

# ON THE RUN



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

Orange County, California  
January 2009 Issue

## ***Runner of the Month – Jon Resnick***

By: Jane Crewe

I first met Jon Resnick several years ago while running with Santiago Nomen. He was just cruising along and not working at it too hard. I recall Jon being dressed very colorfully, wearing his signature “beanie” cap for sun protection. He was a fast runner, but was willing to run at a slower pace to enjoy the company. This



Jane and Jon

is typical Jon – he has a natural ability to run faster, but he keeps a nice even pace with whomever he running and especially enjoys the conversation. This is one reason I enjoy joining Jon on a recovery run – 9:15 pace!

Jon started running with a traveling junior high track team while growing up on Long Island in Glen Cove, NY. He ran the 60 and 80 yard dashes, but ran into a few hurdles – one being that he ran slower than molasses! He also tried the short jump, but stopped after he discovered that it's called the long jump! He and his young teammates all thought that the mile was an incredibly long distance to have to run without taking a few snack breaks! When he entered high school, Jon ran the 880 (pre-metric) and had some brief success running 2:20 as a freshman. His best time was 2:10 in his senior year. He also ran cross-country during his senior year. After his final cross-country season, Jon ran a 10 mile road race (having run this distance only two times before) and finished in 1:03:45. In the race, he finished with only the 13th best finish

time out of a 20 runner team, so he was really disappointed! Today, he would love to run at a 6:23 pace for 10 miles at the age of 48!

In 2000, Jon found SCRR and enjoyed the relaxed atmosphere after training for a season with those fun loving folks over at Cal Coast. Since our club meets at Heritage Park, just around the corner from his house, he had no excuse not to join. He started running with former Club Treasurer Susan Resetar and Santiago Nomen, because at the time, they were the only two runners who ran slower than an 8:30 pace and they would talk the whole time they were running! As Jon became more familiar with the club, in 2002 he volunteered briefly as Club Treasurer. He also volunteered to serve as Vice President in 2005-2006 and then as President in 2006-2007.

Jon is most proud of the 40:00 10k race that he ran in February, 2007. His running radar includes future plans to run the Catalina and Big Sur marathons this year. He also plans to attempt a Boston qualifying race next fall, so he can run the marathon in 2010. He says he is planning to run till he's a very old man!



## ***Runner of the Month – Jon Resnick (Con't)***

**By: Jane Crewe**

Jon runs for the way it makes him feel; the endorphins provide him that much needed calm feeling after working long days at the CPA firm he operates in Irvine, near the airport. Outside of running, Jon busies himself with road cycling, mountain biking, and wind surfing, but mostly he spends his spare time applying his analytical abilities to recounting past race strategies, planning his next run or race, and generally obsessing about all things running! This is in addition to keeping his wife of 16 years, Meredith, happy, dining with their two daughters, and taking their Greyhound dog Jessica out for her daily walks! Having been a part of the SCRR Board, Jon really appreciates all of the volunteer efforts and participation by the members. He says it's what really makes the club successful!

## ***Footlocker XC Championships Road Trip***

**By: Linda Hammond**



Jordan Hasay

In December a group of SCRR members headed down to San Diego to watch the Foot Locker Cross Country Championships National Finals. This annual meet highlights the top high school cross country athletes in the country and this year marked the 30<sup>th</sup> anniversary of this event.

In one of the most exciting finishes in the event's history, Jordan Hasay from the West passed 2007 Foot Locker Champion Ashley Brasovan with 200 meters to go to win the girl's race with a time of 17:22. Jordan previously won the Foot Locker Championship in 2005. In the boy's race, Solomon Haile from the Northeast took the lead at the 2k point and never looked back. He went on to win the race with a time of 15:15. It was truly exciting to watch the next generation of great American athletes.



Solomon Haile

***Save the Dates!!***

**Club Road Trip to Wine Country 1/2M and 5K**

**Paso Robles, Mar. 28-30 – Lots of Wine Tasting (and some running)**

## ***Once Again, it's CIM (California International Marathon)***

**By: Tonson Tong, the proud SCRR Secretary**

After a disappointing performance in RNR Marathon San Diego 2008 (let's blame my unexpected long working hours which interrupted my training plan), I started debating which marathon should be my upcoming target marathon. RNR Marathon San Antonio was my choice at the very beginning as it was advertised as a "flat and easy" course. In addition to that, it also gave me an excuse to explore Texas. Unfortunately, as the marathon course profile became available, I found out it wasn't as "flat and easy" as it claimed. After studying the pros and cons among all other potential candidates, I decided to give CIM one more shot. Instead of canceling my original plan running San Antonio Marathon, which was only three weeks before CIM, I decided to do it as my last 26.2 miles training race to prepare for CIM.

Like the majority of our fellow SCRR members, I flew to Sacramento Friday morning. By doing so, I was able to let my body get used to the "cold" weather there. In addition to that, I could take this opportunity to do some sight-seeing as well.

I woke up early in the race day morning (approx. 4:00am). Instead of driving to a local 24-hour restaurant to get my favorite hot morning breakfast, I warmed-up two microwavable frozen sausage and egg croissant sandwiches with cheese I bought the night before in my hotel room. After enjoying my hot and tasty sandwiches in my hotel room, taking a warm shower to relax my body was my next step of race morning preparation. Once I finished checking all my race gears, I knew it's time for me to head-out.

I arrived at the race headquarter (the Sheraton) around 5:00am. I stayed in the hotel lobby, chatted with other runners as usual during the next 15 minutes. The next thing was to get a banana in the hotel lobby before waiting in line to get into the shuttle. No coffee this time though as I forgot to bring cash with me. As soon as I arrive at the start, I took my last pack of Clif Shot with water and I was all set heading to the starting line and meeting with the 3:00 pacer.

Unlike 2007, I did not have a lot of confidence running a PR since NONE of my key long runs in the previous months went well although I did run well in all my training races including one 10-miler, two half marathons and one full marathon prior to CIM. Besides, I caught a mild flu the week before which would certainly hurt my race day performance. After taking everything into consideration including the side effect(s) of the cold medicine I might still have in my system, I revised my goal from a marathon PR (sub-2:58:44) to anything under 3:00 (if I could ever make it).

The race finally started which marked the beginning of my last marathon in 2008. It took me only a few seconds to get to the official starting line (not bad). My first two miles splits were 6:52 and 6:50 respectively (chip times). I was right on-time. With a very little head wind and some rolling hills, I felt a lot more relax than expected during the next few miles. After mile 4, I asked myself whether I should stay with the 3:00 pacer or not. If I stayed with him, what was the likelihood that I could run a sub-3 marathon? After taking some serious thoughts and taking the course profile (slightly downhill during the first half, mostly flat with some rolling uphill during the second half) into consideration, I decided not to stay with the pacer and picked-up the pace gradually on my own instead. Being a positive-split marathoner, I believed that's one of the best decisions I had ever made.

The next 9 miles were relatively smooth. Even though I wore two layers (a short sleeve cool-max shirt on top of a long sleeve cool-max) of insulation on top, my favorite racing shorts and gloves, I still felt cold at that point. Without having my head-band on (I totally forgot about it) to minimize body heat loss via my forehead plus a lack of body fat, I knew I just had to deal with what I got. I crossed the half way point at approx. 1:28:15.

In order to finish the marathon under 3 hours, I had to run no slower than 7:00-pace for the next 13.1 miles. Instead of slowing down to an even 7:00 pace, I decided to maintain at approx. 6:35~6:55 pace for a few

more miles with 30~45 seconds jogging (~7:30 pace) whenever I crossed a mile marker as I knew I would slow down dramatically during the upcoming rolling uphill. I was glad I made the right decision as I did redeem quite a bit from my bank at mile 17 and mile 19 as a result of the uphill. I finished the first 20 miles (the wall) at approx. 2 hours and 14 minutes. The cold medicine I took a few days before didn't seem to hurt my endurance at all.

With 6.2 miles (or 10 km) to go, I knew I just need to maintain an even 7:25 pace and I would be a sub-3 marathoner once again. As I started regaining my confident of running a good marathon (or even a PR) and decided to run an even 7:00 pace for the last 10 km, I hit another barrier. As I was ready to take a second pack of gel, I didn't as I couldn't find any gel station at mile 20 as mentioned in the marathon web-site. Without any gel refilled at mile 20, I knew I would have problem within the next few miles as a result of running out of fuel. In order to conserve the remaining fuel I still had in my system with the expectation that it will last till the end, I had no choice but slowed down to approx. 7:20 pace and still hoped to finish in less than 3 hours.

My strategy was working fine for the next 2 miles. After mile 22, I started feeling hungry as I expected. I had no choice at that point but slowed down drastically with the expectation that the hungry feeling would go away soon. I kept telling myself to "hang on" to it. Fortunately, the feeling did go away in about a minute and a half. I was able to pick-up the pace once again and most important of all, I regained my confidence.

Unlike 2007, downtown Sacramento wasn't very windy which made the last three miles of my marathon journey much easier. At the time when I saw the 26-mile marker from approx. a hundred yards away, I knew breaking the 3-hour barrier shouldn't be an issue; it's just a matter of PR or no PR. When I made the last left turn towards the finishing line (approx. 150 yards away), I saw the official clock indicating 2:58:20. I knew I still had a slim chance of running a PR. I pushed myself harder and ended up finishing my 73<sup>rd</sup> marathon in 2:58:41 (gun time 2:58:49), a PR by 3 seconds.

Unlike other major marathons, there was no cold beer within the finish area. It didn't really matter anyway. I was better off enjoying my time chatting with our fellow SCRR members Vince, Rudy, Mike, Mary, Thomas, Jon and.... after the race. Despite my tiny 3 seconds PR (very, very insignificant comparing with most of our fellow SCRR members), I am very happy with my performance and am sure I will run CIM again in the near future.

## ***Major SCRR Turnout at CIM***

**By: Jon Resnick**

Congrats to everyone who participated at CIM in Sacramento. We had a large contingent and some great performances.

Ben Coyle ran a PR of 2:50:56. What's his secret? Tonson Tong ran 2:58:41, approx. tying his PR in spite of what he told me prior to the race that his training had not been going as well as he'd hoped. Rudy Carion ran a courageous race shooting for a 3:15 BQ in only his third marathon attempt and the second time he's raced the distance hanging in until late in the race but coming up a little shy of his goal with a 3:19:19.

Mary Lynch and her husband Tom Skane ran together and Tom got his BQ with a 3:29:42 and Mary earned her PR with a 3:29:29. I ran with them for a bit and I enjoyed their company. Tom recovered from a near miss BQ in Chicago and Mary, I'm sure could have run closer to 3:20 but still got a PR. That crazy Kiwi, Mike Ewart, you know, the guy who never used to listen to any advice, ran a smart race sticking with the 3:30 pace group and earning his BQ in his first marathon with a 3:29:32. He's capable of a lot faster in the future.

President Amelia ran a strong race obliterating her supposed goal time of 3:40 with a BQ of 3:35:21 and her fastest marathon in years. Stacey Dippong ran with the 3:40 pace group and got her BQ with a 3:40 in her first attempt to BQ.

Karen Winter got her BQ with a 4:00 time after battling the hills that she said she was a little under prepared for. Katie Ellingson had what I was told was a disappointing day but still finished with a quality time of 4:23.

Over in Tucson, Greg Hanssen ran another good marathon at 3:35. Also, over in Sin City, Vicki Nieb... ran the half at the Vegas Marathon is a very respectable 1:49.

And finally, myself. I actually ran my smartest and gutsiest marathon while having an extremely BAD day. It started when my glands felt swollen on Friday after the drive up to Sacramento. I took some Vitamin C Friday night and woke up feeling ok on Saturday morning thinking that I had averted the disaster of being sick on race day after 7 months of training. I drank more OJ and relaxed on Saturday keeping off my feet and watching football games all afternoon.

Sunday on the bus ride to the start I was relaxed and my resting pulse was in the mid 60's, when my normal resting pulse is 45-48. With the excitement of the race I normally might see my pulse in the mid 50's but readings of mid 60's while sitting down was a bad omen. Being an accountant with a love of tracking numbers, I take my resting HR every morning and I know it goes up when I'm either on the cusp of getting sick or recovering from a tough workout. Being an optimist I decided to stick my plan of going for a 1:44 split in search of a negative split 3:23-3:25 or at worst a 3:30 BQ.

With perfect mid 40's temps and cloudy weather, I started off with a couple of 8 plus minute miles and my HR was already up near 160, another bad omen of things to come. My plan was to keep my HR around 150-155 until the half way mark but I was at a consistent 160 by mile 5 running at just under 8 minute miles. Through miles 9-13, I continued to run at slightly sub 8 pace on the mostly downhill sections and my HR hovered at 160 even on the down hills. I hit the half on target at 1:44 but my right hamstring (an old injury) had started to bother me at mile 3 and my calves were screaming from mile 8. To even thing out, my quads were toast by mile 15 and I developed what turned out to be a half dollar size blister on my right foot all with 11 more miles.

By the half I had changed my objective from a 3:23 to a 3:30:59. By mile 18 I was just trying to get to mile 20 and at mile 20 I promised myself I'd take a short walk break at mile 21 and calculate the time I needed to run 3:30:59 with 5 miles to go. At that point I pulled off the pace group. The short walk break made me feel better but it did not lower my HR as I'd hoped and I ran miles 22 and 23 at 8:25 pace as my HR stayed at 172. My heart rate had been above my threshold of approx. 168 since mile 15 so I knew I was running on empty. I walked some more at the start of mile 24 and that resulted in a mile 24 split of 8:53. Not good. My Garmin showed an average pace that had slipped from 7:55 to 8:01 and at the mile 24 mark I calculated that I'd need to run 17 minutes over the last 2.2 (7:45 pace) and I was completely out of gas. I'd run at an average of 94% of max HR for the past 10 miles so I conceded my goal and I walked the 2 miles up to the 26 mile mark before shuffling to the finish line. I know if I finished in 3:32, it would eat me up for the next six months so I opted to call it a day. I finished in 3:46.

Today, I'm back at work feeling sore as can be having to once again retrieve my marathon cane from the back of my closet. My glands are swollen and my throat is sore but I know that I left it all out on the course, every last bit of what I had yesterday, even a few tears at mile 24. I'd be lying to say I'm not disappointed as I'm finishing up this report today but that's the deal you agree to when you take on a challenge like the marathon. There are going to be tough days and some may call them forgettable days and we all have them. For me, yesterday wasn't forgettable, it was truly memorable. I'll remember it as my best marathon, the day I ran my heart out and truly tested myself when the odds were stacked up against me and I almost reached my goal. There's always another race and I'll give it another shot next fall.



## ***SCRR Highlights from Make Room for Santa 5K/10K***

**By: Linda Hammond**

On a cold December morning members of South Coast Roadrunners put on their jingle bells and Santa hats and came out and ran Make Room for Santa 5k/10k. Earlier this summer at Sunset in the Park we racked up enough tile awards to tile a bathroom; well at Make Room for Santa we won enough Santa pint glasses to open a pub! I asked a few runners about their races.

The first runner that I would like to highlight is **Ed Coffey**. Ed has been member of SCRR for 18 years! Ed barely made it to the Make Room for Santa starting line in time and didn't even have time to take off his running pants! He literally raced to the race, but came away with a first place win in his division in the 5k. I asked Ed a few questions about his race and how his training is going this season.

**Linda:** *Have you done Make Room for Santa before? What do you like about this race?*

**Ed:** I haven't run the Santa Race before but quite enjoyed it. I think I liked the festive Christmas spirit the most but during the race I loved the last mile downhill. Had I known it was there I would have tried to run the front of the race a bit differently.

**Linda:** *What kind of training do you do to stay strong and healthy as a Masters runner?*

**Ed:** I don't run as much distance as I did previously but I try to run it a lot faster. So my "running economy" pace so to speak is higher than before. I have had a recurring Plantar Fasciitis problem so I run on softer surfaces now. I run three days a week on treadmills and one day a week on a dirt path. I'm not racing as fast as I used to but I think I'm slowing down "less quickly" than I might otherwise.

**Linda:** *Is there an upcoming race that you are looking forward to?*

**Ed:** Yes, I'm looking forward to the Carlsbad 5000. I always do, every year. Quite apart from the exhilaration of participating in the Citizen's Race which pits you against some of the best masters runners, arguably, in



North America if not the world, it also gives you a free front row seat or standing position to watch THE BEST RUNNERS IN THE WORLD perform in the Invitational Races. There is no other sporting event that I am aware of that allows you to do that without paying lots of bucks. Also, the town of Carlsbad is just a beautiful place to visit. Kudos to Steve Scott for starting this great event in the early 80's. He always has been and remains a great ambassador for our sport.



**Mike Gulan** showed up at Make Room for Santa truly in the Christmas spirit. He placed first in his division in the 5k race. I asked Mike a few questions about his

race and his training this season.

**Linda:** *Have you done Make Room for Santa before? What do you like about this race?*

**Mike:** This was my first Make Room for Santa and I really enjoyed the festivities. This wasn't a real race for me having spent the previous four days in bed with an upper respiratory infection but I was still able to take my age division. I would like to run it when I am healthy because one must take advantage of the downhill portion of the course.

**Linda:** *Is there an upcoming race that you are looking forward to?*

**Mike:** I am just beginning my build up phase for the next 5K season with my focus on the Corona Del Mar 5K (my favorite).

The final runner that I would like to highlight is **Brad Wobig**. Brad ran the 10k and placed 1<sup>st</sup> in his division. He has been battling some injuries and so has made some adjustments to his training. I asked Brad a few questions about his race and how his training is going this season.

**Linda:** *Have you done Make Room for Santa before? What do you like about this race?*

**Brad:** This is the first time that I have done the Make Room for Santa Race. What I liked the best about the race is that the money from the race was going to a good charity and we had a nice turnout of South Coasters to support it.

**Linda:** *What kind of training have you done to recover from recent injuries?*

**Brad:** I have been training very lightly with my injuries. I try to do a lot of my workouts in the pool using the Aqua Jogger. I also have been doing light running at very relaxed pace with no speed or intervals, to try and give my injuries a break from the stress of those types of workouts.

**Linda:** *Is there an upcoming race that you are looking forward to?*

**Brad:** I would say my primary focus is Boston right now, but I just really want to get healthy so I can spend more time running with the gang at South Coast and less time in the doctor's office and swimming pool.

Thanks runners for sharing your stories. The Make Room for Santa race benefited the Fun & Fit Program, which matches fitness enthusiasts with Orange County group foster homes. Next month we race through Irvine at the Southern Cal Half Marathon and 5k. I look forward to tales from our next Grand Prix race.



## ***PARTIES, PARTIES, PARTIES***

Save the Date!!

SCRR Holiday Party at

Water's Restaurant on Jan. 11<sup>th</sup>

## Happy Group at Make Room for Santa 5K/10K



From left to right: Amelia Carchidi, Stacy Dippong, Brad Wobig, Jon Resnick, Linda Hammond, Mike Sellers, Fred Cowles, Sherri Ellerby, Mike Connors and Kim Connors.

### President's Letter

By: Amelia Carchidi

Yikes ! I cannot believe we are already into the New Year. How time flies (when you're having fun)...

2008 may not have been the world's best year for other reasons, but it certainly was quite the year for the South Coast Roadrunners. We have continued to increase our membership and the existing members have continued to get stronger, faster, and more active in the club. I am very proud to be part of such a great organization.

We will be having our annual Holiday Banquet next weekend which is a great time to see all your fellow Roadrunners all dressed up – and possibly snag a great White Elephant gift. I want to give special thanks in advance to Jodie and Bob Kinney, longtime members, for hosting our event at Waters. If you haven't signed up yet – I recommend you do so. It will be a great event.

Happy Running, and HAPPY NEW YEAR !

### Big Baz's winter trail race schedule

[www.bigbaztrailraces.com](http://www.bigbaztrailraces.com)

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2009	<u>Jan 10</u>	Winter Trail Run Series	12K	2,604'
	<u>Jan 24</u>		15K	3,502'
	<u>Feb 7</u>		18K	4,020'
	<u>Feb 21</u>		21K	3,470'
	Mar 14	San Juan Trail	50K	6,627'
	May 30	Shadow of the Giants	50K+	5,923'



## **SATURDAY RUNS**

**NOTE: Meet at 7:45 a.m., run at 8:00 (Winter schedule)**

### **1/3/09, President's Run – Rancho Hills**

**Leader:** Amelia Carchidi

**Location:** Corner of Rancho Trabuco and La Sordina, RSM

**Directions:** From the North, the fastest way is via the 133N / 241S Toll Roads. Exit Los Alisos, make a left, and go about 1.5 miles. Make a right on Rancho Trabuco and go up the hill to the end of the block. Alternatively (non Toll Road option), take El Toro Road off I-5 about 6 miles inland, turn right on Marguerite, left on Los Alisos, and go about 2 miles, make a right on Rancho Trabuco and go up the hill to the end of the block. There is plenty of parking along Rancho Trabuco and a small grassy area on the corner on the left where we will meet.

**About the Run:** For anyone wanting to get in some great hill training to kick off the new year, this is a 10 mile loop which heads down Melinda Road in RSM, goes around Lake Mission Viejo, and climbs a long hill to the finish. There are two water stops along the way, around mile 5 and mile 8.

**After the Run:** Potluck at Amelia's house to celebrate my 33<sup>rd</sup> birthday and the New Year. The house is around the corner from the start. I will have water, Gatorade, and coffee. Bring something to share. (If you want to bring something that needs refrigeration, email me and I'll direct you to my house prior to the run.)

### **1/10/09, Southern California Half Marathon & 5K – Woodbridge, Irvine**

#### **1/17/09, El Morro**

**Leader:** Fred Cowles

**Location:** Reef Point parking lot along the beach off of PCH, north of Laguna Beach, south of Crystal Cove (near the school).

**Directions:** From Irvine: South on Culver, will turn into Bonita Canyon. Left on Newport Coast Dr. Left on PCH. Go down PCH about 1 mile. Last parking lot on your right (after shopping center and before school) before you get to Laguna Beach.

**About the Run:** Mix of trail and paved paths that offers a view of the coastal bluff vegetation and wildlife. The regular run is a 10 mile loop, but you can do an out and back for shorter distances. There are restroom facilities with outdoor showers next to the parking lot. The run typically starts before parking fees are required, but bring some \$ just in case. Bring water.

**After the Run:** Starbucks and Pacific Whey Café across the street from the Reef Point parking lot.

#### **1/24/09, Spyglass Hill**

**Leader:** Amy Katz

**Location:** Marguerite Ave and Ocean Blvd in Corona Del Mar.

**Directions:** PCH, West on Marguerite, until it dead-ends on Ocean Blvd.

**About the Run:** The standard run is a 12 mile hilly loop on roads, but there are many shorter options, as well as beach running available.

**After the Run:** Bruegger's Bagels and/or Starbucks; they are across the street from each other on the corner of Goldenrod and PCH.

#### **1/31/09, Corner Bakery**

**Leader:** Amelia Carchidi

**Location:** Meet in the parking lot of the Corner Bakery at Main & Harvard in Irvine.

**Directions:** 405 north or south, exit Jamboree, head North (towards mountains), turn right on Main Street, turn right on Harvard, turn right into shopping center.

**About the Run:** Run as long or as short as you like on the bike path. This is a good warm-up for the Surf City Marathon races the next day as well as a great meeting spot to carpool up to the expo. Also the perfect place for bikes, roller blades and baby joggers!

**After the Run:** Corner Bakery.

## Great Deals From Fellow South Coast Roadrunners...

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

Bob & Jodie Kinney, **Water's Restaurant**  
(949) 733-9503, Fax: (949) 733-0147  
[www.watersrestaurant.com](http://www.watersrestaurant.com)  
4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, **A.G. Edwards & Sons, Inc.**  
V.P. Investments,  
(949) 493-7771, (800) 937-7791  
Fax: (949) 493-9505  
E-mail: [richard.reimers@agedwards.com](mailto:richard.reimers@agedwards.com)  
26351 Junipero Serra Road, Suite 101,  
San Juan Capistrano

Santiago Nomen, "**Tax Preparation** at a Fair Price"  
(714) 838-3587, Fax: (714) 838-2256  
[socaltaxman@cox.net](mailto:socaltaxman@cox.net)  
52 Lakepines, Irvine

Dr. Pamela Galambos, DC, BS, **Chiropractor**  
Fountain Valley Chiropractic  
18430 S. Brookhurst St., Suite 103, Fountain Valley  
(714) 963-7432  
"Your health is our priority"

Jonathan Resnick, CPA, **Tax services for businesses**  
2192 Dupont Drive, Suite 208, Irvine  
949-250-0852 949-752-0153 Fax  
[www.JResnickcpa.com](http://www.JResnickcpa.com)  
e-mail: [Jon@JResnickcpa.com](mailto:Jon@JResnickcpa.com)  
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Specialist in Marathon Tours Worldwide  
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[www.amazingadventuretours.com](http://www.amazingadventuretours.com)  
[info@amazingtravel.com](mailto:info@amazingtravel.com)  
Running, hiking, and cycling tours

Steve Lowe, **Swedish Asian Autoservice**  
Independent Volvo, Toyota & Nissan  
Specialist Since 1980)  
(714) 972-1216, Fax: (714) 543-8946  
[www.swedishasian.com](http://www.swedishasian.com)  
800 South Grand Ave., Santa Ana  
"10% discount for SCRR members"

Colleen Jones, Tupperware Consultant  
Direct and Party-based Sales  
Custom Kitchens, Girls' Night Out, Healthy Entertain-  
ing And Mom and Me Parties Available  
949-419-6889 [www.my.tupperware.com/colleencjones](http://www.my.tupperware.com/colleencjones)

MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**  
Office (562) 690-0553 Cellular (562) 714-4166  
[mark@search4integrity.com](mailto:mark@search4integrity.com)  
[www.search4integrity.com](http://www.search4integrity.com)  
""We'll pay \$1,000 referral fee for every candidate or  
client placement, ask me how it works!"

## Reminders

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

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at [david.schiller@cox.net](mailto: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.  
Mondays & Thursdays @ 6 p.m., several courses 3 to 9+ miles! Saturday runs are posted on our website  
[www.roadrunners.org](http://www.roadrunners.org).

**MONTHLY CLUB RACE:** For more information: log on to [www.roadrunners.org](http://www.roadrunners.org) or see a Club Officer.

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> 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

Club Events in bold font

Check [www.raceplace.com](http://www.raceplace.com) or [www.active.com](http://www.active.com) for event registration info



<b>JANUARY</b>	
<b>THURS, 1/8, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SAT, 1/10, 8:00 a.m.</b>	<b>Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, <a href="http://www.schalfmarathon.com">www.schalfmarathon.com</a></b>
<b>SUN, 1/11</b>	<b>SCRR Holiday Party, Water's Restaurant, Irvine – more info to come!!!</b>
<b>SUN, 1/11</b>	Walt Disney World Marathon, FL
<b>SUN, 1/18</b>	Rock'n'Roll Phoenix Marathon
<b>SUN, 1/25</b>	Carlsbad Marathon
<b>SAT, 1/31</b>	Desert Classic Marathon, Phoenix
<b>FEBRUARY</b>	
<b>SUN, 2/1</b>	<b>Surf City USA, M, ½M and 5K, Huntington Beach</b>
<b>THU, 2/4, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm</b>
<b>SAT, 2/7, 8:00 a.m.</b>	OC Chili Winter Trail Running Series, 4 mi, O'Neill Regional Park, <a href="http://www.bookthatevent.com">www.bookthatevent.com</a>
<b>SAT, 2/7</b>	Buffalo Run ½M, Avalon, Catalina
<b>SAT, 2/21, 7:30 a.m.</b>	Race the Base 5K/10K, Los Alamitos
<b>SUN, 2/22, 8:00 a.m.</b>	Brea Classic 8K, Brea, <a href="http://www.brea8k.net">www.brea8k.net</a>
<b>SAT, 2/28</b>	Twin Peaks, 100K, 50K and 50 mi, Modjeska Canyon, Wildlife Sanctuary, <a href="http://www.twinpeaks5050.com">www.twinpeaks5050.com</a>
<b>MARCH</b>	
<b>THU, 3/5</b>	<b>Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm</b>
<b>SAT, 3/14, 7:30 a.m.</b>	Catalina Marathon, 10K/5K, Avalon, Catalina
<b>SAT, 3/14</b>	Solvang Century
<b>SUN, 3/15, 7:45 a.m.</b>	<b>The Coaster Run, 10K/5K, Knotts Berry Farm, Buena Park</b>
<b>SUN, 3/22, 7:15 a.m.</b>	Spirit Run, 5K, 10K, Fashion Island, Newport Beach
<b>SUN, 3/29, 8:00 a.m.</b>	<b>Wine Country Half Marathon, 5K, Paso Robles (Club Road Trip)</b>

## **2008-2009 SCRR CLUB OFFICERS:**

President: Amelia Carchidi  
 Vice-President: Greg Jones  
 Treasurer: Orhan Beker  
 Secretary: Tonson Tong  
 Social Chairs: Kathleen Curley,  
 Stacey Dippong  
 Officers At Large: Noreene Matsuda,  
 Leilani Rios

## **2008-2009 COMMITTEE CHAIRPERSONS:**

Newsletter: Cathy Shargay  
 Weekend Runs: Amelia Carchidi  
 Grand Prix: Mike Friedl  
 Database Manager: Dave Schiller  
 Monthly Club Race: Bob Morris  
 Marathon Training Group: Molly Donnellan  
 5K/10K Training Group: Danny Stein  
 RRCA Liaison: Jannay Morrison  
 Webmaster: Mike Reeves