

ON THE RUN



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

Orange County, California
February 2010 Issue

Runner of the Month – Leilani Rios

By: Stacey Dippong



Leilani is one of the special few that have been selected as runner of the month twice! If you know her, it's not hard to see why. She is very warm-hearted and friendly as well as an immensely talented runner. She also makes incredible cookies, the recipe to which, is reprinted following the article. She recently hosted one of the best parties SCRR has ever seen – an awesome 80's themed 30th birthday party - where you may remember her as Jennifer Beals from Flashdance!

What's your running background?

I started my running career in high school participating in Cross Country, Soccer and Track. My high school coach was a PE teacher and she saw my potential and introduced me to running. I continued running straight into college at CSUF.

What are you currently training for? What are your goals?

I am currently part of the 5K/10K Stein Training program looking to log in some fast 5k times. I am shooting for sub 18:30 5K by June via Laguna Hills or CDM 5K.

What's your favorite distance to run? Do you prefer road or trails?

I would have to say that 5K's are my favorite distance to race. I like how competitive this particular distance is, it's fierce!! Although it is very painful throughout, it is over in less than 20 minutes. I like the idea that recovery after a 5K is really quick; you can go again in a month and try for a faster time if you didn't quite get the time you were shooting for. I also prefer running on trails then road. Running on trails you get to enjoy the scenery

and it is also easier on the body. I also like trails so that my dog can run with me.

Any marathons in your future?

Unfortunately I don't see any Marathons in the near future. I do have an enormous amount of respect to anyone that completes a marathon; I hear nothing but life altering stories about participating in a marathon. With that said, I know I will eventually get the marathon bug and will take that journey.

How did you like running your 3 half marathons?

I enjoyed all the half marathons; the distance is very nice and I had a blast on every one. My first half marathon was just a year ago at Palm Springs. A group of about 6-8 Roadrunners were representing us and I ran with Noreene (1:39), that was a lot of fun. The



second half was OC Half and I improved my time to 1:32 and the course was very nice. The final half was Long Beach and boy was that a doosey!!! I WAS (ha-ha) running with Elyse and Fred going a 6:40 pace going through mile 7 and I took Gatorade at a station and for some reason it did not mix well with my stomach. I kept heaving for about a minute before I had to stop and throw up. I tried to start back up into pace but my chest was killing me... I also think I came into the race pretty tired as well. Mary was nice enough to help me finish the last 3 miles and by the time I crossed the line I was happy with my effort (1:34).

How long have you been a part of SCRR and why did you initially join?

I have been part of this amazing club since Nov 2005. My college running career was over and I was unsuccessful in getting back in shape by myself. The most that I could do was run 3 times a week consisting of runs between 3-5 miles max. It wasn't getting me anywhere and I then proceeded to look up running clubs and found Roadrunners.

What's your favorite SCRR party? (Besides your awesome 30th birthday party of course)

I really enjoy the SCRR Annual Banquet. Everyone looks great and everyone is there to have a great time as well. The Chick's and Dude's pre parties are a nice warm up to the festivities. It is also nice to see everyone in something other than running clothes!!



What do you like to do when you're not running?

Any time I get when I am not running or working I spend with family, loved ones and friends. I love spending time enjoying each other's company. I also have 2 dogs, a Cavalier King Charles, Abby (7yrs) and my new pup a German Shorthaired Pointer, Elsa (1yr). I take them to the dog park 3-4 times a week and take Elsa running 4-5 times a week. Elsa is my training partner when I run on my own and also whenever a Saturday run is on a trail. These two pups are like my lil kiddies... I love them.

Final thoughts - I also wanted to thank everyone that came to my birthday party. All of you are what made my 30th unforgettable and such a blast. Thank you very much.

Leilani's World Famous Oatmeal Chocolate Chip Cookies

Ingredients

½ cup butter, softened	1 tsp baking soda
½ cup butter flavored shortening	1 tsp ground cinnamon
1 cup light brown sugar	½ tsp ground cloves
½ cup white sugar	½ tsp salt
2 eggs	3 cups rolled oats
1 tsp vanilla extract	1 12 oz. package chocolate chips
1 ½ cups all purpose flour	

Directions

Preheat oven to 350 degrees. In a large bowl, cream together butter, shortening, brown sugar, white sugar, eggs, and vanilla until smooth. In a separate bowl, combine flour, baking soda, cinnamon, cloves and salt. Stir the flour mixture into the creamed mixture, and then stir in the oats, one cup at a time. Stir in the chocolate chips. Drop batter by tablespoon bowls onto greased cookie sheets. Bake for 13-15 minutes. Makes 3 dozen.

Grand Prix Highlights – So. Cal. Half Marathon and 5K

By: Linda Hammond

In the month of January **South Coast Roadrunners** kicked off the New Year with the **Southern Cal Half Marathon and 5k**. In the Half Marathon **Cheryl Smith** was the overall female winner! In addition we had first place age group wins for **Elyse Shimada** and **Jeanie Leitner**. In the 5k, we had first place age group wins for: **John Gardiner**, **Bob Morris**, **Kathleen Litvak** and **Jodie Kinney**. It was a day of club wins and PRs!

This month I would like to highlight members **Matt Hood** and **Jodie Kinney**. Matt turned in a PR in the half marathon and Jodie had an age group win in the 5k. Matt is the Chief Marketing Officer for **BJ's Restaurant**, a club favorite. BJ's was a race sponsor of last month's Grand Prix Race: Make Room for Santa. Matt came to the club via a run-by shout out from Schiller! I asked Matt about his PR at Southern Cal Half and his training.

Linda: *Congratulations on your PR in the half marathon? How did you like the course? What was your race strategy?*

Matt: Thanks Linda. It was my first time to run the course and while it probably isn't my favorite half-marathon course, it is hard to argue with a flat route that starts and finishes a mile from my front door! I'm in the middle of marathon training for Surf City so my goal for the race was to run a steady pace throughout without risking injury. It was my 4th PR of the season after setting new personal bests at the 5k, 5 mile, and 10k distances so I was definitely pleased with how it all worked out!



Linda: *How long have you been running and what brought you to SCRR?*

Matt: I've been a runner for the last 10-15 years and we moved to Woodbridge from Austin, Texas about 18 months ago. The first week we were in town we went to the movies at the dollar theater when a stream of runners came by. I asked "where do you guys meet?" and David Schiller slowed down long enough to respond "we meet at Heritage Park on Thursdays. Go to roadrunners.org". I checked out the website and started running with the group a week later. I have really enjoyed getting to know everyone and I've definitely benefitted from running with such a great group of people!

Linda: *What is your goal race for the remaining season?*

Matt: My goal race this season is the Surf City Marathon. My training has gone well and I'm looking forward to a great race and seeing my SCRR friends and family along the course!

Jodie is a long time member of the club. Jodie and Bob Kinney's **Waters Restaurant** has been a Woodbridge landmark and club favorite over the years. Thursday night winter route: Yale to the lake, **pass Waters**, over the bridge, pass the water fountain, to three rocks...turn around or keep going!!! It was great to see Jodie out at the race. I asked her about her race and training.

Linda: *Congratulations on your win in the 5k. Have you done this race before? What do you like about the race?*

Jodie: Yes I have done this race several times and I love the flat course with the view of the lake and Woodbridge.

Linda: *When did you start running and what brought you to South Coast Roadrunners?*

Jodie: I started running 20 years ago when we first opened Waters, I got several fellow employees to start running with me around the lake and joined South Coast Roadrunners several years later. It was the best thing I have ever done! I met some of my best friends through the club and still enjoy friendships with many of the club members.

Linda: *Are there any big races that you are looking forward to this year?*

Jodie: I plan on doing the Desert Duathlon in March, Disney Duathlon in June and maybe a half marathon but not sure which one yet.

Linda: *So the duathlon is running and cycling?*

Jodie: The duathlon is run bike run. I am slowly working up to racing more but after having back surgery in 2008 I am still trying to strengthen my back so mostly doing short distances like the Desert Duathlon. It is a fun race because there is a triathlon and a duathlon; The sprint distance triathlon and the duathlon start at the same time, the swim is about a half mile and the first run is a mile then everyone rides 14 miles and runs 3 miles. I also do triathlon relays, sometimes I get someone to swim and I do the run and the bike or I just run. I like duathlons and triathlon relays because I don't have to swim. My husband is a triathlete and loves competing, I enjoy doing relays in some of the same races. I have only done one triathlon in 1995, it was a reverse triathlon in Chino, 5K run, 13 mile bike, 75 yard swim. I got 1st in my age group but I thought I was going to drown! Ha! Ha! I have been trying to learn to swim off and on ever since, I just keep sinking!

Thanks runners for sharing your stories! It was another beautiful day in the OC for the Southern California Half Marathon and 5k, the 7th race in the Grand Prix series. With five races to go, **Dave Schiller** leads second place **John Gardiner** by only 5 points! It is getting interesting! In February we run the ultimate OC race along PCH, **Surf City!!!** Get your running shoes and surf board, SURF'S UP!! What will your top nine races be this season? See you at the beach!



Big Baz's 2010 TRAIL RACES (http://www.bigbaztrailraces.com/)				
YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2010	<u>Jan 9</u>	Winter Trail Run Series (If you haven't done a trail race before, click <u>Beginner's Page</u>)	12K	2,604'
	<u>Jan 23</u>		15K	3,502'
	<u>Feb 6</u>		18K	4,020'
	<u>Feb 20</u>		21K	3,470'
	Mar 6	San Juan Trail 50K	50K	6,627'

Road Trip to Las Vegas ½ Marathon

By: Nancy Gonzalez

My husband, Al, and I ran the Las Vegas Rock n' Roll Half Marathon in early December. We left Tustin Saturday morning for the drive to Vegas and the expo at the Mandalay Bay convention center. When we arrived, the expo was crowded as usual. We were offered red knit hats by the Wynn/Encore hotels at the expo and were so thankful we picked them up.



The next morning, we had no problems with the shuttle from our hotel just on the other side of the 15 freeway. The race was hosted by the Mandalay Bay hotel and there was plenty of room in the convention center. We were bundled up and walked around outside in the dark to check out the starting line area. The Vegas showgirls were already taking their places at the start line and wrapping up in small warm coats. After a quick check of the area, we hustled back inside the hotel to get warm along with the other 27,000 people who were registered for the race. We did our final preparations and waited as long as we could before heading back outside to check our gear and head to the start line. It was 37 degrees at the start of the race. We were SO thankful for those red knit hats!

Al was in corral 4 and I was all the way back in corral 20. I called Al just before the start of the race and he told me they were singing the Star Spangled Banner. Back where I was, we couldn't hear a thing. We could, however, watch the festivities at the start line up on the big screen on the Mandalay Bay sign. I was thankful for those 27,000 people because we helped keep each other warm all packed in to our corrals. On the

big screen, I was able to see the start for the wheel chair, elite runners, and the rest of us. Apparently there were sky divers at the start of the race which was the big surprise but I never saw them. I was able to see the fireworks and they continued even past my official start which was about 25 minutes later. Those sane people who don't get up super early and run in freezing cold weather must have thought there was a shoot out going on outside their hotel rooms.



At the start line, the show girls were still there and they added a white Bengal tiger in a cage to each side of the start line. The tigers didn't look too happy as they were pacing in their small cages. The fireworks and runners probably made them real nervous. There was a cool Blues Brother's looking band on top of the start line. Finally, it was my turn to officially start and off we went.



The Strip was completely closed for the race. We headed south on The Strip for a bit so that we could loop around the famous Welcome to Las Vegas sign. Then the course took us north on The Strip all the way up and past the Stratosphere Hotel and a bunch of wedding chapels and nudie bars. We ran in the neighbor-hood in that area before returning to The Strip for the return to the finish line at the Mandalay Bay Hotel. There was a lot of energy on the course. The volcano at the Mirage was erupting, the fountains at the Bellagio were strutting their stuff and people were getting married at a stop along the course.

Al PR'd at this event with a 1:50 time. I was recovering from a knee injury in September so I was pleased with my finish time considering. As usual, I phoned Al when I was around mile 10 and he walked back into the course and met up with me and ran/walked me to the finish line so we have the great finish line photo of us (and we don't have to search for each other amongst the masses). At the finish line we thoroughly enjoyed the free food from PF Chang's. We thought they did an excellent job and their employees were so pleasant and helpful. Both Al and I had a lot of fun at this race and would do it again.

Superbowl XLIV Party



Where: Dan and Teleia Templin's Place

When: Sunday, February 7th; 3 PM 'til whenever

What to bring: Drinks and/or favorite finger foods

Note: We will have hot dogs, burgers...

Directions:

- Exit I-5 at Jamboree. If you were heading south, turn right.
If you were heading north, turn left.
- Stay to the right toward Walnut/Edinger
- Turn left onto Edinger.
- Turn right on Harvard.
- Turn right on Columbus Grove.
- Turn Left onto Sonora (at club house)
- Fourth house on the right.

15525 Sonora St.
Tustin, CA 92782
(949) 861-2058

See you there!

So. Cal. Half Marathon and 5K Photos

By: Linda Hammond





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 35 participants (out of 95 so far) for the 2009-2010 series after 7 races are:

Pl.	Name	Age Group	Sex	Total Points	Races	Net	Avg	So Cal Half Times	SoCal Points	Santa Times	Santa Points
1	David Schiller	45-49	M	5,822	7	5,822	832	1:25:46 Half	794	37:46 10k	798
2	John Gardiner	35-39	M	5,817	7	5,817	831	16:02 5k	847	16:35 5k	819
3	Mike Connors	40-44	M	5,530	7	5,530	790	18:01 5k	789	36:41 10k	793
4	Linda Hammond	45-49	F	5,108	7	5,108	730	1:44:51 Half	761	23:18 5k	722
5	Ed Coffey	60-64	M	5,102	7	5,102	729	23:09 5k	734	23:26 5k	725
6	Steve Kan	55-59	M	4,857	7	4,857	694	1:46:50 Half	659	47:18 10k	686
7	Matt Hood	40-44	M	4,801	7	4,801	686	1:34:47 Half	669	20:16 5k	701
8	Noreene Matsuda	45-49	F	4,538	6	4,538	756	1:39:39 Half	800	21:56 5k	767
9	Mike Friedl	45-49	M	4,536	6	4,536	756	19:22 5k	781	19:55 5k	759
10	Leilani Rios	25-29	F	4,530	6	4,530	755	19:46 5k	754	20:34 5k	724
11	Ken Atterholt	45-49	M	4,378	6	4,378	730	1:54:57 Half	592	19:58 5k	757
12	Cathy Shargay	50-54	F	4,290	6	4,290	715	1:54:57 Half	693	23:52 5k	732
13	Armando Moran	35-39	M	4,173	6	4,173	696		0	20:02 5k	678
14	Bob Morris	55-59	M	4,112	5	4,112	822	18:36 5k	866	18:55 5k	852
15	Eric Frome	25-29	M	4,094	5	4,094	819	1:12:00 Half	846		0
16	Jeanie Leitner	60-64	F	4,006	5	4,006	801	1:50:42 Half	811	24:58 5k	787
17	Greg Hanssen	40-44	M	3,766	6	3,766	628	1:54:03 Half	556		0
18	Thomas Fung	45-49	M	3,670	5	3,670	734	1:31:20 Half	745	41:47 10k	721
19	Orhan Beker	35-39	M	3,608	5	3,608	722	18:08 5k	749	18:42 5k	726
20	Karen Winter	50-54	F	3,452	5	3,452	690		0	26:07 5k	669
21	Elizabeth Bailey	30-34	F	3,357	5	3,357	671	22:36 5k	675	47:31 10k	668
22	Brad Wobig	40-44	M	3,304	4	3,304	826		0		0
23	Amy Katz	35-39	F	3,292	5	3,292	658	1:47:04 Half	662	23:27 5k	657
24	Tonson Tong	40-44	M	3,054	4	3,054	764	1:23:22 Half	760		0
25	Pamela Wusthof	55-59	F	2,782	4	2,782	696	26:10 5k	708	27:25 5k	676
26	Doug Denniston	45-49	M	2,459	5	2,459	492	30:37 5k	494	30:53 5k	489
27	Greg Jones	35-39	M	2,353	3	2,353	784	1:17:48 Half	815		0
28	Ben Coyle	35-39	M	2,346	3	2,346	782	17:31 5k	775		0
29	Sandra Manzano-Straehle	40-44	F	2,259	3	2,259	753		0		0
30	Mike Gulan	60-64	M	2,230	3	2,230	743		0	22:08 5k	768
31	James Chandler	25-29	M	2,230	4	2,230	558	23:02 5k	582	24:52 5k	539
32	Ryan Doss	20-24	M	2,228	3	2,228	743	18:02 5k	750		0
33	Cris Barkmeier	35-39	M	2,220	3	2,220	740	1:25:46 Half	739	18:16 5k	744
34	Annette McCall	35-39	F	2,219	3	2,219	740		0	21:45 5k	708
35	Janelle Cabassa	30-34	F	2,140	5	2,140	428		0		0

SATURDAY RUNS

All runs meet at 7:45 a.m. and start at 8:00 a.m. unless shown otherwise.

2/6/10, 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 warmup for the Surf City races on Sunday. Also the perfect place for bikes, roller blades and baby joggers!

After the Run: Corner Bakery. Some of us may carpool up to packet pickup for Surf City following the run.

2/13/10, Cook's Corner

Leader: Stacey Dippong

Location: Cook's Corner, 19152 Santiago Canyon Rd., Trabuco Canyon, CA

Directions: Use mapquest, google maps, a gps etc. Or - take the 5, exit El Toro, take El Toro east about 8 miles, to where it turns into Santiago Canyon Road. Cooks Corner is on your right at the corner of Live Oak Canyon. Park in the dirt lot behind the biker bar.

About the run: There are 2 options: (1) an out and back along the El Toro Bike Path, or (2) trails.

After the run: Cook's Corner

2/20/10, 3 Pier "Kegs & Eggs"

Leader: Kathleen Curley

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 "Sharkeez Newport Beach" 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!!

2/27/10, El Moro

Leader: Amelia Carchidi

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

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. 10 mile loop (or do an out-and-back for less miles). 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. The lot typically charges \$10. Bring water.

After the Run: Pacific Whey Café in the Promenade Shopping Center.

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

4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, Stifel Nicolaus

V.P. Investments

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Fax: (949) 234-0326

E-mail: reimersr@stifel.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

NEW Out of Town Races featuring club members highlighted in blue

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

JANUARY	
SAT, 1/30 – 2/06	Route of Fire 6 Day, 220km Endurance Race – Costa Rica The Coastal Challenge (Bei Yi Zheng)
FEBRUARY	
THUR, 2/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lamppost Pizza
SUN, 2/07, 6:50 a.m.	Surf City Marathon, ½ Marathon and 5K Huntington Beach, CA RunSurfCity
SAT, 2/13, 8:30 a.m.	OC Chili Winter Race Series, 5mi. O'neil Regional Park OC Winter Series
SAT, 2/13, 8:30 a.m.	Twin Peaks Ultra Marathon, Corona CA Twin Peaks 50/50
SUN, 2/14	Palm Springs ½ Marathon (Greg Hanssen, Ken Atterholt, Cathy Shargay)
SAT, 2/27, 7:00 a.m.	Buffalo Run ½ Marathon, Avalon Catalina Island Buffalo Run
SAT, 2/27, 7:00 a.m.	5K, 10K, Reverse Triathlon, Los Alamitos Naval Base Race on the Base
SUN, 2/28, 8:00 a.m.	Brea 8K, Brea Mall, Brea CA*** (This will be the March Grand Prix Race)
MARCH	
THUR, 3/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lamppost Pizza
SAT, 3/13, 8:00 a.m.	Six Tunnels ½ Marathon, 5K - Las Vegas, NV Six Tunnels (Stacey Dippong, Noreene Matsuda, Kathleen Curley, Amelia Carchidi)
SUN, 3/14, 8:00 a.m.	XTERRA Black Mountain Trail Run 5K, 15K - Black Mountain Regional Park – San Diego, CA Xterra Trail Series Black Mountain
SAT, 3/20, 8:15 a.m.	Pasadena Triathlon and 5K - Rose Bowl, Pasadena CA Pasadena Triathlon
SUN, 3/21, 7:00 a.m.	Newport Beach Spirit Run 10K, 5K, Kids Run – Newport Beach, CA NBSpiritRun
SUN, 3/21, 7:20 a.m.	XXV Los Angeles Marathon, Los Angeles CA LA Marathon
APRIL	
THUR, 4/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lamppost Pizza
SAT, 3/20, 7:45 a.m.	Santa Anita Derby Day, 5K Santa Anita Derby Day
SUN, 4/11, 7:00 a.m.	Carlsbad 5000 Carlsbad, CA 5K Carlsbad5000
MON, 4/19 9:00 a.m.	Boston Marathon Boston, MA Boston Marathon (many)
FRI-SAT, 4/24-4/24	Ragnar Relay, Santa Barbara to Dana Point, 177mi Ragnar Relay
SAT, 4/17, 7:00 a.m.	Camp Pendleton Hard Corps Marathon, Hard Corps Marathon
SAT, 4/24 8:00 a.m.	OC Mud Run, OC Great Park, Irvine 10K, 5K OC Mud Run

2009-2010 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

2009-2010 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