



*The Award Winning*

## **Malibu Rotary Club Surfwriter**

June 10, 2015

Official Newsletter of the Rotary Club of Malibu  
Malibu Rotary Club President Margo Neal

Edited by Dr. John W. Elman  
Pictures by Dr. John W. Elman

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Check [Calendar](#) on Malibu Rotary website [www.maliburotary.org](http://www.maliburotary.org)

- Rotary International Website: [www.Rotary.org](http://www.Rotary.org)
- Rotary District 5280 Website: [www.rotary5280.org/](http://www.rotary5280.org/)
- RI President (2014-2015) Gary CK Huang
- Rotary District 5280 Governor (2014-2015): Elsa Gilham

**David Torrence Tells How Being an Elite Mid Distance Runner is as much  
Mental as Physical**





Malibu Resident Elite Runner David Torrence spoke at the June 10 2015 meeting of the Malibu Rotary Club about the strategies involved in running in mid-distance races . David, a graduate of University of California at Berkeley, is the current indoor American record holder in the 1000 meters. He was introduced at the Malibu Rotary Club meeting by his mother, Bianca Torrence, a local realtor and member of the Malibu Rotary Club. David's personal best times in the mid-distance races are

**800 meters: 1:45.14**

**1000 meters: 2:16.76**

**1500 meters: 3:33.23**

**Mile: 3:52.01**

David has had many highs and lows in his running career. The biggest disappointment was failing to qualify for the US Olympic team by .01 second.

David Torrence grew up in Tarzana in the San Fernando, but was admitted to Loyola High School in Los Angeles, which besides being the oldest high school and continuously run educational institution in Southern California, is one of the best both academically, and in its athletic programs. Over 99% of Loyola high school graduates go on higher education, 96% to 4 year universities. In the 2002-2003 academic year, the year David graduated from Loyola High School, the school set the California state record for most section championships (5) won in a single school year: cross-country, basketball, volleyball, track, and golf. For several years ESPN RISE has ranked Loyola High School as Top All-Boys Athletic Program in the nation.

David appreciated the sacrifices his mother made to get him to into the school and continued to make to keep him there and he always put forth his best effort in whatever he was doing, in and out of the classroom.

David liked all sports, and played basketball and tennis, but liked running the best. He never was an exceptionally fast athlete as a child, but he was always persistent. He always played as hard as could until the game was over. And he always has been very devoted to what he is doing. Knowing he stood no chance at excelling in sprints and dashes, he decided to concentrate on running longer distances, running the mid distance races, 800 meters, 1000 meters, 1500 meters and mile. Running track in high school meant getting up at 5:30 a.m. every morning so he could workout at 6:30 a.m. and it meant staying late after school every day to work out again. Each year in high school he improved his times. During his senior year, he led his team to a state and CIF cross country title in the fall while placing 3rd in the 1600m at the California state meet during the outdoor track season.

Being the 3<sup>rd</sup> best high school runner in the state was not that impressive, pondered David, when you consider national and world rankings. He never thought he would be a professional athlete. He would get his degree at Cal and doing something other than be a professional



runner. David joined the track team at the University of California at Berkeley. He was used to putting in a grueling schedule of academics and athletics and he improved his running ability in college. He said that when he is running in race, he is not just running for himself, but he is running for his team, and all the people who have

supported him. When he was high he was in high school he was running for the high school, when at Cal he was running for the Cal Bears. Later he would be running for his country and corporate sponsors.

In 2004, he won the National Junior Championships in the 1500m, qualifying for the World Junior Championships. There, he set the UC Berkeley freshman record in the 1500m with a time of 3:43.62.

David said that some of his best successes have come when he has hasn't felt his best. One of these times was at Dual Cal-Stanford meet that he had entered after recovering from a knee injury. Stanford had two top runners and David wasn't given much of a chance of beating either one in a mile race. At the beginning of the race the Stanford runners pulled way ahead as expected. David said he typically does not start his final kick to finish the race until the final 30 seconds, but this time he started with 2 minutes to go, and he was able to pass one of the 2 Stanford runners, giving him a second place finish, but garnering enough points for his team to win the meet.

The first American to break the 4:00 minute mile was Cal Berkeley alum Don Bowden, who did it June 1 1957. On the 50<sup>th</sup> anniversary of this accomplishment David broke the 50 year school record He set the mile record for his school with a time of 3:58.62 at the California Collegiate Challenge. During his final season at Cal David improved upon his personal bests at multiple distances. At the PAC-10 Championships he set a PB in the 800m with a time of 1:49.87, but would go on to lower his best time in three more events that season: the 1500m at the USA Championships with a time of 3:40.8, the 3000m at the Big Meet with a time of 8:16.63, and the 5000m at the Stanford Invitational with a time of 13:59.65.

David says that many people who beat him in college are no longer racing. He made a decision to continue, to run professionally, and has been successful at it.

David had a record setting indoor season in 2014, setting the American Record for the indoor 1000m, the World Record in the indoor 4x800 and also running under the previous American Record in the 2000m, although [Bernard Lagat](#) was able to run even faster that same race and take the record. Torrence split a 3:36 1500 meters in the 4x1500 meters at the IAAF World Relays on May 25, 2014 to help [USA](#) finish 2nd only to Kenya. After previously running for [Nike](#), on November 25, 2014 it was announced that he had signed with [Hoka One One](#).

David about the tactics used in mid-distance running. He said that at the beginning of the race all the runners stay in a pack. This is both necessary and dangerous. It is necessary because together their I less wind resistance—the runner who pulls ahead has more resistance than the runners who stay in the pack. It is dangerous to stay in the pack because it is more likely to get

hit by an adjacent elbow, or the sharp metal spikes on the shoes. He has finished many races with bloodied chins from the flying spikes.

Each mid and long distance runner has a personal game plan of when they will make their move to get into the front.

David travels the world participating in meets, to qualify for the World Games that are held every 2 years and the Olympics that are held each 4 years. David is disappointed that he missed the cut off to represent the US in the last Olympics by .01 second.

He garnered many new fans at the June 10<sup>th</sup> Malibu Rotary Club meeting. We will be rooting for your David!

## **Local Student Receives Scholarship From Malibu Rotary Club**



**Recent Malibu High School graduate Hilary Sturgeon was presented with a \$500 scholarship award from Malibu Rotary Club President Margo Meal at the club meeting on June 10. Hilary, was a regular volunteer the Malibu Community Labor Exchange as well as the student member of the of MCLE board. She also volunteered for the nonprofit Made in the Streets in Nairobi, Kenya, and for her community service was a Malibu Times Dolphin Award winner this year. Hilary plans to study International Service at Seattle University in Washington.**

## **Bill Wishard, Rotary District Special Olympics Chair**

Bill Wishard is coordinating Rotary District efforts for the Special Olympics games being staged in Los Angeles July 25 - August 2, 2015. People in Los Angeles, and especially Rotarians, can get involved. The Special Olympics will have 7,000 athletes from 177 countries.

Rotary District 5280 is getting a block of 1020 tickets for the opening ceremonies of the Special Olympics which will start at the Los Angeles Memorial Coliseum 5:00 pm July 25<sup>th</sup>. Price for ticket and special Rotary T-shirt that will be worn at the event is \$40.00. Details of ticket sales will be sent out to all 63 Rotary District clubs by Tori Hettinger in a flyer on Monday June 8. There will be an online signup form.

Rotarians can also participate as volunteers "Fans in the Stands," or by sponsoring an athlete. It is free to go to the games, and individual Rotary Clubs should each have a captain to have club members go to the sporting events together for a fun group experience. Sponsoring an athlete financially costs \$2500. Some large clubs in District 5280, LA 5 and Wilshire Rotary Clubs have done this. For smaller clubs, like the Malibu Rotary Club, they can join with other clubs to raise the \$2500. The Malibu Rotary Club is contributing \$500, and will join with another club to support an athlete.

## **Other News and Guests at Malibu Rotary Club**

Bill Wishard urged everyone who can possibly make it to attend the District Assembly June 20<sup>th</sup> at the Carson Community Center. It is there that plans for the 2015-16 Rotary year will be discussed.

Besides speaker **David Torrence**, regular guest **Chris Bashaw** of the Malibu Surfside News attended the June 10th Malibu Rotary club meeting

## **Malibu Rotary Club Supports RainCatcher**

Clean drinking water is a problem affecting millions of people around the world. A Malibu company, RainCatcher, is trying to solve the problem in an efficient manner. Much of their work has been in Africa. The Malibu Rotary Club along with the Rotary Clubs of Beverly Hills, CA USA and the Rotary Club of Entebbe, Uganda has applied for a Rotary Foundation Grant to assist Raincatcher. There are several videos available on You Tube that show the amazing things Raincatcher is doing bringing clean drinking water to places in Uganda and Kenya where there was previously no clean drinking water.



David Zielski, Executive Director of Raincatche makes regular trips to Uganda and Kenya to do Raincatcher installations and maintenance. In February The latest video showing what David and the Raincatcher people are doing in Africa was shown at the Malibu Rotary Club meeting on August 20. A link to the video is now on the MalibuRotary.org website. The direct link to the video is at:

<https://www.youtube.com/watch?v=59rzOcM-RLo&list=UUFetq8NgjhXhtkVf0idcQUg>

## Calendar (for details on these programs see [malibuRotary.org](http://malibuRotary.org))

### June 17 Bill Wishard

#### **District Assembly Report and Rotary at Special Olympics (plus special Olympic Insider Bill's Thoughts on FIFA Scandal)**

Bill Wishard represented the Malibu Rotary Club at the Rotary District Conference held May 15-17 at Loewe's Coronado' Bay Hotel. It is there that Rotary district projects are discussed and Bill will report on the latest district happenings and also Rotary participation in the 2015 Special Olympics where over 1000 Rotarians and their families will attend the opening ceremonies at the Los Angeles Memorial Coliseum on July 25. 84 Los Angeles Olympic Organizing Committee (LAOOC) Director of Congresses Bill Wishard will also give us an insiders view on the current scandals involving FIFA

no afternoon meeting at Pepperdine Jun 24, 2015

Special evening event

Margo Neal's Demotion Party Jun 24, 2015

Evening Dinner Pary —

We will be having the demotion party for Margo at :

Place: Gravina Malibu, 28925 Pacific Coast Hwy (PCH & Kanan) in Malibu

Date: Wednesday June 24

Time: 6pm

Cost: \$40 per person - this includes tip

Members Can Register themselves and guests online at [MalibuRotary.org](http://MalibuRotary.org)

## Christian Pearce Jul 08, 2015

### RYLA Experience

Christian Pearce and Keaton Brewster were chosen by the Malibu Rotary Club to attend Rotary Youth Leadership Assembly (RYLA) at the Alpine Conference Center in the San Bernardino Mountains near Blue Jay, CA in April, 2015. Keaton spoke to the Malibu Rotary Club about his experience on May 20. Christian will relate his experience on July 8.