

ON THE RUN



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

Orange County, California
August 2014 Issue

Runner of the Month – Daniel Evora

By: Kirsten Hirneisen



This month's runner of the month is Daniel Evora. Daniel is the brains behind the new beautiful SCRR website. Unfortunately, Daniel and I couldn't get our schedules to sync to sit down and talk face to face, so we resorted to the good-old trusty email format questions answer format.

Where are you from? If you're not from this area, when did you move to Southern California?

I've lived about half my life in LA county and the other half in OC.

What is your profession?

Software Engineering.

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

At some point in high school I had to choose between track, baseball, or golf. I chose track and was the slowest runner. I don't consider myself a naturally gifted runner and it took a lot of work to make progress and not be the slowest on the team. Since then I've "quit" running three times and now I'm convinced I just can't live without it.

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

I officially ran with SCRR for the first time the last Saturday run of the year in 2012. The run was Ship to Rail in Dana Point. I had been wanting to join a running club for about a year and was lucky to run into the group on a Thursday night by Woodbridge North Lake.

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

Saturday morning runs all around OC. It feels good to get the tough, long distances knocked out with others.

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

Pizza nights, seeing familiar faces at races, always having someone to run with.

What is the coolest place you've gone for a run?

I ran the Chicago Marathon as a destination race and I thought it was the coolest city to run around.

Are you training for any specific race now?

Yes, the Disneyland 10k. It's one of those really expensive Disney events but I'm expecting to get a very competitive finish time there.

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

Surf City this year. I put in a lot of miles to get my first Boston qualifying time there.

What is your best running "tip" (or tips)?

Consistency. The only reason I haven't quit running yet is because I keep signing up for races to keep myself motivated.

What's your favorite post-run treat?

Chocolate milk. Sometimes I get fancy and throw some cereal in there too for extra carbs.

Any other hobbies or interests?

I dabble in things. I just bought a Raspberry Pi (a credit-card sized computer) to toy around with basic computer hardware and small programming projects. Also, I enjoy tabletop games with friends.

Do you like to travel?

Yes, I think my next international trip will be to somewhere in Europe as I've never been, preferably Spain and Italy.

What was the last movie you saw in the theater and was it good?

Hercules, starring Dwayne "The Rock" Johnson. It was bad in a good way? Good in a bad way? Something like that.



Treasurer's Report from Lisa Eiler

	<u>July</u>	<u>June</u>	<u>May</u>
Total Cash Balance, Beginning	7,818.28	6,422.36	5,706.12
Cash Inflows	3,317.54	1,779.93	1,120.39
Cash Outflows-First Thursday	298.77	384.01	379.15
Cash Outflows-RRCA Insurance	-	-	-
Cash Outflows-Banquet	2,711.26	-	25.00
Cash Outflows-Uniforms	3,115.00		
Cash Outflows-Other	<u>50.00</u>	<u>-</u>	<u>-</u>
Net Change in Cash	(2,857.49)	1,395.92	716.24
Total Cash Balance, Ending	<u>4,960.79</u>	<u>7,818.28</u>	<u>6,422.36</u>

SCRR Celebrates July 4th at Woodbridge 5K/10K

Compiled By: Joanna Pallo, Photos By: Cathy Blakesley and Mike Gellman



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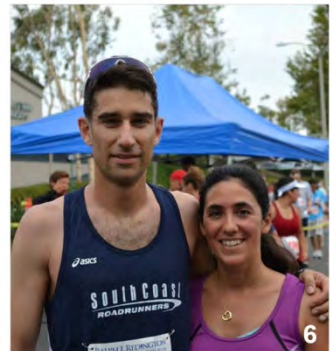
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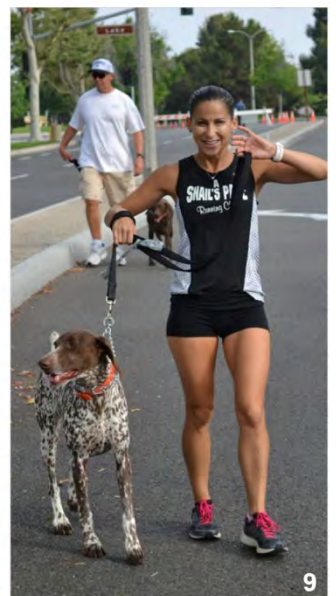
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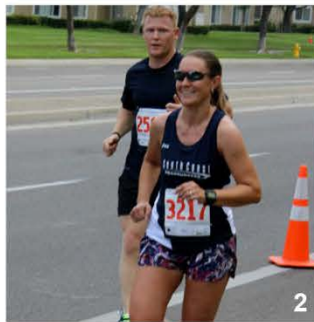


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1 Lisa Eiler, Mason 2 ALucas Agiola, Ben Coyle, Sam Bee, Mary Lynch, Leilani Rios, Fred Cowles, Aya Namikawa, John Gardiner, Matt Kossoff, Lillian Bertram, Doug Niles 3 Matt Kossoff 4 Doug Niles 5 Michael Friedl 6 Orhan Beker, Andrea Beker 7 Cathy Blakesley, Aya Namikawa, Matt Kossoff 8 Jennifer Neff, John Gardiner, Cathy Shargay, Ken Atterholt 9 Leilani Rios



1 Corinne 2 Vicki Ballon 3 Jonathan Resnick 4 Amy Katz 5 Alberto Ballon 6 Eric Dangott 7 Dwn Hood, Matt Hood
8 Mary Lynch, Doug Niles 9 Aya Namikawa 10 Ben Coyle 11 Ken Atterholt, Cathy Shargay 12 Fred Cowels 13 Sam
Bee 14 Lillian Bertram 15 Mike Connors

SCRR Woodbridge July 4th 5K/10K Highlights

By: Linda Hammond

The **South Coast Roadrunners** Grand Prix season got off to a patriotic start at the **Woodbridge 5k/10k** race on the **4th of July**. The club took full advantage of home course advantage by winning overall female in the 5k-**Leilani Rios** and overall female- **Aya Namikawa Kawakami** and male- **Sam Blackmar** in the 10k! Our winners shared their thoughts about the race.

Leilani- I really enjoy the Woodbridge 4th of July race. It almost feels like the club's home race!! The fact that it's also on Independence Day makes it such a great day to go out and run. A great start to a celebratory day.

Aya- I always like the races in Irvine and winning 10K race was a nice way to start a new season. I was able to push myself hard thanks to cheers from club members. With this great memory, I came back to the Woodbridge to see the fireworks that night. I had a great 4th of July weekend.



Linda- Sam, congratulations on your win. Please tell us about your race.

Sam- My 10k went well. I went out hard through the first two miles hoping to run a PR, but then the pain set in so I slowed down over the last 4.2. I ran ugly splits to be sure . . . I was in the lead the whole way, which was very cool because I have only won one other race. It was great to hear all of the SCRR people encouraging me the last two miles, and it kept me from slowing down TOO much. After the race I ate my traditional post-race recovery food: **Milk Duds**! All in all, it was an awesome way to start the 4th!



Linda-When did you join the club?

Sam- I joined SCRR in March of 2012, and started training with the club consistently from then on, so I guess I am coming up on 3 years of membership.

Linda- Are you training for any big races?

Sam- Right now I am trying to get ready for a cross country season. I am hoping to run some of the collegiate races in the Washington DC area, and possibly run at Club Cross Country Nationals in December.

Linda-Any exciting news in your future?

Sam- I am headed to **Georgetown University Law Center** August 15th, where I hope to keep my training going through the first year of law school

(which I hear may be quite a task). I am going to miss all of my SCRR friends, who have helped me improve so much as a runner. The club is the thing I am going to miss the most about **Orange County**, and I am hoping that one day I can land a job back in CA, so I can continue racing and training with everyone.

Leilani, Aya, and Sam, thanks for sharing. Sam, congratulations on law school! We will miss you! Woodbridge was the first race for the new Grand Prix season. This is our top ten: **1) Gary Hefner, 2) Leilani Rios, 3) Fred Cowles, 4) Mike Friedl, 5) Mike Connors, 6) David Schiller, 7) Ken Atterholt, 8) John Gardiner, 9) Ben Coyle, 10) Brad Wobig.** Congratulations runners! Our next race is the **USATF Southern California Road Mile**. See you at the **Finish Line!**

Two Dirty Bens – Placers at the Harding Hustle 50K



SCRR members Ben Bartley (left) and Ben Coyle (right) were the first and second place finishers overall at the Harding Hustle 50K.

This race is primarily up and down the Harding Truck Trail to the top of Santiago Peak. The trail head is off of Modjeska Canyon Road, and the race has about 7000 feet of elevation gain.

Ben Bartley's time of 4:01:55 was a new course record. Ben Coyle was first in the "up" half of the race.

**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!

CONGRATULATIONS TO JULY MARATHON (and More) RUNNERS!!

Vineman 70.3 Half Ironman, Russian River, CA, July 13th

Sherri Ellerby

Loonies Midnight Marathon, Livingston, TN, July 19th

Bridget O'Callaghan-Hay

Harding Hustle 50K, Modjeska Canyon, CA, July 20th

Ben Bartley

Ben Coyle

Stephanie Bartley

Matt Kafka

Andrew O'Bannon

San Francisco Marathon, July 27th

Amy Katz

Fernando Gonzalez

Ironman Canada 140.6, Whistler, B.C., July 27th

Matt Kadowaki

Congratulations to

Brian and Mel Kurnow

On the July 21st birth of their baby girl, Jeanette



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 all 53 participants to date for the 2014-2015 series after 1 race 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***

Place	Name	Age Group	Total Points	Woodbridge	
				Times	Points
1	Gary Hefner	55-59	876	18:24 5k	876
2	Leilani Rios	30-34	869	17:33 5k	869
3	Fred Cowles	50-54	855	18:00 5k	855
4	Mike Friedl	50-54	840	18:19 5k	840
5	Mike Connors	45-49	827	17:50 5k	827
6	David Schiller	50-54	826	18:38 5k	826
7	Ken Atterholt	50-54	825	18:39 5k	825
8	John Gardiner	40-44	825	17:34 5k	825
9	Ben Coyle	35-39	816	16:39 5k	816
10	Brad Wobig	45-49	808	18:15 5k	808
11	Mary Lynch	45-49	804	43:10 10k	804
12	Mike Dietz	50-54	792	19:26 5k	792
13	Julian Beker	10-Sep	790	06:25 mile	790
14	Lucas Agricola	30-34	788	17:08 5k	788
15	Sophia Beker	0-8	788	07:18 mile	788
16	Aya Namikawa	30-34	785	40:25 5k	785
17	Sam Blackmar	20-24	778	35:56 10k	778
18	Thomas Fung	50-54	771	19:57 5k	771
19	Mike Bertram	45-49	762	19:22 5k	762
20	Karine Parry	25-29	751	41:26 10k	751
21	Jeanie Leitner	65-69	749	28:23 5k	749
22	Doug Niles	45-49	748	40:00 10k	748
23	Jodie Kinney	60-64	742	25:41 5k	742
24	Daniel Evora-Hahn	25-29	740	18:07 5k	740
25	Mike Sellers	30-34	740	18:14 5k	740
26	Cathy Shargay	55-59	736	53:29 10k	736
27	Jay Harker	45-49	715	20:37 5k	715
28	Cathy Blakesley	50-54	709	24:05 5k	709
29	Matt Kossoff	30-34	708	39:27 10k	708
30	Matt Hood	40-44	708	20:28 5k	708
31	Andria Denmon	30-34	694	45:44 10k	694
32	Amy Katz	40-44	682	48:08 10k	682
33	Lillian Bertram	45-49	678	23:57 5k	678
34	Mike Pagalan	25-29	677	19:47 5k	677
35	Matt Spooner	35-39	675	41:53 10k	675
36	Alanna Brown	30-34	672	22:41 5k	672
37	Tom Skane	55-59	658	49:19 10k	658
38	Kelcey Kinjo	40-44	656	22:06 5k	656
39	Eric Dangott	40-44	653	45:21 10k	653
40	Alberto Ballon	35-39	629	44:56 10k	629

Place	Name	Age Group	Total Points	Woodbridge	
				Times	Points
41	Jon Resnick	50-54	629	50:32 10k	629
42	Vicki Ballon	30-34	628	50:31 10k	628
43	Avery Lewis	25-29	623	23:55 5k	623
44	Amanda Beach	35-39	621	24:49 5k	621
45	David Blakesley	65-69	606	30:02 5k	606
46	Lisa Eiler	35-39	596	25:51 5k	596
47	Dave Patterson	50-54	592	25:59 5k	592
48	Andrea Garreffa Beker	40-44	566	27:56 5k	566
49	Paul King	40-44	552	53:40 5k	552
50	Orhan Beker	40-44	519	27:57 5k	519
51	Bill Quinnan	40-44	512	57:48 10k	512
52	Claire Pukszta	16-19	443	37:00 5k	443
53	Brigid Pukszta	45-49	431	37:42 5k	431



Running Quote of the Month

*"How do you know if someone ran a marathon?
Don't worry, they'll tell you."*

SATURDAY RUNS

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

8/9/14 – Ship to Rail

Leaders: Faith Morris/Tina Ingegneri

Location: Dana Point Ocean Institute

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

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

After the Run: Couple options: Coffee Importers Espresso Bar & Deli - 34531 Golden Lantern in Dana Point Harbor. Park in the parking lot near The Brig, and walk towards the harbor. OR, Proud Mary's is a fun (and tasty) breakfast spot, also located in the Harbor

8/16/14 – Spyglass Hill

Leader: Armando Moran

Location: Marguerite Ave and Ocean Blvd in Corona Del Mar.

Directions: PCH, west on Marguerite, until it dead-ends on Ocean Blvd.

About the Run: The standard run is a 12 mile hilly loop on roads, but there are many shorter options (as well as a somewhat longer 18 mile loop for the hard core crowd), and also beach running available.

After the Run: Bruegger's Bagels and/or Starbucks, across the street from each other on the corner of Goldenrod and PCH - 2743 East Coast Highway, Corona Del Mar 92625

8/23/14 – Watson's Run

Leaders: Sherri Ellerby/Fred Cowles

Location: Watson's Drug & Soda Fountain, (near the Circle in Orange), 116 East Chapman Avenue, Orange 92866. We'll meet at the corner of S. Orange and E Chapman which is adjacent to Watson's.

Directions: From 55 freeway, head north, exit Chapman Avenue west exit towards Orange. This will be the 2nd Chapman exit off the 55. Continue west on Chapman 1.3 miles to Watson's which is located just past S. Orange Street on your left. Free parking on nearby surface streets.

About the Run: We will head east on Chapman, right on Shaffer, then left on the Santiago Creek bike trail to Hart Park, heading south (left) towards Villa Park. The trail continues for 5 miles making this a 12 mile out-and-back. Bathrooms and water fountains are available along the trail. Trail map:

<http://www.cityoforange.org/civicax/filebank/blobdownload.aspx?BlobID=10550>

After the Run: Breakfast at Watson's. Nearby alternatives include Starbucks, Bruxie, Bagel Me, and The Filling Station.

8/30/14 – Irvine Farmer's Market Pre-Race Run

Leader: Thomas Fung

Location: Meet in the parking lot of Trader Joe's and Peet's Coffee at Campus and Stanford in Irvine.

Directions: 405 north or south, exit Culver, head south (towards ocean), turn right on Campus, turn right on Sanford, turn left into the University Town Center shopping center.

About the Run: This is a good warm-up run for the USATF Road Mile, our club race the following day. Half-mile jog along Campus to the San Diego Creek Trail (runs parallel to University). Run as long or short as you like on the bike path towards Back Bay.

After the Run: Food from the farmers' market near In-n-Out Burger, and coffee at Peet's.

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
(714) 963-5281 (800) 707-0005
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
"Helping small businesses grow"
2192 Dupont Drive, Suite 208, Irvine
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

AUGUST	
SAT 8/2 7:30a.m.	Camp Pendleton Semper Tri/Devil Dog Duathlon & Triathlon – MCAS Pendleton
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
SUN 9/28	Dove Dash 5K/10K
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***
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 (Azusa) Marathon
SUN 11/16 4:30p.m.	Las Vegas Marathon, ½ Marathon runrocknrolllas-vegas
SUN 11/16	Malibu Marathon
SUN 11/16	Surfers Point (Ventura) Marathon
THURS 11/27, 7:00 am	Dana Point Turkey Trot http://www.turkeytrot.com/

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