

# ON THE RUN



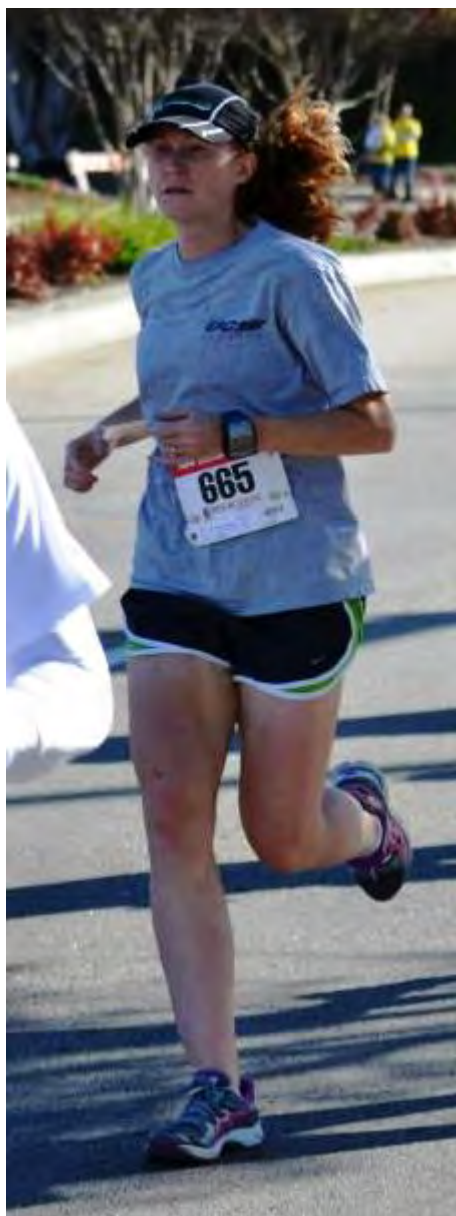
South Coast Roadrunners Running Club  
<http://www.roadrunners.org>

Orange County, California  
December 2014 Issue

## ***Runner of the Month – Amanda Beach***

**By: Kirsten Hirneisen**

This month's runner of the month is Amanda Beach. Amanda has been the brains behind the incredible SCRR slide show at the Banquet every year.



Amanda is a southern California native, having grown up in San Gabriel outside of Pasadena. She attended UC Santa Barbara and migrated to Orange County where she lives in Orange with her husband Ben Coyle (also an SCRR member). Amanda works for a supply chain agency that does the account for Wendy's (the fast food chain) kid's meals. Coincidentally, Amanda also worked at a Wendy's in college. Unfortunately, she was not given access to the chili recipe and was not able to share that with us.

Amanda started her running career because she was "too uncoordinated at other sports" (a feeling I can empathize with). When she started running she said it was "horrible" and that she quit her high school cross country team and became a "hobby jogger", a term she identifies with today.



Amanda and Ben have been married for 3 years and she confirmed the rumors that they met at an SCRR Banquet. Since that fateful night, they have run 3 marathons together and enjoy taking exotic vacations including a trip to Switzerland last year and Iceland this past summer. Amanda thought the half-marathon she ran in Iceland was the coolest place she has ever gone for a run, as well as being her favorite race. She had negative splits and got to enjoy the town's cultural event (party), all day after. Amanda has a few races lined up in the future including the Moab Half Marathon in March. She and Ben are discussing the Kona marathon and returning to Iceland in the summer of 2016.



Amanda and Ben in Iceland

Something you may not know about Amanda is that she is an avid appreciator of the field of physics and considers herself a hobby scientist. In high school she enjoyed her science classes, but didn't pursue a career in it. She and Ben have taken some science-based trips including visiting the Large Hadron Collider in

Switzerland last year where they went underground to see the particle accelerator detector and this year they attended the open house at the NASA Jet Propulsion Laboratory in Pasadena.

Amanda's best life/running tip is a reference to the toast Greg Jones gave at her wedding "live life net downhill".

With the upcoming end of 2014/beginning of 2015, Amanda resolves to burn all the candles that she has sitting around her home. She is looking forward to the Kona marathon and the tent they asked Santa for Christmas.

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

[http://www.youtube.com/watch?v=5MSj\\_mMsoo&feature=youtu.be](http://www.youtube.com/watch?v=5MSj_mMsoo&feature=youtu.be)

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

## **CONGRATULATIONS TO NOVEMBER MARATHON (and More) RUNNERS!!**

*Monumental Marathon, Indianapolis, Nov. 1<sup>st</sup>*

**Tonson Tong**

*Javelina Jundred (100 miles), Fountain Hills, AZ, Nov. 1<sup>st</sup>*

**John Loftus**

*New York City Marathon, Nov. 2<sup>nd</sup>*

**Marc Owen**

**Sandra Wendler Perea**

**Alanna Brown**

**Cindi Gilbert-Harris**

*Santa Clarita Marathon, Nov. 2<sup>nd</sup>*

**Eric Dangott**

*Santa Barbara Marathon, Nov. 8<sup>th</sup>*

**Jenn Walt**

*Athens Marathon, Greece, Nov. 8<sup>th</sup> and Istanbul Marathon, Turkey, Nov. 16<sup>th</sup>*

**Lisa Maxson Guedes**

*Arizona Ironman, Nov. 16<sup>th</sup>*

**Jim Beck**

**Rob Harris**

*Surfer's Point Marathon, Ventura, Nov. 16<sup>th</sup>*

**Eric Dangott**

*Philadelphia Marathon, Nov. 23<sup>rd</sup>*

**Colleen Corcoran Jones**



## SCRR Digs Deep at Dino Dash

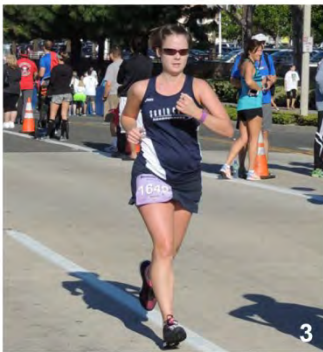
Compiled By: Joanna Pallo, Photos By: Judy Sweet and Jenn Woodson



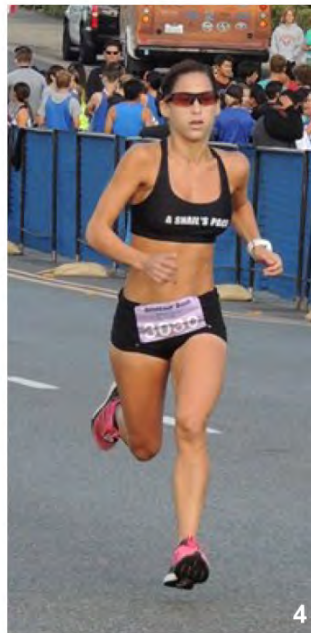
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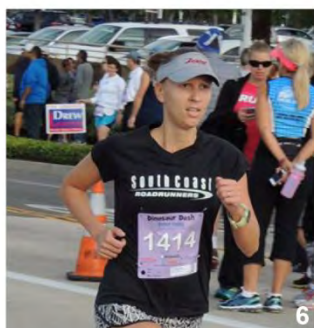
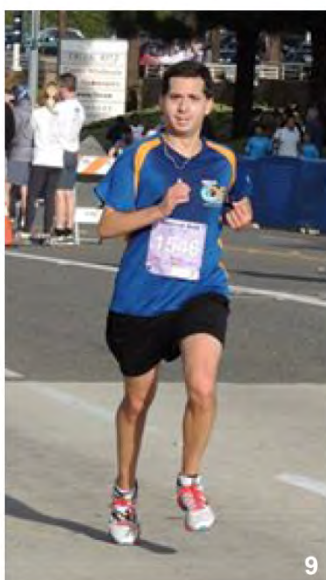
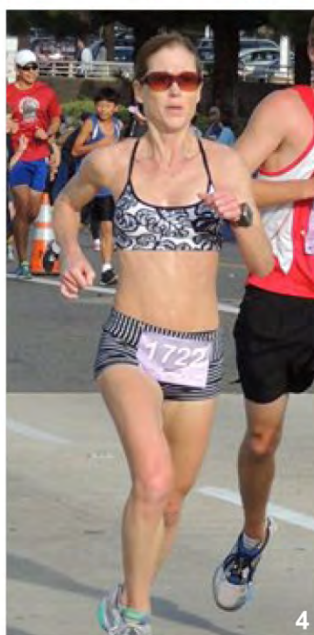
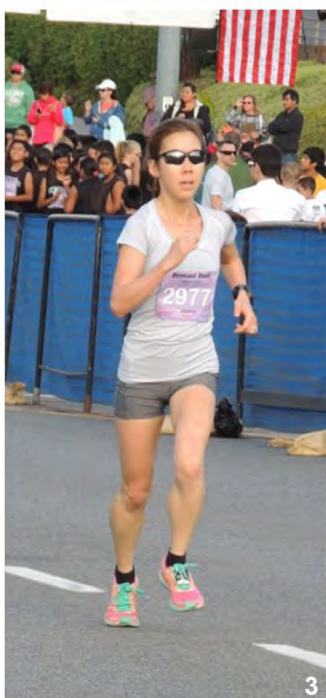
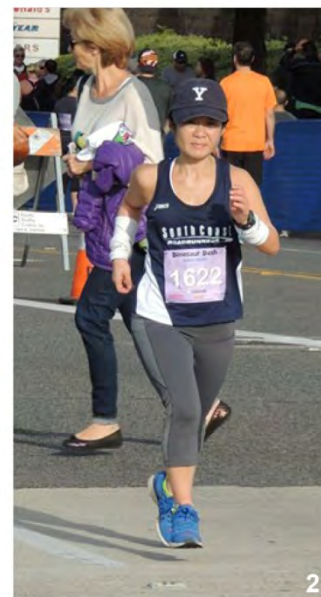
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1 Juan Morales 2 Thomas Fung, Sarah Lee, Davod Bauers, Judy Sweet, Sherri Ellerby, Cathy Blakesley, Lisa Eiler, Mason, Noreene Matsuda 3 Avery Lewis 4 Leilani Rios 5 Doug Niles 6 Isho Tama-Sweet 7 Cathy & Dave Blakesley 8 Mike & Lillian Bertram 9 Ken atterholt





1 Than Du, Judy Sweet, Cathy Blakesley, David Bauers, Ingrid Johnson 2 Sarah Lee 3 Aya Namikawa 4 Mary Lynch 5 Robert Donald 6 Ingrid Johnson 7 Noreene Matsuda 8 Amy Katz 9 Matt Kossoff 10 Lisa Eiler 11 Michael Friedl 12 Sherri Ellerby



## ***Dino Dash SCRR Highlights***

**By: Linda Hammond**

November was a time for dashing dinosaurs at the **Dino Dash 5k and 10k** race. **South Coast Roadrunners** had some great races and even took home a few dino trophies! One of the most exciting race results of the day was **Leilani's** overall female win. I asked Leilani to share her thoughts about that exciting 10k race and finish.

**Leilani:** That was a race to remember. I went into it feeling great and wanted to run it smart to finish strong in the end. Around mile 5 I was feeling good and noticed the first place women wasn't too far ahead. She went from a 25 second gap in the first mile to a 7-8 second gap at the 5th mile. She beat me last year.



When I came around to the overpass I pushed up the hill and didn't think I would catch her. When it came time to run through the car dealerships I noticed that I was closing the gap. I actually caught up to her at the last turn heading up to the finish. I decided to start sprinting right there (250m). I took off and luckily she never caught me. It was so exciting.

Congratulations on that exciting finish! Some other dino winners for the day were age division winners: **Ken Atterholt, Karine Parry, and Bob Morris** in the 10k and **Jeanie Leitner** in the 5k. The members of the **800 point club** were: **Leilani, Mike Friedl, Ken Atterholt, Sherri Ellerby, Bob Morris, Mike Dietz, and Mary Lynch**. The Dino Dash was the 5<sup>th</sup> race in the **Grand Prix** series. Here is our **Top 10**: 1) **Leilani Rios**, 2) **Mike Friedl**, 3) **Ken Atterholt**, 4) **Thomas Fung**, 5) **Karine Parry**, 6) **Cathy Blakesley**, 7) **Sherri Ellerby**, 8) **Bob Morris**, 9) **Alberto Ballon**, 10) **Mike Dietz**.

Our December race is **Run for a Claus**. See you at the Finish Line!



# 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 33 participants out of 90 to date for the 2014-2015 series after 5 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](http://www.roadrunners.org)***

	Name	Age Group	Total Points	Races	Best	Avg	Dino Dash		Long Beach	
							Times	Points	Times	Points
1	Leilani Rios	30-34	4,244	5	869	849	37:16.6 10k	851	1:22:03 Half	823
2	Mike Friedl	50-54	4,212	5	854	842	18:12.0 5k	845	18:01 5k	854
3	Ken Atterholt	50-54	4,114	5	838	823	39:11.3 10k	811	18:21 5k	838
4	Thomas Fung	50-54	3,814	5	800	763	42:55.2 10k	741	1:36:10 Half	723
5	Karine Parry	25-29	3,742	5	781	748	39:48.1 10k	781	3:12:28 Full	734
6	Cathy Blakesley	50-54	3,523	5	742	705	50:33.2 10k	711	1:53:15 Half	665
7	Sherri Ellerby	50-54	3,482	4	956	871	19:19.3 5k	883	1:34:44 Half	795
8	Bob Morris	60-64	3,479	4	891	870	19:38.3 5k	866	19:38 5k	866
9	Alberto Ballon	35-39	3,304	5	685	661	43:00.4 10k	657	1:36:11 Half	659
10	Mike Dietz	50-54	3,281	4	862	820	19:10.8 5k	802	18:39 5k	825
11	Matt Kossoff	30-34	3,271	5	708	654	43:45.9 10k	638	1:44:15 Half	590
12	Vicki Ballon	30-34	3,175	5	650	635	49:34.8 10k	640	1:50:27 Half	612
13	David Schiller	50-54	3,121	4	826	780	19:21.7 5k	795	3:34:40 Full	695
14	Jeanie Leitner	65-69	3,034	4	790	759	26:55.0 5k	790	2:11:33 Half	751
15	Aya Kawakami	30-34	3,022	4	785	756	40:45.9 10k	778	3:12:12 Full	726
16	Doug Niles	45-49	2,985	4	786	746	40:14.6 10k	743	1:26:34 Half	786
17	Matt Hood	45-49	2,960	4	789	740	20:15.1 5k	728	20:04 5k	735
18	Mike Bertram	45-49	2,906	4	762	727	40:56.5 10k	731	3:27:33 Full	660
19	Daniel Evora-Hahn	25-29	2,867	4	747	717		0	1:24:53 Half	718
20	Lillian Bertram	45-49	2,696	4	765	674	24:15.0 5k	669	4:18:14 Full	584
21	Mike Pagalan	25-29	2,693	4	677	673	19:52.5 5k	674	19:54 5k	673
22	Amy Katz	40-44	2,687	4	695	672	48:56.2 10k	671	1:52:29 Half	639
23	Eric Dangott	40-44	2,564	4	689	641		0	4:10:54 Full	534
24	Cathy Shargay	55-59	2,544	4	836	636		0	43:55 5k	422
25	Mary Lynch	45-49	2,516	3	880	839	41:41.9 10k	832		0
26	David Blakesley	65-69	2,358	4	606	590	30:43.0 5k	593	31:39 5k	575
27	Noreene Matsuda	50-54	2,330	3	788	777	45:36.3 10k	788		0
28	Lisa Eiler	35-39	2,306	4	602	577	53:13.0 10k	602	2:01:03 Half	586
29	Mike Sellers	35-39	2,230	3	780	743	39:48.1 10k	710		0
30	Joanna Pallo	30-34	2,134	4	586	534	29:12.3 5k	522	2:22:36 Half	474
31	Robert Donald	45-49	2,121	3	726	707	21:17.7 5k	693	21:00 5k	702
32	Alanna Brown	30-34	2,018	3	691	673		0	1:43:11 Half	655
33	Kelcey Kinjo	40-44	1,990	3	693	663	46:11.0 10k	641		0
34	Julian Beker	10-12	1,895	3	644	632	26:54.5 5k	629		0
35	Avery Lewis	25-29	1,883	3	631	628	23:36.3 5k	631		0

## **SATURDAY RUNS**

**ALL RUNS MEET @ 7:45 AM AND BEGIN AT 8 AM**

**12/6/14 – No Saturday run due to SCRR December Club Race (Run for a Claus)**

**12/13/14 – Tribute to the Olympics in Orange County**

**Leader:** Judy Sweet

**Location:** Bagels & Brew – 23052 Alicia Parkway, Mission Viejo

**Directions:** From Irvine, drive south on I-5. Take the Alicia Parkway exit and head east (i.e. left). Turn right into the Olympiad Plaza shopping center just before Olympiad Parkway.

**About the Run:** In honor of the 30 year anniversary of the 1984 Olympics, we will run the Olympic Road Cycling course from the XXIII Olympic Games which brought the Olympics to Orange County on July 29, 1984. (Note: actual Olympic cyclists raced multiple laps around this course; but since we are running, we will only do one, unless of course you'd like to do more.) The loop course is hilly and features the famous climbs up Vista Del Lago and La Paz. The loop is 9.85 miles however there is a shortcut to make the run about 5.5 miles. Those wanting to extend their run may add a lap (or two) around Lake Mission Viejo. Each lap is approximately 3.3 miles

**After the Run:** Bagels & Brew in Mission Viejo

**12/20/14 – Ship to Rail**

**Leader:** Karine Parry

**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 the 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:** A 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.

**12/27/14 - El Moro I**

**Leader:** Lindsay Williams

**Location:** Coastal Peak Park, Newport Beach

**Directions:** From the 405 fwy, head south on Culver, which will turn into Bonita Canyon Dr. Left on Newport Coast Dr. Left on Park Ridge and go all the way up the hill almost to the end of the street. Turn right on East Coast Park. Coastal Peak Park will be on your right. Meet in the parking lot adjacent to the restrooms or park along the street.

**About the run:** Head out toward the trailhead at the end of the Park Ridge cul-de-sac. Mix of trail and paved paths that offers a view of the coastal bluff vegetation and wildlife. 10 mile loop (or do an out-and-back for fewer miles if you wish). Bring water!



**After the run:** Starbucks in the Crystal Cove Promenade Shopping Center, 7958 E. PCH, Newport Beach., OR just down the road is Ruby's Shake Shack (which serves breakfast), 7703 E. PCH, Newport Beach.

## ***Treasurer's Report***

**By: Lisa Eiler**

<b>Treasurer's Report-Newsletter</b>		<b><u>October</u></b>	<b><u>September</u></b>	<b><u>August</u></b>
		-	-	-
<b><i>Total Cash Balance, Beginning</i></b>		<b><u>4,412.55</u></b>	<b><u>4,553.37</u></b>	<b><u>4,960.79</u></b>
		-	-	-
<b>Cash Inflows</b>		<b><u>409.06</u></b>	<b><u>505.85</u></b>	<b><u>341.69</u></b>
<b>Cash Outflows-First Thursday</b>		<b><u>302.12</u></b>	<b><u>307.85</u></b>	<b><u>340.53</u></b>
<b>Cash Outflows-Social Gatherings</b>		<b><u>-</u></b>	<b><u>338.82</u></b>	<b><u>383.58</u></b>
<b>Cash Outflows-Other</b>		<b><u>120.00</u></b>	<b><u>-</u></b>	<b><u>25.00</u></b>
<b>Net Change in Cash</b>		<b><u>(13.06)</u></b>	<b><u>(140.82)</u></b>	<b><u>(407.42)</u></b>
		-	-	-
<b><i>Total Cash Balance, Ending</i></b>		<b><u>4,399.49</u></b>	<b><u>4,412.55</u></b>	<b><u>4,553.37</u></b>

Upcoming Party:

SCRR Post Holiday & Gift Exchange Party

Details to Come

### **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**  
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[info@amazingtravel.com](mailto:info@amazingtravel.com)  
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Lindsay Williams, **Real Estate Advisor**, bre#: 01959407  
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Specializing in Orange County Residential purchases, investment deals, & land development  
[lindsaywilliamsrealestate@gmail.com](mailto:lindsaywilliamsrealestate@gmail.com)  
714-381-2840

John Loftus, **Certified RRCA Running Coach**  
[www.runyourpotential.com](http://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**  
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[www.Jresnickcpa.com](http://www.Jresnickcpa.com)  
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## Reminders

**Newsletter Contributions:** We want your stories, announcements, etc. Please e-mail any newsletter contributions to Cathy Shargay at [Cshargay@cox.net](mailto:Cshargay@cox.net).

**SCRR Roster:** Send your address, e-mail address, phone number updates to David Schiller at [scrr-info@cox.net](mailto: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](http://www.roadrunners.org).

**MONTHLY CLUB RACE:** For more information: log on to [www.roadrunners.org](http://www.roadrunners.org) or see a Club Officer.

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> 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

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, <a href="http://www.runforaclaus.com">www.runforaclaus.com</a>
SUN, 12/7, 7:00 a.m.	California International Marathon Folsom, CA <a href="http://runcim.org">CalIntMarathonhttp://runcim.org</a>
SUN, 12/7, 7:00 a.m.	Tucson Marathon, ½ Marathon Tucson, AZ Tucson Marathon <a href="http://tucsonmarathon">tucsonmarathon</a>
SUN, 12/7, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach – <a href="http://crystalcovetrailrun">crystalcovetrailrun</a>
SUN, 12/14, 7:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca <a href="http://HolidayHalfMarathon">Holiday Half Marathon</a>
SAT, 12/13, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine <a href="http://RenegadeSantaRun">RenegadeSantaRun</a>
FRI, 12/26, 7:30 a.m.	Operation Jack Marathon, ½ Marathon Dockweiler State Beach – Los Angeles <a href="http://OperationJackMarathon">OperationJackMarathon</a> ***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.***
JANUARY	
THURS, 1/8, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 1/10, 7:30 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca <a href="http://SDResolutionRun">SD Resolution Run</a>
SAT, 1/10, 7:30 a.m.	Kaiser Permanente SC ½ Marathon, 5K, Woodbridge shopping center, Irvine, <a href="http://schalfmarathon.com">schalfmarathon.com</a>
SUN, 1/11, 5:30 a.m.	Walt Disney World Marathon, FL <a href="http://DisneyworldMarathon">Disneyworld Marathon</a>
SUN, 1/18, 7:50 a.m.	Arizona Rock 'n Roll Marathon, ½ Marathon <a href="http://RocknRollArizona">Rock n Roll Arizona</a>
SUN, 1/18, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA <a href="http://CarlsbadMarathon">Carlsbad Marathon</a>
SAT, 1/24, 8:00 a.m.	OC Chili Winter Trail Run Series – 1 <sup>st</sup> Race of 3, O'Neill Park <a href="http://ocwintertrailrunseries2015">ocwintertrailrunseries2015</a>
FEBRUARY	
SUN, 2/01, 6:50 a.m.	Surf City Marathon, ½ Marathon Huntington Beach, CA <a href="http://runsurfcity">runsurfcity</a>
THURS, 2/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 2/15, 8:00a.m.	Timberwolf 5K, Northwood High, Irvine <a href="http://Timberwolf5k">Timberwolf5k</a>
SAT 2/21, 8:30a.m.	OC Chili Winter Trail Run Series – 2 <sup>nd</sup> Race of 3, O'Neill Park <a href="http://occhiliwintertrailrun2015">occhiliwintertrailrun2015</a>
SUN 2/22, 8:00a.m.	Brea 8K Brea Mall <a href="http://Brea8k">Brea8k</a>
SAT 2/28, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos <a href="http://Raceonthebase">Raceonthebase</a>
MARCH	
THURS 3/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 3/8 7:30 a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm <a href="http://CoasterRun">Coaster Run</a>
SAT 3/14, 7:00 a.m.	Catalina Island Conservancy Marathon Marathon, 10K, 5K <a href="http://runcatalina">runcatalina</a>
SAT 3/14, 8:00 a.m.	OC Chili Winter Trail Run Series – Race #3, O'Neill Regional Park <a href="http://ocwintertrailrun">ocwintertrailrun</a>
SUN 3/15 7:30 a.m.	Los Angeles Marathon <a href="http://lamarathon">lamarathon</a>
SUN 3/15, 8:00 a.m.	Wine Country ½ M and 5K, Paso Robles
SUN, 3/15, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB <a href="http://nmsritrun">nmsritrun</a>
SAT & SUN 3/28 3/29 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour, Irvine Valley College, <a href="http://www.pcrf-kids.com">www.pcrf-kids.com</a>
SUN, 3/29, 7:00 a.m.	Carlsbad 5000, Carlsbad, CA <a href="http://www.carlsbad.competitor.com">www.carlsbad.competitor.com</a>