

ON THE RUN



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

Orange County, California
March 2010 Issue

Runner of the Month – Cathy Shargay

By: Ken Atterholt

You might be a runner if... You are Cathy Shargay, our Runner of the Month.

You might be a runner if:

1. *Your day isn't complete until you've put your run in.*
2. *You run.....for fun*
3. *Your daily run is like therapy – a great stress reliever*
4. *You get jealous of any runners you pass by while driving, wishing that you were running too ["Lucky runner!" exclaims Cathy, pointing to the guy struggling up a hill at noontime in 110 degree heat]*



When I first saw this list of gag lines on a running web site, I was surprised it didn't have Cathy's picture beneath it. I realized that the running bug was so strong in Cathy, that it wouldn't take much imagination to create a list of my own, characterizing the connection running, and the running club has with her life and our lives together.

You might be a runner if... You characterize your baby jogger as your "best friend".

Cathy started running as a new mother, shortly after the birth of her oldest. "I loved my baby jogger" she reminisces fondly. As both kids got older, the turns in the jogger with Mom became a much sought-after prize, frequently contested for between the two, and a lesson in taking turns. At other times, she often resorted to going back and forth along her short cul de sac, waving to the kids each time she passed by the house, always staying within sight while she got in her daily run.

You might be a runner if... At the end of a first date with someone you really like; you take him on a tour of all your favorite running trails.

Cathy and I were introduced through one of her friends in the running club, with whom I was doing a 50 mile bike ride when the topic of my dating (or lack there-of) came up. I remember suggesting at the time, that maybe someone at least a bit athletically inclined would be a good idea. The next thing I knew Cathy and I were busily training together for my first marathon (L.A. 2004). Then some other good stuff happened, and on to my second marathon (L.A. 2005), my next marathon (St George 2006), yet another marathon...and on to our first Boston together (2008)!

You might be a runner if... Your vacation destinations tend to center around cities with major Marathons or races.

Cathy's resume includes many of the top picks: New York, San Francisco, Zion/Bryce (after running St. George), Tucson, San Diego, and let's not forget Boston.

You might be a runner if...Your favorite memories of Rome and Paris are about the great runs you had while you were there.

As a materials engineer for Fluor, Cathy does a lot of traveling, and she rarely leaves her running shoes at home. Cathy often recounts an amazing morning run in Rome Running around the Coliseum at sunrise. She has a favorite route in Amsterdam - weaving through the canals and around a beautiful park. While in Paris together between a meeting and a conference, we stayed in a tiny hotel in St. Michael Square across the river from Notre Dame, and had a fantastic long run on a Sunday morning down one side of the Seine from Notre Dame to the Eiffel Tower, over the palace bridge back up the other side of the Seine and through the gardens of the Louvre back to St Michael. And I can't forget one of our first trips together so that she could present a paper at a conference in New Orleans - I think it was our first morning after the flight, having heard there was a local 5K, she signed us up. The post race finish line fare was dirty rice and black beans. The surprise was her race result. We ended up dragging a 2 ft high trophy with us all over town on the cable car ride back to the hotel (UNCF 5K 4th Woman overall, 1st Masters).



Daughter Carrie, Cathy and Ken at Make Room for Santa race.

You might be a runner if...All of your Holiday plans include the annual races.

We all know the list. Our families all know the list:

- New Year's Eve – Bob Morris's Midnight Run
- SuperBowl Sunday – Huntington Beach Half
- Valentine's Day – Snails Couples run, Palm Springs Century / Half Marathon
- Memorial Day Weekend – Mt Wilson trail run on Saturday, Saddleback Half on Monday
- Forth of July – Decisions, decisions...Hmmm Huntington Beach or Woodbridge 5K's
- Labor Day – Mt Baldy Run to the Top
- Thanksgiving – Dana Point Turkey Trot

You might be a runner if...When the doctor tells you "you should just stop running" your response is emphatic enough that he finally gives you the name of a specialist – in psychiatric medicine.

Most of us have been through the battle of trying to find a real sports medicine doctor in these days of walk-in clinics and I remember when after a long and difficult struggle to get anyone to take her injury seriously and finally to diagnose Cathy's compartmental syndrome, we finally found a doctor willing to perform a diagnostic test for the problem. The test generally requires a measurement immediately after running, as that worsens the symptoms, but her doctor wanted first to take a baseline measurement – at which point his eye brows shot up as he rechecked his measurements first in one calf, and then the other in what I read as a "You're still running? You shouldn't even be able to walk" surprise. "We won't be needing to take any more measurements." He said. Cathy is proof that persistence pays off. After minor surgery, she running pain-free again and enjoying every minute of it.

Does some of this sound familiar? Do you know anyone like this? You too might be a runner.

Finally - **You might be a running couple if...**Boston is just not that big a deal any more – unless you are running it together. (Boston, 2008, Boston 2010 – I can't wait).

Grand Prix Highlights – Surf City

By: Linda Hammond

The month of the February brought the Olympics to Vancouver and closer to home the **Surf City Marathon, Half Marathon and 5k**. With this race we have a change at the top of the **Grand Prix** podium. Moving from **SILVER** to the **GOLD** medal position is our new leader **John Gardiner**. John was 5th overall in the 5k and won his age group. In the 5k we had some really fast times, PRs and age division wins. Surf City is always a club favorite and as a result the team turned out in huge numbers. Several team members served as official pacers for the half and full marathon helping runners meet their time goals. In the half marathon, **Amy Katz** and **Amelia Carchidi** paced the 2:00 group, and **Faith Morris** brought in the 2:45 group. In the marathon **Greg Jones** paced 3:10, **Ben Coyle** 3:30, **Tonson Tong** 3:40, and **Erika Kotteakos** 4:10. We had PRs and some great performances in the marathon and half marathon.

This month **Greg Hanssen** shared his thoughts on his PR in the half marathon.

Linda: *Congratulations on your PR in the Surf City Half Marathon. What was your race strategy?*

Greg: This was my 7th consecutive PR at Surf City/Pacific Shoreline! I don't know that I had a strategy. I just felt strong throughout so I guess it was just my lucky day. Even though 2009 was a PR as well, I certainly faded in the last miles then (and Long Beach) ... but not this year. I think all the cycling in prep for the Ironman has helped my quads and over-all stamina. Also I dumped the iPod. For the PR, I only needed 1:39:27, so 1:37:13 was a real shocker!

Linda: *How long have you been running and what brought you to SCRR?*

Greg: I started running in early 2003 so that I could pace my then girlfriend in the last six miles of her LA Marathon. After we broke up, I was left wondering how far I could actually go. I heard about SCRR from a license plate frame seen at a Sierra Club hike, talked to Molly at the booth at Corona del Mar 5k, joined and ran the Woodbridge July 4th 10k as my first race (55:52). That October I ran my first marathon at Lake Tahoe (4:45:21).



Greg Hanssen

Linda: *Do you have an upcoming goal race?*

Greg: I'd like to finish the Ironman in June in less than 15 hours... I'm also running St George in October in my never ending quest for the illusive 3:20:59 Boston Qualifier.

In the marathon **Tonson Tong** once again brought in the 3:40 group, a key **Boston Marathon** qualifying time.

Linda: *Thank you for pacing the Surf City 3:40 group. What motivates you to be a pacer? How many marathons have you done and how many have paced?*

Tonson: I enjoy helping others to achieve their running goals. In addition to that, I can also use it as a training run. I have accomplished 81 marathons, 13 of them were pacing. I have paced Surf City Marathon since 2007. I ran the first one back in 1997 (called Pacific Shoreline Marathon back then.). Since then, I only ran the half (not every year though) until 2007 when I started taking the responsibility of pacing.



Linda: *How long have you been running and what brought you to SCRR?*

Tonson: I have been running for almost 28 years. I was on my high school cross country team for 2 years. At that time, I ran 2 days a week. I only ran so as to stay in shape while in college. I didn't run serious until 16 years ago. I run 35~45 miles a week for the last 10 years when I am training for a marathon. Running and partying brought me to SCRR. Is it a good reason? :-)

Linda: *What is your next running goal?*

Tonson: My goal is to continue to improve my time.

Thanks runners for sharing your stories. Our next Grand Prix race is the **Brea 8k**. I predict that we will have a lot of PRs! We have completed 8 races. With 4 races left, what will your top 9 races be this season? See you at the races.

SCRR Group Bound for Boston!

By: Amy Katz

Ken Atterholt
Elizabeth Bailey
Orhan Becker
Amelia Carchidi
Kathleen Curley
Stacey Dippong

Eric Frome
Linda Hammond
Amy Katz
Vince Lowder
Mary Lynch
Noreene Matsuda

Annette McCall
Jon Resnick
Cathy Shargay
Tom Skane
Karen Winter

**Many Thanks to
Dan and Teleia Templin
for a
Wonderful Super Bowl Party!!**

Surf City Marathon and Half Results

By: Amelia Carchidi; Photo By: Amy Katz

Congratulations to all our runners in the Surf City Marathon and Half Marathon!! Remember when I asked the runners to write down their goals? Here's how they fared:

MARATHON

Matt Hood (aka leader of the Red Shirts) was looking for a time between 3:19 and 3:30 and ran a personal best of 3:26:49... **Dave Bauers** wanted to break his PR of 4:11 and ran a personal best 4:04:33 after just a few months of training with our group.

Some other highlights include fellow Red Shirt partner **Cris Barkmeier** ran a person best 3:20:37... **David Schiller** on his post surgery comeback marathon ran 3:11:23.

Pacer Greg Jones brought in a bunch of men under the 3:10 men's Boston qualifying time in 3:09:56... **Pacer Ben Coyle**

brought home the 3:30 group in 3:29:45... **Pacer Tonson Tong** led the women to a sub 3:40 Boston qualifier in a time of 3:39:49... **Pacer Erika Kotteakos** led the 4:10 group in 4:09:55.



Dave Schiller, Matt Hood and Greg Jones

HALF MARATHON

Matt Huffman's goal was to break his personal best of 1:44 and crushed it in 1:38:39... **Ed Nichols** wanted to run close to 2:00 and finished very close with a time of 2:05:32... **Amanda Beach** in her quest to break 1:50 in the half shattered it in a time of 1:48:51... **Mary Lynch** ran another great race and broke her goal time of 1:35 in the half, running 1:33 and change... and **Greg Hanssen** ran his 7th consecutive half marathon PR at Surf City in a time of 1:37:13!!

Also a few other noteworthy performances in the half marathon... **James Chandler** celebrated his birthday with a personal best time of 1:59:14 and broke 2:00 for the first time ever... New member **Heather Wade** ran her first half marathon in 1:57:24... **Courtney Cleary** is following in the footsteps of her super speedy roommate and ran 1:41:16 for a new personal best... **Elizabeth Bailey** also ran a personal best 1:40:01... **Ingrid Johnson** a personal best in 1:47:51... **Chris Johnson** finished his first half marathon in 2:01:53... **Armando Moran** ran a nice 1:34:29 which was a PR for him as well... **Jenny Yang** ran her first half marathon in 2:24:33.

Mike Friedl ran 1:39:05... **Brandon Erickson** ran 1:48:50... **Linda Lowder** ran 1:51:35... **Jane Crewe** ran 1:56:48... **Cathy Shargay** and **Ken Atterholt** finished together in 1:58:14... New Member **Shannon Bowers** finished in 2:08:13... **Julia Hearn** ran a nice 2:10:48... **Jeanene Warren** in 2:27:38.

Pacer Amy Katz and **Pacer Amelia Carchidi** brought loads of runners in under the 2:00 mark and finished in 1:59:03 and 1:59:19 respectively. **Pacer Faith Morris** brought home the 2:45 group in 2:44:10.

Congratulations to all our runners! ~Amelia

Surf City Marathon, 1/2M and 5K Photos

By: Linda Hammond



More
photos
and
captions on
next page

Triathlete Birthday Cake for Ken Atterholt

Made By: Andrea Beker



Surf City Marathon Photos

By: Linda Hammond

Captions:

Page 6, Top row: James Chandler, Amanda Beach and Carlos Jovel; Heather Wade and Amelia Carchidi.

Middle Row: Matt Hood, Anthony Mejia, Cris Barkmeier; Linda Hammond and Jane Crewe.

Bottom Row: Noreene Matsuda, Elyse Shimado, Kathleen Curley, Leilani Rios and Stacey Dippong.

This Page, Left: Matt and Dawn Hood with "Go Matt" flag that Dawn waved while cheering him on!



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 80 participants (out of 105 so far) for the 2009-2010 series after 8 races are:

| Details | | | | | Surf City | | | | SoCal Half | | |
|---------|------------------|-----------|-----|---------|-----------|------|-----|--------------|------------|--------------|--------|
| Place | Name | Age Group | Sex | Total | Races | Best | Avg | Times | Points | Times | Points |
| | | | | Point s | | | | | | | |
| 1 | John Gardiner | 35-39 | M | 6,639 | 8 | 866 | 830 | 16:31 5k | 822 | 16:02 5k | 847 |
| 2 | David Schiller | 45-49 | M | 6,587 | 8 | 867 | 823 | 3:11:23 Full | 765 | 1:25:46 Half | 794 |
| 3 | Linda Hammond | 45-49 | F | 5,831 | 8 | 761 | 729 | 23:16 5k | 723 | 1:44:51 Half | 761 |
| 4 | Ed Coffey | 60-64 | M | 5,804 | 8 | 734 | 726 | 24:14 5k | 702 | 23:09 5k | 734 |
| 5 | Mike Connors | 40-44 | M | 5,530 | 7 | 814 | 790 | | 0 | 18:01 5k | 789 |
| 6 | Matt Hood | 40-44 | M | 5,464 | 8 | 703 | 683 | 3:26:49 Full | 663 | 1:34:47 Half | 669 |
| 7 | Noreene Matsuda | 45-49 | F | 5,306 | 7 | 800 | 758 | 21:55 5k | 768 | 1:39:39 Half | 800 |
| 8 | Leilani Rios | 30-34 | F | 5,242 | 7 | 776 | 749 | 21:25 5k | 712 | 19:46 5k | 754 |
| 9 | Mike Friedl | 45-49 | M | 5,223 | 7 | 781 | 746 | 1:39:05 Half | 687 | 19:22 5k | 781 |
| 10 | Cathy Shargay | 50-54 | F | 4,958 | 7 | 732 | 708 | 1:59:14 Half | 668 | 1:54:57 Half | 693 |
| 11 | Ken Atterholt | 45-49 | M | 4,949 | 7 | 771 | 707 | 1:59:14 Half | 571 | 1:54:57 Half | 592 |
| 12 | Bob Morris | 55-59 | M | 4,945 | 6 | 866 | 824 | 19:21 5k | 833 | 18:36 5k | 866 |
| 13 | Eric Frome | 25-29 | M | 4,909 | 6 | 846 | 818 | 16:26 5k | 815 | 1:12:00 Half | 846 |
| 14 | Steve Kan | 55-59 | M | 4,857 | 7 | 729 | 694 | | 0 | 1:46:50 Half | 659 |
| 15 | Armando Moran | 35-39 | M | 4,844 | 7 | 711 | 692 | 1:34:29 Half | 671 | | 0 |
| 16 | Jeanie Leitner | 60-64 | F | 4,792 | 6 | 817 | 799 | 1:54:19 Half | 786 | 1:50:42 Half | 811 |
| 17 | Greg Hanssen | 40-44 | M | 4,418 | 7 | 661 | 631 | 1:37:16 Half | 652 | 1:54:03 Half | 556 |
| 18 | Elizabeth Bailey | 30-34 | F | 4,033 | 6 | 679 | 672 | 1:40:01 Half | 676 | 22:36 5k | 675 |
| 19 | Brad Wobig | 40-44 | M | 4,015 | 5 | 841 | 803 | 20:00 5k | 711 | | 0 |
| 20 | Amy Katz | 35-39 | F | 3,888 | 6 | 672 | 648 | 1:59:03 Half | 596 | 1:47:04 Half | 662 |
| 21 | Tonson Tong | 40-44 | M | 3,677 | 5 | 772 | 735 | 3:39:49 Full | 623 | 1:23:22 Half | 760 |
| 22 | Thomas Fung | 45-49 | M | 3,670 | 5 | 748 | 734 | | 0 | 1:31:20 Half | 745 |
| 23 | Orhan Beker | 35-39 | M | 3,608 | 5 | 749 | 722 | | 0 | 18:08 5k | 749 |
| 24 | Karen Winter | 50-54 | F | 3,452 | 5 | 707 | 690 | | 0 | | 0 |
| 25 | Greg Jones | 35-39 | M | 3,046 | 4 | 815 | 762 | 3:09:56 Full | 693 | 1:17:48 Half | 815 |
| 26 | Ben Coyle | 35-39 | M | 2,974 | 4 | 790 | 744 | 3:29:45 Full | 628 | 17:31 5k | 775 |
| 27 | Annette McCall | 35-39 | F | 2,933 | 4 | 766 | 733 | 21:34 5k | 714 | | 0 |
| 28 | Kathleen Curley | 25-29 | F | 2,879 | 4 | 743 | 720 | 20:04 5k | 743 | 1:36:03 Half | 714 |
| 29 | Cris Barkmeier | 35-39 | M | 2,876 | 4 | 744 | 719 | 3:20:37 Full | 656 | 1:25:46 Half | 739 |
| 30 | Pamela Wusthof | 55-59 | F | 2,782 | 4 | 708 | 696 | | 0 | 26:10 5k | 708 |
| 31 | Jon Resnick | 45-49 | M | 2,769 | 4 | 750 | 692 | 23:08 5k | 653 | | 0 |
| 32 | James Chandler | 25-29 | M | 2,741 | 5 | 582 | 548 | 1:59:14 Half | 511 | 23:02 5k | 582 |
| 33 | Erika Kotteakos | 40-44 | F | 2,716 | 4 | 725 | 679 | 4:09:55 Full | 595 | | 0 |
| 34 | Amelia Carchidi | 30-34 | F | 2,700 | 4 | 734 | 675 | 1:59:19 Half | 566 | 1:37:40 Half | 692 |

| Details | | | | Surf City | | | | SoCal Half | | | |
|---------|-------------------------|-----------|-----|--------------|-------|------|-----|--------------|--------|--------------|--------|
| Place | Name | Age Group | Sex | Total Points | Races | Best | Avg | Times | Points | Times | Points |
| 35 | Doug Denniston | 45-49 | M | 2,459 | 5 | 496 | 492 | | 0 | 30:37 5k | 494 |
| 36 | Sandra Manzano-Straehle | 40-44 | F | 2,259 | 3 | 768 | 753 | | 0 | | 0 |
| 37 | Mike Gulan | 60-64 | M | 2,230 | 3 | 768 | 743 | | 0 | | 0 |
| 38 | Ryan Doss | 20-24 | M | 2,228 | 3 | 750 | 743 | | 0 | 18:02 5k | 750 |
| 39 | Janelle Cabassa | 30-34 | F | 2,140 | 5 | 449 | 428 | | 0 | | 0 |
| 40 | Carrie Shargay | 15-18 | F | 2,128 | 3 | 738 | 709 | | 0 | 1:48:17 Half | 738 |
| 41 | Quang Pham | 45-49 | M | 1,971 | 3 | 685 | 657 | | 0 | 1:51:55 Half | 608 |
| 42 | Bryan Chu | 25-29 | M | 1,963 | 3 | 661 | 654 | | 0 | 1:32:21 Half | 660 |
| 43 | Kevin Michaels | 40-44 | M | 1,930 | 3 | 693 | 643 | | 0 | | 0 |
| 44 | Alejandro Aceves | 30-34 | M | 1,858 | 3 | 640 | 619 | | 0 | 1:41:55 Half | 603 |
| 45 | Bill Quinnan | 35-39 | M | 1,824 | 3 | 624 | 608 | | 0 | | 0 |
| 46 | Faith Morris | 50-54 | F | 1,786 | 4 | 579 | 447 | 2:44:10 Half | 106 | 30:11 5k | 579 |
| 47 | Sue Zihlmann | 45-49 | F | 1,777 | 2 | 918 | 889 | | 0 | 1:26:53 Half | 918 |
| 48 | Fred Cowles | 45-49 | M | 1,715 | 2 | 879 | 858 | | 0 | | 0 |
| 49 | Julia Wu | 40-44 | F | 1,635 | 3 | 549 | 545 | | 0 | | 0 |
| 50 | Carlos Jovel, Jr. | 35-39 | M | 1,598 | 3 | 568 | 533 | 25:10 5k | 540 | 2:09:30 Half | 490 |
| 51 | Kate Accardo | 20-24 | F | 1,589 | 2 | 798 | 795 | 19:05 5k | 798 | 19:15 5k | 791 |
| 52 | Kathleen Litvak | 40-44 | F | 1,582 | 2 | 808 | 791 | | 0 | 19:33 5k | 808 |
| 53 | Jeanene Warren | 40-44 | F | 1,582 | 3 | 571 | 527 | 2:27:38 Half | 487 | 27:40 5k | 571 |
| 54 | Mary Lynch | 40-44 | F | 1,549 | 2 | 780 | 775 | 1:33:24 Half | 769 | 20:16 5k | 780 |
| 55 | Jodie Kinney | 60-64 | F | 1,541 | 2 | 781 | 771 | 25:51 5k | 760 | 25:09 5k | 781 |
| 56 | Laura Bullock | 35-39 | F | 1,529 | 2 | 777 | 765 | | 0 | | 0 |
| 57 | Vincent Lowder | 40-44 | M | 1,494 | 2 | 775 | 747 | 18:20 5k | 775 | 1:28:06 Half | 719 |
| 58 | Kevin MacDonnell | 50-54 | M | 1,455 | 2 | 741 | 728 | 21:03 5k | 741 | | 0 |
| 59 | Michelle Philo | 30-34 | F | 1,427 | 3 | 512 | 476 | | 0 | | 0 |
| 60 | Rob Harris | 50-54 | M | 1,423 | 2 | 717 | 712 | | 0 | 1:36:56 Half | 717 |
| 61 | Susan Liu | 35-39 | F | 1,405 | 2 | 717 | 703 | | 0 | | 0 |
| 62 | Colleen Jones | 30-34 | F | 1,395 | 2 | 704 | 698 | | 0 | | 0 |
| 63 | Jan Twisk | 45-49 | M | 1,381 | 2 | 716 | 691 | | 0 | | 0 |
| 64 | Linda Lowder | 45-49 | F | 1,358 | 2 | 715 | 679 | 1:51:35 Half | 715 | | 0 |
| 65 | Terry Purdy | 50-54 | M | 1,355 | 2 | 682 | 678 | | 0 | | 0 |
| 66 | Stacey Dippong | 25-29 | F | 1,347 | 2 | 682 | 674 | 21:51 5k | 682 | | 0 |
| 67 | Jennifer Whyte | 35-39 | F | 1,305 | 2 | 654 | 653 | | 0 | | 0 |
| 68 | Allison Baker | 20-24 | F | 1,297 | 2 | 653 | 649 | 23:39 5k | 644 | 23:20 5k | 653 |
| 69 | Jane Crewe | 45-49 | F | 1,293 | 2 | 683 | 647 | 1:56:48 Half | 683 | | 0 |
| 70 | Amanda Beach | 30-34 | F | 1,269 | 2 | 648 | 635 | 1:48:51 Half | 621 | | 0 |
| 71 | Scott Watters | 30-34 | M | 1,199 | 2 | 609 | 600 | | 0 | | 0 |
| 72 | Jan Peters | 50-54 | F | 1,161 | 2 | 589 | 581 | | 0 | | 0 |
| 73 | Brandon Erickson | 25-29 | M | 1,147 | 2 | 587 | 574 | 1:48:50 Half | 560 | | 0 |
| 74 | Sohrab Mirza | 65-69 | M | 1,063 | 2 | 535 | 532 | | 0 | | 0 |
| 75 | Ed Nichols | 35-39 | M | 1,024 | 2 | 519 | 512 | 2:05:32 Half | 505 | | 0 |
| 76 | John Loftus | 50-54 | M | 934 | 1 | 934 | 934 | | 0 | | 0 |
| 77 | Melissa Schiller | 13-15 | F | 916 | 2 | 535 | 458 | | 0 | 44:11 5k | 381 |
| 78 | Cheryl Smith | 25-29 | F | 885 | 1 | 885 | 885 | | 0 | 1:17:26 Half | 885 |
| 79 | Pat Copps | 55-59 | M | 832 | 1 | 832 | 832 | 3:04:55 Full | 832 | | 0 |
| 80 | Sherri Ellerby | 45-49 | F | 805 | 1 | 805 | 805 | | 0 | | 0 |

SATURDAY RUNS

3/6/10, Hicks Canyon

Time: Meet at 7:45. Start at 8:00.

Leader: Amelia Carchidi

Location: Start at shopping complex at corner of Culver and Irvine Blvd in the Northwood section of Irvine.

Directions: From the 5 freeway, exit Culver and head north toward the mountains. Pass Bryan. Make Left on Irvine Blvd and immediately make a right into the shopping complex. 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 and into Peter's Canyon. The full loop, including Peter's Canyon, is about 13-14 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 (extra 5 miles).

After the Run: Champagne Bakery.

3/13/10, Aliso/Wood Canyon

Time: Meet at 7:45. Start at 8:00.

Leader: Sandra Manzano-Straehle

Location: Aliso/Wood Canyons in Laguna Niguel (near corner of Aliso Creek and Alicia). Meet across from church in dirt parking lot on Awma Rd.

Directions: From Irvine, take 5 south. Exit at Alicia Parkway and head south. Turn right on Awma Rd, which is just past Aliso Creek Road.

About the Run: Out-and-back or loop course, 6-14 miles. Mainly dirt trails. At the right turn onto the dirt (by the outhouses) continue parallel to the road on single track Meadows Trail. After 1/2 mile, trail turns right and starts switchbacks up to the top of the ridge – great views of the ocean at the top. Go right, trail winds behind a few houses, and then hits Alta Vista road. Run on road about 2 miles to Top of the World, continue down West Ridge Trail. Can return to church via Mathis, Lynx or Cholla trails. Bring water. The Mathis Trail version is about 9 miles. After the Run: Corner Bakery in the Henry's shopping center.

3/20/10, Strands

Time: Meet at 7:45. Start at 8:00.

Leader: Sabrina Higashi

Location: The run will begin at Strands (cross streets are Selva & PCH, free parking).

Directions: Take the 5 south to PCH (exit 79). Drive 3 miles on PCH and make a left on Selva.

About the Run: We will either run along the beach (if tide is low) or on the sidewalk of PCH until we reach Salt Creek. We will follow the path as it continues thru a tunnel and parallels the Monarch Beach Golf Links. We will stay on this path until we reach Chapparosa Pk (water/bathroom). This is approx. 4.5 miles. Continue to the end of the parking lot and take the paved path on the right-hand side until you reach Golden Lantern (5.4 miles). Then you can take a left on Golden Lantern until you reach Marina Hills (6.7 miles) or continue under Golden Lantern onto the trails.

<http://www.gmap-pedometer.com/?r=3484611>

After the Run: Smokey's House of BBQ, 32680 PCH, Dana Point, CA 92629. They serve a brisket hash, ranchers breakfast, toast, pancakes (create your own), french toast, benedict, biscuits and gravy, burritos, bowl of fruit, omelette (create your own). Yum!

3/27/10, Back Bay Marathon!

Time: Meet at 7:15. Start at 7:30. ***NOTE 7:30am START TIME***

Leader: Greg Hanssen

Location: Woodbridge Shopping Center, Irvine, CA (4628 Barranca Parkway, Irvine)

Directions: We run by this place every Thursday, but by car you take the 5 or 405 to the Jeffrey exit, left on Alton, right on Lake, right on Barranca.

About the Run: It's just under 22.2 from Champagnes/Woodbridge (by the dollar theater) around Back Bay and back. Anyone wishing to run the full marathon will begin the run right about **6:50-6:55**. Those wishing to do fewer than 26.2 miles will make a prompt start at 7:30 so we may continue with the full marathon runners. (Don't worry, if you don't want to do 22 either, an out and back option is available.)

After the Run: Awards ceremony for the full marathoners, and breakfast at Champagne Bakery in the shopping center.

Great Deals From Fellow South Coast Roadrunners...

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

Bob & Jodie Kinney, **Water's Restaurant**
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www.watersrestaurant.com
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E-mail: reimersr@stifel.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.

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at david.schiller@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.
Mondays & Thursdays @ 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



Monthly Club Meetings are highlighted in orange; Monthly Club Runs are highlighted in yellow

NEW Out of Town Races featuring club members highlighted in blue

Click on hyperlinks to go directly to race websites for event registration info

| MARCH | |
|-----------------------------|---|
| THUR, 3/4, 7:30 p.m. | Club Meeting – Heritage Park Youth Center followed by pizza @ Lamppost |
| SAT, 3/13, 8:00 a.m. | Six Tunnels ½ Marathon, 5K - Las Vegas, NV Six Tunnels (Stacey Dippong, Noreene Matsuda, Kathleen Curley, Amelia Carchidi) |
| SAT, 3/13 | Solvang Century (Greg Hanssen, Ken Atterholt) |
| SUN, 3/14, 8:00 a.m. | XTERRA Black Mountain Trail Run 5K, 15K - Black Mountain Regional Park – San Diego, CA Xterra Trail Series Black Mountain |
| SUN, 3/14, 8:00 a.m. | Shamrock'n Half Marathon – Sacramento, CA Shamrock'n Half (Vince Lowder) |
| SAT, 3/20, 8:15 a.m. | Pasadena Triathlon and 5K - Rose Bowl, Pasadena CA Pasadena Triathlon |
| SUN, 3/21, 7:00 a.m. | Newport Beach Spirit Run 10K, 5K, Kids Run – Newport Beach, CA NBSpiritRun |
| SUN, 3/21, 7:20 a.m. | XXV Los Angeles Marathon, Los Angeles CA LA Marathon |
| APRIL | |
| THUR, 4/1, 7:30 p.m. | Club Meeting – Heritage Park Youth Center followed by pizza @ Lamppost |
| SAT, 3/20, 7:45 a.m. | Santa Anita Derby Day, 5K Santa Anita Derby Day |
| SUN, 4/11, 7:00 a.m. | Carlsbad 5000 Carlsbad, CA 5K Carlsbad5000 |
| MON, 4/19 9:00 a.m. | 114 th Boston Marathon Boston, MA Boston Marathon (many) |
| FRI-SAT, 4/24-4/24 | Ragnar Relay, Santa Barbara to Dana Point, 177mi Ragnar Relay |
| SAT, 4/17, 7:00 a.m. | Camp Pendleton Hard Corps Marathon, Hard Corps Marathon |
| SAT, 04/24 8:00a.m. | OC Mud Run, OC Great Park, Irvine 10K, 5K OC Mud Run |
| MAY | |
| SAT, 05/01 8:00a.m. | 5K Family Fun Run, Simi Valley CA |
| SUN, 5/02, 6:30 a.m. | Orange County Marathon, ½ Marathon, 5K Irvine, CA OC Marathon |
| SUN, 5/02, 7:00 a.m. | Cinco De Mayo & PCRF ½ Marathon, 10K, 5K Irvine, CA CincoDeMayo PCRF 1/2 Marathon |
| THUR, 5/6, 7:30 p.m. | Club Meeting – Heritage Park Youth Center followed by pizza @ Lamppost |
| SAT, 05/08 7:30a.m. | XTERRA Malibu Creek Trail Run, 22K, 6K Malibu, CA Xterra Malibu |
| SAT, 05/08 7:30a.m. | Santa Barbara Wine Country ½ Marathon, Santa Barbara WineCountry 1/2 Marathon |
| SUN, 5/16, 7:30 a.m. | Santa Monica Classic 5K, 10K Santa Monica, CA SantaMonicaClassic |
| SAT, 05/22 8:00a.m. | Miles for Melanoma 5K, Fullerton, CA Miles4MelanomaFullerton |
| SAT, 05/29 7:30a.m. | Mount Wilson Trail Race 8.6mi Sierra Madre, CA Mt.WilsonTrail |
| Mon, 05/31 7:00a.m. | Memorial Day ½ Marathon Laguna Hills, CA MemorialDay1/2Marathon |

2009-2010 SCRR CLUB OFFICERS:

| | |
|--------------------|---|
| President: | Greg Jones |
| Vice-President: | Brad Wobig |
| Treasurer: | Orhan Beker |
| Secretary: | Tonson Tong |
| Social Chairs: | Kathleen Curley, Stacey Dippong |
| Officers At Large: | Noreene Matsuda, Leilani Rios, Greg Hanssen |

2009-2010 COMMITTEE CHAIRPERSONS:

| | |
|--------------------------|-----------------|
| Newsletter: | Cathy Shargay |
| Weekend Runs: | Amelia Carchidi |
| Grand Prix: | Mike Friedl |
| Database Manager: | Dave Schiller |
| Monthly Club Race: | Bob Morris |
| Marathon Training Group: | Molly Donnellan |
| 5K/10K Training Group: | Danny Stein |
| RRCA Liaison: | Jannay Morrison |
| Webmaster: | Mike Reeves |