

**OVER THE HILL TRACK CLUB
HISTORY
1974 TO 2017**



TURKEY TROT 2016



MOJAVE DESERT RUNNER

Rising before the sun to enter this alien, surreal, yet boldly formed environment of chaos, the runner's lungs labor with warm arid wind ,while legs struggle, finding their place in dirt among fractured rocks.

The mind overwhelmed by a sky, majestic encircling the insignificant being below.

Morning light rolls over the hills from the east pushing large rock formations upward to meet clouds in a

haunting architecture, infinitely varied and creative, giving an endless show of delightful movements

of color, teasingly aloof, momentarily fleeting.

The runner becomes a pilgrim passing through this harsh place, seeking physical therapy, drinking of its spirituality until drunk with reality, struggling to fathom this sacred place called the

Desert.

John E Anderson

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PROLOGUE (Starting Line)

"Life is like a bicycle. To keep your balance, you must keep moving."

Albert Einstein

Albert Einstein's quote is particularly appropriate for this running club on the high desert. Not only is the quote from a famous scientist, but it suggests that a runners' legs are only improved if they keep practicing, and in doing so, their mental condition and balance is improved.

Our club was created by a group of scientists, engineers, technicians and administrative personnel working on what was then the Naval Ordnance Test Station (NOTS). Fortunately, we civilians had access to a very large gymnasium at no cost. In the early 1960's, this gym was the focus of our noontime activity, whether it was swimming, running or weight lifting, often a combination of the above.

By the early 1970's, many of the gym workout group had started running during their lunch time. At first, we were running from the gym to the stables along the extended Inyokern Road for an approximate 4-mile run, other times we would run from the gym around the golf course or around Mirror Lake. As we improved, we ran year-around,

even in the 100-plus summer temperatures. We discovered that running from spring to summer prepared the body for the higher temperatures.

As one could imagine, with a body of mostly ego centered males, the running often turned into a race back to the gym. However, this racing mentality improved our condition, and before we knew it we were running longer distances. I remember several runs from the gym to the top of Tower Mountain (next to "B" Mountain) and a few runs out of the front gate on the railroad tracks to the intersection of Inyokern Road and Highway 395.

On one run along Inyokern road, during the Iranian crisis, we were stopped by NOTS police and questioned. Of course, no one ran with their passes. That run was cut short!

EARLY HISTORY

"Leadership is a challenge to something more than average."

Jim Rohn

Our founder was **Richard Hughes**. Richard was a noted electronic scientist on the base. Richard was an achievement oriented type A personality. He raced motorcycles in the desert from 1963 to 1972, and during that time he also ran to keep himself in condition. He was a sprinter (100, 220, 440 yds.) in high school as well as college. In 1972 he entered many AAU road races in Southern California at age 35 in the sub-master age group. At this time Richard's son Stan was running with Roland Veon's "Maturango Milers". Richard decided to put on

several 2- and 3-mile cross county runs near Trader May's on South China Lake Blvd.

All the organized cross county races required timers and race officials. Richard's friends stepped up to help. The late Budd (Don) Ruff and wife Ann, along with Sally and Ray Caruso and Richard's wife Janet, devoted countless hours to enable several races to go off without a hitch. I cannot overemphasize how important these volunteers were. Without their dedication, the club would never have become the success it is today. Budd was especially dedicated as he timed many years of the Inyokern 10-mile run as well as many other races throughout our history.

In early 1973 Richard was encouraged by the turnout for these early races and took the next step of advertising a meeting to form a club. The first task of organizing the club was to pick a name. I suggested "Over the Hill Track Club" as a name. The inspiration behind the name was the hills south of Ridgecrest. That name was quickly adopted. Over the years some new members asked; "I am not over 40 yet, can I join the club?" Richard was elected as first president.

The club conducted or participated in many races in the early years, such as a Fair Grounds 4-mile run, an MWR AAU 10K race on the base, a MWR mini triathlon, several 24-hour relays and 50-mile team relays. Richard created our first Inyokern 10 run, which took place on Mother's Day, 1974. Richard won that race in around 57 minutes, and his friend, high school runner George Burdick, was second. Thus, began our enduring and still conducted Inyokern 10 miler.

It is worth noting that Richard Hughes had a short running career. In 1974 he was in training to run his first marathon and was selected to run the Western Hemisphere Marathon in Culver City that December.

A female runner named Jackie Hansen passed Richard in the race and went on to set her world record of 2 hours and 43 minutes. About three miles from the finish, Richard felt pain in his left knee and he finished in around 2:47 or 2:48. His pain was later diagnosed as torn tendons and ligaments. After resting a couple of weeks, Richard entered in the Open Mile Bowl at San Bernardino and won that race in 4 minutes and 36 seconds. Richard's son Stan ran a 4:35 in his age group in that race. Richard's knee pain never when away after that race, and he quit running and went back to racing motorcycles.

The Maturango Milers

About the same time OTHTC was being organized, Roland Veon started a youth running club called the Maturango Milers. This was a club separate from the school system that competed against other city youth running clubs. They would travel sometimes long distances to join other clubs in running events in Southern California and even in other states, such as Washington State and even one trip to St., Louis.

The parents would sometimes help with the travel costs; however, Roland and his wife Melba would often shoulder a large part of the expenses.

This club was a spring board for young runners to enter OTHTC events, and it contributed to the growing runner population in our valley.

Roland Veon and his wife and their many volunteers are another example of unselfish persons that devote energy, resources and time to make our community great.

Roland was honored with a 40th celebration of his club by many members that came from far and wide to honor him for being there for them when they were young.

When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another."

Helen Keller

Our Logo

David Rugg was the first to come up with the mountain version of OTHTC where the Ts connected with the H as well as the O and C.



Later, he put the Tower and "B" Mountain profile in the background of OTHTC. Thus, he essentially designed the basic version of our logo. Others have since put the Owens peak mountain profile in the background. The other logo object that David first made was the wooden version of our logo.



Thus, we enjoy a very meaningful logo, proving that a picture is worth a thousand words!



EARLY CLUB EVENTS

OTHTC members enjoyed the camaraderie of team events, and one type of early team event was the 10-man 24-hour relay, each runner would run one mile around a track and hand off to the next team member over the twenty hour timed event. This was a very arduous effort on each member, especially when the time approached, and one was tiring out as the miles added up. The runners would take tents and sleeping bags, along with various food items that would hopefully keep their energy level up to the task,

If the team was lucky, all 10 members would last through the whole 24 hours. However, quite often one or two members would drop out due to injuries, so the team would be reduced to fewer members running with less rest. As an example, suppose each member would run a mile somewhere between 5:30 and 6:00 minutes. That would result in each member would be up and running their fastest about every hour throughout the event. Most runners would find their mile times going from under 6 minutes to well over 6 minutes. Yes, you must be young and competitive!

Perhaps the first 24-hour relay in which an OTHTC team competed took place in Victorville. Runners earned a nice t-shirt for their efforts. The newspaper article below tells the story.

Track club team clocks over 231 miles in marathon

The Over-the-Hill Track Club finished in second position out of the fourteen teams entered in the gruelling 24 hour, 10 man relay held at Victorville this weekend.

They covered the astonishing distance of 231 miles, 570 yards (an average of 6 min 15 seconds per mile) and finished only five miles behind the victors, Victor Valley High School, who were the 1975 Golden League Cross Country Champions.

The team in running-order were Norm Nieberlien, John Anderson, Dave Rugg, Dick Hughes, "Scotty" Broyles, Byron Richardson, Mike Hartney, Gerald Ansell, Frank Freyne, and Steve Bovee.

Their average age is 36 years which includes the "cradle-snatched" Byron Richardson who is a mere 24 years.

This national relay was organised by the Victorville Parks and Recreation Committee in conjunction with "Runners World" magazine. The 10 runners in each team carry the baton for one mile then hand it over to the next team member until 10 miles have been run.

This cycle is repeated for 24 hours. If a team member is unable to complete a mile or start he is out of the race and the team must continue without him.

The world record for such an event is held by the 1972 U.S. Olympic Team (298 miles). The local area record, until last Saturday, was 234 miles.

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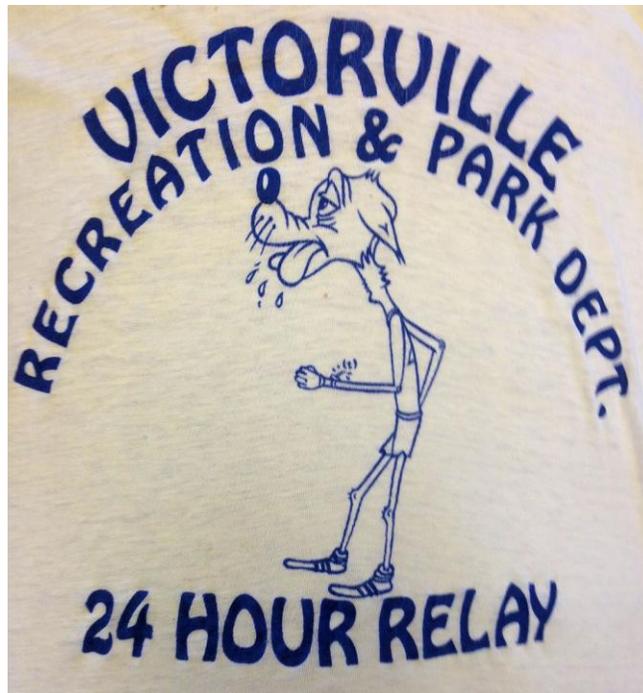
The incredible day started in a scorching 90 degree temperature at 9 a.m. on the Ray Moore track with the carefully chosen and imperturbable Norm Nieberlien kicking off with a personal best mile of 5 min 38 sec.

Good natured encouragement from the younger contestants included such comments as "the old fellas from the rest home at Ridgecrest" and "the Geritol mob." However, as the long hours slowly passed these changed to "don't you old guys ever slow down".

Amongst the numerous highlights of the whole event were Dick Hughes and Manuel Castillo (Golden League 2 mile champion and runner-up in Golden League Cross-County) racing each other neck and neck at 2 a.m. in the morning to record unbelievable 5 min 13 sec miles.

On his 23rd mile (6 min 18 sec) "Sotty" Broyles overtook a finishing victorious Victor Valley team member then proceeded to demolish his partner. Steve Bovee ran a 6 min 1 sec mile around midnight.

With another year of training (average age then 37) we are going to beat the 240 mile mark said club President Dick Hughes.



This team competed in a 24-hour relay at the Burroughs High School track, sometime after 1978



Front row from left: Alex Shlanta, John Anderson, Leo Barglowski, Scotty Broyles, Norm Neiberlien. **Back row from left:** Jerry Ansel, Paul Mikonas, David Rugg, Bill Norris, Dick Wisdom.

Another early event in which many club members participated was an AAU-sanctioned 10K sponsored by the base recreational department. Notice the date on this article, it's Nov 1974 and the 10K race was held on NOTS China Lake Streets with the aid of China Lake police helping with traffic control. Notice Bill Duncan (the tall guy in the upper left). There are no women's times in the article--maybe there were no female participants!



DAILY INDEPENDENT A-7
Ridgecrest, Calif., Mon., Nov. 4, 1974

Pack makes tracks...

FIFTY RUNNERS jockey for position at the start of the AAU-sanctioned 10-kilometer road race here on Saturday. The event—and the accompanying 10-kilometer race walk—drew more than two dozen competitors from the Southern California area.
—Photo by Al Wilson

First local AAU meet draws fast-paced field

The first AAU road run and race walk to be held in the Indian Wells Valley was a success, with 50 runners and nine walkers - nearly half of them veteran competitors from the Southern California area - participating in the Saturday event. The meet was sponsored by the Over-the-Hill and Maturango Miler track clubs in cooperation with NWC special services.

Fast times were clocked by the various runners in the 10-kilometer

road race. Eddie Halpin, 56, won the over-50 class with a respectable 39:31 clocking, while Joyce Rowley was first in the women's division with a 42:34 performance. Second in the women's run was 11-year-old Valerie Shantler of Ridgecrest (43:51.)

Locals John Anderson and Byron Richardson took first in the 40-49 and 16-29 men's classes respectively with 38:19 and 38:34 runs. Norm Rodewald came all the way from Camarillo to take the 30-39 class (39:46.)

Ed Bouldin and Mark Randle of Los Angeles finished one-two in the race walk, while Travis Veon of Ridgecrest copped the 13-under class with a 63-47 walk over the 10-kilometer course.

The two youngest participants in the event were Patti McChesney and Jeff Absalon, both eight years old. Patti recorded a 62:48 in the women's division and Absalon completed the run in 48:16, good for second-place in the 15-under class.

After a short early-morning rain,

the weather cleared for the race. The runners and walkers were pleased with the course layout, while special services and the China Lake police department did a good job on traffic control. Numerous volunteers also enhanced the meet, handling sign-ups, timing and awards.

11. Dwayne Harms 48:43; 12. Earl Townsend 49:36.

40-49
1. John Anderson 38:19; 2. W.H. "Scotty" Broyles 40:34; 3. Bruce Robinson 40:52; 4. H. Hanlon 41:46; 5. Ray Jacobson 43:57; 6. Joe Kovar 46:32; 7. Leo Berglowski 47:14; 8. Paul Mikonis 53:27.

Over 50
1. Eddie Halpin 39:31; 2. K.G. Taki 41:17; 3. Bob Gilkinson 56:40; 4. Carl Winkler 67:59.

15 & Under
1. Mark Pohl 43:15; 2. Jeff Absalon 48:16; 3. Dan Gagliardi 50:06.

Women
1. Joyce Rowley 42:34; 2. Valerie Shantler 43:52; 3. Daniella Sapriel 49:00; 4. Suzanne Haney 50:12; 5. Connie Rodewald 58:26; 6. Patty McChesney 62:48.

RACE WALK
Open
1. Ed Bouldin 47:43; 2. Mark Randle 51:06; 3. Len Burkhead 58:37; 4. Quint Randle 63:41; 5. Mike Slates 63:48.

Vets
1. Harold McWilliams 60:00.
13 & Under
1. Travis Veon 63:47; 2. Danny Rugg 67:45; 3. Eric Jonke 77:08.

Top Ten

1. Marvin Rowley 32:16; 2. Skip Shaffer 32:50; 3. Paul Tiagas 33:54; 4. R. S. Hughes 34:13; 5. Frank Freyne 34:35; 6. Bill Peck 34:40; 7. Bill Hammer 35:01; 8. Ed Field 35:43; 9. Donald Boulanger 36:14; 10. Eric Kallwara 37:52.

16-29

1. Byron Richardson 38:34; 2. Rex Hall 39:02; 3. Ed Larosche 40:04; 4. Paul Storey 42:52; 5. John Williams 44:27; 6. Pete Grossnickle 44:54; 7. Steve Bovee 45:35.

30-39

1. Norman Rodewald 39:46; 2. Norm Nibberlein 40:15; 3. Wes Alderson 40:29; 4. Robert Alltop 41:28; 5. Bill Duncan 42:14; 6. Frank Butum 42:28; 7. Gerald Ansell 44:33; 8. David Rugg 45:06; 9. John Williams 45:27; 10. Dave Lehmann 47:08;

Inyokern 10-Mile Run

This next section was written by Dianne Rindt. Dianne is our current president and has been with the OTHTC for many years. In addition to her being a fast and very competitive runner, she is a retired mathematician which you can see from her attention to detail and graphs. Thank you, Dianne, for the article.

By Dianne Rindt

This article was originally written for the celebration of the 40th anniversary of the Inyokern 10-mile Run, held on May 10, 2014.

The OTHTC Inyokern 10-mile Run is the longest-running of any event that the OTHTC has put on. It was first held in 1974. On the 40th anniversary of the event, I gathered some past results and newspaper articles to take a look at how that run has evolved over the years. I also received contributions from some past race directors.

This article focuses, though, on my personal memories, which span the period from 1979 through 1990, when I ran the event most of those years. After that, my participation was only occasional, and my personal knowledge is limited.

During the late 70's and 80's, the running boom was going full steam in Ridgecrest, and the OTHTC put on many competitive races during the year on the streets of the Naval Weapons Center housing area and in Ridgecrest. The Inyokern 10-mile was arguably the largest of these runs, and race participants spanned the gamut of serious runners, casual runners, high-school track and cross-country team members, and active people of all ages who, while not training specifically for running, would nevertheless come out and run or walk the 10 miles. The run was often a family affair, with kids as young as 9 or 10 joining in.

By 1980 the number of participants had swelled to 180, and a dual start time format had been established. The two groups were called Runners and Joggers, with the Joggers starting first. The Runners usually consisted of the more serious runners. The Jogger group was made up of everyone else—less serious runners, walkers, and sometimes serious runners who didn't want to admit to being serious,

or who wanted to get a jump on the inevitable temperature rise as the morning progressed. The tiered start did allow many of the joggers to arrive at Inyokern Park before the most competitive runners, and provided a cheering audience for them at the finish line.

A bring-your-own picnic in Inyokern Park became a popular post-run social activity. This also served to keep the runners around until the awards could be determined. Runners would bring their own lunches, and the club traditionally provided some form of liquid refreshment. I remember the runners' punch (I think John Anderson was responsible for the recipe) which consisted of fruit juices and carbonated soda, possibly embellished with some type of alcohol.

The course as it still does, began near the intersection of highway 395 and old 395, and followed old 395/Brown Road into Inyokern. A left turn led to the finish line on the south edge of Inyokern Park. The course was not quite 10 miles long—closer to 9.8 by my guess. An out and back course, starting and finishing at Inyokern Park, was also used for a few years. In recent years, a course very close to the original course, ending at the Inyokern Senior Center, has been used.

I always enjoyed the downhill start, even though there is the potential to get lured into a too-fast pace. There can be a headwind over the first few miles, where the prevailing wind from the southwest whips around the north end of a ridge. If not immediately apparent, you can start to notice that head wind after the euphoria of the first mile wears off. But if that's the case, you know that once you ease around the corner and head north, the effect of the headwind will fade, and you may even be helped by a tailwind.

The event was quite competitive, even attracting some out-of-town runners. Some fast times were posted by both local and out-of-town participants. The best times (for years for which I have records) were posted in 1977. Marvin Rowley (from Lancaster, I believe) won in 52:22, and a Susie Sanchez posted a winning female time of 59:51. That's the only female time under an hour in the records I have.

Notable among the out of town competitors was Danny Contreras, a track coach from UC Riverside, who won in 1978, then again in 1980 (in 57:11) and 1981. Contreras brought along a protégé, Denise Bedford, who dominated the women's field in 1981, 82, and 83. They would later marry.

But in 1982, local runner Bill Wilson narrowly defeated Contreras with a 55:14 finish. Wilson is an Aussie who was working as a research chemist at the Naval Weapons Center (as it was then called) on a fellowship. He remained in the area for several years before returning to Australia, and would win again in 1986.

Perhaps the most competitive finish occurred in 1983. Ridgecrest runner Bob McDiarmid, an ex-Navy SEAL, narrowly beat another local, Gill Cornell, 55:57 to 55:59. And local Navy man Bill McNabb outpaced a returning Contreras for third place, by just one second, at 57:02.

In a close finish among the female competitors, Ridgecrest runners Suzanne Haney and Jerry Mumford finished one-two in 1980, 1:10:27 to 1:10:31. However, the two had started in separate groups, so that they were not afforded a head-to-head finish.

Although out of town runners did garner many of the first-place awards in those years, the competition that they brought to our race helped pull many local runners to faster times. Local runners who have turned in times under the hour mark include:

Bill Wilson	55:14	1982
Elias Diaz	55:17	1984
Tom McMahon	55:26	1977
Bob McDiarmid	55:57	1983
Gill Cornell	55:59	1983
Tom Brown	56:42	1989
Bill McNabb	57:02	1983
Howard Miller	57:10	1986
Tom Rindt	57:11	1985
Bob Kepler	57:13	1999
John Stoessel	57:14	1983
Bob Vest	57:26	1982
Edward Lee	57:26	2008
Mike Harrie	57:37	1977
Gerald Killeen	57:50	1985
Josh Boston	57:54	2014
Jan Barglowski	57:59	1985
Mike Griesemer	58:30	1990
Alan Warren	58:40	1985
Christian Shultz	58:40	2014

Joe Oliver	58:45	1983
Frank Freyne	58:59	1977
Brice Hammerstein	59:01	1983
Eric Faiz	59:13	1986
Mel Foremaster	59:31	1977
Norm Neiberlein	59:47	1977
Ron Ryan	59:50	1986

From this list, Tom McMahon served as president of the OTHTC at some point in the late 70's or early 80's before leaving the area. Bob has remained in Ridgecrest. He taught at Pierce School for many years. Gill Cornell went on to do well in ultra-distance races like Western States and the Badwater to Mt. Whitney (when it officially went all the way to the summit of Mt. Whitney!) Tom Rindt turned in several sub-one-hour times, as did Bill Wilson, John Stoessel, and Joe Oliver. Jan Barglowski, Howard Miller and Ron Ryan were BHS students who achieved excellent finish times in this race. Frank Freyne was very active in the OTHTC before moving to the Riverside area. He was race director for runs such as the President's Day 8-mile Prediction Run and the Rattlesnake Relay (3 x 3-miles) for several years. Norm Neiberlein moved to Reno and told friend and OTHTC member Dave Rugg about an interesting 7-person relay around Lake Tahoe. In 1982 Rugg led a team of OTHTC members to that race, and OTHTC participation continued into the early 90's. One year we fielded five teams!

Some notable Inyokern 10 results for a few now-veteran runners still active in OTHTC events:

John Shillings	1:01:01	2001
Mike Mumford	1:01:30	1989
Eric Kajiwara	1:01:55	1977
James Furnish	1:03:55	1985
John Anderson	1:03:57	1977
Tom Miller	1:04:34	1984
Scotty Broyles	1:05:47	1983

I'm sure Scotty was into his 50's by the time he ran the 1983 race.

Among the female runners, some locals posting times under 1:15 are listed below.

Dianne Lucas (Rindt)	1:05:41	1985
Kathy McElroy (Watkins)	1:06:53	1987
Mary Moore	1:07:28	1989
Suzanne Haney	1:10:27	1980
Jerry Mumford	1:10:31	1980
Kathy McDonough	1:11:09	1983
Marla McBride	1:11:29	1983
Hayley Benson	1:11:34	2006
Linda Bens	1:11:45	1982
Julie Smith	1:12:50	1980
Lindsay Shaw	1:13:36	1981
Nicole Godette	1:14:31	2014
Erica Freeman	1:14:32	1996
Joyce Howard	1:14:42	1984

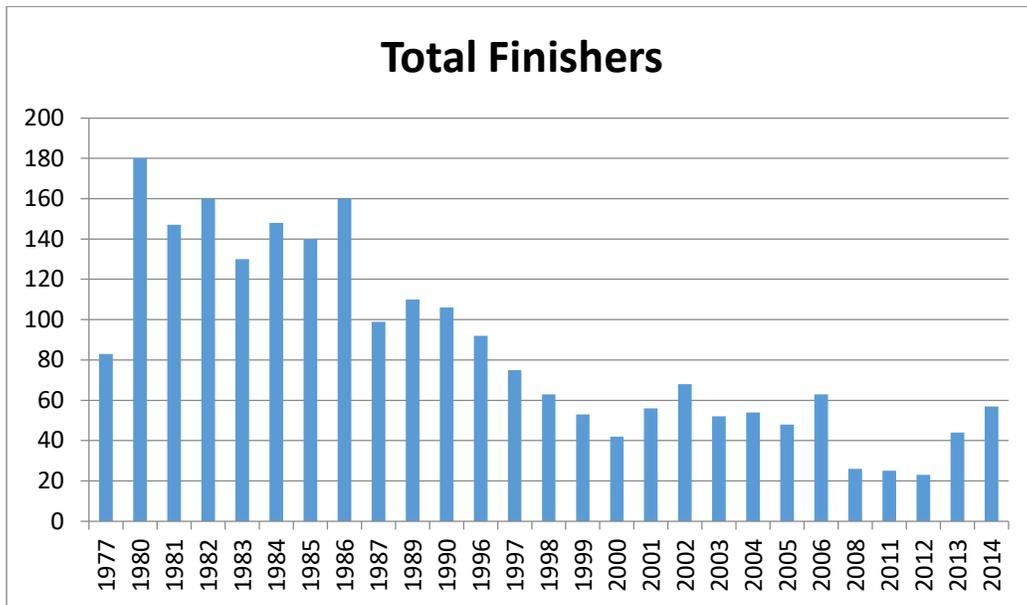
A few ladies just missing this cutoff, and still active in local running, are:

Elaine Riendeau	1:16:10	2001
Elaina McMahan	1:16:24	1986
Jenny McLaughlin	1:17:13	2004
Jo Kajiwara	1:18:34	1989

There have been many race directors for the Inyokern 10 over the years. Scotty and Betty Broyles headed up the event for several years during the 80's. Others include John Anderson, Tom Miller, Rick Miller and Mark McKinney, Larry and Elaine Riendeau, Sig Nakashima and the Pack Rats, Sher Davis, Jason and Megan Zehendner, and Maria Coit and Olivia Zade, Amanda Hilton, and most recently, Jeff and Erin Andrus.

After the 80's interest in road races in the local area declined, as running participation shifted to trail running, especially in the ultra-distances.

The chart shows the number of participants in the Inyokern 10-Mile Run over the years, for those years for which I have information.



The finish line at the 1982 event is shown above, with dual lanes for "runners" and "joggers". Dave Rugg is just crossing on the right side. (DI Photo)

Bill Wilson seems to be all by himself just a few miles from the finish line in the 1986 race. He won in 56:39. (DI Photo)

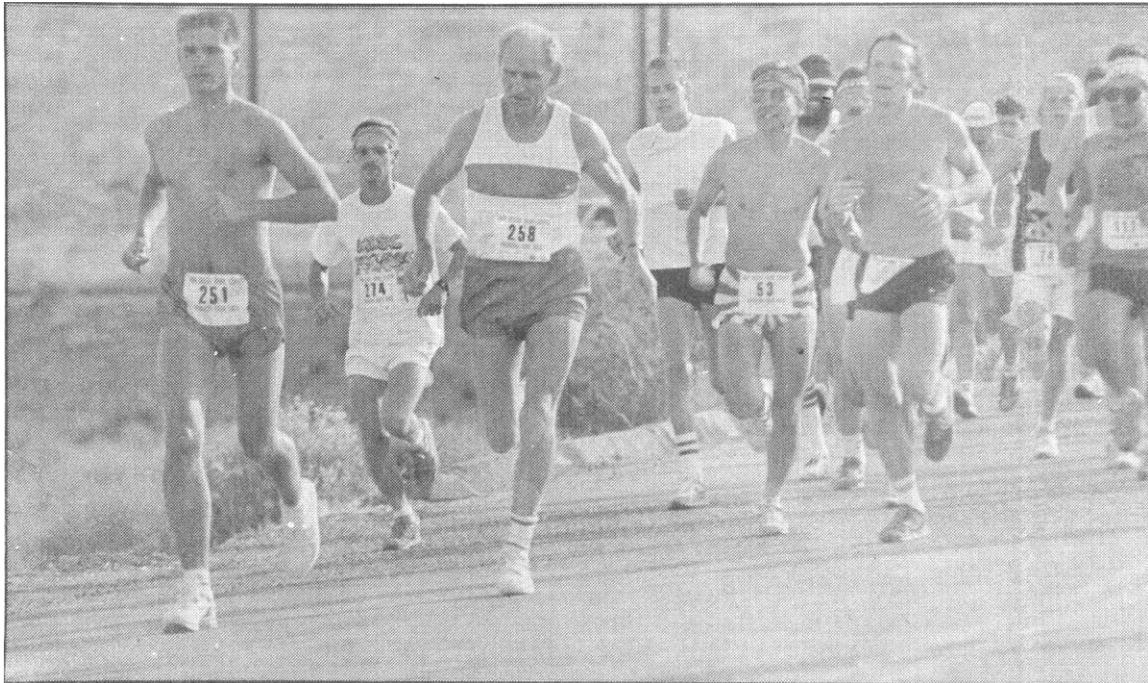


Frank Freyne, above, grabs a drink from some young helpers during the 1984 race, on the way to a win in the men's 40-49 age group with a time of 61:25. (DI Photo by Bruce Brown)



OTHTC member Jerry Mumford crosses the finish line at the 1985 Inyokern 10-mile road race. Mumford finished with a strong time of 1:10:53. (DI photo by Jeff Lee.)

In the 1989 Inyokern 10-Mile Run, Cory Sundeen (251) and John Hicks of Trona (258), lead the break from the starting line. They are closely followed by Eric Kajiwara (63) and Bill Wilson (number flipped). On the far right is Andrew (Mitch) Mitchell. Tom Brown of Ridgecrest was the eventual winner in 56:42. (DI Photo by Brad Mosher.)





DI PHOTO BY DAN THRIFT

Eighteen and running: Members of the Over the Hill Track Club model the 17 previous styles of T-shirts that have been presented to participants in the club's annual Inyokern 10-Mile Road

Race. Also included is this year's edition, which features a scene of the Sierras including Owens, Jenkins and Saw-tooth mountains.

OTHTC to run its 18th annual Inyokern race May 3

The Over Hill Track Club will play host to its 18th annual Inyokern 10 Mile Road Race for walkers and runners May

This year's race will begin at the intersection of South China Lake Boulevard and

Highway 395 and finish at Inyokern Park. For walkers the race begins at 7 a.m. Runners will start at 8 a.m. Race day registration begins at 7 a.m.

For pre-registration, entry forms are avail-

able at the Kerr-McGee Center and the China Lake Naval Air Weapons Station gymnasium. Additional information and entry forms can also be obtained by calling race director John Anderson at 375-8829.

In 1992 several OTHTC members gathered at the base gym to model race t-shirts from the first 18 years of the Inyokern 10-mile run. Contrary to the article headline, that year was the 19th year, or the 18th anniversary, and 18 (previous) shirts are shown.

Front row from left to right: David Rugg, Marla McBride, Mike Mumford, Scotty Broyles, Dianne Rindt, Diana Going and Sean Kajiwara.

Back row from left to right: Ron Going, Bill Webster, Jo Kajiwara, Jim Bevans, Gerry Wisdom, unidentified, John Anderson, Eric Kajiwara, Chris Rios, Jerry Mumford, unidentified.

Me and My Dawg Walk/Run

Debbie Rios held this fund raiser for over ten years. All proceeds went to the Ridgecrest animal shelter. The funds were used to promote spraying, neutering and vaccinations.



Mary Stage (Animal Shelter Director) and Debbie Rios (RD)

Debbie raised as much as \$1500 and attracted as many as 100 entries in a single event. Several local merchants had donated money and merchandise for the races, so Debbie could award prizes for overall first male and female as well as age group awards.

OTHTC 9/11 Run

The 9/11 run was held to commemorate the 9/11 terrorist attack. The run was a five mile out and back course from the Kajiwara's home on E. Jarvis going over five peaks starting at the base of the first hill and what is fondly known as Mikie's Masochistic course.



This photograph was taken on the first anniversary of 9/11--11 Sept 2002--on Rademacher Ridge.

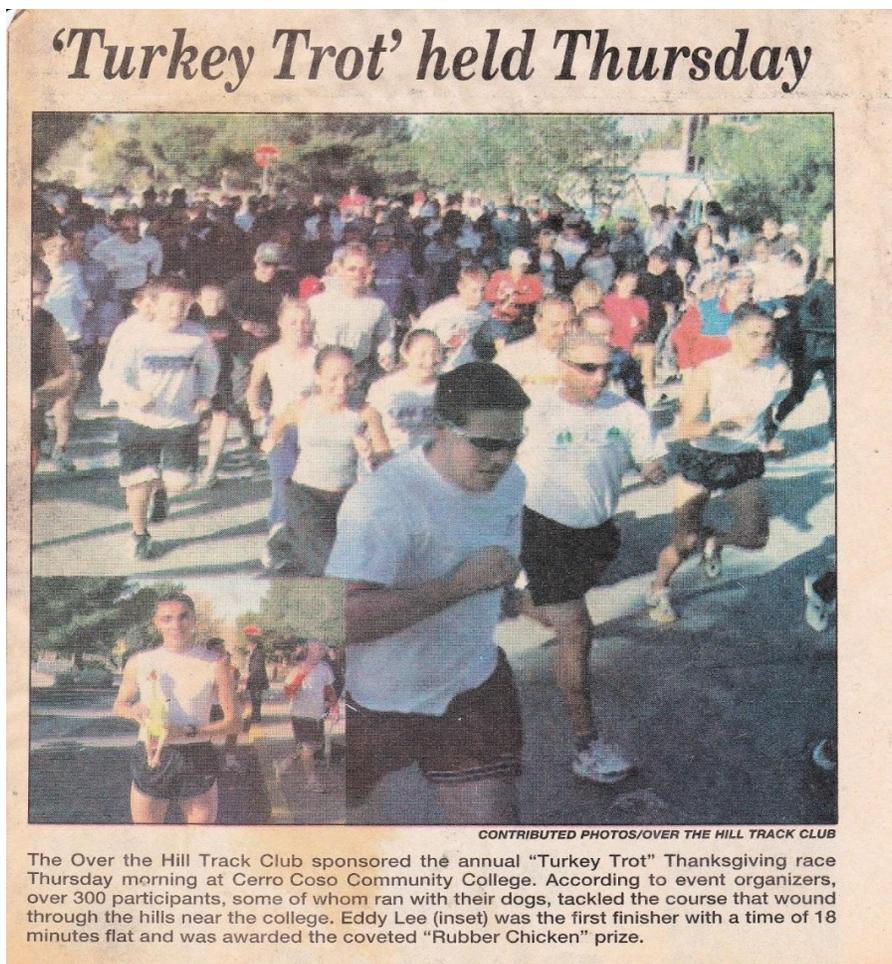
Sitting: John Schillings, Eric Kajiwara, Jenny Newton, Lisa Bennett.

Standing: Randy Klassen, Andrew Mitchell, John Anderson, Don Snyder, Barb Miller, Rick Miller.

Turkey Trot

OTHTC has been sponsoring our well-known celebration of Thanksgiving Day for many years. Over the past few years this event has resulted in several thousand dollars raised to assist the Burroughs's High School Cross Country Team and the Murray/Monroe Middle School athletes. The following photo shows the start line of an earlier Turkey Trot event, even with 300 runners. Coach Anthony Barnes appears just to the right of center.

The Turkey Trot has drawn our club's largest turnout for a single event. The cover of this document shows our 2016 Turkey Trot with a turnout of over 500 runners!



Coyote Chase

The Coyote Chase was held for many years at Cerro Coso college. This event was originally named and organized by Betty Miller when she was employed at the college, but the race was discontinued when Betty started working on the base. Kathy Martin missed the race and its short distance, so decided to re-establish the Coyote Chase--featuring cute wooden coyote awards. Kathy had the coyotes carved and then decorated them. Kathy was RD of of the Coyote Chase from 1991 through 2000, when Chris Rios took it over for a few years.



OTHTC to host 'Coyote Chase'

*Annual run to
be held May 8
at CCCC*

BY NATHAN AHLE
*disportsdesk@
ridgecrestca.com*

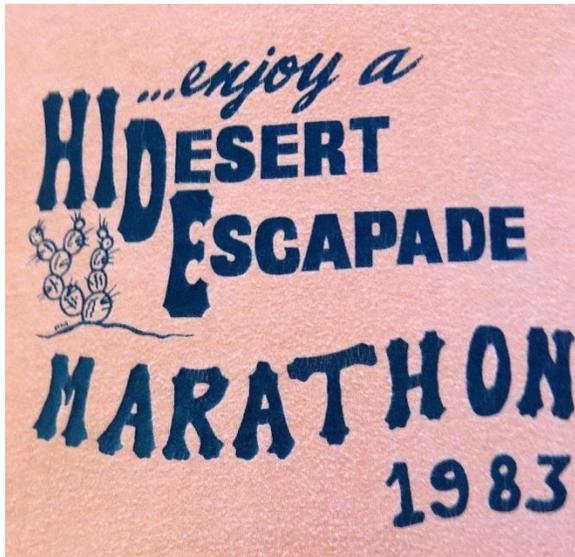
The Over the Hill Track Club will hold its annual "Coyote Chase" run May 8 in the hills behind Cerro Coso Community College.

The annual event is a two-mile run/walk, with awards presented to the top three finishers in various age groups.

There will be no aid stations along the course, but water and Gatorade will be available at the finish line.

The event begins at 8 a.m. and features a \$2 admission fee.

A "Coyote Chase" T-shirt or tank top will be available for purchase this year. Shirt orders can be made in advance by calling Chris Rios at 384-3764, or can be ordered after the event.



An Early OTHTC Marathon

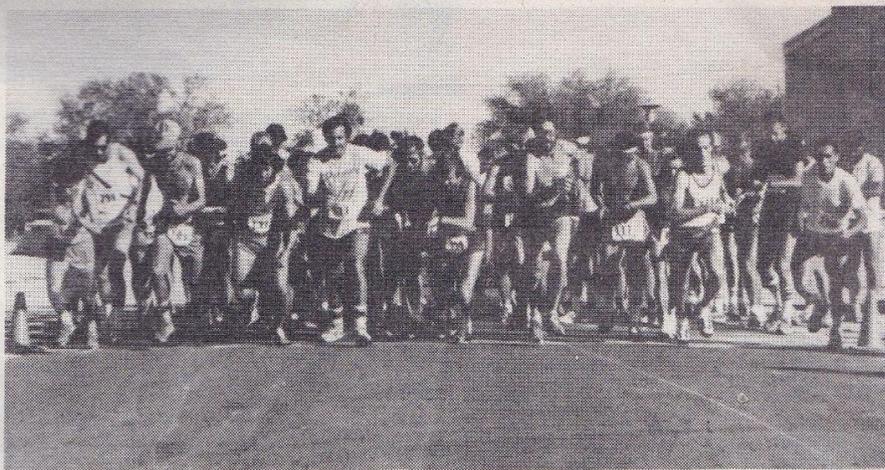
This marathon run was started on south China Lake Blvd, going south to the Highway 395 intersection, continuing north until the intersection of Inyokern Rd(178) and then turning east toward Ridgecrest. After reaching North China Blvd at the base entrance, the runners ran south on China Lake Blvd until they

reached French St. and turned east towards Leroy Jackson park. The run went through Wherry housing until reaching Richmond Road ending up at the finish line in the Fair grounds.

I was unable to find any results for this run. I do remember running this race.

Anniversary Celebration Half Marathon.

OTHTC held a fall half marathon for several years in the late 70's and 80's, on a course starting and ending at the Naval Weapons Center gym. In 1983, to contribute to NWC's 40th anniversary festivities, the course was changed to travel from the gym to the Navy airfield. This article was taken from the NWC Rocketeer dated November 10, 1983. The run took place on Saturday Nov. 5th.



TRAFFIC JAM — A total of 69 runners began the half marathon run at the Center's gym last Saturday morning. The course took them through various streets in the housing area, up Pole Line and Water Roads, and finished at Armitage Airfield.

Half marathon run first event on day-long anniversary celebration

A total of 69 runners started their day Saturday by competing in the Over-the-Hill Track Club's half marathon run that began at the gym and ended on the flight line at Armitage Airfield where the numerous visitors to the open house could cheer the winners as they crossed the finish line.

Eric Faiz of Los Angeles was a repeat winner of the event in the men's open class. His time for the run of slightly over 13 miles was a scorching 1 hour, 13 minutes and 36 seconds.

Runners-up in the men's open and their times were Tom Rindt, 1:15:16; Gil Cornell, 1:19:08; Tom McMahon, 1:20:33; Joe Oliver, 1:21:19; and Frank Freyne, 1:21:50.

In the women's open, Diane Lucas took first place with a time of 1:31:02; Mary Moore Kilpatrick, 1:33:46; and Marla McBride, 1:37:30.

Capt. Joe Phaneuf headed the winners in the military category at 1:26:16, followed by LCdr. Doug Heitschmidt, 1:43:21; and Lt. Brice Hammerstein, 1:57:34.

Winners and runners-up in the various age group categories of the half marathon race and their times, were as follows:

Men's Division

14 years of age and under — Jeff Swinford, 1:41:51.

15 to 18 yrs. of age — Ron Ryan, 1:23:33; and Jan Barglowski, 1:26:38.

19 to 29 yrs. of age — Charles Bechtel, 1:27:36; Robert Dalby, 1:31:42; and Steve Semler, 1:40:47.

30 to 34 yrs. of age — Glenn Roquemore, 1:27:43; C.F. Jessen, 1:31:15; and Dave Easley, 1:43:24.

35 to 39 yrs. of age: Mick Rindt, 1:22:35; Mike Hartney, 1:24:08; and Tom Sakai, 1:25:25.

40 to 49 yrs. of age — Frank Smith, 1:23:21; Corky Furnish, 1:25:29; and Dave Rugg, 1:28:44.

50 to 59 yrs. of age — Gil Hinzo, 1:23:01; Scotty Broyles, 1:30:44; and Lee Barglowski, 1:38:44.

60 yrs. and over — Bill Norris, 1:38:44.

Women's Division

15 to 18 yrs. of age — Renee Barglowski, 1:57:14.

19 to 29 yrs. of age — Joyce Howard, 1:43:50; Lisa May, 1:48:36; and Kelley Howard, 1:57:13.

30 to 34 yrs. of age — Linda Bens, 1:40:05; Julie Smith, 1:48:09; and Barbara Banaszynski, 1:55:36.

35 to 39 yrs. of age — Susie Ernst, 1:57:14; and Kathy Martin, 1:58:22.

40 to 49 yrs. of age — Margaret Chipmen, 2:12:57.

The Over-the-Hill Track Club would like to thank everyone who helped with this event. Runners who did not receive their shirts and anyone who would like to purchase shirts can do so by telephoning Mary Kilpatrick at 446-2914.

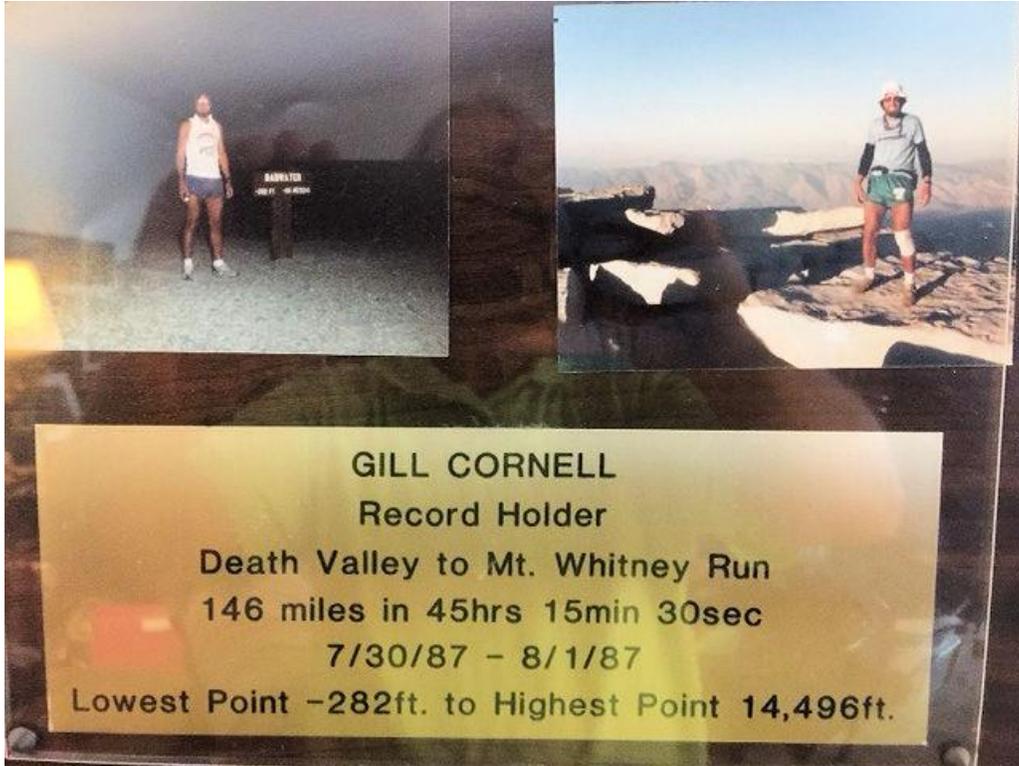
The next OTHTC event will be a Turkey Trot on Thanksgiving Day. Contacts are Jerry or Mike Mumford.

HIGH DESERT 50K/30K



The very first High Desert 50K was in 1986. This run was laid out and created by **Gill Cornell**, well known ultra-runner and member of our running club. Gill was an amazing ultra-runner, having run the Western States 100-mile ultra 5 times starting in 1983. That year he finished 11th overall with a time of 18 hours 55 minutes. Running again in 1984, he finished 12th overall in 18 hours and 52 minutes, and in 1985 he ran a 19 hour 5 minute time. Some of his additional ultras were the Death Valley 100 in 1985 (Scotty's Castle to Southern part of Death Valley), and the Badwater to Top of Mt. Whitney ultra with pacers Scotty Broyles and Luke Crews taking him to the top of Mt. Whitney from the Portal. He also ran the Old Dominion 100-Mile Endurance Run in 20 hours. As you can see from his race times, Gill was a very competitive runner. He also was a coach for his son Eddie's discus throwing.

On the following page: the trophy given to Gill for this Death Valley to top of Mt. Whitney win; and Gill overlooking his cabin in Kennedy Meadows--his and wife Dorie's get away from Ridgecrest.



First High Desert Ultra--1986

I remember running this first 50K ultra race after marking a portion of the course with the late Ron Covert. Luke Crews and Gill also marked the course in Luke's Jeep.

Also running was Chris Rios and his running friends, Ray Morrow, John Ayers, and Randy Coleman. The following article and photos appeared in The Daily Independent

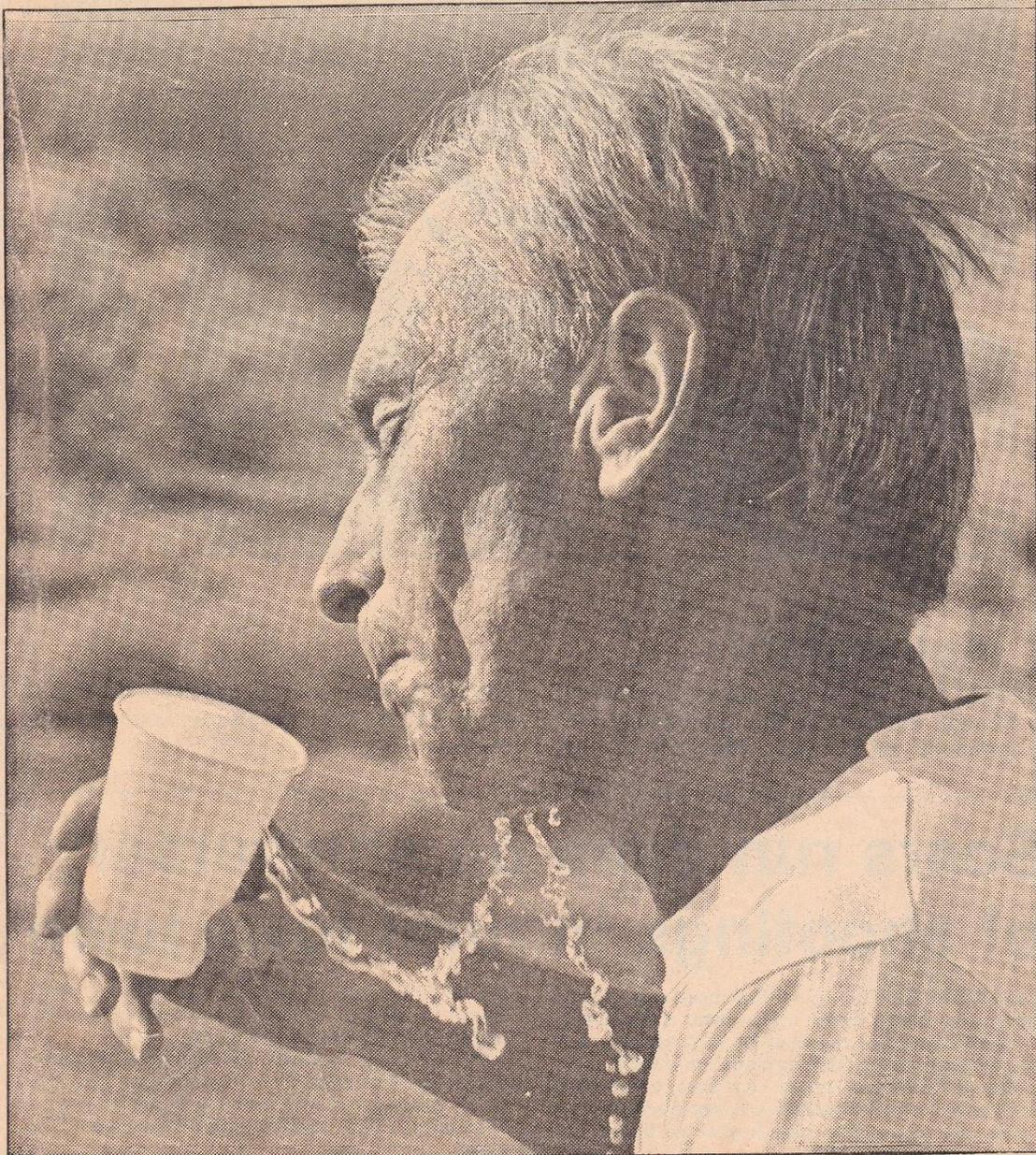


OTHTC 50K Finishers--1986

	Name	Time
1	Bill Kissel	3:49:23
2	Gerald Killeen	4:25:05
3	Mike Mumford	4:29:29
4	Ron Covert	4:44:37
5	John Anderson	4:46:14
6	James Furnish	4:51:34
7	Ron Ogilvie	4:53:02
8	Scotty Broyles	4:56:58
9	Glen Roquemore	5:10:34
10	Chris Rios	5:10:53
11	John Ayers	5:11:47
12	Ed Foster	5:35:00
13	John Zellmer	5:41:36
14	Michelle Bailey	5:50:28
15	Jim Dixon	6:24:52

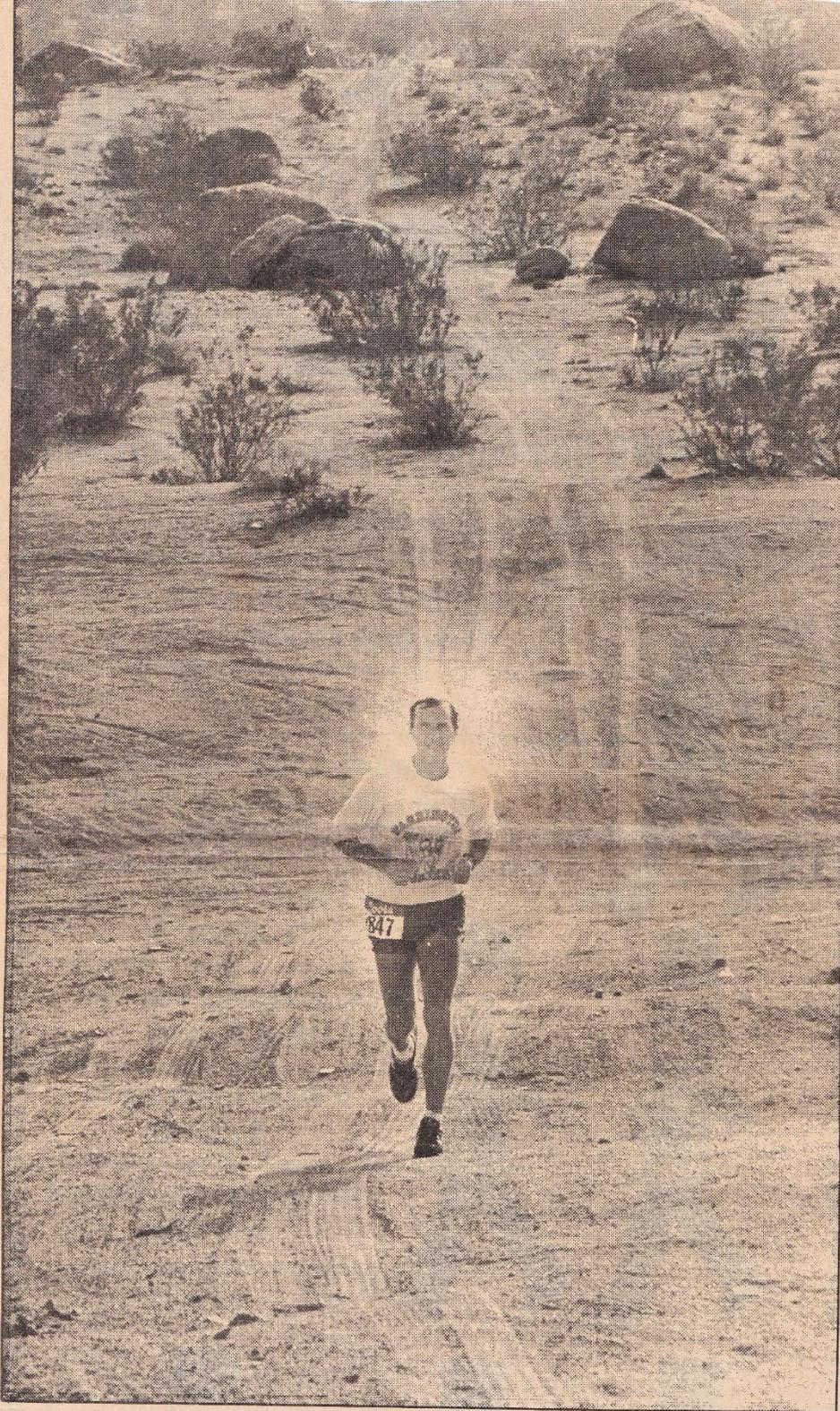


Tuesday, December 9, 1986



D.I. PHOTOS BY BRAD MOSHER

Ridgecrest's Ron Covert discovers that after more than 13 miles, it's not easy getting a drink of water without spilling a drop on Saturday.



Gerald Killeen of Ridgecrest is all by himself in second place just after the halfway point in Saturday's 31-mile race.

1987 High Desert 50K

The second year there were 9 finishers.

1	Jerry Killeen	4:16:30
2	Roger Pruitt	4:45:59
3	Jose Sanchez	4:48:55
4	Scotty Broyles	4:50:43
5	James Furnish	4: 59
6	Bill Norris	5:01:21
7	Jerry Mumford	5:16:46
8	John Anderson	5:32:38
9	Mel Miles	5:55:02



RD Gill Cornell presenting Jerry Mumford an award for first female finisher.

1988 High Desert 50K

This year had 20 runners start the race; however, only 12 finished. Perhaps the weather was a factor on the number of DNFs.

Place	Name	Time
1	Cory Sundeen	3:53:29
2	Mike Munford	4:13:49
3	Bill Wilson	4:14:56
4	Ralph West	4:35:28
5	James Furnish	4:44:58
6	Judie Milke	5:08:22
7	John Anderson	5:18:51
8	Jack Roe Mode	5:25:17
9	Chris Rios	5:36:28
10	Bill Norris	5:52:33
11	Scotty Broyles	6:04:36
12	Grant Bechler	6:22:02
13	Gerry Killeen	DNF
14	Roger Pruitt	DNF
15	Dennis Emigh	DNF
16	Brian Oglive	DNF
17	Henry Canales	DNF
18	Gibb	DNF
19	Mel Miles	DNF
20	Ray Morrow	DNF

1989 High Desert 50K

This year's race was conducted by **Corky (James) Furnish**. Gill Cornell retired after being the RD for the first three years.

The first-place finisher was none other than our own **Jerry Mumford**. She finished the race in 5:05:27. Below is the photo of Corky awarding

Jerry with a stained-glass award and the article that appeared in the Daily Independent.



Local woman wins High Desert Ultra

Jerry Mumford turned in a time of just over 5 hours to win the fourth annual High Desert Ultra 50-kilometer run, sponsored by the Over-the-Hill Track Club.

Mumford's time was 5:07:27 for the race, which began and finished at Cerro Coso Community College.

Second place went to Jack Clark, who finished in 5:22:57.

Mumford and Clark received stained-glass hangings by Kay Furnish and ribbons.

Mel Miles took third place with a time of 6:22:57.

Several persons have reported that no 50K race held in the year 1990.

This leads us to the year 1991. Our beloved **Chris Rios**, pictured below left, stepped up and assumed the race director responsibilities for 15 years, through 2005. Chris then turned the RD reins over to **Terry Mitchell**, below right. Terry turned out to be a great race director and

organizer from 2006 through 2016. More on Chris and Terry later in the document.



The new race director for 2017 is **Maria Coit**. Maria is pictured below on left with Terry Mitchell on the right.



The Event Grows

Over the years our High Desert 50K ultra continued to grow in numbers and recognition throughout the western states.



Our reputation as a friendly, fun event, accessible to beginning ultra runners as well as serious competitors, was spread by word of mouth. At one time our race was the 7th largest 50K race in the United States. A major factor responsible for the growth of the event was the addition, in 1999, of a 30K race. Other companion distances had been tried—a marathon, and then a two-person relay--but the 30K caught on. Changing the day from Saturday to Sunday allowed more travel time for out of town participants. Lately, the number of runners

signing up for our High Desert event has been somewhere between 3 and 4 hundred.

Another factor in the popularity of the High Desert 50K was the great desert-themed long-sleeved shirt that was given to each participant. Below are pictures of a few of these shirts.



Clockwise, starting at upper left: [a] One of my favorites, probably because it's blue and has one of my favorite desert animals, the coyote. [b] Our well-known desert Bobcat! [c] Another of my favorite shirts because it was white (less hot in the sun), and reminds one of great fellow runners. This shirt was Chris Rios' idea during his years as RD. We should acknowledge that the runners pictured in this shirt are not the memorialized persons named on the shirt. All other shirts are

from Terry Mitchell's time as RD. [d] Nothing is as cute as our desert quail running with her chicks! This was the last shirt designed by Paul Weimholt.

Our event was also noted for the creative awards. **Skip Gorman** has been manufacturing metal sculpture OTHTC awards for the High Desert Ultra for over 10 years. The credit for choosing Skip goes to RD Terry Mitchell.



Skip's creative talent is a large part of what makes our race a unique expression of our high desert community. His desert creatures combined with our unique logo is something that our winners covet. You notice that I used the word "manufacture" above. Skip has to make 88 awards to cover all the ten-year age categories each year and two awards for the military first male and female, which is a lot of repetitive labor for someone who prefers to make single pieces of his art. We are indeed fortunate to have Skip on our team.



This is a typical award showing our desert pheasant and her chicks. This sculpture has not been used in the awards.

Race Day Volunteers

It takes a cadre of volunteers to support a race with two different distances, especially one that has grown to over 300 runners. Following is a list of a few of the various duties:

1. On the day prior to the race, approximately three teams mark the course with chalk and ribbons that cover over 40 miles of desert.
2. Volunteers check in the runners on the evening before the race at the packet pickup and pasta feed dinner fundraiser that benefits St. Ann's youth.
3. Early on race day morning, volunteers haul supplies and awards up to the college ready them for the race event. Other

- activities at this time include providing for late packet pickups and hanging race sponsors' banners advertising their products.
4. Also early in the morning, the finish line crew sets up the start/finish line and the timing equipment to record the 6 a.m. early start.
 5. Supplies are transported to all nine aid stations.
 6. Our local short wave radio volunteers (Sierra Amateur Radio Club), headed up by **Mike Herr**, are properly positioned to provide communications.

There are many more details that must be addressed to run a successful race. Safety is a major consideration and aid stations monitor runners by bib number as they come through each aid station. Also, a person is assigned to sweep the course in case of a down or injured runner requiring help to return to the start line.

Many years of the race results were posted in very short order by **Tom and Dianne Rindt**! They used their skills to computerize the results so that they might be posted as soon as possible at the finish line to the satisfaction of our curious runners.

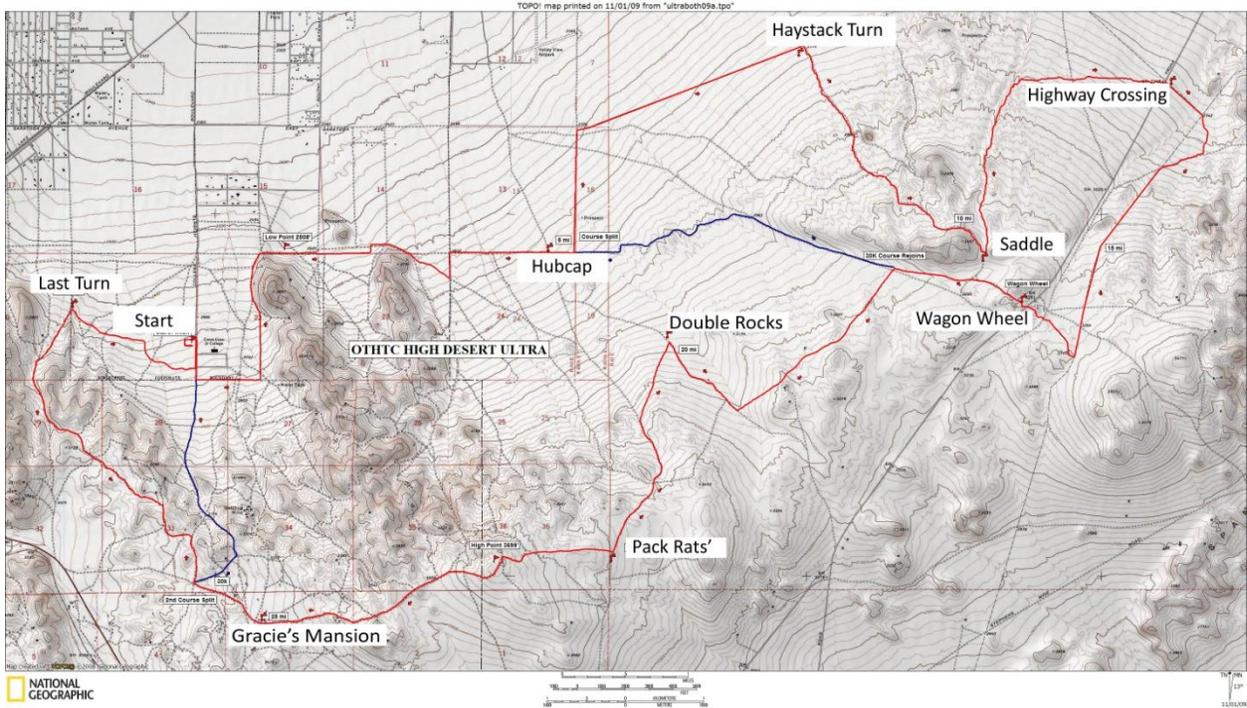
Eric Kajiwara has headed up the course marking crews, as well as organizing the aid station captains, for many years.

And we would be remiss in not acknowledging the significant contributions of **Debbie Rios** and **Andrew (Mitch) Mitchell** during their respective spouses' tenures as RD.

The Course

The High Desert Ultra 50K/30K course follows rolling desert terrain over jeep roads, single track trails, and sandy washes. The 50K course

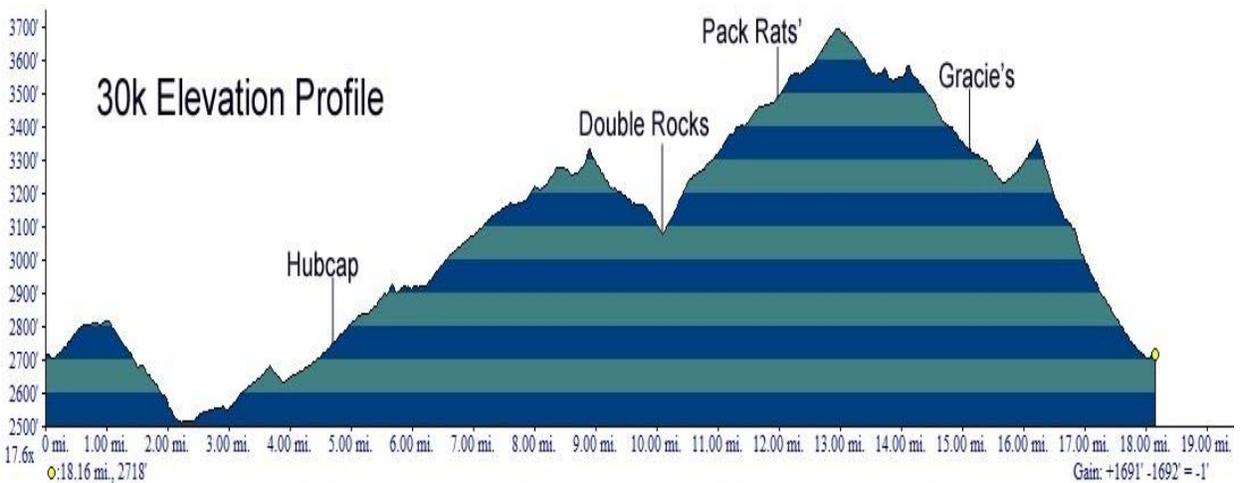
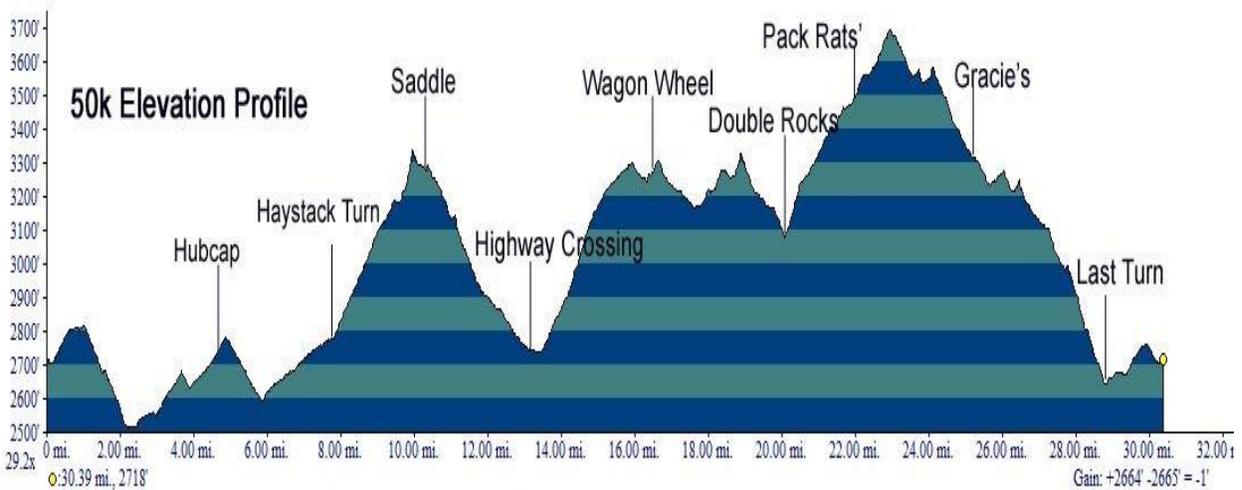
is shown in red on the graphic below. The 30K course follows the 50K except for two shortcuts depicted in blue.



The 50k is supported by nine aid stations, located about every 3 miles. Four of these aid stations serve the 30K runners. The locations are shown on the course map and elevation profiles.

The two courses first split just after the first aid station (Hubcap), where the 50K course turns left. The two courses rejoin between aid stations 5 (Wagon Wheel) and 6 (Double Rocks). After the Gracie's aid station, runners should watch for another course split, where the 30K turns to the right and heads back to the finish at the college.

The total elevation gain for the 50K is 2665 feet, as calculated by the Topo mapping application. This is a reasonably modest elevation gain for a 50K trail run. Most are held in the mountains. One such race is Southern California's Baldy Peak 50K run whose elevation gain is well over 10,000 feet. The 30K course has a total of 1,661 feet of elevation gain.



Aid Station Volunteers

Aid station volunteers are a very important part of a successful race day. These volunteers pass out refreshments, keep the refreshments table supplied, and provide cheerful encouragement for the runners. They also record the runners, by bib number, as they pass through. Each aid station is typically manned by several volunteers, organized by a captain or captain/co-captain team.

Over the years we have had many dedicated volunteers. For instance, at Double Rocks aid station, the **Peter and Elaine Wiley** family has been faithfully running this aid station every year -over 30 years now!

Kem and Susie Parks organized the aid station at Highway Crossing for many years. And **Elaine and Larry Riendeau** are popular at Hubcap with their homemade cranberry bread and brownies.

At Wagon Wheel, **Terry Mitchell** ran this aid station before becoming the 50K/30K Race Director. She was followed by her children, **Dawn Placencia** and **Joseph Shermer** for many years. A local hiking group (and subset of OTHTC) "The Pack Rats", have been manning the seventh aid station, headed up by **John Burmeister**. John has recently retired from his longtime responsibility of gathering and distributing the supplies for all the aid stations prior to the race.

At Gracie's Mansion **Don Snyder** and group camp out overnight before the race and then serve refreshments along with music from the movie "Chariots of Fire", to inspire the runners

Kathy Martin captained the Haystack Turn aid station for many years.

Course Records

Listed below are men's and women's course records, overall and for each age division, for the 50K and 30K distances, including age and year when the record was set.

50K	Men				Women			
Overall	Jesus Campos	29	3:10:22	2013	Heather Fuhr	42	3:39:42	2010
19 & u	Jesus Solis	19	3:40:57	2006	none			
20-29	Jesus Campos	29	3:10:22	2013	Kati Gengler	29	3:54:33	2000

50K	Men				Women			
30-39	Jorge Pacheco	35	3:23:43	2002	Megan Laib	31	3:52:10	2011
40-49	Roberto Leonardo	40	3:16:37	2002	Heather Fuhr	42	3:39:42	2010
50-59	Robert Leonardo	52	3:30:19	2014	Carey Edge	50	4:03:33	2009
60-69	Tom LeMire	62	4:09:14	2005	Dixie Madsen	60	5:14:23	1997
70-79	Peter Hultin	70	5:53:26	2014	Yukie Mochida	72	6:26:53	2001
80-89	Marvin Powers	80	8:03:19	2008	Patricia DeVita	80	9:39:38	2014

30K	Men				Women			
Overall	Paul Wellman	32	1:52:26	2010	Amy Grafius	35	2:08:16	2008
19 & U	Matthew Johnson	18	2:36:25	2008	Julia Weil	16	3:27:28	2001
20-29	Bartolomne Sequen	24	2:03:09	2011	Tori Tyler	29	2:13:08	2016
30-39	Paul Wellman	32	1:52:26	2010	Amy Grafius	35	2:08:16	2008
40-49	Dan Yarborough	43	1:57:09	2006	Sue Zhilmann	43	2:15:48	2007
50-59	Gary Cohen	50	2:22:20	2007	Sue Zihlmann	52	2:29:37	2015
60-69	Tom LeMire	64	2:23:49	2007	Dianne Rindt	64	3:13:44	2008
70-79	Jim Madonna	74	3:01:08	2012	Yukie Mochida	75	4:00:01	2004
80-89	Marvin Powers	82	4:41:03	2010	Margie Withrow	80	5:31:16	2006

A Few Pictures from the 2016 High Desert Ultra



Gathering at the Starting Line.



Oswaldo Hurtado, running for team Romero, wins the 50K in 3:24:29.

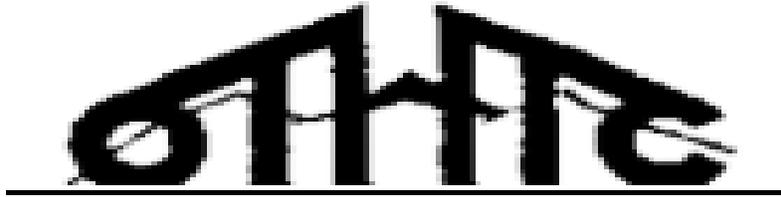


Michael Petrovich (on left), and Darrell Price both crossing the 50K in 7:30:53.

In Retrospect

Looking back on the 31 years of the High Desert Ultra, our club has watched it grow into a very special race in the southwest. The event has attracted people from many states as well several overseas competitors. As this is written, the 50K has been the Road Runners Club of America's Western Regional 50K Championship for the past two years. The reason for the event's success is manifold. Our club

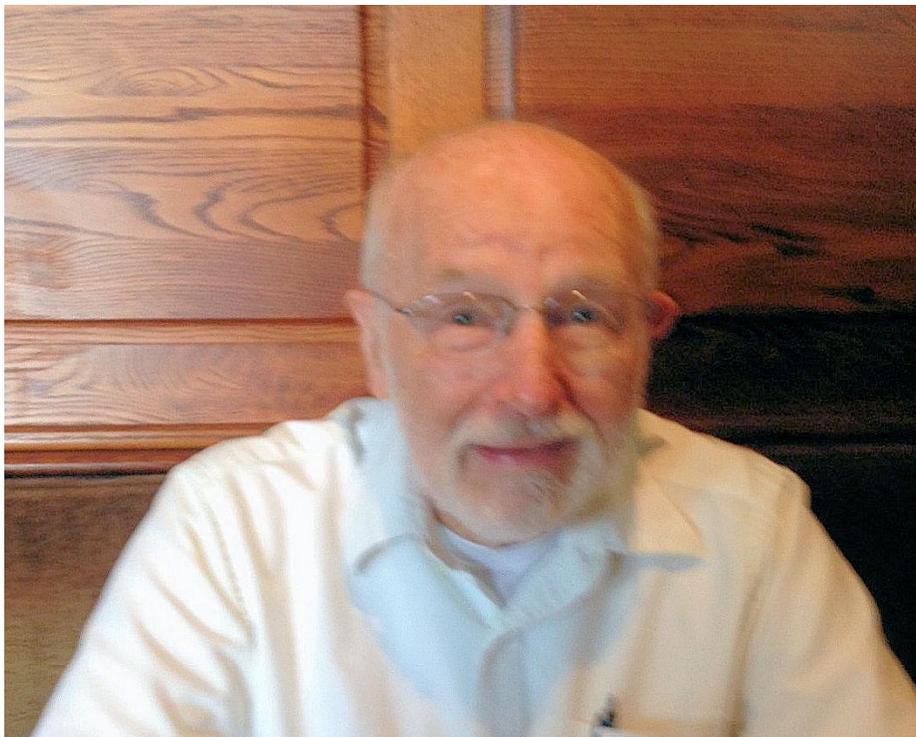
members have made a point of providing a friendly, welcoming experience for our visiting guests. Each of our race directors has worked to build upon the success of the previous RD and grow the event from its small local beginnings to a well-known regional ultra. Contributing to that popularity is that it is a desert run in December, on a beautiful course that is well marked and has great aid stations. December weather can vary, but temperatures typically have a starting mid to high 40 degrees and finishing temperature rarely above 70. Moderate elevation gains make the course accessible to those just trying out longer distances, as well as allowing the front runners a fast finishing time. To add to all this, we have given back to the runners in the form of our unique desert-themed shirts and awards, a raffle featuring lots of goodies provided by our generous race sponsors, and for those who have finished multiple years--a five-year sweat shirt and our 10 year 50K finisher Jacket. We also offer a pre-race day pasta dinner at the race headquarters hosted by St. Ann's Catholic Church.



PERSONS OF NOTE

I would like to end this history by highlighting a few persons of note. They represent a cross section of runners of varied talent and accomplishments.

David Rugg



David Rugg was another charter member of OTHTC. He is currently living in Medford, Oregon. David is a geologist who came to NOTS in

the mid-60's and like many of us he found that his major was little used as he successfully navigated through program offices of various missile developments. He is currently 81 years old and enjoying retired life (since 1996), returning in 1999 to Oregon, his home state.

The reason I am highlighting David is because he was not only a great runner (tall, skinny frame), but he was the most active in designing several versions of our logo. David ran the Boston Marathon in 1979 in 3 hours and 7 minutes after qualifying at the Pasadena Marathon, which he had to run in under 3 hours and ten minutes.

Chris Rios



When I look over the persons that have made the OTHTC track club a success over the years, the first person that comes to mind is Chris Rios. He has contributed an enormous amount of energy and dedication; being the RD for several runs, especially, being the race director for our High Desert Ultra for 15 years. During those fifteen years he grew the ultra by manyfold, into a race known throughout the

California running community. When Chris decided to have 30K as a part of the race, the numbers increased dramatically.

Chris, a person of great compassion, has also stepped up to create the "Born to Run Free" fund raisers that benefit the Copper Canyon Tarahumara Indians in Mexico.

Chris came to our valley in 1985 with his wife Debbie and immediately joined our club. Chris worked at China Lake Naval Weapons Center as an Engineering Tech, retiring in 2008 with twenty-five years of service. Chris has run over 100 marathons and multiple ultras over his career. He was a legacy L. A. marathon runner for 25 Years, meaning that he ran L.A. for the first 25 years, starting in 1986 He skipped the 26th year and then ran the 27th with Pat DeVita, a lady two weeks younger than me and a real nemesis of mine.

Chris and I have run many miles together and he is like a brother to me. Chris is known and loved throughout the ultra-running community in the southwest states.



Everyone loves Chris!!!!

Elaina McMahon



Elaina is one runner I greatly admire. Not only is she an accomplished ultra-runner, she is a wonderfully caring person. Elaina and her husband, Brian came to our valley in 1984 and I well remember (there are no friends at the finish line!) her catching me and passing me near the end of a very competitive 10K. Elaina was a part of her generation of women that challenged the ego-centered male psyche!

Elaina is representative of a lot of runners who celebrate the fact that they can be out on our wonderful desert and be in the company of fellow runners doing the long training miles required to compete in an

ultra-event, which most likely has a large amount of hill climbing. Close friendships are formed on these runs and become a blessing.

Looking at a partial list of Elaina's runs over the years:

Race	#of Times Run
Angeles Crest 100miles	7
Western States 100 miler	2
Local 50K ultra	10
Bishop 50 miles	6
Wild Wild West, Marathon/50K	6 to 10
Leona Divide 50K	8 to 10
Brice Canyon 50 miles	1
Zion ultra	1
Grand Canyon 50 miles	1
American River 50 miles	numerous
Tahoe	several
Nevada City 50 miles	1
Antelope Canyon 50K	1

Keep in mind that this is only a partial list!

Elaina is a teacher, coach and mentor to a lot of youth in our valley. We are indeed fortunate to have her in our club and community. She inspired the following poem that I wrote in the 1990's.

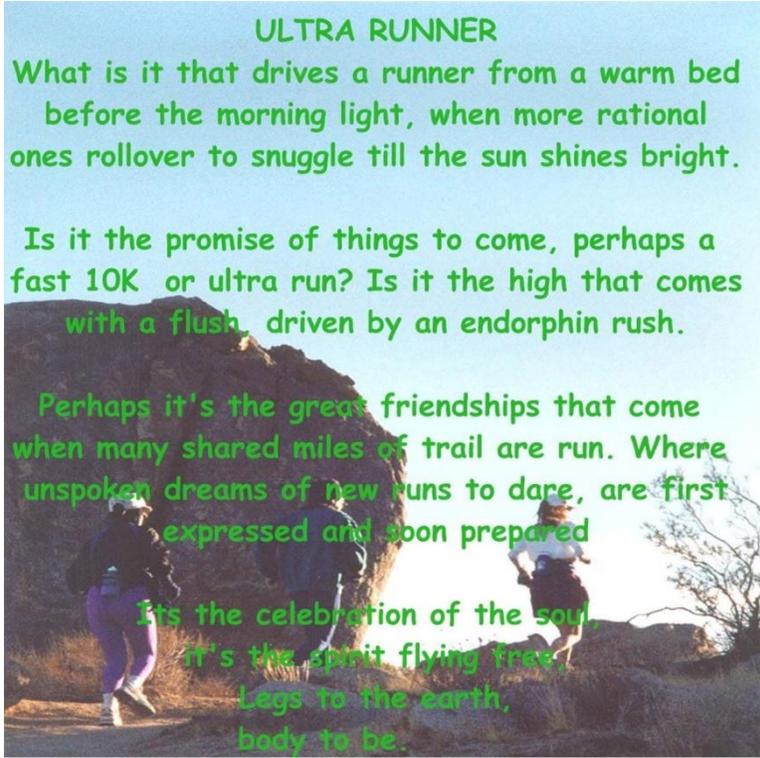
ULTRA RUNNER

What is it that drives a runner from a warm bed
before the morning light, when more rational
ones rollover to snuggle till the sun shines bright.

Is it the promise of things to come, perhaps a
fast 10K or ultra run? Is it the high that comes
with a flush, driven by an endorphin rush.

Perhaps it's the great friendships that come
when many shared miles of trail are run. Where
unspoken dreams of new runs to dare, are first
expressed and soon prepared

It's the celebration of the soul,
it's the spirit flying free.
Legs to the earth,
body to be.



Pictured: Elaina leading, followed by Eric and Jo Kajiwara.

Eric and Josephine Kajiwara



Eric and Jo are one of many running couples in our club. Both have several years of ultra-marathon experiences. Would it be fair to say that those who run together, stay together? Together have have been very supportive of the OTHTC programs. Eric has sucessfully been the interface between BLM and club on the many issues of establishing permission to run our varied courses we have conducted over the years.

They have hosted the Wednesday after work BBQ's and beer gatherings that have been going on for many years. Eric has established a front yard with picnic tables, BBQ's, lights for winter meetings, decorated with Eric's artistic welding art. Several years ago we all would meet and go for at least a 5 mile run before beer, even running in the dark. As many of us has aged , we tend to do the beer thing and not run, however, we are occasionally joined by younger

runners that will continue our tradition of running before beer and BBQ. The following picture shows a typical Wednesday gathering.



From left around table: Randy Klassen, John Auburn, Eric Kajiware Chris Rios behind Corky Furnish, Jo Kajiware and Karin Usko. Typical Wednesday Afternoon gathering.

Eric and Jo came to China Lake in 1970. Eric was a mechanical engineer working mostly at the North Range. Jo received her degree in business administration and was the Head of Staff at the North Range when she retired. I remember meeting Jo early one morning for a run. She announced that it was her birthday, so I took her on a run about 5 miles long that became known as Jo's birthday run..

My first memories of Eric date back to 1974 and first AAU 10K run on the base. Eric ran an amazing time of 37 minutes and 52 sec, beating out the 30 and 40 age groups, coming in 10th overall. Eric has an amazing record of having run the Angeles Crest 100 for ten years.

Eric Kajiwara (10 finishes)	(1995, 1996, 1998, 1999, 2001, 2003, 2004, 2005, 2008, and 2010)
-----------------------------	------------------------------------------------------------------

In 2008 Eric finished with Elaina McMahon and Mark McKinney in a time of 31 hours and 49 minutes.

The tough thing about Angeles Crest 100 is the large amount of elevation gain and loss. From Wrightwood, one has to climb 19,100 feet in elevation and then has 24,200 feet of downhill over the course that ends in a Pasadena park across from JPL. It is the second most difficult 100 miler with the exception of Utah's Wasatch 100 miler.

Other 100-mile races that Eric has run are Rocky Raccoon in Huntsville, Texas (known as the fastest 100 miler due to its flat course), Javelina Jundred, Arkansas Traveler, and Western States.

Other ultras Eric has run include many local 50K runs and several American River 50s as well as many marathons across the western states.

Josephine has run many ultras, starting in 1995 when she ran Shadow of the Giants. Jo has run the Tahoe Ultra run (on hills above the lake) with her sister, Della, better known as Whitey, who hails from Austin, Texas.



Jo and I on the High Desert ultra 30K.

Jo and Eric are a running family, their sons, Shawn, Christopher and Bryan ran cross county in High School and Bryan has run several ultras. What a great family to have in our OTHTC.

Ruth Carter

Ruth Carter is very typical of many of us runners, that is, we will never be at the front of the rack in any given race and may well be at the back of the pack. However, we will be at the finish line every time no matter what the circumstances. Ruth came to us from the Sacramento area after retiring from working with Cal Trans in July 2003. She had

run our High Desert Ultra and was looking for a new home. Ruth had run many races in our local area, such as Wild, Wild West and Bishop's High Sierra Ultra.

Ruth started running in 1975. She had signed up for the Sierra Club's Basic Mountaineering Training Course and decided to get in shape by running. Ruth was a youthful 36 years old at that time.

Ruth is a legacy runner of the L.A. Marathon, having run 30 continuous events, starting with the first one in 1986 (5:43:39), and ran the next



30 races through 2015 (9:00:40). Now that is a legacy of tenacity that one must admire. Her favorite memory of the L.A. marathon in the early years was Muhammed Ali standing with the mayor to see the runners off. "Muhammed would point at individual runners as though he were giving us a blessing."

Other marathons that Ruth has done over the years:

Honolulu	1 time
Big Sur	1 time
San Diego	1 time
Catalina	5 times
Wild, Wild West	10 times
Portland	1 time
C.I.M (Sacramento)	1 time
St. George	2 times
Santa Clarita	1 time

50K runs:

Cool Canyon Crawl	1 time
Mule Run	4 times

Ruth has also done the Avalon Benefit 50 mile run.

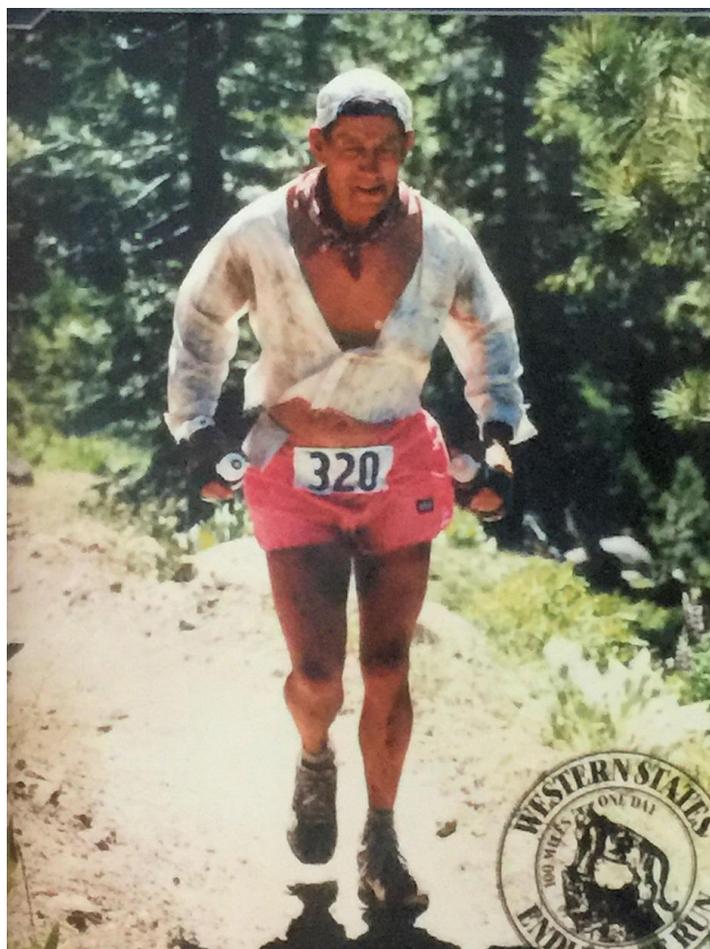
Ruth also spend many years as a member of the Hash House Harriers, and as she quotes "A drinking club with a running problem". Several of us can relate to this quotation as we have aged and now go to the Kajiwara's on Wednesday evening and drink beer, instead of running first! Happy trails to you Ruth!

James (Corky) Furnish

Corky arrived in Ridgecrest as a 3-year-old in 1945 when his father was assigned to work at the China Lake facility. He had two older brothers, Dwight and Floyd.

His running career started at Burroughs High School as a letterman sprinter in the 100-yard dash, graduating in 1960.

His OTHTC experience started with one of our (OTHTC) early 4 mile runs at the fairgrounds. Since Corky lived next door to the Monroe School coach, Jack Clarke, Jack convinced Corky to train at longer distances until they were doing 22-mile workouts. They both entered the Pasadena Marathon in 1979. Corky caught his coach at 23 miles and beat Jack to the finish line. This constituted a role reversal between coach and student. Jack created an ultra-runner! Corky ran that marathon in 3:23. Corky ran the 4th of July Carlsbad half marathon in 84 minutes.



A partial list of Corky's runs:

Bakersfield Marathon	3:02
St. George Marathon	3:02
High Desert 50K	4:51:34 best of many times
American River 50	7:53:09 best time of 4
Western States 100	Four times, between 23 and 29 hours
Angeles Crest 100	27 hours
Vermont 100	20 hours
Leadville 100	26 hours

Corky is one of those runners that goes out slow and speeds up, passing those who are struggling near the finish. I know, because I have had him pass me multiple times near the finish. A lot of us have spent many

delightful hours training with Corky. He is a great friend and running companion!

Terry and Andrew (Mitch) Mitchell



This is another couple that have both been very involved in the OTHTC organization over the years. Mitch was the OTHTC treasurer during the 1980's and in 1989 he started and was RD for the Firecracker 4000 run. Mitch also started and was RD for the Prediction Run. Terry is currently serving as our club treasurer.

Mitch has the distinction of having run the most American River 50 mile runs with an OTHTC record 12 consecutive times. His best time on these 50 milers was 8 hours and 55 minutes. Other runs include:

High Desert 50K Ultra	10 times
Malibu 50 miler	1 time
Big Bear 50K	4 times
Barstow Marathon	1 time
Calico 50K	2 times
Calico 30K	1 time
Wild Wild West	numerous times
Bishop 50mile & 20 mile	numerous times
Disneyland Half Marathon	6 times
Disneyland 10Ks	4 times
Mesquite Half Marathon	1 time
Coronado Bridge Run	4 times

Terry was the RD for the Resolution Run a few years and, as mentioned previously, was RD of the High Desert 50K/30K for 11 straight years. Prior to being RD she was Aid Station Captain at Wagon Wheel Crossing for 15 years. Terry built upon Chris' development of the event, and guided the growth of the race to often over 4 hundred entries.

Terry has limited most of her running to distances of half marathon or less. She has finished the following events:

Disneyland half marathons	7 times
Disneyland 10Ks	4 times
Mustang 50 th Anniversary Half Marathon	1 time
Wild Wild West 10 miler	4 times
Mesquite Half Marathon	1 time
Coronado Bridge Run	4 times

Mitch and Terry have been a dedicated couple, aiding in the success of our club.

Tom and Dianne Rindt



Tom and Dianne have been an important duo in our club for many years. Dianne is our current club president. She and the board are leading us into an important step in our status as a non-profit organization. Tom was our club president for several years in the 1980's prior to Chris Rios taking over the helm. Together they did the important task of computerizing our High Desert Ultra timing and the posting of age class winners in a very timely fashion. They timed the race starting in 2004 and continuing through 2014. In addition, Tom has been our web master for as long as I can remember, putting together a very well organized and helpful web page. During their early running years, Tom and Dianne combined their running careers with skiing, backpacking and other activities with their four children.

Tom has been one of our fastest runners when it comes to events from 10K runs to marathons. He was a sprinter in high school and did field events in college. Some of Tom's runs are as follows:

Bakersfield 1980 Marathon	2 hours 53 minutes
Bakersfield 1983 Marathon	2 hours 38 minutes
Jet to Jetty 10K (Playa del Rey)	34 minutes 49 sec
Heart of San Diego Marathon	1 time
St. George Marathon (Boston qualifier)	1 time
Boston 100 th Marathon 1996	1 time
Fiesta Bowl Marathon (Scottsdale)	1 time
L.A. Marathon	2 times
Wild, Wild West Marathon	1 time
OTHTC Half Marathon 1983	1 hour 15min 16 sec
Inyokern 10-Mile (best time of many)	57 min 11 seconds

Dianne also is an impressive competitor. She holds the **High Desert 30K record** for 60-64-year age group with a time of 3hours 13 minutes and 44 seconds.

Dianne began running in 1978, coming from a climbing background. She notes that, while enjoying informal sprint races in her grade school years, she was not aware--in that pre-Title IX era--of any organized running opportunities for girls in high school or college. (She instead, at the urging of a friend, took up synchronized swimming! And pursued that sport in high school and at Washington State University.)

Some of Dianne's running history:

Bakersfield Marathon 1983	3 hours 6 minutes (1 st f Overall)
Heart of San Diego Marathon 1983	3 hours 10 minutes
Fiesta Bowl Marathon 1984	3 hours 5 minutes (marathon PR & 1 st F 40+)
OTHTC half Marathon 1984	1 hour 27 minutes (Half PR)
Inyokern 10 Mile	1 hour 5 minutes (best time of many)
St. George Marathon 1995	3 Hours 32 minutes
Boston Marathon 1996	4 hours 21 minutes (gun time)
Paramount 10K 1986	40 minutes 30 seconds (10K PR)

Carlsbad 5000 (best of 18 times) 20 minutes 7 seconds (5K PR)
NWC Triathlon 1st F Overall 4 times

More recently, Dianne ran in the Xterra So Cal trail race series in the 2014-2015 season. These events range from 15K up to 22K. She ran 4 of the series, won the 70-year-old female division each time, and won the series title in her division. She went on to win her division in the Xterra National Trail Running Championship (21K) at Snowbasin Utah.

Tom and Dianne are another example of a couple that not only ran many events, but dedicated many hours helping our club become a great asset to our community.

Tom Miller

Written by Tom

OTHTC participant since 1979.

I started running a couple miles at a time in college to get me through engineering classes. I have always enjoyed sports but running allowed me to play anytime, anywhere with minimal equipment.

I came to work at China Lake in 1978 and learned about the OTHTC with the Sunstroke Track Meet held in 1979. That was my first "race" and the only mile I have completed in under 6 minutes. I went on to run 4 milers, Coyote Chases and half marathons in the next couple years. I am now up to 180 races completed for fun and adventure with my next race a 10k in Malibu with our daughter, Emily.

My first venture into "long" distance running was Scotty Broyles', High Desert Escapade in 1983. It was a great tour of Ridgecrest, Highway 395 and Inyokern Road. The first 15 miles were great, flying right along with Eric Kajiwara, who typically beat me, and did that day as well. The rest of the race was a struggle. I was wiped out for the rest

of the day. Needless to say, it took me ten years to do another marathon.

My long runs since then have been more about seeing new places, taking pictures, and just enjoy being out. The picture is from Big Sur Marathon and was every bit as special as I could have wished to enjoy. I frequently carried a disposable camera in my fanny pack and took pictures along the way. The photo is of me next to Jonathan Lee playing the grand piano, at the famous Bixby Bridge. It was taken by the only spectator there, with my camera. Selfies were not invented yet.





I have completed 12 marathons so far. I did finally qualify to run Boston Marathon. I ran it in 2003 while Emily was going to school in Natick, MA. This is the 10-mile point of the marathon route and they got out of school to cheer us through town.

My ultras are limited compared to several within the group, but I have enjoyed and managed to complete 4 50ks and 4 50 milers with the toughest being the Bishop High Sierra 50 on a day that was cool and complete with a few snow flurries.

Linda Dewees



Linda has been an outdoor person from an early age. She ran a little in her 20's but only up to 10K distance. She also did a lot of rock climbing, mountaineering, and hiking. Like many of us, her 30's were devoted to raising her children (two daughters).

Linda did her marathon running starting at age 40 and did a total of 5. She ran her first ultra (the High Desert 50k) at age 45. She did her first 100 mile when she was 49. The 100 milers became her favorite distance, and I quote, "because it was such an adventure, and a miracle if I could finish"! Linda would travel far from home for a 100-mile run. She has run 100's in Washington, Utah, Colorado, Arizona, Wyoming, South Dakota and Vermont! Probably at least **17 100 milers**

A list of Linda's early distance runs:

2001 High Desert Ultra	7:14:48
2003 Baldy Peaks 50K	12:25:33
2004 American river 50 miler	11:24:37
2005 Bishop High Sierra 50 miler	12:40:48
2006 Angeles Crest 100 miler	32:27:03

Linda has also done many high Sierra point to point runs of ultramarathon distance and about half of them were solo. She's done the Evolution loop (58 miles) twice, and the High Sierra trail (70 miles) solo. She also did the Grand Canyon Rim to Rim to Rim which is 48 miles.

Linda is an amazing ultra-runner. She has run 89 ultra runs according to the ultra-running site "ultrasignup.com".

Carol Wolfe



Carol Wolfe came to Ridgecrest in 1985 and started running in 1986. She was somewhat put off by a running club whose title contained the word "track", however after running one of our 4 mile runs at the fairgrounds, she joined our club and started her marathon and ultra-running career.

Carol is representative of many of our club runners. She is not that competitive, and enjoys the meditative, calming joy of running. In addition, she values the many lifelong friendships that she has formed

over the years. If she can run with a friend, that is of more value than the finishing time.

Carol loves working out with her dogs. She is with her fourth dog, a young two-year-old puppy, having retired two dogs and currently has a 10-year-old dog with hip issues.

Carols favorite race distance is the marathon, having run Wild Wild West 20 times. She also loves our High Desert Ultra.

The following is a list of Carol's runs.

Wild Wild West Marathon	20 times
LA Marathon	10 times
High Desert Ultra	16 times
High Desert Marathon	1 time
Bishop Mule Run	2 times
Bishop High Sierra Ultra	7 times
Death Valley Marathon (Titus Canyon)	2 times
Baldy Peaks Ultra	1 time
Calico Ghost Town Ultra	6 times
Santa Clarita Marathon	5 times
St. George Marathon	2 times
Caballo Blanco Fat Ass Ultra	2 times
Pacific Shoreline Marathon	3 times

The above totals 77 runs. Carol has run 8 other marathons or ultras.

Anthony Barnes



Written by Coach Barnes

DOB: September 21, 1963

Married: Wife, Dora, Two Children: Trevor and Cindel, One Grandchild: Ekko

Member Origin Date: January 1996

Status: Active, Race Director Annual Turkey Trot Since 2013

After moving to Ridgecrest in August 1995 to take a job as a physical education teacher at Murray Middle School and head track and field coach at Burroughs High School, I took over the Burroughs Cross Country program in August 1996. I became an active member in the club in January 1996. I have participated in many club activities over the years including the High Desert Ultra, Inyokern 10 Miler, Turkey Trot, New Year's Resolution Run, Jingle Jog, Back-to-School Run, Half-Marathon, and various others. My own experience running includes a prior marathon before moving to Ridgecrest in a time of 3:04:31. I have trained up to 100+ miles per week, but mostly 30 to 50+ whenever not injured. The longest distance I have ever run is the marathon and

up to 3+ hours in training. I think the perfect distance is the half-marathon. Not bad since I started out as a sprinter and jumper in high school and college.

Over the years as the high school cross country and track coach, I have involved the team members in many of the club's runs and activities, including racing and race management. Many of the families and former runners are active or former members in the OTHTC. What I enjoy most about being a member of the OTHTC is the camaraderie.

Highlights:

Finishing San Diego Marathon - 3:04:31

Best 5K - 17:11

Coach BHS Boys 2nd Place in State Division III in 2003

Numerous athletes in college and team captains

Taking the Team to the Walt Disney World Cross Country Classic in 2013 and 2017

Advocate and acquiring a Girls Head Cross Country Coach in 2010

Author's note: Coach Barnes has been an outstanding coach over the years, no doubt adding many members to our club. He would often bring his boys and girls out to compete in our runs, which challenged our front running adults. His leadership has given rise to a growth in cross country running in the middle schools, i.e. the Monroe and Murray cross country team.

SUPER ULTRA RUNNERS

This category of OTHTC runners are those that ran the Badwater Ultramarathon 135-mile course from Badwater to Whitney Portals.

Gill Cornell

Of course, **Gill Cornell** was the first runner from the club to run this event and that was back in 1987 when the course was longer--requiring the runner to go to the top of Mt. Whitney. Gill set the record that year in a time 45 hours 15 min and 30 seconds. It was 146 miles. You will find more about Gill's ultramarathoning history in the High Desert 50K section of this document.

Randy Klassen



Randy was 49 years old in 2002 when he ran Badwater. His time was 48 hrs., 11 minutes and 2 seconds. This race is one that takes a very tough-minded, determined individual that can continue running through great pain, hallucinations and all kinds of hunger and thirst. Of course,

the runner must have a crew and pacers to attend to their needs and encourage them to continue. I'm including a photo of Randy's feet taken during this run to prove my point.



Randy was a very accomplished ultra-runner. Other ultras as follows:

Angeles Crest 100	32hr. 15min. 35sec
Bishop 50 Mile	3 times
Bishop 50K	4 times
American River 50 Mile	7 times
Calico 50K	1 time
Leona Divide 50 Mile	3 times
High Desert Ultra 50K	3 times

Others were Baldy Peaks, Wild, Wild West, San Gabriel, and Santa Barbara.

An interesting sidelight of the 2002 Badwater ultra was the fact that Pam Reed, 41, of Tucson, AZ beat all her female and male competitors, winning the race outright with a time of 27:56:47. She broke the women's course record by an astounding one hour and 52 minutes. Reed beat her nearest competitor, a man, by four hours and forty-two minutes.



Badwater Ultra requires many supporters, as pictured above, at the finish line!

Barbara and Rick Miller



Rick ran the Badwater Ultra race in 2001 and finished with a time of 43 hours 36 minutes and 20 seconds.

Rick has run many ultras including the Angeles Crest 100 miller. His time at that event was 32 hours and 16 minutes. Other ultras include the following:

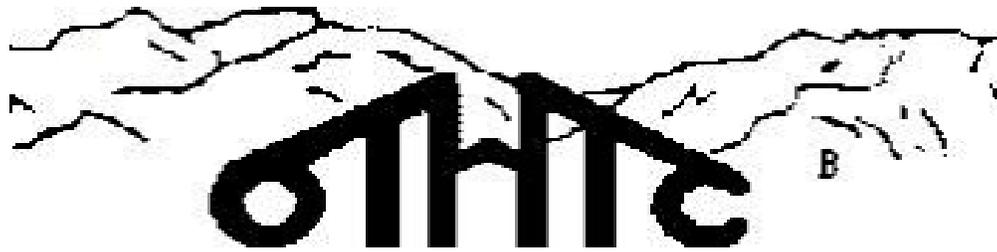
Javelina Jundred	25 hours and 54 minutes
Cascade Crest 100 mile	27 hours 4 minutes
Western States 100	24 hours and 31 minutes

Rick is retired military and an engineer on the base, having served as an Explosive Ordinance Specialist in the military.

My favorite remembrance of Rick was during a 50K race at Big Bear Lake. He went out with the lead pack and about half way through the race he turned back to see how I was doing. He found me at the turnaround point and ran a couple of miles with me to ascertain that I was OK. He then ran forward and caught the lead pack to finish the race. This action came from his military training, that is, never leave a

comrade behind without checking on them. We should all be blessed with friends such as Rick!

Barbara has run many of the OTHTC races over the years. She is wonderfully cheerful person and dear friend. Her mother, Signe Nakashima, was hiking Mt. Whitney well into her 70's and is still around as she is 92 years old. Signe was a member of OTHTC and at one time she had every copy of our newsletter.



EPILOGUE (Finish Line)

THE FINISH LINE IS JUST
THE **BEGINNING** OF A
WHOLE NEW RACE.

leapfitness.com

From Leapfitness.com comes a very good saying regarding the finish line. It is both a goal and a concept. Many of us senior ultra-runners have watched as a beginner runner will exclaim, after a hard 10K run, that they will never run a half-marathon. Two months later they are training for a half-marathon and so on until they become an ultra-marathoner. I reason that this happens because, one, runners have a very short memory of the pain they experienced at the finish line, and two, they have become "addicted" from the natural flow of endorphins produced in the brain that gives one the "runners high". That is the best form of addiction one can have. Another concept about runners is that they will curse an uphill course, but if they have a downhill finish they will praise the course. Another example of the short memory phenomenon. This was especially noted after our half-marathon

through the Rademacher Hills that ends in a 2-mile-long downhill run to the finish line.

THINGS WE LEARNED ABOUT THE DESERT



The above photo was taken by Chris Watson of C4 Exposures

Note: The above photo is protected under the DMCA or Digital Millennium Copyright Act, all content published online is protected by international copyright law.

I would like to personally thank Chris Watson for the use of the above photo. The photo shows not only the beauty of our desert sunsets but also reminds us of some of the dangers. Most runners I know have learned to show respect for our high desert. We have learned the hard way, to watch out for the Cholla cactus with its little balls of extremely sharp and poisonous spines. This cactus has no respect for man, animal or any vehicle that would trample it. However, it is a haven for the small Desert Wren who builds its nest in among the sharp spines. Ask Randy Klassen how it feels to fall into a Cholla bush.

Another citizen of the desert is the Sidewinder, which spawned our famous Navy missile. Both are heat seekers that have a deadly aftermath.



The deadliest snake in our area is the Mojave Green rattlesnake. The Mojave Green is a highly venomous pit viper species found in the deserts of the southwestern United States and central Mexico. It is known for its neurotoxic-hemotoxic venom, which is considered the

world's most potent rattlesnake venom. My encounter with a Mojave Green was surprising. I threw a rock at it to get it to leave the trail. To my amazement it turned and started toward me. In my shock, I ran a large circle around that snake, conceding that it was his desert and home and that I was the intruder. Lesson learned. These snakes have a very bad attitude when it comes to home invaders!

IN REMEMBRANCE

Alex Shlanta



Dr. Alex Shlanta was a fierce competitor and tough minded ex-marine runner. When competing in OTHTC runs he would invariably wait until I was within about 30 yards of the finish line and he would charge by me with his sprint to take me by seconds. At first, I would turn around and see him charging and after a while I simply knew he was there and didn't give him the satisfaction of thinking I cared! (Does this remind you of someone you know, i.e. Corky Furnish, etc.?) Alex had this tough Marine mentality, take the high ground, etc.

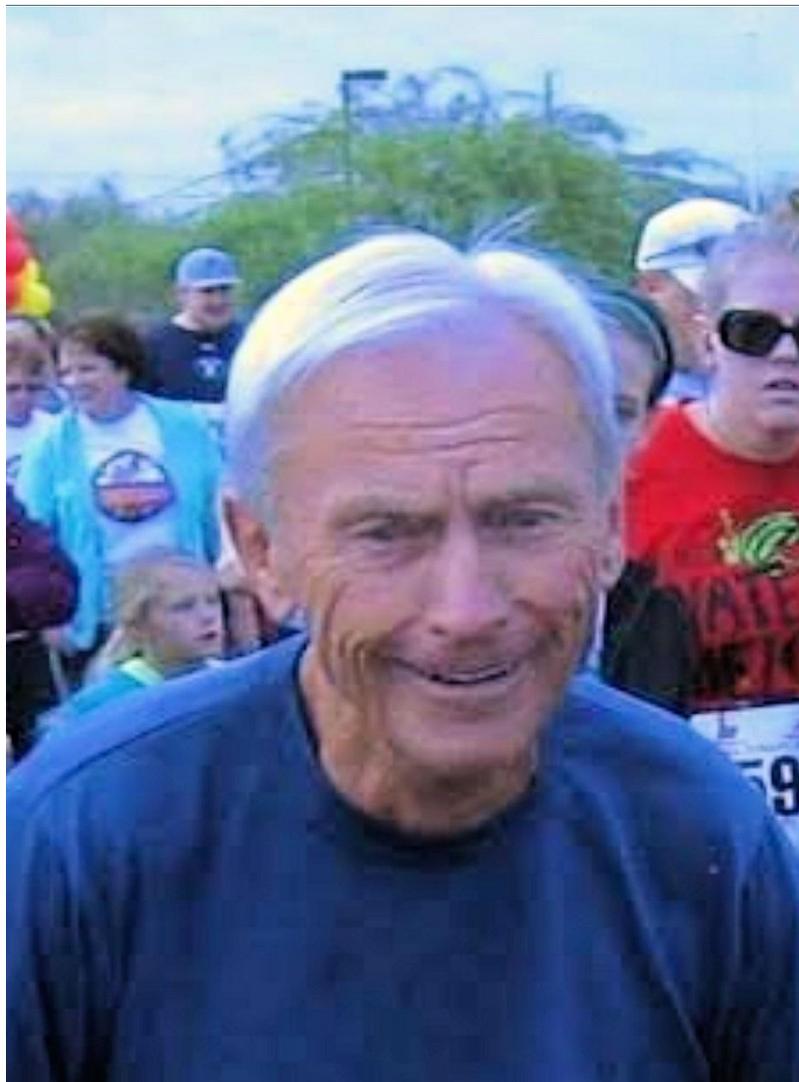
I do remember feeling some satisfaction when I graduated into the next age group, leaving Alex behind in a younger bracket for three years. My male ego adjusted to the rationale of being beat by a younger guy.

Alex was one of those rather shy and reserved types that on first examination would not appear to have a single competitive bone in his body. However, put him in running shoes and shorts and watch him show no mercy as he takes your scalp at the finish line!

Attending Alex's memorial service kicked my imagination into high gear and I was thinking of how Alex beat me one last time. Yes, as we raced toward the finish line of life (Pearly Gates?) he beat me again!! This

time however, I have found some peace finishing behind this wonderful competitive friend. In fact, I think I will stop running and walk very slowly toward that finish line and put off having to compete with Alex in the hereafter! Alex is, no doubt, a technical consultant to HIM on astrophysics. Dr. Alexis "Alex" Shlanta lost his battle with cancer on Sunday, June 29, 2008.

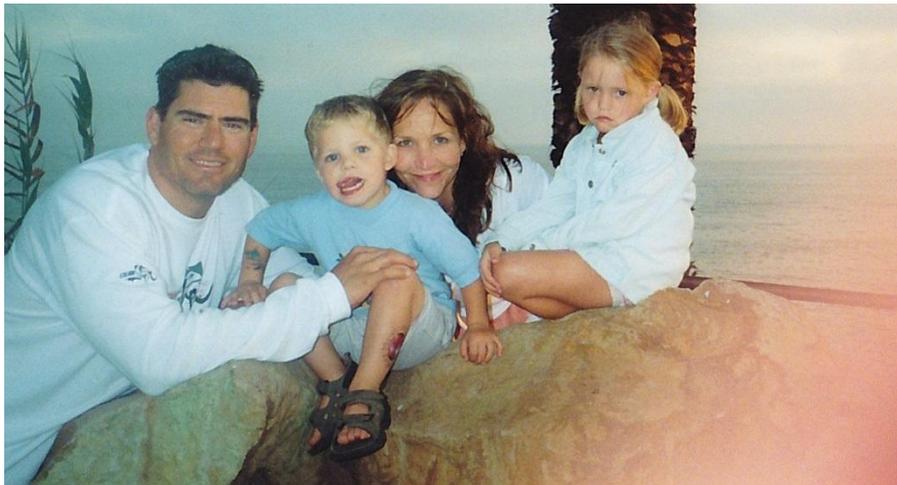
Ron Covert



Ron was an excellent runner. He ran the American River 50 in a time of 7 hours and 30 minutes as a young 60-year-old. Ron and I ran many miles of the Pacific Crest Trail going south and north. One run was from Cottonwood Creek area to Olancho Pass, a long 8 hour plus run. We would sometimes get in a steep hike in the Sierras that required precarious rock climbing. In 1995 my wife Janice and I aided Ron in his Leadville 100-mile run. I started pacing him at mile 50 (out and back course) going over Hope Pass (12,300 feet). Ron finished the race in a time of 28 hours. To cap it off we both ran the Pike's Peak marathon the following weekend. Of course, Ron beat me in that run!

Ron died at the age of 78 when he injured his leg on a run and succumbed to a blood clot in his lungs. Knowing Ron, he probably was content to die before old age overtook him, mainly because he was a very independent person.

Paul Weimholt



Paul with wife Colette, children Conner and Devon

Paul was born in Ridgecrest to James and Mary Weimholt on August 26, 1965, and attended schools in China Lake and Ridgecrest, graduating from Burroughs High School in 1983.

Paul's artistic talents were evident early, and he spent his time studying art and drafting before deciding to join the Navy, where he spent four years and served aboard the USS Texas, CGN-39.

Back in Ridgecrest in 1990, his talents and passion for drawing lead him to acquire some basic screen-printing equipment, allowing him to print small jobs in his garage. He continued to develop his printing skills and acquire a loyal customer base, and in 1992 he officially opened Outrage'n T-shirt. Paul was a great artist when it came to designing our shirts for the High Desert Ultra. We used his designs for the years 1992 through 2011. Paul had a great heart and was very generous. He donated the shirts for a run to raise funds for an Inyokern family in medical need.

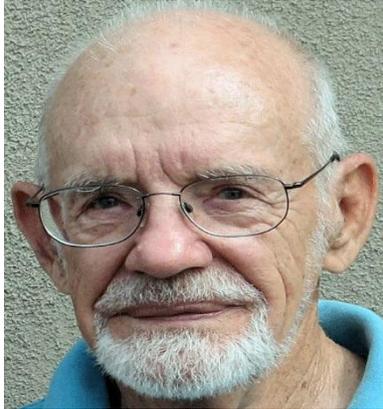
Paul was a good athlete, both runner and biker. We have missed his presence. He passed away in August, 2012 from a sudden cardiac arrest while in Laguna Beach, California.

FINAL WORD

Name another community organization that gives its members better health, great lifelong friendships and a playground as large as our desert! In addition, OTHTC has given thousands of dollars to support deserving non-profits. We have been a large part of what makes the Indian Wells Valley the great community that it is; a wonderful place to raise a family and still enjoy the many varied cultural events that occur throughout the year.

Let us leave a light footprint and pick up our trash. That way we will make our desert playground last!

FINI



John Anderson

I was asked to write this history by Don Snyder who is both a member of OTHTC, but also a member of the Ridgecrest Historical Society. Don was expecting a six or seven page document, however, I had to look back to the 1960's to uncover what started as several noon time jocks and eventually evolved into what grew to be the OTHTC. This document captures 44 years of club history. Writing this document has been a pleasure. I must thank the many people I had to beg for an interview and their cooperation. A lot of this document came from our web site, thanks to the expertise of our webmaster, **Tom Rindt**.



Dianne Rindt

In addition, the complete Inyokern 10-Mile Run section was written entirely by Dianne Rindt. Dianne also was my editor as was my daughter, Angela Anderson.

Last Thoughts

May the Club continue to prosper and bring in many younger participants with a good and creative skills, because this club has enriched our IWV high desert home.

As you slide down the bannister of life,
May the splinters never point the wrong way.

Irish Blessing

After your next ultra-run, may you find an
In-N-Out
burger, large fries and shake, then gleefully
ignore
your calorie intake!

A runners blessing

By John Anderson