

ON THE RUN



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

Orange County, California
July 2014 Issue

Runner of the Month – Robert Donald

By: Kirsten Hirneisen and Robert Donald



The runner of the month for July 2014 is Robert Donald. As Robert has a gift for narrative writing, and the awardee and usual ROTM column writer have been “spending more time together”, this month’s article is a collaborative effort.

At the age of two Robert was vacationing with his family in Big Bear when his father, a track and Cross Country coach, decided he would start making an athlete of his son with some altitude training. So father and son went for a walk from their friend’s cabin at the lofty elevation of 6,000 feet. Within 50 yards of the front door Robert darted in front of his father, arms raised in the universal toddler’s signal that it was time to be carried. Crestfallen the father picked up the child and carried him back to the cabin. Robert proceeded to sleep for the next four hours straight, only to wake up crying in desperate need of food. Not much has changed in the intervening years.

Robert was three when his family moved to the mean streets of Newport Beach. By the age of four he had already closed down a local preschool; the result of an incident involving a pair of cymbals, a cement dolphin sculpture and a broken collar bone. The juvenile records regarding the event have been sealed. Undeterred by the tragedy, twelve members of that preschool class would go on to graduate from Newport Harbor High School with

Robert. The subject of the broken collar bone would graduate one year later. It is unknown if the delay was related to the childhood trauma.

Growing up Robert played a variety of organized sports and several disorganized sports. He ran track and cross country and played soccer at



Newport Harbor where he distinguished himself as a consistently mediocre athlete with blanches of adequacy. Few colleges expressed an interest in this caliber of athlete, so Robert took his talents to the community parks of Orange County where he spent years playing pick-up basketball, beer league softball and occasionally running a 5K.

In 2003 Robert graduated from Cal State Fullerton with a degree in Economics. Not sure what one should do with a degree in economics he was surprised to discover that the ability to do simple math was, in fact, a marketable skill. He has been successfully marketing this skill with an economic consulting company in Santa Ana for the past eleven years.

After graduating Robert decided to make a greater commitment to running, so he joined the Orange County Track Club and later the South Coast Roadrunners. With the help and support of these organizations and the friendships they helped foster he has managed to conquer several challenges. First he was able to regain some speed, breaking 18:00 for a 5K and 5:00 for a mile. Then in Chicago he completed his first marathon, quickly enough to qualify for Boston. A year and a half later he completed Boston, slowly enough to soak in every step. And last year in Arizona he finished an Ironman with Chris Johnson.



At the time of publication, Robert has sworn to never do another Ironman. Outside of running, swimming and cycling, in Robert's spare time he enjoys beating all of his friends in Words with Friends, attending concerts, playing the piano, and staring into his girlfriend's blue eyes.

Election Results - New SCRR Officers

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:	Mike Reeves

SCRR Banquet – Always an Awesome Event

Photos By: Dustin Pallo and Dave Blakesley



Photos of Award Winners:

Top photo: Grand Prix Top Ten finishers (from left) Sherri Ellerby – overall winner, Ken Atterholt (4th), Dave Schiller, Mike Friedl, Noreene Matsuda, Aya Namikawa and Doug Niles.

Bottom row: Mike Friedl, Ideal Male Runner, Sherri Ellerby, Ideal Female Runner, Fred Ayers, Most Improved Male Runner, and Noreene Matsuda, Most Improved Female Runner.



Photos of Award Winners:

Top photo: Grand Prix Top 11-20 finishers (from left) Mike Bertram, Cathy Shargay, Robert Donald, Cathy Blakesley, Amy Katz, Avery Lewis and Thomas Fung.

Bottom row: Lisa Eiler, President's Award with Stacey Dippong, President; Grand Prix competitors Ken Atterholt, Mike Friedl and Dave Schiller,

SCRR Banquet – Always an Awesome Event

By: Stacey Dippong

President's note: I truly believe that SCRR is the best running club around, and the reason for that, is the people. We run with some of the fastest, smartest, nicest, and most interesting people. I feel incredibly fortunate to have been part of such a wonderful club for seven years now. Being part of SCRR, and the friendships that I developed, helped me to get through the hardest time in my life, when my dad passed away. It also led to the happiest time in my life, this year, when I got engaged to my fiancé whom I met through the club. I found my first job through a referral from the club back in 2007. I've also run faster (and farther) than I ever could have imagined. I still think people who run marathons are crazy, even though I've now run 7 myself. I owe so much to this club – a big thank you to everyone who is a part of it! The board from 2013-2014, consisting of David Schiller, Lisa Eiler, Rob Harris, Joanna Pallo, Bob Morris, and Mike Dietz, especially deserves recognition, as I could not have asked for a better group of people to serve with. I am so thankful for each of your contributions. I'm looking forward to another great year ahead!



Joanna Pallo – Volunteer of the Year

Volunteer of the year: Joanna won this by a landslide to no one's surprise. In addition to social chair, she has actively been involved in the board, coordinating all other volunteers of the club. She is constantly taking on more responsibility and does not complain at all which is awesome. Our club is so lucky to have her!

President's Award: Like I said at the banquet, this was a very difficult decision, because there are multiple people who have really went above and beyond this year. I ended up giving Lisa the award, because she has made my job so easy in all that she does. Not only does she manage the club's finances, but she also consistently has great ideas for improving the club, and helps keep me organized, even reminding me about upcoming meetings.

Most Improved Female: This was another difficult decision, as we have some very fast women in our club that have done great this year! Noreene is particularly inspiring, as over the last few years, she has been improving while at the same time aging up, which is hard to do. Her half marathon times have consistently dropped from 1:43 to 1:40 to 1:37 and she has had some steady improvements in the 5k, all while battling a few injuries. Plus – she ran a fantastic BQ marathon in Napa in March.

Most Improved Male: Fred Ayers is proof that hard work pays off! He is very inspirational to new runners, as when he started with the club, he was only able to run a short distance. Over the course of the year, he has dropped his 5k time significantly from 27:46 to 26:09. He also ran a very solid half marathon (Laguna Hills Memorial day half) in 2:10.



GRAND PRIX FINAL TOP 20

By: Linda Hammond



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.

Our **20th Grand Prix** season has come to a close. We had the best participation stats ever: 11 races with 30+ (all except Seal Beach). This season had the highest number of points awarded: 398,636. By contrast, Season 1 number was 92,776. **David Schiller** is the current all-time points leader. Only six SCRRs have scored 100,000 points in their GP careers (**David Schiller**, **Mike Friedl**, **Ed Coffey**, **Bob Morris**, **Cathy Shargay**, and **Jeanie Leitner**). Only 10 members have ever scored as many as 900 points in a race. All-time best of 987 was set by **Lois Edds**, who ran 2:28:20 at age 75 at the So Cal Half. Next up is **John Loftus** who ran 16:34 at this year's Carlsbad 5000. This year we had the highest number of people scoring 5,000 points (34).

Yes, this was a season for the record books! It was quite fitting that our season topped off with **Ideal Runner** recognition of our **Grand Prix GURU Mike Friedl** and our **Grand Prix Champion Sherri Ellerby**! Every year Mike has been recording the history of this club. It is amazing and so appreciated! Mike has been running great, streaking (don't worry, with clothes on!), and did Comrades!!! Sherri (2) joins Lois Edds (5), Bob Morris (5), Fred Cowles (4), and Dave Parsel (2) as multiple winners. The only others to win are John Gardiner and David Schiller. Sherri's winning total of 7,788 points wasn't her best score. She scored 7897 in 2011 but was 3rd behind **Fred Cowles** and **Dave Parsel's** incredible record of 8350 points (928 points average!).

Congratulations to Sherri and 19 of her fastest friends!

1) Sherri Ellerby-Winning the Grand Prix for the second time is a very satisfying feeling. Some runners may think it is much easier for the masters aged athletes to win it, but we are often the ones more prone to injuries, especially when we push hard. I know for me, the key to my success this time around was being able to run consistently for a year and a half without injury or incident. It's been quite a while since that has happened for me. I never take my running for granted and am grateful for each and every workout I complete. I wish that Jeanie was able to race hard all the way to the end of the Grand Prix season. We were always so close! That's what makes the competition more exciting. My wish did come



Sherri Ellerby – Grand Prix Top Finisher and Ideal Female Runner

true, however, in that women took the top three spots in the Grand Prix. I'm pretty sure that's a first. I remember telling **Jeanie** and **Leilani** back in the summer and fall that it would be so cool if we were the top three. And we are!

It's difficult to pick one race as my favorite of the season. But my three most memorable races would be the **track mile race** in August, the **So Cal Half** in January, and the **Magic Shoe 5K** in May. By far the mile race was the most physically painful - but seeing those 903 GP points made losing a lung all worth it! And then **Ingrid** and I trained for the So Calf Half Marathon. I didn't think I would ever again run this fast for this distance. I ran 1:27:34 and took 2nd female overall, passing two very talented club members toward the end: **Aya** and **Karine**. And then my 5K goal was finally achieved at Magic Shoe. I ran a sub-19:00 time of 18:49, giving me those lovely 50-year GP points of 907!

I look forward to having more fun with our Grand Prix in this year's season, especially since **Fred** will be participating. I'm going to give him a head start by running the Lake Forest 5K on July 4. Just to make it a little more exciting. And **Jeanie** - we need you back in the mix, too!

2) Jeanie Leitner-Long Beach seems to have something for everyone. Even though we have a drive to pick up bibs and then drive early to the race it's always a good place to hang out afterwards and appreciate all those runners who went the distance. I've usually plugged in the half or the full each year.

3) Leilani Rios-I really enjoy the **Woodbridge 4th of July** race. It's such a great way to get started with the celebrations that go along with Independence Day. It's also a great excuse to stuff your face.

4) Ken Atterholt-My favorite race this year was **Long Beach Half**. It was only eight days after my PR 26.2 and I felt no pressure to do anything special. With no target pace in mind, I just enjoyed the scenery and ran along with whoever was around me. I was surprised when I hit the 10K mark feeling great and closer to my 10K pace than to my half marathon pace. Mile 10 felt like mile 10 always does, but having had to run 16 miles feeling that way just a few days ago, putting in another 3.1 on numb legs didn't seem like a big deal, so I started looking for other old dudes (my age group) to pass. I was able to finish pretty strong and place in my age group with a 90 second PR.

5) Dave Schiller-The **Seal Beach 5K** was my favorite race this year because (1) it was one of the few races that I met my goal (sub-6 pace), and (2) I beat **Ken Atterholt** and **Mike Friedl** in the same race (I think they both let me beat them). The only other GP race that went about as well as I had hoped was the **So Cal Half** (1:26:45). I like that course and it's nice having the WHS XC team that I helped coach encourage me during the race.

6) Mike Friedl-My favorite GP race this year would have to be **Downtown Anaheim**. I was only 13 days post-Comrades and I figured to have dead legs. So I went out conservatively but felt strong. I ran negative splits (6:05, 6:00, 5:56) and passed people the entire way! I also have to mention the Long Beach 5k. It was the first time I scored 800 points in a GP race. It only took me 164 races over 20 seasons! I'm happy it wasn't a fluke because that course is a tad short. I ended up averaging 804 point for my 9 races, so this was BY FAR the best-scoring GP season I've ever had.

7) Mike Gulan-Carlsbad 5000 did the number for me this year! Great to experience all of the fantastic efforts of my fellow South Coast friends!

8) Noreene Matsuda-My most memorable race was the **Make Room for Santa 10K**. **Leilani** paced me to a new masters PR, and I got first in my age group. My entourage that joined in before the finish was a huge help as well. Thank you, all! (*Most Improved Female Runner*: I was both shocked and honored to receive the Most Improved Female Runner award. I have now received four recognition awards - a Grand Slam!)

9) Aya Kawakami-So Cal Half would be my most memorable race. Breaking 1:30 was a huge achievement for me and I really didn't expect it. And also it was the last race as a single lady.

10) Doug Niles-This was Doug's second Top 10 finish. His top race was a 1:25:22 at the **Long Beach Half Marathon**, earning him 798 points, tantalizingly close to joining the 800-point club for the first time in his 12 GP seasons.

11) Mike Bertram- I'd say my favorite race was the **Brea 8k**. I enjoyed racing an unusual distance, plus the post race goodies were about as good as it gets!

12) Cathy Shargay-My favorite race of the season was the last - the **Downtown Anaheim 5K**. It was my best 5K in over 4 years! The flat course and great weather were helpful factors, but I believe I'm also seeing benefits from increasing my weekly mileage over the last few months. In addition to SCRR runs, I run with Snails on Wednesdays and Sundays whenever I can. Going to club races is always fun! It is great to cheer for others and to hear everyone's race stories! I'm already looking forward to next year's series!

13) Robert Donald- My favorite race last year was the **Carlsbad 5000**. I got a hotel room and made a weekend out of it. The town and the race atmosphere are really cool and several friends had great races.

14) Daniel Evora-My favorite race this season was the **Southern California Half Marathon**. I love that course and distance! This year, I had a huge second half negative split that hit me with a euphoric rush at the finish line.

15) Greg Hanssen- Magic Shoe... It was the first race (in exactly 1 year) I felt comfortable wearing my Newton racing flats after some Achilles issues. On top of that I ran about 30sec faster than I was expecting :)

16) Cathy Blakesley-My favorite race was probably **Long Beach**. It had been about a year and a half since I had been able to run a "real" race (because of an injury), and I was very happy to be out there! Also, my time was better than I thought it would be so that was a nice bonus!

17) Greg Blevins-Favorite race: **1 mi @ Beckman HS**. It was the first time I have ever raced that distance, and more importantly, it was great to participate in a club-only event. The heats gave everyone an opportunity to watch and cheer for the others.

18) Amy Katz-I really enjoyed the **Seal Beach 5K**. Even though I grew up in the area, I had never run this race since it used to be the same weekend as Carlsbad. The course was really fast, and I ran my best time of the year. Seal Beach is a wonderful little town.

19) Avery Lewis-This was Avery's first top 20 finish. Her best race was 1:38:07 at the **Long Beach Half Marathon**.

20) Thomas Fung-My favorite race of the season was **Carlsbad 5000**, which has been my favorite for years. You can't beat the energy from the crowds along the streets, free beer at the Garden, witness and cheer for runners from weekend joggers to world class record holders.

Congratulations to our **Top 20** and to all the runners in **South Coast Roadrunners** for a great season. No time to rest. It all starts again in July. "Don't get a zero!" See you at the Finish Line!

Greetings Orange County Track Club Members and Friends:
Save the date!! Sunday, July 27, 8:00 a.m. Fairview Park, Costa Mesa

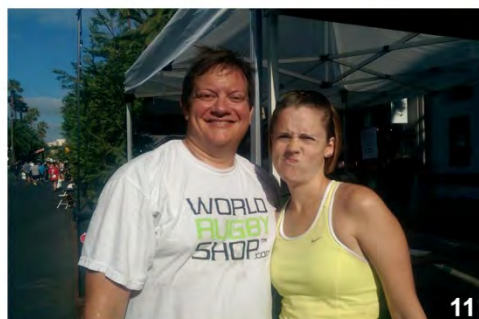
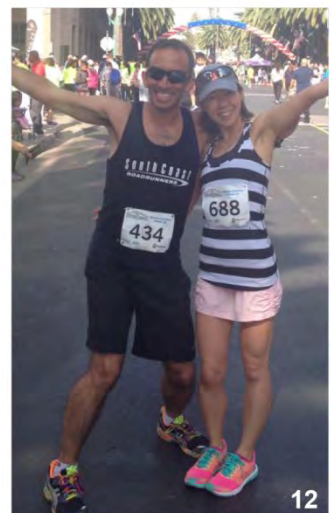
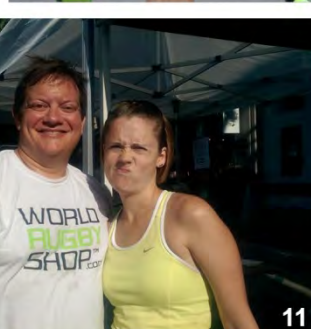
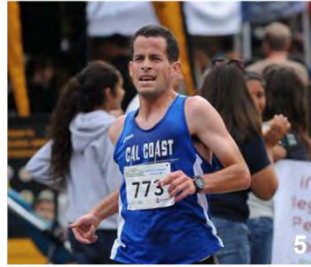
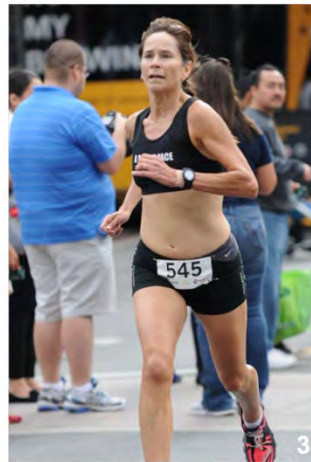
Come join the fun at 17th Annual OCTC Pancake Breakfast

5K Cross Country Race

Presented by the Estancia High School Cross Country & Track Teams in conjunction
with the Orange County Track Club

SCRR Picture Gallery from Downtown Anaheim 5K

Compiled By: Joanna Pallo



1 Leilani Rios 2 John Gardiner 3 Sherri Ellerby 4 Scott LaRuffa 5 Juan Morales 6 Michael Friedl 7 Joanna Pallo, Stacey Dippong 8 Mike Dietz, Bob Morris 9 Anthony Mejia 10 Mike Bertram, Cathy Shargay, Ken Atterholt, Katie, Damien, Amy Katz 11 Fred Ayers, Avery Lewis 12 Mike Bertram, Aya Namikawa

**CONGRATULATIONS
TO
JUNE MARATHON
(and More) RUNNERS!!**

*Comrades Marathon+,
South Africa, June 1st*

**Mike Friedl
Ted Williamson**

*San Diego Rock'n'Roll,
June 1st*

**Andrew O'Bannon
Jeff Nirtaut
Tonson Tong**

*Casper Marathon,
Wyoming, June 1st*

**Bridget O'Callaghan-Hay
Becky Auerbach**

*O.C. Marathon, May 4th
(Missed from Last Month's List)*

Karine Parry



RUN, THEN EAT!

The run is on the normal summer Monday night route into and around Peter's Canyon. The run is a 7 mile loop or you can do an out and back of any distance. Then, join us for our annual taco bbq.

**Monday
JULY 14, 2014**

6:15PM MONDAY NIGHT RUN
INTO PETER'S CANYON
FOLLOWED BY TACO BBQ

Citrus Ranch Park

2910 PORTOLA PKWY • TUSTIN, CA 92780

After the run, the club will be providing steak, fish, and black-bean tacos with all the fixings.

Please bring **\$5** and a **SIDE DISH**

The Ultimate Ultra-Marathon Experience - Comrades

By: Mike Friedl and Ted Williamson

Mike Friedl

"Comrades is a great 5k race. The tough part is the two marathons you have to run to get to the starting line." -anonymous

For years I've said I had a PR for everything except hammer throw or an ultramarathon. You name it, I've done it. Marathon. Pole Vault. Hurdles (high & low). Javelin. Steeplechase. Mile (flat & beer).

In 2010, I first ran the 33-mile Saltwater 5000, a noncompetitive ultradistance event, and in 2011, I suffered through 32-miles in a 6-hour race on zero training. Technically ultras, yes, but not the kind I wanted to hang my hat on. So I hatched a plan to run Comrades, the one ultra that had a history and tradition that rivals Boston. Being part of something that special was a real draw for me.

I've read several stellar race reports (links to my favorites below). Rather than write my own blow-by-blow description of the race, here is my List of Random Thoughts: Comrades Edition:

1. The race is called the Comrades Marathon but it's 56 miles long. I guess back in 1921 the marathon distance hadn't been standardized and the name stuck.
2. Comrades alternates directions each year between the inland city of Pietermaritzburg and the coastal city of Durban. Imagine if they did that in Boston, and finished in Hopkinton every other year?
3. When an immigration agent in Johannesburg's airport asked me "What is the purpose of your trip to South Africa?" I proudly answered "I've come to run the Comrades Marathon" his eyes got big and a smile swept across his face. He shook his head and said "Man that is one long race. Good luck to you" as he handed me back my passport and welcomed me to his country.



Mike Friedl (left), Ted Williamson (right) celebrating with another Comrades runner.

4. The 2014 Comrades finished in Durban, a so-called Down run, which appealed to me. “They” said the Down run was hard, painful and contained more uphill than you think. I didn’t believe them. After all, I’ve run Catalina 14 times. Well, “they” were right. This course is HARD! Did I underestimate its difficulty? Perhaps.
5. Comrades awards medals based on finish time. This is cool, and gives you something to shoot for. Interspersed with the gold, silver and bronze medals are three named for Comrades legends. I thought I had a good shot at the 7:30 – 9:00 Bill Rowan medal.
6. I knew I was in trouble by the 23rd mile. Which was a really miserable feeling knowing I was already out of gas and I still had a whopping 33 miles to go. Did I mention this was miserable?
7. My splits may suggest otherwise, but I don’t believe I started too fast. I was averaging around 8:30 pace for those first 23 miles. That’s a minute-per-mile slower than I ran in the Akron Marathon last fall. In theory I should have been just cruising. Nothing was wrong – no blisters, GI issues or anything. Just. Tired. Maybe arriving Friday didn’t



allow me enough time to adjust to the time difference. I know barely sleeping on Saturday night couldn’t have helped.

8. Most of the last 30 miles were really painful. I did have a decent 10-mile stretch from 33 to 43, and began thinking maybe I could salvage a sub-9, but that went away when the long downhill ended. I was back to the walk-shuffle-walk method of ambulation.

9. When I realized I wouldn’t make the 9-hour cutoff, I felt certain I would finish in bronze medal time (9-11 hours), and set about to getting in under 10 hours. I mercifully finished in 9:37:26, 3,202 of 14,620 starters.

10. Comrades has a strict 12-hour cutoff time. If you are not finished, you are out. No exceptions. Which means the finish becomes extremely emotional as the clock counts down and people sprint, limp, are carried into the stadium and across the line. People are stopped yards short every year and this was no exception.

11. Comrades uses chip timing (with 15,000 starters they obviously need them for automating results) – but they rely strictly on GUN TIME for finishing positions and medals. Not such a big deal for me, as my qualifying time landed me in in Corral B. It took me 34 seconds to cross the starting line. Not so for the folks in Corral H, who started in a 10+ minute hole.



12. Fellow SCRR member Ted Williamson improved by 48 minutes on his 2013 time to finish in 9:00:36, agonizingly close to scoring the coveted Bill Rowan medal. It didn't matter that his chip time was 8:56:46. He earned a bronze like me.
13. Ted completely rocked this race.
14. In a regular marathon, there seems to always be some dummy who shouts "only 24 miles to go" after Mile 2. Well, Comrades sticks this in your face with 'countdown' markers. In kilometers. So after about 2 miles you pass the "86 km to go" sign. And so on. It can mess with your head.
15. Comrades also has you wear bib numbers on your front AND back. And the bibs contain a wealth of information. Your name, starting corral, age group, how many Comrades you've finished – and background color denotes various other things (like blue for international). It was really very cool how veterans would pat me on the shoulder asking how I'm enjoying my first Comrades. I mostly had to struggle to respond politely.
16. The bibs also took my mind off how bad I was hurting. It was fun to be reading people's names, looking at their age group, starting corral and the like as we passed each other. Let me just say that a lot of South African names are unpronounceable.
17. Someone from Comrades USA made up cool 'Team USA' shirts. Upon realizing there were only around 200 Americans in the field the idea began to appeal to me so I went ahead and got one. I'm glad I did. There is something special to 'representing' the USA in an international race.
18. Crowd support was incredible. People the entire race were barbecuing, drinking beer and having a huge 89-km block party. The cheering was crazy. "Go Michael" and "U-S-A" were ringing in my ears and there were always little kids to high-5.
19. The course management, traffic, aid stations, first aid, finish line, results were great. This is truly a world-class event.
20. I'd like to blame the second half of the race on the weather - but I can't. It was cold at the start - I wore a disposable jacket for the first 12 miles. Now some kid is running around South Africa with a sweaty OC Marathon jacket. As the day progressed it got warmer, but a thick overcast kept the direct sunlight at bay. For me at least, I don't feel like it was a factor.
21. Kona Ironman legend Scott Molina finished less than two minutes ahead of me. Our split times suggest we must have passed each other several times on the course. I wish I'd recognized him. It might have given me some inspiration to push harder (read: walk less) the last few miles.
22. I'm proud to say all of my toenails are intact. Indeed, my feet are really quite beautiful.
23. This was the 89th Comrades. 29 years ago I also finished the 89th Boston Marathon.
24. Oh, and the medals we all worked so hard for? They're tiny. Really tiny. No less meaningful, but quite contrary to all of the platter-sized medals presented at most races these days. But let me tell you there were a lot of very proud runners shuffling around Durban on Monday rocking their tiny hardware.
25. The people of Comrades are amazing. Everywhere we turned we met great people. From Australia. Europe. South Africa. Other Americans. Fast people (we hung out before and after the race with Kirsten Leemans, a bloke from Johannesburg who placed 59th in a stunning 6:20:02!), mid-packers, people who just made the cutoff (one in 11:58:30) and many who didn't make it through the final checkpoint and had to step off the course after 50+ miles. The "Spirit of Comrades" is a real thing. And it's intoxicating.
26. Comrades was Day 380 of my streak of running every day. Monday was Day 381 and I did 4 miles on the treadmill at the Hilton. I think that impressed some of the folks we were hanging out with. Even Kirsten the fast guy.
27. I've never hurt so bad in any athletic endeavor. Ever. I was so miserable I swore I'd never do this again. But now after a few days I'm not so sure.

Two race reports worth reading are Kelly Agnew's from Utah, whom we met at the Hilton bar on Monday night, and Ellie Greenwood from Canada, who won the women's race, defeating the identical Russian twins

who have had a stranglehold on this race for the last decade (a la Venus & Serena in tennis).
Kelly: <http://slippingslowlyintopain.blogspot.co.uk/>

Ellie: <http://www.irunfar.com/2014/06/never-ever-give-up-ellie-greenwoods-2014-comrades-report.html>)

The Comrades Wikipedia page contains a wealth of information as well:
http://en.wikipedia.org/wiki/Comrades_Marathon

Since finishing, the frustration and pain I felt during the race has given way to a satisfaction that this is a performance I can be proud of. I certainly left myself room to improve, but I am indeed proud nonetheless. The people and history I encountered combined to make this a truly rich experience. I'm so very grateful for my family for supporting this crazy dream of mine. I know it's a very selfish thing to undertake.

And while I can now say I've finished the world's oldest and largest ultramarathon, I still don't see myself as an 'ultra guy'. Rather, I'm a runner who likes all aspects of the sport. Except hammer throw I guess. I still don't have a PR for that.

Ted Williamson:

Unlike most marathons or other races, the Comrades start is based on "gun" time. So, though my official finish was 09:00:36, I actually completed the course a bit faster.

That is, from the time I actually crossed the start line to the time I crossed the finish line, my net time was 08:56:46. So, though I don't have the official sub-nine hour finish, I do have the satisfaction of actually completing the course in under nine hours.

Thanks to all for your support during the five months preparation for this race. In particular I have to extend huge thanks to Coach John Loftus and my dear friends at Run Your Potential. Without their support, love and encouragement, the training for this brutal event, and the race itself, would have been much more difficult. Having RYP with me during every step of Comrades was crucial in the final kilometers when I needed to push as hard as I ever have.



Editor's Note:

Ted wrote a great article about last year's Comrades Marathon, and it is in the July 2013 edition of the SCRR newsletter. All the past newsletters are posted on our web site – www.roadrunners.org

SATURDAY RUNS

7/5/14 - Oso Creek Trail / Lake Mission Viejo – 8 A.M.

Leader: Marc Owen

Location: Panera Bread, 25523 Marguerite Parkway, Suite A2, Mission Viejo, CA 92692

Directions: Exit the 5 fwy at La Paz. Head inland on La Paz for about one mile to Marguerite Pkwy. Turn right on Marguerite Pkwy and take the 2nd right (about 1/2 mile) on Estanciero. Make an immediate right into the parking lot behind Walgreen's.

About the Run: Cross Marguerite and head up the Oso Creek trail along Jeronimo to Olympiad. Be prepared for an elevation gain of about 450 ft over the 3.5 miles to Olympiad. Turn left on Olympiad and follow it around Lake Mission Viejo. Complete the loop around the lake by making a left turn on Marguerite Pkwy followed by a left turn on Alicia Pkwy. Turn right on Olympiad to retrace your steps to the Oso Creek trail for the decent back to the starting point. Water is available every 1-2 miles along the course. Course is 10.6 miles. Additional distance options: Any distance out and back, 7.5 mile loop and 8.5 mile loop.

After the Run: Panera Bread

(NOTE: BEGINNING 7/12/14, SATURDAY RUNS WILL MEET AT 6:45 AND START AT 7 A.M.)

7/12/14 - A Snail's Pace Run to Cook's Corner & Mizuno Shoe Testing

Leader: Bob Morris

Location: A Snail's Pace Running Shop, 24451 Alicia Parkway in Mission Viejo

Directions: Exit the 5 freeway at Alicia Parkway. The store is in the LA Fitness shopping center visible from the freeway.

About the Run: Out-and-back course starting at the store to the bike path that goes all the way up to Cook's Corner if you want to do an 18-miler.

After the Run: Dennys (50 yards from the Store) or Lulu's Creperie Cafe, 24781 Alicia Pkwy, Laguna Hills (at the old ASP LH Store location two blocks away).

7/19/14 - Coto de Caza Run & Pool Party

*RSVP is required in advance for access into Coto de Caza. Please email Leilani at leilaniRIOS@gmail.com by 7/12/14.

Leaders: Leilani Rios and Kevin Wilson

Location: Coto de Caza

Directions: 5 freeway, exit Oso Pkwy, head east toward the mountains. Go 5 miles 'til it ends into Coto. Make a right and check in at the gate.

About the Run: This run is on dirt horse trails and parts along Bell Canyon. There are many options on run distances; 11, 7 and 3.5 loop or simple go out and back for anything else.

After the Run: There will be eggs, pancakes, French toast, bacon, sausage, fruit, bagels, coffee, mimosas and other breakfast items. Feel free to bring something to share. Bring your swimsuits and chairs. We will venture into the pool to cool off after the run.

7/26/14 - 3 Piers "Keg and Eggs"

Leaders: Melissa Snyder & Jeannie Leitner

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.

After the Run: We enjoy the best deal in town at Sharkeez for breakfast!! For about \$5, you get French toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

Great Deals From Fellow South Coast Roadrunners...

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

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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 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, Tustin Market Place, 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

JULY	
THURS, 7/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
FRI 7/4 7:15 a.m.	Woodbridge Village Community 5k, 10K
FRI 7/4 8:00a.m.	Surf City 5K Huntington Beach, surfcityrun
FRI 7/4 7:30 a.m.	Lake Forest Firecracker 5K, Lake Forest, http://www.lakeforest5k.org/
FRI 7/4 7:00 a.m.	6 th Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run runladera.com
FRI 7/4 7:30 a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca ymca run in the park
THURS 7/10 6:15 p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA renegaderaceseries
SUN 7/13 6:00 a.m.	Ironman 70.3 Vineman Triathlon Sonoma County, CA vineman.com
MON 7/14 6:15 p.m.	Monday Night Taco BBQ – Citrus Ranch Park – Tustin **see flyer on page ___ for details & PLEASE RSVP via Facebook page \$5 per person
THUR 7/24 5:45 p.m.	Into the Wild Trail 5K #1 – Irvine, CA intothewildtrailrun
SAT 7/26 7:00 a.m.	City of Cypress 5K, 10K, Kids Run Cypress, CA
SUN 7/27 8:00 a.m.	17 th Annual OCTC Pancake 5K Costa Mesa, CA octcpancake5k
SUN 7/27 6:00 a.m.	The San Francisco Marathon San Francisco, CA thesfmarathon
THUR 7/31 5:45 p.m.	Into the Wild Trail 5K #2 – Irvine, CA intothewildtrailrun
AUGUST	
SAT 8/2 7:30a.m.	Camp Pendleton Semper Tri/Devil Dog Duathlon & Triathlon – MCAS Pendleton hardcorpsraceseries.com
THURS, 8/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS 8/7 6:15p.m.	Peter's Canyon Summer Trail Series #3 Tustin, CA renegaderaceseries
SUN 8/17 7:00a.m.	America's Finest Half Marathon, San Diego, CA AmericasFinestHalf
SAT 8/23 6:00a.m.	Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA trailrunevents.com/bulldog
SUN, 8/24	Santa Rosa Marathon and Half Marathon, http://www.thesantarosamarathon.com/
SAT 8/30 6:45a.m.	Disneyland Family Fun 5K (SOLD OUT)
SUN 8/31 5:45a.m.	Disneyland Half Marathon (SOLD OUT)
SUN 8/31	USATF Road Mile, El Toro Airfield, www.scausatf.org/events/roadrunning/2014/mile.htm
SEPTEMBER	
THURS, 9/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 9/28 7:30a.m.	Komen Orange County Race for the Cure – Newport Beach, CA ko2enoc.org
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
SUN 10/5	Portland Marathon, Portland, OR
SAT 10/11 7:30a.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 LArun6cknroll ***Joanna's Finisher's Medal***