

ON THE RUN



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

Orange County, California
March 2013 Issue

Runner of the Month – Carlos Jovel

By: Doug Denniston

Our February Runner of the Month is Carlos Jovel. Carlos always has a smile and a kind greeting for anyone in the club. He is truly a good running friend. He is always supporting runners in the club, no matter what pace they are running. I have found Carlos to be humble, but as tough as nails. Carlos is a loyal Chicago Bears, Los Angeles Dodgers and Kings fan. He regularly volunteers with the club by hosting Saturday morning runs, helping out club races, or assisting at any of the social functions. This is Carlos's second time being chosen as Runner of the Month. Congratulations Carlos on a well deserved honor.



When did you start running and where? The first race I ever did was the Los Angeles Marathon in 2006. I had zero preparation, played a rugby match the day before and slept about three hours. My father was injured and I took his place in the race. I had always wanted to do a marathon, so I just decided to go for it. Not one of the smartest things to do...but the people I met that day and the energy during the race was so amazing that I just knew I had to do more of them. It took a while for me to get into running since I was so involved with rugby.

When did you join SCRR and how did you find out about the club? I joined the club in late 2008. That was kind of at a low point in my life and I met some amazing people like Amelia, Friedl, Rob and Dan that really went out of their way to welcome me. They opened a whole new world of running and friendship that honestly I had never seen or been around. I had always wanted to try running and SCRR was the perfect place for me. I love this club and everyone in it!

What has been your favorite race and why? I have always loved doing the Long Beach Half marathon. I have my PR on that course and it's the one race that I have done the most. This year will be my sixth time running the race and fifth straight. It's a streak I would love to keep going for a very long time. I always have a great time after the race in the beer garden with the Roadrunners too.

Do you have a favorite club race and distance? I think I like running half marathons the most. It's the perfect distance for slow runners like myself that are not going to sprint a 5K or 10k. But it is not so long that it will destroy you like a marathon. I have done 18 half marathons now and it's because of my fellow Roadrunners. They motivate me to want to do even more.

Have you ever been to Boston? or would you like to go? Never been, hope to one day go even if it is only to support my fellow SCRR members.

Where is your favorite Saturday club run? Honestly I don't care where we are running as long as we are

running as a group. I just love hanging out and seeing everyone in the club. It bums me out that I disappear during my rugby season. But if I had to choose a route, it would be the Back Bay run. I just love being out there and it is so beautiful.

What is the coolest place you've gone for a run? Going to the Paso Robles trip in 2009 with the club was probably one of the coolest run/weekends ever. I was somewhat new to the club and getting to meet some of the wonderful people in the club was amazing. The wine drinking was pretty awesome too, but I really don't remember too much of it. Lol

Are you training for anything right now? I am still in rugby season so I don't really have a race on the radar. I do hope to keep doing the club runs for the derby points of course. Once the season ends in May, I am hoping to start small and do a sprint tri. Then in July, I really want to do the San Diego Century bike ride. I am hoping that these steps will eventually lead me towards one day doing an ironman.



Matt Hood and Carlos enjoying a club party!

What are you training for now and how is it going? Right now I am just trying to stay healthy and finish my last rugby season in one piece. Unfortunately the injuries are piling up. I do however, hope to train hard for the Long Beach Half in October and would love to set a new PR.

Do you have any favorite music you run to? When I first started to run I could not take one step without my IPOD. If I did not have music I really did not run. Now, I don't even need music to go for a short or long run. I really enjoy just getting lost in the moment and place where I am running.



Do you have any other hobbies or interests? Well I do love rugby, but have started to bike and swim some more and have really enjoyed it. I love going to the movies with my kids or friends.

What is the worst running conditions or experience you've had? I'm not sure if running hung over the next day after a rugby match would fall under this category, but I have had a few of those and Matt Hood can verify that. I have done the ET Full Moon Half Marathon in Area 51 in the Nevada Desert. The race started at midnight and I would have to say there were a few times Dan Templin and I were wondering why the heck we weren't at the Vegas tables drinking and gambling.

What do you do for your job? I work for the Orange County Employees Retirement System (OCESR). I have been there for 15 months now and I do really enjoy it. They seem to really like me there, and it is a challenge handling nine different agencies in the county but it makes for busy days. Unlike the stereotype of a government worker, I actually do work. No joke!

Where were you from originally and when did you move to SoCal? My family is originally from El Salvador but I grow up in Los Angeles. I have been in Orange County now for 10 years or so. I love it, but LA is home for sure. I might have to go back home if going to UCLA for my master's happens.

Great Performances at Brea 8K!

By: Linda Hammond

The month of February wrapped up with the **Brea 8k**. Always a club favorite, **South Coast Roadrunners** turned out in big number for the race. Last month at Southern Cal Half Marathon, **Jeanie Leitner** took over 1st Place in the **Grand Prix**, this month with an age division win in the **Brea 8k**, she remains our leader. Rounding out the top five in the Grand Prix are: 2) **Leilani Rios**, 3) **Thomas Fung**, 4) **Bob Morris**, and 5) **Brad Wobig**. Congratulations Brad for scoring the highest for the club at the Brea 8k with **870 points**.

Sherri Ellerby is back running strong these days! Congratulations to **Kelcey Kinjo**, **Joanna Pallo**, and new member **Josh Proffitt** on your races. The club keeps growing with new runners and that is so exciting! Finally, our littlest member **Patrick** completed his first race, cruising in a running stroll pushed by his proud mama **Janelle Cabassa Daniels**.

In March it is time for Snoopy and a slice of boysenberry pie at the **Coaster Run 5k** and **10k** race. See you at the **Finish Line**; hurry...there will be pie!!!



SCRR Spotlight Photos from Brea 8K

Photos From: Cathy Blakesley



Pictures page 3:

Janelle and Patrick Daniels, Joanna Pallo, Leilani Rios, Bob Morris and Thomas Fung.

Page 4:

Sherri Ellerby, Janelle Daniels, Ben Coyle, Paul Osgood, Mike Gellman, Eric Dangott, Ken Atterholt and Tonson Tong.



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 42 participants out of 86 for the 2012-2013 series after 8 races are shown below.

Mike Friedl, our Grand Prix originator and database master, would like everyone in the club to look for any omissions or mistakes (the full Grand Prix results for all 8 races are on our web site www.roadrunners.org). He especially wants to be sure that all newer club members are included. Please report any comments to Mike or a club officer.

	Name	Age Group	Total Points	Races	Best	Avg	Brea 8K		Socal 1/2M / 5K	
							Times	Points	Times	Points
1	Jeanie Leitner	65-69	6,761	8	886	845	41:36 8k	841	1:51:27 Half	886
2	Leilani Rios	30-34	6,733	8	866	842	29:26 8k	836	1:22:57 Half	815
3	Thomas Fung	45-49	6,103	8	786	763	33:08 8k	745	19:44 5k	766
4	Bob Morris	60-64	6,082	7	912	869	33:00 8k	852	19:07 5k	889
5	Brad Wobig	45-49	5,705	7	870	815	28:23 8k	870	1:19:32 Half	856
6	David Schiller	50-54	5,611	7	857	802	31:41 8k	805	1:25:11 Half	816
7	Mike Gulan	60-64	5,532	7	815	790		0	20:55 5k	813
8	Ben Coyle	35-39	5,526	7	798	789	28:46 8k	793	1:19:56 Half	793
9	Greg Hanssen	45-49	5,183	7	754	740	33:18 8k	741	20:03 5k	754
10	Stacey Dippong	30-34	4,986	7	751	712		0	1:35:02 Half	711
11	Matt Kossoff	30-34	4,840	7	736	691		0	1:29:29 Half	687
12	Tonson Tong	45-49	4,737	6	831	790	31:31 8k	783	1:24:19 Half	807
13	Noreene Matsuda	45-49	4,546	6	788	758	36:57 8k	751	1:41:13 Half	788
14	Cathy Shargay	50-54	4,128	6	746	688	43:35 8k	663	1:57:38 Half	677
15	Molly Donnellan	50-54	4,072	6	698	679	42:14 8k	685	27:53 5k	626
16	Ken Atterholt	50-54	4,034	5	839	807	31:26 8k	812	18:36 5k	839
17	David Bauers	50-54	4,020	6	716	670	37:38 8k	678	1:51:54 Half	621
18	Kelcey Kinjo	40-44	3,930	6	674	655	34:46 8k	674	21:15 5k	669
19	Mike Gellman	40-44	3,879	6	728	647	37:12 8k	629	1:41:33 Half	624
20	Eric Dangott	35-39	3,682	6	646	614	36:56 8k	618		0
21	Jennifer Erickstad	30-34	3,649	6	651	608		0	29:40 5k	514
22	Joanna Pallo	25-29	3,639	6	635	607	41:06 8k	611	26:41 5k	558
23	Doug Niles	45-49	3,576	5	736	715		0	1:39:10 Half	687
24	John Gardiner	40-44	3,552	4	910	888		0	15:37 5k	910
25	Linda Hammond	45-49	3,499	5	763	700		0	1:53:44 Half	701
26	Vicki Ballon	30-34	3,307	5	702	661		0	1:43:45 Half	651
27	Mike Connors	45-49	3,301	4	881	825		0		0
28	Carlos Jovel, Jr.	35-39	3,204	6	582	534		0	27:04 5k	502

	Name	Age Group	Total Points	Races	Best	Avg	Brea 8K		Socal 1/2M / 5K	
							Times	Points	Times	Points
29	Amanda Beach	30-34	3,107	5	632	621	38:57 8k	632		0
30	Mike Dietz	45-49	3,024	4	844	756		0		0
31	Paul Osgood	40-44	2,947	6	556	491	46:56 8k	499	26:23 5k	539
32	Steve Kan	55-59	2,888	4	761	722		0	22:41 5k	711
33	Anna Osgood	40-44	2,768	6	537	461	54:35 8k	482	31:17 5k	505
34	Esteban Rojas	30-34	2,746	4	707	687	34:07 8k	662		0
35	David Blakesley	65-69	2,662	5	572	532	54:40 8k	543	34:15 5k	531
36	Than Duong	35-39	2,506	6	492	418		0	3:01:29 Half	349
37	Mike Sellers	30-34	2,307	3	783	769	29:16 8k	772	17:15 5k	783
38	Armando Moran	40-44	2,183	3	753	728		0		0
39	Jon Resnick	50-54	2,038	3	750	679	34:02 8k	750		0
40	Greg Blevins	55-59	1,957	3	681	652		0		0
41	Lisa Eiler	30-34	1,938	4	607	485	54:34 8k	451		0
42	Brigid Puksza	45-49	1,895	4	539	474		0		0

Congratulations to SCRR Marathoners:

Stacey Dippong – IMS Marathon, Phoenix 3:19:59 (PR, BQ)

Vicki Ballon – New Orleans Marathon 3:59:37 (with her Dad)

Save the Dates - For These SCRR Road Trips

Paso Robles Half Marathon and Wine Tasting Trip Mar. 15-17

Istanbul Marathon Nov. 17

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME! Meet at 7:45 AM, run at 8 AM

3/9/12 – Corner Bakery Pre-race Run

Leader: David Schiller

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, right on Harvard, and right into shopping center

About the Run: This is a good warm-up run for the club race the following day. Run as long or short as you like on the bike path towards Back Bay.

After the Run: Corner Bakery, 17575 Harvard Ave., Irvine, CA 92614

3/16/12 – Bommer Canyon/Coastal Peak

Leader: Tim Hume

Location: Pacific Whey Cafe in Newport Hills Shopping Center, 2622 San Miguel Drive, Newport Beach.

Directions: Culver/Bonita Canyon Drive, just south of the 73, left onto Prairie Rd. and into the Newport Hills Shopping Center. Pacific Whey is towards the back of the center.

About the Run: This run is 13 miles and has a hill that is about 2.5 miles long. After a fairly flat 1.5 mi, it is a 2.5 mi climb up to Coastal Peak Park. Then it goes under the 73 and down through Bommer Canyon. It finishes by going up, along, and down Turtle Ridge. Alternatively, we could change the starting location or reverse the direction. There are lots of places that have water and a restroom.

<http://www.mapmyrun.com/routes/view/67175048/>

After the Run: Pacific Whey Cafe in Newport Hills Shopping Center.

<http://pacificwheycfe.com/>

3/23/12 – 3 Piers "Keg and Eggs"

Leader: Ted Williamson

Location: We start at the base of the Newport Beach pier. Arrive early to find street parking or bring change or credit card for the meters.

Directions: 5 freeway to the 55 south, follow signs to Newport Beach pier. (Mapquest "Baja Sharkeez Newport Beach" for exact directions) 114 McFadden Place, Newport Beach, CA 92663.

About the Run: 5.75 miles to the Breakers and back to Newport pier, then another 11.1 miles to Huntington Beach pier and back.

After the Run: We enjoy the best deal in town at Baja Sharkeez for breakfast!! For less than \$5, you get French toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour.

3/30/13 – Coto de Caza Run & Jacuzzi Party

Leader: Leilani Rios

***RSVP is required in advance for address and access into Coto de Caza. Please email Leilani at leilanirios@gmail.com by 3/27/13.**

Location: Coto de Caza

Directions: 5 freeway, exit Oso Pkwy and head east toward the mountains. Go 5 miles 'til it ends into Coto. Make a right and check in at the gate.

About the Run: This run is on dirt horse trails and parts along Bell Canyon. There are many options on run distances; 11, 7 and 3.5 loop or simple go out and back for anything else.

After the Run: There will be eggs, French toast, bagels, fruit, coffee and other breakfast items. Feel free to bring something to share. Bring your swimsuits. We will be turning on the Jacuzzi!

SCRR Road Trip



Weekend of March 16 - 17

To: Paso Robles
For: Half Marathon/5K Race and Wine Touring

Race Highlights:

- 1/2 Marathon Loop Course through Central Coast Vineyards.
- Also has a 5K race
- Male & Female Winners of the Half Marathon WIN THEIR WEIGHT IN WINE!
- After the race take in breathtaking views as you enjoy a complimentary breakfast bar, live music, raffles and the post-race award ceremony.
- <http://www.winecountryruns.com/>



Typical SCRR Trip Itinerary:

- Drive up on Friday or Saturday via carpools.
- Bike Ride on Saturday morning.
- Meet for Lunch on Saturday.
- Wine tasting at 4-6 wineries with designated drivers.
- Dinner at a nice Italian restaurant.
- Sunday, race and enjoy postrace breakfast and activities.
- Back to hotel for showers and check-out.
- Tour 4-5 more wineries.
- Dinner and then drive home.

For more info, see Ken Atterholt and Cathy Shargay.

SCRR Meeting Minutes - February 2013

Sherri Ellerby welcomed and introduced three newbies. **Melissa** is training for the OC Half, **Gina** will be training for the Disney Half 2014, and **Scott** is training for the San Francisco Half in June. Race director **Louis** is offering a \$20 race fee for the Timberwolf 5K on February 16, to benefit Northwood High School. If interested, contact him for race details. **Diane Daruty** promoted the Spirit Run 5K/10K on March 3 and Newport Beach Road Racing Series. Race fee is \$30. Upgrade to a short sleeve tech shirt for \$5. Women's gray long sleeve is \$40.

Leilani Rios will be ordering jackets with our club logo, similar to the Snail's Pace jackets. She is taking pre-orders and will announce when jackets will be available to try on. The price will be around \$45.

If 25 or more people sign up for the OC Marathon/Half/5K, the club will receive a 10% rebate on entry fees. When registering, **Ashley Merlo** asked club members to choose the Orange County Bar Foundation for Project Shortstop as their charity. See Ashley if interested in fundraising.

Pacers are needed for the Reaching for the Cure Half Marathon. If interested, contact **Eric Dangott** for details. The Paso Robles Marathon/5K and wine tasting tour at the local wineries is March 16-17. If interested, contact **Cathy Shargay** and **Ken Atterholt** for more details.

Bob Morris announced the Snail's Pace recognition banquet in Long Beach on February 16. American Express will be shooting a commercial at the new Snail's store on February 8. Show up if you would like to participate.

Sherri gave a big thank you to **Matt and Dawn Hood** for hosting a fun Super Bowl party and **Tonson Tong's** 100th marathon celebration.

Save the date! Our annual recognition banquet will be on June 22. Volunteers are needed to help with the planning duties. See social chair **Stacey Dippong**.

Our next club race is the Brea 8K on February 24. Get 10% off with promo code RACEGRADER13.

Grand Prix Master **Mike Friedl** announced the top 20 after seven races. **Mike Gulan**, **Thomas Fung** and **Bob Morris** are maintaining in third, fourth and fifth. **Leilani Rios** is now in second, while **Jeanie Leitner** has moved up into first place.

The Downtown Anaheim 5K was voted as our June club race. Race fee is \$20 with mail-in entry. **David Schiller** will email the details. The Corona Del Mar Scenic 5K was the other race up for vote.

Race results and lots of PR's! **Sunny Chen** was a 5-hour pacer at the Surf City Marathon, finishing in 4:59:36 with one survivor. SoCal was **Joshua Proffitt's** first half marathon. **Eric Dangott** finished the Rock 'n' Roll Arizona and Surf City Marathons within 15 days. At the SoCal Half: **Mike Gilman** ran a 17 minute PR in 1:41, and **Leilani** PR'd by 10 minutes. At the Surf City Half: **Judy Sweet** ran a PR in sub-2 hours, **Mark Merlo** PR'd in 1:26, and **Ingrid Johnson** ran a 6 minute PR in 1:38.

Congratulations to our Runner of the Month, **Carlos Jovel**!

Noreene Matsuda – club secretary

Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
30448 Rancho Viejo Rd., Suite 110
San Juan Capistrano

John Loftus, **Certified RRCA Running Coach**
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coach@runyourpotential.com
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socaltaxman@cox.net
52 Lakepines, Irvine

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 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, 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



MARCH	
SUN, 3/03, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB nmspiritrun
THURS 3/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 3/09, 7:45a.m.	Dana Point Grunion Run 5K, 10K Dana Point Harbor festivalofwhalesgrunionrun
SAT 3/09, 7:00a.m.	Catalina Island Conservancy Marathon runcatalina
SUN 3/10 7:30a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm Coaster Run
SAT 3/16, 8:00a.m.	OC Chili Winter Trail Run Series – Race #2, O'Neill Regional Park ocwintertrailrun
SUN 3/17 7:30a.m.	Los Angeles Marathon lamarathon
SUN 3/17	Wine Country Half Marathon, Paso Robles, www.winecountryruns.com
APRIL	
THURS 4/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 4/6 6:00a.m.	Hollywood ½ Marathon Hollywood, CA Hollywoodhalfmarathon
SUN 4/7 7:00a.m.	Carlsbad 5000 Carlsbad, CA Carlsbad5000
SAT 4/13 8:30a.m.	OC Chili Winter Trail Run Series – Race #3, O'Neill Reg. Park Wintertrailseries3
MON 4/15 10:00a.m.	116 th Boston Marathon Bostonmarathon
FRI & SAT 4/19 & 4/20	Ragnar Relay, Huntington Beach to San Diego ragnarrelaysoutherncalifornia
SAT 4/27 7:00a.m.	Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA donatelifeoc
MAY	
THURS 5/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 5/5 6:00a.m.	Orange County Marathon, ½ marathon, 5K OCMarathon
SAT & SUN 5/4 5/5 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour ReachingfortheCure ***Bike Tour is on Saturday
SAT 5/11 7:00a.m.	Santa Barbara Wine Country ½ Marathon, Santa Ynez CA WineCountry1/2
SUN 5/19 7:00a.m.	Magic Shoe 5K Corona Del Mar HS, Newport Beach MagicShoe5k
SUN 5/20 7:30a.m.	Santa Monica Classic 5K, 10K Santa Monica Santamonicaclassic
SAT 5/26 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi MountWilsonTrailrace
MON 5/28 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA LagunaHillshalfmarathon
JUNE	
SAT 6/1 7:55a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT 6/1 7:30a.m.	Fontana Days ½ Marathon & 5K Fontana, CA Fontana Days Run
SUN 6/2 6:15a.m.	San Diego Rock & Roll Marathon, ½ Marathon SD Rock&Roll
THURS, 6/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 6/8 8:00a.m.	Downtown Anaheim 5K, Anaheim, CA downtownanaheim5krun
THURS, 6/20, 6:15 p.m.	Peter's Canyon Summer Trail Series Tustin, CA Summer Trail Series
6/1, 6/2, 6/8, 6/9, 6/15	Camp Pendleton Mud Runs, Saturday events sold out
SAT, 6/22	South Coast Roadrunners Annual Awards Banquet

2012-2013 SCRR CLUB OFFICERS:

President: Sherri Ellerby
 Vice-President: Leilani Rios
 Treasurer: Eric Dangott
 Secretary: Noreene Matsuda
 Officers At Large: Cathy Blakesley,
 Matt Hood, Dave Bauers

2012-2013 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Noreene Matsuda
 Grand Prix: Mike Friedl
 Database Manager: Dave Schiller
 Monthly Club Race: Bob Morris
 Webmaster: Mike Reeves