

ON THE RUN



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

Orange County, California
August 2009 Issue

Runner of the Month – Janelle Cabassa

By: Stacey Dippong

To be chosen as runner of the month, you must be someone who makes a positive contribution to the club, whether it's through volunteering, befriending new members, or generally being a person whom others like to be around. Janelle fits into all of these three categories. In addition to volunteering to lead a Saturday run, she donated one of the best raffle prizes to our club banquet, even though she was unable to attend. She embodies the type of runner that we are glad to have as part of the club because of her friendliness towards others. You can often see her running with her dog, Principe (Italian for "Prince"), an adorable toy poodle.



1. When did you start running? *My junior year in high school, my health teacher was also the cross country coach. On the first day of school, he asked, "Do you want to be able to eat anything you want and not gain any weight?" I was at the next cross country meeting and ran four miles on my first day having never run more than the PE state test one milers before!*

2. Why do you run? *I love to run! You can't talk on your phone or check email; you're forced to just be alone in your thoughts (or favorite cd). I also love that I do it well (not that I'm breaking any records--ha!). I'm not good at most sports and am not competitive, so I love that my only competition is with myself. I'm not disappointing anyone, like if I dropped a fly ball and caused the other team to score 4 points (which I've done before). I'm just out there for me.*

3. What do you like most about South Coast Roadrunners? *I love the encouragement that everyone offers. At races, anytime there's a blue uniform, I hear the cheers and it's neat. I'd feel guilty to miss a run, so it keeps me motivated to keep it up which is important. I love pizza Thursdays and all the social events. But mostly, I love that I get to spend 1.5 hours twice a week with a bunch of people who share my passion for running.*

4. If you race, what is your favorite race distance and why? *I usually only do 5k's because it's what I did in high school and what I'm used to. I also didn't think I could go much further, but I ran my first 10k at the Woodbridge July 4 race and it was fun. I was much more focused during that race, so I have to say I liked it better. I'm shooting for a half by 2010 (I'd like to do the Disney half).*

5. Are you currently training for anything? How is that going? *Molly had me on a good training program so that I could work my way up to a 10k and eventually a half marathon, but as some in the club*

Runner of the Month – Janelle Cabassa (con't)

By: Stacey Dippong

know, I stopped running for 7 years due to an illness (Lupus), and while I've been in remission for almost a year now, it's effects show in every aspect of my life, including my running, and I can only push myself so far before I just can't run at all.

6. Any specific racing stories that you would like to share? *I lettered in Varsity Cross Country my junior year after starting that year. I've pr'd in every race I've entered since starting back at running last year (although, when you run a 5k around 40 minutes that's not very hard).*

7. Where are you from? *I grew up in Pasadena and moved to Orange County when I was 15 where I went to Orange High School and was the Mascot (go Panthers!) as well as in Cross Country. I went on to a small Christian College across the street from Cal State Fullerton. Now I live in Tustin where my fiance and I are looking into buying a house.*

8. What do you do for a living? *My degree was elementary education, but after teaching English to kindergarteners in Taiwan, and then junior highers at an OC private school, I decided to go into accounting and now do payroll for a Fortune 500 company: Paychex. Long story.*

9. What do you like to do in your free time besides running? *I volunteer for Make-A-Wish OC and help restore the estuary at Back Bay. I love to read silly chick-lits, shop, and host tea parties for my friends. But my favorite time is when I'm spending one-on-one time with my fiance or a good friend chatting over a good meal!!*

10. Anything exciting happening in your life right now? *I'M GETTING MARRIED to my very best friend, Tim Daniels!!! We met four and a half years ago at my first accounting job. He was a sales rep and I did payroll at a debt settlement company, and he was always trying to get me to make his checks larger :) He asked me to be his wife on April 18, 2009 on the white sands of beautiful Laguna Beach just after a romantic dinner at Las Brisas. We will get married at the Long Beach Museum of Art next April 25, 2010.*



July Grand Prix Highlights – SCRR Dominates!

By: Linda Hammond

As we begin the 2009-2010 Grand Prix season I want to start off by thanking **Mike Friedl** for once again scoring the Grand Prix and keeping the club's history. Our first race of the season was the 4th of July Woodbridge 5k/10k. The club took advantage of running on home turf. We cleaned up in medals (beach chair) department. This month I will highlight two runners from each race.

Leilani Rios started the season as the overall female winner in the Woodbridge 5k! It will be exciting to see how Leilani continues to excel this season. I asked her a few questions about her race and how her training is going this season.

Linda: *Congratulations on your race at Woodbridge. What was your strategy? What did you like about the race?*



Leilani: Woodbridge is one of my favorite road races that our club attends. We always have great club participation. I like the fact that the course is a nice flat loop; you can get some good times on this course. I came into this race just wanting to break 20:00 minutes and to go out at a decent pace. I was in my second week of training and hoped that I held some fitness from the season prior. As the gun went off, I took off feeling really good. As I approached the first turn onto the Yale loop, I noticed that there were only two girls ahead of me by about 5 seconds. I decided to make a move and catch up to them and try to stay with them as long as I could. By about a mile and a half in one girl dropped off the pace and it was now just me and the other girl. I then tucked in behind her and let her go at her pace. She tried a couple of surges to try and shake me off, but I just stayed with her. By two and a half miles I knew that I would have to make a move. This girl was in high school and I didn't want to give her the chance if she had something left to out kick me. I took the chance and started kicking it in 400 yards away from the finish. She didn't keep up with me and couldn't help but look back and make sure she wasn't coming up on me. I finished

very happy with a 19:23. It felt so good and it was a great way to start my 4th of July.

Linda: *When did you start running and what brought you to the club?*

Leilani: I started running when I was in middle school. I loved the weekly mile runs and my school always had a spring fun run that would have the fastest students race against each other. In high school I was recruited by my high school cross country/track coach to join. I remember her asking me if I wanted to join cross country. I proceeded to ask her "What's cross country?" Haha! The story then goes on to running for CSUSB and CSUF. A couple of years after college I wanted to continue running and looked online for running clubs. I found out that Roadrunners met right down the street from where I lived. I am very grateful to be part of this club and gained friends and great times in the process.

Linda: *What is your running goal for the first half of the season?*

Leilani: My goal for the first half of the season is to stay healthy. I've had a couple of setbacks the last 2 seasons and would be very happy with a full season and a sub 18 5k.

Jen Neff is off to a great start this season. She turned in a first place win in her age division in the 5k. I asked her a few questions about her race and plans for the season.

Linda: *Congratulations on your race at Woodbridge. What was your strategy? What did you like about the race?*

Jen: I didn't have a race strategy or goal time in mind but I knew I did not want to go out too fast because I had made that mistake at the Laguna Hills 5k and ended up suffering. I was able to keep my pace in check the first mile and ended up really enjoying the race. I loved the Woodbridge race because it had a small neighborhood feel but there were still a lot of people out on the course cheering us on, including a bunch



July Grand Prix Highlights – SCRR Dominates! (con't)

By: Linda Hammond

of our fellow Roadrunners. The course layout also made it really easy to watch and cheer for everyone who braved the 10K. Race fee: \$11, lawn chair to take the load off tired legs: priceless.

Linda: *When did you start running and what brought you to the club?*

Jen: I started running in graduate school when I met my husband John Gardiner and started running with the club just over a year ago in April 2008. John learned about the club through Snails Pace and he convinced me to come along for his first club run. I ended up running with Rob Harris that first night and even though he wiped me out, I had a lot of fun and have been coming out pretty regularly ever since.

Linda: *What is your running goal for the first half of the season?*

Jen: I plan to join Danny's training group and will focus on training for a half marathon. I participated in his 5K/10K program last season and really enjoyed that but thought I'd try something new this season. I am excited to learn how to train for a longer distance but one of my primary goals for the season is to figure out how to train without getting injured. I didn't get a very good base phase in before training last season and had several problems, which made it tough to stick to my schedule. Fortunately they were all pretty minor but this season I'm going to try to get a better base phase as well as work in some core exercises and biking and see if that helps.

Molly Donnellan took advantage of her true HOME course advantage. I saw her jogging from home to the starting line! Molly then went on to win her age group in the 10k. I asked her a few questions about her race.

Linda: *Congratulations on your race at Woodbridge. What was your strategy? What did you like about the race?*

Molly: Thank you! I didn't have a strategy. I haven't done any speed training and was running the 10K as a workout and to see what my fitness level was. And I stayed out too late and drank too much wine the night before. But I still ran it about as fast as last year and I was surprised to win my age group, even in such a small race. I like the Woodbridge 10K because it's close to home - I can run to the start for a warmup. Plus it's 6 bucks!



Linda: *When did you start running and what brought you to the club?*

Molly: I started running in high school and ran XC, indoor track and spring track in HS and college. After college, I kept running. I joined the club when I moved here from Tennessee - I didn't know anyone so I thought it would be a good way to make some friends. The first night that I came, the Elvies were making margaritas in the back of a truck - and I knew that I had found my people.

Linda: *What is your running goal for the first half of the season?*

Molly: As always, to stay healthy. I want to run consistently and keep getting stronger. I haven't decided for sure on any races. But I'd like to run more of the Grand Prix races.



Last season **Kathleen Curley** seemed to improve and get faster with every race. Now with the first race of the season, she is already off to a great start: second female overall, first in her age division, and PR in the 10k. I asked her a few questions about her race.

Linda: *Congratulations on your race at Woodbridge. What was your strategy? What did you like about the race?*

Kathleen: Thanks! I had a feeling that I might be able to improve in this distance since my last 10K was 6 months ago. Since then, I went through my first formal training program experience and I knew that alone had made me faster. I started out the first two miles pretty fast and with the sun shining down, I backed off a little for the middle 2 miles so I wouldn't be drained. Luckily, Simon started running with me at mile 4 so he kept me pushing myself. I loved that in the last mile, a lot of the club members who did the 5K were cooling down and they cheered me on down the final stretch. Hearing their cheers gave me the extra push to pass a few people in the end as well. I came away with a big minute and a half PR of 43:45!

Linda: *When did you start running and what brought you to the club?*

Kathleen: I started running when I graduated from college (Go Irish!) in 2005 and moved to Southern California. I wanted a hobby that would

allow me to take advantage of the outdoors and running was the perfect choice because it allowed me to explore the different parts of Orange County. I came to the club in 2007 when I was training for the Long Beach Half and was looking for other people who were in the same boat. One of my co-workers at Fluor (Laura Bullock) encouraged me to check out SCRR. I came to a new member's night and was hooked.

Linda: *What is your running goal for the first half of the season?*

Kathleen: I'm running the Big Bear Half in September which I'm excited about because I hear it's a really scenic course. Ultimately, I'm aiming to qualify for Boston while running the Chicago Marathon in October. Fortunately for me, a lot of my training partners in the club are also running fall marathons so I'll have a lot of support and company during the long runs!

Thanks runners for sharing your stories. Woodbridge is always a popular race with our club, because after all it is our HOME course. Our next Grand Prix race will be the SCRR track 5k and once again the price is right—FREE! One Grand Prix race down and **Dave Schiller** is our current leader, eleven races to go. What will your top nine races be this season? See you at the races!

Captions for Photos on Page 6

Top: Age Group Winners in their Beach Chair Prizes: Doug Niles, Brad Wobig, Leilani Rios (overall female winner), Dave Schiller, Jeannie Leitner, Courtney Cleary, Carlos Jovel (Sr.), Jennifer Neff, Kathleen Curley, John Gardiner, Ben Coyle, Eric Frome.

Second Row: Left, Eric Frome; Middle, Jennifer Whyte and Amy Katz; Right, Greg Hanssen, Ken Atterholt and Simon Gudina.

Bottom Row: Sohrab Mirza, Julian Beker and Matt Hood.

July 4th Woodbridge 5k/10k Photos

By: Linda Hammond





Annual PCRR Beach Bonfire

**Where: Woodbridge South Lake Lagoon Beach Club
2 Blue Lake, Irvine, CA**

When: Saturday, August 29th from 5 pm until whenever...

We will provide burgers, hot dogs, water and soda. Bring your own beer (no glass containers), and any sides or desserts if you would like...

Directions: From Culver, turn on Main Street (If you are coming from the 405, turn RIGHT, if you are coming from the 5, turn LEFT). Turn Left on W Yale Loop. Turn Right on Blue Lake. The South Lake Beach Club will be on you left, about ½ a mile down.

Like last year, you need an access card to get into the lagoon. Hopefully we will be able to rig the gate so it will be open, but if not here are Stacey's and Kathleen's cell numbers to call when you arrive: Stacey: (949)525-5534. Kathleen: (949) 280-4038.

View from the Back – My gosh, look at all the food!

By: Doug Denniston

Overheard at the BBQ: “My gosh, look at all the food!!”

The new season kicked off at the Woodbridge Village Assoc. 4th of July celebration. A few of us “snails” ran PR’s and everyone in the club seemed to do very well. It is a great feeling to be approaching the finish line and see your teammates cheering you on. Congratulations to all the winners of lawn chairs.

July certainly did make us all forget the “May gray” and “June gloom” cool days. At times it seemed as though the temperature would never fall below 90F. Still, the heat does have its benefits. The tomato plants in my garden finally bloomed. The large heirloom beef-masters changed color, and there is nothing like a fresh organic tomato from the garden. Did you make try them at the BBQ? I had some set out on the table, and of course everything in the guacamole was fresh out of my garden (except for the garlic salt of course).



Speaking of the BBQ, I hope everyone had a great time. It was really nice to have such a big crowd for a Monday run. Thank you to everyone who brought food and helped to make it such a huge success, but special thanks go out to the following people:

- i. My wife who made sure that I had packed everything I needed
- ii. My daughter who made the banner
- iii. The young lady at the park, who saved my hide by providing me with matches to light the charcoal
- iv. Eric & his entire family who helped with the cooking & serving
- v. Leilani for helping me set up
- vi. Amelia for taking pictures
- vii. Steve for saving and returning the things I forgot to take home
- viii. Everyone who stayed late and helped clean up
- ix. Finally, anyone I may have forgot to mention

Already I have heard talk of having another BBQ before the seasons change. I hope it comes together, and that any of you club members who were unable to make the July BBQ join us for the next one.

See you on the trail. ;-)

Editor's Note:

Thanks Doug for organizing this fun event!



GRAND PRIX STANDINGS



The Grand Prix is a competition where club members get points for running races selected as the club races-of-the-month. The points are based on each runner's time compared to the world record in that distance for their gender and age group. The program runs from July to June, and the best 9 of 12 scores are used. The standings of the top 36 out of the 45 participants for the 2009-2010 series after 1 race are:

Place	Name	Details				Woodbridge	
		Age Group	Sex	Total Points	Races	Times	Points
1	David Schiller	45-49	M	866	1	17:27 5k	866
2	Brad Wobig	40-44	M	829	1	17:09 5k	829
3	John Gardiner	35-39	M	813	1	16:43 5k	813
4	Jeanie Leitner	60-64	F	791	1	24:51 5k	791
5	Eric Frome	25-29	M	789	1	35:13 10k	789
6	Ben Coyle	30-34	M	781	1	35:46 10k	781
7	Ken Atterholt	45-49	M	771	1	19:37 5k	771
8	Noreene Matsuda	45-49	F	770	1	21:52 5k	770
9	Leilani Rios	25-29	F	769	1	19:23 5k	769
10	Jennifer Neff	40-44	F	769	1	20:33 5k	769
11	Tonson Tong	40-44	M	766	1	18:34 5k	766
12	Mike Connors	40-44	M	758	1	18:46 5k	758
13	Mike Friedl	45-49	M	756	1	19:59 5k	756
14	Jerry Lin	40-44	M	750	1	18:57 5k	750
15	Orhan Beker	35-39	M	740	1	18:21 5k	740
16	Ed Coffey	60-64	M	725	1	23:26 5k	725
17	Kevin MacDonnell	45-49	M	714	1	21:11 5k	714
18	Kathleen Curley	25-29	F	711	1	43:45 10k	711
19	Cathy Shargay	50-54	F	711	1	24:33 5k	711
20	Pamela Wusthof	55-59	F	707	1	26:13 5k	707
21	Colleen Jones	30-34	F	704	1	21:39 5k	704
22	Steve Kan	50-54	M	702	1	22:13 5k	702
23	Molly Donnellan	45-49	F	700	1	50:44 10k	700
24	Linda Hammond	40-44	F	698	1	22:38 5k	698
25	Armando Moran	35-39	M	695	1	40:42 10k	695
26	Jerry Harber	65-69	M	690	1	26:23 5k	690
27	Doug Niles	40-44	M	690	1	42:08 10k	690
28	Wayne Church	55-59	M	677	1	23:48 5k	677
29	Matt Hood	35-39	M	666	1	42:25 10k	666
30	Amy Katz	35-39	F	665	1	48:10 10k	665
31	Jan Twisk	40-44	M	665	1	21:22 5k	665
32	Elizabeth Bailey	30-34	F	665	1	22:56 5k	665
33	Bryan Chu	25-29	M	661	1	20:17 5k	661
34	Greg Hanssen	40-44	M	651	1	21:50 5k	651
35	Jennifer Whyte	35-39	F	651	1	49:09 10k	651
36	Bill Quinnan	35-39	M	624	1	45:18 10k	624

SATURDAY RUNS

NOTE – SUMMER START TIME - Meet at 6:45, Run at 7:00 a.m.

8/8/09, Quail Hill

Leader: Matt Hood

Location: Starbucks – Corner of Alton & E. Yale Loop, Irvine (same location as Turtle Rock 'N Java run)

Directions: From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn Left and then Right into parking lot. Starbucks is between Ralphs and Sav-On.

About the Run: We will take the “new and improved” route out Jeffrey and across the freeway over the Jeffrey bridge. 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 new exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. You can also do an out and back along the trail. There is water on the trail but it is recommended to bring some since it can be warm.

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

8/15/09, Back Bay

Leader: Janelle Cabassa

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 .2 miles—park on the right; we begin running at Back Bay Drive.

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.

8/22/09, 3 Pier “Kegs & Eggs”

Leader: Amy Katz

Location: We start at the base of the Newport Beach pier. Arrive early (O.K., very early) to try and find street parking or bring change for the meters.

Directions: 5 Freeway to 55-South, follow signs to Newport Beach Pier. (Mapquest “Charlie's Chili” for exact directions)

About the Run: 5.75 miles to the Breakers and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back. Then we enjoy the best deal in town at Sharkeez for breakfast!!

8/29/09, Ship to Rail

Leader: Greg Hanssen

Location: Dana Point Ocean Institute

Directions: From PCH in Dana Point, turn onto Golden Lantern toward the ocean. At the bottom of the hill, turn right on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute. Parking is all around. We'll meet at the end of DPH Drive, near the “Pilgrim” sailing ship and the little pier in DP Harbor.

About the Run: This is an out and back flat run that will cover a portion of the “Turkey Trot” course. First turnaround point is at the end of the parking lot just past the San Clemente Metrolink Station. Total distance is about 10.6 miles. Shorter options are available. For a 12.8 mile run, continue running along the footpath to the next turnaround point, the San Clemente Pier. For those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. If you're doing a 20-miler, you could continue along the path that goes beyond the San Clemente Pier then turnaround when necessary. Bring water, although several drinking fountains are located along the way. Lots of restrooms!

After the Run: Lots of breakfast options at the harbor...

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

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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 and corrections 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.

Mondays & Thursdays @ 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



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

Check www.raceplace.com or www.active.com for event registration info

AUGUST	
THURS, 8/6, 6:00 p.m.	SCRR Track 5k at Beckman HS – MONTHLY CLUB RUN
THURS, 8/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
THURS, 8/6, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SAT. 8/8, 8:00a.m.	Sprint Triathlon – Camp Pendleton Hard Core Race Series, www.camppendletonraces.com/sprint.html
SAT, 8/8, midnight	E.T. Full Moon Midnight Marathon, M, 1/2M, 10K, Las Vegas, Full Moon Marathon
SUN, 8/9, 9:00 a.m.	Super Fair Closing Celebration 5K Run/Walk, Costa Mesa Fairgrounds www.ocsuperfair5k.com
SUN, 8/16, 6:45 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, www.afchalf.com
SAT, 8/22, 6:30 a.m.	Bulldog, 50K and 25K, Malibu Creek State Park www.trailrunevents.com/bd
SEPTEMBER	
THURS, 9/03, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 9/5, 7:00 a.m.	Disneyland Family Fun Run 5K, Anaheim Disney Family 5K
SAT, 9/5, 8:30 a.m.	Kevin Cook Spirit Run 5K, Fountain Valley www.kevincookspiritrn.org
SUN, 9/6, 6:00 a.m.	Disneyland Half Marathon, Anaheim Disneyland Half Marathon
MON, 9/7, 7:30 a.m.	Rancho Santa Margarita Healthy Community 5K, RSM RSM 5k Info & reg.
SAT, 9/12, 8:30 a.m.	Big Bear Lake Marathon, ½ Marathon, 5K, Big Bear City www.bigbearlakemarathon.com
SAT, 9/19, 8:00 a.m.	Heartbreak Ridge ½ Marathon, Camp Pendleton www.camppendletonraces.com/half.html
SUN, 9/27, 7:30 a.m.	Susan Komen Race for the Cure 5K, Newport Beach, KomenOC
OCTOBER	
THURS, 10/01, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
FRI, 10/02, 7:00 a.m.	Live Fit 5K Run, Anaheim Marriott, Anaheim LiveFit5K
SAT, 10/03 8:00 a.m.	23 rd Harbor Heritage Run, Newport Harbor Harborheritagerun
SAT, 10/03, 8:00 a.m.	Rough-Fit Rubber Boot Race (2K)– Old Town Tustin, RoughFitRubberBootRace
SAT, 10/03, 8:00 a.m.	Magic Mountain Man Triathlon & 5K, Castaic Lake, MagicMountainManTriathlon
SUN, 10/4, 7:45 a.m.	10 th Anniversary Lupus Race for Life, La Mirada, LupusRaceforLife
SUN, 10/11, 7:00 a.m.	25 th Annual Long Beach City Marathon, Half Marathon, 5K, LongBeachMarathon
SAT, 10/17, 8:00 a.m.	Eastvale Cares Family 5K, Corona, Eastvale5K
SAT, 10/24, 7:00 a.m.	Huntington Beach Distance Derby, 10mi., 5mi. & Kids Run, HBDistanceDerby
SUN, 10/25 7:30 a.m.	L.A. Cancer Challenge 2009, Los Angeles, LACancerChallenge

2008-2009 SCRR CLUB OFFICERS:

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

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