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## Reach Track Town Audience with OTC Newsletter Ads

No one reaches the local Track & Field and Road Racing audiences like the Oregon Track Club.

OTC is now offering paid advertising space in our monthly newsletter. The newsletter is distributed to more than 1800 individuals, families and businesses. 180 households choose to have theirs distributed electronically. Our newsletter is viewed online by out-of-town and out-of-state website visitors each month.

Currently OTC is offering two advertising options. The advertiser supplies the artwork:

- Eighth of a page (1 ¾ x 4 ½) for \$35.
- Quarter of a page (3 ½ x 4 ½) for \$65.

Your ad will be published in both the digital and print versions of the newsletter.

The digital version is posted on the OTC website and is available for viewing or download by members and non-members.

Contact the OTC office for submission details: [otceugene@gmail.com](mailto:otceugene@gmail.com) or call 541-343-7247.

# Pre's Trail X-Country Challenge

by James Houghton

**Date:** Saturday, Oct. 15th

**Time:** 9:00AM

We're getting closer to the annual Pre's Trail X-Country Challenge, presented by Oregon Track Club, staged near the main entrance of Alton Baker Park at the west end of this very popular and storied trail

network. This event features a 7K open, 5K Masters & seniors and 3K youth distance all with a team component option to motivate groups of adults, children, cross country teams and running clubs to get organized and help support the great cause of benefiting ongoing Pre's Trail maintenance and restoration efforts.

The original motivation to design and build these trails was presented to local officials of Lane County by none other than Steve Prefontaine himself upon returning from a trip to Europe, having trained and competed on similar surfaces overseas. Lane County worked with the OTC and UO track coach Bill Bowerman to



bring the trail to fruition. Within months or Pre's tragic death in 1975, the new trail served as a venue for a memorial race of approximately 500 participants in his honor.

On the eve of writing this article, I ran past the site of Pre's Rock and descended onto the mid-section of Pre's Trail just

after crossing the Willamette River. I couldn't help but notice and appreciate the visible patches and repairs along the way that members of the Pre's Trail Committee had made, no doubt recently and often. Participation in the annual Pre's Trail X-Country Challenge helps directly fund these projects, including an extensive restoration completed prior to the 2008 Olympic Trials coming to "Track Town USA". Unique twists of this event include obstacles along the course. Spread the word and continue the support of the Eugene, OR treasure that is Pre's Trail.

More information at [www.oregontrackclub.org](http://www.oregontrackclub.org) and [www.eclecticedgeracing.com](http://www.eclecticedgeracing.com).

## Prefontaine Memorial Running Trail Should Be Preserved

Four miles long and configured in a series of three loops, of the Steve Prefontaine Memorial Running Trail (Pre's Trail) in Alton Baker Park hosts all ages and abilities of walkers and runners. This bark path is an iconic community and state asset known around the globe and is a tangible symbol of Eugene's status as Track Town USA. Pre's Trail is both an important tourism draw and a factor in individuals' decisions to relocate to Eugene.

Pre's Trail memorializes the late Steve Prefontaine, and is a tribute not only to his incredible accomplishments as a runner, but to his vision that Eugene was the perfect place for a European-style bark running path that would forever ensure runners, joggers, and walkers a peaceful respite from urban life – a quiet context in which to pursue good health both physically and mentally.

## 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  
 Clinic of Natural Medicine  
 Comfort Suites Eugene  
 Competition Not Conflict  
 Cooperative Performance & Rehab, LLC  
 Core Strength Chiropractic  
 Curtis Restaurant Equipment  
 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  
 Dunes Family Health Care  
 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.  
 Family Dentistry of Dr. Lonn Robertson  
 Fiddler's Green Golf Center  
 Fitness Link, Inc.  
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 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  
 Kalen Electric & Machinery Co. Inc.

## Business Member Snapshots

### Bob Heitstuman Construction Company

Bob Heitstuman Construction has been crafting beautiful, high-quality custom homes, additions and remodels since 1999.

The company emphasizes value and quality in every project. Every Heitstuman project focuses on a positive client experience. As one new homeowner commented, "Bob Heitstuman and his team were great to collaborate with. We are so happy with our new home; it far exceeds our wildest expectations." For more information, visit [www.heitstuman.com](http://www.heitstuman.com) or call 541-683-5244.

### RedWood TCM

Roland Sieracki offers healing arts and acupuncture in his RedWood TCM practice. His practice is built on the teachings of traditional Chinese medicine (TCM). Sieracki provides a holistic approach to his patients, using exercise, diet, massage, acupuncture, moxa, cupping, herbal medicine and personal health coaching. He has more than 25 years of Sports Massage and Thai Massage Therapy experience.

Sieracki is a Licensed Acupuncturist, a Diplomat of Oriental Medicine, Internationally Certified Thai Massage Instructor, and Certified Kinesio Tape Practitioner. For more information, call 541-556-9786 or visit [www.redwoodtcm.com](http://www.redwoodtcm.com).

### Track Town Software

Track Town Software develops custom Windows, Silverlight and Asp.Net software applications. They can also fix bugs and implement new features in your existing applications. The driving force at Track Town Software is Chris Hamilton. Chris offers more than 20 years experience developing software. The company's goals:

- Provide value by creating quality software that serves a purpose.
- Design software with the right amount of engineering and technology.
- Provide a clean, intuitive and responsive user interface.
- Build software that users love to use.

You can obtain more information at [www.tracktownsoftware.com](http://www.tracktownsoftware.com) or email [info@tracktownsoftware.com](mailto:info@tracktownsoftware.com).

## Trail Preservation

Continued from Page 1

During the past year, the City of Eugene Parks and Open Space staff has worked to propose and site a much needed disc golf course. Unfortunately, the current proposal has nine holes of the course placed over and within the beginning loop of the Steve Prefontaine Memorial Running Trail. The Oregon Track Club supports the idea of a new disc golf course. We adamantly oppose placement of the course over Pre's Trail.

Recent demonstrations at the proposed Alton Baker course have shown a very high volume of disc golfers. We believe that overlapping Pre's Trail with disc golf will negatively impact the Trail. The conflicts created and evidenced at Westmoreland Park cannot be ignored, where runners now avoid the running path when the park is busy with disc golf. OTC has asked the City to reconfigure or relocate the proposed disc golf course so that it does not overlap the Trail.

While more disc golfers than runners and walkers may have attended public meetings on this topic, thousands of runners and walkers regularly use Pre's Trail. The legacy of Pre's Trail, and the long-term implications of this decision require a separation of disc golf from the Trail. OTC hopes the City can find a way to accommodate disc golf without sacrificing a long established memorial and a keystone of our community's identity.

# President's Perusings: Planning for 2012

by Kari Westlund

As we head into Fall, the OTC Board of Directors will revisit goals set a year ago and lay plans for the year ahead. In addition to our ongoing slate of work and programs,



the OTC board identified in a retreat last October several areas of focus for the current year, each with a list of strategies and tactics.

The board set a target of achieving 2,500 members within three years, by the end of 2013, beginning from a base last October of 1,076. Our current membership stands at 1,810 members and we are well on our way. Business members have increased from 83 to 113.

Member discounts and premiums along with Nike Employee Store passes have been very popular and well received. Monthly runs, free to members, have strengthened our benefits for runners and walkers and created a consistent monthly social event. A full list of benefits is posted on the Club web site, [www.oregontrackclub.org](http://www.oregontrackclub.org).

Another goal set by the OTC board was to strengthen youth offerings and connect youth programs. We now have two high school liaisons on our board, Shannon Walsh and Maggie Schmaedick. The Track Town USA online youth network is housed within the Oregon Track Club website. Coordination between All Comers', Hershey's, Starting Block and more, as well as communications between the Club and area schools, have been strengthened considerably.

Goals for effective marketing and communications have also been realized through the implementation of our Facebook page, website upgrades, monthly newsletters and promotions. OTC merchandise is available on our website and at Eugene Running

Company and sales increased greatly this year.

Pre's Trail maintenance and advocacy goals have also been achieved; a new Friends of Pre's Trail program is in place to help us meet annual fundraising needs for Trail maintenance. Our enhanced communications have helped us to keep you informed of Trail advocacy issues such as the current disc golf proposal for West Alton Baker Park.

The board's final goal focused on sustainable staffing and operational support for OTC. We have a fabulous part-time administrative contractor in Liz James, an annual planning cycle, approved criteria for board participation that encourages active committees, and more coordinated committee work plans to help maximize productivity.

If you have ideas for the board heading into this year's retreat, please give me a call at 541-743-8750 or email me at [Kari@TravelLaneCounty.org](mailto:Kari@TravelLaneCounty.org) sometime this month or be in touch with any OTC board member. The board is committed to making your Club the very best it can be.

## Volunteer today

When possible, volunteering just 10 hours per year for OTC makes a tremendous impact. Whatever activity, there are long-lasting multiplier effects for our community.

Serve as a track official and ensure that Eugene continues to host big events like the Olympic Trials, Pre Classic or NCAA meets. Volunteer in hospitality and chances are an elite competitor will remember Eugene fondly. Volunteer at the OTC-sponsored races or at an OTC booth selling memberships/merchandise and revenue generated allows for grants to local youth organizations.

For more information, visit [www.oregon-trackclub.org](http://www.oregon-trackclub.org) and click on "Volunteer/Contribute."

## Business Members

- Kathleen Dugan LMT
- Kernutt Stokes LLP
- KEZI 9 News
- Lane Regional Air Protection Agency
- Let's Move Fitness, LCC
- 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
- Paul Davis Emergency Services
- Pepsi-Cola Bottling Company of Eugene
- Postal Pharmacy
- Prichard Partners, Inc.
- Random Lengths
- RBC Wealth Management,  
Todd G. Bosworth
- RedWood TCM
- Rexius
- Ron K. Ewert, DDS, PC
- Run Momma Run
- Runnin' Wild
- Sapient Private Wealth  
Management Company
- Sightline Property Inspections
- Slocum Orthopedics, PC
- SportHill
- SportsOne, Inc.
- Springfield Area Chamber of Commerce
- The Carpet Company
- The Eugene Marathon
- The Long Run Picture Company
- The Nike Store
- The Original Pancake House
- 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, Molly England
- 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



Alan Kelly raced at Hayward Field.

## From the Emerald Isle to the Emerald Valley: An Interview with Member Alan Kelly

by Celeste Kuta

If OTC's All Comers' meets were like high school reunions, Alan Kelly would win the "travelled farthest to attend" award. Alan, 28, is a high school teacher (History & Religious Education) from Galway County on Ireland's west coast. Alan was in Eugene just a few weeks this summer but during that time he impressed many with his athleticism, sense of adventure, perpetual smile, and that wonderful Irish lilt! He assures us that he will be back next summer with perhaps a few more Irish runners and we are anticipating his return.

**How did you end up in Eugene running in All-Comers' meets?** I first heard of Eugene as a young runner reading about Steve Prefontaine. I'd also seen the movies about Pre with my track club mates (Galway City Harriers Track Club) and thought to myself, "I must go there someday and check it out." And as a history student with a love of U.S. history, I'd always heard of Oregon. Photographs of Crater Lake are featured in the main Irish School Geography textbooks.

Irish people are fascinated with the U.S. and Irish athletes in particular have a fascination with the U.S. running scene. Most of our famous runners (e.g., Eamonn Coughlan, Sonia O'Sullivan, John Treacy) went to school in the U.S. (Villanova) and raced in Eugene at various times. So Track Town USA has always had a special appeal for me.

In 2010, I decided to check out the OTC website, noticed the All Comers' meets, and emailed meet director Jill Mestler who welcomed me to come and run. As a high school teacher, I have the freedom to spend summer where I choose. This summer I chose Eugene.

**How does the Irish Track & Field scene compare with the U.S.?** In Ireland, youngsters run for their schools as in the U.S. and if they are eager they can continue to do so in university. However, many do other sports,

particularly our national sports Gaelic Football (a cross between American football and soccer) and Hurling (a crazy, yet popular, game with sticks). Because Ireland is a small country we lose many potential Track & Field athletes to other sports.

Because of limited funding, all sports in Irish high schools are coached on a volunteer basis by teachers. I train my school's track and cross country teams and absolutely love it, though I'm very busy at times. Many of the students also run with my club (Galway City Harriers) and look forward to hearing about my trip to Eugene and Hayward Field.

**Tell us a little about your running.** I started running at age 10 or 11. I'm from a rural area surrounded by farmland so running from place to place was something I did a lot as a hyperactive kid. In my first year of high school (age 13 in Ireland), I ran my first cross country race and was addicted! Running was my claim to fame in a school of 300. I was the fastest over distances from 1500m up. By the time I was 14 or 15 I started winning regional races. I reached my first National Schools Cross Country Championships at age 16 and was delighted to finish 26th. Sounds impressive but bear in mind that Ireland is much smaller than the U.S.

I now focus on the 5000m and plan to run that distance at our National Track & Field meet in August. Unlike the U.S., there is no qualifying standard to run Nationals so each club sends its best runners to battle it out in our National Track & Field Stadium.

I don't race much in continental Europe (because I prefer to visit the U.S. when going abroad) but I did get to see a superb day of track events in the 2004 Athens Olympics. My favorite athletes are the Irish world champions I mentioned earlier but there is also something magical about Steve Prefontaine. I love watching Bernard Lagat and

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# OTC Masters

Oregon Track Club Masters

September 2011

## President's Column

by Shivaun Black, OTCM President

September marks a transition from Summer to the beginnings of Fall.

OTC Masters celebrate the end of summer with a picnic party at Track Town Pizza on Thursday, September 15th — OTCM buys the pizzas while you buy your own drinks. Like the low-key July picnic at Lamb Cottage earlier in the summer, this event is another good opportunity to meet other OTC Masters and their families.



OTC Masters celebrates the beginning of Fall with the Fall Celebration Run on Sunday, September 25th. The certified 8K running course and the newly certified 5K running / walking course both offer views of the Willamette River. I hope to see you there, and remember, all OTC members - not just Masters - get a \$5 discount on the entry fee.

I note with pride the accomplishments of our local Masters athletes at this summer's World Masters Track and Field Championships in Sacramento as well as at the Nationals in Berea, Ohio. Congratulations to all who participated!

### September Schedule

#### Thursday the 15th - OTCM Pizza Party

Track Town Pizza, Franklin Blvd

#### Sunday the 25th - Fall Celebration Run, Alton Baker Park

8K run / 5K run and walk; 1/2 mile kid's run

## Nationals - Berea, Ohio

by Sandy Pashkin

Athletes from the Oregon Track Club Masters took no less than 6 first places at the Nationals in Berea Ohio:

Craig McMicken	M85	1st	800 m	4:53:67
		1st	1500 m	9:53.01
		1st	5000 m	35:01.73
Georgia Cutler	W65	1st	Hammer	25.60 m
		1st	Javelin	19.49 m
		1st	Weight	10.23 m
		2nd	Discus	19.10 m
		3rd	Shot Put	6.94 m

## World Outdoor Masters Track and Field Championships

by Suzy Hess-Wojcik

Athletes from the Oregon Track Club Masters or from the local area scored in the top eight at the 2011 World Masters Association Outdoor Championships held in Sacramento, California from July 6-17.

Gold medal winners were M65 John Altendorf and W70 Becky Sisley in the pole vault, and M80 Harvey Lewellen in the hammer.

Marks/times of the athletes who finished in the top 8:

Name	Age	Place	Event	Mark/Time	Conversion
Heike McNeil	W35	6th	1500m	5:02.70	
		5th	5000m	19:00.39	
Georgia Cutler	W65	2nd	Hammer	27.82m	91-03
		5th	Discus	19.36m	63-06
		3rd	Weight	10.26m	33-08
		4th	Throws Pent	3160 Points	
Suzy Hess-Wojcik	W65	5th	Weight	8.08m	26-06.25
Becky Sisley	W70	1st	Pole Vault	2.15	7-1/2
		2nd	Javelin	24.47m	80-3
		3rd	High Jump	1.09m	3-6 3/4
		3rd	200m Hurdles	43.95	
Michael Blackmore	M45	2nd	1500m	4:08.25	
John Altendorf	M65	1st	Pole Vault	3.84m	12-07.25
Douglas Appel	M65	2nd	Javelin	41.05m	134-08
Wayne Sabin	M75	5th	Discus	31.15m	102-02
		6th	Shot Put	9.76m	32-00.25
		6th	Hammer	26.77m	87-10
		5th	Weight	12.77m	41-10.75
		8th	Javelin	20.03m	65-08
4th	Throws Pent	2981 Points			
Tom Allison	M80	6th	Throws Pent	2862 Points	
Harvey Lewellen	M80	1st	Hammer	39.27m	128-10
		2nd	Weight	14.45m	47-05
		3rd	Throws Pent	3015 Points	
Gerald Wojcik	M80	6th	Hammer	28.77m	94-05
		5th	Weight	12.29m	40-04

## Sep. Birthdays

1	James Houghton	40-44
3	Kerry Rasmusson	40-44
3	Roland Sieracki	65-69
4	Bill Semple	60-64
5	Jeff Sherman	55-59
5	Dave Mattoon	65-69
5	David Wilkins	65-69
8	James Johnson	55-59
10	Lynda O'Neill	50-54
13	Sukumaran Appalasaamy	50-54
15	Hiro Matsuno	35-39
16	Barb Harris	45-49
18	Jeff Faust	60-64
18	Chet Peterson	70-74
20	Dan Jackson	50-54
23	Jane Kammerzelt	50-54
26	Teresa Mason	50-54
28	Gary Livesay	55-59
28	Tony Bova	60-64
28	John Stringer	65-69
30	Paul Mullen	50-54
30	Beth Walsh	50-54
30	Tana Overman	50-54

## July Picnic photos



Al Whalen,  
OTCM Board



Normal Poasa



Ed Kousky cooks hamburgers, hot dogs and veggie-burgers



Foloi Poasa



Georgia Cutler, back from Sacramento



Keith McConnell and Cathy



Zel Brook

Photos courtesy of Zel Brook, an OTC Masters Corvallis member

## OTCM Pizza Party

Track Town Pizza

Thursday September 15th

6 PM - 8 PM

Meet fellow OTC Masters members in a casual setting; bring along some friends as well who might want a very informal introduction to the Masters part of the Oregon Track Club.

OTC Masters buys the pizzas - all track-themed and delicious - including a generous number of vegetarian pizzas.

While the club buys the pizzas, you buy your own drinks.

You will find Track Town Pizza on Franklin Boulevard, just across the street from the new Matthew Knight Basketball Arena, and not far from the renovations at Hayward Field.



## Fall Celebration Run

Sunday, Sep. 25th - Alton Baker Park

Featuring two certified distances - 8K and 5K, this event helps raise funds for the OTC Masters as well as providing a nice, fairly flat and scenic race, open to runners and walkers of all ages and abilities.

Bring your kids or grand-kids to the Kids Half Mile Run, a non-competitive run for kids 12 and under.

OTC and OTC Masters members get a \$5 discount on entry fees for the 8K Run and 5K Run and Walk.



Those preparing for the Portland Marathon might want to make this run part of your taper-down to the big event. Register online <http://otcmasters.org> or at the Eugene Running Company in the Oakway Mall.

# OTC's Contingent at the Daegu World Championships Swells to 8 Athletes

by Becky Radliff

From the start of the 2011 season, winning a World Championship medal has been at the top of Nick Symmonds' list of goals.

In June, the Oregon Track Club Elite athlete took the first step toward that goal by winning his fourth straight USA Outdoor 800-meter title. A month later, he took another significant step. Racing at the Diamond League meet in Monaco in late July, Symmonds placed third behind world-record holder David Rudisha in a time of 1 minute, 43.83 seconds.

The mark was the second fastest of Symmonds' career (his personal best is 1:43.76) and currently ranks him fourth in the world going into the World Championships in Daegu, Korea. Symmonds will be joined there by Ashton Eaton (decathlon), Jesse Williams (high jump), Andrew Wheating (1,500), Bridget Franek (3,000 steeplechase), Ben Bruce (steeple), Lauren Fleshman (5,000) and Sally Kipyego (10,000).

Both Bruce and Fleshman were late adds to Team USA. Neither athlete finished in the top three at the USA Championships in June, but when they ran IAAF 'A' Standards and the athletes who placed above them at Nationals either did not hit the standard or elected not to run in Daegu, they were called up.

The same day Symmonds was excelling in Monaco, Bruce ran the time needed to qualify for Worlds in Barcelona. He dropped more than three-and-a-half seconds off his personal best, to take fifth in 8:19.10. His previous PB was 8:22.88.

Fleshman secured her 'A' Standard two weeks later, stunning the 5,000-meter

field at London's Crystal Palace to win in 15:00.57 – the second-fastest time of her career.

The following weekend at the Diamond League meet in Stockholm, Williams and Kipyego had a pair of second-place finishes in the high jump and the 5,000 meters. Williams placed second to Russian rival Ivan Ukhov, with a clearance of 7 feet, 7 ¼ inches.

Kipyego clocked a time of 14 minutes, 43.87 seconds, taking second only to reigning 5,000-meter World Champion Vivian Cheruiyot. Two weeks prior to Stockholm, Kipyego made the Kenyan national team for the World Championships in the 10,000 meters, with another second place finish to Cheruiyot. Her best 10k mark this season – a 30:38.35 at Stanford in May – is still the world-leading time.

And she isn't the only one with a world leading mark going into Daegu. Both Williams and Eaton have recorded the world's best high jump and decathlon marks, respectively, in 2011. Williams National-Championship winning height of 2.37 meters/ 7 feet, 9- ¼ inches puts him at the top of the list; while Eaton's decathlon PR of 8,729 points, which was also set at the USA Championships, puts him as the favorite to win gold in Daegu.

## 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](mailto:info@oregontrackclub.org) and indicate you'd like to Go Green!

## Alan Kelly

Continued from Page 4

closely follow the OTC Elite stars. I was delighted to be able to run with Ian Dobson in the All Comers' meet!

**And a little more about you.** I grew up in a very small place called Drum (population 200) with the nearest city being Galway. I have one brother named Paddy who is a year younger than me. He is also running-crazy and we run together a lot when at home (although he can't keep up with me in speed sessions). My mother is an elementary school teacher and my father is a carpenter.

**How was your summer in Eugene?** I bought a bicycle to get around Eugene and enjoy the scenery and the bicycle-friendliness of the town (cycling on Irish roads is like a death wish!). Coffee shops were great (no coffee like that in Ireland) and I was able to buy locally produced nuts, seeds, berries, and fresh vegetables. Todd Bosworth was kind enough to bring me out for a long run on the McKenzie River Trail which was unforgettable; the waterfalls dwarf anything we have in Ireland.

**Can you recommend things OTC members may want to do when visiting Ireland?** Irish people love having visitors from the U.S. and these visitors love their time in Ireland. It's a wonderful little place full of ancient castles and buildings, charming villages and super pubs. Just don't expect good weather – picture coastal Oregon outside of summer. But I can guarantee a good value for money on a visit since Ireland is penniless after the financial meltdown!



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## 2011 All Comers' Season a Huge Success

Run, Jump, and Throw! That's what hundreds of All Comers' Track and Field participants experienced this summer during the OTC's five-week series. From introducing the tots to the "diaper dash" to the adults breaking age group records in field events, the meets were a huge success, drawing large crowds to both Hayward Field and Lane Community College.

The OTC thanks our generous sponsors for their support :

- Dr. W. Gray Grieve Orthodontics, our presenting sponsor
- KVAL, for television promotion and coverage
- Eclectic Edge Racing, for public address announcements during meets
- Home Federal Bank, for sponsorship and long jump volunteers

- Cameron McCarthy Landscape Architects and Planners
- Postal Pharmacy in Cottage Grove
- TRIPS, Inc. Special Adventures
- A donation from Jon Anderson, Random Lengths

Also, a special "Thank You" to Grady O'Connor, Head Track and Field coach at Lane Community College, for opening his beautiful new facility for our use and for tremendous support.

Looking ahead to 2012, the OTC is working to produce a special All Comers' meet in the midst of the Olympic Trials. The meet drew more than 2000 participants in 2008 and the Club is eager to once again showcase this historical event in the coming year. Stay tuned for more information.

### Thank You 2011 All Comers' Volunteers!

Gentle Anderson	Dave Coleman	Barb Hazen	Laura LaMena Coll	John and Karen Merk	South Eugene XC Team
Spencer Ardt	Don Colgan	Tom and Janet Heinonen	Dick Lamster	Don and Lynn Morris	Eric Swegles
Shivaun Black	Jamie Cox	Home Federal Bank Employees	Brian Leeson	Bob Newland	Track City Track Club
Cindy and Zak Breaux	Emerald Valley Track Club	Jeff Hoskins	JuneAnn Locklear	Dave O'Brien	Dan Umenhoffer
Nila Brunner	Johnny Faerber	Margie James	Terry, Anne, Molly & Jack Love	Grady O'Connor	Mark Vanderville
Mike Cahn	Virgina Fast	Bill Kelly	Dave Mattoon	Bob Percy	Ken Vendley
Catherine Calbreath	Noreen Franz-Hovis	Sheryl Kelly	Cindy McCabe	Annette Peters	Kelly Walk
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Debbie Canter			Kim McManus	Rob Scoggins	Kari Westlund
				Terry Setchko	David Wilkins