

ON THE RUN



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

Orange County, California
October 2010 Issue

Runner of the Month – Ryan Doss

By: Stacey Dippong

Ryan was an easy choice for runner of the month. He is a newer member who joined the club about a year ago, soon after he moved to California. He has volunteered to lead some of the Saturday runs (always appreciated) and is a friendly, outgoing guy, always willing to lend a helping hand.

When did you start running? My freshman year of high school, despite never running more than two consecutive miles in my life, I decided to go out for cross country as a way to get in shape for wrestling that winter. It was a rough start, but I ended up loving the sport and making some great friends, many of whom I'm close with today. After high school, I wasn't too sure to what extent I would keep running up, but ended up meeting some guys in my hall during my first week of college who had run in high school; they ended up convincing me to run my first marathon that fall, which got me back into the sport, and I haven't kicked the habit since.



Why do you run? A lot of reasons, but I think two stick out: Running provides a constant challenge to push yourself, regardless of the level you run at, and I like that a lot. Because it tests you on a personal basis, both physically and mentally, you can always work towards getting fitter and tougher and meeting racing goals, and because you can measure this relative to yourself, the running community at large is very supportive as everyone is working together towards collectively getting better. Of course, this gets at the heart of the second main reason I like running: the people. I don't think it's a coincidence that everywhere I've run, whether in high school, college, or post-college, I've met incredible people, but of course I can see how a sport like running would tend to attract some really great people too. I think as much as the sport itself, this has kept me in it.

What do you like most about South Coast Roadrunners? I like that it embodies the things I like about running in general. Of course, there are plenty of talented runners to push me to my limits, which I really like, and of course it's a great, well organized club that creates a great environment to improve regardless of your ability, but again the thing I like most about it has to be the people. I mentioned

meeting solid people whenever I've met runners in the past, but I think there's something special about this club in particular. SCRR is filled with awesome, genuine, fun people who are incredibly encouraging and supportive of each other and great at welcoming new people, as I've experienced first-hand this last year, and I love having the chance to be a part of it.

If you race, what is your favorite race distance and why? In the past I'd say the marathon; however, although I don't have much experience at the distance, the half marathon has recently been moving up my list. It's still a long distance race, which I'm a big fan of, but you get to experience running a little faster without as much of a risk of the wheels coming off at the end (although working through the wall provides its own sense of satisfaction too).

Are you currently training for anything? How is that going? I don't have anything in particular right now; I've mostly been running without a plan just to get stronger, and recently ran a half for fun with some friends, although I've signed up for the Long Beach half next month, so that'll give me something to work towards the next few weeks. I'm thinking that I'll try to find a spring marathon to start training for this winter too.

Any specific racing stories that you would like to share? My second marathon (Grand Rapids) tends to stick out to me- I took four years off between my first and second marathons, but one day decided that I wanted to run another one and tentatively set the three hour mark as my goal. Although I had an idea of what I wanted to work towards, at the time my goal would require a 15 minute PR, so I wasn't entirely sure how realistic it would be, but I could tell that I was getting fitter so I thought I'd at least have a shot. After starting the race out too fast, I was holding on at the end when I passed a clock around mile 23 indicating I had no shot at reaching that goal (clocks were spaced out every few miles so it was hard to know exactly where I stood each mile). I felt like my splits had been fast enough to keep my goal in reach, but thought that my math might have been off and that I would miss the mark; of course, I decided to close out as fast as I could anyway. When the finish line clock was finally in sight, I realized that I was counting right and it was the mile 23 clock that was wrong, and that I was going to cruise in under three hours. I think this race sticks out because it was a specific goal I had worked towards for months but it still came as a surprise when I crossed the finish line, both in the long term context of my training and whether it was realistic and during the race when I thought I had run out of time.

Where are you from? Michigan! I grew up in the west side of the state (Grand Rapids area) and went to school in Ann Arbor. I lived in Seattle for a few summers as well.

What do you do for a living? I currently work as an engineer for a small aerospace start-up in Lake Forest developing tilt rotor aircraft for commercial and military applications- we have a pretty good time.

What do you like to do in your free time besides running? I'm not too picky, so generally I'll do whatever will give me an opportunity to spend time with friends. I like my job and stay pretty involved with my church, so a lot of my time goes there. I've started trying to surf too so I can feel like I'm really doing the California thing, and that's been a lot of fun as well.



Banned for Life!

By: Ed (Wrong Way) Coffey

I am not a morning person, never have been and never will be. I sometimes struggle in the morning hours. Patience and understanding are sometimes hard to locate. On Saturday September 18th I got up at 5:30 AM because I had to drive the 53 miles from Santa Monica to Fairview Park in Costa Mesa for the Orange Coast College Cross Country 5K, our Grand Prix race for September. After I arrived at 7:30 AM I was waiting in line to get my race number when this, tall, “surfer dude” looking gentleman with a heavy tan, who seemed quite anally retentive, insisted I sign an additional liability form (over and above the one on the entry blank). Someone said he was the Race Director.

The race started almost on time with the usual melee you encounter at the beginning of such an event. I am still battling a Plantar Fasciitis problem so my running is limited. What used to be 50 miles a week is now 20, if I’m lucky. I went through the first mile with no problems. On the second course traverse, after mile 2, there was a short but very steep hill which separated myself and a group of others from the main pack. When we got to the top of the hill all the runners in front of us had disappeared. As leader of this group I was aware that there should be a left turn coming since I’d see runners peel back towards the finish

on the way out but didn’t know where. After about 50 yards I saw the scene depicted in the photograph (taken with Sherri Ellerby’s camera which she kindly lent me right after the race). My instinct said that there had to be a left turn coming but the sign indicated straight ahead. Two adults and two children were walking towards us on the path outside the wire. I called out “Do I turn left”. “We don’t know” came the chorused reply. They were just a family out for a Sat. morning stroll. There was no race volunteer to be seen anywhere. I hesitated a little and someone behind me shouted, “Keep going straight”. I did so rationalizing that the left turn was further up. It didn’t appear. When I saw the 2-Mile sign for the second time I knew I was off course, as was everybody else behind me. I almost pulled up but continued on a wide right curve that put me back into the finish chute.



If there is one thing I hate it's a well meaning project that goes hopelessly awry despite my best efforts to keep it under control especially if it compromises a lot of others and I appear to be at fault. I'm standing in the chute moving forward with the tear away portion of my race bib in my hand when I see the Surfer Dude up ahead. I just lost it completely. I pointed at him and shouted, “You’re the one. You’re the nitwit who caused this whole mess”. He seemed to double clutch for a second and then said something like “I beg your pardon”. If pardon was what he wanted I wasn’t giving it. After that the details of my verbal exchange with Surfer Dude are a little hazy to me but I do remember shouting “You mean I got up at 5:30 to drive 53 miles to this cluster foul-up you call a race”.

He had a helper who seemed quite concerned and fed me two \$20 bills out of his wallet like I was Coke machine and he wanted a drink. I took the first one (I had paid the \$15 early entry fee and \$5 to park) and gave him back the other one but he refused it and it fell on top of a perambulator (of all things) a woman had pushed right up by the finish line. It sat there as the argument continued. Finally, the helper says, “You’re banned”. Then Surfer Dude says, “No, you’re banned for life. I never want to see you again”. I told him I couldn’t have cared less and, again, declared him a nitwit and left.

(Continued on Page 6)

Orange Coast College Cross Country 5K Spotlight

By: Linda Hammond

In the month of September **South Coast Roadrunners** headed off road for a little cross country racing at the **Orange Coast College Cross Country 5K**. A few goals for the race: 1) not get smoked by a kid less than half or one quarter your age, 2) not miss a turn on a course not marked well at one key turn (ask **Ed Coffey** for details!), 3) finish strong! In the end we all somehow made it across the finish line! The team almost swept the field in age group awards and finished the morning off with a yummy pancake breakfast. I asked **Gary Hefner** to share his thoughts about the race and his training.



Linda: *Congratulations on your 1st place win in your age group. How did you like the OCC cross country race?*

Gary: I enjoyed it. I ran cross country at LBCC and with Team Runner's High Masters team. I enjoy the competition, team atmosphere, and spectator support cross country races offer. Having club members and friends cheer for you when racing is always appreciated and the support at this race was great. The course wasn't too hard, although the hill after mile 2 did slow me down. On the starting line, my only goals were to run hard and not get beat by an 11 year-old (I'm not sure I succeeded).

Linda: *You mentioned that you were working the race into your long training run for the day. What are you training for?*

Gary: My next race is the Long Beach Half Marathon. I was injured at the beginning of summer and was out for almost 4 weeks. Since returning, my focus has been increasing my miles and remaining pain free. I used this race as a speed workout and to test my legs. It felt good to run hard again. After Long Beach I plan to run the Turkey Trot.

Linda: *How long have you been running and what brought you to SCRR?*

Gary: I bought my first pair of running shoes in 1978. Unfortunately, a knee injury 5 months later significantly affected my running career. This injury has led to extended periods of no running the past 30 years. The past 6 years have been relatively kind. Today I run more for enjoyment and am less concerned about the pace. I spend more time on trails, try new runs and races, and always run with others. I would rather drive 45 minutes to join a friend on a long run than run alone. This is why joining a running club makes a difference. Living in Long Beach, I joined Team Runner's High 5 years ago. The main training run for Team Runner's High is a Tuesday track workout. As many of you have learned, I have run with **Rob Harris** for years. I occasionally joined him at the Saturday club run. Last year Rob and I decided to run the Tucson Marathon, so we worked the Saturday runs into our training. I already knew a few members through Rob, and I was introduced to more people every week. After Tucson, I decided to join SCRR. The people, the support at races, and the variety of the Saturday runs make it worth the drive from Long Beach.

Thanks Gary for sharing your story. This was our third race of the season and **Dave Parsel** continues to lead the pack. In October we leave the country (cross county) and head to the beach (Long Beach) for the Marathon, Half Marathon, and 5K. Have a great race! See you at the finish line!

Try Something New?? – Vineman ½ Ironman

By: Greg Hanssen

If you're looking to TRI something different next year, come join our group for the Vineman 70.3 half Ironman triathlon July 17, 2011 in Northern California. You know you can run 13.1 miles! Now you've got 9 months to prepare to swim 1.2 miles and ride the bike for 56.

If you'd like to join us for our Tuesday or Friday night swims or our casual Sunday lunch bike rides, please e-mail greghanssen@gmail.com.

Registration opens on Nov. 1, 2010, and is at:
http://www.vineman.com/Vineman_Ironman_70_3.htm



CONGRATULATIONS TO THE SCRR FINISHERS AT

ST. GEORGE MARATHON!!

Jerry Lin 3:19:29 - BQ

Greg Hanssen 3:28:12 - BQ

Stacey Dippong 3:29:01 - BQ

PARTIES, PARTIES, PARTIES!

Oct. 23 – Rob and Cyndi Harris' Oktoberfest

Oct. 30 – Bob and Faith Morris' Halloween Party

SAVE THE DATES – More Info to come

Banned for Life! (Continued from Page 3)

I had to walk around the parking lot for about 10 minutes to cool off. To my credit, I hadn't sworn at anyone. I hadn't even thought about hitting anything or anyone. In fact, I made sure to keep at least 6 inches separation between the other two individuals and myself at all times. But I was loud, very loud. I am quite sure I was simply saying out loud what everybody behind me in the race was thinking. As the word got around later under the SCRR awning there were all kinds of giggles and guffaws. Ken Atterholt had the best line though saying "Don't you get extra Grand Prix points when you're banned?"

I was heading out when I saw the results posted on a large hoarding right by the finish line. I was amazed to discover that, despite the foul-up, my time was still good enough for third place. A young volunteer presented me with my third place trophy and I walked back to my car. I'm sure Surfer Dude worked hard on the race and it seemed to be a big success for everyone who participated except me and about 20 others. He probably assigned some young volunteer(s) to be at the one place on the whole course that needed supervision but y'know, he should have someone who was reliable.



Photo captions on Page 10

SATURDAY RUNS

All runs meet at 7:45 a.m. and Start at 8:00 a.m.

10/9/10, Back Bay

Leader: Laurent Vrignaud

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.

10/16/10, Spyglass Hill

Leader: Kathleen Monk

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.

10/23/10, 3 Pier "Kegs & Eggs"

Leader: Ryan Doss

Location: We start at the base of the Newport Beach pier. Arrive early (O.K., very early) to try and find street parking or bring change for the meters.

Directions: 5 Freeway to 55-South, follow signs to Newport Beach Pier. (Mapquest “Sharkeez Newport Beach” for exact directions)

About the Run: 5.75 miles to the Breakers and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back.

After the Run: We enjoy the best deal in town at Sharkeez for breakfast!! Just \$3.75 gets you french toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

10/30/10, Hicks Canyon

Leader: Amelia Carchidi

Location: Start at shopping complex at corner of Culver and Irvine Blvd in the Northwood section of Irvine.

Directions: From the 5 freeway, 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: We'll run slightly uphill along the Hicks Canyon paved bike and dirt trail to Portola and into Peter's Canyon. The full loop, including Peter's Canyon, is about 14 miles. For those wanting to run shorter (ie warmup for the OC) – you can do an out and back along the bike path. Those wanting longer, take an extra loop around Peter's (extra 5 miles).

After the Run: Champagne Bakery (use your AAA card and receive a discount).



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 33 participants (out of 58 total) for the 2010-2011 series after 3 races are:

Details								OCC 5k		SCRR Track Mile	
	Name	Age Group	Sex	Total Points	Races	Best	Avg	Times	Points	Times	Points
1	Dave Parsel	55-59	M	2,757	3	927	919	17:29 5k	922	05:04.8	927
2	Fred Cowles	45-49	M	2,605	3	875	868	17:21 5k	871	04:58.1	859
3	Jeanie Leitner	60-64	F	2,462	3	830	821	26:19 5k	829	07:25.2	803
4	David Schiller	45-49	M	2,461	3	837	820	18:04 5k	837	05:24.0	790
5	Mike Connors	40-44	M	2,374	3	799	791	17:57 5k	792	05:12.8	783
6	Ken Atterholt	50-54	M	2,355	3	813	785	20:09 5k	774	05:45.0	768
7	Danielle Gordanier	35-39	F	2,237	3	750	746	20:40 5k	745	05:58.5	742
8	Linda Hammond	45-49	F	2,197	3	755	732	23:41 5k	711	06:47.6	755
9	Erika Kotteakos	40-44	F	2,171	3	751	724	22:22 5k	706	06:21.2	751
10	Steve Kan	55-59	M	2,162	3	728	721	22:50 5k	706	06:28.3	728
11	Ed Coffey	60-64	M	2,152	3	720	717	26:29 5k	713	06:54.5	719
12	Cathy Shargay	50-54	F	2,111	3	718	704	25:30 5k	685	07:19.2	718
13	Armando Moran	35-39	M	2,008	3	685	669	20:21 5k	667	05:56.9	656
14	David Bauers	50-54	M	1,886	3	657	629	23:44 5k	657	06:50.7	624
15	Matt Hood	40-44	M	1,879	3	723	626	20:12 5k	704	05:38.9	723
16	Chris Johnson	25-29	M	1,815	3	609	605	22:02 5k	608	06:19.2	598
17	Sherri Ellerby	45-49	F	1,722	2	883	861		0	05:48.7	883
18	Carrie Shargay	16-19	F	1,657	2	842	829		0	05:37.8	815
19	Carlos Jovel, Jr.	35-39	M	1,639	3	557	546	24:24 5k	557	07:11.3	543
20	Gary Hefner	50-54	M	1,605	2	814	803	19:10 5k	814	05:35.1	791
21	Eric Frome	30-34	M	1,592	2	812	796		0	04:50.8	780
22	Mary Lynch	40-44	F	1,565	2	787	783	20:04 5k	787		0
23	Brad Wobig	40-44	M	1,559	2	812	780		0	05:27.8	747
24	Jodie Kinney	60-64	F	1,552	2	821	776	26:52 5k	731	07:15.3	821
25	Leilani Rios	30-34	F	1,552	2	779	776	19:35 5k	779		0
26	Greg Jones	35-39	M	1,546	2	784	773		0	05:07.2	762
27	Mike Sellers	30-34	M	1,532	2	769	766	17:41 5k	763		0
28	Ben Coyle	35-39	M	1,509	2	760	755	17:52 5k	760		0
29	Tonson Tong	40-44	M	1,503	2	768	752		0	05:18.9	768
30	Rob Harris	50-54	M	1,499	2	764	750	20:25 5k	764	06:00.4	735
31	Mike Friedl	45-49	M	1,486	2	753	743	20:05 5k	753	05:49.2	733
32	Karen Winter	50-54	F	1,445	2	725	723		0	07:18.1	720
33	Amy Katz	40-44	F	1,439	2	737	720		0	06:28.7	737

Great Deals From Fellow South Coast Roadrunners...

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

Santiago Nomen, "**Tax Preparation** at a Fair Price"
(714) 838-3587, Fax: (714) 838-2256
socaltaxman@cox.net
52 Lakepines, Irvine

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
30448 Rancho Viejo Rd., Suite 110
San Juan Capistrano

John Loftus, **Certified RRCA Running Coach**
www.runyourpotential.com
949 433-9238
coach@runyourpotential.com
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

Jonathan Resnick, CPA, **Tax services for businesses**
2192 Dupont Drive, Suite 208, Irvine
949-250-0852 949-752-0153 Fax
www.JResnickcpa.com
e-mail: Jon@JResnickcpa.com
"Helping small businesses grow"

Sue Rudolph, **Amazing Running Tours**
Specialist in Marathon Tours Worldwide
(714) 963-5281 (800) 707-0005
www.amazingrunningtours.com
www.amazingadventuretours.com
info@amazingtravel.com
Running, hiking, and cycling tours

Dr. Pamela Galambos, DC, BS, **Chiropractor**
Fountain Valley Chiropractic
18430 S. Brookhurst St., Suite 103, Fountain Valley
(714) 963-7432
"Your health is our priority"

MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**
Office (562) 690-0553 Cellular (562) 714-4166
mark@search4integrity.com
www.search4integrity.com
""We'll pay \$1,000 referral fee for every candidate or client placement, ask me how it works!"

Evie Katahdin, ND, MSOM, LAc
AthletiZen: Natural Sports Medicine
Naturopathic Doctor and Licensed Acupuncturist
(949) 574-4978
1831 Orange Ave, Suite A, Costa Mesa, CA 92627
www.drkatahdin.com www.athletiZen.com

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 Peters Canyon/Cedar Grove Park, Tustin, 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 and Parties are highlighted in orange; 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

OCTOBER	
SAT, 10/2	St. George Marathon, St. George, UT
THURS, 10/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 10/10, 7:30a.m. (CDT)	Chicago Marathon, Chicago, IL ChicagoMarathon
SUN, 10/17, 7:00 a.m.	Magic Mountain Triathlon, Castaic Lake, CA MagicMountainTriathlon
SUN, 10/17, 7:00 a.m.	Long Beach Marathon, ½ Marathon, 5K Long Beach, CA LB Marathon
SAT, 10/23, 7:00 a.m.	Huntington Beach Distance Derby, 10mi., 5mi. & Kids Run, HBDistanceDerby
SUN, 10/31, 7:30 a.m.	L.A. Cancer Challenge, LA V.A. Grounds 10K, 5K LA Cancer Challenge
SUN, 10/31, 7:30 a.m.	2500 th Anniversary Athens Marathon, Greece
NOVEMBER	
THURS, 11/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 11/7	ING New York City Marathon
SUN, 11/17, 7:00 a.m.	Dinosaur Dash & Cycle Tour, 5K, 10K, & 50K Bike Tour Tustin CA DinoDash
SUN, 11/14, 8:00 a.m.	Run for Her Cancer Run 5K Pan Pacific Park, Los Angeles Run4Her
THURS, 11/25, 7:00 a.m.	Dana Point Turkey Trot 5K, 10K Dana Point, CA TurkeyTrot
THURS, 11/25, 7:00 a.m.	Oceanside Turkey Trot 5K, Kids 1 Mile Oceanside, CA OceansideTurkeyTrot
SAT, 11/27 7:00 a.m.	San Dimas Turkey Trot 10K, 5K Kids Run San DimasTurkeyTrot
DECEMBER	
THURS, 12/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SUN, 12/5, 6:15 a.m.	Las Vegas Rock 'n Roll Marathon, ½ Marathon 6:15 a.m. Las Vegas Marathon
SUN, 12/5	California International Marathon, Sacramento, CA
SUN, 12/12	Tucson Marathon
SUN, 12/12, 8:00 a.m.	L.A. County ½ Marathon, 10K, 5K, Kids Run & ½ Marathon In-line Skate – Pomona, CA 6:00 a.m. http://www.runlacounty.com/home
SUN, 12/12, 8:00 a.m.	Xterra Crystal Cove Trail 17K – Laguna Beach, CA CrystalCoveTrailRace
SUN, 12/12, 7:45 a.m.	Make Room for Santa – 5K, 10K & Kids Run – Tustin, CA MakeRoom4Santa

2010-2011 SCRR CLUB OFFICERS:

President: Greg Hanssen
 Vice-President: Orhan Beker
 Treasurer: John Gardiner
 Secretary: Tonson Tong
 Social Chairs: Kathleen Monk,
 Stacey Dippong
 Officers At Large: Stacey Dippong,
 Bob Morris,
 Greg Jones

2010-2011 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

Page 6 Photos, Top row: Gary Hefner, Ken Atterholt, Rob Harris, Mike Connors, Linda Hammond and Steve Kan.
 Bottom Row: Mary Lynch, Mike Friedl, Cathy Shargay and Linda Hammond.