

ON THE RUN



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

Orange County, California
September 2014 Issue

Runner of the Month – Dave Blakesley

By: Kirsten Hirneisen

Dave Blakesley is the runner of the month. Dave joined the club four years ago, when he convinced Cathy to leave the monotony of the treadmill and “take it outside”. Cathy found SCRR online, and here they are today. Dave is currently a realtor with Coldwell Banker, a decorated Vietnam veteran, and has been married to Cathy for 31+ blissful years. Dave is an accomplished triathlete and fearless ocean swimmer being a regular at the CDM Friday night swim.

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

My first mile ever was for a PT test in Army basic training. Took me twelve and a half minutes; I thought I’d never finish lap four. Ten years later, when I moved to Hermosa Beach, I started running occasionally on the sand, and then, in Arcadia, three mornings a week before work. I’d do about five miles through the neighborhoods, dodging peacocks; it was my meditation time.

Eventually I entered an organized race, the Quaker Oats 10K in Griffith Park, back when I was still a little faster than Cathy. There were so many runners it took a couple of minutes to reach the starting line. The typed and duplicated results were mailed to us weeks later: gun time 48 something. Family and career intervened until SCRR four years ago.

By miles covered, most of my running has been with SCRR.

Q: What has been your favorite race?

I like the Carlsbad 5000. It’s a nice place to run, and you get to watch world class runners from up close.

Q: What is the coolest place you’ve gone for a run?

Cathy ran a couple of Big Baz Trail Races out of Blue Jay campground. One cold, rainy, muddy morning after they took off, I ran a short out and back on the side of the mountain there. Beautiful view, real close to nature, lets you know you’re alive.

Q: What were the worst running conditions or worst race experiences you’ve ever had?

Worst conditions: PA back road near our house in Kemblesville, temp in the twenties, wind chill in the teens, patches of ice, half lane short of a two lane road. Even with two layers of sweats and a windbreaker, it was cold.



Worst experience: None, really, other than pulling up lame a couple of times. Toughest race was probably the 10K at the end of my first OC Triathlon. I made it happily through the first mile or so before cramps threatened right before the first nasty hill. Right quad, left quad, then the hammies. Walking was not much better, nor running backwards. It was a looong 10K.



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

I'm doing the Pacific Coast Triathlon on Sunday. I always seem to have a couple of hiccups in training, but I'm pretty well prepared – to have a good time.

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

In this year's OC Triathlon, I beat my times in all five splits by a bunch. OK, the previous marks were from my first try at Olympic distance, but still my swim was 26% faster and overall I knocked off half an hour – 11%.

My best season by far was two years ago: 14 races including 10 club and two triathlons. Fifth or better in 86%; placed in 64% - three each 1st, 2nd, and 3rd.

Q: What have been your favorite memories or lessons from the club?

My first year with SCRR was a litany of beginning/returning runner frustration: too much, too soon, too fast, injury, layoff, too much, too soon, etc... During one layoff, Cathy Shargay suggested I come down to Corona Del Mar for the Friday swim. I loved it! I borrowed a wetsuit from Ken, since the water didn't get out of the 50s that summer but for a week or two in the fall.

Later one of them mentioned something about Sunday bike rides, so I dragged the 10-speed out of the rafters, the bike I used to ride on the Strand between Palos Verdes and Santa Monica years ago, and I loved that, too. Welcome to cross training! It's the perfect fit for me, and I've never been in better shape.

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

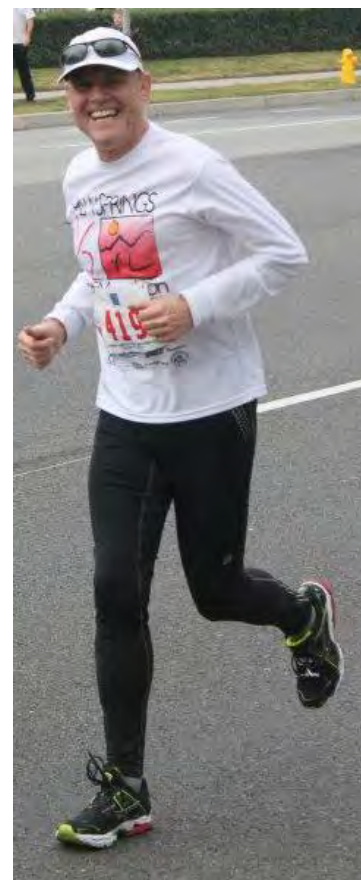
Two things make SCRR special for me. First, they're the ultimate workout buddy; they always have a workout planned and they always show up. That takes away all my excuses.

Second, these people are amazing. They think all things are possible, and then they go do them! Boston Marathon, marathon in every state, Ironman, ultra-marathons, rim-to-rim-to rim, and on and on. It's really hard to be complacent about giving it a go, whatever it is, in this inspiring crowd.

Q: Any other hobbies or interests?

Concerts, for sure; movies on the big screen; time with family; amusement parks; water and snow skiing; golf rarely; travel, as much as we can.

Good luck in your Tri on Sunday Dave!



2015 Boston Marathon Registration Starts Soon

We have a fairly large group of SCRR members planning to run Boston next year – get ready to register...

On Monday, September 8, eligible runners who have met the qualifying standard for their age and gender by 20 minutes or more may register. On Wednesday, September 10 at 10:00 a.m. ET, if space remains, registration will open for those who have met their qualifying standard by 10 minutes or more. If space remains, registration will open on Friday, September 12 at 10:00 a.m. ET for those who have met their qualifying standard by five minutes or more. Registration will pause on Saturday, September 13 at 10:00 p.m. ET.

If space remains after the first week of registration (Monday, September 8 through Saturday, September 13), then registration will re-open for all qualifiers from Monday, September 15 at 10:00 a.m. ET through Wednesday, September 17 at 5:00 p.m. ET. As during the first week of registration, race entry during this period (September 15 - 17) will be given to the fastest qualifiers in their gender and age group, as space allows. If space remains after September 17, then on Monday, September 22 registration will re-open to anyone who meets the qualifying standards on a first-come, first-served basis until the maximum field size is reached.

The registration fee for the 2015 Boston Marathon for qualifiers is \$175 USD for United States residents and \$225 USD for international residents.

Registration will be held entirely online at www.baa.org. The qualification window for the 2015 Boston Marathon began last year on September 14, 2013. To qualify for the Boston Marathon, athletes must meet time standards which correspond to age and gender. The qualifying times for the 2015 Boston Marathon remain unchanged from recent years.

SOUTH COAST ROADRUNNERS INVITE YOU TO AN

OKTOBERFEST
CELEBRATION

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

SCRR Sprints at the USATF Mile Race

Compiled By: Joanna Pallo, Photos By: Gary Hefner, Dawn Hood, and Mike Connors



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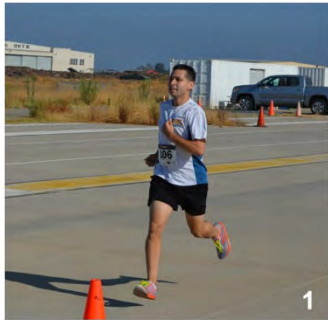


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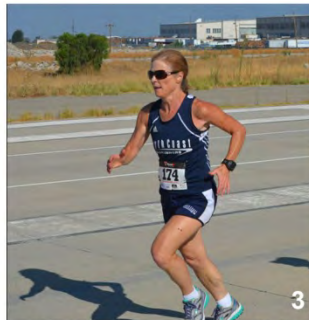
1 Aya Namikawa 2 Lillian Bertram, Avery Lewis, Cathy Shargay, Michael Gulan, Noreene Matsuda 3 Joanna Pallo 4 Alanna Brown 5 Vicki Ballon 6 Avery Lewis 7 Thomas Fung, Matt Hood 8 Cathy Shargay, Ken Atterholt, Daniel Evora, Aya Namikawa 9 Gary Hefner, Thomas Fung



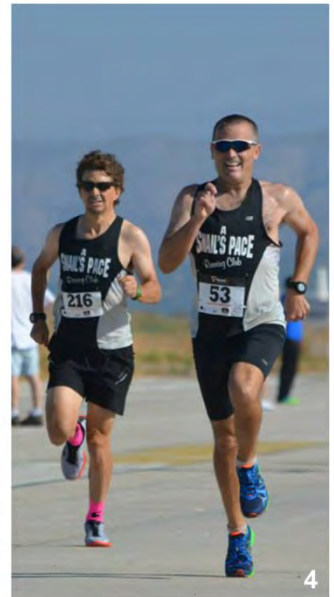
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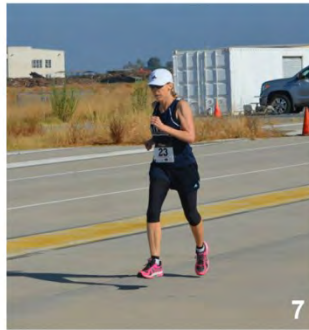
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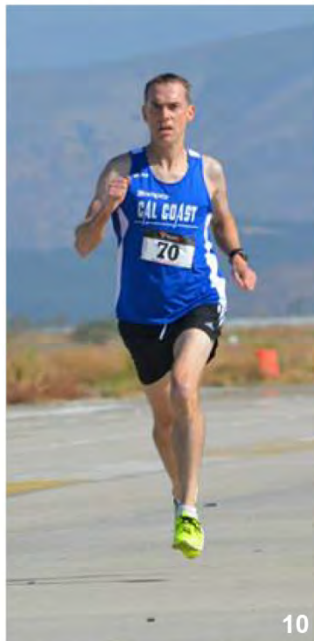
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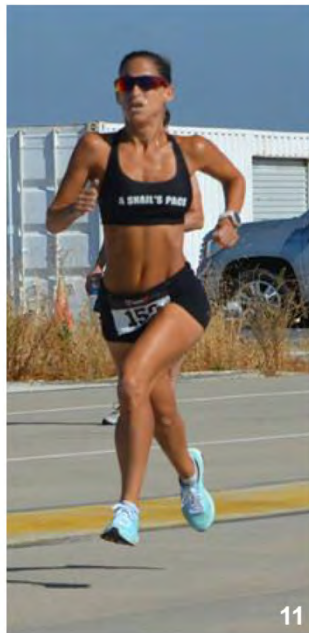
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1 Matt Kossoff 2 Alberto Ballon 3 Cathy Shargay 4 Mike Dietz, Brad Wobig 5 Anthony Mejia 6 Mike Bertram 7 Cathy Blakesley 8 Mike Friedl 9 Sherri Ellerby 10 John Gardiner 11 Leilani Rios 12 Mary Lynch 13 Lillian Bertram, Noreene Matsuda

CONGRATULATIONS TO AUGUST MARATHON (and More) RUNNERS!!

Ironman Boulder 140.6, Boulder, CO, Aug. 3rd

Greg Hanssen

Hood to Coast 197 mile relay, Portland, OR, Aug. 22-23rd

Melissa Snyder, Team Captain *(see article for team members)*

Reykjavik Marathon, Iceland, Aug. 24th

Ben Coyle

Amanda Coyle

Santa Rosa Marathon, Santa Rosa, CA, Aug. 24th

Scott LaRuffa

Eric Dangott

Michael De Jesus Pagalan

Turtle Marathon, Roswell, NM, Aug. 30th

Bridget O'Callaghan-Hay

Congratulations to

Chris and Ingrid Johnson

On the Aug. 11th birth of their baby girl, Maylee

Hood to Coast – A 30-Hour Run/Party!



A number of SCRR members had the great opportunity to run Hood to Coast on Aug. 22 and 23. It is one of the oldest relay races, with 1000+ teams of 12, running 197 miles from Mt. Hood to the Oregon coast through Portland. Melissa Snyder was our team captain, and other members from SCRR included Sarah Lee, Cathy Blakesley, Marc Owens, Jenn Woodson, Greg Hanssen, Ken Atterholt and Cathy Shargay. Each runner ran three separate legs for a total of about 15-19 miles, with some runs being in the middle of the night. Every team had two vans, and these groups try to get sleep and food whenever they can.

We thoroughly enjoyed the team camaraderie and the beautiful runs through the Oregon mountains and countryside. The challenge of running with very little sleep was also handled by everyone better than we expected. Melissa was a fantastic organizer and hostess, and we enjoyed the wonderful hospitality of staying at her parents' home and experiencing the cool restaurants in their neighborhood.

Our team had expected to finish in about 28 hours and everyone ran faster than their predicted times, but we lost about 2 ½ hours due to being stuck in traffic. Our final finish time was 30 hours. Everyone has lots of stories, so ask us about this unique experience during runs or at pizza some time!



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 participants out of 65 to date for the 2014-2015 series after 2 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all races will be posted on our web site www.roadrunners.org***

	Name	Age Group	Total Points	Races	Best	Avg	USATF Mile Race		Woodbridge 5K/10K	
							Times	Points	Times	Points
1	John Gardiner	40-44	1,761	2	936	881	04:21.8	936	17:34 5k	825
2	Leilani Rios	30-34	1,702	2	869	851	05:08.3	833	17:33 5k	869
3	Fred Cowles	50-54	1,697	2	855	849	05:14.9	842	18:00 5k	855
4	Mike Friedl	50-54	1,684	2	844	842	05:13.9	844	18:19 5k	840
5	Mary Lynch	45-49	1,684	2	880	842	05:49.6	880	43:10 10k	804
6	Ken Atterholt	50-54	1,656	2	831	828	05:19.0	831	18:39 5k	825
7	Mike Dietz	50-54	1,654	2	862	827	05:07.4	862	19:26 5k	792
8	Brad Wobig	45-49	1,636	2	828	818	05:09.2	828	18:15 5k	808
9	Cathy Shargay	55-59	1,572	2	836	786	06:54.8	836	53:29 10k	736
10	Thomas Fung	50-54	1,571	2	800	786	05:31.1	800	19:57 5k	771
11	Mike Sellers	35-39	1,520	2	780	760	05:00.3	780	18:14 5k	740
12	Aya Namikawa	30-34	1,518	2	785	759	05:50.4	733	40:25 5k	785
13	Mike Bertram	45-49	1,515	2	762	758	05:40.0	753	19:22 5k	762
14	Karine Parry	25-29	1,498	2	751	749	05:43.6	747	41:26 10k	751
15	Matt Hood	45-49	1,497	2	789	749	05:24.5	789	20:28 5k	708
16	Daniel Evora-Hahn	25-29	1,487	2	747	744	05:03.8	747	18:07 5k	740
17	Cathy Blakesley	50-54	1,451	2	742	726	07:05.2	742	24:05 5k	709
18	Lillian Bertram	45-49	1,443	2	765	722	06:42.2	765	23:57 5k	678
19	Matt Kossoff	30-34	1,412	2	708	706	05:22.5	704	39:27 10k	708
20	Alanna Brown	30-34	1,363	2	691	682	06:11.4	691	22:41 5k	672
21	Eric Dangott	40-44	1,341	2	688	671	05:56.1	688	45:21 10k	653
22	Alberto Ballon	35-39	1,314	2	685	657	05:41.6	685	44:56 10k	629
23	Vicki Ballon	30-34	1,278	2	650	639	06:35.1	650	50:31 10k	628
24	Avery Lewis	25-29	1,252	2	629	626	06:48.0	629	23:55 5k	623
25	Sherri Ellerby	50-54	956	1	956	956	05:30.0	956		0
26	Bob Morris	60-64	891	1	891	891	05:34.7	891		0
27	Gary Hefner	55-59	876	1	876	876		0	18:24 5k	876
28	Mike Connors	45-49	827	1	827	827		0	17:50 5k	827
29	David Schiller	50-54	826	1	826	826		0	18:38 5k	826
30	Ben Coyle	40-44	816	1	816	816		0	16:39 5k	816
31	Jennifer Walt	50-54	798	1	798	798	06:35.4	798		0
32	Julian Beker	9-10	790	1	790	790		0	06:25 mile	790
33	Lucas Agricola	30-34	788	1	788	788		0	17:08 5k	788
34	Sophia Beker	0-8	788	1	788	788		0	07:18 mile	788
35	Noreene Matsuda	50-54	780	1	780	780	06:44.3	780		0
36	Sam Blackmar	20-24	778	1	778	778		0	35:56 10k	778

SATURDAY RUNS

(ALL RUNS MEET @ 6:45 A.M. AND BEGIN AT 7 A.M.)

9/6/14 – The Back Bay Classic!!

Leader: Lisa Eiler

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.

9/13/14 – Quail Hill

Leader: Noreene Matsuda

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

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

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

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

9/20/14 – Jim Grant Memorial Run

Leader: Jerry Lin

Location: Centerstone Plaza is adjacent to the Mountain to Sea running/bike path. It is located on the side of the running path and riverbed, opposite Mark Daily Athletic Field. Please do not park at the Athletic Field parking lot! We have experienced parking issues ...in the past, due to softball/soccer tournaments at the park. Restrooms are available at park.

Directions: From Culver Blvd. Turn on Alton to West Yale Loop (go left). After passing Mark Daily Park, Centerstone Plaza Shopping Center is on your immediate left. Park adjacent to the bike trail.

About the Run: This is a very special run to honor our friend Jim Grant as this was his last run before his passing in late September 2009. This is an out-and-back flat run that can extend 18+ miles. The run starts on the Mountain to Sea Trail at West Yale Loop and heads towards UC Irvine and Back Bay. First turnaround point (2 miles) is at Bill Barber Memorial Park (baseball fields on the left). Drinking fountain and restrooms are available here. The 5 mile mark is just past UCI near the intersection of University and California, before the 73 Toll Road/MacArthur overpass. Drinking fountain is also available here. The 6 mile mark is at Eastbluff and Back Bay Drive (Vista Point). Run another mile to CDM High School for restrooms/water (7 mile mark). For a longer run starting from Vista Point, you can continue down the Back Bay path all the way to Jamboree for 9.25 miles. Roundtrip to Jamboree and back will be a little over 18 miles

After the Run: Starbucks at the shopping center on the corner of Culver and Alton - 3995 Alton Parkway, Irvine, CA 92606. The Grant family will be there to meet and greet all runners!

9/27/14 – OC Mix Pre-Race Run

Leader: Scott Henderson

Location: Meet outside Paul Mitchell School and OC Mix Farmer's Market on Sunflower Ave., Costa Mesa

Directions: From Irvine, take I-405 North to Harbor Blvd. Right on Harbor. First left on South Coast Drive. First right on Hyland Avenue. OC Mix will be on your left.

About the Run: This run is a good warm up for the Dove Dash the next day. Flat out-and-back along the Santa Ana River Trail. If you're not racing the Dove Dash or simply want a longer run, you can run about 12

miles round trip to the beach where there are restrooms, water (and ocean views!). Or, as warm up, run as far south on the trail as you wish before turning back. The run starts by following Sunflower until the road ends. Continue straight onto the sidewalk (see yellow dashed line on the path) until you reach the riverbed trail. Check carefully for cyclists before turning left onto the trail. There is water at Moon Park, about a mile from the start of the run. Restrooms and water are at HB State Park, just under 6 miles from the start of the run. Continue on the path toward the HB pier, or run as long or short as you like.

After the Run: Farmer's market, Portola Coffee Lab, Green Leaf, Birdie Smoothies, and many other options are available for breakfast.

Thanks to our Social Chair

Joanna Pallo

For a very fun Beach Bonfire Party on Aug. 9th!

**The Awesome Slide Show from the SCRR June Banquet
is now on YouTube!!!**

http://www.youtube.com/watch?v=_5MSj_mMsoo&feature=youtu.be

Thank you to Amanda Coyle for compiling the slide show, and for posting it!

Running Quote of the Month

"Why do I run?
Why do I breathe?"

Nike

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

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

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

Sue Rudolph, **Amazing Running Tours**
Specialist in Marathon Tours Worldwide
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www.amazingrunningtours.com
www.amazingadventuretours.com
info@amazingtravel.com
Running, hiking, and cycling tours

Lindsay Williams, **Real Estate Advisor**, bre#: 01959407
Keller Williams Newport Estates
Specializing in Orange County Residential purchases, investment deals, & land development
lindsaywilliamsrealestate@gmail.com
714-381-2840

John Loftus, **Certified RRCA Running Coach**
www.runyourpotential.com
949 433-9238
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**
2152 Dupont Drive, Suite 208, Irvine
949-250-0852 949-752-0153 Fax
www.Jresnickcpa.com
e-mail: Jon@Jresnickcpa.com
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949-250-0852 949-752-0153 Fax

Dave Blakesley, **Realtor**® Lic. 01412995
Coldwell Banker Residential Brokerage
949 768-2396 office, 949 322-0437 mobile
DaveBlakesley@coldwellbanker.com
www.CAmoves.com/Dave.Blakesley
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.

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 Cedar Grove Park, Tustin, 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

SEPTEMBER	
THURS, 9/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 9/6, 7-10:00a.m.	Endure the Bear Trail Runs 50K, 30K, 15K, 5K – Big Bear CA endurethebear ***Race director offered our club a 10% discount*** code=RACEGRADER
SUN 9/7 7:00a.m.	Hero's Run 5K – Ladera Ranch, CA 911heroesrun
SUN 9/7	Ventura Marathon
FRI-SUN 9/12-14	Tahoe Triple Marathons
SUN 9/28 7:15a.m.	Komen Orange County Race for the Cure – Newport Beach www.komenoc.org
SUN 9/28 8:00a.m.	14 th Annual Dove Dash – Dove Canyon, CA DoveDash2014
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 3)
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, 11/15	Canyon City Marathon, Azusa, 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
SUN. 12/7, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathonhttp://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.***