

ON THE RUN



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

Orange County, California
July 2013 Issue

Runner of the Month – Mike Friedl

By: Doug Denniston

Mike Friedl is our Runner of the Month for June. No one is quite sure how many times Mike has been selected to receive this honor. I tried to research this fact but could not find a definitive answer (sorry Mike, I know what a geek you are for stats). I have to admit that I didn't ask Mike...that would've been too easy. When I did speak to Mike, we did agree that this is Mike's third selection as ROM in the last 7 years. The previous two were Feb. 06 and Dec. 2010.

Here are some notes from those last two articles:

- Mike is a long time member of the South Coast Roadrunners, first joining in 1989 after running with the club in 1988.
- The Grand Prix (SCRR road race scoring system) is important to Mike.... duh.
- Mike is a walking encyclopedia of knowledge on all things related to Track & Field and Baseball.
- Mike likes to wine when he plays poker... no wait, sorry. That should read, "to drink wine and play poker" – ***I think SCRR needs to start a regular poker game, or at least get me an invitation to Mike's monthly game.***
- Mike is an accountant who attended Kent State.
- Mike has done just about every job possible there is to do for this club.
- Mike has won just about every award possible there is to get from this club.
- Mike is proud of all his PR's in various events, but his proudest is the beer mile.
- Mike has run the Catalina marathon since he was a toddler...well close.
- Mike is very thankful to be a member of SCRR, and if you would like to thank him for all he has done for the club, then buying Mike a pint after a Thursday run is a great icebreaker.
- Mike joined SCRR looking for a date, and found the most amazing wife who he now shares three beautiful kids with.



Seriously now, Mike is the epitome of everything that I, and most everyone I know, loves about our club. I am very glad to know you Mike. Honestly I had no idea for a few weeks what to do for your ROM article. After all, you can only answer the interview questions so many times. I was contemplating what to do, and kept reflecting on our run together a few months ago...WHAT DOUG? YOU RAN WITH MIKE? REALLY? Yes, I did!

It was a Thursday new member night in March I think. We start and after leaving the traffic signal, Mike runs up next to me, and asks how far I'm going. I reply 3 or 4 miles, not too far. Mike asks to join me. Now, for those of you who are new or just don't pay attention, Mike and I don't run close to the same pace. Then I remembered his recent surgery, and knew he was just back running. OH!! OK. So this will be a real easy rehab run. Mike is conversing with me the whole way. Well at the lake, I tell Mike I need to turn around. He says fine, we turn and head back (now only a 3 mile run). Thankfully, we have managed to catch each light, so I get a breather. When we reach the hill at the railroad tracks, I tell Mike I have to walk. He agrees and we walk the hill. We jog the rest of the way in, finishing our 3 miles in an easy 32:30 without the hill. MY FASTEST (Hey can I count this as a PR?) WORKOUT RUN EVER! And the fastest I have run in years. **Note: Woodbridge will be my first 5K road race in 3 years and I'm not sure I'll beat that time.** I did let Mike know his easy run, worked me at my race pace. In the weeks that followed I really appreciated how Mike had pushed me and decided to add these "workouts" to my training.

That's my Mike story. THAT'S MY MIKE STORY! I had it. My idea for ROM article for Mike. Maybe others from the club would like to share their Mike stories. To all of you who responded, a gigantic "Thank you". ***Mike here are some stories / dedications / memories from some of the other members:***

Not sure what to share about Mike but I have nothing but love and respect for him. He was one of the first people I met with Roadrunners and he welcomed me with open arms. He has been a good mentor to me from running coach to just being an older brother (would say father figure but he is too young for that). Mike is the guy that as soon as I was laid-off from my previous employer, he was quickly texting, emailing and sitting down with me to get my resume together. He is a man I look up and hope to be like as a runner, friend, husband and father. Not sure if this is what you are looking for but it comes from the heart – **Carlos Joval**

Here is my Mike Friedl story. The other day listening to NPR, they were discussing the differences between geeks and nerds and how they share many of the same traits. My thoughts strayed to Mike Friedl and I wondered which category best suited him. Nerds tend to be overly intellectual and highly technical, while geeks are more obsessive enthusiasts. While Mike can be a walking encyclopedia of track and field trivia, I would classify him as a running nerd because of his creation and management of the Grand Prix Series. What do you think; Mike the running nerd or running geek? -**Bob Morris** (Mike, this is written with love and respect.)

I first met Mike about 25 years ago at the Snail's Pace (then Loeschorn's) Running Club in Costa Mesa. He was very young and very fast but super nice. He got along with everyone and was actively involved in helping the club to grow and always volunteering. When the store closed and the club disbanded, I did not see much of Mike until I rejoined SCRR for the 2nd time about 10 years ago after being away for a while. There were a lot of new people I did not know but I saw Mike there and he was the first person who came up to talk to me. He definitely deserves the award of Runner of the Month. -
Sue Rudolph

I guess I can say a few words. I've known Mike since I joined the club in 1992. I wasn't fast enough to run with him in those days but we have, over the years, forged a friendship based on the club, our families, baseball (both fantasy and real), frosty beverages and, most of all, running! We've battled on the pavement and the trails and no matter who came out on top; there are always handshakes, congratulations and laughs! I will always look forward to time at Thursday runs or pizza to reconnect and share with Mike, a worthy "Runner of the Month!" There are so many individual events and experiences but I just wanted to try to capture a little of what he means to me personally. -**Rob Harris**



I'm not sure what you've received so far, so let me just start with these couple of tidbits. Mike Friedl has the second longest active club membership (25 years), just behind Ron and Laura Brugger. I don't know all the married couples that have met through the club – perhaps Mike has some stats on that – but I'm guessing Mike and Melissa were one of the first and certainly one of the finest. When I first joined the club about 15 years ago, Mike and Molly Donnellan were the club's coaches. Mike created workouts for us at the Irvine High School track on Tuesday nights and he tracked our progress on a clipboard. -**David Schiller**

Mike is probably the biggest all-around running/track/field geek I know. Lots of us keep track of our PRs in the 5k, 10k, and marathon. Mike has a PR in EVERY track and field discipline, including the decathlon! -**John Gardiner**

I live in Huntington Beach and one morning many years ago I saw Mike running on the PCH bike path and thought, "he must be out for a really, really long good distance training run", as he lived in very south Orange County. And this for Mike, of all people, was completely plausible. I come to find out later he had taken a job in HB and was doing a run from his work, which in hindsight was actually more realistic, but at the time I had no doubt he had actually run to HB from Nellie Gail. —John Walt



This experience I had with Mike about 7 or 8 years ago is an example of his support, encouragement, and coaching abilities toward his running friends and acquaintances. He and I were discussing running and racing goals one day. I mentioned how I didn't think I could ever break 1:30 for a half marathon. In my mind, only truly gifted or highly trained women could do that. He looked right at me, stating, in a very matter of fact way, "Sherri, you could break 1:30." Like it was easily within my realm of possibility. He said it with such confidence in me, like, "What are you waiting for? Of course you can do that!" His words really stuck with me and very soon after that I started breaking 1:30 on a regular basis, eventually reaching a PR time of 1:24. - Sherri

Mike, you are always inspiring and supportive. Miles of appreciation go out to you for who you are and all you have done for the club and its members. My deepest gratitude to you. —Jeanie Leitner

Please let Mike know that "I am on the recovery trail, so he better start checking his "6." I'm sure he'll remember my breathing pattern from reeling him in on the occasions when I did! Cheers. —Kevin Mac Donnell

Mike Friedl embodies the club for me. When I speak of the club, I tell people that everyone in the club is nice and they all make you feel very welcome. They want to know who is new and help with your goals, whatever they may be. There are people of all speeds and age divisions that provide awesome support. Everyone is very encouraging of one another; they root for you whether you are in first place or last place. All of this is Mike Friedl to me. He has always been so kind and encouraging, especially when it came to the Grand Prix Top 20 this year. I think he wanted me to crack the top 20 almost as much as I did. South Coast Roadrunners is my happy place, and Mike is a great part of that. Thanks Mike for all your support, and congratulations on Runner of the Month! —Joanna Pallo

Congratulations Mike on a very well deserved honor as the June 2013 Runner of the Month! D

Award Winners from The SCRR Banquet

By: Linda Hammond

Twelve starting guns and twelve finish lines! The **South Coast Roadrunners** 2012-2013 **Grand Prix** season has crossed the finish line and made a victory lap! A big thanks to **Mike Friedl** for scoring the Grand Prix and recapping the season as emcee together with **Matt Hood** at the Awards Banquet. Thanks to **Stacey Dippong** for keeping us social and capping off the year with a fun Night in Havana! Thanks to **Sherri Ellerby** and all of our outgoing officers and congratulations to **Stacey** and all of our incoming officers! Thanks to **Cathy Blakesley, Mike Sellers** and all the other shutterbugs out there that helped to capture the season in pictures! Finally, a big thanks to **Volunteer of the Year: Cathy Shargay** for organizing and putting the newsletter together!

Ladies and gentlemen, now a word from our Grand Prix Top 20! I asked them to share thoughts on their favorite races of the season.

1) **Bob Morris**-My favorite race of the Grand Prix series was the **USATF Road Mile** because it's a unique race and I usually do better at shorter distances. I hope they bring it back to El Toro next year. The GP Series was a long grind with **Jeanie** and **Leilani** pushing me to come with my A game at every race. I'm grateful **Dave Parsel**, **John Gardiner** and fast **Freddy** didn't run many GP races this year, but expect them back with a vengeance for next season.

2) **Jeanie Leitner**- I think my favorite Grand Prix race was the **Dino Dash**. It wasn't the race itself, but the cute and clever dinosaur award that the kids made. It was the first time I had done that race. Thank you South Coast Roadrunners for a great running season. Great running and good health in the new season.



3) **Leilani Rios**-I really enjoyed **Magic Shoe 5k**. I love the fast course and John helped me along. I also was able to donate a bunch of running shoes for charity.

4) **Brad Wobig**-My favorite race is as always, **Carlsbad**. I like it because I get to watch everybody else run, after I am done with my race. I also like that Snail's Pace puts out the whole breakfast spread for Snail's Pace Club and invites SCRR in on it. Lastly, the beer garden...

5) **Dave Schiller**-The **So Cal Half Marathon** continues to be one of my favorite GP races because (1) both the 5k and half marathon are fast courses, and (2) I am a volunteer coach for the Woodbridge High School XC team so a lot of the kids cheer for me along the course. My 5k and half marathon PRs are both at this race (in 2005 and 2003). This year I ran pretty well, 1:25:11, despite the unusually very cold weather.

6) **Ken Atterholt**- My favorite race this year was again the **Brea 8K**. I love the hills, and since I can run up hills pretty well, that is where I catch other runners. I also like that many elite runners run this race and get amazing times, and of course, the food after the race is delicious. It is always a fun event!

7) **Mike Gulan**-My favorite race was the **SoCal 5K** because I achieved my goal of a sub 21:00. Never had a race with frost before. It was so cold Stacey had her hands in her own pockets!

- 8) **Thomas Fung**-Our **EI Toro Mile race** was my most memorable race for the season. Running straight down the old runway put me in the zone. The pain and suffering were short and sweet.
- 9) **Greg Hanssen**-Even though I had my best year in the Grand Prix, none of the races really stood out as extra special. I guess I'd have to say **Brea** was my favorite though, mostly because I had an unexpected 1:16 PR (33:18) from last year (which was also a PR!)
- 10) **Stacey Dippong**-My favorite GP race this year was the **USATF mile** in August. I was kind of nervous because I hadn't run a mile race since high school and speed isn't really my thing, but I ended up breaking 6 minutes and beating my high school pr by 15 seconds. My runner-up race was the Beer Run 5k the following month. It was my slowest 5k race in years because I ran around back bay right before, but definitely the most fun!
- 11) **Matt Kossoff**-My favorite race is the **So Cal Half Marathon**. I really like the feel of the course as well as the community support. It's also where I pulled off my PR in the half.
- 12) **Cathy Shargay** – This year I choose **Magic Shoe** as my favorite GP race. It is a fun course and benefits a good charity. We also had a group of SCRR members go to the beach afterwards for an ocean swim. My favorite race of the year though, was Colorado Marathon. It went perfectly for me – cool weather, nice gently downhill, very scenic course and easy logistics. We also had a great trip to the Fort Collins area and enjoyed touring Boulder and Rocky Mountain National Park.
- 13) **Ben Coyle**-I think I'd have to go with the **Beer run**. Had a great time at the tasting event after and the course was a bit quirky but interesting, sorta made it a true fun run rather than worrying about time. Oh and the bubbles at the finish was pretty memorable too.
- 14) **Dave Bauers**-The **Anaheim Beer Run 5K** on September 22nd was probably my favorite race this season. Somehow, the stars aligned in my favor and I won 3rd place. Which goes to prove it helps to race when the faster guys in your age group are out of town!
- 15) **Kelcey Kinjo**-My favorite race would be the **Carlsbad 5000**. This year was the first time I've ever participated in it. With the level of competition to help push me, I was able to finish in the top 250. I actually got the last medal in my race. Plus, by being able to race, then be able to watch and cheer on fellow Roadrunners during the following races, it was the best of both worlds.
- 16) **Noreene Matsuda**-I'm bummed I missed the Downtown Anaheim 5K and making the top 10 (again), but I'm glad I still made the **Top 20**. I'm aging up next year, so watch out!
- 17) **Mike Gellman**-I'd have to say that the **Coaster Run** at Knott's Berry Farm was my favorite run. My son, Jonas, and I ran together and it was fun to share the experience and to see him set a goal and break the 30 minute barrier. He did awesome (29:37.3)! And it was great to see his sense of pride shine through as he bragged about beating his dad by 0.4 seconds. ;-)
- 18) **Eric Dangott**-I really enjoyed the **USATF Road Mile**. The finish line is in sight as soon as you begin! And it's inspiring to see everybody else run in their heat.
- 19) **Steve Kan**-My favorite race is the **USATF Mile** at the EI Toro Air Field. I enjoyed running one mile straight on the runway and feeling like an airplane about to take off. This race let me regain some confidence after having several personal worst records in the previous races.
- 20) **Tonson Tong**-I would say the **Carlsbad all day 25K** is my favorite because: 1) I was able to push myself to do five 5K speedy workout in one morning, something I have never done before. 2) enjoyed watching the elite races after getting done with my races.

20) **Joanna Pallo**-My favorite course was definitely **Carlsbad**. The whole day was so much fun and well organized. I look forward to next year only running the 5k instead of the 25k, so I can watch all the other races.

Congratulations **Grand Prix Top 20!** You all had an awesome season! The new season begins and fireworks will fly at the **Woodbridge 4th of July 5k and 10k!** Here is to fast times in the new season! See you at the Finish Line!

Congratulations to **Cathy Shargay** our **Volunteer of the Year**. This season Cathy has inspired runners to PRs, continued to amass stats in the Grand Prix, rolled out the newsletter, and with Ken brought the club tent to several races!

Congratulations to our **Most Improved Runner** winners **Judy Sweet** and **Dave Flahive**. It was a year of big PRs!

Most Improved Runner Female- Judy Sweet- Thank you so much Wonderful SCRR for thinking of me for this award! I appreciate it so much!!! Running has been my Salvation and SCRR has been a BLESSING!!! I would have to say that the highlight of my Running season would have to be my full Marathon PR at **Surf City**....to finally finish in under 5 hours!! 4:48:24 YAY!!! Also the wonderful feeling of all of a sudden to be running faster in general!! I really have to thank **Cathy Shargay** for that!!! She is an inspiration! I have improved since running with her at our club runs!!!!



Most Improved Runner Male- Dave Flahive- Wow what a great year! It started in June with a confirmation to the **St. George Marathon**, and a lot of encouragement from fellow SCRR members to go for a BQ. At the same time **John Loftus** agreed to provide MUCH needed coaching, a structured plan and a ton of advice. This worked, got the BQ and was accepted to Boston, with a goal of sub 3. After a rigorous training cycle, excellent race conditions, and what later became an emotional finish, got it. Wow! Huge thanks to John and all the **SCRR, A Snail's Pace** and **Run Your Potential** members that have motivated, encouraged, inspired, and PUSHED me! ...and conference called me into the party! Bottom Line: This last year has been an incredible year of running with good people. Can't wait to pass the torch!

Congratulations to our **Ideal Runner** winners **Jon Resnick** and **Lisa Eiler**! Jon showed us all the true runner spirit by auctioning off his **2013 Boston Marathon** medal and raising over \$1250 for the **Red Cross** in Massachusetts. Lisa showed us all her true runner spirit completing several half marathon and other races with baby bump **Mason** in tow! After Mason arrived he was out there cruising the race courses in his baby stroller! Thanks Jon and Lisa for inspiring us all!

Ideal Male Runner-Jon Resnick- I was shocked to hear my name called when the award was announced. I had no idea that I was going to win. I've been a member of the club since around 2000 and I've made a lot of

friends and run a lot of miles with club members. I'm looking forward to many more years of participation with the club.

Ideal Female Runner-Lisa Eiler- It started off with the move back to Orange County. Lots of fun times with the Roadrunners. Highlights: Completing the Beach Cities Challenge at Long Beach, a great 10k at Dino Dash, completing the Surf City Half in February, running the Palm Springs relay with my husband, **Isho**, and in March the biggest highlight of all, the birth of our son, **Mason**.

Finally, as the 2012-2013 year comes to a close **Sherri Ellerby** looks back on her year of as President and her selection of **Noreene** for the **President's Award**.

Sherri- Being president of **South Coast Roadrunners** was something that I always wanted to do. I love this family of runners, and I was proud to be their representative for a year. I just had to wait for the time to be right. Unfortunately, it did coincide with one of my more challenging years as a teacher: my largest class ever of 36 students AND a combination class. I taught both 4th and 5th grade curriculums. I had surgery in November that put me out of commission for everything for at least 3 weeks. An unfortunate kidney infection attacked my insides in the spring. Then **Fred** and I bought and moved into a new home. The escrow process is not the most relaxing activity to deal with while trying to teach full time, train for races, and be an on top of it president of SCRR. But looking back on the year, my favorite aspects of being president were getting to meet the steady stream of new club members and seeing all the amazing enthusiastic work that goes on behind the scenes. It's those volunteers that make this running club so popular in Orange County. We honestly do not need to advertise for membership!

After about 3 or 4 months as President, it was obvious to me that **Noreene** should get the **President's Award**. But I was worried that I couldn't give it to my secretary, because, well, a secretary is supposed to assist the president. Right? So I kept trying to find someone else that has been very helpful and supportive to me. Noreene is an incredibly responsible and efficient person. She would remind me about little tasks that may have been forgotten, like picking dates ahead of time for events. One thing I'm happy about is that we always had meeting minutes for both the board and club meetings. More than once, those notes helped to keep us on track. When stressful situations arose, Noreene was right there to help think it through, or simply let me vent about something. I really wish I had written down more examples of all that she has done just in that one year time frame.

Noreene- It was quite an honor and a surprise to receive the President's Award at the banquet. Thank you, Sherri! I love SCRR and I've always enjoyed volunteering my time to the club.

Linda: It has been a great season! Run, it's faster than walking!

Pictures of Award Winners on Next Page

Past Award Winners are Listed at www.roadrunners.org under the "About" tab

Congratulations to

Lillian Bertram

Who Ran OC Marathon, May 5th and

San Diego Rock'n Roll Marathon, June 2nd

The SCRR Banquet – Our Grand Event!

Photos From: Numerous People; Layout by Joanna Pallo



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1 Michael Friedl 2 SCRR Ladies 3 Amy Katz, Brad Wobig 4 Jennifer Erickstad, Joanna Pallo 5 Noreene Matsuda, Amy Katz 6 Leilani Rios, Eileen Stephens 7 Cathy Blakesley, David Bauers, Sherri Ellerby, Leilani Rios, Noreen Matsuda, Eric Dangott, Matt Hood 8 Joanna Pallo, Rob Harris, Lisa Eiler, David Schiller, Stacey Dippong 9 Matt Hood



1 Greg Hanssen, Amy Katz **2** David Bauers, Joanna Pallo, Mike Friedl **3** Jonathan Resnick **4** Linda Hammond, David Bauers, Cathy Blakesley, Jonathan Resnick, Thomas Fung **5** Bryce, Jennifer Erickstad **6** Sherri Ellerby, Cathy Blakesley, Eileen Stephens, Noreen Matsuda **7** Rob Harris, Joanna Pallo, Mike Friedl, Alberto Ballon, Vicki Ballon **8** Joanna Pallo, Lisa Eiler **9** Cathy Shargay **10** Stacey Dippong, Amy Katz **11** Jeannie, Jennifer Neff, John Gardiner **12** The Grand Prix Top 10



2 Vivki Ballon, Amy Katz, Lisa Eiler, Lillian Bertram 3 Carlos Jovel, Joanna Pallo 4 Vivki Ballon, Stacey Dippong, Amy Katz, Linda Hammond 5 Amy Katz, Eileen Stephens 8 President's Award 9 The Grand Prix 11-20
10 Armando Moran 11 Grand Prix 18-20

SCRR President's Report

By: Stacey Dippong

Hey Roadrunners!

I'm excited for this coming Grand Prix year. I feel very privileged to be able to work with such a great group of fellow board members, and to be part of one of the best running clubs around.

I hope that everyone had fun at the awards banquet last month; I know I did! Our raffle was a huge success this year. All the money we raise from it goes straight back into the club account, which is then used to fund many of our other parties during the year. Big thanks to those of you who bought tickets, and especially the following people who donated raffle prizes: Jim Beck, Bob Morris, Ryan Mangan, John Loftus, Ken Atterholt, Cathy Shargay, David Schiller, Mike Gulan, Lisa Eiler, Isho Tama-Sweet, Mike Gellman, and Dr. Scott Neubauer.

I'd additionally like to recognize and thank the following people, who all were instrumental in helping with the banquet this year:

- Matt Hood & Mike Friedl for doing an amazing job as our MC's for the evening
- Matt Hood, again, for securing us two kegs from BJ's
- Mike Friedl, again, for all his work in tabulating the Grand Prix results
- Jeremiah Red for exponentially increasing the level of fun
- Amanda Beach for putting together a great slideshow
- Sherri Ellerby for being in charge of the margarita machine
- Leilani Rios and Kevin Wilson for providing us with awesome music
- Leilani Rios, again, for helping out with some last minute awards and raffle prizes
- Joanna Pallo (woot woot for our new social chair!) for designing the flier and running the raffle
- Noreene Matsuda for taking care of the awards
- Dawn Hood for working her magic with the WVA to ensure that everything went smoothly
- Everyone who came to help set up in the morning and stayed to help clean up at the end - you guys were awesome!
- AND all of you who attended! I think the people made the party this year - what a fun group!



We have some more exciting events coming up. I'm looking forward to hanging out with everyone at Doug's post-Monday run BBQ on July 22nd at Cedar Grove Park, as well as at our annual club bonfire at the Woodbridge Lagoon on August 17th.

Happy running! Stacey

Tomatoes 103

By: Doug Denniston

This is the third article in a three part series. If you missed the first or second article and would like a copy, please contact Doug.

So now you have established plants in your garden and they may even have budding/growing fruit on them....what now? Well now it's time to make sure they are properly hydrated.

Every athlete knows the importance of proper hydration during the summer months for the human body, but proper hydration for your tomatoes is very important during the entire growing season. The two subjects we're going to delve into during this article are "When?" & "What?" as they relate to hydrating your plants.

Let's start with "What?". Have you noticed that I have only said "hydrate or hydration" and not "watering"? That's because I suggest using something much more beneficial than water alone. Try giving your plants some....."Poop Soup." Poop Soup is the name I use for Manure Tea. Now hear me out because I know many people are turned off just by the name. To make a proper poop soup you must use a "well-composted manure". This means you cannot just buy any old stinky bag of manure at your local hardware or nursery. You must find the right product like Earth Gro brand Chicken Manure sold at Orchard Supply Hardware. This manure does not smell (well a very little maybe) anything like fresh steer manure.



You mix the well-composted manure in a container with water. It really doesn't matter what size container you use, just mix it with a ratio of 4:1 or four parts of water to one part of well-composted manure. Stir this mixture well once a day for three days. On the fourth (or any day thereafter) take any portion of your "tea" and dilute it until it is the slightly see-through and the color of a normal glass of restaurant iced tea (you need to dilute the tea because the brew is much too strong and may burn the roots). Use this diluted manure tea to hydrate your plants and your plants will produce more fruit, larger fruit and sweeter fruit than you have ever had before.

The second subject this month is "When?" meaning when to hydrate your plants. Unlike most plants in the flower garden, vegetable plants don't want or need daily hydrating. Tomatoes, are weeds, and therefore neither need nor want much water. The plants grow best during the spring (May gray & June gloom) when they are deep watered (soaking the garden bed until the water pools above the soil) once every 15 to 21 days.

Yes that's right. You only need to hydrate your tomatoes once every three weeks in Spring if that hydrating is a deep soaking. The most common problem that most tomato growers encounter with their plants is due to overwatering. So how do you know when your plants need water? Check them first thing in the morning, before the sun has risen. If the leaves look limp and ruffled the plant is ready for watering. Do not check your plants during the heat/sunny hours of the day when all tomato plants will naturally bend over and fold their leaves to protect themselves from burning in the sun. In the summer months you may have to deep water once every 7 to 10 days, when the temperatures are hotter.

Happy Harvesting to you. D



GRAND PRIX STANDINGS

Final for 2012-2013



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 29 participants out of 97 for the 2012-2013 series after 12 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 12 races are on our web site www.roadrunners.org***

| | Name | Age Group | Races | Total Net Points | Best | Net Avg | Downtown Anaheim | | Magic Shoe 5K | |
|----|--------------------|-----------|-------|------------------|------|---------|------------------|--------|---------------|--------|
| | | | | | | | Times | Points | Times | Points |
| 1 | Bob Morris | 60-64 | 10 | 7,893 | 912 | 877 | | 0 | 19:35 5k | 868 |
| 2 | Jeanie Leitner | 65-69 | 12 | 7,753 | 886 | 861 | 25:59 5k | 818 | 24:57 5k | 852 |
| 3 | Leilani Rios | 30-34 | 12 | 7,743 | 890 | 860 | 17:23 5k | 877 | 17:27 5k | 874 |
| 4 | Brad Wobig | 45-49 | 10 | 7,587 | 905 | 843 | 17:08 5k | 882 | | 0 |
| 5 | David Schiller | 50-54 | 10 | 7,444 | 857 | 827 | 18:34 5k | 840 | 18:51 5k | 828 |
| 6 | Ken Atterholt | 50-54 | 9 | 7,401 | 877 | 822 | 18:49 5k | 829 | 18:59 5k | 822 |
| 7 | Mike Gulan | 60-64 | 9 | 7,013 | 815 | 779 | | 0 | 22:55 5k | 742 |
| 8 | Thomas Fung | 45-49 | 10 | 6,936 | 801 | 771 | | 0 | | 0 |
| 9 | Greg Hanssen | 45-49 | 10 | 6,719 | 767 | 747 | | 0 | 20:25 5k | 740 |
| 10 | Stacey Dippong | 30-34 | 10 | 6,529 | 751 | 725 | 20:35 5k | 741 | 20:52 5k | 731 |
| 11 | Matt Kossoff | 30-34 | 10 | 6,419 | 736 | 713 | | 0 | 19:05 5k | 707 |
| 12 | Cathy Shargay | 50-54 | 10 | 6,316 | 746 | 702 | 24:23 5k | 716 | 24:56 5k | 701 |
| 13 | Ben Coyle | 35-39 | 8 | 6,295 | 798 | 787 | 17:40 5k | 769 | | 0 |
| 14 | David Bauers | 50-54 | 9 | 6,112 | 716 | 679 | | 0 | 22:25 5k | 696 |
| 15 | Kelcey Kinjo | 40-44 | 10 | 6,071 | 716 | 675 | 21:06 5k | 674 | 20:39 5k | 688 |
| 16 | Noreene Matsuda | 45-49 | 8 | 6,025 | 788 | 753 | | 0 | 22:33 5k | 746 |
| 17 | Mike Gellman | 40-44 | 10 | 5,695 | 728 | 633 | 27:53 5k | 510 | 21:53 5k | 650 |
| 18 | Eric Dangott | 35-39 | 9 | 5,562 | 649 | 618 | 22:09 5k | 613 | | 0 |
| 19 | Steve Kan | 55-59 | 8 | 5,560 | 761 | 695 | 23:35 5k | 683 | | 0 |
| 20 | Tonson Tong | 45-49 | 7 | 5,548 | 831 | 793 | | 0 | | 0 |
| 20 | Joanna Pallo | 30-34 | 10 | 5,548 | 641 | 616 | 23:53 5k | 639 | 24:42 5k | 603 |
| 22 | Jennifer Erickstad | 30-34 | 9 | 5,515 | 651 | 613 | 23:44 5k | 643 | 25:02 5k | 609 |
| 23 | Vicki Ballon | 30-34 | 8 | 5,296 | 702 | 662 | 22:25 5k | 680 | 22:53 5k | 666 |
| 24 | John Gardiner | 40-44 | 6 | 5,185 | 910 | 864 | 17:23 5k | 818 | 17:27 5k | 815 |
| 25 | Molly Donnellan | 50-54 | 7 | 4,768 | 698 | 681 | | 0 | | 0 |
| 26 | Carlos Jovel, Jr. | 35-39 | 9 | 4,763 | 582 | 529 | 25:22 5k | 535 | 26:38 5k | 510 |
| 27 | Paul Osgood | 45-49 | 9 | 4,559 | 584 | 507 | | 0 | 25:53 5k | 584 |
| 28 | David Blakesley | 65-69 | 8 | 4,346 | 602 | 543 | | 0 | 35:56 5k | 506 |
| 29 | Linda Hammond | 45-49 | 6 | 4,206 | 763 | 701 | | 0 | | 0 |



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 22, 2013

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

Cedar Grove Park
11385 PIONEER ROAD • TUSTIN, CA 92782

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

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

Save the Date:

OC Track Club's

Pancake Race 5K

SUN 7/28 8:00 a.m.

Pancake Race 5K, 1K Kids Run

Costa Mesa, CA

<http://octrackclub.com/pancake-race/>

New SCRR Officers for 2013-2014:

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Stacey Dippong

Vice President:

Dave Schiller

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Joanna Pallo

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Mike Dietz

My Experience with Newtons

By: Greg Hanssen

It all started in December 2011, just a few days after the Las Vegas Marathon. I was feeling pretty good on our Thursday club run and was dumb enough to try some strides with Stacey at the end of the run. It wasn't until after Lamppost pizza that my right knee let me know it was not happy. This little stunt would eventually cost me a few races including the Houston Marathon in January 2012.

I had tried changing my running style in the past... A previous experiment with Vibram 5 finger shoes (an attempt to tackle Plantar Fasciitis) didn't last. On the most part, I was still running in Nike Vomeros, the cream puff Cadillac of running shoes.

Sometime in March I happened upon the Runner's World article "The Shoe Believer" about the Newton shoes and was swayed by the central argument. We were meant to run on our forefeet, allowing the calf muscle and achilles to absorb most of the shock of foot strike before the heel touches the ground, rather than rely on exotic high tech shoes with rubber-padded heels to allow us to land straight down or on our heels.

This was also the idea behind the Vibrams and many other "minimalist" shoes that have shown up more recently. The gimmick behind the Newtons is the hard rubber "lugs" under the forefoot along with a near zero drop (the heel is not much higher than the toes). The way I like to describe the Newtons compared to the Vibram 5 fingers is that the Newton is like the carrot and the Vibrams are like the stick. Both will get you running on your forefoot but the Newtons will do it by letting you feel the lugs under the shoe with every foot fall. The net effect is a kind of reward for hitting the sweet spot. The Vibrams on the other hand punish you if you land on your heel because well, there is no heel in the Vibrams, it's almost like running barefoot. I know the Vibrams work great for some (looking at you Brian Kurnow), but I found the Newton approach easier to adopt.

The Newtons unfortunately are outrageously expensive (\$140-\$170) and I was hesitant to spend that much money on an experiment. Fortunately for me the standard "Distance" shoe was on sale at Road Runner Sports and thanks to a few other discounts (including our prior 15% SCRR club discount), I was able to get the shoes for roughly HALF price! How could I not try it? When I went to the store to try them on, they felt snug and comfortable. In other words if I had to wear them just standing around, they felt fine. The rubber lugs under the front feel funny but when I went out for a test run I felt like I was flying! I know it's gimmicky but for me this really felt like running!

As you've probably heard before, any shoe that changes your running style (including ALL of the minimalist shoes) require some time to adjust to. If you buy a pair and think you're going to circle Back Bay, you and your calf and achilles could be in for a WORLD of hurt without taking the time to adapt. I was told to start off really easy, so I did. I would finish the club run in my Vomeros then slap on the Newtons for a few laps around the parking lot. After a month or so I was putting solid 3-5 mile runs on the Newtons and within 6 weeks I had made the switch!

Running on your forefoot tends to quicken your stride with a shorter, higher frequency turn over. I also notice I make a LOT less noise running in the Newtons. Gone was the heavy thumping and in comes the soft tap tap tap of the rubber lugs. While the Newton does have a heel, now my calf and achilles were absorbing most of the impact. Although my achilles has been a bit tender since Magic Shoe this year, gone are any traces of Plantar Fasciitis or knee pain. The racing results have been fairly striking as well. My first race in the Newtons was the 2012 Magic Shoe 5k where I pulled off a 20:17, 20 second PR. A month later another 20+ second PR with my first sub 20 5k at Anaheim! I was feeling so good in the Newtons I decided to try some long runs which went well enough for me to try them in the Ironman Austria marathon. All in all I have to admit, I'm now a Shoe Believer also!



Ted's Most Excellent Comrades Marathon Adventure

By: Ted Williamson

I was inspired to run the Comrades Marathon through a 2010 Runners World story by Bart Yasso.

What intrigued me about Comrades was its rich history. The race was the brain child of Vic Clapham, a World War I veteran of the South African Infantry who set out to commemorate and honor the sacrifices of his comrades-in-arms with an 89k road race between Durban and Pietermaritzburg. The event would represent the “pain, agonies, death and hardships of his comrades” during a 1700 mile march. Since the first race in 1921, Comrades has run every year with the exceptions of the WWII years of 1941-1945 and is the world’s oldest ultra marathon.

The other aspect that attracted me was the legendary brutality of Comrades. The race is run on a road course that features five named hills and a few others deserving of names. So besides the 54 to 56 mile distance (Comrades alternates between the 87k “Up” & 89k “Down” runs) runners also have the hard paved surfaces and hills to deal with along with frequent heat & winds and a merciless and absolute 12-hour cutoff time.

2013 would be an “up” run and my first ultra experience.

I arrived in Durban Thursday morning May 30th after an uneventful but very long 32 hour flight. After arriving at my B&B about three miles outside the Durban city center, I took a nap then proceeded to a meet & greet at the Durban Hilton.

It was your typical gathering of runners: friendly, approachable, positive and enthusiastic. Making this group unique was its diverse international make up and the buzz of participating in an epic and historical event. There I met a number of people including US Comrades Ambassador Mark Bloomfield and Australia New Zealand Ambassador Bruce Hargreaves. I also met and had my photo taken with 9-time Comrades champ Bruce Fordyce.



Day two, Friday, May 31, got off to a great start. I met and had breakfast with an attorney in town for business. He asked me what I had planned for the day and when I told him I would be going to the Hilton to meet the buses for the course tour, he generously offered to take me there. This kindness was typical of South Africans from my experience.

At the Hilton six buses were staged for the course tour. I got on the bus with the US and Aussie/Kiwi contingent. The tour

guides on our bus were Mark Bloomfield from Comrades USA and a colorful Afrikaner named Bob. The two would team up to point out the various course features and landmarks as well as offer running strategies and tactics for the race.

The first stop incorporated the Comrades Wall of Honor overlooking the Valley of a Thousand Hills, and "Arthur's Seat". The Wall of Honor is comprised of bricks with the names of past Comrades participants and can be had by any finisher, for a price. Arthur's Seat is named after five-time winner Arthur Newton. It is said that this small out cropping in a course side ledge was a favorite resting spot of Arthur. Legend has it that if runners place a flower at Arthur's Seat, they will have a good second half run. Event sponsor Flora even hands roses to runners during the race so they may place it for good luck.

The next stop on the tour was the Ethembeni School for children suffering from physical disabilities, visually impairment, HIV and AIDS. Ethembeni kids are a true inspiration. The enthusiasm displayed by them during the bus tour stop and during the race was remarkable. They also put on a dazzling display of traditional dance.

The next stop was the finish line at the cricket stadium in Pietermaritzburg. Runners get a first-hand preview of what they can expect on the final approach to their Comrades finish. I took notes on just where I planned on making my final sprint and visualized how I would soak in the moment on race day. There's also the International Runners Hospitality Tent where I would relax, rehydrate and eat something after the race.

The final stop was Comrades Marathon House, a museum commemorating the storied history of the race and its champions. Upon arrival there was a troupe performing traditional African dance on the museum lawns. The young performers got much attention and many photos were taken. There was an almost reverential quiet inside the house as runners moved through in admiration and awe of the history and the incredible achievements of past champions. For me, the most awe inspiring was seeing Bruce Fordyce's name eight times in a row, with a one year separation between his ninth and final win, on the champions plaque.

After arriving back in Durban, I went to the expo to get my packet and do some shopping. As an international runner I was able to zip right past the zillion person line and pick my stuff up at the Foreign Competitors booth only three people long.

From there I returned to my hotel and met up with my Aussie friend Matt Callaghan. Matt invited me to have dinner with a crew from Comrades Australia/New Zealand. It was a great evening with a fun loving, warm and interesting group of runners from down under and Matt's friend Kirsten from Johannesburg.

Saturday was strictly a down and lazy day though we did make it back to the expo for some additional shopping and where I would customize my race shirt with some USA markings front and back. They actually had an embroidery shop at the expo! The rest of Saturday was laid back and capped with an early dinner and sack time.

Sunday we got up at 03:30 had breakfast and headed to the Hilton where Matt and I would connect with Kirsten and walk to the starting line from there. We needed to be in our start pens no later than 05:15 for the 05:30 start. If you weren't in your pen by 05:15, you didn't race.

If the few blocks walk to the start was unusual, the scene at the start was almost surreal. The din of the morning along with the sights, smells and makeup of the international field of runners was like one I'd never experienced before and unlikely to see anywhere other than Comrades. It was incredible.

As the start grew near, runners began singing Shosholoza, a motivational folk song popular in the South African mines. Soon after, the theme from Chariots of Fire blared and finally the traditional rooster crow sounded signaling the start. 15,000 plus runners moved forward taking up to 15 minutes for the last runner to cross the start line. Oh, and it's a gun time start so those in the rear have an instant deficit. Fortunately I'm in the "C" pen so it only takes me 2 minutes to get across the line.

Though running in the relative cool of the morning, the forecast is for a hot day and I can already tell it's going to be a warm one. Initially you're just running trying to settle into the pace that will get you 54-miles. As the race moves out of the city and up Cowies Hill, the first of five named hills, I settle in with the sub-nine hour "Bus" or pace group. Getting on a "bus" can be a good move because you don't have to think about strategy or tactics; you just have to trust the "driver" to get you to the finish in time.

I was running well at an eight hour, 40 minute pace until the 27-mile mark when I started getting lower leg cramps. Though I'd already been running with a minor stitch from about the 10-mile mark, it wasn't enough to slow me down. But the cramps were. Though I stayed close behind the bus, by mile thirty I decided to let them go for fear of flaming out and having to take the ride of shame to the finish.

By the time I let the sub-nine hour bus go, I'd already gotten over three of the five named hills but still had to manage my leg cramps another 25-miles and they were getting worse. The remaining miles included the final two named hills of Enchanga and the infamous Polly Shortts plus smaller un-named hills the last known as Little Pollys.

As the day went on it also got hotter topping out at 85 degrees. The wind had also picked up considerably and was a headwind (of course). People not accustom to the heat were suffering and I saw many being assisted by medical staff. Fortunately most of my training is in the afternoon here in SOCAL so the heat didn't really affect me much.

Also good is that Comrades is great with aid stations having them every two to three km apart. Along with plenty of water and sports drink, Comrades also requires calories through regular food. Boiled potatoes, bananas and oranges are abundantly available as are many other choices offered by spectators who line the course from start to finish.

Speaking of spectators, Comrades is HUGE in South Africa. It's nationally televised (live) and talked about on the news and news magazine shows for a week prior to the race. The next day's Durban Daily News leads off with the front page dedicated to Comrades followed by the published names of every participant.

As I ran along there were many sights and people to see. I caught up to Tovy, one of the Aussie girls and my buddy Matt who had started with in the "A" pen but was having difficulties. I was hoping that Matt would run and finish with me but he was hurting too much so he told me to go.

The sights included a runner I passed who was dressed like a baby complete with paci or dummy. In the later miles, one of the aid stations was "manned" by a group of female African tribal villagers. The gals were in traditional dress and topless. Like the other stations, the girls at this one were right on the spot with water and sports drink and other than the initial curiosity of their unusual (to me) dress, nothing seemed out of the ordinary.

I finally got past Little Pollys and to the base of notorious Polly Shortts. What makes Polly Shortts tough is that, though only 1-mile long and 330 feet of elevation, it comes at mile 50. You do a lot of walking up Pollys and it seems much longer than a mile.

After Pollys the final 5k is either downhill or flat. By this time downhill doesn't feel so good. But the final 1.5 mile to the stadium finish is flat and fast. I had a good talk with my legs and told them to buck up and finish like men. They complied and I was able to pick up the pace and finish with an actual run rather than a jog. The finish straight at Comrades is like no other anywhere I know. You're already in the stadium and people are going nuts cheering you on then you make a dogleg left turn and you see the finish: You're just about to finish the Comrades Marathon and the feeling is indescribable.

Buddy Kirsten finished in a blazing 07:19:32, Matt Callaghan soldiered in with a gutsy 10:51:15 and I finished in 09:48:32. Not the sub-nine hour finish I wanted but satisfying nonetheless.

Epilogue:

The Comrades Marathon is an event I had begun thinking about over two years ago. Last summer after a spontaneous 30-mile final training run for the San Francisco Marathon, I began to seriously consider running the 2013 Comrades and last September I signed up. My Comrades experience was everything I expected and more, much more than I could possibly express in a few pages. I hope to become a "complete" Comrades runner by finishing the "down" run in 2014.

Monday was a total lay around day. This was good since it's all I could do anyway. On Tuesday, June 4th, I was hoping to go on safari but could not find one scheduled on such short notice. Instead I toured a few of Durban's landmarks. By the end of the day a tooth was so sore that I made an appointment with my dentist for Friday. By Wednesday all I could do was to keep popping pain meds. During the flights home what turned out to be an abscess, exploded and the right side of my face filled up like a balloon. The good part of this was the timing: It happened AFTER Comrades!

SATURDAY RUNS

PLEASE NOTE NEW 7 AM START TIME THROUGH THE SUMMER! Meet at 6:45 AM, runs starts at 7 AM.

7/6/13 – Back Bay Classic

Leader: Amy Katz

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, also known as the monument.

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 - 1000 North Bristol St., Suite 30, Newport Beach.

7/13/13 – Lake Forest Extension Loop *NEW*

Leader: Greg Hanssen

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

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

7/20/13 – Oso Creek Trail/Lake Mission Viejo *NEW*

Leaders: Alberto & Vicki Ballon

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

7/27/13 – Hicks Canyon

Leader: Joanna Pallo

Location: Start at Albertson's shopping plaza at corner of Culver and Irvine Blvd in the Northwood section of Irvine. Meet in front of Champagne Bakery, 3901 Irvine Blvd. Irvine, CA 92602.

Directions: From the 5 freeway, exit Culver and head north toward the mountains. Pass Bryan, turn left on Irvine Blvd and make an immediate right into the shopping plaza. Turn left and park between the Jack in the Box and the Champagne French Bakery (the bakery sign is not well-marked).

About the Run: We'll run slightly uphill along the Hicks Canyon paved bike and dirt trail to Portola into Peter's Canyon. The full loop, including Peter's Canyon, is about 14 miles. For those wanting to run shorter, you can do an out-and-back along the bike path. Those wanting longer, take an extra loop around Peter's which is another 5 miles.

After the Run: Champagne Bakery

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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 7/4 7:15a.m. | Woodbridge Village Community 5k, 10K |
| THURS 7/4 8:00a.m. | Surf City 5K Huntington Beach, surfcityrun |
| THURS 7/4 7:00a.m. | 6 th Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run runladera.com |
| THURS 7/4 7:30a.m. | YMCA Run in the Park 5K, 10K Laguna Niguel, Ca ymca run in the park |
| THURS, 7/11, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| SUN 7/7 8:00a.m. | Carlsbad Triathlon Carlsbad, CA Carlsbad Triathlon |
| THURS 7/11 6:15p.m. | Peter's Canyon Summer Trail Series #2 Tustin, CA renegaderaceseries |
| SUN 7/14 6:00a.m. | Ironman 70.3 Vineman Triathlon Sonoma County, CA vineman.com |
| SAT 7/27 7:00a.m. | City of Cypress 5K, 10K, Kids Run Cypress, CA cypress5k10k |
| AUGUST | |
| THURS, 8/1, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| THURS 8/1 6:15p.m. | Peter's Canyon Summer Trail Series #3 Tustin, CA renegaderaceseries |
| SAT 8/3 7:30a.m. | Camp Pendleton Semper Tri/Devil Dog Duathlon & Triathlon – MCAS Pendleton camppendletonraces.com/tri-duathlon |
| SUN 8/10 | SCRR Track One Mile Race, Beckman High School |
| THUR 8/15 5:45p.m. | Into the Wild Trail 8K #1 – Irvine, CA intothewildctrailrun |
| SUN 8/18 7:00a.m. | America's Finest Half Marathon, San Diego, CA AmericasFinestHalf |
| THUR 8/22 5:45p.m. | Into the Wild Trail 8K #2 – Irvine, CA intothewildctrailrun |
| SAT 8/24 6:00a.m. | Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA trailrunevents.com/bulldog |
| SAT 8/24 9:30a.m. | USATF Road Mile Championships – Dockweiler State Beach roadmile.org |
| THUR 8/29 5:45p.m. | Into the Wild Trail 8K #3 – Irvine, CA intothewildctrailrun |
| SEPTEMBER | |
| SAT 8/31 6:45a.m. | Disneyland Family Fun 5K (SOLD OUT) |
| SUN 9/1 5:45a.m. | Disneyland ½ Marathon (SOLD OUT) |
| THURS, 8/5, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| MON 9/2 8:00a.m. | 47 th Run to the Top of Mt. Baldy – Mt. Baldy CA run2top.com |
| SAT 9/21 7:00a.m. | Anaheim's OC Fest of Ales 2 nd Annual Beer Run 5K Anaheim, Ca BeerRun5k |
| SUN 9/23 7:30a.m. | Komen Orange County Race for the Cure – Newport Beach, CA ko2enoc.org |
| OCTOBER | |
| THURS, 10/3, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| SAT 10/5 6:45a.m. | St. George Marathon St. George, Utah stgeorgemarathon |
| SAT 10/5 7:30a.m. | Chapman University 5K, Orange, CA Chapman.edu/5k |
| SUN 10/13 7:00a.m. | ICB Long Beach Marathon, ½ Marathon, Run Forrest Run 5K RunLongBeach |
| SUN 10/13 7:30a.m. | BA Chicago Marathon Chicago, Ill ChicagoMarathon |
| SAT 10/23 8:30a.m. | 26 th Harbor Heritage Run Newport Beach, CA HarborHeritageRun |
| SUN 10/20 6:30a.m. | Nike Women's Marathon San Francisco, CA Nikerunningwomensmarathon2012 |
| SUN 10/27 8:00a.m. | Marine Corps Marathon, Washington DC MarineMarathon |
| SUN 10/27 7:00a.m. | LA Halloween Rock & Roll ½ Marathon Los Angeles, CA LArunrocknroll |

2013-2014 SCRR CLUB OFFICERS:

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 Treasurer: Lisa Eiler
 Secretary: Rob Harris
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