



The Sierra TrailBlazer

Vol 35 Iss 6

Founded in 1978

June 2012

www.nccn.net/~strc or www.sierratrailblazers.com

The *Sierra TrailBlazer* is the newsletter of the Sierra TrailBlazers Running Club, published monthly.

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The views expressed in *The Sierra TrailBlazer* are those of the author and do not necessarily express the views of the Sierra TrailBlazers Running Club, its Board of Directors or the Editor.

Deadline for articles for the newsletter is no later than the 28th day of the month.

Sierra TrailBlazers Running Club
P.O. Box 1811, Cedar Ridge, CA 95924

Yearly dues are \$20

See back of address page

Make check payable to STRC



PRESIDENT'S MESSAGE

Gary Loucks, President

Since I combined the April and May newsletters, I forgot to add the May Birthdays. I added them below, although they are now a month late. Hope you all had a happy one!



TREASURER'S REPORT, APRIL

Bridgette Holzapple, Treasurer

	Balance
Beginning balance	\$1561.54
Deposits	67.00
Expenses	35.00
Ending balance	\$1593.54

<u>Deposits</u>	Membership	\$ 67.00
<u>Expenses</u>	Newsletter/postage	\$ 35.00



STRC WS100 AID STATION

Gary Loucks, President

We have 18 club members volunteer for the Michigan Bluff Aid Station so we requested 3 more from the WS foundation. They have a pool of a few volunteers who aren't affiliated with a running club. This year's WS starts on Saturday, June 23.



MAY BIRTHDAYS

Keith and Lynne Hurrell, Membership

Day	Name	Day	Name
01	Alex Danner	15	Barry Turner
02	Joan Bumpus	15	Catherine Alkire
02	Clayson Beardall	16	Greg Wilbur
09	Joe King	18	Diana Cooley
14	Tsuru Ellsworth	30	Carle Bumpus



JUNE BIRTHDAYS

Keith and Lynne Hurrell, Membership

Day	Name	Day	Name
01	Ed Sylvester	18	Michael McAlister

02 Felipe Gaitan 19 Catherine Sullivan
07 Ian Rowe 27 Herman Lubbers
16 Elaine Sierra 30 Sierra Spaulding



RACE RESULTS

Grand Prix Run results: www.nccn.net/~strc or www.sierratrailblazers.com

Please send your race results to the newsletter Editor to have them listed in this column.

GV=Grass Valley; NC=Nevada City; PV=Penn Valley; SR=Santa Rosa; YC=Yuba City

Saturday, April 7, American River 50 Miler, Sacramento to Auburn:

Jeff Boutte M49, GV, 8:32:24

Abby Hunter F41, NC, 8:48:04

Sunday, April 15, Zoo Zoom 10K, Sacramento:

Steve Bond M55, NC, 39:20

Ron Gross M74, NC, 48:36

Rachel Leonard F36, GV, 53:49

Rene Simon F44, GV, 69:05

Sunday, April 15, Zoo Zoom 5K, Sacramento:

Nicholas Sperling M32, GV, 24:45

Glen Wheeler M24, GV, 25:23

Dan Parker M24, GV, 32:55

Jackie Wheeler F45, GV, 35:47

Gage Newsom M10, NC, 35:49

Jennifer Hess F42, NC, 35:57

Sarah Parker F53, GV, 37:45

Dylan Foster M24, GV, 50:55

Bob Foster M66, GV, 54:17

Saturday, April 28, American River Parkway Half Marathon:

James Pelton M32, GV, 1:35:56

Sean Rockwell M33, GV, 1:35:57

Michael Marschik M53, GV, 1:38:28

Jason Hacche M25, GV, 1:48:32

Bridgette Holzapple F48, GV, 1:57:04

Katie Reis F21, GV, 2:06:09

Michele Hughes F46, GV, 2:07:38

Linda Hegle F63, GV, 2:07:43

Lisa Faber F37, GV, 2:10:22

Kirsten Dutton F28, NC, 2:13:29

Kathy Scott F49, GV, 2:16:49

Tiana Rockwell F31, GV, 2:17:01

Heather Bullis-Cruz F43, PV, 2:19:08

Jamie Kearns-Aguirre F35, GV, 2:28:16

Jennifer Stark F45, NC, 3:22:02

Sunday, May 6, Divas Half Marathon, San Francisco:

Teresa Martinez F39, GV, 1:48:23

Lillie Piland F34, NC, 1:56:07

Amanda Helmuth F40, NC, 2:00:07

Kristin Aguilar F44, GV, 2:16:20

Dawn Gillis F42, GV, 2:18:12

Peggy Davidson F52, NC, 2:18:44

Cassie Davidson F21, NC, 2:18:44

Heather Troncao F38, GV, 2:19:53

Sunday, May 6, Sun Run 5 Miler, Fair Oaks:

Steve Bond M55, NC, 33:09

Ron Gross M74, NC, 40:58

Sunday, May 6, Rock 'n River Marathon, Reno:

Sonja Normann F46, NC, 5:41:24

Sunday, May 6, Rock 'n River Half Marathon, Reno:

Willis McNeill M60, GV, 1:55:48

Steve Linden M68, NC, 2:15:37

Michelle Brown F49, NC, 2:22:34

Jeanine McNeill F68, GV, 2:39:37

Marion Linden F68, NC, 2:50:07

Sunday, May 6, Rock 'n River 10K, Reno:

Chris Badolato M34, Reno, 37:24 (1st overall)

Frank Ribeiro M68, GV, 55:04

Joan Bumpus F69, PV, 64:46

Elaine Sierra F67, GV, 68:13

Sunday, May 6, Avenue of the Giants Marathon, Weott:

Drue Mathies M65, NC, 4:00:42

Mark Erickson M57, NC, 4:23:04

Leatrice Erickson F56, NC, 5:01:41

Sunday, May 6, Avenue of the Giants Half Marathon, Weott:

Collen Gulas F53, NC, 1:31:50

Neil Gulas M55, NC, 1:58:59



2012 GOLD COUNTRY GRAND PRIX

Note: There are 11 races in this year's GP. If anyone runs in all 11, their top 10 point totals will be calculated. If you have one bad race, you can try to make it up at a later race. If available, race fliers for the GP races can be found at: www.sierratrailblazers.com



RACE SCHEDULE



GRAND PRIX #1

Sunday, April 15, **Daffodil Run**, 5 & 10K, Western Gateway Park, Penn Valley.

DONE



GRAND PRIX #2

Saturday, April 28, **Spring Run**, 5 & 10K, United Methodist Church, Nevada City.

DONE



GRAND PRIX #3

Saturday, May 19, **Community Run**, 5 & 10K, Twin Cities Church, Grass Valley.

DONE





GRAND PRIX #4

Saturday, June 2, 8AM, **Harmony Run**, 8K, Pasquale Road, Cascade Shores, (530) 273-2703. www.nuchoir.org



Sunday, June 3, 8AM, Women's Fitness Festival 5K, Capitol Mall, Sacramento, 916 441-1751. www.womensfitnessfestival.com

Saturday, June 9, 7AM, Tahoe Relay, Lake Tahoe, (530) 877-9731. www.laketahoerelay.com

Sunday, June 17, 9AM, Burton Creek Trail Marathon, Half Marathon, 10K & 5K, Burton Creek State Park, Tahoe City, 530 546-1019. www.bigblueadventure.com

Saturday, June 23, 5AM, Western States 100 Mile Endurance Run, Squaw Valley to Auburn, 916 387-8796. www.ws100.com

Saturday, June 23, 8:30AM, Coloma Gold Rush Trail 5.4 Miler, Marshall Gold Discovery Park, Coloma, 530 409-2989. www.tctrans.com

Saturday, June 30, 8:30AM, Run 4 Independence, 5 & 10K, Elk Grove Regional Park, Elk Grove, 916 685-8453. www.run4independence.com



GRAND PRIX #5

Wednesday, July 4, 8AM, **Freedom Run**, 5K, Nevada Union High School, Grass Valley, (530) 470-9069. www.nurunners.com



Saturday, July 14, Moo-nlight Half Marathon (7PM), 10K & 5K (7:10PM), Kaiser Permanente, Davis, 530 757-2012. www.changeofpace.com

Saturday, July 21, 8AM, Eppie's Great Race, Triathlon, 5.82M Run, 12.5M Bike, 6.35M Paddle, American River Parkway, Rancho Cordova & Sacramento, 916 480-0270. www.eppiesgreatrace.org

Sunday, July 29, Blood, Sweat & Beers Runs, 10.5M (7:30AM First Wave) & 5.9M (8:30AM First Wave), Railhead Park, Auburn. www.bloodsweatbeers.com



GRAND PRIX #6

Saturday, August 4, 8AM, **Bear River Run**, 5K, Bear River High School, Grass Valley, (530) 308-6959. www.sncchamber.org



Saturday, August 11, Echo Summit Trail Runs, 50M & 50K (6AM), 20M & 10M (8AM), Adventure Mountain Snow Park, Echo Summit, Twin Bridges, 530 409-2989. www.tctrans.com



GRAND PRIX #7

Sunday, August 19, 8AM, **Kellermann Run**, 5 & 10K, Sportsman's Club, Nevada City, (530) 798-8858. www.kellermannfoundation.org



Sunday, August 26, 7AM, Santa Rosa Marathon, Half Marathon & 5K, Juilliard Park, Santa Rosa. www.thesantarosamarathon.com



GRAND PRIX #8

Saturday, September 8, 8:30AM, **Hunger Run**, 5 & 10K, Pioneer Park, Nevada City, (530) 320-9284. www.foodbankofnc.org



Saturday, September 22, Gold Rush Runs, 10M (8:30AM), 10K (8:45AM), 5K (9:00AM) & 1M (9:15AM), El Dorado Trail, Placerville, (916) 381-1300 x170. www.goldrushfunrun.com



GRAND PRIX #9

Saturday, September 29, 9AM, **Cystic Fibrosis Run**, 5K, Empire Mine State Park, Grass Valley, 274-6691. www.snmh.org



GRAND PRIX #10

Sunday, October 27, 8:30AM, **Falling Leaves Run**, 5 & 10K, Nevada City, (530) 277-9936.



GRAND PRIX #11

Thursday, November 22, 8:30AM, **Turkey Trot**, 5 & 10K, Nevada Union High School, Grass Valley, (530) 913-3782. www.meb2turkeytrot.com



CLUB DISCOUNTS

Present your membership card for a discount. Not all goods and services qualify for discount.

BICYCLES/CLOTHING/ SHOES/ETC.

Trkac (pronounced "Tracks"), Running Store
Asics, Brooks, Mizuno, New Balance, Saucony
Club member owned business.

K-Mart Center, 101 W McKnight Way, Grass Valley, 274-4422

Empire Shoes, 112 Mill St., Grass Valley, 477-2444. Brooks, Mizuno and New Balance. **10%** discount.

Mountain Recreation, 491 East Main, Grass Valley, 477-8318. Outdoor outfitter, **10%** discount.

CHIROPRACTIC

Dr. Kris Van Oeveren D.C.: **free 1st time consultation** or **½ off first visit** to all club members, 478-5893.

DENTAL

Barry Turner DMD, 273-6168. **Club member.**

FINANCIAL

Karin Willis Quinn CPA, 478-9375. **Club member.**

HEALTH CLUBS

Club Sierra, Grass Valley 477-8800	Corporate Rate
South Yuba Club, Nevada City 470-9100	Corporate Rate
South Yuba Club, Grass Valley 272-7676	Corporate Rate

PERSONAL CARE

Feet First, Judi Robison, Certified Reflexologist, Holistic Health Practitioner, 202 N. Pine St., Nevada City
Free manicure with purchase of a power pedicure for \$75 (1.5 hour of renewal energy to feet and body)

By Appointment Only, 271-7771, web site: www.cafeetfirst.com

BeautiControl Skin Care and Image Consultant, Mary Hodge, 916 684-4933. **Club member.**

Francine's Hair Cuts, a great haircut in a chemical-free environment.

\$5.00 discount to all club members all the time; Francine, 272-9004. **Club member.**

Massage, Anne King, CMT, 265-4389. **Club member.**

PHYSICAL THERAPY

Jack Emery, Emery Physical Therapy, 1020-D McCourtney Road, Grass Valley, 274-8720. **Club member.**

PROFESSIONAL

Charles R. Farrar, Jr., Attorney, 273-0800. **Club member.**

Janice Knight, YrCoach, Business & Professional Coaching. **Club member.**

1 hr. comp session free, 273-0700, www.yrcoach.com

Greg Wilbur Construction, new construction and remodeling, 265-5588. **Club member.**

REAL ESTATE

Patty Bridges-Riedl, Coldwell Banker Grass Roots Realty
913-4000, website: www.pattybridges.com **Club member.**

1 year Home Warranty at Close of Escrow for your home/land sale or purchase

Excellent personal and professional service

RESTAURANT

Afternoon Deli

Present your membership card for a **10%** discount (excludes beer and wine)

Burgers, sandwiches, soups, salads, gyros, falafels, vegan, vegetarian

Club member owned business.

K-Mart Center, 101 W McKnight Way, Grass Valley, 273-6066



JUNE-JULY CLUB CALENDAR
(For details on the calendar, call 470-0837)

DAY	DATE	TIME	EVENT	LOCATION
Saturday	June 2	8:00 AM	HARMONY 8K GP4	Cascade Shores
Sunday	June 3	7:30 AM	Fun Run/Walk	Harmony Ridge Market
Saturday	June 9	7:00 AM	TAHOE RELAY	Lake Tahoe
Saturday	June 9	7:30 AM	Fun Run/Walk	Rattlesnake & Lower Colfax
Saturday	June 16	7:30 AM	Fun Run/Walk	Empire Mine
Sunday	June 17	ALL DAY	FATHER'S DAY	USA
Saturday	June 23	5:00 AM	WESTERN STATES 100	Squaw Valley to Auburn
Sunday	June 24	7:30 AM	Fun Run/Walk	Hirschman Trail
Saturday	June 30	7:30 AM	Fun Run/Walk	NU High School
Wednesday	July 4	8:00 AM	FREEDOM 5K GP5	NU High School
Sunday	July 8	7:30 AM	Fun Run/Walk	Harmony Ridge Market
Saturday	July 14	7:30 AM	Fun Run/Walk	Allison Ranch & McCourtney
Sunday	July 22	7:30 AM	Fun Run/Walk	Rattlesnake & Lower Colfax
Saturday	July 28	7:30 AM	Fun Run/Walk	Chicago Park PO
Saturday	August 4	8:00 AM	BEAR RIVER 5K GP6	Bear River High School
Sunday	August 5	7:30 AM	Fun Run/Walk	Hirschman Trail
Saturday	August 11	7:30 AM	Fun Run/Walk	Harmony Ridge Market
Saturday	August 18	7:30 AM	Fun Run/Walk	NU High School
Saturday	August 19	8:00 AM	KELLERMANN 5K GP7	Sportsman's Club, NC
Tuesday	Every Week	7:30 AM	Running/Walking Groups	Methodist Church, NC
Thursday	Every Week	7:30 AM	Running/Walking Groups	Empire Mine, Penn Gate

Hirschman Trail: Hwy 49 just past the Rood Center, turn right on Cement Hill Rd., small parking area on left. Turn right into the back entrance of the Rood Center for more parking.

Harmony Ridge Market: Highway 20 across from the 5 Mile House.



Sierra TrailBlazers Membership Application

Sierra TrailBlazers Running Club

P. O. Box 1811

Cedar Ridge, CA 95924

www.sierratrailblazers.com or www.nccn.net/~strc

Please check any position that may be of interest:

President _____	Vice President _____	Secretary _____	Treasurer _____	Membership _____
Newsletter _____	Email Tree _____	Phone Tree _____	WS Aid Station _____	Social Events _____
Race Director _____	Race Helper _____	Other _____		

<input type="checkbox"/> Renewal <input type="checkbox"/> New Membership <input type="checkbox"/> Address/Phone Change from last year

DUES: \$20 per household per year (July 1 – June 30) *

Newsletter by Email _____ USPS _____

Name _____

Address _____

City _____ State _____ Zip _____

Home phone _____

Work phone _____

DOB (Month Day) _____

Email _____

Household members (family membership)

Name _____ email _____ DOB (Month Day) _____

Name _____ email _____ DOB (Month Day) _____

Name _____ email _____ DOB (Month Day) _____

Name _____ email _____ DOB (Month Day) _____

Name _____ email _____ DOB (Month Day) _____

Membership Application Waiver

In consideration of your accepting my membership to the Sierra TrailBlazers Running Club (hereinafter called the STRC), I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against the Road Runners Club of America, the STRC and all sponsors, their representatives, successors and assigns for any and all injuries suffered by me in any "events" sponsored by the STRC. "Events" are all-inclusive: meetings, seminars, potlucks, footraces, group training runs, fun runs, group walks and any other gatherings of club and non-club members for the purpose of promoting a healthy life style. This includes participating as a volunteer in the aforementioned club events or as a runner/walker.

I know that running and volunteering to work in club events, including races, are potentially hazardous activities. I should not volunteer or run in club activities unless I am medically able and properly trained. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the roads/trails and traffic on the course, all such risks being known and appreciated by me.

I agree to hold all the above mentioned organizations harmless, even though any risks may arise out of negligence or carelessness on the part of the persons named in this waiver. I also waive all rights I may have under California Civil Code section 1542, which provides that a general release does not extend to claims which the releasing party does not know of or suspect to exist.

I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of club events for any legitimate purpose. As part of this release and waiver, I acknowledge that I have read and understand all of the above.

Signee below must be a parent or guardian representing the whole family listed at the top of this application.

Signature _____ Date _____

Mail to: STRC, P. O. Box 1811, Cedar Ridge, CA 95924

(Dec. 2011)

* July-September \$20; October-December \$15; January-March \$10; April-June \$5; thereafter \$20 due on July 1.



Sierra Trailblazers R.C.
P.O. Box 1811
Cedar Ridge, CA 95924