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All-Comers' Meets

Join us at the 2011 All-Comers' Track & Field meets this summer.

Week one – June 29 (Wednesday) and June 30 (Thursday) at Hayward Field.

The following weeks, every Thursday and Friday – July 6-7, 13-14, 20-21, 27-28 – will be at Lane Community College, because of track resurfacing. All-Comers' meets will return to Hayward in 2012.

Please visit www.oregontrackclub.org for full schedule and updates. If you would like to volunteer, please contact Liz at info@oregontrackclub.org.

Go Green with OTC!

More of a computer junkie than a paper person? Choose to receive your monthly newsletter electronically and help save precious resources.

E-newsletter subscribers also get their newsletter days before those receiving them by mail. Send an email to: info@oregontrackclub.org and indicate you'd like to Go Green!



"Best Fields Ever" Set for Pre Classic

by Tom Jordan

Just because it's become a cliché doesn't mean it isn't true: the 2011 Prefontaine Classic on June 4 will feature the best fields ever in the 37-year history of the meet.

This year's edition will be the largest Pre Classic ever—with 24 events—and will feature no less than 19 reigning Olympic or World Championship gold medalists in those 24 events.

The 2011 Pre will also present for the first time "Distance Night in Eugene" on Friday evening, June 3, with loaded fields in the

men's 10,000 meters and women's 5000 meters. Imagine the top distance runners in the world running under the lights at Hayward Field. And even better, no admission charge!

Then on Saturday, return to see the very best athletes in the world in 22 more events. The meet starts at 10 a.m. and will conclude before 1 p.m. The action — as always at Pre — will be non-stop from start to finish.

Get your tickets right away at www.goducks.com, 1-800-WEBFOOT, or at the UO Athletic Department Ticket Office. Don't miss this one!

Grassroots Grants Improve Sheldon, Crow Facilities

by Liz James

The Oregon Track Club is pleased to announce its final Grassroots Grant for the 2010-2011 school year, an award of \$1,200 to upgrade facilities at the Sheldon High School community track. The Club earlier awarded \$1,500 for improvements at a hammer throw practice area at Crow High School.

With its heavily-used track, Sheldon High School has a strong tradition supporting

track and field at the youth level and in the community. The high school track and cross country teams perennially have individuals among the top in the state and the school helps support the district middle school program which holds meets and practices at the Sheldon track. The track is a favorite work-out location for youth and adults from the area. In response, OTC awarded funds for

Business Members

Adult Living Solutions
 Axis Physical Therapy & Rehab., Inc.
 Baden & Company
 Bayberry Salon
 Best Westerns of Eugene
 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
 Chvatal Orthodontics
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 Comfort Suites Eugene
 Competition Not Conflict
 Cooperative Performance & Rehab, LLC
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 Curtis Restaurant Equipment
 Custom Orthotics
 D2000 Safety, Inc.
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 Eugene Hilton Hotel and Conference Center
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 Fitness Link, Inc.
 Franklin R. Lulich, CPA, P.C.
 Garden Way Chiropractic Center
 Geoff & Therese Hughes at Wells Fargo Advisors
 Gleaves Swearingen Potter & Scott LLP
 Glenwood Restaurants, Inc.
 Gorilla Capital
 Granary Pizza Co.
 Handy Ed Construction
 Heart and Home Real Estate
 Home Federal Bank
 Hoodoo Recreation
 Hutchinson, Cox, Coons, DuPriest, Orr & Sherlock, P.C.
 Imagine Group
 John L. Stringer D.D.S.
 Jones and Roth, CPAs and Business Advisors

Business Member Snapshots

Univera

Univera is a health and wellness company that is one of the world's leading cell renewal research and product development organizations.

The company has developed a large number of products and services to address the root causes of aging and help people lead longer, healthier, and more vital lives. Univera is known for its medicinal plant research which includes a medicinal plant library containing more than 10,000 plants and 250,000 plant fractions.

Univera's products are based on the sciences of genomics and proteomics, examining the effect of natural products at the DNA level. The firm holds some 160 patents or pending patents.

For more information, contact the local Univera representative: Molly England,

molly54@comcast.net, (541) 684-4651 or visit her website: <http://mollyengland.myunivera.com/about>.

Eugene Comfort Suites

The Eugene Comfort Suites Hotel offers an array of lodging options for those staying in the Eugene/Springfield area.

Amenities include daily complimentary breakfast, indoor pool, free high-speed Internet, business center, conference facilities, fitness center and free parking.

Comfort Suites offers a number of special vacation packages including a wine tour package, university package, hiking package, golf package and many more.

The Comfort Suites is located at 3060 E 25th Avenue, Eugene. For more information, phone 541-343-7000 or email comfortsuite@gmail.com.

Butte to Butte, A July 4th Tradition

by William Wyckoff

July is approaching, and it's time for the Aquafina Butte To Butte. Be a part of the excitement and join the perennial 5,000 participants who start off their Independence Day celebration with a healthy, fun, family/community oriented event.

The 38th running of this OTC classic will be held on the Fourth of July, by tradition, with the 10K run and the 4.5 mile Mayor's Walk. As always, participants can register online at www.ButteToButte.org in advance. You can also register at the Hilton Hotel on July 1, 2 or 3, from 10am to 6pm. Packet pickup will be held during that time as well.

If you're new to the area, the popular race course starts at Spencer Butte Middle School in South Eugene, and makes its

way to Skinner Butte Park next to the Willamette River.

On race day, to get to the start, please park downtown or near the finish and take the shuttle. Shuttles will run from 6:30am to 7:40am, with runners being picked up at 5th & Pearl, and walkers picked up at 4th & Mill (EWEB). Be sure to get to the shuttles early, to arrive at the start on time.

If you're not able to run or walk in the event, please consider volunteering to assist with registration and packet pickup prior to race day, or as a course marshal along the route. Volunteers receive an event shirt, an invitation to the event after-party, and eligibility in the random prize drawings.

For information on supporting the event, please log onto www.ButteToButte.org, or call 541-484-9883. Let the fireworks begin!

BUTTE TO BUTTE 10K RUN / 4.5 MILE WALK

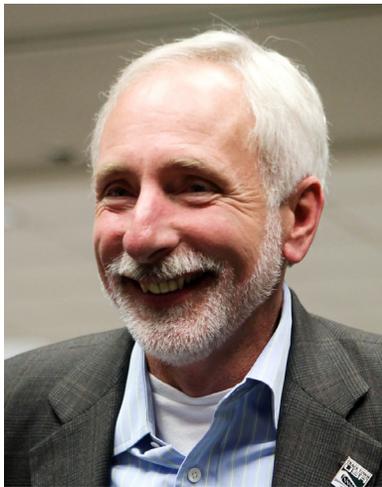
Vin's Track Town: Trials in 12 Months

The month of June offers Tracktown USA an opportunity to welcome some of the world's greatest athletes into our community. We are only 12 months away from the U.S. Olympic Trials—a meet that will serve as the first (and, unfortunately for some, the last) stop for almost every American athlete's Olympic dream.

Our community will be decorated, thousands of volunteers will be wearing their Tracktown12 apparel, and, of course, Hayward Field will be transformed into an impressive spectacle. Over three hundred committee and sub-committee chairs will have joined forces to look after every detail in hosting The Greatest Track Meet Ever.

The major players have all returned—representatives from the cities of Eugene and Springfield, Lane County, the State of Oregon, and the U of O are fully immersed; professionals from local and regional businesses are contributing staff and resources; and, of course, Nike has come forward once again as our most significant benefactor, helping to fund our ambitious dreams. All of those components will be critical in reinforcing our reputation as Tracktown USA.

But they won't be what defines us at



Vin Lananna is the Associate Athletic Director and the Director of Track and Field at the University of Oregon.

Tracktown. Our support of the athletes and Team USA, the world's #1 track and field team, will be how we are known. The road to the London Olympic Games begins this month at Hayward Field. Every athlete with Olympic aspirations will be on hand, attempting to make Team USA for the 2011 IAAF World Championships in Daegu, Korea.

By packing the stands, clapping rhythmically for

athletes on the runway, and going crazy as athletes begin their kick off the Bowerman Curve, we can show our support for Team USA and have those athletes return home as ambassadors for Tracktown USA and our community.

Perhaps most importantly, "home" for many of those athletes is right here. The bright green singlet of the OTC Elite is positioned to represent all of us at the World Championships. So, get your tickets, grab your friends, and help us show America's best athletes what it truly means to be Tracktown USA.

With the support of every member of the Oregon Track Club at the World Championship Trials on June 23–26, we will be on our way to making Tracktown12 the Greatest Track Meet Ever.

Go Tracktown USA!

Thanks to our OTC Officials!

by Kari Westlund

Say thank you as you pass the OTC Officials at Hayward Field. These volunteers are the backbone of Track Town USA, spending many hours ensuring that the country's best track & field competitions

come off without a hitch. Honor them by attending and enjoying the meets, and be sure to let them know they are appreciated



Business Members

- Kalen Electric & Machinery Co. Inc.
- Kathleen Dugan LMT
- Kernutt Stokes LLP
- KEZI 9 News
- Lane Regional Air Protection Agency
- Let's Move Fitness, LLC
- Lile/Eugene Moving & Storage
- Locklear Leatherworks LLC
- Mike Fanelli
- National CineMedia
- National Fire Fighter
- Neurospine Institute
- Newman's Fish Company
- Oakway Catering
- On Track
- Oregon Research Institute
- Oslund Design
- Pacific Continental Bank
- Pepsi-Cola Bottling Company of Eugene
- Postal Pharmacy
- Prichard Partners, Inc.
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- RBC Wealth Management, Todd G. Bosworth
- RedWood TCM
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- Ron K. Ewert, DDS, PC
- 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
- Timbers Motel
- Track City Track Club
- Track Town Massage Therapy
- Tracktown Photo
- Tracktownsoftware.com
- Travel Lane County - Eugene, Cascades & Coast
- Trips, Inc.
- Trisha Kluge, LMT
- Tyree Oil, Inc.
- Univera
- 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



Trae Richardson has been active in track and field since junior high, but began running consistently only a year and a half ago.

== **Favorite running place?**
The bike paths along the Willamette. ==

Meet Club Member Trae Richardson

by Celeste Kuta

Oregon Track Club member Trae Richardson was the first American drawn in the 2010 NYC Marathon lottery, netting him and his wife a flight to NY and other gifts from marathon sponsors. But his contributions to track & field extend beyond long distance running. OTC asked Trae to supply some background:

About you: Married to Bella Richardson, also a runner. I'm from Roseburg, went to college in Costa Mesa, CA for 2 years and then graduated from University of Oregon business school. I've been in Eugene for seven years, though it doesn't seem that long.

Running since: I've participated in T&F since junior high but began running consistently only a year and a half ago. I did both running and field events during high school and focused on horizontal jumps in college (Vanguard University). There isn't a ton of running involved with horizontal jumps so my transition to long distance running has been educational and a little slower than I'd like at times.

Favorite Eugene running place: The bike paths along the Willamette (there really isn't anything like it anywhere else I've been). I also enjoy the local tracks for speed workouts now and then.

Favorite races: I have many favorites but those that stand out are Portland Mar-

athon (because it was my first), NYC Marathon (nothing like starting on Verrazano Narrows Bridge and ending in Central Park), and Coburg Half Marathon (enjoy the flat and straight and change from mega races with tons of people).

Favorite Hayward moments: I've been to many meets at Hayward and the men's 800-meter final at the 2008 Olympic Trials is my favorite and will be hard to beat! If my schedule allows I plan to attend the Pre Classic and volunteer at the USATF championship this year. I've also volunteered at the Olympic Trials, USTAF Championships, and NCAA Championships in the past.

OTC activities: I've helped out in the OTC booth at Eugene Marathon Expo, and enjoyed free tickets to track meets and the annual dinner. I joined in January and just finished up tax season as a CPA so I haven't had a lot of time to be involved yet but look forward to doing more in the next eight months!

Thoughts so far: I like how OTC is focusing on attracting younger members through events like the monthly Thursday runs. It would be fun to see OTC put together competitive teams for races with this category. It would fill a void for those who miss the camaraderie we enjoyed as part of a team in high school or college.

OTC's Second Youth Liaison Chosen

Hi, my name is Maggie Schmaedick, and I am so excited to start working as the youth liaison for Oregon Track Club! I started running in middle school, and I absolutely fell in love with the sport. I was going to play soccer in high school, but I fell in love with cross country instead. I run for Sheldon High School.

In addition to running, I play the violin and

I am really involved at Sheldon. My favorite color is yellow and my favorite food in the whole world is Sweet Life lemon bars. I'm so excited to start working with OTC! I love track and field, and I think I am really going to enjoy this position.



Maggie Schmaedick



The OTCM Monthly

Oregon Track Club Masters

June 2011

President's Column

by Shivaun Black, OTCM President

We hope to see many of you out at our next Social and Presentation featuring Joe Henderson. The next event after the Social and Presentation will be a picnic at Lamb Cottage in July. The picnic is purely a social event and is a great way to meet other OTCM members.



To check out results from the master's races at Pepsi Invitational and Oregon Twilight meets, or the results from the Hayward Classic please visit our website at OTCM.org. While you're there you can also submit a result for the Performance of the Year Award or check how other OTCM member's performances are ranking.



Tyler Burgess

Tyler presented and we got up and did it along with her.

First we warmed up all the muscles and joints in exercises that can be done walking slowly outside. It even included strength training.

Then we practiced good walking and/or running form. First we reached up both arms, pulling our weight out of our hips into the chest.

Your arms come down, but keep your chest up. Shift your chest over the ball of your foot by flexing at the ankle, so your back is straight. Roll off the ball of the foot in a heel-toe motion, instead of lifting up the foot with a thigh muscle.

For the arms, bend at the elbow so the little finger brushes at the waist. Pop the elbow back, reaching the little finger to the side seam. Look up. Smile!

Then we stretched the five major muscle groups together.

Tyler gave us a laminated card with all the warm up exercises and stretches, with graphics, so it is easy to carry with us.

Plan to attend her "Walking Made Powerful" workshop in January 2012. Watch her website at www.Walk-With-Me.com.

Joe Henderson June 16th



In his own words:

"Joe Henderson was for more than 30 years a columnist and editor at Runner's World magazine and now writes for Marathon & Beyond. He has published more than two dozen books.

Joe is a veteran of more than 700 races, from sprints to ultras.

He teaches running classes at the University of Oregon in Eugene and coaches a marathon training team through the Eugene Running Company.

His columns appear on his website, joehenderson.com."

Thursday, June 16th

7 PM Social, 7:30 PM Presentation

Come join us at the Washington Park Fieldhouse for this social – including cookies and chips – and presentation by Joe Henderson.

Masters @ Twilight

Thousands of Hayward Twilight Meet fans saw the Masters 3K and two Masters 400 meter heats.

Continued on next page

June Birthdays

1	Mark Johnson	55-59
2	Johnny T. Faerber	75-79
2	Timothy Ellenberger	45-49
4	Dave Needham	70-74
4	Barry Girt	60-64
4	Rick Ley	60-64
5	Ken Ogden	75-79
6	Joy Taylor	55-59
7	Bill Boggs	60-64
7	Joe Canale	60-64
7	Neil Powell	40-44
8	Jay Matthaei	50-54
11	Larry Norris	65-69
16	Ray Kicker	70-74
16	Vern Hoggatt	60-64
19	Betty Schaefer	60-64
19	Catherine Huhn	45-49
21	Donn Kirk	80-84
21	Judy Long	65-69
21	Ronald Farmer	60-64
21	June Miller	55-59
23	Kevin Holtzclaw	65-69
24	Jerry Stromme	50-54
26	Bart Poston	60-64
26	Chuck Shepard	60-64
26	Daryl Egbert	55-59
26	Phil Johnson	40-44
27	Lawrence Rosenblatt	45-49
29	Dan Christensen	70-74
29	Donald Schaefer	65-69
29	William Wyckoff	45-49
30	Dave O'Brien	65-69



OTCM Kreuzpeintner leads Club Northwest's Cannon



Alyssa Tower, Club Northwest



Several runners compete for position

Mixed 3000 Meter Run Masters

Name	Club	Finals
1 Mike Livingston	M Unattached	9:03.47
2 Robert Julian	M Bowerman AC	9:22.06
3 Thomas Kreuzpeintner	M Oregon TC Master	9:23.38
4 David Cannon	M Club Northwe	9:28.59
5 Eric Hartman	M Bowerman AC	9:34.01
6 Tim Dodson	M Bowerman AC	9:42.21
7 Jason Humble	M Bowerman AC	9:44.20
8 Craig Rice	M Unattached	9:58.47
9 Ed Spinney	M Hackers RC	9:59.13
10 Erik Davis	M Bowerman AC	10:30.22
11 Chris Yorges	M Unattached	10:40.81
12 Alyssa Tower	W Club Northwe	11:06.32
13 Kori Frasier	W Unattached	12:49.40

A soggy Twilight Meet did not dampen the spirit of the Masters. Mike Livingston, followed by Robert Julian then OTCM's Thomas Kreuzpeintner took the men's 3000; Alyssa Tower and Kori Frasier led the women.



Thousands of Hayward Field fans look on as runners in the 400 warm up.

Check out the OTC Masters web site for lots more photos and video of Masters at the Twilight: otcmasters.org.



OTCM's Bob Golly in the 400

Masters at Oregon Twilight... continued:

Men 400 Meter Dash Masters

Name	Club	Finals
1 Sean McCartin	Eugene RC	57.77
2 Ted Hunter	Three Rivers RR	1:00.10
3 Gary Ahearn	Oregon TC Master	1:04.83
4 Glen Hunt	Unattached	1:05.62

Mixed 400 Meter Dash Masters

Name	Club	Finals
1 Garry Jones	M Unattached	1:15.87
2 Bob Golly	M Oregon TC Maste	1:22.61
3 Marcia Thompson	W Oregon TC Master	1:49.68

Pre's Trail T-Shirts Soon to be Available



Pre's Trail t-shirts will soon be available on the OTC website: Oregon-TrackClub.org. Anyone who donates more than \$75 gets a free t-shirt. 100% of the proceeds go to trail maintenance. Each shirt is \$15.

Grassroots Grants continued from page 1

facility upgrades and equipment including improvements to the computer timing system, some new hurdles and a hurdle cart, and repair of the track storage shed.

The grant to Crow HS helps boost a signature throwing event in the area. The hammer throw in Oregon is not an OSAA sanctioned high school event, due to limited facilities and a shortage of coaches with experience in the event. Thanks to the recent OTC grant, the high school took advantage of having an experienced hammer coach and built a cage that could safely house both a hammer and discus circle. The community, just outside of Eugene, now enjoys the rare opportunity to safely learn to throw the hammer from former University of Oregon volunteer throws coach, Cari Soong, an eight-time All-American in the hammer throw and

2008 Olympic Trials finalist.

The grant helped to pay for concrete for the pad, the net, and the metal ring. Repurposed utility poles, donated by Lane Electric, were installed using similar dimensions to the hammer cage at the University of Oregon. Parents and community members donated time and materials to form the concrete throwing pad and install the net.

The year-old facility has already hosted three meets with the hammer as an exhibition event, preceded with a Hammer 101 Clinic. Dozens of student-athletes from schools around the state have enjoyed the opportunity to try hammer throwing. Crow HS is extraordinarily grateful for the OTC Grassroots Grant and looks forward to introducing many more to the exciting event.

McKenzie Community All-Comers' Held this Summer

McKenzie Community All-Comers' meets will be held on Mondays, June 20, June 27, and July 11.

Field events start at 5:30 p.m. and running events and the predicta mile at 6:00 p.m. The 3k/2k steeplechase will be the

last event each week.

Participants can reach McKenzie Community Track and Field by going 400 meters past McKenzie High School on Blue River Drive, approximately 2 miles after Finn Rock on Highway 126.

Thank You, Meet Sponsors

Oregon Track Club is excited and thankful for new support of the Oregon Track Club All Comers' meets.

A big thank you to:

- Gray Grieve Orthodontics – Silver Medal level sponsorship
- Home Federal Bank – Participant level sponsorship

Supporter level sponsorship from:

- Cameron McCarthy Landscape Architecture and Planning
- Postal Pharmacy, Inc.
- Trips, Inc.

Donation from:

- Random Lengths

YOU can help too!

If your business is interested in learning more about OTC All Comers' sponsorship levels and benefits, please contact Jill Mestler at jmestler5@gmail.com or Liz James at otceugene@gmail.com

- Volunteer as a meet official – contact Liz James at otceugene@gmail.com
- Participate – there is something for you! Meets begin June 29 and 30th @ Hayward Field. Meets move to LCC every Wednesday and Thursday in July.
- Spread the word – Our full meet schedule at www.oregontrackclub.org.



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Ducks Sweep PAC 10 Titles

The Oregon Track Club congratulates the Oregon women and men for winning the 2011 PAC 10 Conference Outdoor Track & Field Championship titles. The women won their third straight title. The men captured their fifth consecutive title.

The OTC also congratulates the women's team for previously winning the NCAA Indoor Track & Field Championship title for the second year in a row.



Monthly Run Features Fleshman

The next OTC Monthly event is a 5k cross country run on June 9 at Dorris Ranch in Springfield.

The guest speaker is Lauren Fleshman:

Lauren's bio:

- 2-time USA Champion for 5k.
- Led the USA to bronze medal at world XC Championships with an 11th place finish.
- 2-time World Championships team member.
- 5-time NCAA Champion and 15x all-american while at Stanford from 1999-2003.
- Sponsored by Nike.
- Member of Oregon Track Club.

She will talk about training and her Picky Bars (energy bars), which can be purchased locally at the Eugene Running Company, Cooperative Performance and Rehab, and Multisport Advantage.

Visit the Picky Bar website at www.pickybars.com for information and ordering.