

ON THE RUN



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

Orange County, California
June 2013 Issue

Runner of the Month – Joanna Pallo

By: Doug Denniston

Meeting at Lampost Pizza after a Thursday night run seemed like an excellent way to interview our Runner of the Month, Joanna Pallo. So that is exactly what I arranged. Little did I know that Joanna's 30th birthday was later the same week, and that the club was planning to celebrate with Joanna, at the same time.

Did this bother Joanna, or disturb our interview in any way??? Absolutely not. Joanna handled the interview with ease....and she did it while eating, visiting with friends, posing for pictures, taking pictures, cutting and passing out birthday cake, and just enjoying the evening. She was totally prepared, and I was totally impressed by her.

Joanna admits to being a thrill seeker. "I love all thrill rides such as roller coasters", and she was very excited for her upcoming parachute jump (over her birthday weekend). Perhaps this is why SCRR is so appealing to Joanna, because our club is just so thrilling. Please join me in congratulating Joanna on her selection as Runner of the Month for May.

When did you start running and where? I started playing soccer when I was in 3rd grade I believe. That's when I figured out I was a runner. I joined the cross country and track team in Jr. High. In track I ran the 4x400 relay, the 800M, and the 4x100 relay.

When did you join SCRR and how did you find out about the club? I joined the club in September 2012, so not that long ago. I was out running with my running buddy, and couldn't stand to run on the treadmill any longer. I was training for my first half marathon, the Disneyland Tinkerbell and wanted to start running outside. I work with Jennifer Erickstad and she mentioned she was part of a running club. I thought that sounded like a great idea, so I looked you guys up.

What has been your favorite race and why? I like the races that are more like an event. I have so much fun hanging out with everyone. I loved the food at the Brea 8K, and Carlsbad was an



awesome experience. I'm looking forward to next year and only running the 5K instead of the 25K so I can hang out more with everyone and watch the different races ([I'm sure Joanna and Eileen could share stories](#)). I think I liked that course the best so far.

Do you have a favorite club race and distance? I prefer the longer distances. I'm more of a slow and steady runner than a sprinter. I usually choose the 10Ks over a 5K because a 5K feels more like a sprint to me now. I'm getting more into half marathons, I would like to get a little more comfortable with that distance as my norm.

Have you ever run the Boston Marathon, or would you like too? I've never been to Boston, but would love to go. I don't know if I'll be able to run it, but I would love to go and show my support.



Joanna and husband Dustin on a recent skydiving trip!

Where is your favorite Saturday club run? I really enjoyed the run we did in Aliso Viejo. I believe it was at the Wilderness Park ([I'm pretty sure Joanna means the Aliso Woods Trail Run](#)). It was just a pretty run, and we saw quite a few deer on the run. Everyone talks about the 3 Piers run, but I haven't had the chance to do that one yet. I look forward to trying that one out soon.

What is the coolest place you've gone for a run? I haven't really gone anywhere for a run, but I love to hear about the trips people in the club take. I'm looking forward to joining in some of those trips. I have started bringing my running shoes just about everywhere I go, because you never know when you can get a run in. I hope to be able to get a run in sometime when we vacation in the Caribbean later this year. Right now, I would say that I really enjoyed the Tinkerbell ½ marathon.

Are you training for anything right now? I'm currently training for my next triathlon. **When is that?** That will be the Tinman in San Bernadino on June 30. I'm also working on getting over a knee injury so I can get back to half marathon distances and start working on marathon training.

What were the worst running conditions, or worst race experiences you've ever had? A few months ago we had a Saturday run and it was raining. I think it was Quail Hill. My watch wouldn't sync up, so I couldn't get my miles. I was just doing an out and back because I had a half marathon coming up. On the way back I ran into two girls that were new, it was their first run. They were asking me about the club, and I was telling them all about my experience so far. When I got back to my car, I looked in the mirror, and realized my mascara that I didn't take off the night before was running down my face the whole time due to the rain. It was not a pretty moment, lol.

Do you have any favorite music you run to? Anything upbeat. I have 2 Ipods, and one is dedicated solely for running purposes. If I'm running by myself, I usually listen to music, although recently, I have been learning to run without it. After a certain distance I start tuning out my music

anyway. There is one song that when it comes on I notice I pick up my pace, and my energy levels rise. So even if I'm tuning out my music, it grabs my attention. Young Jeezy featuring R. Kelly 'Go getta.'



Any other hobbies or interests? I admit I am a thrill seeker. I enjoy going to Disneyland, and have an annual pass. I enjoy biking and swimming, and as a family we play a lot of cornhole (a bean bag toss game). We are pretty competitive.

What do you do for your job? I work for a Nutritional company as a Graphic Designer.

Where were you from originally and when did you move to SoCal? I was born in Fresno, California. We moved to the Inland Empire when I was 5. I headed to Orange County for college where I started at CSU Fullerton. After a short stint at CSUF I switched to the Art Institute of Orange County where I studied graphic design. I love it here and have never left.

Joanna and Carlos Jovel after a recent race.

*Congratulations to the SCRR Members and Friends Who Ran
OC Marathon, May 5th*

Amy Katz

Eric Dangott

Matt Kossoff

Dave Schiller

Greg Jones

Andrew O'Bannon

Fernando Gonzales

Sam Yasseen

Joel Niblett

Mike Bertram

Tranh Quan

Colorado Marathon, May 5th

Greg Hanssen

Cathy Shargay

San Diego Rock'n Roll Marathon, June 2nd

Tonson Tong

Mike Bertram

Eric Dangott

Tomatoes 102

By: Doug Denniston

This is the second article in a three part series. If you missed the first article and would like a copy, please contact Doug.

So now that your tomato plants are in the ground (BTW it is definitely NOT to late to plant if you haven't already) it's time to feed and support them.



If you are feeding your plants a "plant food" product, do yourself and your garden and stop right now...especially if you are using the most popular product on the market, Miracle-Gro. All of these products can best be described as "steroids for the garden." For the same reasons you would never put steroids into your body, you should never put steroids in your soil. These products may provide instant gratification and some quick plant growth, but will not make tasty fruit and ultimately they will destroy your soil's natural bio-system.

Feeding your tomato plants really involves feeding the soil, and not the plant itself. You can start by covering your soil with a hay bale, or better yet alfalfa. They make a great weed barrier, and will add many valuable nutrients to the soil as they mix with the soil. When feeding your soil organic amendments, I recommend you be very choosy. As a matter of fact there is only ONE brand of soil amendments that I ever use. They are John and Bob's Organics. If you are interested in improving your soil for growing these are the best products available...almost. Actually the best possible thing for your plants and the soil are worms. That's right, WORMS. Have you ever considered how much old produce or produce scraps you throw away? Banana peels, carrot skins, egg shells (you do have to rinse these), apple and orange peels or just old lettuce that you need to throw away. Instead of throwing in the trash, throw it in your garden. Worms group together, and become a voracious force, consuming anything in their path. Mountains of vegetable scraps wouldn't stand a chance. The worms will break them one bite at a time. The food they consume gets digested, and transformed into some of the most nutritious material that gardens could grow in: worm castings! These worm castings are 7 times richer in phosphates, 5 times richer in nitrogen, and 11 times richer in potash than the average lawn soil. This valuable substance is a result of your trash! By far, these guys are the best gardeners on the planet, and will only help out your garden or both! (www.unclejimswormfarm.com, 2013).

Supporting your tomatoes should be done right away. Add a 6 foot tomato/plant stake to the soil right next to the main stem. Use this for tying the stem to (use green tomato tape) as it grows. Also, surround the plant with some form of tomato cage. As branches breech the cage be sure to tie them to the cage as well. The plant must be well supported to handle the weight of tomatoes as they develop without breaking the plant. You can also search the Internet for many other support options, just be sure to do it early, because you don't want to damage the root system. Also, do it often because your plant will be growing and constantly requiring more support.

Thanks, and happy harvesting. D.

So now you have established plants in your garden and they may even have budding/growing fruit on them....what now? Well now it's time to make sure they are properly hydrated. This will be covered in my third installment of my tomato blog and included in next month's newsletter.

SCRR Feels the Magic!

By: Linda Hammond

In the month of May, running shoes were surely magic at the **Magic Shoe 5k!** **Lucas Agricola** joined the club this year and shared some thoughts about his race and his training this season.

Lucas: Magic Shoe was a lot of fun. I had a really tough April training wise due to traveling and missed a lot of long runs, and I had been battling a knee injury for a few weeks so it was great to get out there, run fast and compete again. The race started well. My first mile was right on pace and turning down East Bluff I was still

feeling strong heading into the downhill. I even thought for a moment that I could have picked the pace up, but I kept myself in check trying to save some energy for the last mile. I was leading a pack of about 5 guys and felt in control as we approached the school for the final lap around the fields. But that's when a bad month of training caught up with me. I just couldn't kick into high gear and I ended up falling off pace a bit. The pack that was drafting behind me (smarter runners) started to pass and pull away and I found myself running alone. I was able to close strong and actually ran down two of the guys from the group that had passed me. Overall I was really pleased with the race. There were a ton of fast people, I ran a PR 16:15 and **John Gardiner**, who has been battling an Achilles issue was able to suit up for the first time in months; it is really good to see him healthy again. But I think the best part is knowing that with a little more training I can go even faster.



Lucas (766) leading a pack of very fast runners at Magic Shoe!

Linda: When did you start running?

Lucas: I started running about 9 years ago. I had just graduated college and I was looking for a way to get into shape. I was about 40 lbs heavier and had never really taken very good care of my body. A buddy had trained for and ran a marathon and being an obviously competitive person, I had to outdo him. I started training and right away it just clicked - running was just something that really agreed with me mentally and physically. He debuted with a 3:59 and I bettered his time by 30 minutes :). My second marathon was a 3:00:56 in Napa and I ran a 3:02 in Boston. I learned a lesson about going out too fast there.

Linda: Tell us about your training.

Lucas: I got involved with **South Coast Roadrunners** and **A Snail's Pace** through Strava.com - it's a social networking/running website that lets you track your runs and see how you compare with other athletes and see what/where they are running. John and I were already following each other on strava when we met at one of the Wednesday meet-ups at the old Laguna Hills store. He told me that there would be free pizza at the meeting and that sealed the deal. After running together for a few months, John convinced me to start

entering more races - to this point I had only really done one or two per year. I joined the Snail's Pace race team after the OC 5k and joined the **Danny Stein** training program. It has been an amazing and challenging year training under Danny. We do 3 workouts per week: Tuesdays on the track, Thursday is a road workout and Saturday long runs with a long workout in the middle. It has taken a little getting used to... I had never run with any type of structure before and I used to run 4 or 5 days a week; now it's 6 days every week. But thanks to SCRR, Snail's Pace and the training to keep me disciplined, my mileage has increased to the highest it has ever been and I've PR'd in almost every distance (except 1/2 and full marathons... Those will come next season).

Linda: *What is your next big race?*

Lucas: My next big race is the **Dipsea Race** in northern California. It's run in my hometown and this will be my eighth year in a row. It is a 7.2 mile trail race with over 2,000 ft elevation gain and starts with 672 stairs in the first 1/2 mile...fun!

Thanks Lucas for sharing your story. Magic Shoe was the 11th race in the Grand Prix series and **Bob Morris** continues in 1st place. Bob had the highest Grand Prix score for the race (868 points) and placed 1st in his age division. **Jeanie Leitner** and **Leilani Rios** placed 1st in their age divisions and are in 2nd and 3rd place in the Grand Prix, respectively. We wrap up the season in June at the **Downtown Anaheim 5k**. See you at the Finish Line!



Many Thanks to:

Bob and Faith Morris

For Hosting a Memorial Day Post-Race Barbeque and Pool Party

(The photo above shows Lucas enjoying the relaxing atmosphere around the pool!)

SCRR Photos from the Magic Shoe 5K

Photos From: Cathy Blakesley; Layout by Joanna Pallo



1 David Blakesley **2** Cathy Shargay, Joanna Pallo, Robert Donald, Anna Osgood, Noreene Matsuda, Greg Hanssen
3 Noreene Matsuda **4** Greg Hanssen **5** David Bauers, Alic D'cruz **6** David Schiller, Michael Friedl **8** Robert Donald, Cathy Shargay, Ken Atterholt, Stacey Dippong **9** Jennifer Erickstad



3



7



9

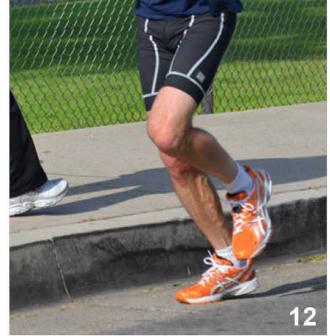
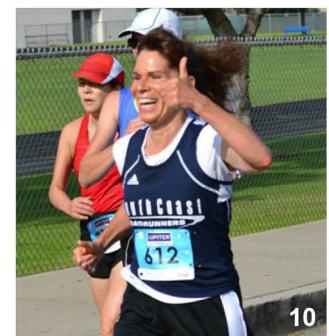


11



13

1 Paul Osgood, Judy Sweet, Michael Gulan 2 Carlos Jovel, David Blakesley, Joanna Pallo 3 Robyn Scott 4 Ken Atterholt 5 Robert Donald 6 Anna Osgood, Terry Leonard 7 Mike Gellman 8 Paul Osgood 9 Armando Moran 10 Joanna Pallo 11 Janelle Daniels 12 Joshua Proffitt 13 Paul Osgood, Joanna Pallo, Joshua Proffitt, Anna Osgood, Robyn Scott, Mike Gellman, Judy Sweet, Michael Friedl



1 Ken Wells 2 Michael Friedl 3 Cathy Shargay 4 Kevin Wilson, Carlos Jovel 5 Leilani Rios 6 Bob Morris 7 Michael Gulan 8 Vicki Ballon 9 Stacey Dippong 10 Judy Sweet 11 David Schiller 12 Fred Cowles



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 29 participants out of 96 for the 2012-2013 series after 11 races are shown below. *Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all 10 races are on our web site www.roadrunners.org*

| | Name | Age Group | Races | Total Net Points | Best | Net Avg | Magic Shoe 5K | | Carlsbad 5000 | |
|----|--------------------|-----------|-------|------------------|------|---------|---------------|--------|---------------|--------|
| | | | | | | | Times | Points | Times | Points |
| 1 | Bob Morris | 60-64 | 10 | 7,893 | 912 | 877 | 19:35 5k | 868 | 19:26 5k | 875 |
| 2 | Jeanie Leitner | 65-69 | 11 | 7,753 | 886 | 861 | 24:57 5k | 852 | 24:47 5k | 858 |
| 3 | Leilani Rios | 30-34 | 11 | 7,702 | 890 | 856 | 17:27 5k | 874 | 17:53 5k | 853 |
| 4 | Brad Wobig | 45-49 | 9 | 7,490 | 905 | 832 | | 0 | 17:11 5k | 880 |
| 5 | David Schiller | 50-54 | 9 | 7,279 | 857 | 809 | 18:51 5k | 828 | | 0 |
| 6 | Mike Gulan | 60-64 | 9 | 7,013 | 815 | 779 | 22:55 5k | 742 | 23:01 5k | 739 |
| 7 | Thomas Fung | 45-49 | 10 | 6,936 | 801 | 771 | | 0 | 19:27 5k | 777 |
| 8 | Greg Hanssen | 45-49 | 10 | 6,719 | 767 | 747 | 20:25 5k | 740 | 20:25 5k | 740 |
| 9 | Ken Atterholt | 50-54 | 8 | 6,572 | 877 | 822 | 18:59 5k | 822 | 18:35 5k | 839 |
| 10 | Stacey Dippong | 30-34 | 9 | 6,434 | 751 | 715 | 20:52 5k | 731 | 21:17 5k | 717 |
| 11 | Matt Kossoff | 30-34 | 10 | 6,419 | 736 | 713 | 19:05 5k | 707 | 18:33 5k | 728 |
| 12 | Cathy Shargay | 50-54 | 9 | 6,261 | 746 | 696 | 24:56 5k | 701 | 24:30 5k | 713 |
| 13 | David Bauers | 50-54 | 9 | 6,112 | 716 | 679 | 22:25 5k | 696 | 22:11 5k | 703 |
| 14 | Noreene Matsuda | 45-49 | 8 | 6,025 | 788 | 753 | 22:33 5k | 746 | 22:57 5k | 733 |
| 15 | Kelcey Kinjo | 40-44 | 9 | 6,024 | 716 | 669 | 20:39 5k | 688 | 20:36 5k | 690 |
| 16 | Mike Gellman | 40-44 | 9 | 5,665 | 728 | 629 | 21:53 5k | 650 | 21:41 5k | 656 |
| 17 | Tonson Tong | 45-49 | 7 | 5,548 | 831 | 793 | | 0 | 18:38 5k | 811 |
| 18 | Ben Coyle | 35-39 | 7 | 5,526 | 798 | 789 | | 0 | | 0 |
| 19 | Joanna Pallo | 25-29 | 9 | 5,461 | 641 | 607 | 24:42 5k | 603 | 25:48 5k | 578 |
| 20 | Eric Dangott | 35-39 | 8 | 4,949 | 649 | 619 | | 0 | 21:58 5k | 618 |
| 21 | Jennifer Erickstad | 30-34 | 8 | 4,872 | 651 | 609 | 25:02 5k | 609 | 24:51 5k | 614 |
| 22 | Molly Donnellan | 50-54 | 7 | 4,768 | 698 | 681 | | 0 | 25:06 5k | 696 |
| 23 | Vicki Ballon | 30-34 | 7 | 4,616 | 702 | 659 | 22:53 5k | 666 | 23:44 5k | 643 |
| 24 | Paul Osgood | 45-49 | 9 | 4,559 | 584 | 507 | 25:53 5k | 584 | 27:38 5k | 514 |
| 25 | John Gardiner | 40-44 | 5 | 4,367 | 910 | 873 | 17:27 5k | 815 | | 0 |
| 26 | David Blakesley | 65-69 | 8 | 4,346 | 602 | 543 | 35:56 5k | 506 | 31:37 5k | 576 |
| 27 | Steve Kan | 55-59 | 6 | 4,244 | 761 | 707 | | 0 | 23:52 5k | 675 |
| 28 | Carlos Jovel, Jr. | 35-39 | 8 | 4,228 | 582 | 529 | 26:38 5k | 510 | | 0 |
| 29 | Linda Hammond | 45-49 | 6 | 4,206 | 763 | 701 | | 0 | 23:48 5k | 707 |



One Night in **HAVANA**

*Semi
Formal*

2013 Annual SCRR Banquet

\$30
per person

Saturday, June 22, 2013

join us from 5 pm until 10 pm

at the Woodbridge Community Center • 31 Creek Road, Irvine

MCs: Mike Friedl and Matt Hood • DJ and Dancing courtesy of Kevin & Leilani

Food: Plantain Chicken with a Jamaican Rum Sauce, Mango Spinach Salad, Lemon Saffron Black Beans, Sweet Potato, Carrot and Coconut Milk Casserole, bread, and an assortment of gourmet desserts

Drinks: Margaritas, beer, and mojitos, along with water and soft drinks

rsvp & pay by June 15 (checks made out to SCRR) • Contact Stacey Dippong staceydippong@gmail.com

To donate raffle prizes, please contact Stacey Dippong at staceydippong@gmail.com

SATURDAY RUNS

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

6/1/13 – Aliso Creek Trail/Adidas Boost Wear-test *NEW*

Leader: Bob Morris

Location: A Snail's Pace Running Shop 24451 Alicia Pkwy., Mission Viejo

Directions: Exit the 5 fwy at Alicia Pkwy., in the LA Fitness shopping center visible from the freeway.

About the Run: Out and back course starting at the Store to the bike path that goes all the way up to Cook's Corner if you want an 18 miler.

After the Run: Dennys (50 yards from the Store) or Lulu's Creperie Cafe, 24781 Alicia Pkwy, Laguna Hills (at the old ASP LH Store location two blocks away).

6/7/13 – Club Race – Downtown Anaheim

6/15/13 – Aliso/Wood Canyon

Leader: Ken Wells

Location: Aliso/Wood Canyon Wilderness Park

Directions: The closest cross streets are Aliso Creek & Alicia Parkway. Turn right on Awma Road. You can park along the road to avoid paying for parking.

About the Run: The basic route is an out-and-back that is a total of 9 miles. The trailhead starts at 1.5 miles. At mile 4.5 you will arrive at a gate that is the turn-around point. There are many other routes available if you know the area for much longer distances. Note that there is no water along the trail so if you plan on running more than 5-6 miles, please be prepared.

After the Run: Breakfast at Corner Bakery in the shopping plaza at La Paz and Pacific Park Drive, 27221 La Paz Rd # K Laguna Niguel, CA 92677

6/22/13 – Quail Hill

Leader: Lisa Eiler

Location: Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604

Directions: From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

About the Run: We will head out on Jeffrey and take the bridge over the freeway. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into the exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. The standard loop is 12 miles. You can also do an out-and-back along the trail. There is water on the trail, but it is recommended to bring some, just in case.

After the Run: Starbucks, Big City Bagels, Chronic Tacos and Juice It Up.**6/29/13– 3 Piers “Kegs and Eggs”**

Leader: Matt Kossoff

Location: We start at the base of the Newport Beach pier. Arrive early to find street parking, or bring change or a 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.

SCRR Meeting Minutes – May 2013

Welcome new members: **Kris** enjoys running half marathons and is training for the Napa to Sonoma Half. **Kim** was happy to find a group of friendly runners.

Sherri Ellerby reminded everyone about the upcoming club elections which will take place at the June meeting. General duties for each board member were provided. A sign-up sheet was passed around for interested members.

Stacey Dippong encouraged everyone to attend the Recognition Banquet on June 22. The price is \$30 per person, and will increase to \$35 on June 9. Please pay on time to save your spot! June 15 is the absolute last day we will accept payment. Food, drinks, DJ, dancing, awards and raffle prizes are included. Contact Stacey if you would like to donate a raffle prize. Here is the prize list so far: Hurley wetsuit, Oakley merchandise, **Coach John Loftus**'s running form analysis, and **Dr. Scott Neubauer**'s running/biking form analysis. Members that have run their first race, 5K to ultra, will receive a Snail's Pace gift certificate. Let **Bob Morris** know in advance. Recipients must attend the banquet to receive their certificate. Lastly, the dudes' pre-party will be at the Smokestone pool in Woodbridge. The chicks' pre-party TBA.

Our next club race is the Magic Shoe 5K on May 18. Donate your gently worn athletic shoes for the Magic Shoe Foundation at the race.

The inaugural Beckman Fundraiser 5K is on May 11. The race fee is \$30 and includes pancakes after the race. **Vince Lowder** is now an assistant coach for the track team.

Announcements from **Bob Morris**:

- Pub runs will take place every Tuesday in May from Snail's Pace stores. The run from the Mission Viejo store is on May 21. Run to Brü to receive a free glass of beer and pint glass.
 - Bob and Faith will host their annual post-race BBQ/pool party at their home after the Saddleback Half Marathon on Memorial Day. See flyer for details.
 - The Fountain Valley Snail's Chapter will host the 22nd Ekiden Relay in Huntington Beach on May 19. This race is free. There will be awards and lots of prizes.

Mike Friedl announced the top 20 in the Grand Prix after 10 races. Two more races to go!

The club voted for a track mile race to be held at Beckman HS on August 10. This race is free. **Dave Fier** will provide timing clocks. We will need volunteers to help with timing duties.

Race results: **Matt Kossoff** Redlands Half Marathon Hot and hilly

Congratulations to our Runner of the Month, **Joanna Pallo!**

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**
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(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
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San Juan Capistrano

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coach@runyourpotential.com
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

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www.CAmoves.com/Dave.Blakesley
Fine Homes and Condos throughout OC. You'll get my personal attention and the most powerful resources in the industry. Relocating? – I can help nationwide.

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 scrr-info@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

| JUNE | |
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| 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 |
| 6/1, 6/2, 6/8, 6/9, 6/15 | Camp Pendleton Mud Runs, Saturday events sold out |
| SAT 6/15, 7:00a.m. | Big Ring Century, Laguna Hills |
| SUN 6/16 6:00a.m. | The San Francisco Marathon San Francisco, CA thesfmarathon |
| THURS 6/20 6:15 p.m. | Peter's Canyon Summer Trail Series Tustin, CA Summer Trail Series |
| SAT 6/22 | South Coast Roadrunners Annual Awards Banquet |
| JULY | |
| THURS 7/4 7:15a.m. | Woodbridge Village Community 5k, 10K |
| THURS 7/4 8:00a.m. | Surf City 5K Huntington Beach, surfcityrun |
| THURS 7/4 7:00a.m. | 6 th Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run runladera.com |
| THURS 7/4 7:30a.m. | YMCA Run in the Park 5K, 10K Laguna Niguel, Ca ymca run in the park |
| THURS, TBD, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| SUN 7/7 8:00a.m. | Carlsbad Triathlon Carlsbad, CA Carlsbad Triathlon |
| THURS 7/11 6:15p.m. | Peter's Canyon Summer Trail Series #2 Tustin, CA renegaderaceseries |
| SUN 7/14 6:00a.m. | Ironman 70.3 Vineman Triathlon Sonoma County, CA vineman.com |
| SAT 7/27 7:00a.m. | City of Cypress 5K, 10K, Kids Run Cypress, CA cypress5k10k |
| AUGUST | |
| THURS, 8/1, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| THURS 8/1 6:15p.m. | Peter's Canyon Summer Trail Series #3 Tustin, CA renegaderaceseries |
| SAT 8/3 7:30a.m. | Camp Pendleton Semper Tri/Devil Dog Duathlon & Triathlon – MCAS Pendleton camppendletonraces.com/tri-duathlon |
| SUN 8/10 | SCRR Track One Mile Race, Beckman High School |
| THUR 8/15 5:45p.m. | Into the Wild Trail 8K #1 – Irvine, CA intothewildtrailrun |
| SUN 8/18 7:00a.m. | America's Finest Half Marathon, San Diego, CA AmericasFinestHalf |
| THUR 8/22 5:45p.m. | Into the Wild Trail 8K #2 – Irvine, CA intothewildtrailrun |
| SAT 8/24 6:00a.m. | Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA trailrunevents.com/bulldog |
| SAT 8/24 9:30a.m. | USATF Road Mile Championships – Dockweiler State Beach roadmile.org |
| THUR 8/29 5:45p.m. | Into the Wild Trail 8K #3 – Irvine, CA intothewildtrailrun |
| SEPTEMBER | |
| SAT 8/31 6:45a.m. | Disneyland Family Fun 5K (SOLD OUT) |
| SUN 9/1 5:45a.m. | Disneyland ½ Marathon (SOLD OUT) |
| THURS, 8/5, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| MON 9/2 8:00a.m. | 47 th Run to the Top of Mt. Baldy – Mt. Baldy CA run2top.com |
| SAT 9/21 7:00a.m. | Anaheim's OC Fest of Ales 2 nd Annual Beer Run 5K Anaheim, Ca BeerRun5k |
| SUN 9/23 7:30a.m. | Komen Orange County Race for the Cure – Newport Beach, CA ko2enoc.org |

2012-2013 SCRR CLUB OFFICERS:

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| 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:

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