

## 2001 JIMMY STEWART RELAY MARATHON

By ERIC BARRON

As if running a race is not hard enough, CalTrans decided to make things a bit more interesting by shutting just about every highway interchange leading to Griffith Park, site of the 2001 Jimmy Stewart Relay Marathon. Runners are a resourceful lot, however, and by the time the race started under clear skies and pleasantly cool temperatures, most folks had found their way to their teams. The question is, for what team should one run. Approximately 700 teams run this race each year, but only one had its own, personal massage tables. Those runners that knew what was good for them ran for TCLA.

In fact, so many runners wanted to wear the red and white of TCLA, that the club entered a whopping eight teams. TCLA I saw the return of Jeff Sakamoto after last year's hiatus. Bravely stepping up to the lead runner spot after the above-mentioned highway detours delayed the runner slotted for that leg, Jeff is back on the racing scene. Next up, Wenise continued her strong year, improving on last year's time by a minute-and-a-half. Erica Nemmers, who after decent training had been sick in the previous two weeks, ran a strong middle leg. Resident miler, David Silver, ran the fourth leg, though it is unclear if after racing for five miles, he will want to repeat the experience. Finally, building off a training base of 80-hour work weeks and all the junk food you can eat, Rab Brown brought the team home in 2:47:50, good for third place in the Running Club, Mixed Division (25th overall). This is a fine achievement, especially as this team underwent more realignment than Major League Baseball has in the past few years.



Erica, Wenise, Rab, Jeff, and David celebrate a 3<sup>rd</sup> place finish



Masters of Running: Paul, Brad, Andreas(w/ Jonah), Jim, and Paul

TCLA II had the experience of the years on its side. Paul Scott repeated his leadoff leg from last year, and clipped ten seconds from that time. Jim Spear blazed the next the leg, schooling many a younger runner. Not one to let his son show him up, Andreas Kemkes knocked off almost three minutes from last year's time. Brad Lusk warmed up, and warmed up, and warmed up, and then ran, all in preparation for the Rock and Roll Marathon. And in the aftermath of the Boston Marathon, Paul Anderson took the anchor leg. Proving they were indeed Masters of the sport, these five guys, who average over 50 years of age, put together a 2:57:05, earning them second in the Masters Division (38th overall).

Ogie Espinosa, who likes the race so much that he ran for two teams, ran his fresh leg to open the day for TCLA III. The next two team members, Bao Coleman and Julie Kriger ran almost identical times.



Still Smilin': Ogie, Michael, Julie, Jennifer, and Bao

Jennifer Sample, in her final season as a Los Angelino (Los Angelite? Angelinian?) before she heads East this fall, ran a good fourth leg. The growing heat provided strong incentive for Michael Berger to finish fast, and he did for a total team time of 3:32:24 and twenty-seventh place in the Running Club, Mixed Division (169th overall).

The first three runners for TCLA IV, Jeff Bernstein, Susan Rendell, and Cindy Bernstein were returning members from last year's team, and they functioned well together. The fourth runner, Doug Patterson, filled the honorary "Friend of Susan" spot, and he held up well, despite being thrown in with these unsavory characters. Their team captain, Jesus Rivera, a "Friend of Jeff" and new club member, crossed the line in 3:24:50, good for fifteenth in the Running Club, Mixed Division (169th overall). After seeing the picnic spread that Susan laid out at the end of the race, several TCLA members have already requested to be on her team next year.



Doug, Cindy, Jeff, Susan and Jesus showing a little leg after completion of their legs



Men in Grey: Dave, Tim, Brian, Clarence, Rasmus

Get together a bunch of competitive guys, and you have TCLA V (a.k.a., DCLA). The first two runners, Tim Petersen and Brian Panosian, ran similar times, though Brian was heard to say that he would have run faster had his war paint not run into his eyes once he started sweating hard. The next two runners, David Kent and Clarence Smith, also ran nearly equal times, which makes sense given that they train together. Rasmus Tamstorf, a Niketown import, ran an outstanding anchor leg, pulling the team ahead of TCLA I with a final 2:46:58, and landing them in eleventh place in the tough Running Club, Male Division (23rd overall).

TCLA's other all-male team, TCLA VI was led by Joe Lohmar. After a winter of discontent (thanks to a sore knee), Joe is back to racing. John Daly, no stranger to long relay races with his Hood-to-Coast experience, handled the second leg. Mike Molinyawe ran the middle leg, then disappeared as quickly as he ran. The four runner, John Mouser, had a decent day, handing off to Todd Carey, who came barreling down the finish chute at 3:03:39, which was twentieth place in the Running Club, Male Division (50th overall). Todd also brought the sharp-looking TCLA sign that adorned one of the tents.

4/5 of Team VI: John D, Joe, John M, and Todd



TCLA VII provided an opportunity for runners to get to know each other a little better. Indeed, days before the race, just about every team member said, "I don't know who most of my teammates are." This is understandable as many of them have been away from Tuesday nights for one reason or another. Soft-spoken Kendra Wood started things off and met up with Ellen Kukuchka (taking time off to run trails) just after the 38-minute mark. Deanna Sakamoto (taking time off to raise a child) ran the third leg, and handed off to Todd Patterson, who ran a strong race. Jerry Himmelberg (taking time off to travel through Australia) returned from Down Under just in time to grab the baton and end up with a 3:11:02 and an eleventh place finish in the Running Club, Mixed Division (86th overall).

Last, but not least, the women got TCLA VIII got off to a wonderful start. Jacinda Raiche, running her traditional leadoff leg, improved upon her mark from last year by almost forty seconds. Tania Fischer, graciously squeezing in her own race between watching track meets all weekend long, then turned in an even faster leg. The men, Tom Wheeler, Tyrone Black, and some guy that acted like he was coaching the whole club, just hoped to hold their own with the women. Running the anchor leg after running a 10K the day before (no comment), Tyrone finished strong to set a club record of 2:36:22, and a first-time first place victory for TCLA in the Running Club, Mixed Division (12th overall).



Our own 2001 JSRM Winners  
Eric, Tania, Jacinda, Tyrone, and Tom

Three TCLA'ers who did not run were nevertheless key to the club's success. Peggy Sauve-Enriquez, Amy Aukstikalnis and Sharon Yamato Danley made sure that things ran smoothly in the transition area, and still managed to record times. Plenty of other TCLA'ers were also seen at the race, many running for other teams. They will, of course, make it into this write-up next year when they run for TCLA. Thanks to all those who brought chairs, tables, coolers, and food (contrary to popular rumor, we were not holding a brownie bake-off) for everyone's indulgence. Finally, extra special mention and thanks to Anthony Manniello and Lisa Paschall for providing those massages.

The times below represent the time the runner held the baton (approximately 5.2 miles for the first leg, 5.3 miles for the middle three legs, and 5.1 miles for the last leg).

TCLA I

Jeff S. 32:33  
Wenise 35:25  
Erica 33:22  
David S 33:57  
Rab 32:33

TCLA II

Paul S 35:23  
Jim 34:21  
Andreas 34:14  
Brad 35:59  
Paul A. 36:37

TCLA III

Ogie 40:03  
Bao 44:25  
Julie 44:44  
Jennifer 41:56  
Michael 41:16

TCLA IV

Jeff B 37:09  
Susan 44:18  
Cindy 44:17  
Doug 43:34  
Jesus 35:32

TCLA V

Tim 35:07  
Brian 35:30  
Dave K 33:15  
Clarence 33:00  
Rasmus 30:06

TCLA VI

Joe 37:38  
John D 35:30  
Mike 37:36  
John M 36:14  
Todd C 36:20

TCLA VII

Kendra 38:08  
Deanna 41:26  
Ellen 42:01  
Todd P 33:24  
Jerry 36:03

TCLA VIII

Jacinda 31:31  
Tania 31:04  
Eric 30:37  
Tom 31:41  
Tyrone 31:29

## RUNNERS OFF TRACK

### Y2K Awards

Over 75 TCLAsers gathered at Berri's Playa Café at the annual awards dinner on January 21. Gilberto Alavez won top honors as "Most Valuable Runner," in part for his silver medal effort in the 800m at the 2000 Paralympic Games in Sydney last summer. His running career began only after losing his lower left leg in a truck accident. Now competing at the world-class level for amputees, he looks to racing the marathon at the 2004 Paralympics in Greece. Jacinda Raiche was honorably mentioned for MVR, having decreased her marathon PR by over 20 minutes with a 2:58 finish in last December's California International Marathon. Rab Brown was awarded "Braveheart" status for his above-and-beyond-the-call-of-duty for the club in 2000, which included managing the all-female van at the Hood-to-Coast Relay and coordinating the 4 X 800 relay in the LA Invitational Indoor Meet. Rikako Takei bowed graciously upon accepting the "Most Improved Runner" award. In 2000, she ran 1,688 miles (including 4 marathons) in pursuit of a qualifying time for the elites-only Tokyo International Women's Marathon. In the process, she dropped her marathon PR by over 30 minutes, accomplishing her goal with a 3:10 finish at the Tucson Marathon last December. Sharon Yamato Danley completed the Long Beach Marathon last November as her knee swelled to twice its normal size. "Basically, I had no business being out there," she said afterwards. Her unflappability earned her the "Winners Never Quit" award, which unfortunately, did not include a prescription for Vioxx. Volunteer efforts of Wenise Wong and Amy Aukstikalnis were applauded, as well as those of Eric Barron for his coaching, vision, and work in the growth of TCLAs. The team presented him with a pair of personalized NikeID shoes and a massage session with Anthony Manniello.



Gilberto racing to a 2:10 in the 800

### Then and Now

Five years ago this week, Dave Afshartous posted fliers at the UCLA track, seeking fellow runners interested in group interval workouts. The genesis of TCLAs was thus marked. Tuesdays now, approximately 70 active members run one of three workouts, training for the Rock-and-Roll Marathon, last weekend's Jimmy Stewart race, or at the beginner level.

### The Fleet Foot

Going for a "classic, old-school design," Todd Carey spent several weeks creating a new logo for the club. Todd was involved in the creation of the

singlet logo back in 1997. Response to the new grey T-shirts has been positive, with some grumblings about copyright infringement. Coach Eric rebuked, "Except for some similarity in shape and color, I don't know what they're talking about."

2001 logo



Harvard logo



### HAPPY BIRTHDAY!

Susan Rendell	April 10
John Mouser	April 14
Carmela Bader	April 15
Rikako Takei	April 15
Lawrence Spear	April 18
Steph Enriquez	April 18
Paul Anderson	May 7
Mike Kukuchka	May 8
Cindy Bernstein	May 13
Jerico Enriquez	May 15
Sharon Yamato	May 17
BaoKim Coleman	June 4
Rab Brown	June 8
Todd Patterson	June 11
Steven Lopez	June 25
Jeff Bernstein	June 27
Tom Geha	June 27
Angela Brunson	July 1
Anne Popadic	July 8
Jacinda Raiche	July 11
Bob Mercier	July 26

### Helping Hands

As the club has increased in membership, so have our coaching needs. Ogie Espinosa and Brian Panosian now serve as assistant coaches on Tuesday nights, coordinating the beginner level workout. And, as always, many thanks to all who volunteer to man the stopwatches. Please continue to help time if you are injured, recovering, or just out to visit at track.

### Welcome Our Newest Members

Say hello to Susan Wong, Tayo Balogun, Laura Davis, Schulyer Havens, Deborah Cujino-Deras, Ann Marie Donnelly, Janet Fleishman, Michelle Figuerido, Dean Goodman, Mark Harris, Amanda McPherson, David Mitchell, Jesus Rivera, Mario Tarquino, Debbie Simon, Emily Carey, Kendra Wood

### New PR's in the New Millenium

Michael Berger, Las Vegas Marathon, 3:49, SC ½ Marathon, 1:47, and Carlsbad 5000, 22:37  
Ken Fancher, Las Vegas ½ Marathon, 1:27  
Erica Nemmers, Venice Xmas 5K, 18:26  
Masami Fukuhara, LA Marathon, 3:38  
Sam Spencer, LMU Run for Bay 5K, 19:02  
Wenise Wong, LA Philharmonic 5K, 19:58  
Jacinda Raiche, Carlsbad 5000, 17:49  
Clarence Smith, Pacific Shoreline Marathon, 3:15  
Andreas Kemkes, Venice 10K, 40:14  
and Huntington Beach ½ Marathon, 1:30:55



## TWO HUNDRED TUESDAYS AND COUNTING

ATHLETE PROFILE: PEGGY SAUVE-ENRIQUEZ

BY STEPHANIE ENRIQUEZ

On a clear February evening four years ago, Peggy Sauve-Enriquez reluctantly stepped onto the track at Santa Monica High School for her first interval workout with TCLA. Though she had been a recreational runner since childhood, and had been distance training regularly for the last decade, she was disinclined towards track running, envisioning only young speed demons at the workouts. "I didn't want to be the old lady out there," she says of her initial fears. Her then co-worker Eric Barron, TCLA founding member, had spent the previous months coaxing her to join the group, which then numbered exactly eight runners including Coach Dave Afshartous. Her aversions were soon forgotten, because after that first 400m, she was hooked. Since her initiation, both her job and home have moved, and the names and faces at TCLA have changed. However, one constant has remained: Tuesday nights at track.



Peggy, with Sharon and Amy, keeping time for the club at last Sunday's race

As the roster grew, Peggy became more involved with the administrative duties of the club, and now serves as team treasurer, while also greeting new runners with a welcoming smile. Her dedication to the club is rooted in racing for PR times while also tapping into the collective energy of the team. "There is such a sense of support for everyone in the group – no matter if you are

the fastest or the slowest – there is never a lack of encouragement. The group really gets behind everyone's accomplishments and supports their efforts." She comes back every week because, by her own admission, she loves it. "I keep going because it makes me feel good. In the short-term, I know that no matter how I feel, when I get to track I'll feel much better when I leave. It's never failed."

Four times a week, she rises before the sun for a run at Will Rogers Park. Though her favorite color may change with the day (yellow at press time), she never tires of those Palisades trails. She approaches her running similarly as her favorite athlete, Michael Jordan, played basketball: with an individual style and strong work ethic. As she has developed, inspiring other runners along the way has been as important as notching PRs. In 1999, she encouraged her daughter Kim to start running. Over that summer, they ran side-by-side on countless training runs and then nearly step-for-step at the Columbus Marathon, finishing eleven minutes apart. Kim's successful introduction to marathoning led to her returning the favor this year, running Peggy in from mile 15 at the LA Marathon.

Lately, Peggy has been considering hanging up her marathon shoes in favor of shorter distance races. "I've run a few half-marathons and I do like that distance," she says. "It's a nice combination of speed and endurance." As her chase for excellence continues, so does our appreciation for her.

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*Editor's note: Though they share the same surname, Peggy and Stephanie are not related.*

## COACH'S CORNER

At a recent TCLA workout, runners heard that if they wanted to maximize their marathon potential, they generally should be running at least 40 miles per week at the end of their base phase and build from there. This led to many dropped jaws, murmuring, and much general consternation (many of you had been *peaking* at 30-40 miles per week). Yet, it should be no surprise that to do something difficult well, you need to practice it a lot. The marathon is a long distance race that often severely taxes the body's energy, temperature, and fluid levels, and to prepare the body for this challenge, you need to run a lot of miles. But before you hang up your running shoes, let's put this in perspective.

Numerous reasons exist why you should choose not to follow the 40-mile base plan. The human body is imperfect, and some of us cannot handle that kind of mileage without breaking down. In this case, the way to optimize your performance requires fewer miles on the road and more cross-training. Other factors can also impede training, work and family being two of the more obvious ones. Although your body might be structurally sound enough to run seven days a week, you might not have the time to run more than several days a week, which makes it tough to accumulate many miles. Finally, even if your body is able and your time is adequate, you may simply prefer not to spend so much time running. Indeed, putting in 50 eight-minute miles a week, which you might do as you build up after the base phase, could easily take up to two hours a day after including the turnaround time of changing, warming up, cooling down, and showering.

Thus, the thought of peaking at 40 miles, rather than using that as a base and moving up from there, may be appealing and the smart course to follow. However, know that biomechanical considerations aside, if you peak at 40 miles a week, you are not running to your potential. To race 26 miles as fast as you can, you need to have trained many, many more. It is almost inevitable, then, that if your marathon goal is at the high end of what your genes will allow, you will need to make sacrifices. In the months of training beforehand, you will suffer discomfort, give up playing that tennis game, miss that movie, etc. But it is precisely this focus on running that will enable you to run the best you can, and provide the rewarding feeling when you cross the line.

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### ANNOUNCEMENTS

❖ Want something embroidered with the TCLA logo? The "old" logo is available for embroidering through Black Dog Studios, where you can order hats, shirts, sweatshirts, etc... directly from the website ([www.bdstudios.com](http://www.bdstudios.com)) or send in any item of clothing. When you place the order, request the TCLA logo or file. The logo looks best on dark-colored items (black or navy).

❖ How about watching others run for a change? The UCLA Bruins face the USC Trojans in a dual track meet at USC on May 5. Jim Spear is organizing this year's group outing.

❖ A legitimate speeding record: continue to send those PR times to [wenise@ucla.edu](mailto:wenise@ucla.edu) after your races.

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