

## Campo wins DAL golf followed closely by Acalanes and Miramonte; NCS Tourney to come



Photo courtesy Gary O'Neill

Campolindo golf team, from left, top row: Cooper Chang, Ben Marston, Dylan Breznikar, Justin Rodriguez, Barrett Dellamar, James Giordani, Charlie Lopez, Tavish Wells, Chris Blair, John Banister; bottom row: Gary O'Neill, Leo McDonough, Brody Reed, Jacob Chun, Tim Daugherty, Peter Appleton, Luke Martinez, Tyler Schmidt

By Jon Kingdon

It's been another successful season for Lamorinda golf. By winning the Diablo Athletic League Tournament at the Rancho Solano Golf Course, Campolindo (381) earned the automatic bid to the North Coast Sectional Tournament; Acalanes finished in second (395) and Miramonte (398) in third. Acalanes and Miramonte have applied and anticipate playing in the NCS at Rohnert Park. The NorCal tournament will be held at the Berkeley

Country Club and the state tournament in Southern California.

As with all the sports, the weather was more than a little distraction for the golf teams. Even on a day when it was not raining, Campolindo and Acalanes had their favorite tournament of the year, the Wildcat Invitational at the Meadow Club in Fairfield, canceled because the course was simply too wet to play on. It was a different story for Miramonte that day. "We played Aiello Tournament Discovery

Bay, and it was a gorgeous day with blue skies," head coach Jack Schram said. "When we got out there, we heard that they had canceled the Wildcat tournament. It's been one wet and cold season all the way up to May. You wouldn't think that everybody would be bundled up at the DAL tournament at Rancho Solano as it was fairly cold up there."

### Campolindo

In describing this year's team, head coach Gary O'Neill had to look to the past. "This team is up there with the top

teams at Campolindo in recent memory," O'Neill said. "We'll see if they can match the 2016 and 2018 teams that went to the NorCal Tournament that were led by Ryan Burnett (an All-American at the University of North Carolina, now in his fifth year)."

Justin Rodriguez had the low score in the DAL with a one under par 71 followed by Tim Daugherty-75, freshman Leo McDonough-77, Dylan Breznikar-79, and Barrett Dellamar-79. The sixth player for Campolindo was Luke Martinez who shot an 83. James Giordani, also a football player for Campolindo was injured and Martinez played in his place.

Campolindo will be losing five players to graduation, Rodriguez, Breznikar, Barrett Dellamar, Ben Marsten and Charlie Lopez. "I'm looking forward to the number of underclassmen we have returning," O'Neill said. "We've had a very congenial group that loved to play and trade quips on the range. In fact, Lamorinda golf is comprised of a lot of very nice young men and women. I'm very impressed with the players that I get to meet and watch in action."

### Acalanes

For co-head coaches Cass Mulholland and Ken Lorge, it was a solid year from the start. "We have a stellar squad this year and we were able to run a consistent seven players for the six spots in each match and they all came through," Mulholland said.

At the DAL tournament,

the Dons were led by three juniors. "Jackson Jones shot a career best 73, finished in second and we really needed him," Mulholland said. "Chase Regan and Nate Lyons both shot 79s and seniors Spencer and Jackson Voogt also played well. Junior Gus McKinney also had a great year."

The players brought great attitudes to the team. "The kids completely dedicated themselves to the game and worked hard in honing their craft and a number of them will be playing after high school," Mulholland said. "They all got along and enjoyed playing well together."

### Miramonte

Miramonte had a larger than normal size roster. "Even with 17 players, they all got to play in various matches and tournaments," head coach Jack Schram said. "It was a good year and a lot of fun. I believe we're a lock to get into the NCS. Last year we finished in second and hopefully this year we can do a little better."

The Matadors were led by senior Marcus Erickson, a four-year player who shot a 76, finishing fourth at the DAL tournament. Juniors Dylan Tung shot a 78, Bowen Sande-80, Grant Barmmer-82, John Dunne-82, and sophomore Archer Eames-76. The team was shorthanded having lost Andrew Harrick to a wrist injury after spring break.

Even as the NCS tournament is coming up, Schram is optimistic about next season's team with eight of his nine top golfers returning next year.

## Orindan Patty Hung, 77, completes record-setting 37th straight Boston Marathon



Photo provided

Cousin Hannah, Grandson Gavin, Partner Don, Co-worker Daphne Barnett (back), Patty Hung, Son David and Cousin Jackie

By Jon Kingdon

"A journey of a thousand miles begins with a single step" is a Chinese proverb that was written around 400 BC. For Orinda resident Patty Hung, her longest journey began in 1987 and concluded April 17, when she finished her 37th consecutive Boston Marathon, a streak that established a new record for women.

Having grown up in Boston, for Hung the Boston Marathon was more than just a race, it was an opportunity to reconnect with her family each year. Which was Hung's favorite Boston Marathon? "The most memorable one would be the first one I ran because I did so well (3 hours, 21 minutes) and all my aunts were there at the 13-mile mark and then met me at the top of Heartbreak Hill, which was really excit-

ing," Hung said. "I was able to stay with the Donnellys who would watch my kids when they were small and later brought them to the races. They were my spiritual leaders."

Even with a top time in that first race, for Hung, it was a long run, but a memorable ending. "It was intimidating, but at the end of the race there was free beer from one of the race's sponsors, so I decided to take a sip of the beer to get myself together and that was the first and last sip of beer I ever had."

The 30th marathon comes a close second for Hung, again with a nod to the importance of family. "In that race, my sons Eric and David ran the race as well," Hung said. "Eric qualified and David got special permission to run, and I had someone run with me for

every mile. Hannah Donnelly, the granddaughter of my uncle, who had run five previous marathons with me, ran the first 13 miles with me. When we all finished, my other son Kevin, who did not run because there was a restriction due to the bombing the prior year, joined all of us and we had a wonderful celebration."

It all began when Hung was a single mother with three kids. "I was living in Oakland, near Lake Merritt and I saw people walking and running and I thought I can do this and that's where it started with a three-mile run around the lake," Hung said. "I was looking for a release and wanted to make a mark in going back to Boston and run the marathon. I had the time to focus and relieve stress and it gave me a purpose."

For Hung, the Boston Marathon was a dichotomy from her initial marathons, by figuratively carrying her family with her throughout the race: "It started when I was with my family the day before the race and I went around the room and asked everybody to pick one of the 26 miles and I wrote their name on my wrist band so it was a way to have everyone with me, at least figuratively, making the run more purposeful and it was a tradition I carried on for years."

In preparing for the later marathons, it was the support of her children, Eric, David and Mailee, along with her boyfriend Don Mixon that kept Hung focused. "David and Eric really combed up my training," Hung said. "They were runners themselves and very knowledgeable in marathon

training, and were acute in looking at my schedules, making some changes and helping me put it all together. Don did all my workouts with me and the ones that he could not do, he was always there encouraging me and making sure that I would finish well. For this last marathon, I made a schedule again with the help of my children and to make it official, Don helped me to copyright it and I plan to give it away to people who would like to know how I trained."

What should come as no surprise is that the 77-year-old Hung is in peak health. "My doctor can't believe I'm this old and told me that I was breaking all the records for being healthy," Hung said. "She is wonderful and has been very involved, giving me a lot of courage. It's wonderful that I can keep going and show there is always hope for everyone else. I know that there are ailments and diseases that come unexpectedly but if you take care of your health by exercising and eating right, it can help to prevent some of those things from occurring."

Hung's advice to people who want to begin running marathons? "Just enjoy the experience of running a marathon. Joan Benoit, the first women's Olympic champion said, 'How you train is how you race' and I took that to heart. People that don't know what training is about won't train properly which increases the possibility of their getting injured. You can suffer a number of small injuries and aches and pains that

can make for a long recuperation which can be easily avoided. You just have to train right to enjoy it."

In simple numbers, Hung's 37 marathons (26.2 miles) totaled 969.4 miles, 1,693,824 yards, 5,801,469 feet and 2,328,262 total steps and upon hearing these numbers Hung was matter of fact about it: "It really was never about breaking the record. It was about continuing the tradition. At the end, I was a little disappointed in my final race because I wanted to finish the race with a time of 5:30 but I missed it by 10 minutes, but that was okay. I finished healthy and strong, and I did not have to crawl home and crawl up the stairs. I felt good and still do. As I do normally, I will take a month off from running and will do some hiking. I do not have any prescribed plans after that but I will still do casual running." To complete the circle, it may just be around Lake Merritt.

### 11 other Lamorinda runners who finished the Boston Marathon

1. Nathaniel Beach - Lafayette
2. Todd Ebe - Lafayette
3. John Damen - Moraga
4. Xiaohua Gong - Moraga
5. Andrew Jensen - Moraga
6. Brendan Washburn - Moraga
7. Samuel Cho - Orinda
8. Rebekah Evans - Orinda
9. Sunduk Kim - Orinda
10. Drew Mickel - Orinda
11. Garva SooHoo - Orinda

Nathaniel Beach was by far the fastest marathoner from Lamorinda finishing 375th out of 28,604 runners with a time of 2:35.5.



Photo provided

## Local Karate athletes compete in Las Vegas

Submitted by Thomas Westernoff

Karate & Fitness USA of Lafayette competed in Las Vegas at the USA Open Karate championships, an international karate competition event with over 48 countries participating with some amazing competition from all around the world. Eleven athletes re-

turned home with 17 medals (5 Gold, 2 Silver and 10 Bronze). The competition in Kata (forms) and Kumite (sparring) was fun and exciting for boys and girls.

All Athletes are from the Lamorinda area: Andrew Cai, Miles Paras, Chloe Paras, Paroma Khan, Ammar Khan, Adeb Khan, Yana Zalivko, Wayne Dong, Sophia Hong, Ethan Luo and Ace-K Ochai