OREGON TRACK CLUB

OnTrack

oregontrackclub.org

MAY 2012

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Next Track Town Tuesday May 1

The next TrackTown Tuesday is scheduled for May 1 at the Oregon Electric Station in Eugene. Event starts at 6:30pm.

TrackTown Tuesday is free and open to the public.

Run/Walk Event Planned May 10

The next Oregon Track Club Run/Walk event is Thursday, May 10 at Pre's Trail in Alton Baker Park. Registration is open from 4:45pm to 5:45pm. Event start is 6pm.

The Run/Walk events are free to OTC members and $5 for non-members. The courses will be marked, and timed results will be presented.

These events are a fun way to meet 2012 goals, improve fitness, meet new friends, learn something new, volunteer more, or save money. All ages and abilities are welcome.

There are no awards for each event, however, those individuals participating in at least 6 of the 8 events during the year, will receive a special gift at the 2013 Annual OTC Dinner.

39th Annual Aquafina Butte to Butte

by James Houghton

The warmer weather, fresh cut grass, smell of backyard BBQ's with family & friends and the transition into summer should always serve as a reminder that the great annual OTC signature event – the Aquafina Butte to Butte 10K/5K and 4.5 Mile Mayor's Walk – is just around the corner! Lest we forget hot dogs & apple pie... This long-standing event held on the 4th of July is in its 39th year and community participation is sure to rival one of the largest crowds ever in 2012 with all the buzz surrounding running in "Track Town USA" this year.

Yes, you read that correctly, new this year is a 5K for those seeking a shorter distance. The 5K course will consist of a common Start/Finish in Skinner Butte Park. As always, walkers can register to join the Mayor in the ever popular 4.5 Mile Mayor's Walk. Registration is currently open for all three distances!

In addition to the continued support of many great annual sponsors, we would also like to welcome our new partners for 2012. Thank you; Selco Community Credit Union, Eugene Urgent Care and Sanipac for your contributions and support of this great event! With these new relationships, it brings more options for folks to drop off registration forms at select Selco locations, an experienced medical presence along the course and at the finish by Eugene Urgent Care staff and an even greater focus on recycling and environmentally friendly practices, compliments of Sanipac.

We are always looking for additional volunteers and OTC member participation by signing up to assist with packet pick-up and registration on July 1st-3rd at the Eugene Hilton as well as course marshals on race day. Please consider helping and inquire on the volunteer info section of www.butteto-butte.org.

Special Edition of All Comers Set for Olympic Trials

Oregon Track Club is excited to host a Special Edition "sampling" of our signature All Comers meet during TrackTown12 at the Olympic Trials.

Mark your calendar to join us on Tuesday, June 26th at Hayward Field. Grab your camera to capture the fun of the 60 meter dash for ages 6 and under, followed by the 100 meters and 400 meters for ages 7-12. The youth section will be followed by a 13 and older session offering the 100 meter dash and a "jogger's mile" format for many heats of the mile. (Some of those heats will not be jogging!) Visit our website to confirm time schedule as the event gets closer. This event will be FREE to all.

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Business Members

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BANK OF AMERICA - CHAMPION MEMBER
Best Westerns of Eugene
Blackburn & Company Catering
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Business Member Snapshots

Orton Consulting Group

Orton Consulting Group are experienced computer professionals who provide a wide range of technology services to small and medium-sized businesses.

Orton has been helping and supporting clients since 1999. The company's owners have 30 years of experience in all facets of technology and technology management.

Specialties include Windows and Novell Servers and Server Hardware, Exchange and Groupwise Email Systems, MS-SQL Server and MySQL Database Environments, and Active Directory and NDS.

For more information call 541-345-3659 or visit www.ortonconsulting.com.

Wildish Land Company

Wildish services include contracting, site development, building, transportation and a variety of water related project services.

The company was started in 1935 by the Wildish family and remains family-owned today.

Today the Wildish companies include Wildish Sand & Gravel, Wildish Construction, Wildish Standard Paving, and the Wildish Building Company.

The company's website provides additional information: www.wildish.com or call 541-485-1700. The Wildish main office is located at 3600 Wildish Lane, Eugene.

Eugene Running Club

The Eugene Running Club, established in 1987, is for adult runners of all abilities who wish to achieve personal running goals in a team-like group setting, under the guidance of a coach.

The club format embraces track-focused runners from 800 meters on up as well as road racers from 5,000 meters through the marathon, and those seeking simply to improve fitness through running.

The training atmosphere is one of serious fun — there's energy, enthusiasm, humor and camaraderie. Workouts are written with each individual athlete in mind, according to their personal goals and fitness levels.

Coach Cathie Twomey Bellamy writes individual workouts for each member of the Eugene Running Club, conducts group workouts several times a week, and is available for consultation by phone or email.

Information about the club and Cathie Twomey Bellamy can be found at www.eugenrunning club.com or email: ctbeugenerun@aol.com.

Pac-12 Championships Coming to Hayward

The first Pac-12 Track & Field Outdoor Championships will be hosted by the University of Oregon and held at Hayward Field.

Colorado and Utah join the original 10 schools for the inaugural Pac-12 meet, which will begin with the decathlon and heptathlon May 5-6 and continue with the main portion of the meet May 12-13.

The University of Oregon Women and Men are the defending conference champions (PAC-10).

Tickets to the 2012 Pac-12 Championships are now available through the Oregon Athletic Ticket Office located in the Moshofsky Center, at GoDucks.com or by calling 800-WEB FOOT.

One Track Mind: Starting Block

by Bill Kelly, OTC President

What brings a smile to a track fan's face besides attending the successful Member Appreciation Event at the Pepsi Invitational? How about arriving early to the Oregon Preview meet and watching today's youth learn how to run, jump and throw with the help of world class Oregon Track Club Elite athletes and the U of O track team. If you missed that track clinic, walk through the Olympic Trials Fan Festival June 22-July 1 and observe volunteers helping youngsters discover the pleasure of showing off their athleticism. Cheering on current athletes to achieve remarkable feats at track meets is exciting, but watching sons, daughters, and grandchildren experience the simple joy of track brings an even greater satisfaction to many fans.

That's why a goal of the Oregon Track Club is to promote and encourage interest and participation in track and field sports. We believe greater interest in the sport by youth creates a fitter, healthier, more physically active population.

Our youth committee generates activities throughout the year to engage kids in our favorite sport. One of these endeavors is the Starting Block at the Olympic Trials Fan Festival. Our partnership with the City of Eugene and Nike promises to make the area a highlight of this open-air party.

The Starting Block is the brainchild of Kim McManus, Senior Program Supervisor at Sheldon Community Center and chairperson of the OTC Youth Committee. Since 2006 Kim has organized and run this booth at track meets, providing hands-on opportunities for children and adults to experience the events they see. Kim credits Oregon Track Club's well-known community presence and its volunteers with adding the energy and panache to carry this program into a higher visibility format.

The Olympic Trials Starting Block will focus on children 10 years of age and older, teaching them about the legacy of Track Town USA and introducing them to the events at the track meet. Agility activities, standing long jump, dashes, hurdles, turbo javelins and shot put roll are a few of the planned areas. Parents can learn a great deal as well from eying a javelin close up, lifting a 16 lb. shot put, and standing under the actual distance Jesse Williams has high jumped. (That would be 2.37m or 7' 9 1/4"!)

The Button Booth will also be back. Youngsters, oldsters, dedicated fans and newcomers can get a free button to wear with their favor-

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OTC members enjoying the member appreciation event at the Pepsi Invitational.

Photos by Todd Bosworth

Business Members

Kernutt Stokes LLP
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Lane Regional Air Protection Agency
Let's Move Fitness, LLC
Lile/Eugene Moving & Storage
Locklear Leatherworks LLC
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The Innovative Print Group, Inc.
Track Town Ales/Rogue Ales - Supporter Member
Track Town Massage Therapy
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Trips, Inc.
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University of Oregon Bookstore/The Duck Store
Valley River Inn - Supporter Member
W.Michael Keller Realty of Spokane, WA
Wildish Land Company
William P. Maier, MD PC
World Wheelchair Sports

Vin's Track Town: Inaugural Pac-12 Championships

By Vin Lananna, UO Associate Athletic Director and the Director of Track and Field

Conference championships are a special time in the season. They exude the spirit of competition and years of storied rivalries. Through most of the year, teams attend or host meets that typically do not incorporate scoring elements nor do they crown team champions. In a conference championship, every extra inch or tenth of a second can make the difference between first and second place for the team. It is moments like these that make conference championships exciting and unique.

As five-time defending Pac-10 champions on the men's side and three-time defending champions on the women's side, the men and women of Oregon have been preparing for this special opportunity to defend their team titles in our very own backyard, Historic Hayward Field. The 2011 Pac-10 Championships gave us much to look forward to in what I expect will be an exhilarating fight up until the last leg on the 4x400 meter relay. As TrackTown USA, we couldn't be more excited and proud to host this inaugural event. I look forward to seeing you in the stands cheering our Ducks along to another team title. You don't want to miss it!

2011 Pac-10 Championships, Tucson, AZ

The Inaugural Pac-12 Championships kick off with the Heptathlon and Decathlon Saturday May 5 to Sunday May 6 and then continue the following weekend, Saturday May 12 and Sunday May 13. Ticket and meet information can be found on goducks.com/tickets.

One Track Mind

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ite athlete's picture. Over 50,000 of these buttons have been made since 2006. As Kim says, "The Button Booth has created so many fans. People collect these buttons and they keep me on my toes because they want the newest button. We can't use the same photo from year to year."

Photo by Todd Bosworth

OTC appreciates its members.

One thing that makes the sport so special is the accessibility of the athletes. Don't be surprised if you notice a superstar walking through the Fan Festival as a fan wearing that star's button does a double take!

Stay tuned next month to learn about another exciting youth program Nike, the City of Eugene and OTC have in store for the TrackTown 12 Olympic Trials.

Special All Comers

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Our regular style, full-schedule All Comers meets are set to return to Hayward this summer for four additional weeks of meets following the Special Edition meet, July 11-12, 18-19, 25-26 and August 1-2.

We are very happy to have presenting sponsor Dr. W. Gray Grieve Orthodontics renewing his sponsorship for the 2012 All Comers season. Thank you! We are currently seeking additional sponsors for the 2012 All Comers season and look forward to recognizing business sponsors in the next newsletter. If you are interested in information on sponsorship levels and benefits, please email meet director, Jill Mestler, at jmestler5@gmail.com.

Our specialists offer a comprehensive range of treatment options, including the latest minimally invasive techniques to relieve back and neck pain.

Official Sponsor of the University of Oregon Athletic Department

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OTC Masters

Oregon Track Club Masters May 2012

Pepsi Meet Masters

The Pepsi Meet featured a Masters' Mile (shown above in part) and a 100 meter dash; each with one woman master running.

Master's Mile

In an exciting mile race, Mike Blackmore, David Cannon, Brad Chvatal, and Thomas Kreutzpeintner all made moves to the lead. In the end it was Blackmore of the Bowerman AC getting a 4:37.62 finish, just ahead of OTC Masters' Thomas Kreutzpeintner's 4:37.98 finish who was followed by Chvatal's 4:41.10 finish.

Trisha Kluge of OTC Masters beat the 6 minute mile pace with a 5:59.85 finish.

Masters Athletes' 100m

Mark Berry won the 100 meter dash in 12.34, followed by Thaddeus Wilson of Pacific Coast TC in 12.52, and then by Steve Sanders of OTC Masters in 12.68. Rebecca Mitchell of OTC Masters finished in 18:21, first woman in.

Complete Results and Videos

Visit www.otcmasters.org and click on Pepsi Invitational results and videos link to see some great videos and the complete results for both events.

Hayward Classic

May is a Great Month to Register

Few of us dare to run with 4:37 mile pace runners in front of a crowd at Hayward. But running on Hayward Field is still a great feeling.

You can run in the company of fellow masters; just register early for the Hayward Classic. In most events, you'll be competing against masters athletes in your age bracket.

The Classic is a full track and field meet, giving a great opportunity for field events for throwers and jumpers.

Complex meets like the Hayward Classic need a fair amount of planning and preparation; lots of events, lots of heats, so we need early registrations to put it all together.

2 day event – July 14 & 15

This year's return to a two–day format allows some rest for those who enjoy competing in multiple events. We have several regulars who compete vigorously in field events as well as running events.

Volunteers Needed too

Want to volunteer? Contact Mike Cahn, mdcahn@gmail.com for more information.

May Birthdays

1	Gretchen Merten	70-74
1	Sandy Itzkowitz	55-59
1	Mike Fanelli	55-59
2	Susan Egbert	55-59
4	Laurie Patty	55-59
4	Sally Weepie	45-49
4	Greg Hughes	45-49
5	Susan Staffel	60-64
6	Michael Goldstein	60-64
6	Wally Miller	55-59
8	Cathey Susman	40-44
10	Becky Sisley	70-74
10	John Merk	60-64
10	John Mackay	35-39
11	Saul Wold	45-49
13	Dick Silk	70-74
13	Audrey Betenson	30-34
14	Tony Mollica	50-54
14	Kelly Darden	40-44
15	Ralf Huber	50-54

16	Holly Jo Hodges	45-49
16	Everett Whiteside	40-44
16	Orestes Gutierrez	35-39
16	Heather Lindsey	30-34
17	Noreen Franz-Hovis	60-64
17	Jeff Heriot	55-59
17	Trevor Betenson	35-39
20	Sue Prichard	65-69
22	Gail Overgard	70-74
22	Eric Zemper	65-69
23	Mick Cates	65-69
23	Tana Hatton	45-49
24	Linda Overgard	65-69
25	Cindi Feldman	45-49
27	Vance Yates	65-69
27	John DeRoin	50-54
27	Shivaun Black	40-44
30	Todd Bosworth	55-59
30	Donnie Nelson	40-44

Dave Elliott – age-graded first place March OTC 5K

As William Wyckoff's crew posted the age–graded results for the season's first OTC 5K race, the result was a clean victory for OTC Master David J. Elliott of Creswell. His time of 21:33 age–graded to an impressive 79.29 percent. The online age–graded calculator rates this as equivalent to a blistering 16:16 pace for a runner in his twenties.

Three OTC Masters athletes dominated the age–graded results: David Elliott in 1st place, followed by 15–year old non-masters Colby Hanson, then Joshua Gordon, whose 17:38 time took first place in the non-age graded roster as well as earning an age–graded 77.41%, then Orestes Gutierrez, 1 second behind Josh with an age–graded 76.41%. Sharon Rogers 22:29 finish put her in place as the top age–graded woman in the event with a 75.24% finish.

OTC Masters David J. Elliott, age–graded 5K winner in March

"We Grew Wings" Premieres on June 30

The names of the greats produced by the University of Oregon track and field program resonant with track fans everywhere: Steve Prefontaine, Mac Wilkins, Alberto Salazar, Galen Rupp.

But how about Claudette Groenendaal? Leann Warren? Quena Beasley?

Throughout the vaunted history of UO track and field, only one side of the program's story has been told. For all of their success, the women of Oregon have been overshadowed by the "Men of Oregon."

That collective loss of memory will change this June when a new documentary about the Oregon women's track and field program at Oregon will premiere at Eugene's McDonald Theater during the Olympic Trials.

Jamesha Youngblood

Executive Producer and former "Woman of Oregon" Ellen Schmidt-Devlin (1976-79) has teamed up with Emmy-award winning director Erich Lyttle (Fire on the Track: The Steve Prefontaine Story) and co-director Sarah Henderson (There Is No Finish Line: The Joan Benoit-Samuelson Story) to get the story out. The film, narrated by Katharine Ross (Butch Cassidy and the Sundance Kid, The Graduate), interweaves two eras of women's track and field at Oregon: the 1985 team that won the NCAA outdoor championship and the 2011 team that won the NCAA indoor championship and placed second outdoors.

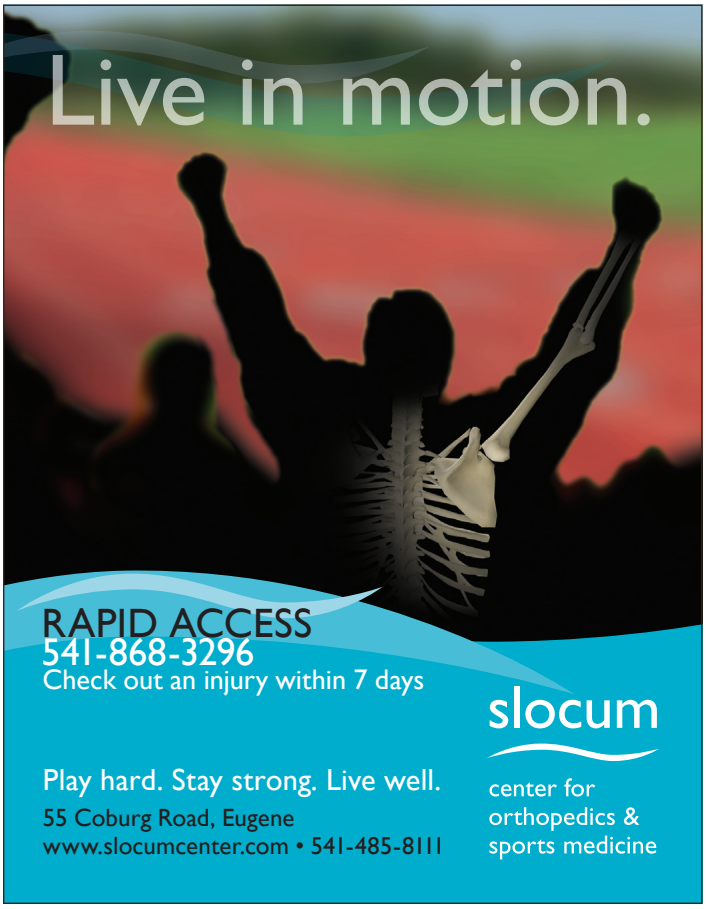
Although women's athletics traveled light years between 1985 and 2011, the commonalities between the two generations shine through. Competitiveness, determination, obstacles overcome, and of course, victory can be seen through the stories and on the faces of each of the athletes.

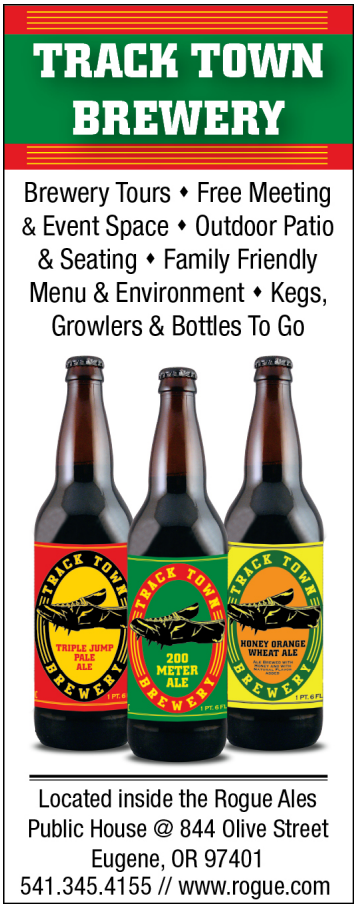
While the focus is two teams from Eugene, "We Grew Wings" aspires to tell an even greater tale: how generations of women have used opportunities presented through athletics to fly to new heights and to inspire generations that follow.

"We Grew Wings" will premiere in Eugene on June 30th at 9pm at the McDonald Theater and will be shown throughout July in select theaters in Portland. To learn more, buy merchandise or donate to the project, please visit www.WeGrewWings.com.

Upcoming UO Track and Field Meets

May 5, Oregon Twilight, Eugene
May 5-6, Pac-12 Champs, Eugene, Combined Events
May 12-13, Pac-12 Champs, Eugene
May 24-26, NCAA West Prelims, Austin, TX
June 6-9, NCAA Outdoor Champs, Des Moines, IA
June 21, Hammer Time, Beaverton
June 22-July 1, Olympic Trials, Eugene





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OTC's Pre Classic: Truly the "Best Fields Ever!"

by Tom Jordan,
Prefontaine Meet Director

Stop us if you've heard this before, but the 38th annual Prefontaine Classic – an OTC event – on June 2nd will feature the BEST FIELDS EVER! No, seriously, all the stops have been pulled out this Olympic Year to bring the very best athletes in the world to Hayward Field.

Photo by PhotoRun

In fact, there is so much going on at this year's meet that it will again feature a free Friday evening session, "Hollister Night at Hayward", in honor of Geoff Hollister, Nike pioneer and Honorary Life Member of Oregon Track Club. Hollister Night will be headlined by the Olympic Trials race for Kenya's 10,000-meter men's team, and a women's 10k that will include nearly all the top Ethiopian athletes. Since the Ethiopian federation selects its Olympic team based solely on fastest times, this race has the possibility of being the selection race for their women's 10k team to London!

The excitement continues on Saturday, June 2nd, starting at 11 a.m. with 2.5 hours of non-stop action. An amazing array of talent has been confirmed. Meet Director Tom Jordan is conservatively predicting that 65% of the Pre Classic winners will go on to win medals at this summer's Olympic Games. Can't make it to London?—come to the Pre Classic instead!

Tickets for the meet are on sale now at preclassic.com, from 1-800-WEBFOOT, and in person at the Autzen Stadium ticket windows.

PREFONTAINE CLASSIC

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