

ON THE RUN



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

Orange County, California
June 2007 Issue

Runner of the Month – David Litvak

By: Amy Katz



Congratulations to May's Runner of the Month, Dave Litvak! Like his wife Kathleen, who was April's winner, Dave has been very active in the club in recent months. Besides participating with the training group and running several races this year, Dave helped with calling out splits at the SCRR Track 5000 in March, and also co-hosted the post-race party and Final Four party at the Litvak home in Irvine. I asked Dave some questions about his training, background, and accomplishments.

Did you run in high school and/or college?

I ran one year as a freshman, which was really junior high school in Arcadia. We didn't get much coaching at that level and honestly I didn't find it very fun in that setting. I played baseball and later basketball in high school and running played a big part in getting in shape for the season.

Are you competitive with your wife Kathleen? Are you hoping to be able to beat her in a race? Do you train together?

We're competitive to a degree. She's been out of my league for a while now, but we have both been in and out of shape in the past 13 years that we have been married that it has always been a friendly competition. I think she knows the day is coming when I'm going to put the hammer down and beat her in a race. That day might be far away though. We sometimes get recovery runs in together. We generally run at different paces so it can be difficult to do let alone both of us being free at the same time. We like to talk about running a lot.

Everyone has commented that you have lost a lot of weight since you joined the club. Did this happen from running more, or do you also follow a special diet? Do you do other sports or cross training?

I have lost 50 lb since last year and plan on losing another 10 or so to get down to "ideal weight". Running was definitely what made the biggest difference. Since March 2006, I've increased my weekly mileage from 9 to 20-30 in January to 40-50 in March 2007. I do watch what I eat, but it was ramping up the running that had the biggest effect. I used to do more cross training, such as biking and/or Tae Kwon Do (I became a black belt last October) but I was still overweight doing them. What was really the most helpful to me was letting myself get caught up in the obsession of running as part of this club so that I found myself putting in the exercise more regularly and more passionately, and as a side-effect, so to speak, was becoming less interested in eating. The only thing I tried to do with diet was cut down/out desserts/junk food and try to eat healthier in general, fruits and veggies, organic, hit the vitamins and anti-oxidants etc...I really count my calories now and I'm honest (Cont. on page 2)



Runner of the Month – David Litvak (con't)

By: Amy Katz

with myself as far as what I eat and what I need to do to “run it off”.

What do you do for a living? How do you fit running into your schedule?

As some people in the club know, I’m a surgeon. I specialize in cancer surgery and trained for 9 years (after college and medical school). Running was always difficult to fit into my schedule and that’s why I always had problems making an exercise plan stick. In the past year, I made my job fit into my running schedule—obviously it wasn’t that simple but mentally that’s how I approached it. Things that could wait at work waited. When I had to miss a run, I made it up the next day. When I was on call for the ER I ran with my beeper and cell phone behind the hospital (in the Santa Ana Creek aqueduct)—I still do this. When I couldn’t run outside the hospital I ran the stairs in the hospital a couple of times. I still have weeks where I can’t run 2-3 days in a row, but that’s become a rarity and if it does happen I know that the next week I’ll feel fresher and stronger and that I’ll be able to put in the extra miles.

Do you have other hobbies besides running?

I love baseball. I’m a huge Red Sox fan—I grew up in New England. I have about 15,000 baseball cards and autographs mostly from when I was a kid. I love the history of the game and the skill required to excel at it. Now, I enjoy living vicariously through my 11-year old son whose team is deep in the little league playoffs as we speak. Outside of work, running, and my kids’ activities there is a little time for reading but not much of anything else on a regular basis. I don’t even want to do any more than that.

What is your favorite distance to run? What are your future running goals? What are some of your PRs?

I really like running ½ marathons. I like their mix of speed and endurance and you can continue with a training program the next week after running one. I have run 3 of them now and each time (once my legs have recovered in a few days) I have felt more energized than before the race—it’s a very almost spiritual feeling for me. My PR at this distance is 1:40 in La Jolla this past April, which was 4 minutes faster than when I ran Paso Robles, and 8 minutes faster than when I ran my first, which was the OC Half in January—that was my first race in 3 years. 5K is next favorite—it’s fast and you go home early. I had a PR at Carlsbad in 21:14 and this was 2:20 faster than the last 5K back in 2004. I hope to eventually get up to marathon distance and to qualify for Boston—my plan may be near perfect: as I get faster, my qualifying time keeps dropping. I think too many people have a marathon as their only goal, do it, and never run again. I want to keep running for a long time so my goals are both short term (like anyone else: splits, times, races, etc...) and long-term (being fit at 40).

What do you think has helped you improve the most in running (i.e. more mileage, speed work, losing weight, etc.)?

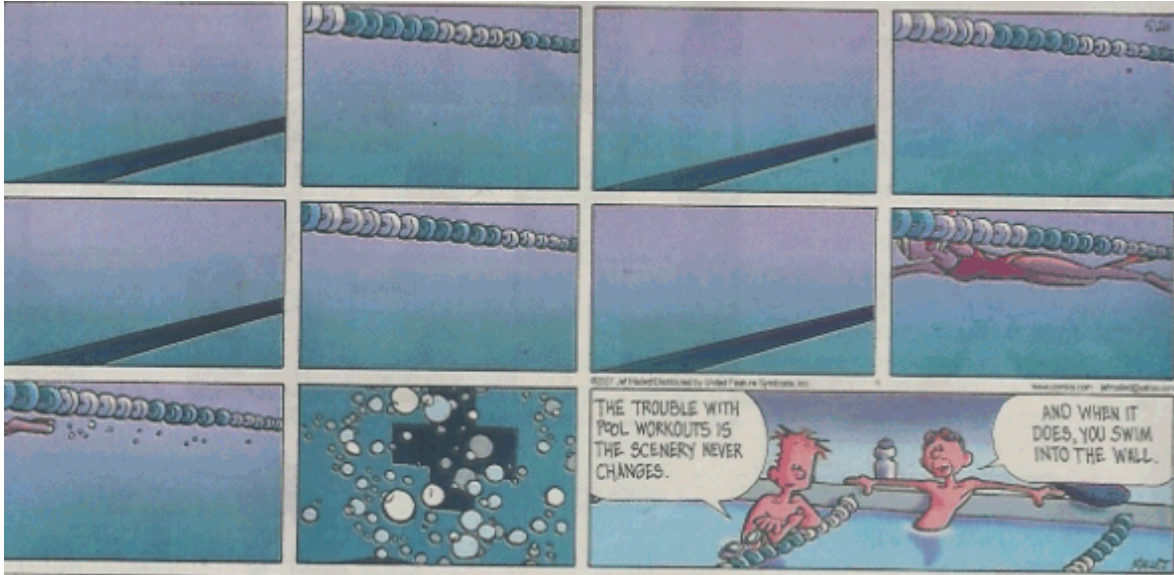
My running helped me lose weight which helped my running more; one goes with the other. The increased mileage was key to losing weight and avoiding injuries. Speed work has been good for improving my times this season but I got injured last year by trying to do too much speed before I had enough strength. The single most valuable thing for me was running hills as part of my longer runs this winter. With more strength this season, I could do the speed workouts, push myself at them, and not get injured. The other thing I learned after certain injuries was becoming more attuned to how hard and when to push and also when not to.

What do you enjoy the most about being a member of SCRR?

I have really enjoyed the diverse group of people and friends that Kathleen and I have met in this group. It’s nice to do the “running thing” with everyone, but I really like hanging out with these people the most (running or standing still).

Comic of the Month

Maybe this was inspired by one of our club's female swimmers, such as **Paula Fell, Sherri Ellerby, Sorrel Hansen...**



Reprinted from Frazz, by Jef Mallett

YOGA *For Prevention AND for Your Mind, Body and Soul!*

By: Linda DeStefano
SCRR Nurse Practitioner



yo·ga (yō'gə) *n.*

1. A Hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquility.
2. A system of exercises practiced as part of this discipline to promote control of the body and mind.

[Hindi, from Sanskrit yogaḥ, union, joining.]

I guess it was over a decade ago when a friend invited me to a yoga class. I was a bit curious what it was about, so I accepted the offer. Quite honestly, I really did not know what to think initially.....all those “poses” and strange movements! And the instructor kept saying “downward DOG!!” Why are there so many people here lifting their legs, twisting in strange ways, etc?? I can’t bend that way!!!

But I kept going to classes...being the curious cat that I am, in search of the answer. Then I GOT IT!!! After the initial struggles and feeling so inflexible compared to others in the class, I began to realize that it was NOT about what level everyone else was at, but it was ALL about what this “therapy” could do for me! I began to leave the Yoga class feeling absolutely wonderful, relaxed, at peace with myself and the world around me. So I kept going..... (Cont. on Page 4)

YOGA

For Prevention AND for Your Mind, Body and Soul! (con't)

More and more runners and other athletes are finding there is a need to engage in some form of mind-body practice in addition to their primary sport(s). Calming the mind and rejuvenating the body is a highly effective practice in many ways. Yoga, derived from the word “yoke” means *bringing together in union* which helps us to achieve harmony between the mind, body, and spirit. It also creates a balance between strength, flexibility, and control. Some of the benefits include:

- Relaxation and stress reduction
- Increased mental focus and clarity
- Improved respiratory and immune function
- Improved gastrointestinal function
- Ease back pain
- Facilitate better sleep
- Slow aging process
- Prevention of injury
- Overall well-being

People often ask me how I can run marathons without training and I don't get injured (eeeeEEKKK! A risky thing to repeat!!!) - I truly believe it is due to my yoga practice that helps me to use different muscles and strengthen supporting structures, therefore preventing an undesirable injury.

So how do you get started? Well, first you need to purchase a mat from Target, a yoga studio, or on line www.allmats.com. The cost for the mat is probably less than a USED pair of running shoes! And from a health perspective, used mats that are often available in gyms and yoga studios are like a used pair of running shoes: you never know if the previous owner had athletes' feet or fungus! Buy your own!!



Where should you go? If you are a 24 Hour Fitness member, there are many locations that offer classes. Just look on the Group X schedules. If you are not a member but want to try it, there is usually an offer for 10 days free if you print the ad from the internet. There are also very nice yoga studios such as Yoga Works with multiple locations and class times. www.yogaworks.com. New students to YogaWorks can sign up for two weeks of unlimited yoga for \$25. This is generally a much more serene environment but it can be proportionately more \$\$\$.

There are different TYPES of yoga also! To start, just stick to a basic class. For those runners that like to run in the heat, there is a “hot box” yoga called Bikram of India that will cleanse your system and make you sweat more than a marathon!

So what are you waiting for? A healthier, stronger YOU is just a few classes away!

NEW LOCATION FOR MONDAY NIGHT RUNS

During the months of **May through Sep.**, Monday night runs are moving to **Peter's Canyon**
(Cedar Grove Park entrance).

Directions: Jamboree (north or east off the 5), Left on Tustin Ranch Road, Right on Pioneer Way,
Right on Pioneer Road, first left into park

SATURDAY RUNS

(NEW EARLY START – meet at 6:45 a.m., run at 7:00 unless otherwise noted)

6/2/07 Club Race: Corona Del Mar Scenic 5K.

See [Club Races](#) for details.

6/9/07 El Moro Canyon

Time: Meet at 6:45, start at 7:00

Leader: Ravi Kumar

Location: Reef Point parking lot along the beach off of PCH, north of Laguna Beach, south of Crystal Cove (near the school). From Irvine: south on Culver, will turn into Bonita Canyon. Left on Newport Coast Dr. Left on PCH. Go down PCH about 1 mile. Last parking lot on your right (after shopping center and before school) before you get to Laguna Beach.

About the run: Mix of trail and paved paths that offers a view of the coastal bluff vegetation and wildlife. 10 mile loop (or do an out-and-back for less miles). There are restroom facilities with outdoor showers next to the parking lot. The run typically starts before parking fees are required, but bring some \$ just in case. Bring water.

After the run: Starbucks and a really good bakery/breakfast place across the street from the Reef Point parking lot.

6/16/07 Quail Hill

Time: Meet at 6:45, start at 7:00

Leader: Amelia Carchidi

Location: Starbucks – Corner of Alton & E. Yale Loop, Irvine (same location as Turtle Rock 'N Java run)

Directions: From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn Left and then Right into parking lot. Starbucks is between Ralphs and Sav-On.

About the run: Proceed along the bike trail to Sand Canyon. Exit the trail onto Sand Canyon and run west across freeway and onto the new Quail Hill Trail. The trail has both dirt and paved options as it climbs up into new exclusive portion of Turtle Rock. An out and back is a total of 10 miles, or the loop is 12 miles total. You can easily add on extra miles along the bike trail before or after climbing Quail Hill. There are two water fountains on the trail.

After the run: Starbucks, Big City Bagels, and Juice It Up.

6/23/07 Hicks Canyon Trail – Peters Canyon

Time: Meet at 6:45, start at 7:00.

Leader: Mike Antrim

Location: Start at shopping complex at corner of Culver and Irvine Blvd in Northwood (see Directions).

Directions: From the 5 Fwy, exit Culver and head north toward the mountains. Pass Bryan. Make Left on Irvine Blvd and immediately make a right into the shopping complex. 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: 3.5 to 12 miles with options to add extra miles. We'll run slightly uphill along the Hicks Canyon paved bike+dirt trail to Portola (1.75mi) and into Peter's Canyon.

After the Run: Champagne Bakery. Now we're taking tasty food.

6/30/07 Back Bay Classic

Time: Meet at 6:45, start at 7:00.

Leader: Amelia Carchidi

Location: Newport Beach

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: 10.5 mile loop, or out and back as far as you like. Several water opportunities at 3.5, 5, and 7 miles.

After the Run: Pacific Whey Café in the Pavilions shopping Center on the corner of San Miguel and Old Ford Road. Drive south on Bonita Canyon and turn right on Prairie and drive straight into the parking lot.

COOKS CORNER

By: Noreene Matsuda

This is the last of the 12-part series for my Cook's Corner recipe column. I hope you enjoyed all of the recipes submitted by some of the best gourmet chefs in the club, and had the opportunity to make some of these tasty dishes.

I couldn't have found a better way to end this column. Here is a recipe by Deena Kastor, one of the world's best elite runners who we all admire and adore. This is her very own signature pesto pasta recipe. It's one of her favorites. Plus, it's healthy and easy to make. Maybe we will all run faster if we eat her pesto pasta on a regular basis! Deena suggests a nice glass of wine with this dish.

Eat healthy and run happy, everyone!



Deena's Pesto Pasta

Ingredients:

2 cups tightly packed basil leaves (4oz pack)
2 large cloves garlic
1/4 cup pine nuts
3/4 cup good quality olive oil (more or less depending on desired consistency)
1/4 cup Parmesan cheese, shaved
1/2 teaspoon salt
1/2 pound pasta, cooked as directed on package (penne or linguini is my favorite)

Instructions:

This is my favorite way to eat pasta and it's so easy. In a food processor or blender puree all ingredients (except pasta) until smooth. In a large saucepan over medium heat, add to cooked pasta. Heat thoroughly, top with more freshly shaved parmesan cheese. Serve with crusty bread so you can wipe up all the pesto from your plate!

Basil is high in flavonoids that are known to be a natural anti-inflammatory. Bonus!

Printed with permission by Deena Kastor. Visit Deena's web site at <http://www.deenakastor.com/>.

Mahalo!!

to Craig Leventhal for hosting SCRR's Luau Party!

**Also to Mark Hayakawa, Noreene Matsuda and Leilani Rios
for their great planning and organization!**



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 top 86 standings (out of 121 participants so far) for the 2006-2007 series after 11 races are:

Place	Name	Age Group	Races	Net Points	Best	Net Avg	Orange		Carlsbad	
							Times	Points	Times	Points
1	Sue Zihlmann	40-44	10	7,464	867	829	19:08 5k	826	19:10 5k	824
2	David Schiller	45-49	9	7,406	871	823	17:49 5k	848	17:21 5k	871
3	Eric Frome	25-29	9	7,262	839	807		0	17:02 5k	787
4	Cisco Rubalcava	30-34	10	7,204	810	800	17:01 5k	793	16:59 5k	795
5	Brad Wobig	35-39	10	7,002	798	778	17:43 5k	767	17:35 5k	773
6	Leilani Rios	25-29	10	6,890	794	766		0	19:46 5k	766
7	Danny Stein	30-34	8	6,589	852	824	15:51 5k	852	15:55 5k	848
8	Jane Crewe	45-49	10	6,588	756	732	24:19 5k	709	22:48 5k	756
9	Mike Friedl	40-44	9	6,455	754	717	19:17 5k	737	18:52 5k	754
10	Jannay Morrison	40-44	9	6,409	769	712		0	23:16 5k	679
11	Vincent Lowder	40-44	9	6,339	745	704	20:22 5k	698	19:05 5k	745
12	Erika Kotteakos	35-39	10	6,338	731	704	21:59 5k	701	21:32 5k	715
13	Thomas Fung	40-44	9	6,325	734	703	19:22 5k	734	19:33 5k	727
14	Mike Gulan	55-59	8	6,250	808	781	19:57 5k	808	20:25 5k	789
15	Jeanie Leitner	55-59	8	6,193	797	774		0	23:16 5k	797
16	Victor Celani	45-49	8	6,091	791	761	19:40 5k	769	19:06 5k	791
17	Ed Coffey	55-59	10	6,063	701	674	23:32 5k	685	23:50 5k	676
18	Cathy Shargay	45-49	9	6,044	701	672	26:37 5k	647		0
19	Michael Reeves	30-34	8	5,977	763	747	17:52 5k	756	17:42 5k	763
20	Amy Katz	35-39	10	5,955	707	662	22:55 5k	672	22:30 5k	684
21	Rob Harris	45-49	8	5,872	751	734	20:13 5k	748	20:16 5k	746
22	Mike Sellers	25-29	8	5,798	757	725	17:42 5k	757	18:08 5k	739
23	Sherri Ellerby	40-44	7	5,744	855	821	18:29 5k	855	18:44 5k	843
24	Dorie Smith	75-79	8	5,637	753	705	40:57 5k	666		0
25	Ken Atterholt	45-49	10	5,555	748	617	26:37 5k	568	20:12 5k	748
26	Jerry Jefferson	70-74	7	5,353	902	765	23:47 5k	758		0
27	Brent Bohn	40-44	7	5,289	796	756	17:51 5k	796	17:56 5k	793
28	Beiyi Zheng	40-44	10	5,036	578	560	27:19 5k	578	27:24 5k	577
29	Daniel Templin	30-34	8	4,962	677	620		0		0
30	Kathleen Litvak	35-39	6	4,921	839	820		0	18:21 5k	839
31	Tonson Tong	40-44	7	4,911	763	702		0		0
32	Brigid Pukszta	40-44	10	4,466	533	496	32:57 5k	480	31:43 5k	498
33	Faith Morris	50-54	7	4,258	677	608		0	25:49 5k	677
34	Fred Cowles	40-44	5	4,136	857	827		0		0
35	Tom Dellner	40-44	5	3,869	784	774		0		0
36	Bob Morris	50-54	5	3,824	793	765		0	20:19 5k	768
37	Annette McCall	30-34	5	3,822	799	764		0	19:28 5k	791

Place	Name	Age Group	Races	Net Points	Best	Net Avg	Orange		Carlsbad	
							Times	Points	Times	Points
38	Pete Boisineau	55-59	5	3,762	783	752		0		0
39	Paul Avedian	40-44	6	3,570	638	595	23:51 5k	596		0
40	Sandra Manzano-Straehle	35-39	5	3,525	721	705		0		0
41	Orhan Beker	30-34	5	3,419	733	684	18:25 5k	733	19:02 5k	709
42	Vicki Niebrzydowski	20-24	5	3,300	680	660	22:31 5k	677	23:21 5k	652
43	Amelia Carchidi	30-34	5	3,241	684	648		0	22:31 5k	684
44	Noreene Matsuda	40-44	5	3,199	756	640	23:24 5k	675		0
45	Jim Grant	45-49	4	3,151	814	788		0		0
46	Greg Jones	30-34	4	2,997	781	749	17:36 5k	767	17:39 5k	765
47	Lucina Lara	35-39	4	2,907	761	727		0		0
48	Mike Connors	35-39	4	2,876	802	719		0		0
49	Jon Resnick	45-49	4	2,785	740	696		0	22:53 5k	661
50	Joe Yu	40-44	4	2,712	708	678		0	21:46 5k	653
51	Steve Franks	35-39	4	2,680	690	670		0		0
52	Sue DeLong	35-39	4	2,540	667	635		0		0
53	Jami Brooks	35-39	4	2,524	663	631		0		0
54	Greg Hanssen	40-44	4	2,393	640	598	22:12 5k	640		0
55	Cindy DeMarco	40-44	3	2,384	829	795		0		0
56	MaryAnne Mejia	35-39	4	2,370	729	593		0		0
57	Elizabeth Mastro	35-39	4	2,348	628	587		0		0
58	Pam Galambos	30-34	3	2,291	779	764		0		0
59	Laura Weissert	45-49	3	2,144	771	715		0		0
60	Debbie Taege	30-34	3	2,130	746	710		0	20:38 5k	746
61	Steve Guluzian	35-39	3	2,091	712	697	19:04 5k	712		0
62	Jim Oliver	35-39	3	2,074	707	691		0		0
63	Pamela Wusthof	50-54	3	1,971	669	657		0		0
64	Linda Lowder	40-44	4	1,966	550	492	30:16 5k	470	25:50 5k	550
65	Elizabeth Bailey	25-29	3	1,960	691	653		0		0
66	Jerry Lin	35-39	3	1,926	675	642		0		0
67	Doug Arrasin	35-39	3	1,886	657	629		0		0
68	Jennifer Wilkes	25-29	3	1,822	614	607		0		0
69	Heather Wilkins	25-29	3	1,821	651	607		0		0
70	Sohrab Mirza	60-64	3	1,611	573	537	29:40 5k	573		0
71	Charles Wilbur	40-44	2	1,587	803	794		0		0
72	Kevin MacDonnell	45-49	2	1,522	777	761		0		0
73	Laura Bullock	30-34	2	1,512	761	756		0		0
74	Dan Garcia	45-49	2	1,482	765	741		0		0
75	George Knowles	25-29	2	1,436	731	718	18:20 5k	731	19:00 5k	705
76	Jim Beck	40-44	2	1,420	754	710		0		0
77	Andre Boulais	45-49	2	1,390	747	695		0		0
78	Colleen Jones	30-34	2	1,359	680	680		0	22:39 5k	680
79	Jennifer Walt	40-44	2	1,355	690	678		0		0
80	Linda Hammond	40-44	2	1,338	669	669		0		0
81	David Litvak	35-39	2	1,223	640	612		0	21:14 5k	640
82	Norman Weston	45-49	2	1,197	667	599		0		0
83	Nanci Goedecker	40-44	2	1,187	623	594		0		0
84	Adam Wallace	30-34	2	1,173	620	587		0		0
85	Robert Michie	45-49	2	1,133	568	567		0		0
86	Chris Crompton	50-54	2	1,123	575	562		0		0

Great Deals From Fellow South Coast Roadrunners...

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

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(949) 733-9503, Fax: (949) 733-0147
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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 scrr-info@cox.net.

New Member Night: First Thursday of every month; pacers assigned to all new people, club meeting and pizza.

SCRR CLUB CALENDAR



Club Events in bold font

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

JUNE	
SAT, 6/2, 8 a.m.	Corona Del Mar 5K, www.active.com
SUN, 6/3, 6:30 a.m.	Rock N Roll Marathon, San Diego, www.rnrmarathon.com
SUN, 6/3, 8:00 a.m.	Playa Del Run Huntington Beach, Bolsa Chica State Beach, 5K Run, 1000M swim or Aquathon, www.playadelrun.com
SAT, 6/9, 8 a.m.	Anaheim Downtown 5K, www.active.com
SAT, 6/9	Huntington Beach Pier Swim
SAT&SUN, 6/9, 10&16, 9am	Camp Pendleton Mud Run, www.active.com
SUN, 6/10, 8 a.m.	OCTC Pancake Run, Fairview Park, 2525 Placentia Ave., Costa Mesa, www.active.com
SAT, 6/16	SCRR Annual Banquet – Details to come
JULY	
WED, 7/4	Woodbridge 5K
WED, 7/4, 7 a.m.	Surf City Run 5K, Huntington Beach, www.surfcityrun.com
WED, 7/4, 7 a.m.	Run in the Parks, 5K/10K, Laguna Niguel, 29831 Crown Valley Rd., www.active.com
THURS, 7/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 7/15, 8:30 a.m.	Bastille Day 5K, Irvine Spectrum, www.make-u-fit.net
SUN, 7/29	San Francisco Marathon
AUGUST	
THURS, 8/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
THURS, 8/9, 6:15 p.m.	Peter's Canyon Summer Trail Run Series, 5 miles, Tustin, Cedar Grove Park, 11385 Pioneer Rd., www.renegaderaceseries.com
THURS, 8/16, 6 p.m.	Sunset in the Park, 2.8 and 4.8 miles, Huntington Beach, Central Park West, www.nealand.com/finishline
SAT, 8/18, 7:00 a.m.	Huntington Beach Distance Derby, 10 mi and 5 mi, PCH and Main, Pier Plaza

2006-2007 SCRR CLUB OFFICERS:

President: Danny Stein
 Vice-President: Jon Resnick
 Treasurer: Sue Zihlmann
 Secretaries: Amelia Carchidi
 RRCA Liaison: Jannay Morrison
 Webmaster: Amy Katz
 Social Chairs: Noreene Matsuda/Leilani Rios

2006-2007 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Jon Resnick
 Grand Prix: Mike Friedl
 Database Manager: David Schiller
 Monthly Club Race: Bob Morris
 Marathon Training Group: Molly Donnellan
 5K/10K Training Group: Danny Stein

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 (except the June club meeting will be on 5/31/07), 7:30 pm, Heritage Park Youth Ctr.

MEMBERSHIP DUES: Single: \$25 (\$30 after 6/1), Family: \$40 (\$45 after 6/1). Make your check payable to **SCRR**.