

ON THE RUN



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

Orange County, California
June 2008 Issue

Runner of the Month – Greg Jones

By: Amy Katz

Congratulations to Runner of the Month Greg Jones! Greg has been a very active member of SCRR and Danny Stein's training program. Not only is he a fast runner, he has helped out the club, most notably by organizing a challenging club race at Peter's Canyon. And if you've ever talked to him, you know what a funny guy he is. I asked Greg a few questions about himself.

You've mentioned that you lost a lot of weight. How did you do it? Did running play a part?

I lost all of the weight by running, and I adjusted my diet (and still do) depending on the number of miles I am running. I try to eat healthy most days, but do allow myself to indulge in comfort food, beer, and such.



Did you run in high school and/or college, or did you start later?

I ran 1 year of cross-country in high school (I was about 185 lbs), and we lost every single meet.

As a running couple with children, how do you and Colleen train together for marathons, or do you take turns? How do you balance your schedules?

Having kids really helps you to be a great time manager. Colleen and I usually take turns running, but on occasion we will get a babysitter and run together or take the kids in a jog stroller. Usually we end up with much less sleep.

Is the marathon your favorite distance?

I'm not sure if I have a favorite distance, I really just love to run. I can think of positive things about every distance.

What happened to your signature haircut? Did you cut your hair to run faster?

I get at least one hair cut every 2 years, so I am back on the growth phase.



Photos: Top: Greg getting award at the Walt Disney World marathon, Middle: Greg running the Carlsbad 5000 and Bottom: Greg before weight loss.

Please Recycle Your Shoes!

By: Linda Hammond

Perhaps you are like me and all of your old pairs of running shoes are piling up in your closet or garage because each pair has some sentimental value. I can look at each pair and remember their role in my running career “these are my Boston Marathon shoes, or these were from my first 5K...” Okay, now that I have been running a few years, the shoes are really starting to pile up, sentimental favorites or not! I was aware that old shoes could be recycled and turned into “something” and that gently worn shoes could be donated to those less fortunate. The only problem was I didn’t know how to get my rubber soled friends connected to their next role in their shoe lives.

At last I have the answer! Bob Morris informed me that **A Snail’s Pace** collects both “well worn” and “gently worn” shoes. The well worn shoes are donated to **Reuse-A-Shoe**, part of Nike’s **Let Me Play** campaign. Through this program athletic shoes are collected, processed and recycled into material used in sports surfaces like basketball courts, tennis courts, athletic fields, running tracks and playgrounds for young people around the world. For more information about this program go to: <http://www.letmeplay.com/reuseashoe>.



New and “gently worn” shoes are donated to a non-profit organization called **Soles4Souls**. The motto of Soles4Souls is: “Changing the World One Pair at a Time”. The organization distributes shoes in the United States and to over 50 countries throughout the world, with the goal of impacting as many lives as possible with the gift of shoes. Domestically they support such programs as: disaster relief, summer camps for disadvantaged children, women domestic abuse shelters, and homeless shelters. Internationally they support programs such as: orphanages and disaster relief. For more information about Sole4Souls go

to: <http://www.soles4souls.org>. So next time that you are at A Snail’s Pace using your SCRR 10% discount card to purchase a new pair of running shoes, don’t forget to leave your old running shoes behind. Finally, if you need one lasting memory of your shoes, take a picture. As you can see, I did!

***Congratulations to
Stacey Dippong
For Passing the Bar!***

Photos from Racing for the Cure

Photos By: Leilani Rios





South Coast Roadrunners Annual Recognition Banquet

Saturday, June 21, 2008

5:00pm

"Citius, Altius, Fortius"

Swifter, Higher, Stronger!

Fitting summary for Roadrunners last year. Let's celebrate and gather together and have a great time.

This is the event of the year. Reserve your spot by making your payment now!

FORMAL AFFAIR

Awards, raffle prizes(Ipod, Snail's basket, etc.), slide show, food & lots of dancing!

MENU

Beef, chicken, mashed potatoes, vegetarian pasta, and steamed vegetables. Dessert is a to die for carrot cake.

Beer, water and soft drinks provided.

Chicks' and Dudes' Pre-Parties

Party Hosts:

\$30 per person payable to SCRR, due June 5th- Club Meeting Night.

After June 5th, \$35 through June 14th.

Give checks to Noreene, Leilani, Jon, Amelia, Tonson or Molly.

Directions

Woodbridge
Community
Center

31 Creek Road
Irvine, CA 92618

From the North:

405 South

Exit Jeffrey make a left

Left on Alton

Right on Creek

From the South:

405 North

Exit Jeffrey make a right

Left on Alton

Right on Creek

Any questions or if you would like to volunteer to help with decorations & clean up, contact Noreene

noreene@cox.net, or

Leilani

leilani@cox.net

SCRR Results at '08 Rock 'n Roll Marathon

Tom Dellner 3:11:32
Tonson Tong 3:14:53 - 11 time RnR legacy runner
Susan Liu 3:34:38
Noreene Matsuda 3:39:13

Kathleen Curley 3:54:07 - first marathon
Michele Hobbs 3:54:18 - first marathon
Heather Okolo 3:58:39 - first marathon
Tobin Hobbs 5:05:14

SCRR Results at Laguna Hills Half Marathon

5K:

Ben Coyle 16.38 (1st M 30-34)
Mike Connors 17.10
Jason Blank 17.19 (2nd M 30-34)
Dave Parsel 17.29 (1st M 50-54)
Greg Jones 17.31 (3rd M 30-34)
Brad Wobig 17.32
Dave Schiller 17.41
Fred Cowles 17.46
Sherri Ellerby 17.48 (1st W overall, 1st W 40-44)
Mike Sellers 17.50
Danny Garcia 19.22
Kathleen Litvak 19.45 (2nd W 40-44)
Vince Lowder 19.45
Bryan Chu 19.58

Bob Morris 20.44 (2nd M 55-59)
Amelia Carchidi 21.15 (1st W 30-34)
Greg Hanssen 22.10
Ray Vrabel (my dad!) 22.56 (3rd M 60-64)
Amy Katz 23.19
Sohrab Mirza 30.38

Half Marathon:

Eric Fromme 1:16.21 (2nd M 25-29)
Gavin Fromme 1:19.40 (1st M 15-19)
Mike Reeves 1:23.41 (2nd M 30-34)
Jared Lessard 1:27:16
Sue Zihlmann 1:35.21
Victor Celani 1:37.12
Ken Atterholt & Cathy Shargay 2:06:23

I Survived a 1:27 1/2 M!!

By: Jared Lessard

For me, the Laguna Hills Half-Marathon could be broken down into three main sections:

Miles 1-5: Wheeeeeee!

Miles 5-8: Hallucinogenic meanderings through a land of switchbacks, wheelchairs, and runners circling in every direction

Miles 8-13.1: Pain.

The weather at the start, and throughout, the LHHM was well-nigh perfect: slightly drizzling, then 50s (?) and overcast throughout (with the possible section of the last 2-3 miles, as by that point, the energy required to raise my eyelids seemed entirely out of proportion to the potential advantages of doing so {but more on that later}). In the starting chute, I found a spot near the front, standing a few rows behind Mike Reeves, and next to a Flag-Carrying Man who would slowly become my nemesis over the course of the race (One of my goals for the race was to beat all of the Flag-Carrying Men; alas, this was not be). The first mile of the race was a circle around the Laguna Hills Mall, and hence, essentially, the only completely flat section of the course. I ran it in 6:25, which was a bit faster than I was planning on going out, and was a few steps behind Mike R. and Flag-Carrying Man.

After the first mile, the course began a slow, halting, yet inevitable descent. At about 1.5 miles, I (briefly) caught up with Mike R. and Dale from Cal Coast (After 4 races, Dale and I are tied 2- 2 in our 2-man Grand Prix series, although this could change if Dale becomes aware of this competition). Mike R. gave me a few helpful hints about how to run the course (As I cannot remember the specifics, I can only assume he said "It's awful, and it is all going to
(Cont'd on Page 6)

I Survived a 1:27 1/2 M!! (Con't)

end badly", or it was something about needing to concentrate when running through the park, as you won't be able to see many of the other runners. Whichever.). He and Dale then engaged in the following conversation (and I am paraphrasing, and being wildly fictitious here):

M: (referring to a woman running 50 feet ahead) Hey, let's go get that Blonde in Black.

D: Which one? (Further ahead, there are 2 other women with Blonde hair, also wearing black).

M: Let's go get all of them.

D: Do you mean in this race, or in life? (Dale is a wise man, and worthy adversary)

M: WHOO! WHOO!

And Mike R. was gone. Shortly thereafter, Dale and I passed the 2-mile mark (6:25 again, and the brain is starting to tell the legs to cool it, or else). Just beyond the 2 mile mark was a long, steep downhill. I do not do so well on such things, and so Dale, too, was soon gone. Nonetheless, my third mile was a 6:15, and at that point my brain told my legs in no uncertain terms to chill. The fourth and fifth miles (6:30ish) were also almost continuously downhill, but at a much more pedestrian rate than the third mile, as if the road had decided to head in on the mint juleps at that point. At some point during this stretch, I drank something from a Pepsi cup that tasted almost, but not entirely, unlike Gatoraid. Also, for the last 4 miles, Flag-Carrying Man had been keeping a constant 10 yard lead.

Soon after the 5 mile marker, we turned off from the Alicia parkway, and down the rabbit hole. This report is going to become a bit less structured or useful a bit here, as reality became a bit less structured and useful for the next couple miles as well. What I remember of the next three miles was a labyrinthine maze of switchbacks, hills with no apparent beginning or end, a barn that had to be circumscribed, runners both slower and faster than I was on the ridges above me, runners on the dirt path beside the road that were apparently both in and not in the race, simultaneously, a cup of water that contained no water, another cupful of water that reached my cheek, but no further, and a hand cyclist coming up a hill at a much faster pace than I was descending it. It was hard to tell my pace or progress, as my Garmin was upside down and kept falling towards the sun. What I can piece together is that I ran these miles at about a 6:38 pace (OK), give or take an egg, and that my quads and calves were becoming grumpy (gulp). And also, Flag-Carrying Man was 15 yards ahead. I covered the first 8 miles in 52 flat, or about 6:30 pace, slightly faster than I was planning, but setting me up pretty well for hitting my goal of a sub 1:27 half. Ha.

Shortly after the 8 mile mark, the entrance back to reality was abruptly marked by the beginning of a steep, cruel, and entirely too realistic hill. An interesting series of events happened at this point. About a third of the way up the hill, my Garmin let me know, helpfully, that I was running an 8:00 mile, and about 4 seconds after this, my brain let me know that we were done, poof, hit the wall, let's go home, not gonna happen today. "Ah, so this must be what the seventh circle feels like", my left hemisphere was commenting to my right. But then I noticed a funny thing, which is that I was not falling behind the runners that were just ahead of me; if anything, I was catching up to them (except, of course, for Flag-Carrying Man).

Shortly thereafter, I crested the hill (in that the rate of incline became, essentially, negligible; there were to be no more downhills), and once again resuming activities that could, from a distance, be construed of as running. 9th mile split: 7:00.

For the last 4 miles of the course, think of a completely flat table. Then, put a thin book under the legs at one end of the table (A Modest Proposal would do). The last 4 miles went uphill, pretty much continuously, at about half a percent grade. The sort of thing that even a toddler would not notice on most days. In fact, a toddler that was wandering the bike trail briefly pulled ahead, but I put her in her place. However, at this point, this slight incline began to feel like a particularly cruel alternative to water torture ("Whatever is the problem, Dr. Jones?"). To make matters worse, I got the song from that Volkswagen (?) commercial stuck in my head: "I think I'm gonna give up, I think I'm gonna give up". But at least it has the right beat.

Suddenly, just before the 12 mile marker, who could it be? Flag-Carrying Man? No. No, he was still 25 yards ahead of me. But Blonde in Black was getting closer! Just after the 12 mile marker, I passed Blonde in Black, and tried to keep my calves from exploding while locomoting as rapidly as possible towards the finish. Just before the 13 mile marker, the course did a cruel and heartless thing I shall not repeat here, but then, it was done. The last 4 miles of the race I shambled through at about a 6:54 pace, and finished in 1:27:16. Good enough, and a PB.

See everyone next week. I have to go walk backwards down the stairs now so I can check my mail.



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 88 out of 115 participants (so far) for the 2007-2008 series after 11 races are:

Place	Name	Age Group	Races	Net Points	Best	Net Avg	Racing for a Cure		Carlsbad 5000	
							Times	Points	Times	Points
1	Sherri Ellerby	40-44	9	7611	878	846	18:17 5k	864	18:14 5k	867
2	Bob Morris	55-59	9	7582	881	842	18:21 5k	878	18:51 5k	855
3	Fred Cowles	45-49	9	7517	891	835	17:03 5k	887	16:58 5k	891
4	David Schiller	45-49	9	7307	841	812	18:18 5k	826	18:24 5k	822
5	Brad Wobig	40-44	9	7151	813	795	17:42 5k	803	17:38 5k	806
6	Jeanie Leitner	60-64	8	6624	854	828	24:52 5k	790	23:22 5k	841
7	Ed Coffey	60-64	10	6591	763	732	23:25 5k	726	23:14 5k	732
8	Orhan Beker	30-34	11	6478	737	720	18:56 5k	713	18:57 5k	712
9	Mike Gulan	55-59	8	6439	835	805	20:09 5k	800	19:55 5k	809
10	Erika Kotteakos	35-39	9	6386	732	710		0	21:02 5k	732
11	Tonson Tong	40-44	10	6282	783	698		0	18:33 5k	766
12	Mike Connors	40-44	8	6278	829	785	17:40 5k	805	17:51 5k	796
13	Ben Coyle	30-34	8	6261	810	783	16:40 5k	810	16:45 5k	806
14	Linda Hammond	40-44	9	6173	707	686		0	22:36 5k	699
15	Mike Friedl	40-44	9	6155	766	684	19:14 5k	739	18:33 5k	766
16	Jason Blank	30-34	8	6125	782	766	17:34 5k	769		0
17	Amy Katz	35-39	9	6085	704	676	24:11 5k	637	22:07 5k	696
18	Rob Harris	45-49	8	5666	753	708		0	20:05 5k	753
19	Sue Zihlmann	40-44	7	5618	853	803		0	20:01 5k	789
20	Ken Atterholt	45-49	9	5533	748	615	21:34 5k	701	20:12 5k	748
21	Kevin MacDonnell	45-49	7	5341	785	763	19:49 5k	763	19:15 5k	785
22	Dan Garcia	45-49	7	5197	775	742		0		0
23	Mike Sellers	25-29	7	5164	765	738	17:42 5k	757	17:31 5k	765
24	Greg Hanssen	40-44	8	4951	644	619	22:24 5k	635	22:26 5k	634
25	Jim Grant	45-49	7	4908	737	701		0	20:37 5k	733
26	Leilani Rios	25-29	6	4614	796	769		0		0
27	Mary Lynch	40-44	6	4536	777	756		0	21:24 5k	738
28	Cathy Shargay	45-49	7	4312	631	616		0	26:49 5k	631
29	Beiyi Zheng	40-44	8	4155	579	519		0	29:34 5k	534
30	Stacey Dippong	25-29	6	3885	673	648		0	24:18 5k	613
31	Greg Jones	30-34	5	3750	786	750		0	17:30 5k	771
32	Sandra Manzano- Straehle	35-39	5	3714	763	743		0		0
33	Brent Bohn	40-44	5	3677	796	735		0	17:51 5k	796
34	Jane Crewe	45-49	5	3540	727	708		0		0
35	Jennifer Walt	40-44	5	3492	730	698		0		0
36	Jerry Lin	35-39	5	3307	702	661		0		0
37	Amelia Carchidi	30-34	5	3176	678	635		0	22:37 5k	674

Place	Name	Age Group	Races	Net Points	Best	Net Avg	Racing for a Cure		Carlsbad 5000	
							Times	Points	Times	Points
38	Tom Dellner	40-44	4	2988	762	747		0		0
39	Sabrina Higashi	30-34	4	2957	770	739		0		0
40	Jim Beck	40-44	4	2925	744	731	39:37 10k	734		0
41	Annette McCall	30-34	4	2865	749	716		0		0
42	Thomas Fung	40-44	4	2764	727	691		0	19:33 5k	727
43	Vincent Lowder	40-44	4	2730	764	683		0	18:37 5k	764
44	David Litvak	40-44	4	2701	697	675		0		0
45	Jami Brooks	40-44	4	2628	705	657		0		0
46	Adam Wallace	35-39	4	2523	674	631		0		0
47	Dolly Ginter	40-44	3	2456	835	819		0	18:56 5k	835
48	Paul Avedian	45-49	4	2453	653	613	24:03 5k	629	23:10 5k	653
49	Liza Svoboda	35-39	4	2429	652	607		0		0
50	Danny Stein	30-34	3	2400	854	800		0		0
51	Eric Frome	25-29	3	2328	791	776		0		0
52	Julia Hearn	30-34	4	2212	611	553	51:55 10k	611		0
53	Victor Celani	45-49	3	2167	761	722		0		0
54	Paula Fell	40-44	3	2159	728	720		0		0
55	Jon Resnick	45-49	3	2148	742	716		0		0
56	Michael Reeves	30-34	3	2113	736	704		0		0
57	Noreene Matsuda	40-44	3	2080	714	693	45:58 10k	714	22:32 5k	701
58	Molly Donnellan	45-49	3	2028	688	676		0		0
59	Karen Winter	45-49	3	2017	695	672		0	24:21 5k	695
60	Jannay Morrison	40-44	3	1958	686	653		0		0
61	Jamie Crane	25-29	3	1938	663	646		0		0
62	Brigid Pukszta	40-44	4	1916	493	479		0		0
63	Kathleen Curley	20-24	3	1894	646	631		0		0
64	Robert Michie	50-54	3	1752	608	584		0	24:52 5k	608
65	Cheryl Foody	25-29	2	1731	891	866		0		0
66	Michael Ewart	50-54	2	1619	812	810		0		0
67	Pete Boisineau	55-59	2	1545	787	773		0		0
68	Pat Copps	50-54	2	1537	825	769		0	18:55 5k	825
69	Lucina Lara	35-39	2	1515	765	758		0		0
70	Debbie Taege	30-34	2	1455	731	728		0		0
71	Elizabeth Bailey	25-29	2	1312	658	656		0	22:47 5k	654
72	Vicki Niebrzydowski	25-29	2	1290	669	645		0		0
73	Bruce Bauer	40-44	2	1288	652	644		0		0
74	John Chau	35-39	2	1275	641	638		0		0
75	Jennifer Whyte	35-39	2	1270	649	635		0		0
76	Michael Langman	35-39	2	1264	671	632		0		0
77	Susan Liu	30-34	2	1248	682	624		0		0
78	Amata Brooks	80-84	2	1229	615	615		0		0
79	Jennifer Wilkes	25-29	2	1188	614	594		0		0
80	John Rosenbaum	50-54	2	1132	637	566		0		0
81	Linda Lowder	40-44	2	975	548	488		0		0
82	Faith Morris	50-54	2	912	496	456		0	41:57 5k	416
83	Leon Laub	50-54	1	829	829	829		0		0
84	Carmel Vrabel	60-64	1	788	788	788		0	24:57 5k	788
85	Jodie Kinney	55-59	1	761	761	761		0		0
86	Ray Vrabel	60-64	1	760	760	760		0	22:22 5k	760
87	Laura Weissert	50-54	1	754	754	754		0		0
88	Andre Boulais	45-49	1	733	733	733		0		0

SATURDAY RUNS

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

6/7/08, Club Race – Corona Del Mar Scenic 5K

Time: Men's Race 7:55 AM, Women's Race 8:20 AM

Leader: In 2007, Danny Stein and Sherri Ellerby won the men's and women's races in 15:41 and 18:37 respectively...who will it be this year ???

Location: The SCRR tent will be located at the corner of Marguerite and Ocean, same place where our Spyglass Run starts.

Directions: PCH, West on Marguerite, until it dead-ends on Ocean Blvd.

About the Run: Presented by the Corona del Mar Chamber of Commerce and City of Newport Beach, this event draws thousands of folks for a scenic race/walk along the enchanting streets of CDM. The race finishes along the bluffs of Big Corona State Beach with restaurant row, merchant booths and live entertainment. The Corona del Mar Scenic 5K Race, 2 Mile Fun Walk and 1 Mile Kids Dolphin Dash is a signature special event that you will not want to miss. The race has been in existence for over 25 years and is a traditional community event for all to enjoy. <http://www.cdmchamber.com/events/5k.asp>

After the Run: Breakfast at the famous "Restaurant Row" – included with race entry.

6/14/08, A Taste of Ladera

Leader: Laura Bullock

Location: Ladera Ranch trail. We'll meet at the Flintridge Village Club.

Directions: From the I-5 Freeway in south Orange County, exit Crown Valley Parkway and proceed east 1.5 miles to O'Neill Drive. Turn right on O'Neill. Then left on Roanoke Drive (if you get to the round-about, you have gone too far). The Flintridge Village Club is located on the right-hand side.

About the Run: The Ladera Ranch Trail consists of dirt tracks that extend for nearly 10 miles and encircle the entire community of Ladera Ranch with plenty of small but steep climbs. Run out and back as far as you want or combine it with the several other paved trails in the community for the perfect combination of on and off-road running. I will hand out maps for your reference.

After the Run: Pacific Whey Bakery & Cafe is less than a mile away in the Mercantile West shopping area, on the corner of Antonio Parkway and Crown Valley.

6/21/08, Quail Hill

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. After breakfast we would appreciate any volunteers to help set up for the banquet at nearby Woodbridge.

6/28/08, Ship to Rail

Leader: Sherri Ellerby

Location: Dana Point Ocean Institute

Directions: From PCH in Dana Point, turn onto Golden Lantern toward the ocean. At the bottom of the hill, turn right on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute. Parking is all

around. We'll meet at the end of DPH Drive, near the "Pilgrim" sailing ship and the little pier in Dana Point Harbor.

About the Run: This is an out and back flat run that will cover a portion of the "Turkey Trot" course. First turnaround point is at the end of the parking lot just past the San Clemente Metrolink Station. Total distance is about 10.6 miles. Shorter options available. For a 12.8 mile run, continue running along the footpath to the next turnaround point, the San Clemente Pier. For those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. If you're doing a 20-miler, you could continue along the path that goes beyond the San Clemente Pier then turnaround when necessary. Bring water, although several drinking fountains are located along the way. Lots of restrooms!

SPECIAL NOTE: Dana Point has now put up a protective cement barrier along PCH where the unfortunate accidents from the past years have been happening, so now it's a lot safer for runners and cyclists.

After the Run: Lots of breakfast options at the harbor – Sherri will choose one for today !

Cinque Terre – A Beautiful National Park in Italy

By: Cathy Shargay



Great Deals From Fellow South Coast Roadrunners...

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

Bob & Jodie Kinney, **Water's Restaurant**
(949) 733-9503, Fax: (949) 733-0147
www.watersrestaurant.com
4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, **A.G. Edwards & Sons, Inc.**
V.P. Investments,
(949) 493-7771, (800) 937-7791
Fax: (949) 493-9505
E-mail: richard.reimers@agedwards.com
26351 Junipero Serra Road, Suite 101,
San Juan Capistrano

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

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"

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

Steve Lowe, **Swedish Asian Autoservice**
Independent Volvo, Toyota & Nissan
Specialist Since 1980
(714) 972-1216, Fax: (714) 543-8946
www.swedishasian.com
800 South Grand Ave., Santa Ana
"10% discount for SCRR members"

Colleen Jones, Tupperware Consultant
Direct and Party-based Sales
Custom Kitchens, Girls' Night Out, Healthy Entertain-
ing And Mom and Me Parties Available
949-419-6889 www.my.tupperware.com/colleencjones

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!"

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.
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, 7:30 PM, Heritage Park Youth Ctr.

MEMBERSHIP DUES: Single: \$30, Family: \$45. Make your check payable to **South Coast Roadrunners**

SCRR CLUB CALENDAR

Club Events in bold font

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



JUNE	
SUN, 6/1	Rock N Roll Marathon, San Diego, www.rnrmarathon.com
THURS, 6/5	Club Meeting – Heritage Park Youth Center with pizza
SAT, 6/7	Corona Del Mar Scenic 5K, www.active.com
SUN, 6/8	OCTC Pancake Run, Fairview Park, 2525 Placentia Ave., Costa Mesa
SUN, 6/8	Playa Del Run Huntington Beach, Bolsa Chica State Beach, 5K Run, 1000M swim or Aquathon, www.playadelrun.com
SAT, 6/14	Anaheim Downtown 5K, www.active.com
SAT&SUN, 6/7, 8 & 14	Camp Pendleton Mud Run, (Sold Out) www.active.com
SAT, 6/21	SCRR Annual Banquet – Details to come
SUN, 6/29	Aquabike or Aquathon for MS, Huntington Beach Pier, www.ocblazeman.com
JULY	
THURS, 7/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
FRI, 7/4	Woodbridge 5K
FRI, 7/4, 7 a.m.	Surf City Run 5K, 17 th and Main, Huntington Beach, www.surfcityrun.com
FRI, 7/4, 7:30 a.m.	Run through the City of Lake Forest, Lake Forest and Trabuco, www.lf5k.org
THURS, 7/10, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SUN, 7/20, 8:00 a.m.	Magic Shoes 5K, Irvine Spectrum, www.magicshoe5000.com
AUGUST	
THURS, 8/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
THURS, 8/7, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
THURS, 8/21, 6:00 p.m.	Sunset in the Park, 2.8 and 4.8 mi, Central Park west, Huntington Beach, CA. Located between Goldenwest & Edwards, Ellis & Slater Streets, www.nealand.com/finsihline/
SAT, 8/23, 6:30 a.m.	Bulldog, 50K and 25K, Malibu Creek State Park
SUN, 8/17, 7:00 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, www.afchalf.com
SAT, 8/30, 8:00 a.m.	Cook Spirit Run, 5K, Mile Square Park, Fountain Valley, www.kevincookspiritrn.org
SUN, 8/30	Disneyland Half Marathon, 1/2M and 5K, www.disneylandhalfmarathon.com

2007-2008 SCRR CLUB OFFICERS:

President: Jon Resnick
 Vice-President: Amelia Carchidi
 Treasurer: Sue Zihlmann
 Secretaries: Jannay Morrison/Tonson Tong
 RRCA Liaison: Jannay Morrison
 Webmaster: Mike Reeves
 Social Chairs: Noreene Matsuda/Leilani Rios

2007-2008 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