

ON THE RUN



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

Orange County, California
September 2009 Issue

Runner-of-the-Month – Doug Denniston

By: Stacey Dippong

This month Cathy suggested that I do a feature on Doug Denniston and I thought it was a great idea. Coincidentally, Doug was also just chosen as our September Runner of the Month (which will be announced at Thursday's meeting) – Congratulations! Doug is one of those runners who has made the club better through his involvement. He is now a regular contributor to the newsletter, and he also organized an awesome potluck at Peter's Canyon with lots of delicious food after one of our Monday evening runs. Aside from his positive contributions volunteering (SCRR loves volunteers ☺) Doug is one of those incredible friendly and cheerful people that is a pleasure to be around. I sent Doug the following questions and he had some great responses:

When did you start running? *I started running when I joined Extreme Boot Camp last year. When I started the program I could not run 100 yards without stopping. Last September we were working out at Cedar Grove Park and had run-walked up the trail into Lemon Heights (the streets above Peter's Canyon) to work the hills. On the way back to the park I was running with the lead instructor and best runners. We were talking and running when I realized that I was going to make it all the way back to the park without stopping. This was the first time I ran an entire mile.*



Why do you run? *I run to keep a level of fitness, and hopefully to lose this bulge above my waist. Actually I found that running was a great way to spend time with friends. A cluster of us from boot camp signed up for our first race events last year and I have been hooked ever since. Although we had moved on, and were no longer doing boot camp daily, we would get together once a week to go out for a run. Soon a Saturday "running camp" was born. Running once a week was not enough for me, so I was looking for other options and found SCRR.*

What do you like most about South Coast Roadrunners? *I like that the club welcomes all ages and all levels of runners. You can usually find someone to run with, who runs at your pace, and will show the route. Also, everyone in the club is supportive and encourages you to run your best. I remember when I started that many of the club members took time to come over and introduce themselves and welcome me. That felt great, so I always try to do the same for anyone who is new.*

If you race, what is your favorite race distance and why? *I do race and I really enjoy the whole race "environment." I not sure I have a favorite distance, probably because I've only run 8 races so far: 3-*

5K's, 4-10K's, and a half-marathon. The 10K is my current favorite only because I have seen so much improvement in the 3 individual events I have done.

Are you currently training for anything? How is that going? I am not currently training for anything specific. I really want to run a 5K in under 30 minutes and a 10K in under 1 hour by the end of the year. In the meantime I would just like to continue my trend of PR's (not hard to do for a beginner like me) and run in as many of the club races as I can. I missed the August track run due to vacation, but plan to run all the other races this year.

Any specific racing stories that you would like to share? I have two races which stand out the most in my mind. The first was the Santa Run 10K last December. On the way to the race I met Jeanene who told me about the club and invited me to come out. During the race, my good friend from EBC started hurting and needed to walk. He really wanted me to run on, and not worry about him, so I could post a good time. I refused and stayed with my friend. As it turned out he was hurt pretty bad and could not run for a few months after the race because he refused to stop. I learned from his experience that it was more important to listen to your body, than to finish a race.



My other memorable race was at Woodbridge on July 4th. I was warming up when Mike Friedl approached me and asked me if I would run with a friend of his. It was her first race, and Mike thought we would be great together. WE WERE!! We ran a really fast 1st mile because I was a little extra “hyper” but we slowed down, found a good pace, and ran a great race.

Where are you from? I was born in Michigan. My father was in the military so I grew up in various states in the east and Midwest. I graduated high school on a base in the Philippines. At 17, I left Virginia and moved to OC with \$300 in my pocket and have lived here ever since.

What do you do for a living? I am a 2nd grade teacher. I work at Greenville Fundamental School in Santa Ana. I have taught Kindergarten, and 1st grade in the past, but I especially enjoy 2nd grade because the students are very curious about the world and they get my jokes.

What do you like to do in your free time besides running? I love watching hockey and football. I am a huge Anaheim Ducks fan and go to nearly every game. Every spring I plant a garden of vegetables and I am very proud of the way they grow. In the summer when I am not working I like to do projects around the house. One day I would like to expand my garage, and have my own workshop.

Anything exciting happening in your life right now? The most exciting thing happening right now is that I get to return to my same job at my same school. With the poor economy and education cutbacks there was a chance that I wouldn't even be teaching but Yeah! Hurray! I'm going back to work!

Some other facts: I am a family man. I am 47 and I have been happily married for 13 years to my lovely wife Shaleen. We have two daughters: Makayla-12 (in a few days) & Jenna-9. Makayla enjoys running and I am almost as fast as her. Jenna has special needs, but a smile that melts my heart. I am so thankful to have found this group of runners and made new friends. ;-)

Roadrunner Quang Pham Is Running for Congress

Excerpts from Orange County Register

The headline of an Aug. 24 article in the OC Register was “Pham gains a step in GOP contest against Sanchez” The subtitle was “He remains a longshot against Tran, but is getting a little closer.

Additional excerpts were: “Assemblyman Van Tran, R-Westminster, knew he’d have a battle on his hands when he decided to challenge Rep. Loretta Sanchez, D-Santa Ana. But that battle could come sooner than expected as GOP opponent Quang X. Pham – still considered an underdog in the primary – is gaining strength.

“Businessman Pham has never held elected office and changed his voter registration from independent to Republican just before the July 2 announcement of his candidacy.

“But Pham is known in Little Saigon, has picked up key backers and could benefit from a bit of Tran misfortune.”

Good Luck Quang!



Shoe Donation – Smashing Success

By: Leilani Rios

Growing up, our families didn't have much. From personal experience, there were certain things me and my siblings couldn't do (in school) because we couldn't afford it. During my sis' 8th grade year, she was lucky enough to be a cheerleader (sounds funny but it's true!). I remember my Mom bringing the final payment down on the cheerleading uniform the day before her first pep rally so she could cheer...in uniform! Would she be the person she is today if she didn't cheer?

I myself was the lucky recipient of a pair of shoes that same year (Freshman year at San G) from my running coach, Andrea Johnson (*best coach EVA!*). A small donation like that did so much! I ended up being the #3 runner on the team, winning **TONS** of awards in cross country, going to state and even getting a scholarship for college and being the first person in my immediate family to graduate **COLLEGE!** Would this have happened if Coach Johnson didn't donate those shoes to me? If she didn't **see** something in me? Someone doing something nice can change a person's life.



My sister and Jason have been running at Jason's high school's track during the week (Pacific High School – my HS rival...ugh! lol!). While they were there, they ran into the cross country coach, **Ryan Sack**, who

happened to be a fellow classmate of Jason's. He is conducting the PHS Cross Country team summer practice now and noticed some of the runner's were wearing Vans, Sketchers or regular everyday shoes...*to train in!* Jason and my sis both thought it would be cool to sponsor a FEW kids on the team.

Jason called me and told me about the kids at Pacific High. When he told me about the kids not affording running shoes, it struck a chord with me. I was very excited to have the chance to give back and help those kids. I put the word out to the club and I was able to collect a total of 102 pairs of new and "new to you" running shoes.

(I could cry just thinking about it!)

102 PAIRS OF SHOES!!!! I didn't expect such a response. It was amazing!!!

So, my sis and Jason went down to Pacific High School, laid out all the shoes and one by one...outfitting the team with new and "new to you" pairs of shoes and racing flats (very useful!).



We had about 30-40 pairs of shoes leftover that we will be donating to San Geronimo High School (GO SPARTANS!!!) NEXT WEEK!!! No one could wipe the smile off their faces. All of the kids were very thankful (which was awesome!). Some kids said it many times which makes us feel like some needed it and really appreciated our efforts to help.



I wanted to give a huge thanks to SCRR and Bob Morris from Snail's for donating shoes. My sister will also be keeping an eye out for the teams' progress this coming season and let us know how they are doing.

August Grand Prix Highlights – A Night at the Track!

By: Linda Hammond



As the summer heat beats down on us these days, nothing is better than finishing a run and being treated to *Otter Pops* provided by **Mike Connors**! Thank you **Mike**! The heat was out in full force for the August Grand Prix race, the *SCRR Track 5k*. The fastest time in the race was 16:36 by **John Gardiner** and the Grand Prix high score was 879 by **Fred Cowles**. Since it is early in the season many runners are working their way back into shape. However, **Amanda Beach** had a PR in the race, thus demonstrating that she is already off to a great season. I asked **Amanda** a few questions about her race and her training this season.

Linda: *Congratulations on your PR at the track 5k. How did you like the race?*

Amanda: Thanks! The race was good. I was a little nervous because I hadn't turned out for a 5k since I joined the club and was concerned at how much improvement I would show. I was very glad to get a PR.

Linda: *When did you start running and what brought you to the club?*

Amanda: I started running as a freshman in high school but only kept up casual jogging until my mid 20s. Then a friend asked me if I wanted to run a 5k with her in Calabasas, and after that I started

running more often and entering more races. I never considered joining a group to do it until one day I just woke up and realized I didn't know anybody else who ran and thought I should! It's already helped me get a lot faster.

Linda: *What is your goal for the first half of the season?*

Amanda: My goal for the first half of the season is to PR again in the half marathon at Long Beach....and then possibly advance to a full. It would be my first one. =)

Thanks **Amanda** for sharing your story. Sometimes we get a PR but don't truly celebrate it; or perhaps we say: "I got a PR, but..." During my recent move I came across a print-out of an old e-mail response from **Danny Stein** regarding my training. In it he said: "here is my post race advice...never, never follow I got a PR with a BUT. A PR is exactly that a Personal Record...the fastest your body has ever gone over that distance...that is a true accomplishment!" Let's celebrate our accomplishments and have a great season!

The September Grand Prix race is the Rancho Santa Margarita 5k on Labor Day. The race will be a great way to celebrate the holiday weekend and perhaps even pick up a PR! We are two races into the Grand Prix series and **David Schiller** continues to lead the pack. We have ten races to go. What will your top nine races be this season? See you at the races!

A Tale of Two Races

By: Greg Hanssen

Switzerland

While planning a two week vacation in Europe, I decided to go online and see what races I might be able to run in the vicinity. Right in the middle of my vacation (in both time and space) was the Swiss Alpine Marathon run from the ski town of Davos, Switzerland. The main event of this late July race was a 78k ultra that loops through the Alps over several mountain passes towards St Moritz and back to Davos, but the event also includes two full length marathons (starting and ending in various places on the loop) as well as a half and a 31k race from Davos to the town of Filisur. The 31k (19mi) race was perfect for me as a training run for my September marathon up at Tahoe (similar elevation).



The organizers mailed me Swiss train tickets to get to Davos from Zurich (about 2hrs) and back as well as to get from my finish line back to Davos. My sister was visiting friends in Zurich so I stayed with them

but also booked a hotel room in Davos the night before the race. A street festival in Davos was closed early the night before the race due to rain, but in the morning the weather was mildly cool and damp. The 31k racers started at 8am along with the 78k ultra folks and others running one of the 42k marathons. The scenery was spectacular as we left the streets of town into the hard packed dirt trails up the valley. Rock peaks became wooded mountain sides and then rich green grass in the valley bottom. Every now and then we'd pass a train stop with a few buildings (hardly a 'town') but there were plenty of spectators to cheer us on and ring cowbells. There were also real cows with cowbells! Near the highest point we were on single track running through thick forest but when it opened up to the next valley far below the view was amazing! Also amazing was how steep the descent was... oh, but we weren't done climbing either. When we finally reached our 31k finish in Filisur I was glad to be one of the runners not going another 11k or (gulp) 47k! I finished in 2:47 coming in #82 out of 403.. the first (and only) from U.S.A.

At our finish they let us use showers at the local school then a scenic train ride took us back to Davos where I walked back to the start/finish for the other marathon and 78k. I watched some of the first ultra people finish in about 6 hours... 49 miles with 6000ft of elevation change. wow. A great experience and I'd certainly consider going back some day for one of the marathons.

Area 51, E.T. Highway, Nevada

Back at Paso Robles, a number of us had talked about possibly doing the E.T. midnight race (51k ultra, full, half, 10k) in early August. This would only be a few days after my return from Europe so how much more messed up could my internal clock possibly be? Joining me for the half marathon would be Dan (to

celebrate his birthday!), Carlos and James in the half as well as Teleia and Janelle for the 10k. I drove out late Friday night and slept at the host hotel from 4am-11am then had lunch with my Dad who lives in Vegas. Many runners from across the country came out for the race as it had been featured in Runners World in 2008. The other Roadrunners arrived later in the afternoon and we all picked up our bibs and reflective gear at the tiny expo at the hotel. The busses would leave for the 2.5 hour drive to Area 51 around 8:30 so we had a few hours to visit the New York hotel, ride the roller coaster and grab some dinner. The busses took us originally to the "mailbox" along the E.T. highway (a popular UFO watcher hang-out) around 11pm. It was actually fairly cool but this would be a good thing for the run itself and certainly welcome after the heat of Las Vegas. We watched the 51k Ultra and Full marathon people start at midnight (all wearing glow-sticks around their necks) then the busses took us to the half start, 13.1 miles from Rachel, NV. After we started the half at 12:30, the busses took the 10k people to Rachel for their 1am start.



The half marathon climbs 750ft in the middle of the course then drops the same elevation back down to Rachel. There was plenty of light from the nearly full moon but many people still left their flashlights on for the full course. I turned mine off and tried to avoid the bright lights of others... We knew it would be dry, but I'm not sure any of us realized how dry it could be! Even though the air temp was in the low 60s, the dry air and elevation (5000ft+) made for some awfully dry mouths... every water stop was a welcome blessing. I opted not to wear my Garmin and I kinda regret not having my splits. It was tough getting to the summit but from there it was all downhill and I was actually able to pass a number of people which was a good feeling. By mile 9 the lights of the finish seemed deceptively close. I finished with 1:49 coming in 24th out of 291. Just a minute or two behind me were Janelle and Teleia finishing their 10k together. The three of us watched James, Dan and Carlos appear out of the dark to cross the finish. At the finish, the Little A'Le'Inn bar and restaurant was serving free breakfast to all the runners which was nice.

After a few pictures by the E.T. paintings and flying saucer mock ups, we got on the busses for the return to Vegas.

I think Teleia was the only one who actually ran much faster than she was expecting with a 10k pace not much off her 5k PR pace. The half was very tough (but James got a PR)... and so was the bus ride back to Vegas from 3:00-5:30am.. I would much rather have been in bed than watching the sun rise from a bus. Back at the hotel we all got showers and I hit one bed, Teleia hit the other and Dan, James and Carlos started celebrating Dan's B-day. Sometime later in the morning after most of the group left for Mandalay Bay, I got some quiet but no real sleep. I had another lunch with Dad then hit the highway (with thousands of others) and got stuck. After an extended stop at the stateline for a milkshake and ride on the roller coaster (not in that order) I discovered the rooms at Buffalo Bills were only \$14.. so I took a 3 hour nap, shower and arrived home traffic free around midnight. All in all a great experience but as with the Europe travel, I can't overstate the need for a good night's sleep!



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 64 participants for the 2009-2010 series after 2 races are:

Place	Name	Details		Total Points	Races	Best	Avg	Track 5K		Woodbridge July 4 th	
		Age Group	Sex					Times	Points	Times	Points
1	David Schiller	45-49	M	1694	2	866	847	18:16 5k	828	17:27 5k	866
2	Brad Wobig	40-44	M	1665	2	836	833	17:00 5k	836	17:09 5k	829
3	John Gardiner	35-39	M	1631	2	818	816	16:36 5k	818	16:43 5k	813
4	Eric Frome	25-29	M	1587	2	798	794	16:48 5k	798	35:13 10k	789
5	Ben Coyle	35-39	M	1571	2	790	786	17:11 5k	790	35:46 10k	781
6	Mike Connors	40-44	M	1547	2	789	774	18:01 5k	789	18:46 5k	758
7	Mike Friedl	45-49	M	1533	2	777	767	19:28 5k	777	19:59 5k	756
8	Tonson Tong	40-44	M	1522	2	766	761	18:49 5k	756	18:34 5k	766
9	Leilani Rios	25-29	F	1519	2	769	760	19:52 5k	750	19:23 5k	769
10	Thomas Fung	45-49	M	1486	2	748	743	20:29 5k	738	20:13 5k	748
11	Ed Coffey	60-64	M	1456	2	731	728	23:15 5k	731	23:26 5k	725
12	Noreene Matsuda	45-49	F	1438	2	770	719	25:11 5k	668	21:52 5k	770
13	Kathleen Curley	25-29	F	1422	2	711	711	20:58 5k	711	43:45 10k	711
14	Cathy Shargay	50-54	F	1413	2	711	707	24:53 5k	702	24:33 5k	711
15	Linda Hammond	45-49	F	1402	2	704	701	23:55 5k	704	22:38 5k	698
16	Steve Kan	50-54	M	1398	2	702	699	22:25 5k	696	22:13 5k	702
17	Colleen Jones	30-34	F	1395	2	704	698	22:04 5k	691	21:39 5k	704
18	Armando Moran	35-39	M	1381	2	695	691	19:48 5k	686	40:42 10k	695
19	Matt Hood	40-44	M	1338	2	672	669	21:09 5k	672	42:25 10k	666
20	Elizabeth Bailey	30-34	F	1335	2	670	668	22:45 5k	670	22:56 5k	665
21	Bryan Chu	25-29	M	1303	2	661	652	20:53 5k	642	20:17 5k	661
22	Greg Hanssen	40-44	M	1289	2	651	645	22:18 5k	638	21:50 5k	651
23	Kevin Michaels	40-44	M	1237	2	644	619	22:04 5k	644	49:02 10k	593
24	Jan Peters	50-54	F	1161	2	589	581	29:40 5k	589	30:33 5k	572
25	James Chandler	25-29	M	1109	2	576	555	23:16 5k	576	52:08 10k	533
26	Sohrab Mirza	65-69	M	1063	2	535	532	34:28 5k	528	34:00 5k	535
27	Fred Cowles	45-49	M	879	1	879	879	17:12 5k	879		0
28	Sue Zihlmann	45-49	F	859	1	859	859	19:36 5k	859		0
29	Janelle Cabassa	25-29	F	833	2	422	417	35:18 5k	422	1:15:45 10k	411
30	Jeanie Leitner	60-64	F	791	1	791	791		0	24:51 5k	791
31	Ken Atterholt	45-49	M	771	1	771	771		0	19:37 5k	771
32	Jennifer Neff	40-44	F	769	1	769	769		0	20:33 5k	769
33	Sandra Manzano-Straehle	40-44	F	768	1	768	768	20:35 5k	768		0
34	Greg Jones	30-34	M	754	1	754	754	17:54 5k	754		0
35	Laura Bullock	30-34	F	752	1	752	752	20:17 5k	752		0

Place	Name	Details		Total Points	Races	Best	Avg	Track 5K		Woodbridge July 4 th	
		Age Group	Sex					Times	Points	Times	Points
36	Jerry Lin	40-44	M	750	1	750	750		0	18:57 5k	750
37	Annette McCall	35-39	F	745	1	745	745	20:40 5k	745		0
38	Orhan Beker	35-39	M	740	1	740	740		0	18:21 5k	740
39	Ryan Doss	20-24	M	738	1	738	738	18:20 5k	738		0
40	Kevin MacDonnell	45-49	M	714	1	714	714		0	21:11 5k	714
41	Pamela Wusthof	55-59	F	707	1	707	707		0	26:13 5k	707
42	Jim Beck	40-44	M	701	1	701	701	20:17 5k	701		0
43	Molly Donnellan	45-49	F	700	1	700	700		0	50:44 10k	700
44	Jerry Harber	65-69	M	690	1	690	690		0	26:23 5k	690
45	Doug Niles	40-44	M	690	1	690	690		0	42:08 10k	690
46	Susan Liu	35-39	F	688	1	688	688	22:23 5k	688		0
47	Karen Winter	50-54	F	679	1	679	679		0	25:44 5k	679
48	Wayne Church	55-59	M	677	1	677	677		0	23:48 5k	677
49	Amy Katz	35-39	F	665	1	665	665		0	48:10 10k	665
50	Jan Twisk	40-44	M	665	1	665	665		0	21:22 5k	665
51	Jennifer Whyte	35-39	F	651	1	651	651		0	49:09 10k	651
52	Amanda Beach	30-34	F	648	1	648	648	23:31 5k	648		0
53	Liza Svoboda	35-39	F	641	1	641	641	24:01 5k	641		0
54	Bill Quinnan	35-39	M	624	1	624	624		0	45:18 10k	624
55	Paul Avedian	45-49	M	619	1	619	619	22:28 5k	619		0
56	Kim Connors	40-44	F	612	1	612	612		0	25:48 5k	612
57	Scott Watters	30-34	M	590	1	590	590	22:52 5k	590		0
58	Daniel Templin	35-39	M	583	1	583	583	23:18 5k	583		0
59	Carlos Jovel, Jr.	30-34	M	568	1	568	568		0	23:47 5k	568
60	Eric Ison	35-39	M	557	1	557	557	24:24 5k	557		0
61	Julia Wu	35-39	F	547	1	547	547	28:08 5k	547		0
62	Melissa Schiller	13-15	F	535	1	535	535		0	31:27 5k	535
63	Ed Nichols	35-39	M	519	1	519	519	26:10 5k	519		0
64	Doug Denniston	45-49	M	490	1	490	490		0	30:52 5k	490

Thanks to our Social Chairs

Kathleen Curley and Stacey Dippong

For a Great Beach BBQ Party

Thanks also to Grillmaster Jared!

A Fun Time Was Had By All!

SATURDAY RUNS

NOTE – SUMMER START TIME - Meet at 6:45, Run at 7:00 a.m.

9/5/09, Peter's Canyon

Leader: Stacey Dippong

Location: Cedar Grove Park – Peter's Canyon

Directions: Take the 5 Freeway, exit Jamboree, head east. Left on Tustin Ranch Road, right on Pioneer, go straight to Cedar Grove Park.

About the Run: We will run the 7 mile loop in Peter's Canyon which is entirely on trails. Water is available around mile 3. Join us for the full loop or just a few miles to warm up for the RSM 5K on Labor Day.

After the Run: Coffee somewhere, probably Starbucks.

9/12/09, Aliso/Wood Canyon

Leader: Amelia Carchidi

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: Amsterdam Coffee House, 27221 La Paz Rd (at Pacific Park Dr.), Laguna Niguel. It's in the Henry's shopping center.

9/19/09, Back Bay

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.

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.

9/26/09, Spyglass Hill

Leader: Amelia Carchidi

Location: Marguerite Ave and Ocean Blvd in Corona Del Mar.

Directions: PCH, West on Marguerite, until it dead-ends on Ocean Blvd.

About the Run: The standard run is a 12 mile hilly loop on roads, but there are many shorter options, as well as beach running available.

After the Run: Bruegger's Bagels and/or Starbucks; they are across the street from each other on the corner of Goldenrod and PCH.

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
4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, **Stifel Nicolaus**
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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

Check www.raceplace.com or www.active.com for event registration info

SEPTEMBER	
THURS, 9/03, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 9/5, 7:00 a.m.	Disneyland Family Fun Run 5K, Anaheim Disney Family 5K
SAT, 9/5, 8:30 a.m.	Kevin Cook Spirit Run 5K, Fountain Valley www.kevincookspiritrn.org
SUN, 9/6, 6:00 a.m.	Disneyland Half Marathon, Anaheim Disneyland Half Marathon
MON, 9/7, 7:30 a.m.	Rancho Santa Margarita Healthy Community 5K, RSM RSM 5k Info & reg.
SAT, 9/12, 8:30 a.m.	Big Bear Lake Marathon, ½ Marathon, 5K, Big Bear City www.bigbearlakemarathon.com
SAT, 9/19, 8:00 a.m.	Heartbreak Ridge ½ Marathon, Camp Pendelton www.camppendletonraces.com/half.html
SUN, 9/27, 7:30 a.m.	Susan Komen Race for the Cure 5K, Newport Beach, KomenOC
OCTOBER	
THURS, 10/01, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
FRI, 10/2, 7:00 a.m.	Live Fit 5K Run, Anaheim Marriott, Anaheim LiveFit5K
SAT, 10/3 8:00 a.m.	23 rd Harbor Heritage Run, Newport Harbor Harborheritagerun
SAT, 10/3, 8:00 a.m.	Rough-Fit Rubber Boot Race (2K)– Old Town Tustin, RoughFitRubberBootRace
SAT, 10/3	St. George Marathon, St. George, Utah
SAT, 10/3, 8:00 a.m.	Magic Mountain Man Triathlon & 5K, Castaic Lake, MagicMountainManTriathlon
SUN, 10/4, 7:45 a.m.	10 th Anniversary Lupus Race for Life, La Mirada, LupusRaceforLife
SUN, 10/11, 7:00 a.m.	25 th Annual Long Beach City Marathon, Half Marathon, 5K, LongBeachMarathon
SUN, 10/11	Chicago Marathon
SAT, 10/17, 8:00 a.m.	Eastvale Cares Family 5K, Corona, Eastvale5K
SAT, 10/24, 7:00 a.m.	Huntington Beach Distance Derby, 10mi., 5mi. & Kids Run, HBDistanceDerby
SUN, 10/25 7:30 a.m.	L.A. Cancer Challenge 2009, Los Angeles, LACancerChallenge
NOVEMBER	
SUN, 11/1, 9:00 a.m.	ING New York City Marathon
SUN, 11/1, 7:15 a.m.	Ralphs & Food 4 Less Dinosaur Dash XIX 5k & 10K, Tustin Marketplace DinosaurDash
THURS, 11/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SUN, 11/8, 7:00 a.m.	2 nd Annual Race for Research - Dockweiler State Beach, LA RaceforResearch
SUN, 11/8, 7:00 a.m.	Mission Inn Run, ½ Marathon, 10K, 5K – Riverside, CA MissionInnMuseumRun
SUN, 11/15, 7:00 a.m.	Run for Her Cancer Run 5K – Pan Pacific Park, Los Angeles RunforHer
THURS, 11/26, 7:00 a.m.	Dana Point Turkey Trot – Dana Point Harbor Turkeytrot.com
THURS, 11/26, 7:15 a.m.	Oceanside Turkey Trot – Oceanside, CA Osideturkeytrot.com
SAT, 11/28, 8:00 a.m.	San Dimas Turkey Trot 5K, 10K & Kids Run – San Dimas, CA SanDimasTurkeyTrot

2008-2009 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

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