

ON THE RUN



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

Orange County, California
December 2011 Issue

Runner of the Month – Dave Flahive

By: Danielle Gordanier



Our new runner of the month is Dave Flahive, who has made great strides in the past year! Dave was featured in last month's newsletter, where we learned that he ran the Long Beach Marathon in an impressive 3:34, taking an amazing 30 minutes off his time in the mere four months since the San Diego RnR Marathon. A former cross-country and track runner, he had decided to get back into shape with the help of South Coast Roadrunners, and as usual, we worked like a charm for him. I still remember some of those early runs with him. He's one of those people who wins you over right away, very personable and easy to talk to. Like me, he had come to California from the frozen Midwest, and we talked about how fun it was to run year-round. He pushed hard to get in shape, keeping up on some of our toughest Saturday runs, and ever since, he has been a consistent, positive, helpful and encouraging presence in our club. These days, he is way ahead of me on our group runs and is racing consistently strong. I saw him come in at the Dana Point Turkey Trot 10K (in 44:33), having passed hundreds of runners, looking good!

Since we already know Dave's basic story, and we'd like to know the secret to his success, I got down to some other details:

Occupation: I sell engineering design and manufacturing software to the Aerospace industry. I enjoy it, but truly aspire to win the lottery asap.

Average night's sleep: 6-7 hours

Typical dinner: Friday through Wednesday - Pretty much anything that can be cooked on a grill. Thursday – Lamppost Pizza

Favorite snack: Yogurt. Almonds. Often.

Running shoes you have currently (and do you like them): I have had good luck with Adidas and that is what I have currently. I also like Asics.

Strength training exercises you have found the most useful: Plyometric exercises have had a positive effect on my running. I like leg extensions and jumping exercises.

Favorite place to run: El Morro or Peters Canyon. I really like off road running and the scenery....and the hills make for a great workout.



Best or weirdest thing anyone has yelled at you during a race or run (I just figure we've all had some experience with this): Hmm... that is a good one, I usually am oblivious to my surroundings when running.

Thoughts on the Dino Dash: I enjoyed the Dino Dash. The course was pretty flat, the rain held off plus the fact that it wasn't too early in the morning formed a trifecta of key elements that allowed me to get a 5k PR at 21:08. I had not run any 5k races lately, so it was nice to change it up and see what I could do...and I am looking forward to more in the future.

On marathons, motivation, and family: In 2007, I went to watch my brother and sister run the Chicago marathon, and from then on I wanted to run one, but never set a goal or made time to run. After getting to CA and starting with the club in Feb of 2011, I really enjoyed running and decided that if I was going to do it, this was a great opportunity to try. So I signed up for San Diego in June, and loved it. After that I realized that I am more motivated all around when I have a running goal...with a deadline, so then I did Long Beach, and will do more.

My family is really supportive and came to the San Diego marathon to cheer me on. They said that they will be glad to come back to CA for other races. I think they like CA a lot too. We usually get together a few times a year in St. Louis where my parents live, or DC where my sister and brother live.

On his dad's reaction to the Beer Mile: He knows me pretty well, and when I first mentioned it, he did question the reasoning behind such an event. But once I explained the "rich history and global reach" of the beer mile, I think he was pretty happy that I was able to combine two activities that I enjoy!

On the big move to California: Well it took me a while to get used to the traffic (especially when raining), it also seemed like everything was a little more expensive, but hey the weather, location and people I have met have made it all worth it!

Cheers to that! Looks like the secret to success might just be consistency, a positive attitude, and refueling with pizza and beer! Best of luck in the future, Dave, and we're glad to have you at our table!

Many Thanks to our Gracious November Party Hosts:

Wine and Cheese Party – Dan and Teleia Templin

Save the Date!

SCRR Annual Holiday Brunch and White Elephant Exchange

Sunday, January 22, 2012, 12 – 4 pm at Pinot Provence – Westin at South Coast Plaza

Bring a wrapped gift!

\$30 per person

Hosts: Janelle Daniels and Lindsay Williams

SCRR Shines at Dino Dash!

Photos From: Jennifer Erickstad





SCRR Dino Dash Highlights

By: Linda Hammond

While **Dave Parsel** was winning his age group at the **Surf City Beach Derby**, **South Coast Roadrunners** were turning in some amazing races at the **Dino Dash 5K/10K**. As a result, Dino Dash was a game changer! For the first time this season we have a new **Grand Prix** leader! **Ken Atterholt** had a PR in the 10K, won his age group, and most importantly is our new Grand Prix leader! Congratulations Ken!!! **Danielle Gordanier** also had an amazing race, won her age group in the 10K, and has zoomed up to second place in the Grand Prix! Finally rounding out our top three, **Cathy Blakesley** had a great race and placed second in her age group in the 5K. The prize for winning your age group in the Dino Dash is a one-of-a-kind Dino trophy! Another age group winner and proud owner of a Dino trophy was



Mike Dietz. I asked Mike to tell us about his race and how his training is going this season.

Linda: *Congrats on your race at Dino Dash! How did you like the race? Details!*

Mike: This was the first time I've done the Dino Dash since way back in '97, and definitely the first time I won my age group there, so it was cool to get one of the dino sculptures I'd been hearing about. Mine looks like a funky little Bactrosaurus, I think. The rain mostly held off and the cool weather should have made for some fast running, but unfortunately I was a little flat and my time was slower than I expected. Hopefully, I'll be faster next time.

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

Mike: I went out for the track team way back in junior high and I've been running ever since. I started out running the 100 yard dash (yes, yards, I'm that old) but I quickly learned I needed to go up in distance if I was going to be competitive. I found SCRR a couple years ago when I happened to run past Heritage Park on a Thursday night and saw the wild pack of runners engulfing the corner of Yale and Walnut. I joined up and started coming to the Thursday and Saturday runs, and then last year I started training with the group coached by **Danny Stein**. I have found lots of great training partners, both in SCRR and Danny's sub-group.

Linda: *What is your running goal? Are you training for a big race?*

Mike: I'm not training for anything specific right now, just trying to get some base work in and race a few 5Ks. In the spring I'll enter some masters track meets. Maybe I can convince some other club members to drop down in distance and give track a try. Last season I mostly ran the 800, but I think this year I might concentrate more on the 1500. Less speed, less injury potential, I'm hoping.

Thanks Mike for sharing your story! Congratulations South Coast Roadrunners, your running feet helped to support the Tustin public school system! We now move from November to December, which means one thing: Santa Claus is coming to town! It is time to **Make Room for Santa** (and all those holiday treats) by running the 5K or 10K race! Happy Holidays and see you at the FINISH LINE!



Houston Bound SCRR Members

SCRR will have a very strong presence at the Houston Marathon and Half Marathon on Jan. 15. In addition to the group listed below, Cheryl Smith will be racing in the Olympic Qualifier Marathon, and Kelly Flathers is hoping to qualify at CIM on Dec. 4th. Good luck to everyone!

Greg Hanssen - M	Kim Connors – ½ M	Sabrina Higashi – ½ M
Tonson Tong - M	Brad Wobig - M	Vince Lowder - M
Amelia Vrabel - M	Kathleen Curley/Monk – ½ M	Linda Lowder – ½ M
Amy Katz - M	Sandra Manzano-Straehle – ½ M	Quang Pham – M
Noreene Matsuda - M	John Loftus - ½ M	Laurent Vrignaud – ½ M
Stacey Dippong - M	Steve Kan - M	Gary Hefner – ½ M
Mike Connors – M	Molly Donnellan – ½ M	Thomas Fung – ½ M

Big Baz's 2012 Trail Races

DATE	EVENT	DISTANCE	TOTAL CLIMBS
Jan 7	NEW - 5 RACE Winter Trail Run Series	12K	2,604'
Jan 21		15K	3,502'
Feb 4		18K	4,020'
Feb 18		21K	3,470'
March 3		NEW! 30K	?
April 14	San Juan Trail 50K	50K	6,627'

Where: Blue Jay Campground, Cleveland National Forest. Take Ortega Highway (SR 74) inland (east) of San Juan Capistrano about 21 miles from Interstate 5 and turn left at the wooden sign to Los Pinos Camp. The turn will be marked, as will be the 3.5 mile route off Ortega Highway to Blue Jay.

Start: All races start at 8:30 AM, following the trail briefing.

Entry Fee: **Pre-entry - \$35.00 for the 12k, 15K & 18K RACES; \$45 for the 21K & 30K.** Add \$10 for race day registration. If you enter two or more races, you receive a race series t-shirt. If you **enter and finish** all **five races**, you also receive a special race series sweatshirt. (Extra official race series shirts are available for \$20.) Sign up early as the Forest Service limits entries to **150 runners per race. No refunds.**

Courses: Varying looped courses on single-track trails in the Cleveland National Forest between 2,200 and 4,200 feet elevation. Courses are marked with yellow ribbon and white arrows.

Aid Stations: Only the 21K & 30K races will have an aid stations ON the course.

Weather: Weather is generally clear with temperatures of 50° - 70°. Always magic for running, but come prepared for all possible conditions. Rain or shine - the races will go on.

Awards: Overall awards to top three men and woman, age group awards. Plus Baz's magic RAFFLE.

General Info: All vehicles must display a day parking permit issued by the U.S. Forest Service \$5 - which you can also purchase at local sports stores). You must park in designated areas only in lower Blue Jay. Parking on right side only on blacktop, no double-parking. Trail briefing before the start with any late changes, come early. Bring a chair, food and drink will be available for all entrants. at the finish line. Go to: <http://www.bigbaztrailraces.com/>

SATURDAY RUNS

All fall and winter runs meet at 7:45, start at 8:00 unless otherwise noted

12/3/11 – 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 0.2 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

12/10/11 – Make Room for Santa 5K/10K – Club Race

12/17/11 - Lower Aliso Trail *NEW*

Leader: Danielle Gordanier

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 mildly hilly 10 mile out and back run down to Aliso Woods park. Restrooms and a drinking fountain are available by the baseball diamond near mile 3.5. Extra miles can be added in Aliso Woods or around the lake on the other side of Alicia Parkway.

<http://www.gmap-pedometer.com/?r=5184001>

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.

12/24/11 - Spyglass Hill

Leader: Stacey Dippong

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 - 2743 East Coast Highway, Corona Del Mar

12/31/11 - Upper Aliso Trail *NEW*

Leader: Noreene Matsuda

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, and your final reward is brunch at Break of Dawn Restaurant. <http://breakofdawnrestaurant.com/>

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 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, 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



Monthly Club Meetings are highlighted in orange; Monthly Club Runs are highlighted in yellow

NEW Out of Town Races featuring club members highlighted in blue

Click on hyperlinks to go directly to race websites for event registration info

DECEMBER	
THURS, 12/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 12/3, 8:00 a.m.	Inaugural Run for a Claus – Costa Mesa Fairgrounds runforaclaus.com
SUN, 12/4, 4:00 p.m.	Las Vegas Marathon & ½ Marathon Las Vegas Marathon
SUN, 12/4, 6:00 a.m.	California International Marathon CA INT Marathon
SAT, 12/10, 7:45 a.m.	Make Room for Santa 10K, 5K, Kids run Hicks Canyon MakeRoom4Santa
SUN, 12/11, 8am & 12noon	XTerra Crystal Cove Trail Run 5K & 15K http://www.trailrace.com/
SUN, 12/11, 8:00 a.m.	Holiday Half Marathon Fairplex in Pomona http://runholidayhalf.com/
SUN, 12/11, 7:00 a.m.	Tucson Marathon and Half-Marathon http://www.tucsonmarathon.com/
SUN 12/18 8:00 a.m.	Winter Solstice Xmas Tree 5mi run Long Beach Winter Solstice Run
JANUARY	
THURS, 1/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 1/7, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, www.schalfmarathon.com schalfmarathon
SUN, 1/8, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SUN, 1/8, 5:30 a.m.	Walt Disney World Marathon, FL Disneyworld Marathon
SUN, 1/15	Houston Marathon, TX http://www.chevronhoustonmarathon.com/
SUN, 1/15, 7:13 a.m.	13.1 Los Angeles – Santa Monica, CA 13.1 Marathon Los Angeles
SUN, 1/15, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ Rock n Roll Arizona
SUN, 1/22, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon
TBD	Buffalo Run ½ Marathon and 5K, Avalon Catalina
FEBRUARY	
THURS, 2/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 2/05, 6:30 a.m.	Surf City Marathon, ½ Marathon and 5K Huntington Beach, runsurfcity
SAT 2/11&12, 6:30a.m.	Tour de Palm Springs Century and Palm Springs ½ Marathon tourdepalmsprings
SAT 2/11, 7:00 a.m.	OC Chili Winter Trail Run Series – Race chiliwinterseries
SUN 2/12, 7:00 a.m.	Palm Springs Half Marathon, plamsprings1/2
SAT 2/18, 8:00 a.m.	Timberwolf 5K, Northwood High, Irvine timberwolf5k
SAT 2/25, 7:00 a.m.	Run the Base, 5K, 10K, Reverse Triathlon, Los Alamitos raceonthebase
SUN 2/26, 7:00 a.m.	Brea 8K, Brea Mall brea8k

2011-2012 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Vicki Ballon
Treasurer:	Angel Cardoza
Secretary:	Stacey Dippong
Social Chair:	Janelle Daniels
Officers At Large:	Matt Hood,
	Danielle Gordanier,
	Dave Bauers

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Grand Prix:	Mike Friedl
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