

ON THE RUN



South Coast Roadrunners Running Club
<http://www.roadrunners.org>

Orange County, California
January 2013 Issue

Runner of the Month – Jeanie Leitner

By: Cathy Shargay

Congratulations to Jeanie Leitner for being the December Runner-of-the-Month. She is definitely an inspiration for anyone coming back from injuries, as she has made a great comeback after being out for about eight months with a broken foot. One way she maintained fitness while injured, was pool-running all through the winter. Her race times now are equal to or better than pre-injury, and she is already running marathons again. She was first in her age group at the Nike Women's Marathon in October, and had a better time this year than when she ran the same marathon a few years ago! Jeanie is also a regular at the club runs, and is friendly and fun to run with! I'm happy that she and I are close in pace, as it is great to have her as one of my running partners.



Here are Jeanie's responses to some interview questions:

How long have you been a member of Roadrunners?

I'm not sure, but I probably joined in the early 1990's. There were two time periods where my membership lapsed due to some other interests, but I eventually rejoined and it was always great to come back.

What got you started on running, when, where, etc?

I started walking for fitness when I was pregnant with my son. After he was born, I switched to running since I had limited time for exercise. I would run in the early mornings, before my ex-husband left for work.

What's your favorite running story?

One experience that comes to mind, is a club run around Back Bay in the pouring rain. Ravi and I and few others were getting soaked and kept coming to blocked gates – we felt like rats in a maze. We hung in there though, since it was the same day as LA Marathon, and we felt so bad for the marathon runners and were happy that we did not need to run as far as them.

What are some of your races that you are most proud of?

I don't know most of my PR's, but I can remember my Boston Marathon times because they were so close. In 2000, I ran 3:45, in 2003, 3:46 and in 2008, 3:47 – just a minute more each time! My PR marathon is Long Beach, but I'm not sure of the time.

What is your favorite race and why?

I've always liked the Corona Del Mar 5K in June. Mainly, I like the setting at the beach, the views of the ocean, the post-race food and the fact that I always see lots of people I know.

What are your current running goals?

I have no specific race goal, but my hope is to "maintain" and to always be ready for a half marathon.

What is your best running "tip" (or tips)?

I'm not the best person for giving running tips, but one thing that I believe is helpful for me is to use swimming for cross-training.

Where were you born? Where did you go to college?

Oklahoma is my home state, and my bachelors degree in Elementary Education is from Oklahoma State University. I've also taken additional classes almost everywhere I've lived – at Central Connecticut State, Cal State Fullerton, UCI and currently I'm taking Spanish and Environmental Protection classes at Saddleback College.



Cathy Shargay and Jeanie after a race.

What is your job?

I am recently retired from being an Elementary Teacher in the Saddleback District, and now I am frequently a substitute teacher for them. One reason I enjoy taking classes, is that it is nice to be on the "other side of the desk".

What are some of the best features of the club for you?

Definitely, the people! Everyone is so supportive and the camaraderie is great. My running buddies (you know who you are) make me feel welcome and wanted. And it is so much nicer to have people to run with, rather than running on my own.

How have you seen the "character" of the club changing over time?

No. We get lots of new people all the time, but they join in to the spirit and good things about the club, so it basically stays the same.

What are your other hobbies/interests?

My passion is the environment and sustainability. I am enjoying my classes in this field, and try to live as "green" as I can. I also enjoy biking, swimming and movies.

Thanks Jeanie for sharing with us! Congrats also on your current 2nd place standing in the Grand Prix, and many past top ten Grand Prix finishes. Jeanie was also honored with The Most Improved Female Runner Award at our 2003 Annual Banquet and the Ideal Female Runner Award in 2005. We hope you'll continue to have great race experiences and look forward to many more fun runs together!

Ask Les Cargo

While running, is there a proper way of passing people?

When coming up on a slower runner out on the road or trail you don't want to startle them when you go by. Make sure you give them plenty of space and pass on the left. A cough or verbal heads up such as "on your left" or "excuse me" will let them know you're coming. If the runner is wearing headphones you may have to be a little louder.

When passing runners going in the opposite direction it's always nice to acknowledge them with a simple "hi" or hand wave. Even a quick nod or smile when you make eye contact will do.

During a race it's a different situation. You don't want to expend energy saying "excuse me" every time you pass someone. Just make sure after passing someone, if you need to move back in front of them you give them at least two strides before making the move and then don't slow down. That's just not cool.

The last type of passing while running we should touch on is the G I type. Runners eat a fair amount of healthy foods which produce gastric disturbances and passing gas happens while running. It's inevitable and excusable. Sometimes you can wait till a car drives by to muffle the sound. Other times you can't. "Excuse me" once again is a good reply, especially if someone is drafting off you.



Send your running and racing questions to Les Cargo via his literary agent:
bob.morris@asnailspace.net.

Big Baz's 2013 Trail Races

Go to the web site <http://www.bigbaztrailraces.com/>
for race information, registration and course maps.

The forest service limits the number of runners to 150. Sign up early!

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2013	<u>Jan 5</u>	5 RACE Winter Trail Run Series (If you haven't done a trail race before, click <u>Beginner's Page</u>)	12K	2,604'
	<u>Jan 19</u>		15K	3,502'
	<u>Feb 2</u>		18K	4,020'
	<u>Feb 16</u>		21K	3,470'
	<u>March 2</u>		30K	3,174'
	<u>March 16</u>		50K	6,627'

Make Room for Santa 5K/10K Highlights!

By: Linda Hammond

Santa Claus came to town and raced a 5K and 10K! In the month of December **South Coast Roadrunners** celebrated the holidays at the **Santa Run**. In the 10K **Ben Coyle** was 3rd overall and placed 1st in his age division. Congratulations to 1st place age division winners: **Matt Kossoff** and **Brad Wobig**. In the 5K **Leilani Rios** was the 1st female overall and 1st place in her age division. Age division winners in the 5K were: **Bob Morris**, **Dave Blakesley**, **Susan Liu**, and **Jeanie Leitner**. Congratulations to all the Roadrunners for great races!

Our **Grand Prix** leader is **Leilani Rios**, followed by **Jeanie Leitner**, **Mike Gulan**, **Thomas Fung**, and **Bob Morris**. We are at the half way point in the Grand Prix. We have raced to celebrate the 4th of July, raced down a runway, some ran for beer, ran long at the beach-Long Beach, ran with dinosaurs, and made room for Santa out on the race course! Wishing all the South Coast Roadrunners good times in 2013! **Happy New Year!** See you at the Finish Line!



From left: Susan Liu, Cathy Shargay, Mike Gulan, Tonson Tong, Jeanie Leitner and Leilani Rios.

Running Every Day in 2012!

By: Linda Hammond

Have you ever thought about trying to run every single day for a year? Well **Jenn Walt** and I (**Linda**) put on our running shoes and did it.

Why did we decide to run every day for a year?

Linda: **Amy Katz** posted a **Runner's World Challenge** about running every day from Thanksgiving to New Year's Day. Once I hit January 1st, I decided to see if I could run every day for the entire year of 2012.

Jenn: I received a **Garmin** for Christmas 2011 and I thought it was cool and easy to see what I was running, both on a map and on a calendar, so the idea was born...

How many days per week did we normally run before the streak?

Linda: I was usually running about 4-5 days per week.

Jenn: Normally I was running about 4 days per week, but I think doing 7 was actually better; my "rest" days of 1-3 miles seemed to help me have better runs on my "real" running days....

What was the most interesting run?

Linda: I ran the **OC Marathon** in May then had to run the next day. Ouch, that was one really SLOW mile long jog on the grass! Traveling for work, it was also cool to get in runs in Germany and Canada.

Jenn: 1) Running while backpacking--i.e. down from 10,000 **Kearsarge Pass**--runs were super slow and really hard, because we were so high. 2) This week, running in **Mammoth**, I've run in hiking boots the whole time, because there is so much snow on the ground...

What was the total mileage run in 2012?

Linda: I don't have a total because my Garmin died about the halfway point so I was without a Garmin for over a month and just had to run based on time during that time and didn't keep a log. I have trained for two marathons during my streak: **2012 OC Marathon** and upcoming **2013 LA Marathon**.

Jenn: My total miles will end up at about **1,732**...

Jenn and I ran all **366** days of **2012**; yep it was a leap year! We are truly ready for a walk break!



Linda and Jenn at the USATF Mile Race last Aug. They are the second and third racers in this photo.

SCRR Photos from Make Room for Santa Run!

Photos From: Linda Hammond and Cathy Blakesley





SCRR Post-Holiday Party

Dinner & White Elephant Gift Exchange

When: Sunday, January 20, 2013

6:00 – 10:00 pm

Where: BJ's Restaurant and Brewery Patio

Tustin Marketplace

13130 Jamboree Rd, Irvine

RSVP: \$20 per person by January's club meeting (1/3/13)

Pay online: www.roadrunners.org, or cash or check payable to SCRR given to Janelle or any board member by 1/3/13. Price includes unlimited soft drinks and buffet with eight pizza, two pasta, and two salad options. And, of course—Pizookies! Plenty of vegetarian and meat offerings!

Photos on Page 6: Top row from left to right: Noreene Matsuda, Ben Coyle, Anna Osgood, Paul Osgood and Lisa Eiler.

Bottom photo, back row: Cathy Blakesley, Linda Hammond, Anna Osgood, Dave Blakesley, Tonson Tong, Jenn Erickstad and Paul Osgood.

Bottom photo, front row: Lindsay Williams, Jeanie Leitner, Judy Sweet and Cathy Shargay.

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME! Meet at 7:45 AM, run at 8 AM

1/5/13 – Back Bay Classic

Leader: Navid Moshtael

Location: Corner of Eastbluff and Back Bay Drive.

Directions: Take Jamboree Exit off the 405—head west; go about 2 miles, right on Eastbluff. Go 0.2 miles - park on the right; we begin running at Back Bay Drive, also known as the monument.

About the Run: The “standard” loop is 10.5 miles. You can extend the run along the bike path or shorten the run by making it out and back as far as you like. Water is available at several points along the way (~miles 3.5, 5, 7 along the “standard” loop).

After the Run: Starbucks on Bristol and Jamboree - 1000 North Bristol St., Suite 30, Newport Beach.

1/12/13 – SoCal ½ Marathon and 5K, Irvine – Club Race of the Month

1/19/13 – Panera to Peter’s Canyon

Leader: Stacey Dippong

Location: Meet and start in front of Panera Bread near Ralphs in the shopping plaza at Jamboree and Irvine Blvd – 13205 Jamboree Road, Tustin, CA 92782

Directions: From the 5 freeway, exit Jamboree and head north toward the mountains. Turn left into the Ralphs shopping plaza immediately after Bryan. Panera is to the right of Ralphs.

About the Run: We will run up Jamboree to Peter’s Canyon. The full loop, including Peter’s Canyon, is about 11 miles. For those wanting to run shorter, you can do an out-and-back along the bike path. Those wanting longer, take an extra loop around Peter’s or continue on along the Hicks Canyon trail.

After the Run: Panera Bread

1/26/13 – Quail Hill

Leader: Lisa Eiler

Location: Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604

Directions: From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

About the Run: We will head out on Jeffrey and take the bridge over the freeway. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into the exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. The standard loop is 12 miles. You can also do an out-and-back along the trail. There is water on the trail, but it is recommended to bring some, just in case.

After the Run: Starbucks, Big City Bagels, Chronic Tacos and Juice It Up.

Save the Dates - For These SCRR Road Trips

Palm Springs Century and Half Marathon

Feb. 8-10

Paso Robles Half Marathon and Wine Tasting Trip

Mar. 15-17

Istanbul Marathon

Nov. 17

New Snail's Pace Store - Grand Opening Festivities

Food, fun and fantastic freebies!!! Come celebrate the official Grand Opening of the ASP Mission Viejo store every Saturday in January!

Starting January 5th, each Saturday there will be a fun run at the new Mission Viejo store at 8:00am, followed by coffee and bagels, then shoe/apparel/accessory raffles from all our vendors: Adidas, Asics, Brooks, Mizuno, New Balance, Nike, Vibram, Aetrex, Timex, Soleus, Feetures, Amphipod, FuelBelt, PowerBar, Spenco, Thorlo, Wright Sock, Nuun, Sports Beans, Accelerade/Endurox, Fluid Hydration, Wigwam, TriggerPoint, Snuggbuds,..., then if you're still hungry, sandwiches at noon! (January 12 will be a post-race cool down event starting at 11:00am).



FIRST PRIZE: Enjoy Super Bowl weekend in your luxury oceanfront suite, run or watch the Surf City Marathon. Includes two night stay and two race entries.	SECOND PRIZE: iPad 3	 FREE Hat or Visor with Purchase* <small>*Gift retail value \$21.95. Min purchase of \$50. While supplies last.</small>
	THIRD PRIZE: (10 Winners) Pair of running shoes	
949-707-1460 24451 Alicia Parkway • Mission Viejo, CA www.ASnailsPace.net		
Experience our 5-step fitting process including video gait analysis.		

SCRR Meeting Minutes - December 2012

After six newcomers introduced themselves, **Sherri Ellerby** reminded everyone that club members receive a 10% discount at A Snail's Pace stores.

Bob Morris announced the grand opening of the new Snail's Pace store on January 2. The store is across the freeway and two blocks away in Mission Viejo. The old location is currently open as an outlet store. Get 20% and an additional 10% off with your Snail's membership card on shoes and clothing on the lowest marked down price. Make sure you enter the grand opening sweepstakes when you visit the new store. Grand prize: A weekend at the Surf City Marathon, which includes two nights at a deluxe oceanfront suite and two race entries. Second prize: iPad 3. Third prize: Ten customers will win a pair of running shoes.

Pizza will be served at the Lamppost on Barranca and West Yale Loop after the meeting. We will return to the Lamppost on Culver and Walnut after the club meeting in January. **Sherri** stated our checking account balance was \$4,222.41, and our PayPal balance was \$834.55.

Our annual post-holiday party will be at BJ's in the Irvine Marketplace on January 20. Details can be found on our website and Facebook page. The price is \$20 per person and a PayPal link has been set up on the website. Bring a gift worth up to \$20 for the white elephant gift exchange. Our next club race is the Make Room for Santa 5K/10K on December 15 in Tustin.

Mike Friedl announced the top 20 in the Grand Prix after five races. **Leilani Rios** is still holding on to first place. Not far behind in second place is **Jeanie Leitner**, and rounding out the top five are **Mike Gulan**, **Thomas Fung**, and **Stacey Dippong**.

Members voted unanimously for the Carlsbad 500 as our April club race. The other two choices were the Seal Beach 5K/10K and the San Clemente 5K/10K Trail Run.

We had lots of enthusiastic race reports...

Sue Rudolph ran the Catalina Eco Marathon. She took a spill, but still managed to finish the race.

Sourabh Jain finished the LA Cancer Challenge 10K in 64 minutes.

Cathy Shargay ran the Malibu Marathon as a make-up race for the NYC Marathon. She enjoyed the gorgeous views.

Andrew O'Bannon ran the Las Vegas Rock 'n' Roll Marathon. He liked the course and crowd support, even though there were headwinds throughout the entire race. He finished in 3:12 and placed 61st overall.

Dave Flahive ran 1:39 at the Las Vegas Rock 'n' Roll Half Marathon and was the first Elvis to finish.

Lindsay Lyon participated in five races in November which included the Palm Springs Half Ironman and she placed first in her age group at the Catalina Triathlon.

Ironmen Rob Harris, Jim Beck and **Vince Lowder** all had impressive finishing times at Ironman Arizona. This was Rob's eighth IM and PR'd on the bike. This was Jim's tenth IM and PR'd by 3 minutes overall. Vince was the newbie in the group and ran a sub-4 hour in the marathon.

Sherri was thrilled to run sub-40 minutes in the Dino Dash 10K. She placed first in her age group and brought home a coveted dinosaur trophy.

Congratulations to our Runner of the Month **Jeanie Leitner**. She has made an amazing comeback!

Noreene Matsuda – Club Secretary

Treasurer's Report from Eric Dangott:	Month	Dues	PayPal	Pizza	Other
	Jul-12	370.00	(13.74)	(262.27)	(402.68)
Note: The November Other	Aug-12	555.00	(15.65)	(297.06)	51.04
expense was our annual RRCA	Sep-12	640.00	(23.99)	(316.75)	(227.99)
dues.	Oct-12	340.00	(6.29)	(322.55)	(20.87)
	Nov-12	560.00	(20.77)	(350.00)	(1,049.00)

Great Deals From Fellow South Coast Roadrunners...

(Editor's Note: Advertising from current SCRR members is free of charge)

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Reminders

Newsletter Contributions: We want your stories, announcements, etc. Please e-mail any newsletter contributions to Cathy Shargay at Cshargay@cox.net.

SCRR Roster: Send your address, e-mail address, phone number updates to David Schiller at david.schiller@cox.net.

New Member Night: First Thursday of every month; pacers assigned to all new people, club meeting and pizza.

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Sports Authority, Tustin Market Place, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

MONTHLY CLUB RACE: For more information: log on to www.roadrunners.org or see a Club Officer.

MONTHLY CLUB MEETINGS: 1st Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

MEMBERSHIP DUES: Single: \$30, Family: \$45. Make your check payable to **South Coast Roadrunners**

SCRR CLUB CALENDAR *By: Doug Denniston*

Monthly Club Meetings are highlighted in orange; Monthly Club Runs are highlighted in yellow

Out of Town Races featuring club members highlighted in blue

Click on hyperlinks to go directly to race websites for event registration info



JANUARY	
THURS, 1/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 1/6, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SAT, 1/12, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, schalfmarathon
SUN, 1/13, 5:00 a.m.	Walt Disney World Marathon, FL Disneyworld Marathon
SUN, 1/13, 7:00 a.m.	13.1 Los Angeles – Santa Monica, CA 13.1 Marathon Los Angeles
SUN, 1/20, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ Rock n Roll Arizona
SUN, 1/27, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon
FEBRUARY	
SUN, 2/03, 6:50 a.m.	Surf City Marathon, ½ Marathon Huntington Beach, CA runsurfcity
THURS, 2/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT/SUN, 2/09 & 2/10	Tour de Palm Springs Century and Palm Springs ½ Marathon tourdepalmsprings & PalmSprings1/2marathon
SAT 2/09, 8:30a.m.	OC Chili Winter Trail Run Series – 1 st Race of 3, O'Neill Park WinterTrailSeries
SAT 2/16, 7:00a.m.	Timberwolf 5K, Northwood High, Irvine Timberwolf5k
SUN 2/17, 7:30a.m.	Pasadena Rock 'n' Roll ½ Marathon Pasadena, CA runrocknrollpasadena
SAT 2/23, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Raceonthebase
SUN 2/24, 8:00a.m.	Brea 8K Brea Mall Brea8k
MARCH	
SUN, 3/03, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB nmspiritrun
THURS 3/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 3/09, 7:45a.m.	Dana Point Grunion Run 5K, 10K Dana Point Harbor festivalofwhalesgrunionrun
SAT 3/09, 7:00a.m.	Catalina Island Conservancy Marathon runcatalina
SUN 3/10 7:30a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm Coaster Run
SAT 3/16, 8:00a.m.	OC Chili Winter Trail Run 3 Race Series – Race #2, O'Neill Regional Park ocwintertrailrun
SUN 3/17 7:30a.m.	Los Angeles Marathon lamarathon
APRIL	
THURS 4/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 4/6 6:00a.m.	Hollywood ½ Marathon Hollywood, CA Hollywoodhalfmarathon
SUN 4/7 7:00a.m.	Carlsbad 5000 Carlsbad, CA Carlsbad5000
SAT 4/13 8:30a.m.	OC Chili Winter Trail Run 3 Race Series – Race #3, O'Neill Regional Park Wintertrailseries3
MON 4/15 10:00a.m.	116 th Boston Marathon Bostonmarathon
FRI & SAT 4/19 & 4/20	Ragnar Relay, Huntington Beach to San Diego ragnarrelaysoutherncalifornia
SAT 4/27 7:00a.m.	Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA donatelifeoc

2012-2013 SCRR CLUB OFFICERS:

President:	Sherri Ellerby
Vice-President:	Leilani Rios
Treasurer:	Eric Dangott
Secretary:	Noreene Matsuda
Officers At Large:	Cathy Blakesley, Matt Hood, Dave Bauers

2012-2013 COMMITTEE CHAIRPERSONS:

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Weekend Runs:	Noreene Matsuda
Grand Prix:	Mike Friedl
Database Manager:	Dave Schiller
Monthly Club Race:	Bob Morris
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