

# ON THE RUN



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

Orange County, California  
October 2008 Issue

## ***Runner of the Month – Jared Lessard***

**By: Amy Katz**

Congratulations to Runner of the Month Jared Lessard! While Jared may be a relatively new member of South Coast Road Runners, he has already volunteered to lead a Saturday run and is currently in the top 20 of the Grand Prix. Many know him as one of the guys sporting a beard. He's also got some great racing stories to tell. I asked Jared to share a little bit about himself with the club.



### ***How long have you been a runner?***

That's a good question. I started running in 8th grade, and ran cross-country for my high school all four years. It was always a lot of fun. I also ran track and winter track most years, but I have always been more of a distance guy. Most of the other runners on the team would groan about racing 3200 meters, while I always thought that it was ridiculously short and fast, and all of those turns, especially in winter track (Greg Jones may remember the Tower Hill indoor track). However, I was always willing to take one for the team, and in winter track would often run the 50 meter high hurdles or shot-put when we didn't have our full contingent (and would usually place second to last, so small victories).

After high school, I didn't run for a couple years, but my junior year of college, my friend and I started a running club at Delaware (The P.E.N.G.U.I.N.S. of Legend, Myth, and Marathoning). After college, I did a backpacking trip around Europe, and did much of my sightseeing on the run. Once back in the States, I was in my best running shape up to that point, and ran PRs from 5k to the half marathon. However, I injured my foot at some point in the half-marathon, and while the smart move would have been to get it looked at, instead I stopped running for about 4 years, until last

August. I began running with the club in January, and have been amazed at how quickly I have improved since then. I have had 8k, 10k, and half-marathon PRs (despite the courses being more difficult than the pancake-flat Delaware races I used to run). Just running with a group has been a huge motivational boost, but in particular, David Schiller has given me a lot of helpful advice (basically, if you want to race fast, it's probably a good idea to run fast. Who knew?).

### ***Are you training for a race right now? What are your running goals?***

I am currently training for Long Beach Marathon (which would be my first). Unfortunately, I have not been able to run for the last two weeks (which is why I haven't been at the Thursday or Saturday runs) because I have torn something in my knee. Learning from experience, I have gotten it looked at this time, and hopefully I will be able to get back on my feet shortly. I am still planning on running the marathon, but have had to scale back my original goal, which was to qualify for Boston. Up until my injury, my training was going really well, so I am confident that I'll be able to shamle through on residual



## ***Runner of the Month – Jared Lessard (Con't)***

**By: Amy Katz**

fitness. I am now thinking about running another marathon towards the end of the year or in January, if I can get enough training in. My other main goal is to break my long-standing 5k PR, which is the one distance I haven't improved on since going the club (partially because I've only run one 5k this year).

This is tangential to the question, but I will be heading to the East Coast tomorrow for two weddings, including being a groomsman for the guy I co-founded PENGUINS with. I have convinced him to run a long run with me on the morning of his wedding, so that is something that I am looking forward to as well, and am hoping my knee cooperates. It should warm up his feet, at least. The downside is that I will miss the club race, so I guess what I'm saying is I'm the George W. Bush of runner of the month selections.

### ***What do you do when you're not running?***

I am a graduate student in Psychology at UCI. My research is on how parents and peers influence diet and exercise habits, and being a runner has definitely influenced this. I also work for the University as a Research Assistant and Teaching Assistant. My non-running related hobbies usually revolve around reading, watching bad movies (Barn of the Blood Llama, anyone?), taking road trips, and grooming my beard.

### ***What do you like the most about being a member of SCRR?***

I often have a hard time staying motivated during long runs (particularly long and fast runs), and during LT runs, and being able to run with other runners has been a huge help. I also have a poor internal speedometer, and have noticed that my runs are much more evenly paced on Thursdays and Saturdays (especially when I run with Tonson, for some reason). I have also appreciated being able to get advice and encouragement from other runners who experienced the same situations, and who understand why half my toes are purple. Hope this didn't bore everyone to tears.

***Not at all, Jared!***

## **NEW MONDAY NIGHT RUN LOCATION!!!**

### **To Be Voted on During October Meeting**

Start at the Tustin/Irvine Marketplace right off the 5 freeway and Jamboree, by the Edwards Stadium 10 theaters (on the right side of street)... big courtyard with lit fountain, also near Corner Bakery, Pat+Oscars, Coffee Bean, Pasta Bravo... The run would go from there out along El Camino Real briefly to the trail.. at that point it's paved and lit on the far side, gravel on the near side. About a mile up the trail it turns right towards Hicks Canyon.. under Culver.. under Yale and up to Portola is 3.5 miles for a 7 mile round trip.

Well lit, great start/finish area (right off the freeway), paved and gravel, no cars...

**MAP ON NEXT PAGE**

**Thanks go to Greg Hanssen for this Great Suggestion!**

## President's Letter

By: Amelia Carchidi

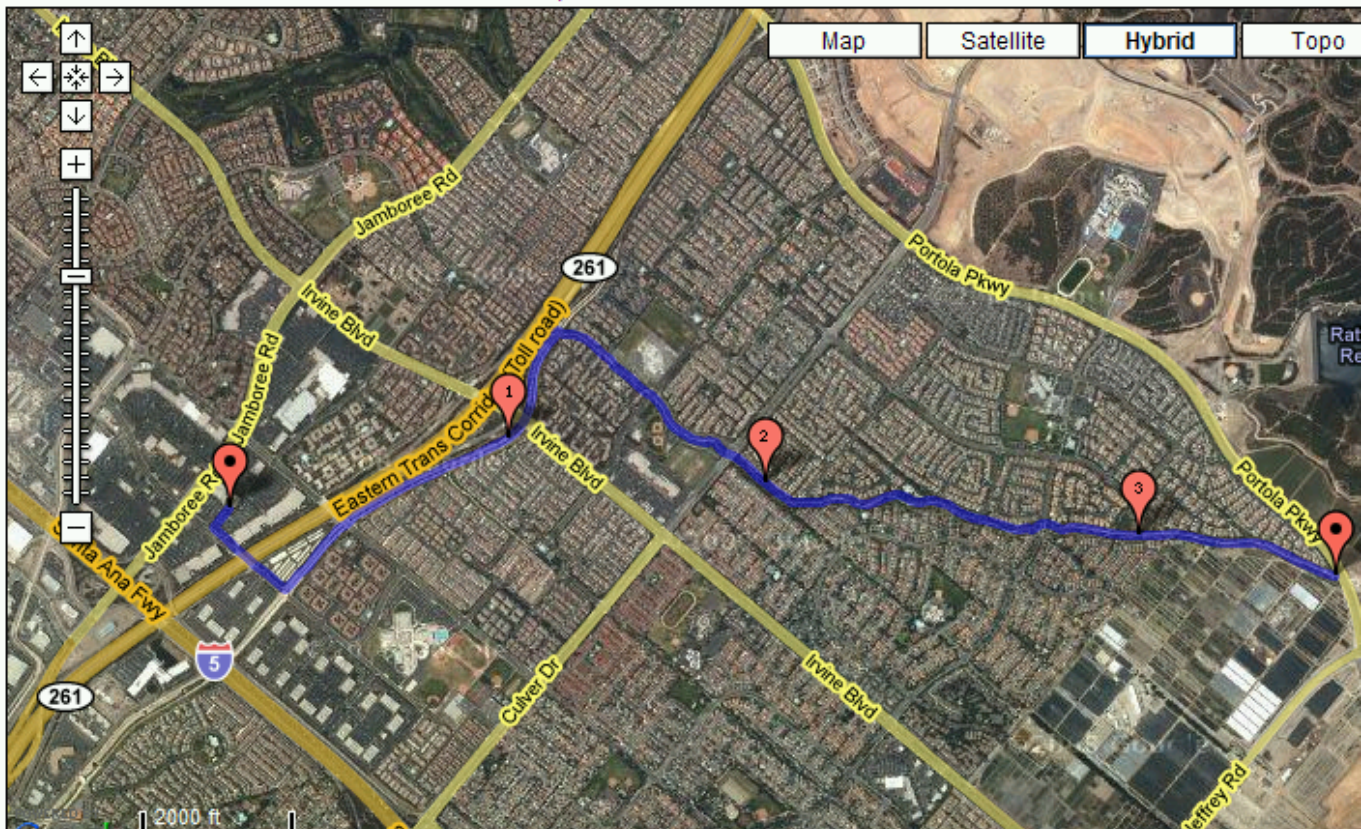
You can definitely tell fall is in the air as it is definitely getting dark toward the end of our evening runs. This is a good time to think about safety, especially when running at night. We have published some safety guidelines on our website, and I encourage all to check them out. Some highlights here...

First and foremost, be alert at all times. Know that the cars are not expecting to see you, and generally cannot see you until you are very close, which is a dangerous position for you to be in. Second, make yourself be seen. Now is an excellent time to head over to Snails Pace to pick up a reflective vest, light, or headlamp to wear during the evening runs. Also, wear bright colors or white if at all possible. Third, make sure that you are running either on the sidewalk, or facing traffic so that if you are in a compromising situation, you can act quickly. Many folks don't like the sidewalk because it is a bit harder on the body, so we are offering a Monday night alternative which will put us on dirt and out of traffic's way – a double bonus !



With the change in daylight, we will be giving folks an extra hour to sleep in on Saturday mornings, so starting on 10/4 we will begin the Saturday run at 8:00 AM. Of course, any of you training for a fall/winter marathon may still want to start earlier...you will have company...

Finally, later this month Rob Harris will host our annual "Oktoberfest" which is always a fun time to get together and enjoy your favorite brew with your SCRR friends. This is always a fun gig and I hope to see many of you there. Happy (and SAFE) Running !





Congratulations to

*Teleia and Dan Templin*

On their beautiful wedding in Laguna Beach on September 28

The lucky couple are now off on their  
three week honeymoon in Greece

**Save the Date!!**

**Annual Octoberfest Party at**

**Rob and Cindi Harris'**

**On October 25<sup>th</sup>**

**Watch SCRR web site for flyers**

**A great tradition and always a fun time!**

***GOOD LUCK!!***

**TO ALL THE CLUB MEMBERS RUNNING OCTOBER MARATHONS  
ST. GEORGE, CHICAGO, LONG BEACH, MARINE CORPS**

**LOTS OF STORIES AND PHOTOS IN NEXT NEWSLETTER!**

## **SCRR Stars from Sand 'n Surf 5K – Jeanie Leitner and Danny Stein**

**By: Linda Hammond**

In the month of September SCRR headed to the beach for Sand n Surf 5k in Huntington Beach. Like a scene out of the movie *Chariots of Fire*, the members of SCRR raced to victory! However, the SCRR version of that classic running scene included a young child running out and crashing into Schiller and other runners in the middle of the race! Eric Frome was the overall winner of the race followed by Fred Cowles in second and Mike Sellers third. In addition, the club dominated with members placing in multiple divisions. One athlete that I would like to highlight this month is Jeanie Leitner. Jeanie placed first in her division. I asked Jeanie a few questions about her race and how her training is going this season.

**Linda:** *How did you like the Surf n Sand race?*

**Jeanie:** I do like the Surf and Sand race because it is different, but I only got to the race 10 minutes before. I hadn't raced since July. I was in Holland and other parts of Europe so my workouts were mostly desserts.

**Linda:** *You are consistently a strong Masters runner. What kind of training do you do to stay strong and injury-free?*

**Jeanie:** I do some cross training. I really don't keep track of my training times and I only keep track of my distance in my head for each week and don't time myself during a race. I do weight training which I think might help me reduce injuries, although I might have a stress fracture on the ball of my foot. I am monitoring it and soaking my foot and using a medicated patch. If it gets worse I'll take more invasive action.

**Linda:** *How long have you been a member of SCRR? What keeps you active with the club?*

**Jeanie:** I think I joined SCRR in 1995 and then reconnected in 1998. The Grand Prix probably keeps me most connected. (Thank you so much Mike Friedl) My teaching job keeps me from connecting at other levels, but I hope to get more involved when the year settles down. I hope to reconnect with other runners I can keep up with.

**Linda:** *What is your favorite race distance?*

**Jeanie:** My favorite race distance is probably the half-marathon. I think I generally keep up my distances to accomplish a half-marathon that comes up.

**Linda:** *Is there an upcoming race that you are looking forward to?*

**Jeanie:** I think I am looking forward to some half-marathons that will be coming up this fall and winter.

**Linda:** *Anything else?*

**Jeanie:** Linda, thanks so much for your interest in my opinions and comments about racing and the club. I do appreciate you and all the club members and their interest in other members and our running world.



The second athlete that I would like to highlight this month is Coach Danny Stein. We all know that the Steiner bleeds Tar Heel Blue and that he puts it all on the line when he competes. As dedicated as Danny is as an athlete, he is equally committed as a coach. Most people in SCRR have benefited in some way by Danny's coaching, whether through having him shout encouraging words during track workouts and hill repeats, cheering for you along the race course, perhaps getting some running advice from him over a beer at Lamppost Pizza, or simply being inspired by the PRs of athletes from his training program. I asked Danny some questions about his role as coach.

**Linda:** *How long have you been coaching members of SCRR?*

**Danny:** The training program officially started in the fall of 2002. A small group of athletes started meeting regularly and running workouts that I designed. Some of these members are still in the training group today...Tom Dellner, Fred Cowles and myself. The group slowly began to see progress and goals began to evolve. Soon the group started to

grow as outsiders saw our improvements and asked to be part of it. I became President of SCRR for my first term in 2004. I opened up the group to all club members looking to make improvements to their times. I offered free coaching services to any one that asked for help. I continued to offer these same services for all three years of my service as President. The group grew to over 200 people subscribed to the training email group and over 60 individual plans were customized per season. At the beginning of 2008, I transformed the group to a smaller Elite format with a lot more hands on attention and began charging a small fee. This season we have 44 athletes participating.



**Linda:** *What motivates you to coach others?*

**Danny:** There is no better gift in the world then the feeling you get helping others. I love the sport of running and have been fortunate to be mentored by some of the top coaches in the world, as well as many friends that are either coaching professionally or still competing at an elite level. Thus, my background and resources allow me to offer help to others in something I have passion for myself.

**Linda:** *How is it possible to keep track of so many athletes and training programs?*

**Danny:** Well, admittedly this something I struggle with still. First, I try to be very organized. I group athletes with similar goals, peak races and training needs together. I have each athlete on the same training log web portal of which I have full access to their logs to do spot checks on progress or to jointly access with the athlete when they request help. On that note, the goal of revising the training program was to narrow down the pool of athletes and include only those that saw the value of the service I provided and the investment in their own training worth while. I wanted to ensure I was able to be more hands-on and play a bigger part in the success of each

athlete. I think I have accomplished that goal. However, it takes effort on the part of the athlete just as much as it does with me. The more the group grows the more the effort shifts more to the athletes to ensure they are getting what they need from me. I set expectations upfront on response times, asking for them to be proactive with me, and providing access to my cell phone for immediate/emergency needs and questions. Due to this process and joint ownership of communication between me and the members of our training team it helps me stay connected and track progress.

**Linda:** *Did attending US Track and Field Olympic Trials change your training philosophy as an athlete/coach?*

**Danny:** No not really...I feel I am very well connected to what several different top coaches and training groups do in their training. Watching these athletes in action and seeing how they approach their races was interesting. If anything the Trials inspired me to motivate my athletes to be the best they can be. Developing the workouts and training schedule I feel is the easy part of coaching and provides only a portion of what it takes to make athletes run faster then they ever have before. The biggest part of the job of coaching is getting the athletes to believe in themselves, what we are doing, and knowing how to peak each person at the right time with the right race strategy to optimize their performance on the day of their focus race. The top US athletes are not always the ones that win or make the Olympic teams. Often it is the ones that line up healthy, peak at the right time, go into the race with confidence in their coach and their training and execute their personal race plan the most effectively!

**Linda:** *Please leave us with one simple piece of running advice.*

**Danny:** As I have said many times, running is the only true sport...everything else is just a game. We compete in a sport where more often than not time against ourselves is the only difference between winning and losing. Our goals should be to give ourselves the best chance of winning by training smart, staying healthy, managing your mental state to give your physical state a chance at the end. I truly believe in the statement that running success is 90% mental and 10% the physical conditioning you are in when you line up. The golden rules behind running are: set reasonable goals with flexible options, teach yourself goal pace, learn how to relax while running fast, use other runners as sources of energy and motivation, and live by the rule of never crossing the finish line thinking you had more left. If you do these things your chances of achieving success in the sport of running increase greatly!

Thanks runners for sharing your stories. Our club members continue to turn in great performances and hopefully help inspire each other as well. We will head back to the beach for our October race. I look forward to tales from our next Grand Prix race, Huntington Beach Distance Derby.

# Lots of Hardware at H.B. Surf 'n Sand 5K

RESULTS FOR THE RUN/WALK  
SATURDAY, SEPTEMBER 27, 2008 HUNTINGTON BEACH PIER

## \*\*\*\*\* AWARDS LIST \*\*\*\*\*

### \*\*\*\*\* FEMALE OVERALL RESULTS \*\*\*\*\*

2	SHERRI ELLERBY	82	44	San Clemente	CA	19:06
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### \*\*\*\*\* MALE OVERALL RESULTS \*\*\*\*\*

1	ERIC FROME	286	28	IRVINE	CA	16:37
2	FRED COWLES	64	45	Orange	CA	16:42
3	MIKE SELLERS	326	29	LAKE FOREST	CA	17:04

#### MALE AGE GROUP: 25 - 29

1	1 ERIC FROME	286	28	IRVINE	CA	16:37
2	3 MIKE SELLERS	326	29	LAKE FOREST	CA	17:04

#### FEMALE AGE GROUP: 25 - 29

2	19 LEILANI RIQS	285	28	IRVINE	CA	19:36
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#### MALE AGE GROUP: 30 - 34

2	5 BEN COYLE	65	34	Irvine	CA	17:24
3	9 ORHAN BEKER	26	34	Aliso Viejo	CA	18:06

#### FEMALE AGE GROUP: 30 - 34

2	52 COLLEEN JONES	262	32	IRVINE	CA	22:50
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#### MALE AGE GROUP: 35 - 39

2	17 ARMANDO MORAN	179	36	IRVINE	CA	19:31
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#### FEMALE AGE GROUP: 35 - 39

1	56 CARRIE HOOD	121	35	Huntington Beach	CA	23:04
2	63 AMY KATZ	134	38	Irvine	CA	23:30

#### MALE AGE GROUP: 40 - 44

1	6 MICHAEL CONNORS	271	41	SAN CLEMENTE	CA	17:35
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#### FEMALE AGE GROUP: 40 - 44

1	16 SHERRI ELLERBY	82	44	San Clemente	CA	19:06
2	25 ERIKA KOTTEAKOS	148	40	Laguna Niguel	CA	20:25
3	51 LINDA HAMMOND	108	44	Irvine	CA	22:34

#### MALE AGE GROUP: 45 - 49

1	2 FRED COWLES	64	45	Orange	CA	16:42
2	8 DAVID SCHILLER	321	46	IRVINE	CA	18:00

#### FEMALE AGE GROUP: 50 - 54

2	144 JAN PETERS	195	50	Chino Hills	CA	29:23
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#### MALE AGE GROUP: 60 - 64

1	64 ED COFFEY	58	61	SANTA MONICA	CA	23:31
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#### FEMALE AGE GROUP: 60 - 64

1	81 JEANIE LEITNER	294	61		CA	25:00
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Photo Captions for Next Page:

Top Row: The Schiller Family; Mike and Kim Connors

Middle Row: Sherri Ellerby; Ben Coyle and Gary Juskowiak; Armando Moran

Bottom Row: Amy Katz, Linda Hammond and Erica Kotteakos; Leilani Rios, Colleen Jones and Colleen's daughters



## Photos from Sand 'n Surf 5K

By: Linda Hammond





## SATURDAY RUNS

**NOTE: Meet at 7:45 a.m., run at 8:00 (Winter schedule)**

### **10/4/08, Back Bay Classic**

**Leader:** Amelia Carchidi

**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.

**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.

### **10/11/08, Corner Bakery**

**Leader:** Ravi Kumar

**Location:** Meet in the parking lot of the Corner Bakery at Main & Harvard in Irvine.

**Directions:** 405 north or south, exit Jamboree, head North (towards mountains), turn right on Main Street, turn right on Harvard, turn right into shopping center.

**About the Run:** Run as long or as short as you like on the bike path. Also the perfect place for bikes, roller blades and baby joggers or a meeting spot to carpool up to Long Beach to pick up your race number.

**After the Run:** The Corner Bakery, of course !

### **10/18/08, Huntington Beach Distance Derby !**

**Time:** 10 Mile Race: 7:00 AM, 5 Mile Race: 8:30 AM

### **10/25/08, El Moro**

**Leader:** Molly Donnellan

**Location:** Reef Point parking lot along the beach off of PCH, north of Laguna Beach, south of Crystal Cove.

**Directions:** From Irvine: south on Culver, will turn into Bonita Canyon. Left on Newport Coast Dr. Left on PCH. Go down PCH about 1 mile. Last parking lot on your right (after shopping center and before school) before you get to Laguna Beach.

**About the Run:** 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 less miles). There are restroom facilities with outdoor showers next to the parking lot. The run typically starts before parking fees are required, but bring some \$ just in case. The lot typically charges \$10. Bring water.

**After the Run:** Pacific Whey Café in the Promenade Shopping Center.

## ***Running Quote of the Month***

*The golden rules behind running are: set reasonable goals with flexible options,  
teach yourself goal pace, learn how to relax while running fast,  
use other runners as sources of energy and motivation, and  
live by the rule of never crossing the finish line thinking you had more left.*

*Danny Stein*

## 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**

(949) 733-9503, Fax: (949) 733-0147

[www.watersrestaurant.com](http://www.watersrestaurant.com)

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**Richard (Fritz) Reimers, A.G. Edwards & Sons, Inc.**

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Fax: (949) 493-9505

E-mail: [richard.reimers@agedwards.com](mailto:richard.reimers@agedwards.com)

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"We'll pay \$1,000 referral fee for every candidate or client placement, ask me how it works!"

## 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 and corrections to David Schiller at [david.schiller@cox.net](mailto: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](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

Club Events in bold font

Check [www.raceplace.com](http://www.raceplace.com) or [www.active.com](http://www.active.com) for event registration info



<b>OCTOBER</b>	
<b>THURS, 10/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SAT, 10/4</b>	St. George Marathon
<b>SAT, 10/4, 7:30 a.m.</b>	Chapman University Toyota of Orange 5K, <a href="http://www.Chapman.edu/5K">www.Chapman.edu/5K</a>
<b>SAT, 10/11, 8 a.m.</b>	Harbor Heritage Run 5K, Newport Harbor H.S., 600 Irvine Ave, <a href="http://www.harborheritagerun.com">www.harborheritagerun.com</a>
<b>SUN, 10/12</b>	Long Beach Marathon, ½ M, 5K and Bike Tour, <a href="http://www.runlongbeach.com">www.runlongbeach.com</a>
<b>SAT, 10/18, 7 a.m.</b>	<b>Huntington Beach Distance Derby, 10 and 5 miles, H.B. pier, <a href="http://www.active.com">www.active.com</a></b>
<b>SUN, 10/19</b>	Nike Women's Marathon, San Francisco
<b>SAT, 10/25</b>	<b>Octoberfest Party, Rob and Cindi Harris', watch SCRR web site for info</b>
<b>SUN, 10/26</b>	Marine Corps Marathon, Washington D.C.
<b>NOVEMBER</b>	
<b>SUN, 11/2, 7:30 a.m.</b>	<b>Dinosaur Dash XVII, 5K and 10K, Tustin Marketplace, <a href="http://www.dinosaurdash.net">www.dinosaurdash.net</a></b>
<b>SUN, 11/2</b>	ING New York Marathon, New York City
<b>SUN, 11/2</b>	Santa Clarita Marathon
<b>THURS, 11/6, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SAT, 11/15, 7:00 a.m.</b>	Catalina Eco Marathon, <a href="http://www.catalinaecomarathon.com">www.catalinaecomarathon.com</a>
<b>SUN, 11/23</b>	So Cal Cross Prestige Series Eco-Sportfest 5K Trail Run, Irvine, held with Cyclocross series, <a href="http://www.SoCalCross.org">www.SoCalCross.org</a>
<b>THURS, 11/27, 7:00 a.m.</b>	Dana Point Turkey Trot, 5 and 10K
<b>DECEMBER</b>	
<b>THURS, 12/4, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SUN, 12/7</b>	Las Vegas Marathon
<b>SUN, 12/7</b>	Tucson Marathon
<b>SUN, 12/7</b>	California International Marathon, Sacramento, CA
<b>SUN, 12/14, 7:45 a.m.</b>	<b>Make Room for Santa, 5K and 10K, Hicks Canyon Elementary School, Irvine</b>
<b>SUN, 12/14</b>	XTERRA Crystal Cove Trail Run, 5K, 10K and 15K, <a href="http://www.trailrace.com">www.trailrace.com</a>

## 2008-2009 SCRR CLUB OFFICERS:

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

## 2008-2009 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