

ON THE RUN



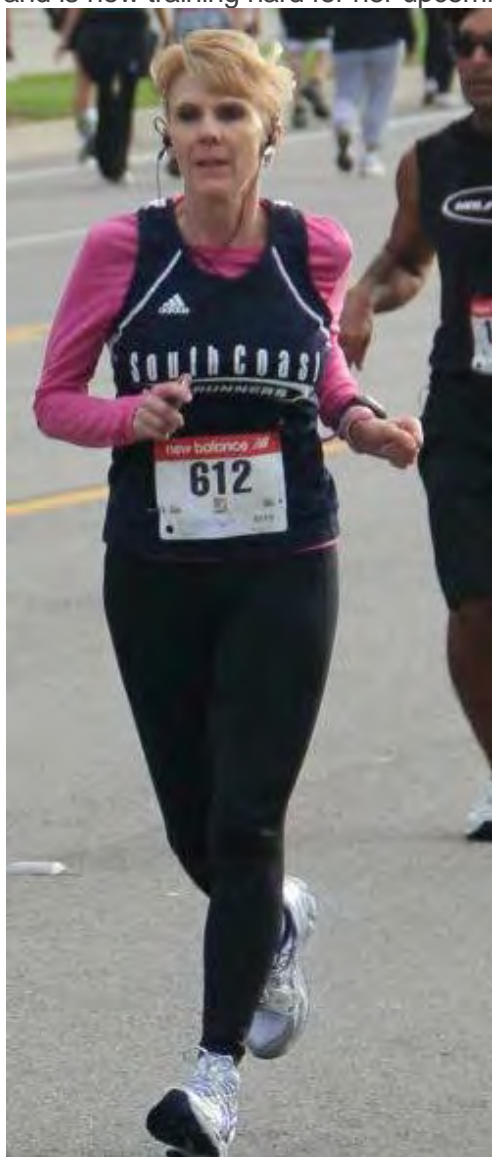
South Coast Roadrunners Running Club
<http://www.roadrunners.org>

Orange County, California
October 2014 Issue

Runner of the Month – Cathy Blakesley

By: Kirsten Hirneisen

Cathy Blakesley is the runner of the month. Cathy recently ran Hood-to-Coast with the Sole to Sole team, and is now training hard for her upcoming marathon. I have been running a lot with Cathy recently, but never seem to have a pen and paper on me when running, so I resorted to the tried and true email questions and answer for Cathy's ROTM article.



What got you started on running?

As a kid, I was the smallest and youngest in my class all through school, so I wasn't as good as others at some things. But I could run fast, so I loved running! I never ran anything but sprints until high school. My first semester there, I didn't want to do the regular PE class (swimming!) and a friend suggested I go out for the cross country team. I had no idea what that was, but she said it was running and I thought "Perfect! I'm a good runner!" I remember my first day on the team, running a mile and a half—how ridiculously far it seemed and how sore I got! All through high school I ran CC in the fall and track in the spring. I loved the 400, and my favorite thing was being part of a pretty decent mile relay team when I was a senior. In college, I just ran for fun and did a few 10Ks, which were popular at the time. I started having problems with my feet, and eventually decided they weren't going to hold up to running. For several years, I worked out and stayed fit, but was basically afraid to run because of the foot problems. Then five years ago I was cranking away on the Stairmaster and something popped in my knee. I found that I couldn't do anything except run on the treadmill. Ironically, it was the only thing that didn't hurt! I started running about three days a week, all on the treadmill, afraid I would hurt myself otherwise. My stepmom was in a running club and doing races, and talked me into trying one—The Firecracker in Chinatown in LA. I signed up for the 10K, and during the race I realized that running was just a part of my life that had been missing! I tried a half marathon a few months later (Laguna Hills), after running 9 miles only once—the longest run in my life up to that point. I did much

better than I thought I would: 2:07. I came to my first club run the next Saturday.

When did you join SCRR and how did you find out about the club?

I found the club online, a little over 4 years ago. I had tried a trail running group, but they weren't very active and I wanted something more. I was a little concerned about running on roads because of the problems I'd had, but I really wanted to be in an active club. The first run I came to was Back Bay. Ken was the leader. I didn't know the way, and he said he would show me. I was by FAR the slowest person out there that day, and if Ken hadn't run with me I'd have gone home humiliated and probably never come back. It was a little hard for me that first summer because I had so much trouble keeping up with anyone, but I'm very happy that I stuck with it!



What are you training for now and how is it going?

I am training for my very first marathon! I never have thought of myself as being suited to running marathons, and have never tried one. Then I decided that I want to run Boston, and obviously I have to qualify first! I picked California International Marathon, because I felt the course suited me and the timing works. It gives me plenty of time to try again, since I know my first one is not likely to be a BQ. I am really hoping for decent weather!

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

I love that we are so active! The three weekly runs are the major part of my training. I don't like to run by myself, so it's great to have people to run with. I try to do all the club races, and the parties are always fun! Also, it's great that people do other things, like biking and swimming—Dave particularly enjoys that aspect of the club, and it's good for me to do other things besides running!

Do you have any favorite music you run to?

I think it surprises people to see me wearing an ipod during races. I know 'serious' runners aren't supposed to wear them, but it helps me keep my energy up during a race and distracts me from the discomfort! I also like to wear it when I run on the treadmill. I listen mostly to fast-paced rock songs that keep me motivated.

What are your other hobbies and interests?

I have always loved horses and riding. For many years I had my own horse. Now I have some great friends that live in the Back Bay and have 5 horses. I actually met them when I was running at Quail Hill. They take me riding, and they also do Ride & Tie races*, which combine running and horseback riding in a relay race. I have done three of those races so far, and they are really fun!



I was born in Grand Rapids, Michigan and grew up in Arcadia. Living there and loving horses got me a job with a thoroughbred trainer at Santa Anita Race Track, part of it as an exercise rider. For a while I wanted to be a jockey, but though it was exciting (there's nothing like coming out of the starting gate!), I decided it was just too scary for me!

*Cathy's husband, Dave, explains the ride and tie races:

Ride and Tie competes teams of two runners/riders and one endurance horse. Mass start. Rider rides out a ways, gets off, ties the horse, and takes off running. When the runner reaches the horse, he/she mounts and rides on past the runner, ties, and so on. Finish is when all three cross the finish line. Distances are typically ten, 25 and/or 50 miles. Location is commonly a national park; trail is moderate to substantially hilly, often single track, marked with ribbons. Cathy has done the 25 milers, which is like a trail half marathon, with breaks. Breaks are cantering over rough ground through the wilderness trying not to fall off or go off course. Races are unsupported, so contestants must carry nutrition and hydration.

CONGRATULATIONS TO SEPTEMBER MARATHON (and More) RUNNERS!!

Ventura Marathon, Sep. 7th

Keven Williams

Mike Bertram

Stephanie Bartley

Eric Dangott

Avery Lewis

Ben Bartley

Tahoe Triple Marathon, Sep. 12-14th

Greg Hanssen

Top of Utah Marathon, Cache Valley, Utah, Sep. 20th

Jon Resnick

SOUTH COAST ROADRUNNERS INVITE YOU TO AN



SATURDAY, OCTOBER 4 AT 7:00PM

BRING YOUR FAVORITE GERMAN BEER
AND AN APPETIZER TO SHARE

BRATWURST AND SAURKRAUT WILL BE PROVIDED

HOSTED BY ROB AND CINDI HARRIS
24801 VIA PRINCESA, LAKE FOREST, CA 92630

Congrats!!

Leilani Rios

*5K Female
Overall
Winner*

Dove Dash

Sep. 26th

SAVE THE DATE!!!

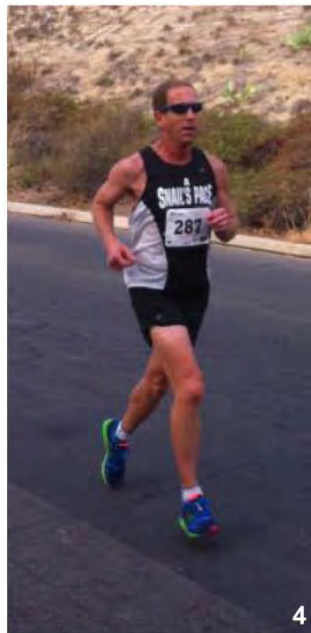
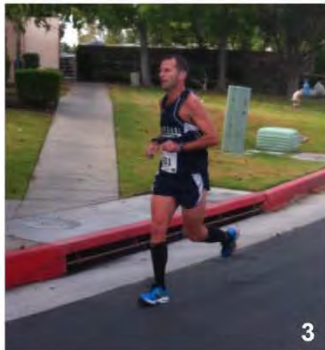
SCRR Wine and Cheese Party

Hosted by Fred and Sherri

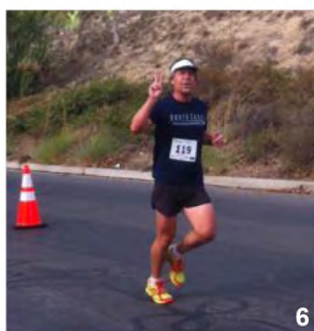
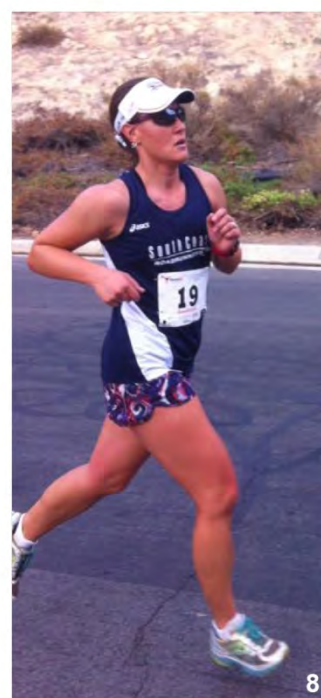
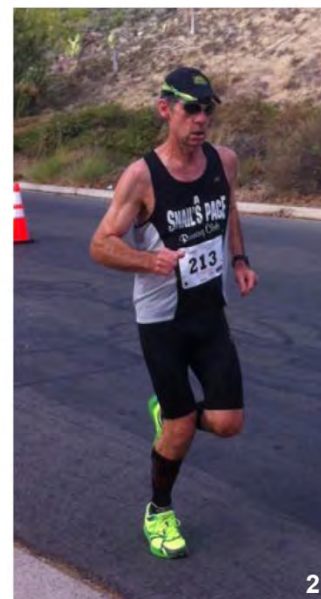
Nov. 8th, Details coming soon!

SCRR Flies at Dove Dash 5K/10K

Compiled By: Joanna Pallo, Photos By: Amy Katz and Judy Sweet



1 Amy Katz 2 David Bauers, Judy Sweet, Greg Hanssen, Eric Dangott, Jeanie Leitner, Cathy Shargay, Cathy Blakesley, Alberto Ballon 3 Michael Friedl 4 David Schiller 5 Sherri Ellerby 6 Doug Niles 7 Judy Sweet, Cathy Shargay 8 Matt & Shauna Kossoff 9 Thomas Fung



1 Michael De Jesus Pagalan, Ken Atterholt, Kelcey Kinjo, Jeanie Leitner, Amy Katz 2 Bob Morris 3 Noreene Matsuda 4 Gary Hefner 5 Eric Dangott 6 Greg Hanssen 7 Isho & Mason Tama-Sweet 8 Vicki Ballon 9 Cathy Blakesly 10 Alberto Ballon, Daniel Evora, David Schiller, Judy Sweet, Michael Friedl, Matt Kossoff, Shauna Kossoff, Michael De Jesus Pagalan, Than Du

SATURDAY RUNS

NEW CHANGE - ALL RUNS MEET @ 7:45 A.M. AND BEGIN AT 8 A.M.)

10/4/14 – HB Pier

Leader: Stacey Dippong & Scott LaRuffa

Location: Huntington Beach Pier (PCH & Main St.)

Directions: From N/B 405 Fwy, Exit Euclid, turn right. Euclid becomes Ellis. Continue across Beach where Ellis becomes Main St. Follow Main St. to the pier where it ends. OR, take S/B 55 Fwy to end where it becomes Newport Blvd. Follow Newport Blvd to PCH (PCH exit on right just past Hoag Hospital. Right on PCH to Main. You can either park @ the beach or on street for about \$1.50 per hour, or at the downtown HB parking structure about a block away, on Walnut between Main and 3rd.

About the Run: Out and back on the bike path, either direction. Plenty of options to extend run to whatever distance you would like.

After the Run: No Ka Oi Restaurant on Main Street, and then, if interested after breakfast, a visit to a new craft brewery. Four Sons Brewing is located on Gothard and Ellis and opens at noon.

10/11/14 – Corner Bakery “4.646 Mile Pre-Race Special”

Leader: Mike Bertram

Location: Corner Bakery parking lot at Main and Harvard - 17575 Harvard Ave. Irvine

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

About the Run: This is a good warm-up run for the Long Beach Marathon/Half Marathon/5K the following day. Run as long or short as you like on the bike path towards Back Bay. The “distance” is not mandatory, of course, but was chosen for a reason that will make more sense that day)

After the Run: Corner Bakery

10/18/14 – Irvine Meadows (Lake Forest Extension Loop)

Leader: Greg Hanssen

Location: Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604 (same as the Quail Hill run meeting place)...

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'll run out along the bike trail towards the Spectrum and then out to the new Lake Forest road extension behind Irvine Meadows then loop back near Quail Hill. There are options for a 9.5 or 12 mile loop.

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

10/25/14 – Panera to Peters Canyon

Leader: Carlos Jovel

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 Peters Canyon. The full loop, including Peters 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 Peters or continue on along the Hicks Canyon trail.

After the Run: Panera Bread

Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
30448 Rancho Viejo Rd., Suite 110
San Juan Capistrano

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Specializing in Orange County Residential purchases, investment deals, & land development
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714-381-2840

John Loftus, **Certified RRCA Running Coach**
www.runyourpotential.com
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coach@runyourpotential.com
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

Jonathan Resnick, CPA, **Tax services for businesses**
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Dave Blakesley, **Realtor**® Lic. 01412995
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Fine Homes and Condos throughout OC. You'll get my personal attention and the most powerful resources in the industry. Relocating? – I can help nationwide.

Dave Bauers, **The Video Man**
Professional Video Production
949-795-1610 studio
Dave@thevideoman.com
www.thevideoman.com

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 scrr-info@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, Jamboree and 5 Freeway, Irvine, 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

OCTOBER	
THURS, 10/2 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 10/4 6:45a.m.	St. George Marathon St. George, Utah stgeorgemarathon
SAT 10/4	SCRR Octoberfest Party (see flyer on page 4)
SUN 10/5	Portland Marathon
SAT, 10/11 7:00 a.m.	Run Love 5K, 10K Woodbridge Lake
SAT 10/11 7:30 a.m.	Chapman University 5K, Orange, CA Chapman.edu/5k
SUN 10/12 5:30a.m.	ICB Long Beach Marathon, ½ Marathon, Run Forrest Run 5K RunLongBeach
SUN 10/12 7:30a.m.	BA Chicago Marathon Chicago, Ill ChicagoMarathon
SUN 10/19 6:30a.m.	Nike Women's Marathon San Francisco, CA runinfinity.com
SUN 10/26 8:00a.m.	Marine Corps Marathon, Washington DC MarineMarathon
SUN 10/26 7:30a.m.	LA Halloween Rock & Roll ½ Marathon Los Angeles, CA LArunr6cknroll ***Joanna's Finisher's Medal***
NOVEMBER	
SUN, 11/2, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/2, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon www.runfresno.com
SUN, 11/2, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash
THURS, 11/6 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 11/8, 7:15 a.m.	Santa Barbara Marathon www.sbimarathon.com
SAT, 11/8	SCRR Wine and Cheese Party, details to com
SAT, 11/15	Canyon City Marathon, Azuza, CA
SUN, 11/16, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
SUN 11/16 4:30 p.m.	Las Vegas Marathon, ½ Marathon runrocknrolllas-vegas
SUN 11/16	Surfers Point Marathon, Ventura, CA
THURS, 11/27, 7:00 a.m.	Dana Point Turkey Trot http://www.turkeytrot.com/
DECEMBER	
THURS, 12/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 12/6	Run for a Claus, Irvine, CA, www.runforaclaus.com
SUN. 12/7, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathon http://runcim.org
SUN. 12/7, 7:00 a.m.	Tucson Marathon, ½ Marathon Tucson, AZ Tucson Marathon tucsonmarathon
SUN. 12/7, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach – crystalcovetrailrun
SUN. 12/14, 7:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca Holiday Half Marathon
SAT. 12/13, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine RenegadeSantaRun
FRI. 12/26, 7:30 a.m.	Operation Jack Marathon, ½ Marathon Dockweiler State Beach – Los Angeles OperationJackMarathon ***This is easily one of the cheapest races around. It is very well organized, a very flat course, and best of all it is for a great cause.***

2014-2015 SCRR CLUB OFFICERS:

President: Stacey Dippong
Vice-President: David Schiller
Treasurer: Lisa Eiler
Secretary: Rob Harris
Officers At Large: Joanna Pallo,
Bob Morris, Amy Katz

2014-2015 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
Weekend Runs: Mike and Lillian Bertram
Grand Prix: Mike Friedl
Database Manager: Dave Schiller
Monthly Club Race: Bob Morris
Webmaster: Daniel Evora-Hahn