



www.foothillflyers.org

May 2013

Message from President Cyrus Davis

April 15, 2013



April 15, 2013 was the date of the horrific Boston Marathon bombings. As runners, we were collectively stunned, saddened and angered. I was deeply moved by President Obama's remarks at the interfaith service held recently. Below are a summary of excerpts from that speech:

On Monday morning, the sun rose over Boston. The sunlight glistened off the Statehouse dome. In the Common and the Public Garden, spring was in bloom. On this Patriot's Day, like so many before, fans jumped onto the T to see the Sox at Fenway. In Hopkinton, runners laced up their shoes and set out on a 26.2-mile test of dedication and grit and the human spirit. And across this city, hundreds of thousands of Bostonians lined the streets -- to hand the runners cups of water and to cheer them on.

And then, in an instant, the day's beauty was shattered. A celebration became a tragedy. And so we come together to pray, and mourn, and measure our loss. But we also come together today to reclaim that state of grace -- to reaffirm that the spirit of this city is undaunted, and the spirit of this country shall remain undimmed.

Our prayers are with the injured -- so many wounded, some gravely. From their beds, some are surely watching us gather here today. And if you are, know this: As you begin this long journey of recovery, your city is with you. Your commonwealth is with you. Your country is with you. We will all be with you as you learn to stand and walk and, yes, run again. Of that I have no doubt. You will run again. You will run again.

You've shown us, Boston, that in the face of evil, Americans will lift up what's good. In the face of cruelty, we will choose compassion. In the face of those who would visit death upon

innocents, we will choose to save and to comfort and to heal. We'll choose friendship. We'll choose love.

Scripture teaches us, "God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." And that's the spirit you've displayed in recent days.

Like Bill Iffrig, 78 years old -- the runner in the orange tank top who we all saw get knocked down by the blast -- we may be momentarily knocked off our feet, but we'll pick ourselves up. We'll keep going. We will finish the race. In the words of Dick Hoyt, who's pushed his disabled son, Rick, in 31 Boston Marathons, "We can't let something like this stop us." This doesn't stop us.

And this time next year, on the third Monday in April, the world will return to this great American city to run harder than ever, and to cheer even louder, for the 118th Boston Marathon. Bet on it.

Tomorrow, the sun will rise over Boston. Tomorrow, the sun will rise over this country that we love. This special place. This state of grace.

Scripture tells us to "run with endurance the race that is set before us." As we do, may God hold close those who've been taken from us too soon. May He comfort their families. And may He continue to watch over these United States of America.

Sunday, April 21st, runners gathered across the nation to participate in a unity run to remember the victims. Fellow FHF members: Brett, Bob and Sue, Hannelore and Michael, Robert and Maria, Simon and Christine, John, Catherine, Jayme, and I ran at the Rose Bowl in Pasadena. Before the run we gathered to sing the national anthem. As I joined, I realize I have not committed all of the words to memory. After that, I made a commitment to learn all of the words.

"Life is often compared to a marathon, but I think it is more like being a sprinter; long stretches of hard work punctuated by brief moments in which we are given the opportunity to perform at our best."
—Michael Johnson, American sprinter and Olympic gold medal winner

p.s. Iffrig, made the cover of *Sports Illustrated* that topped the swimsuit edition. And for those of you wondering, 4.09, his 45th marathon.

Foothill Flyers Meeting Minutes

By Jimmy Downs

President Cyrus Davis started the meeting by congratulating everyone who participated in events last month (see April bragging rights).

Upcoming events:

May 4th - Wild, Wild West trail runs (with a stop at Randsburg on May 3rd).

May 25 - Mt Wilson trail race with BBQ at Spears' home afterwards. Weekend Warriors are planning to leave early to be on trail to support runners.

Fontana Half Marathon – June 1st.

Holcomb Valley 15 and 33 miler trail run - June 9th.

Brooks Running will be sponsoring June 19th pizza night.

Treasury report is \$1499.94.

By unanimous vote, all club officers were re-elected for their second year.

Pay your dues! So you can have fun club sponsored events, like pizza night.

And now a note from your Treasurer...

A few of you have not yet renewed your membership. I know, I know. Many think the dues are just for pizza and some of you don't eat pizza. However the dues also fund the holiday dinner, expenses related to the newsletter, website hosting, and at least one other get-together during the year. We hope you will consider signing up again this year. Attached is the membership form. Please fill it out and mail to Leslie or give to one of your officers at the next run.

We also welcome from all members any suggestions on how to make our club better. Feel free to reach out to your club directors at any time.

GOLD LINE UPDATE

Work will start on the Gold Line rail bridge over Santa Anita Ave starting May 1st and continue through October 2013. See <http://www.foothillextension.org/images/uploads/maps/o2Arcadia.pdf> for information and updates. One car lane each way and pedestrian walk way will remain open. Club members should plan for traffic delays and alternate routes coming to our Wednesday night runs during the period.



MT. WILSON TRAIL RACE AFTER PARTY

This year, the Foothill Flyer's after the Mount Wilson Trail Race party is on **Saturday, May 25, 2013, beginning at 11:30 a.m., at the home of Bob and Sue Spears. The address is 80 West Grandview Ave., Sierra Madre.** Come, even if you are not running the race.

Bring your suit (swim) because the hot tub will be hot and the pool will be open for the triathletes. Please bring an appetizer, fruit, salad, or dessert, and any beverage other than soda and water. We will be serving hot dogs, hamburgers, all the fixings, soda, and water. Plus, Sue will be making her famous Bar-B-Que Beans.

The house is the old grey Victorian less than a block west of Baldwin on the south side of the street. Come down the driveway, as we will be in the back.

If you have any questions, please call Bob or Sue at (626) 355-0948.



SAVE THE DATE

Volunteers are needed to support AC100
**Sat and/or Sun August 3 & 4
Chantry Flats 75-Mile Aid Station**
**Bob Spears will pass around a
volunteer sign up sheet at the
July club meeting**



Bragging Rights

San Juan Trail 18K

Bill Dickey 3:37

San Juan Trail 50K

Bill Dickey 7:00 DNF @ 20 miles

Palm Springs 5K

Bill Dickey 37:35

Chino Hills Spring Trail 15-Mile Run

Bill Dickey 4:43

ACT TODAY! 10K

Mark Ryne 49:11 2rd in AG

Santa Anita Derby 5K

Chris Goddard 18:13 1st in AG

Chantal Cravens 23:34 3rd in AG

Cyrus Davis 24:18 PR!

Lori Esquivel 28:41

Robert Vangilder 29:08

Catherine Gallagher 29:09

Hannelore Nese 31:18 1st in AG

Bob Spears 32:55

Roger Brown 34:18

Maria Vangilder 35:09

Ken Hubbert 38:11

Bill Dickey 39:22

Jayne Cascegnio 40:08

Charles Sayles 41:00

Sue Spears 41:57

Nancy Gilmore 44:19

Mike Nese

Oceanside Half Ironman

Jan Iocco 7:25

Catherine Gallagher 8:02

Griffith Park Trail Marathon

Sharon Pevsner 4:05 3rd woman & 1st AG

Bob Spears 6:31

Sue Spears 7:56

Maria Vangilder 7:24

Robert Vangilder 6:02

Chris Spenker 7:27



American River 50-Mile

Jan Iocco 11:17

Jimmy Downs DNF @ 40 miles

Leona Divide 50 Mile Trail Race

Todor Trenkov 12:04

Leona Divide 50K Trail Race

Jimmy Downs 10:34

Mark Ryne 8:51

Tour de Cure Ride for Diabetes

Jayne Cascegnio

Survived 4-Day Backpack Trip in Paria Canyon, UT

Leslie Hallimore 600+ water crossings!

Unity 5K Run for Boston Marathon Victims

Robert & Maria Vangilder, Bob & Sue Spears, Catherine Gallagher, John Radich, Cyrus Davis, Mike & Hannelore Nese, Brett Terrell, Jayme Cascegnio, Christine Quintero, and Simon Cooper



This year LA marathon legacy runner Scott Cline "ran with Shar" (Anderson)



Mark Ryne says, "I didn't get much running last weekend while I was receiving a Distinguished Alumni of the Year award, along with the six other San Diego State University graduates who worked on the Mars Curiosity Rover. I did get some upper body cross training in lugging the Monte around... it weighs about 30 pounds.



Is Roger Brown starting a new career racing ponies at Santa Anita racetrack?



One to the Arboretum run highlights is to see all the peafowl strutting around the neighborhoods

OCEANSIDE HALF IRONMAN

By Catherine Gallagher

I've been around my tri club (Pasadena Tri) a while, which gives the impression that I'm a vet at tri. Actually, I've watched other tri club newbies progress in the multisport world whereas I took a little diversion and focused on bike riding. I could barely stay upright when I bought the bike in 2009 (still so much to learn!), and the allure of century riding in gorgeous places took precedence...and time.

I grew up with a pool so was never really worried about swimming, except there was this little factor that still nags at me: I am fearful of the ocean. Well, more specifically those things that live there who like to eat things that look and act like wounded seals. But...I've talked to divers, surfers and tri geeks who at least lessened the fear simply by still existing, and I realized how many dangerous things I've seen in the woods (rattlesnakes, bears...) yet continue to enjoy my hikes. So...on we go.

Baby steps...last year I signed up first for the Bonelli tri's - deliberately no ocean. Irony of ironies; just before my 1st event the news was all about the gal who contracted flesh eating bacteria - IN A LAKE!!! I slathered liquid bandage on anything that remotely resembled a break in skin, and dove in. A fellow PTCer taught me how to set up transition and calmed the willies on that first adventure. Two semi-Olympics done, then the BOD with the fun of club camaraderie. I've still got far to go to be any good, but made it through the paces and was ready to at least contemplate a longer distance.

Soon after, I found myself standing in the grocery store line behind another tri club member. He encouraged me to consider Oceanside, talking about how calm the water is in the harbor and how it's not "really" ocean. (Oh, so does that mean the sharks don't come into the harbor?) Then, the night the entry opened I was running with Foothill Flyer Jan - my 7-time Ironman training buddy - and she, too, issued words of encouragement. I was hesitant. Spring = Cold. Ocean. First 70.3... I went to the website. One click. Then another. Okay....DONE!!! I immediately started lobbying friends. 1st Jan... then my mentor, another IM veteran, who got me into sport. Within days, they had both signed up and here I was, not only responsible for myself now, but for the oncoming challenges these friends would face. Which of course made it impossible to back out.

Training through the months was fun. I strengthened friendships as a few of us (including another 70.3 neophyte) ventured on the journey together. I helped encourage them up hilly Rte. 39; they encouraged me into the ocean. Whoa! Nothing like that first shock of sticking one's face in the ocean in February!

Two weeks out from race day, I had a setback. Over trained, then sick. My body refused to do anything. Perhaps three centuries and three ½ marathons since January 1st had been a

bit...overscheduled. Too late now; I was forced to start tapering early. The only things I could do to improve my chances were, eat, rest, and reset my sleep-wake time. I pushed back the alarm clock by nearly 2 hours. Ugh. It helped come race day, though.

As the day approached, my nervousness grew. It manifested in odd ways. Worrying about stupid stuff. The night before, I had a meltdown. Checking the website we realized we'd have to ride our bikes to set up T1. Mind you, I can ride a bike fairly fast now, but I still have some newbie issues. The thought of juggling my wetsuit and other sundry T1 gear while I rode sent me into a tailspin. Ultimately, I jury-rigged my tri-bag into a backpack and stepped away from the cliff...just a tad. Thankfully, that body-clock reset sent me off to sleep.

I had a novel experience, as I started with the Physically Challenged wave. Wave 3. Why? My fingers turn all sorts of colors at the slightest provocation of cold (Reynaud's disease) and I had to get a special glove dispensation. Waiving all rights to the podium I knew I'd never see anyway, I donned my gloves and set off with those whose prowess despite their challenges set me to shame. Starting with them gave me about 5 minutes of grace as they zoomed off ahead and I had the harbor to myself. Until wave 4 overtook me, then wave 5, then 6.... Banged in the face by one zealous swimmer. Ouch! Jostled by others which each time caused me to temporarily go into a fetal position. Hard to swim that way though. I actually finished the swim 5 minutes faster than my fastest pool time. Wow! That was despite getting misdirected a few times, guided back by the vigilant lifeguards, and swallowing way more salt water than my body could take.

Transition was fine except there are numerous red patches that testify I should dry off before slapping on the sunscreen.

My mentor coached me to ride easy, and I had to even more with tummy troubles from all the salt water. I forced myself to eat even though my appetite was less than nil. I knew I had to. As anticipated, starting in an early wave meant tons of faster riders would pass me and I had to squelch my ego not to chase them. The ego really took a beating, though, when seemingly less fit riders started to pass me. Perhaps I took it a tad TOO easy, or maybe it was due to fighting constant tummy discomfort. However, when the hills came I was surprised to see so many people walking. I never did. Even so, I lost ranking on what I expected to be my strongest leg.

Even more surprising was that I jumped ranking significantly on the run. Run? I had to walk most of the miles but ran the little downhills and walked fast on the flats (I do walk past some runners). I guess, compared to some, it was a good showing. So nice to see my friends on the double out-and-back. Shouts of encouragement and a shared experience mean so much. Thanks to all.

Jan, who had started 37 minutes after me, caught up with me at mile 7 of the run and stayed with me to the finish. It was humbling to be that much slower, and gratifying to get her

constant friendly encouragement for that last painful hour-plus. We finished holding hands at the end. Fitting, perhaps, as her encouragement had been the spark that caused me to first to venture into Bonelli and then to click the "pay now" button on Oceanside.

This is a testament to life. To the human spirit. To breaking barriers at any age. A 40+ overweight smoker has evolved into a 50+ Half Iron woman. If I can do it, you can too. Or should you face other challenges more relevant to your own dreams, know you can overcome them. Perhaps it is fitting to hear this lesson on the weekend so many celebrate resurrection. I hope all of you continue to evolve and grow into whatever you wish to become.

Tell Us Your Story

Submit your story or pictures of
running/cycling/
swimming related events,
people and places to
Leslie Hallimore @ hallimizzi@gmail.com



Very cool belt buckle for the GPTM

FOOTHILL FLYERS
www.foothillflyers.org

Cyrus Davis, president

cmdavis26@verizon.net

Jayne Cascego, vice president & enforcer

jjsoccer7@msn.com

Catherine Gallagher, treasurer

copperccg@aol.com

Jimmy Downs, secretary

jameso9832@msn.com

Vacancy open for activities director

Brenda Thomason, eats

brenda.p.thomason@kp.org

Tom O'Hara, webmaster

tomsmb@aol.com

Leslie Hallimore, editor

hallimizzi@gmail.com

WEDNESDAY NIGHT FOOTHILL FLYERS FUN RUNS

All Adults Welcome...walk, jog, or run

Meet at 6:00 p.m. at REI parking lot – NE corner, Santa Anita and Santa Clara, Arcadia

| Date | Name of Run | Restaurant & Details |
|-------------|------------------------------------|--|
| May | | |
| 1 | Bruckner's Backyard Loop | Basil Thai – 411 E Huntington Dr, Arcadia – 447-8845 |
| 8 | Yoshi's Run <i>*Meeting Night*</i> | Los Gueros – 313 w Huntington, Monrovia – 358-0200 |
| 15 | Singingwood | Pizza Night in the REI parking lot – BYO drink and chair |
| 22 | Hillcrest | Steer & Ale – 3644 E Foothill Blvd, Pasadena – 796-2278 |
| 29 | Sturdevant Falls Trail | BYO dinner and meet at Chantry Flats picnic area at the north end of Santa Anita Ave |
| June | | |
| 5 | Arboretum | Basil Thai – 411 E Huntington Dr, Arcadia – 447-8845 |
| 12 | Yoshi's Run <i>*Meeting Night*</i> | Numero Uno – 3562 E Foothill, Pasadena – 577-1723 |
| 19 | Mountain Trail / Mary's Store | Pizza Night in the REI parking lot – BYO drink and chair |
| 26 | Bailey Canyon Trail | BYO dinner and meet at Bailey Canyon Park on Carter Ave at Grove St in Sierra Madre |

Runs are 4- to 7-miles with shortcuts depending on individual pace and return to REI by 7:30 p.m.; dinner at 8:00 p.m. Start is from the REI parking lot unless otherwise specified with an asterisk* such as on the last Wednesday of the months of April through September we run a local mountain trail. If a trail is closed, we run from REI and picnic in the parking lot after. Rain? Meet at REI at 6:15 p.m. to decide whether to run or go to dinner at 6:30; if meeting night, dinner at 7:30 p.m.

Route sheets and maps available on the club web site - www.foothillflyers.org - or see **Scott Cline** in the parking lot.

Meetings start at 7:30 p.m. in the REI parking lot on the 2nd Wednesday of each month. Membership is \$20/year for the first household adult member and \$10 for each additional member at the same address, present through March 2012.

Weekend Warriors runs on various local mountain trails most Saturdays and also occasional bike rides. For more information go to www.foothillflyers.org/ww.html

UPCOMING CLUB RACES, MAJOR RACES, AND EVENTS

Check the Club web site Race Reviews, the rack at REI or *Run With Us* for applications and in *Competitor* or *Race Place*.

If you are interested in any of the runs below, remember President Ronald Reagan's famous quote, "Trust, but verify."

| | | |
|--------------------|--|--|
| # May 4 | Wild Wild West 50k/Marathon/10 mi /3 mi | www.lonepinechamber.org |
| # May 5 | Avenue of the Giants Marathon/Half/10k | www.theave.org |
| # May 19 | Bay to Breakers 12k | www.baytobreakers.com |
| *# May 25 | Mt Wilson 8.6 mi Trail Race | www.mountwilsontrailrace.com |
| # May 27 | La Canada Fiesta Days 10k/5k | www.lacanadaflintridge.com |
| # Jun 1 | Fontana Days Half Marathon/5k | www.fontana.org |
| # Jun 1-2, 8-9, 15 | Camp Pendleton Marine Corps Mud Run | www.camppendletonraces.com |
| # Jun 2 | San Diego Rock 'N Roll Marathon/Half/Relay | www.san-diego.competitor.com |
| *# Jun 9 | Holcomb Valley Trail 33 mi/15 mi/7 mi Run | www.holcombvalleytrailruns.com |
| # Jun 30 | Pasadena Marathon/Half/10k/5k/Kids Run | www.pasadenamarathon.org |
| Jul 4 | Redondo Beach 4 th of July 5k | www.villagerunner.com |
| # Jul 14-15 | Badwater 135 mile Ultra | www.badwater.com |
| *# Jul 13 | Mt Disappointment 50k Trail Race | www.mtdisappointment50k.com |
| *# Aug 3 | Angeles Crest 100 mi Trail Race | www.ac100.com |
| # Aug 17 | Where's Waldo 100k | www.waldo100k.org |
| # Aug 18 | America's Finest City Half Marathon | www.afchalf.com |
| # Aug 24 | Bulldog 50k/25k Trail Run | www.trailrunevents.com |

* Popular or special events in the club

Reviewed on web site, www.foothillflyers.org

Have a favorite run coming up you want listed? Send the date, name, distance & web to Leslie Hallimore before the last Wednesday of the month @ hallimizzi@gmail.com



NEW MEMBER AND
RENEWAL FORM

Welcome to the Foothill Flyers

Check out our website: www.foothillflyers.org

Annual dues per individual: \$20 (Present - March 31, 2014); \$10 (October 1 - December 31, 2014)

Membership entitles you to participate as a full voting member in all club activities, discounts at *Run With Us*, and receive the monthly newsletter. Fun runs are every Wednesday evening at 6:00 p.m. Runs start from the parking lot at REI, located on the corner of Santa Anita and Santa Clara Avenues in Arcadia (you can use the REI changing room if you come directly from work).

Name(s): Please print

1. _____

2. _____

Address: _____

City: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Email: _____

To conserve costs, the Foothill Flyer monthly newsletter is e-mailed to all members in PDF format, unless you request it by mail. Please send my copy by mail

WAIVER: Having understood that any athletic endeavor might cause injuries, and knowing that I should have a physical examination by a physician to release me for extensive exercise, I join the Foothill Flyers Running Club and hereby waive and release any right and claims or damages I may accrue against the city of Arcadia, REI, the Foothill Flyers Running Club; any and all persons helping to conduct this club and any and all injuries that may be suffered by me at the Foothill Flyers Running Club, during or en route to or from these events. I am a responsible adult over the age of 18.

Signature of applicant(s):

_____ Date: _____

_____ Date: _____

Make your check/money order payable to Foothill Flyers Running Club
Mail to: Leslie Hallimore, 8719 Duarte Rd., San Gabriel, CA 91775

*Fun runs every Wednesday at 6:00 pm from REI parking lot at Santa Anita and Santa Clara in Arcadia.
Come to run or walk; stay to eat and schmooze .*

We encourage write-ups or photos from all members of races or runs you've participated in, as well as training tips and running cartoons. E-mail or give typed ready-to-go copy to the editor no later than the last Wednesday of the month, or handwritten well before. E-mail your .jpg photo files or give us the photo to scan. The newsletter is published once a month and is available at the first Wednesday night fun run of each month. Those not picked up will be mailed the next day.

Club discount at Run With Us, 235 N. Lake Ave., Pasadena, 626.568.3331. Check out their great selection of running shoes, clothes, accessories, etc. Park in the back or on side street south of the 210

Foothill Flyers Running Club
8719 Duarte Road
San Gabriel, CA 91775



May 2013 Newsletter