

ON THE RUN



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

Orange County, California
October 2012 Issue

Runner of the Month – Thomas Fung

By: Doug Denniston

Our Runner of the Month this month is Thomas Fung. Thomas is not the stereotypical rocket scientist. He is very easy to talk to, and regularly offers encouragement and praise over pizza at the monthly meetings. At the club runs after Thomas has finished his race, it is more likely you will find him back out on the course cheering on runners who have yet to finish, and later hanging out visiting in the club tent. This is Thomas's first time being selected as ROM.



Thomas was born in Taiwan. As a boy he also lived in Singapore and in 1976 he moved to the United States. He was 13 when his family settled in San Francisco's Chinatown. Currently Thomas lives in Irvine with his wife of 21 years: Kerri. Thomas and Kerri have 2 children: a son, who is a senior in high school and a daughter in the 8th grade. Thomas works at Boeing with David Schiller and currently manages aerospace programs. His wife Kerri is working for the Irvine Public School Foundation, where according to Thomas "Kerri volunteered so much they offered her a part-time job."

Here are Thomas's responses to my interview questions:

When did you start running? I started running in high-school as a freshman when I joined the cross country and track teams. In track I was more of a sprinter, and competed in the 440-yd and hop-step-jump, aka: the triple jump.

When did you join SCRR and how did you find out about the club? I joined the club back in 2004. David Schiller, my lunch-time running buddy and a member of our "rocket scientist" fraternity, kept bugging me to come out and run with the club. I was sold when David told me there is free pizza every month and lots of drinking buddies.

What has been your favorite race and why? My favorite race would have to be my first half-marathon. It was the La Jolla ½ in 2003. The course was challenging, but beautiful with rolling hills through Torrey Pines. The race was not too crowded, and I finished in 1:50. At that time that race was my longest to date.

Have you run Boston? No, not yet. **Do you want to?** When I turn 50, I'm considering trying for it.

Where is your favorite Saturday club run? The Back Bay Loop

What about the greatest place you've gone for a run? In 1997, while on vacation, I went for an early

morning run around Victoria Harbor, in British Columbia. The historic sights, the sounds of the early morning, running around the docks, and the smell of the salt water made for a great memory.



Thomas and Mike Gulan celebrating after a race!

Do you have a favorite club race? That would be the Carlsbad 5000. The day is just incredible as a participant, or a spectator. The run is scenic, fast, all of your friends are there cheering for you, you are there cheering for your friends and you celebrate the post-race in a beer garden. It's a perfect race event.

Are you training for anything right now? No, not training for any particular race or distance, I'm just trying to stay in shape, do some speed work, and tempo runs and run as many club runs as I possibly can this year.

What were the worst running conditions, or worst race experiences you've ever had? In 2003 I was running the Long Beach Marathon and I think the temperature was between 95 – 100 degrees. The race was miserable hot. Heat is much worse for me than rain or other bad conditions.

Do you have any favorite music you run to? No, I have never run with music in my ear. I started running in San Francisco and living in Chinatown, you can just listen to the sounds of the streets and the cable-car bells. That was music enough for me.

Any other hobbies or interests? Having two kids who are both soccer players are my hobbies right now. I used to play a lot of beach volleyball, and now I enjoy hiking and winter snow skiing in Mammoth or Park City.

Congratulations Thomas on being named Runner of the Month!

SCRR Rules at Anaheim Beer Fest 5K!

By: Linda Hammond

Our September race was the Beer Run 5k and (post-race) beer was optional! **Ben Coyle** and **Mike Connors** were 2nd and 3rd overall and 1st in their age divisions. **Leilani** was the first place female, finished 5th overall, and was 1st in her age division. Congratulations to all of our age division winners: **Brad, Matt, Bob, Vicki, Linda, Jeanie, and Cathy S.** Our club had six of the top ten runners in the race! In addition, we had several 2nd and 3rd place age division wins as well. After completing a long run before the race, **Stacey Dippong** was the 3rd female overall and second in her age division. **Mike Dietz** finished in the top ten in 8th place with a 2nd place finish in his age division.

Here are a few comments from **Matt Kossoff** about his race.

Linda: *Congratulations on your age division. Please tell us a bit about your race and your training this season.*



Matt and Mike Connors with their medals!

Matt: This was the first time I have ever had a first place finish in a race. It makes me feel that all of my training is paying off. I am very thankful for the support the Roadrunners have given me. I have the Long Beach Marathon next week and I feel I can run it successfully.

Linda: *How long have you been running with the club?*

Matt: I have been running for about five years and have run with the club for about two.

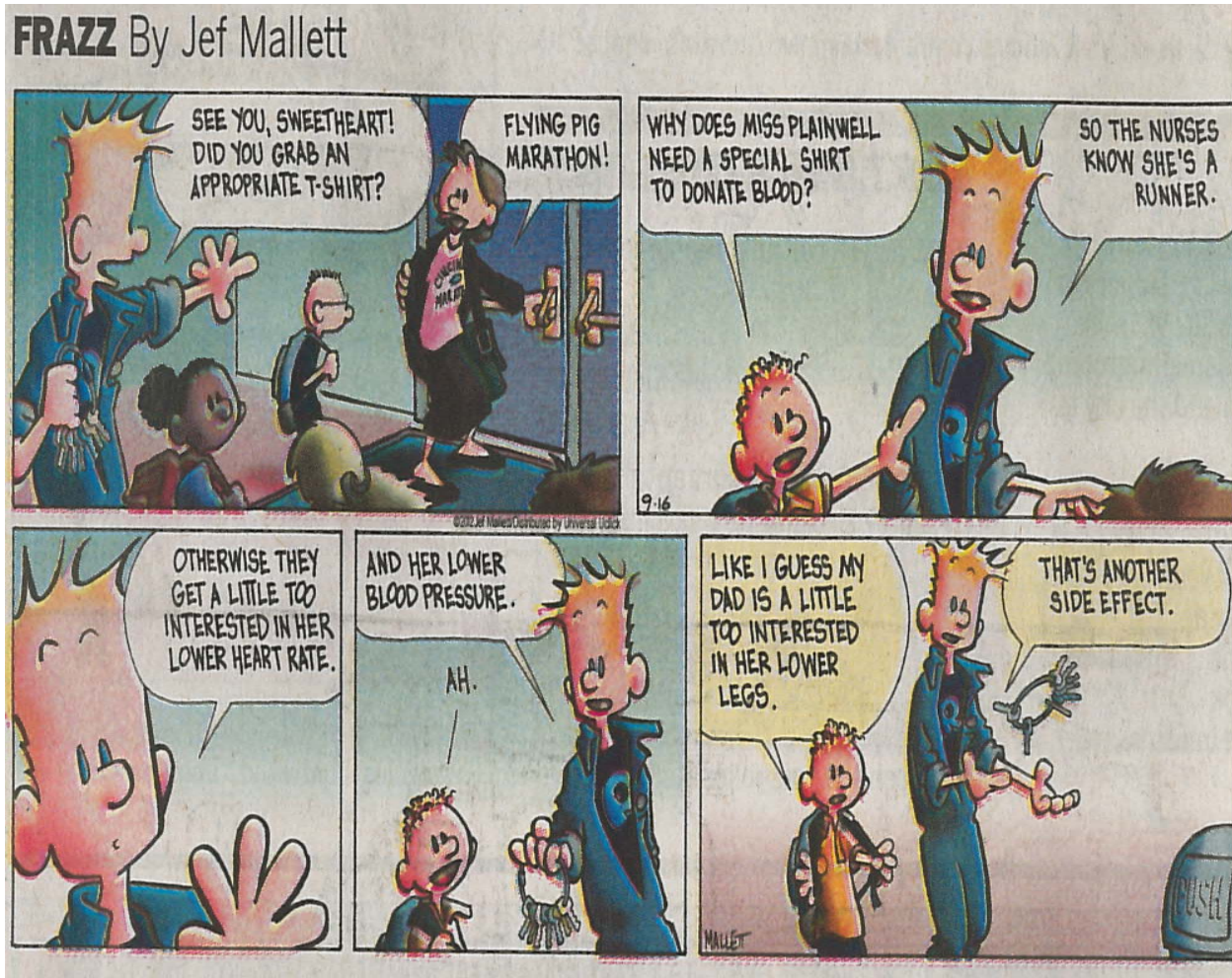
Thanks Matt and good luck at Long Beach! In October we head up the coast for the **Long Beach Marathon, Half Marathon and 5k**. See you at the Finish Line for our 4th race of the season!



People in photo on the previous page: Kneeling in front: Mike Gulan and Mike Connors

Standing (left to right): A friend, Jeanie Lietner, Ben Coyle, Matt Kossoff, Dave Bauers, Esteban Rojas, Cathy Shargay, Vicki Ballon and Linda Hammond.

Comic for those of us who are almost turned down from donating blood because our pulse is too low!



Mark Your Calendars

Two Upcoming SCRR Parties

Rob and Cindi Harris – Octoberfest – Oct. 13

Kevin Wilson and Leilani Rios – Halloween – Oct. 27

Who's Interested in Istanbul Marathon 2013?

By: Cathy Shargay

SCRR has a surprisingly large group of runners possibly going to Istanbul Marathon in Nov. 2013. Some reasons to consider this marathon are:

- It is a very scenic route going through two continents
- It is a mid-sized marathon with 5000 runners and it gets good reviews
- We have club-member Orhan Beker who was born there and will be our tour guide
- There is also a 15K and an 8K
- Cool weather – predicted to be 12-13C at the start and 16-17C at the finish (17C is 63F)
- Reasonably priced direct flights from LAX or lots of options for stops in other European cities

From the web site: The Marathon race starts after 300m behind the Bosphorus Bridge; after passing bridge, it goes down from Barbaros Boulevard to Besiktas, and follows the coastal road it reaches Karakoy. Runners turn onto Eyup, after the Galata Bridge, and then turn right after the Feshane, and go on Unkapani Road to Yenikapi. Race course returns from Bakirkoy and continues from coast to Gulhane Park, and goes through the park towards to the Blue Mosque. Hippodrome, the meeting and sporting center of the Roman, Byzantium and Ottoman Empires, is the finish point. The finish line is between entrance gate of Blue Mosque and Egypt Obelisk.



The date for the 2013 marathon is not posted yet, and the sold-out 2012 marathon will be on Sunday Nov. 11. The registration for 2013 will probably open up in January.

Please let me know if you're interested and I'll add your name to the list. We'll work out the details as it gets closer.

SATURDAY RUNS

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

10/6/12 – Pre-race run and Irvine Farmers' Market

Leader: Thomas Fung

Location: Meet in the parking lot of Trader Joe's and Peet's Coffee at Campus and Stanford in Irvine.

Directions: 405 north or south, exit Culver, head south (towards ocean), turn right on Campus, turn right on Stanford, turn left into the University Town Center shopping center.

About the Run: This is a good warm-up run for the club race the following day. Half-mile jog along Campus to the San Diego Creek Trail (runs parallel to University). Run as long or short as you like on the bike path towards Back Bay.

After the Run: Food from the Farmers' Market by Steelhead Brewery and coffee at Peet's, 4213 Campus Dr. Irvine, CA 92612

10/13/12 – Hicks Canyon

Leaders: Vicki and Alberto Ballon

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

10/20/12 – Upper Aliso Trail

Leader: Greg Hanssen

Location: Road Runner Sports by Laguna Hills Mall (24291 Avenida De La Carlota)

Directions: Exit the 5 at El Toro Road and go to the far side of the mall to Oakbrook Shopping Center behind Woody's and Trader Joe's.

About the Run: This is a gradual uphill on the Aliso Creek bike trail. It's about a 722 foot elevation climb over 8.8 miles, all the way up to Cook's Corner. Run as long or short as you like. Your reward is the downhill on the way back. There are three drinking fountains and two restroom stops available.

<http://www.gmap-pedometer.com/?r=5184010>

After the Run: Post-run snacks and refreshments will be provided by Road Runner Sports, then brunch at Woody's Diner by Trader Joe's.

10/27/12 – Back Bay Classic

Leader: Carlos Jovel

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.

SCRR Meeting Minutes - September 2012

The meeting started with introductions from nine enthusiastic newcomers. Most of them were introduced to the club through friends and others found us online.

Sherri Ellerby announced the location and time changes for our regularly scheduled Monday and Saturday runs. Beginning Monday, September 24, we will meet in front of the Sports Authority at the Irvine Marketplace at the usual 6:15 starting time. Saturday runs will start at 8am beginning October 6. **Eric Dangott** stated that we have \$4,600 in our club account. We will begin publishing the treasurer's report in the club newsletter starting next month.

Rob Harris will host our annual Oktoberfest party on Saturday, October 13. Brats and sauerkraut will be served, and **Matt Hood** has offered to supply the beer from BJ's. Party location and details will be announced soon. **Leilani Rios** and **Kevin Wilson** will be hosting their "epic" Halloween party on Saturday, October 27. A taco bar and full bar will be provided. There also will be a DJ, photo booth and prizes for the best costumes. An invitation will be sent out on Facebook. This is an event you won't want to miss!

Sherri announced the top 20 in the Grand Prix after two races. We have a very competitive field this season. Rounding out the top three are: (1) **John Gardiner**, (2) **David Schiller** and (3) **Leilani Rios**. Our next club race is the Beer 5K on Saturday, September 22, in Downtown Anaheim. Start time is 9am. Members can register for the race/pancake/beer sampler combo or for the race only. This race is part of the OC Fest of Ales event. Our October club race is the Long Beach Marathon, Half Marathon and 5K on Sunday, October 7. On Labor Day weekend, Renegade Racing offered a 10% discount for the Dino Dash (November club race) and Make Room for Santa (December club race).

Club members voted unanimously for the Southern California Half Marathon/5K in Woodbridge, as our January club race. There is no discount, however the club will receive a 10% kickback for all registered club members. Registration for the half is \$60, and \$40 for the 5K. After December 12, add a \$5 late fee. This race is on Saturday, January 12, 2013.

Race results: Congratulations to **Mike Connors** and **Andrew O'Bannon** for running huge PR's at the USATF Road Mile and the Disney Half Marathon, respectively.

Thomas Fung was announced as our Runner of the Month. The club thanks you for all your support, Thomas!

Noreene Matsuda - Club Secretary

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

Great Deals From Fellow South Coast Roadrunners...

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

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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 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



OCTOBER	
THURS, 10/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 10/6 6:45a.m.	St. George Marathon St. George, Utah stgeorgemarathon
SAT 10/6 7:30a.m.	Chapman University 5K, Orange, CA Chapman.edu/5k
SUN 10/7 7:00a.m.	ICB Long Beach Marathon, ½ Marathon, Run Forrest Run 5K RunLongBeach
SUN 10/7 7:30a.m.	BA Chicago Marathon Chicago, Ill ChicagoMarathon
SAT 10/13 8:30a.m.	26 th Harbor Heritage Run Newport Beach, CA HarborHeritageRun
SUN 10/14 7:30a.m.	Nike Women's Marathon San Francisco, CA Nikerunningwomensmarathon2012
SUN 10/28 8:00a.m.	Marine Corps Marathon, Washington DC MarineMarathon
SUN 10/28 7:00a.m.	LA Halloween Rock & Roll ½ Marathon Los Angeles, CA LArunrockroll
NOVEMBER	
THURS, 11/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 11/3 7:00 a.m.	Run Love 5K, 10K Woodbridge Lake – Irvine ***\$10 off registration with coupon "runclublove" for all SCRR RunLove5K10K
SUN, 11/4, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/4, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon www.runfresno.com
SUN, 11/4, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash
SAT, 11/10, 3:00 p.m.	Light the Way 5K, Rancho Santa Margarita, http://lighttheway5k-eorg.eventbrite.com/
SAT, 11/10, 7:15 a.m.	Santa Barbara Marathon www.sbimarathon.com
SUN, 11/11, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
THURS, 11/22, 7:00 a.m.	Oceanside Turkey Trot http://www.osideturkeytrot.com/
THURS, 11/22, 7:00 a.m.	Dana Point Turkey Trot http://www.turkeytrot.com/
DECEMBER	
SAT. 12/1, 3:00 p.m.	Las Vegas Rock 'n Roll Marathon, ½ Marathon RuntheStripatNight
SUN. 12/2, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathon
THURS, 12/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN. 12/9, 7:30 a.m.	Tucson Marathon, ½ Marathon Tuscon, AZ TucsonMarathon
SUN. 12/9, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach - CrystalCoveTrailRace
SUN. 12/9, 8:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca Holiday Half Marathon
SAT. 12/15, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine RenegadeSantaRun
SUN. 12/23, 8:30 a.m.	Winter Solstice Christmas Tree Run Long Beach, CA WinterSolsticeRun
WED. 12/26, 7:30 a.m.	Operation Jack Marathon, ½ Marathon Dockweiler State Beach – Los Angeles OperationJackMarathon
JANUARY	
THURS, 1/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 1/6, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SAT, 1/12, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, schalfmarathon
SUN, 1/13, 5:00 a.m.	Walt Disney World Marathon, FL Disneyworld Marathon
SUN, 1/13, 7:00 a.m.	13.1 Los Angeles – Santa Monica, CA 13.1 Marathon Los Angeles
SUN, 1/20, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ Rock n Roll Arizona
SUN, 1/27, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon