

ON THE RUN



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

Orange County, California
June 2011 Issue

Runner of the Month – Linda Hammond

By: Stacey Dippong



Congrats to Linda Hammond who was chosen as our May runner of the month! Linda's love for running is evidenced everytime she comes to a club run or event. She is always smiling and friendly – a great representation of South Coast Roadrunners. Over the last few years, Linda has been our “unofficial” club photographer ensuring that we have great photos for the newsletters and the website. Linda is also very talented as she has consistently placed in the top 20 of the Grand Prix for the last 3 years. It looks like she is a shoe-in this year as well!

When did you start running?

I ran cross country and track in high school. I pretty much picked up running again when I moved to Orange County to start my postdoctoral research fellowship at UC Irvine in 2005. My brother loves when I tell the story. In 2005 he announced that he was running the LA Marathon for his 50th birthday. I thought, hey I'm the runner in this family! I searched the web and found South Coast Roadrunners; six marathons and countless races later I'm still running!

What do you like most about South Coast Roadrunners?

I love all the different personalities in the club. I am motivated by all the really fast runners in the club and inspired by all the runners constantly reaching their personal running goals.

If you race, what is your favorite race distance and why?

There is nothing like the feeling of accomplishment after completing a marathon; you truly have earned it. It is a lot of work! However, I think I like the half mara-thon the best because I always somewhat stay fit enough to run a decent time. I ran a half marathon yesterday and today I was ready to go for a run again.

Are you currently training for anything? How is that going?

I am just doing the club races, but not specifically training for anything. After the thrill of running from Marathon to Athens in Greece last fall, I am just enjoying all our local club races. It has been a stressful year of job hunting, so I am just happy to be able to run and race!



Runner of the Month – Linda Hammond (Con't)

What do you do for a living?

I just started a new job in R&D (Research & Development) at a large biotech company in Carlsbad. I am developing cloning kits used for molecular biology research. Sorry I am not working on a way to clone a faster runner!

What do you like to do in your free time besides running?

I am very active with my church, Christ Our Redeemer AME Church in Irvine. I also do a lot of community service with my sorority Delta Sigma Theta. My sorority recently had a run/walk-a-thon race to raise money for high school and college scholarships. I won the race. Woo Hoo! Who knows if I'll ever get an opportunity to break the race tape again! See you at the Finish Line!



The new SCRR Officers for 2011-12

President:

Greg Hanssen

VP:

Vicki Ballon

Secretary:

Stacey Dippong

Treasurer:

Angel Cardoza

Board Members At Large:

Matt Hood

Danielle Gordanier

Dave Bauers

Laguna Hills 1/2M and 5K - SCRR Highlights

By: Linda Hammond

In the month of May **South Coast Roadrunners** celebrated the **Memorial Day** holiday by running the **Laguna Hill Memorial Half Marathon and 5K**. A big "THANK YOU!" to **Faith** and **Bob Morris** for inviting the club over for a barbeque and pool party after the race. The club was out in big numbers making a strong showing in both races. As always there were MANY great races; a few highlights include PRs by **Greg Hanssen** in the 5K and **Matt Kossoff** in the Half Marathon. Congratulations to all the runners with PRs, wins, age division wins, and races to be happy about.

One very happy runner was **Amy Katz**. Amy had a great race and placed first in her age division. I asked her a few questions about her race and training.

Linda: Congratulations on your age group win! How did you like the race? Have you done the Laguna Hills 5K before?

Amy: Since this race started in 1999 as the **Flo-Jo Memorial**, then **Saddleback Memorial**, and now **Laguna Hills Memorial**, I have run the half marathon five times and the 5K five times. The courses have had slight changes over the years, so I usually can't remember the race very well year to year, and I undoubtedly block the hills from my memory. The courses are definitely challenging, and I enjoy racing with my friends on Memorial Day.



Linda: What is the next big race that you are training for?

Amy: My next big race is **Grandma's Marathon** in Duluth, MN on June 18. It will be my 30th marathon and 11th state in my quest to run a marathon in all 50 states.



Ross Klein took on the huge task for recruiting runners from **South Coast Roadrunners** and **A Snail's Pace** to serve as official pacers for the half marathon. I asked Ross a few questions.

Linda: Thanks for putting together the pacing team. What are your thoughts about the race?

Ross: I have done many half-marathons some are easier than others, but the Laguna Hills Half-Marathon was the hardest half I have ever done. Overall I loved the experience and the race.

Linda: When did you join South Coast Roadrunners and what brought you to the club?

Ross: I joined SCRR in the winter of 2010, **Jeanene Warren**, my girlfriend brought me into the club.

Linda: What is your next big race?

Ross: My next race is going to be **Fontana Half-Marathon** 5 days after Laguna Hills Ugh... I am going to be going for sub 1:50:00.

Thanks runners for sharing your stories, and congratulations Jeanene on a 3 minute PR in the half marathon! Laguna Hills was the 11th race in the **Grand Prix** series. We cap off the Grand Prix series with the **Downtown Anaheim 5K** in June. See you at the Finish Line!

Laguna Hills 1/2M and 5K - SCRR Photos

By: Mike Sellers



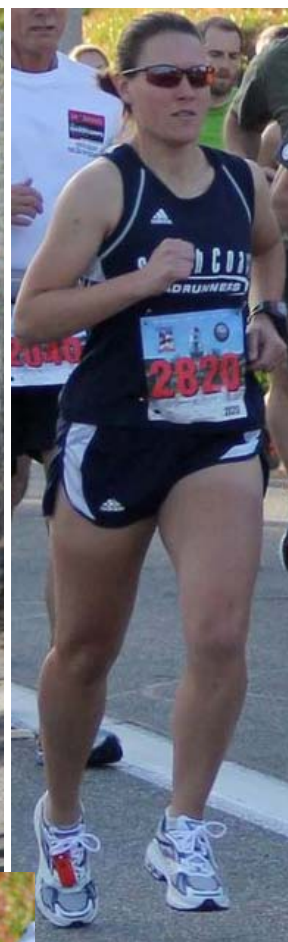


Photo Captions on Page 6



Attire: Semi-Formal

Food: Lucille's BBQ

Drinks: Soft drinks, water, beer, wine, and margarita's will be provided

Cost: \$30 per person - due by June 12th to Stacey (staceydippong@gmail.com) or Kathleen (kathleen.curley@gmail.com)

Photos on Page 4:

Top Row: Amy Katz; Bob Morris; Dave Schiller; Fred Cowles; Brad Wobig

Bottom Row: Sabrina Higashi and Sandra Manzano-Straehle; Matt Hood, Ken Atterholt, Bob Morris and Dave Schiller

Photos on Page 5:

Top Row: Ken Wells; John Loftus; Sue Zihlmann; Vicki Ballon

Bottom Row: Leilani Rios; Vicki Ballon and Matt Kossoff; Ken Atterholt; Carrie Shargay

Running Quote:

Some believe that the next best thing to running, is talking about running.

SATURDAY RUNS

All runs Meet at 7:45, start at 8:00 unless otherwise noted

6/4/11 Tribute to the Olympics in OC

Leader: Noreene Matsuda

Location: Bagels and Brew, 23052 Alicia Parkway (corner of Olympiad), Mission Viejo

Directions: From the 5, go up Alicia past lake Mission Viejo then right into the shopping center just before Olympiad. About the run: This 11 mile loop follows the actual Road Cycling course from the 1984 Olympic Games. We run down Olympiad toward Marguerite, turn right on Marguerite, left on Los Alisos, then left for the famous climb up Vista del Lago, right on Marguerite, left on La Paz for the final major climb, and left on Olympiad to the finish. Options for longer or shorter runs are available.

After the run: Bagels and Brew

<http://sanoodi.com/routes/tribute-to-the-olympics-in-orange-county-142246/>

6/11/11 Club Race - Downtown Anaheim

8am corner of Anaheim blvd and Center Street Promenade

<http://www.downtownanaheim.com/Home/5k-run>

6/18/11 Quail Hill

Leader: Greg Hanssen

Location: Big City Bagels – Corner of Alton & E. Yale Loop, Irvine

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

About the Run: This 11 mile run starts down Jeffrey and across the freeway over the Jeffrey bike trail bridge. 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 new exclusive portion of Turtle Rock. Head down Bonita Canyon, right on Culver, right on University and left on Yale. Cross over the freeway and along the lake to Woodbridge where a right on the bike trail takes you back to the start. There is water on the trail but it is recommended to bring some just in case.

After the Run: Starbucks, Big City Bagels, Juice It Up, and as an added bonus you get to volunteer to help us set up the banquet room for the Mardi Gras themed recognition banquet that night!

6/25/11 Saturday Run - Amelia's farewell run, the Back Bay Classic

Leader: Amelia Vrabel

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: As one of her final acts as a California citizen, Amelia leads on one of our favorite runs. 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 and/or breakfast burritos on Bristol and Jamboree.

Great Deals From Fellow South Coast Roadrunners...

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

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E-mail: reimersr@stifel.com
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San Juan Capistrano

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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 Peter's 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

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

JUNE	
THUR, 6/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 6/4 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT, 6/4	Fontana Days 1/2M and 5K
SAT, 6/11, 8:00a.m.	11th Annual AMICA 5K Anaheim, CA
6/4, 6/5, 6/11, 6/18	Camp Pendleton Mud Runs Mud Runs
6/5, 6:15 a.m.	Rock 'n' Roll Marathon, San Diego
SAT, 6/18	South Coast Road Runners Annual Banquet - see page
JULY	
MON, 7/4, 7:15a.m.	Woodbridge 5K & 10K Irvine, CA
MON, 7/4, 8:00a.m.	Surf City 5K Huntington Beach, CA Surfcityrun
MON, 7/4, 7:15a.m.	Freedom Run at the Ranch 5K, 10K Ladera Ranch, CA Run Ladera
MON, 7/4, 7:30a.m.	Healthy Figures Lake Forest 5K Walk/Run, CA www.lakeforest5K.org
THUR, 7/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THUR, 7/7, 6:15p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park
SUN, 7/13	Vineman Half Ironman, Sonoma County, CA
SUN, 7/31, 7:30a.m.	San Francisco Marathon, ½ Marathon, 10K, 5K SFMarathon
AUGUST	
THURS, 8/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS, 8/4, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SUN, 8/21, 7:00 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, www.afchalf.com
SAT, 8/27, 8:00 a.m.	WetnWild 5K Run Walk, Wild Rivers Waterpark, Irvine, www.wetnwild5k.com
SAT, 8/27, 7:30 a.m.	Bulldog, 25K, Malibu Creek State Park www.trailrunevents.com/bd
SUN, 8/28, 7:00 a.m.	USATF Road Mile Championships, El Toro Airfield, Irvine, www.roadmile.org
SEPTEMBER	
THURS, 9/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 9/3, 8:00 a.m.	Kevin Cook Spirit Run 5K, O.C. Great Park, Irvine, www.kevincookspiritrun.org
SUN, 9/4, 6:00 a.m.	Disneyland Half Marathon, Anaheim, www.disneylandhalfmarathon.com
MON, 9/5, 8:00 a.m.	Run to the Top, Mt. Baldy, http://www.run2top.com/info.lasso
SAT, 9/10, 8:00 a.m.	Endure the Bear Trail Run 2011, 50K, 30K, 15K and 5K, www.openairbigbear.com
SAT, 9/17, 7:00 a.m.	Coast Run OC 10K, Huntington Beach (along boardwalk), www.coastrun.com
SUN, 9/25, 7:30 a.m.	Susan Komen Race for the Cure 5K, Newport Beach, www.komenOC.org

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:	To be announced
Webmaster:	Mike Reeves