 9:43.00

Interesting Facts: In addition to being quite the cross country and track and field star at Crestwood High School in Hiram, Ohio, Bridget also competed in soccer, basketball and swimming. She lettered in five sports altogether, and also found time to play the saxophone in the marching band and the oboe in Crestwood's concert band.

Coach's Quote: "Bridget is intense and very hungry to succeed. She's still quite young, and we're in a position right now to teach her the various elements it is going to take to be an elite athlete. ... Bridget's strengths are her physical strength and her hunger to succeed."



Bridget Franek



Ben Bruce



The new Friends of Pre's Trail will facilitate donations to help maintain Pre's Trail.

Friends of Pre's Trail Established to Benefit Trail Maintenance

The Oregon Track Club has launched a Friends of Pre's Trail program to facilitate donations to the Pre's Trail Maintenance Fund.

Signs are being created for kiosks in Alton Baker Park (pending City approval), and a t-shirt is being designed as a trail fundraiser. Online donations can be made via www.OregonTrackClub.org under the Friends of Pre's Trail tab.

Oregon Track Club has long been a cham-

pion of Pre's Trail, providing funds and volunteer labor to improve and maintain the four-mile bark running and walking path. Targeted annual fundraising is \$12,000, and our volunteer corps numbers close to 60.

Pre's Trail Committee Chair Geoff Hughes and dedicated Pre's Trail volunteer Bill Briggmon were each awarded the Reske Award at this year's Oregon Track Club Annual Dinner for their dedication to this precious community asset.

Prevent Injuries when Working Out this Season

by David S. Zunno

Better weather is here and we will be engaging in more frequent outdoor recreational opportunities. For many of us that means pulling out our running shoes or buying new ones and yes, of course, hitting the track or trail.

Proper hydration and nutrition are the cornerstones of any healthy person. Proper warm up and flexibility aid in injury prevention and improve performance. Another key to a good season is catching and treating those slightly annoying areas that take our focus off the horizon. A small twinge in the lower leg, hamstring or even low back can be an indicator that something is wrong. Often and eventually those little hitches will slow us down and even get worse. Taking the time to address a small pain or restriction now is just as impor-

tant as the correct footwear.

As we get back into stride I am seeing hip, leg and foot concerns on the rise. It's not unusual this time of year but some of these injuries or concerns are preventable. I specialize in assisting you to improve your ability to perform, maintain your flexibility and prevent or eliminate injuries and pain. Through true deep tissue therapy and facilitated stretching techniques I can help you increase your level of performance, lessen, eliminate and prevent restrictions and injuries.

Whether you are training for the Eugene Marathon, preparing for the upcoming race season or just running for the love of it, preventing injuries is as important as your recovery from them. For more information, contact me at Track Town Massage, 1639 Oak St. Eugene, 541-915-8440, Davidzunno.com.

Eugene Marathon Updates: Discounts, Preview Run

OTC Members' Discount:

Make sure to take advantage of your OTC members' discount. Use Active.com codes; "OTC2011" for \$10 off marathon and 1/2 marathon registrations and for \$5 off for 5K runners and walkers use: "OTC20115K."

OTC Preview Run: April 3,

8am, 15th and Agate; FREE. Great chance to come out and preview parts of the May 1st Eugene Marathon courses. Water and Gatorade provided out along the run. Close to 100 runners and walkers expected.

Wine Country Run: Come

celebrate the start of marathon week with a run through the King Estate Winery. Free with any of your Eugene Marathon entries (marathon, 1/2 or 5K). More info at: run.kingestate.com

Eugene Marathon Event

Guide – Get the facts and the stories early! Grab a Register Guard on Saturday, April 23 for a copy of the Official Eugene Marathon Event Guide.



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Hayward Field Season Underway!

The track & field season at Hayward Field is loaded with great events. Some of the best track & field athletes in the U.S. and the world will be competing in Eugene this year. Haven't been to a Hayward meet? Why not go this year?

Are you a Hayward fanatic? Why not bring a guest (or two) and introduce them to the exhilarating sport of track & field?

Details about these events are usually available at one or more of these websites: goducks.com; oregontrackclub.org or usatf.org.

Saturday – April 9	Pepsi Team Invitational
Friday – April 22	Oregon Relays
Saturday – April 23	Oregon Relays
Friday – May 6	Oregon Twilight
Saturday – May 14	Hayward Classic (OTC Masters event)
Friday – May 20	High School State Championships
Saturday – May 21	High School State Championships
Thursday – May 26	NCAA West Preliminary Rounds
Friday – May 27	NCAA West Preliminary Rounds
Saturday – May 28	NCAA West Preliminary Rounds
Saturday – June 4	Prefontaine Classic (OTC event)
Thursday – June 23	USA Outdoor T&F Championships
Friday – June 24	USA Outdoor T&F Championships

Saturday – June 25

USA Outdoor T&F Championships

Sunday – June 26

USA Outdoor T&F Championships

Editor's note: It is our understanding that Nike, Inc. is planning to host the Nike High School Track Nationals at Hayward again this year. As of our newsletter deadline, the date for this event had not been determined. The first week of OTC's annual series of summer All-Comers' Meets (June 29/30) will be at Hayward Field. The rest of the Wed/Thurs meets in July will be at Lane Community College because of track resurfacing at Hayward in advance of the 2012 Olympic Trials. Details TBA.

Masters Races

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If you are not competing but will be attending the meets as a spectator, but sure to arrive early enough to cheer on the masters competitors!

Also remember the Hayward Classic is coming up on Saturday, May 14! This is one of the premier masters meets in the country, offering a full range of track and field events for masters (40+) and sub-masters (30+) athletes. This year's meet is also the USATF Oregon Masters Championships.

More information can be found at www.haywardclassic.org.