

# ON THE RUN



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

Orange County, California  
November 2008 Issue

## Runner of the Month – Simon Gudina

By: Amy Katz

*Congratulations to Runner of the Month Simon Gudina! When I went to ask Simon some questions about himself, I found him to be very modest about his talents and contribution to the club. He demonstrates perfectly how being a member of SCRR is about more than just running for the sake of racing.*

To begin with, I was deeply humbled being chosen Runner of the Month for I never felt I made any noteworthy contribution to the club. Even if I did, it would be dwarfed by the previous Runners of the Month, in my opinion. I'm so impressed that such a minute contribution gets recognized. I am profusely grateful, not just for such recognition, but also for the opportunity to be part of such a great running club. I consider myself very lucky and privileged that I have so many great friends who have always been so supportive and very kind to me! I am pleased to use this opportunity to thank my friend, Chad, who introduced me to the club and to those who have been doing so much for the club since its inception.



Simon with fellow Roadrunner Jim Beck

By the way, when Greg announced my name, I was so surprised that I was looking around in disbelief, thinking there might be another 'Simon'. Once more, I can only say that it is a great honor.

### *Where are you from originally, and how did you come to live in Orange County?*

I am from Mars (I am a man!) originally! I came to Orange County just over a year ago - by plane! Actually, I can relate to two geographical locations. Canada is my country of citizenship and I lived there for over eight years. I have so many great friends there and it wasn't easy to move away from them last year; I am so lucky that I now find myself surrounded by so many great friends in OC in such a short period of time.

I was born and raised in a rather 'obscure' country or region called Oromia (also phonetically spelled Oromiyaa) in the Horn of Africa. The people from Oromia are called Oromo. In a slightly fairer world, Oromia, the place I consider my country of birth, would be recognized like most other countries of the

## ***Runner of the Month – Simon Gudina (Con't)***

**By: Amy Katz**

world. I would rather leave it to the inquisitive mind to find out more about this unfortunate but rather friendly nation.

At the moment, I am working for an engineering consulting company in Huntington Beach. My company provides engineering support (design, analysis, etc.) for projects involving Civil and Environmental Engineering.

***We all have noticed that you enjoy pacing others, but you don't seem to race much yourself. Why is that?***

Thank you for giving me the designation of a pacer. Technically, I don't really think I ever paced anyone for I never raced and, without experience, I could potentially ruin someone's race. I felt so honored that I had the opportunity to run with a few of my friends while they were racing. I enjoyed running with them during their races and am very grateful for the opportunity to run with them. I hope that I stay fit and free of major injuries and that I will be able to run with friends who go to races, as deemed necessary. In fact, running with company is one of the most enjoyable things that I can ever do. I admire people who set goals and race regularly. The overwhelming majority of friends I have run with so far regularly set/modify goals and use these goals as a motivation to continue running regularly. Nothing seems to be more enjoyable to me than to try to help them achieve these goals. It is also the source of inspiration for me as I try to continue running more regularly.

Regarding myself, I have never been convinced that I enjoy racing, i.e., pushing myself to the limit. In addition, I almost never run/train regularly and consistently. In short, I am only running for fun for the time being and I have never taken running 'too seriously', i.e., never shown mental and physical readiness to train harder. Both my mind and body seem to be proponents of so-called 'the law of diminishing return', i.e., the more you train, the less the proportional improvement gets.

***What are your running goals?***

Well, I think that I am almost at my goal, which is to try to run (of course, with friends) as regularly as possible. At this point in time (and for the foreseeable future), my main goal is to be able to run two to three times a week (between 20-30 miles/week). Anything more that I happen to do in the future will be considered a big bonus.

Until approximately seven years ago my running was very sporadic and involved only running during, say, pick-up soccer. I then started running somewhat more regularly, once or twice a week (mostly less than 10 miles per week). Not only did running provide me with a desirable escape from the very stressful school work (I proved that running is an excellent stress reliever!), but also gave me an incredible opportunity to meet so many great friends. Before I knew it, I became addicted to running, to running with the company of great friends. I fell in love with running! Perhaps that's why my mind and body want to treat running only with such 'tenderness'!

Photos on Page 3:

Dan and Teleia Templin's wedding with from guest from right to left: Stacey Dippong, Colleen Jones, Leilani Rios, Noreene Matsuda, Vicky Niebrzydowski, Ken Atterholt, Cathy Shargay and Danny Stein.

Life-size photo of Sherri Ellerby in poster advertising Rock-n-Roll marathon at Marine Corps Marathon. Photo of poster taken by Noreene Matsuda, and picture of Sherri is from Carlsbad 5K.





# ***First Marathon Trials and Successes***

**By: Orhan Beker**

This was my first marathon. I don't count the disastrous, untrained, bandit Boston experience of '99 any more. 10 years later, now I can go back for real... First off, the event was very well organized in all aspects. Greg did a fantastic job in arranging for a place to eat days in advance. Brilliant! This small town had a flawless organization and turned up an impressive amount of volunteers and supporters on a cold and rainy day.



Conditions may not have been ideal, but I'm not complaining. At least hydration was not an issue :) We were driven to the start by school busses and dropped off. Rain and wind were not too bad once we found ourselves next to fires. I was warm enough, even an extra long sleeve shirt in the bag. Ken (over)prepared me for this. That's good. He grabbed a trash bag. Note to self: next time bring a bag just in case. Thought about it, didn't do it.

=The accessories=

I decided to keep the hat, remove the hat; no, keep the hat. National anthem, remove the hat; not too bad, toss the hat. As soon as my bag hits the UHaul truck; damn, I should have kept the hat. Turns out it was OK not to have the hat... Same for sunglasses... what sun? They will be squished in the truck. Don't care at this point! Hope my socks and shoes will be fine, soaking wet from mile 0... Still remember those blisters from Long Beach Half.

=First few miles=

Need to keep with the balloon boy - 3:10 pacer. He doesn't even know I exist. Didn't get to talk to him at the expo. I wonder whether all 3:10 to Yuma jokes are taken yet. I'll keep it to myself. It's really dark, "bag!"... people are taking off their black trash bags and tossing them on the course. "bag!" echoes past us... "bag!" First two miles - this is easy...! What do you mean "we need to get into pace now"? I can't even see my garmin, it's dark, and I don't want to accidentally turn it off. It's the same button! OK, we'll pick up the pace. It's going to be a long few hours... First water stop: Tiny girls handing water and runner stampede: not a pretty sight. Lost a lot of time trying to avoid the mess and get some water at the same time.

=Mile 5' ish=

We're still comfortable. Can't believe I'm still OK. Hit the GU, religiously, every 5 miles half a pack. I'm glad I have gloves... who needs pockets? Don't pass the balloon boy! Don't pass the balloon boy! Can see the garmin now... What!? we're doing sub-6:30! Bozo pacer! What do you mean "I'm sorry I went too fast, we have to slow down a bit"? I can't slow down now. Forget you, if you can catch me, I'll follow you then. If not, I'll come under 3:10. I didn't plan for this, but can't live my life trying to adjust my pace to you. Look what I can do, I'm beating the 3:10 pacer. Superman!!!

=Here come da hills=

Veyo. Hill doesn't look too bad. I'll sit in a comfortable pace, turns out to be 9:30'ish. We all slow down. This was not too bad... Hit GU at 10mi.

=Back to bee's knees=

Howling winds. Where is Ben when you need him? Saved me a ton of energy in Surf'n Sand. Perhaps that big guy would do... not! Winds coming from all directions. Crap! Half marathon point 1:36... I'm on track for 3:12 and Greg told me it should be negative split. Makes sense: hills are behind us now. If hills balance out with the dead legs... yes, I think I can pull this off. GU at 16... I think I know that guy from OC. Should I ask? Nah! Talked to someone for a bit. Mother of two, local, this is her fifth marathon. Legs start hurting now. Jim Grant told me that already. "Just say 'so, this is how it feels' and move on... what else can you do?"

=Let the negotiations begin=

3:10 balloon boy is right behind me? What da! Fine, I kinda counted on this... Would have been happy to beat you, but... We're now at the 19mile point with the uphill. Balloon boy and his posse pass me nice and easy. Sharing stories about other marathons. No muscles to push me forward... I stop and stretch the calves after the hill... some guy complains while

walking "can't believe this is happening." I have long divided the remaining into 5Ks... 2 left... Can I still make Boston? What if I drop to 10 minute pace? No! Try to stay under 8min. Certainly don't have under 3:00 in me or anywhere near me; but it's good to know what part collapses first. I'll work on that for next time.

=Back in town=

We reach town. I'm so emotional right about now, I'm about to cry. People on the streets. One more 5K left... Cramp! Stop, stretch the calf. I need to be careful, need to push, but can't risk another cramp. Keep on rolling... Can't believe we're in town, but not there yet! Skip water, don't need it now. 25.2 mark... I think I'm doing it. Old lady with a sign "7 blocks to go." How long is a block any way? 800m left. That's just two laps, I did that many times.

=Done!=

I see the finish line, and I pick up the pace a bit. Finish smiling... get my medal, some dude hands me two cliff bars. I must look hungry. There is Sue, did 3:03. Wow! She has purple lips. We get blankets, I quickly down the cliff bars. Don't need water. Can't walk... There is Andrea, and the kids. She hugs me, in tears. She's very happy I qualified. Julian is angry with me: I didn't say good morning to him when I left. Same story as all my long runs. Honey, it was very early, you were sleeping... Ken's already in... he finds me. He's pacing back and forth; can't stop, good for his recovery. I get ice cream, he can't eat or think about eating anything.

=Zombies=

Field of zombies approaching their clothes bags on some corner of the field. Nobody can walk properly... I get my bag, change, give the wet stuff to Andrea. I send them back to the hotel. It's still raining and cold. Get a massage in the tent. I want to stick around, do something... done running, but what else can I do here? Cold, but don't want to leave. Got my chip read and had the time sticker handed to me... because it's there. Call mom. Walk to hotel, I'm shivering. ...



Cooling off in Zion National Park

## ***Rainy St. George Marathon***

**By: Greg Hanssen**

Well it was cold, wet and windy in St George this year. They said this was only the second time in 30 years that it rained. The warmest time was at 5am in town when Phil, Bill, Ken, Orhan and I walked over to get the bus to the start. It had just started to sprinkle. Up at the top it was much colder and pouring rain... With a strong headwind.

They handed out trash bags which was nice, but we were still soaked before the race started. The first few miles (in the dark) were ok and I felt fine through the first half. At the half I was 1:45 which was 3mins off my target, but given the steep downhill in the 2nd half I thought I still might have a shot at 3:20. This was not the case. Phil and Ken were running with me off and on (also trying for 3:20) but by mile 17 my quads started locking up. It was like the day AFTER a marathon, but this was mile 17! All this glorious downhill, and by 18 I was struggling to run a 10min pace!

Around 20 I actually considered dropping out (an abnormally large number of people did) Nah, I couldn't do that... Although I did consider the damage I was doing to myself by continuing. I walked a lot and ran 10-10:30 where I could. Around mile 23 my calves started feeling it, but that's normal. At that pace I was hardly exerting myself. Normal breathing, probably low heartrate. I was able to drop it a bit in the final miles (numb to the pain perhaps?) and finish with 3:55... A 25 minute positive split! Ouch... Looks like Boston will have to wait a few years, I'm not doing this next year.

My friend Bill finished 3:09 (15min slower than last year). Ken finished 3:34 (17 slower than last year, although he did wait a bit for me). My friend Phil finished 3:27 (17 slower than his 2004 St George PR). On the bright side, Orhan finished 3:11 so he's good for Boston 2009 since he turns 35 soon. Also Sue Z. Got a 3:03 PR.. Nice job Sue & Orhan!

## ***Distance Derby Winner and Grand Prix History***

**By: Linda Hammond**

In the month of October SCRR once again headed to the beach, this time for the 54<sup>th</sup> Annual Huntington Beach Distance Derby. The club had many strong performances in both the 5 mile and the 10 mile races. One great performance that I would like to highlight this month is that of Leilani Rios. Leilani had an outstanding race and was the 1<sup>st</sup> place female overall in the 5 mile race. I asked Leilani about her race and how her training is going this season.

**Linda:** *Congratulations on your race. Have you done the Distance Derby before? What do you like about this race?*

**Leilani:** This is the third year that I have participated in the Distance Derby and have done the 5-mile race in all of them. This race has always been a challenge for me. My problem was I would always go out too fast with the wind on my back and not have enough on the way back with the wind going against me. This year my plan was to make sure I kept my pace in the first half only 5 seconds faster than my pace since the wind was going to make it easy to hit pace. When the gun went off I made sure to keep pace and I went through at 6:13 the first mile, and was relieved when I was right on track.



I was in first place and was amped up thinking I can't let anyone catch up to me and pass me. So I proceeded to pick up the pace at the turn around and dropped the person I was running with. I kept it up and stuck to the pace and finished 1<sup>st</sup> place overall female; it felt so good winning.

The one thing about the race that got me was that the pier always seemed closer than it was. At three different points of the race on the way back, I thought I was 800 yards away. I am sure everyone that participated can relate to that. But I knew I was close when I started seeing people cheering and Danny telling me 600 yards to go. I was thinking, "You better be right, I already thought I was getting close 2 or 3 different times."

The one thing I like about the Distance Derby is the distance. I like the fact that it is completely different than most other races we participate in and that the race has been going 54 years strong.

**Linda:** *You were injured last season, what did you do to recover and get back in shape?*

**Leilani:** When I broke my foot back in February I had to stop exercising cold turkey for 2 months. NO EXERCISE. The only thing my doctor allowed me to do was Aqua jog and she was even hesitant on that. I needed to make sure that my foot was not manipulated in any way. I can't say that I stayed in shape due to the aqua jogging because that would be a lie. I didn't have enough discipline and drive to want to aqua jog. When I was not running, I didn't want to do other forms of exercise.

When I was released to start running again, it was a very slow process. I had to start by running ½ mile every other day and see how it felt. I did that for 2 weeks and then it went up to 1 mile every other day. Some days it would hurt and the day in between was a perfect time to recover from it. I would then very slowly go up in mileage, 1, 2, 3 miles every other day. This would go on until I felt nothing anymore and would continue adding mileage to my daily runs. It took me about 6 months to get back on track.

**Linda:** *Are you doing Danny's training program? If so, how is it helping you?*

**Leilani:** Yes, I am a part of Danny's training program. The training program has done nothing but wonders for me. I learn something about my training and running capabilities every season I participate in. I can say that in the past 4-5 seasons I have run faster each time. The reason why I have improved so much is that I gained more knowledge each season whether it be on pace, strategy, or different training methods. I am willing to try out and discover what works for me and what doesn't.

**Linda:** *What is your favorite race distance?*



**Leilani:** My favorite race distance is the 5k. It's short, very painful and fast, but you can recover from it quickly.

**Linda:** *Is there a race that you are looking forward to this season?*

**Leilani:** I am looking forward to the Southern Cal 5k in January and the Palms Springs half marathon in February. It will be my first half marathon, so wish me luck!!

**As we complete the forth race in the Grand Prix series, the competition is really heating up. In the history of the Grand Prix there have been five Grand Prix winners in 14 Grand Prix seasons, (number of victories): Lois Edds (5), Bob Morris (4), Fred Cowles (3), David Schiller (1) & Sherri Ellerby (1). I asked Grand Prix guru Mike Friedl to share some history of the Grand Prix and our running club.**

**Linda:** *How and when was the club started?*

**Mike:** Back in the 1980's John Loeschhorn had a chain of running stores called "Loeschhorn's for Runners." He had stores in Fountain Valley, Mission Viejo, Irvine and later, Costa Mesa. Each store had a chapter of the Loeschhorn Running Club. Around 1985, the Irvine store closed, and the Irvine chapter decided not to disperse to the other stores. Instead, it became an independent club called South Coast Roadrunners (SCRR). A couple of years later, John Loeschhorn eventually became a police officer and closed the Mission Viejo store, but the Fountain Valley and Costa Mesa stores were owned by Dave Reynolds, who consolidated the two stores and the associated chapters into a new, larger store in Fountain Valley. He changed his store's name to A Snail's Pace. (I was a member of the Costa Mesa chapter, and remember telling Dave that his choice of name was lousy, and would never be successful. Shows what I know.) So our shared heritage makes the SCRR and A Snail's Pace clubs truly "cousins", which is one of the reasons we have always had such a good relationship with them.

**Linda:** *How did the Grand Prix come about?*

**Mike:** The club had selected a race of the month for as long as I had been around, but the attendance at these races had dwindled because there was no real reason to show up. In the pre-internet days, club races were the primary way we met new members, so being a presence at races was pretty important. There had been some attempts to come up with a program that rewarded attending, but they met with mixed results and didn't stick.

I served as president in 1994-1995, and the Grand Prix was my attempt to make the race of the month a little more interesting. We had recently instituted the Recognition Banquet in the summer, so I made the Grand Prix season coincide so we could award the winners at that time.

**Linda:** *When did you join the club (are you one of the founding members)?*

**Mike:** I'm definitely not one of the founding members. I think Robert & Susan Kuntz, Jeff Padilla, Phil Beudoin & Bob Kingery were the founders, or at least early members that I recall. I began running with the club in late 1988 and joined on Super Bowl Sunday 1989.

**Linda:** *What has kept you active with the club all these years?*

**Mike:** I love the people (hey, I met my wife here) and continue to draw inspiration from them. I'm a lifer!

Thanks runners for sharing your stories. The Grand Prix plays a special part in our club's history. I encourage all club members to come out and support the Grand Prix series. In the month of November we leave the beach and head to Tustin for the Dino Dash. I look forward to tales from our next club race.



# ***PARTIES, PARTIES, PARTIES***

Save the Date!!

Wine and Cheese Party at

Dan and Teleia Templin's on Nov. 21<sup>st</sup>

Many Thanks to Rob and Cindi Harris for the  
very fun Octoberfest Party and to  
Bob and Faith Morris for the colorful Halloween Party!

## **NEW MONDAY NIGHT RUN LOCATION!!!**

Start at the Tustin/Irvine Marketplace right off the 5 freeway and Jamboree,  
by the Sports Authority (on the right side of street)...

The run would  
go from there out along El Camino Real briefly to the trail.. at that point  
it's paved and lit on the far side, gravel on the near side. About a mile up the  
trail it turns right towards Hicks Canyon.. under Culver.. under Yale and up to Portola is 3.5  
miles for a 7 mile round trip.

Well lit, great start/finish area (right off the freeway), paved and  
gravel, no cars...

**Thanks go to Greg Hanssen for this Great Suggestion!**



## ***Photos from Huntington Beach Distance Derby***

**By: Armando Moran**



Left to right: Armando Moran with his medal; Mike Sellers at the finish and Fred Cowles winning his age group in the 5 mile race!



## ***President's Letter***

**By: Amelia Carchidi**

I have to apologize in being an absent President over much of the last month. I have been traveling for work, which is usually a lot of meetings and not much time to run. I do try to scope out the local race scene when I can as it is fun to run a race as an opportunity to see a different city.

Last month I ran in the Waddell & Reed Kansas City Half Marathon which was a surprisingly fun race. For those who have never been to Kansas City, it is a neat place and the race course showed that there really are hills in the Midwest. You really get your money's worth in the races out there...the \$60 entry fee (which could have been less had I known I was going earlier) paid for a t-shirt, medal, \$25 coupon for real KC barbeque, 3 Boulevard Brew beers and breakfast at the finish line, and lots of goodies at the expo including a running hat, gu, and other products. But most importantly it really was a fun race. We had weather that we can only wish for out here – in the 40s for the whole race – which made for lots of good times. I ran it really more as a training run but it was fun to be able to do this and finish strong. It is definitely a fun experience to run out of town races if you get the chance.

Marathon season is in high gear and many of our fellow SCRR members were also out on the road this month running big October marathons including St. George, Bizz Johnson, Humboldt, Chicago, Nike, Marine Corps, Amsterdam, and at home in Long Beach. I am sure they also have many great stories to tell as well. Congratulations (Continued on Page 11)



## **SATURDAY RUNS**

**NOTE: Meet at 7:45 a.m., run at 8:00 (Winter schedule)**

### ***Peter's Canyon/Irvine Park on 11/08/08***

Leader: Fred Cowles

Location: Cedar Grove Park in Tustin Ranch

Directions: 5 Freeway. Exit Jamboree and head east. Left on Tustin Ranch Road. Right on Pioneer. Go straight to Cedar Grove Park.

About the run: Distance will be from 6-12 miles on trails with a few hills and possibly mountain lions if we are lucky. You can extend the run into Irvine park for 10-12 miles. There is water along the way, but it would be a good idea to carry water, too. Out and back options let you run a shorter distance as well.

After the run: Coffee somewhere, probably Starbucks.

### ***Wildlife Sanctuary on 11/15/08***

Leader: Jason Blank

Location: San Joaquin Wildlife Sanctuary, Newport Beach

Directions: 405 Freeway. Exit Culver and head West. Left on Michelson; Immediate right into shopping center. Park by Ace Hardware/Rite Aid

About the run: We'll run over to the San Joaquin Wildlife Sanctuary to traverse 10 miles of trails past ponds filled with birds and native plants. A water fountain, a restroom, and a couple of porta-potties are available on the trail. Keep an eye out for herons, egrets, hawks, bobcats, and coyotes as you run.

After the run: Java City Cafe, Mag's Donuts, Wholesome Choice bakery and several other options.

### ***Spyglass Hill on 11/22/08***

Leader: Amelia Carchidi

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 E Coast Hwy.

### ***Back Bay Classic on 11/29/08***

Leader: Amelia Carchidi

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 run is a 10.5 mile loop, or out and back as far as you like. There are several water stops at 3.5, 5, and 6.5 miles.

After the run: Starbucks on Bristol and Jamboree.

## ***President's Letter (Continued)***

**By: Amelia Carchidi**

To all our marathon finishers, and especially for the first-time marathoners among the group completing this remarkable achievement. This month we have a few folks running New York, San Antonio Rock and Roll, and Philadelphia, so we want to wish this group the very best of luck as well ! Happy Running !



# 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 73 participants (so far) for the 2008-2009 series after 4 races are:

Place	Name	Details						Distance Derby		Surf&Sand 5K	
		Age Group	Sex	Total Points	Races	Best	Avg	Times	Points	Times	Points
1	Fred Cowles	45-49	M	3520	4	902	880	27:53 5 mi.	890	16:42	859
2	David Schiller	45-49	M	3252	4	839	813	29:36 5 mi.	839	18:00	797
3	Mike Sellers	25-29	M	3082	4	785	771	28:25 5 mi.	785	17:04	745
4	Ken Atterholt	45-49	M	2912	4	768	728	1:11:07 10 mi.	736	20:27	702
5	Orhan Beker	30-34	M	2808	4	721	702	32:32 5 mi.	699	18:06	708
6	Sue Zihlmann	40-44	F	2385	3	807	795	32:48 5 mi.	807		0
7	Jeanie Leitner	60-64	F	2379	3	817	793	1:23:37 10 mi.	817	25:00	746
8	Mike Connors	40-44	M	2358	3	797	786		0	17:35	768
9	Brent Bohn	40-44	M	2286	3	782	762	1:03:25 10 mi.	782		0
10	Leilani Rios	25-29	F	2238	3	797	746	31:41 5 mi.	797	19:36	722
11	Erika Kotteakos	40-44	F	2235	3	782	745	33:52 5 mi.	782	20:25	735
12	Jim Beck	40-44	M	2151	3	740	717	1:08:47 10 mi.	721		0
13	Noreene Matsuda	40-44	F	2102	3	718	701	36:52 5 mi.	718		0
14	Ed Coffey	60-64	M	2101	3	726	700	38:57 5 mi.	726	23:31	686
15	Mike Friedl	45-49	M	2086	3	705	695		0	20:33	698
16	Linda Hammond	40-44	F	2025	3	699	675		0	22:34	665
17	Colleen Jones	30-34	F	1986	3	696	662		0	22:50	634
18	Kathleen Curley	25-29	F	1967	3	663	656	1:20:06 10 mi.	656		0
19	Greg Hanssen	40-44	M	1944	3	665	648	1:14:45 10 mi.	663		0
20	Amy Katz	35-39	F	1905	3	668	635		0	23:30	622
21	Stacey Dippong	25-29	F	1852	3	659	617		0	23:12	610
22	Brad Wobig	40-44	M	1586	2	802	793		0		0
23	Tonson Tong	40-44	M	1555	2	780	778	1:03:58 10 mi.	775		0
24	Eric Frome	25-29	M	1544	2	778	772		0	16:37	766
25	Sherri Ellerby	40-44	F	1527	2	785	764		0	19:06	785
26	Pete Boisineau	55-59	M	1490	2	750	745	1:13:33 10 mi.	740		0
27	Ben Coyle	30-34	M	1466	2	737	733		0	17:24	737
28	Simon Gudina	35-39	M	1464	2	761	732		0		0
29	Mary Lynch	40-44	F	1456	2	738	728		0		0
30	Jim Grant	45-49	M	1452	2	765	726	32:27 5 mi.	765		0
31	Molly Donnellan	45-49	F	1424	2	715	712	1:22:54 10 mi.	715		0
32	Rob Harris	45-49	M	1406	2	708	703	1:13:57 10 mi.	708		0
33	Vincent Lowder	40-44	M	1397	2	709	699		0		0
34	Amelia Carchidi	30-34	F	1379	2	715	690		0		0
35	Jared Lessard	25-29	M	1357	2	690	679		0		0
36	Jon Resnick	45-49	M	1346	2	700	673	1:14:50 10 mi.	700		0
37	Terry Purdy	50-54	M	1309	2	659	655		0		0

Details								Distance Derby		Surf&Sand 5K	
Place	Name	Age Group	Sex	Total Points	Races	Best	Avg	Times	Points	Times	Points
38	Adam Wallace	35-39	M	1285	2	662	643		0		0
39	Vicki Niebrzydowski	25-29	F	1274	2	659	637		0		0
40	Liza Svoboda	35-39	F	1193	2	600	597		0		0
41	Brigid Puksza	40-44	F	887	2	444	444		0	33:47	444
42	Mike Gulan	55-59	M	817	1	817	817		0		0
43	Greg Jones	30-34	M	784	1	784	784		0		0
44	Jason Blank	30-34	M	784	1	784	784		0		0
45	Tom Dellner	40-44	M	767	1	767	767	1:04:39 10 mi.	767		0
46	Kevin MacDonnell	45-49	M	741	1	741	741		0		0
47	Sandra Manzano-Straehle	35-39	F	736	1	736	736		0		0
48	Lucina Lara	35-39	F	733	1	733	733		0		0
49	Kathleen Litvak	40-44	F	721	1	721	721		0		0
50	Kelly Tucker	50-54	M	712	1	712	712		0		0
51	Michael Ewart	50-54	M	711	1	711	711		0		0
52	Jane Crewe	45-49	F	707	1	707	707	1:23:47 10 mi.	707		0
53	Jerry Lin	35-39	M	706	1	706	706		0		0
54	Bruce Bauer	40-44	M	691	1	691	691		0		0
55	Jennifer Whyte	35-39	F	688	1	688	688		0		0
56	Jennifer Walt	40-44	F	682	1	682	682	1:22:16 10 mi.	682		0
57	Michael Reeves	30-34	M	670	1	670	670		0		0
58	Jennifer Wilkes	25-29	F	658	1	658	658		0		0
59	Karen Winter	45-49	F	658	1	658	658		0		0
60	Bryan Chu	25-29	M	652	1	652	652		0		0
61	David Litvak	40-44	M	648	1	648	648		0		0
62	Gary Juskowiak	25-29	M	642	1	642	642		0		0
63	Rudy Carrion	35-39	M	641	1	641	641		0		0
64	Quang Pham	40-44	M	639	1	639	639		0		0
65	Tom Skane	45-49	M	635	1	635	635		0		0
66	Faith Morris	50-54	F	625	1	625	625	46:30 5 mi.	625		0
67	George Knowles	30-34	M	619	1	619	619		0		0
68	Sohrab Mirza	65-69	M	615	1	615	615		0		0
69	Jan Peters	50-54	F	564	1	564	564		0	29:23	564
70	Beiyi Zheng	40-44	F	555	1	555	555		0	27:02	555
71	Melissa Schiller	13-15	F	494	1	494	494		0		0
72	Michele Philo	25-29	F	469	1	469	469		0		0
73	Jodie Kinney	55-59	F	455	1	455	455		0		0



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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](mailto:Cshargay@cox.net).

**SCRR Roster:** Send your address, e-mail address, phone number updates and corrections to David Schiller at [david.schiller@cox.net](mailto: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](http://www.roadrunners.org).

**MONTHLY CLUB RACE:** For more information: log on to [www.roadrunners.org](http://www.roadrunners.org) or see a Club Officer.

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> 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](http://www.raceplace.com) or [www.active.com](http://www.active.com) for event registration info

NOVEMBER	
SUN, 11/2, 7:30 a.m.	<b>Dinosaur Dash XVII, 5K and 10K, Tustin Marketplace, <a href="http://www.dinosaurdash.net">www.dinosaurdash.net</a></b>
SUN, 11/2	ING New York Marathon, New York City
SUN, 11/2	Santa Clarita Marathon
THURS, 11/6, 7:30 p.m.	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
SAT, 11/15, 7:00 a.m.	Catalina Eco Marathon, <a href="http://www.catalinaecomarathon.com">www.catalinaecomarathon.com</a>
FRI, 11/21	<b>Wine 'N Cheese Party, Dan and Teleia Templin's</b>
SUN, 11/23	So Cal Cross Prestige Series Eco-Sportfest 5K Trail Run, Irvine, held with Cyclocross series, <a href="http://www.SoCalCross.org">www.SoCalCross.org</a>
THURS, 11/27, 7:00 a.m.	Dana Point Turkey Trot, 5 and 10K
DECEMBER	
THURS, 12/4, 7:30 p.m.	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
SUN, 12/7	Las Vegas Marathon
SUN, 12/7	Tucson Marathon
SUN, 12/7	California International Marathon, Sacramento, CA
SUN, 12/14, 7:45 a.m.	<b>Make Room for Santa, 5K and 10K, Hicks Canyon Elementary School, Irvine</b>
SUN, 12/14	XTERRA Crystal Cove Trail Run, 5K, 10K and 15K, <a href="http://www.trailrace.com">www.trailrace.com</a>
JANUARY	
THURS, 1/8, 7:30 p.m.	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
SAT, 1/10, 8:00 a.m.	<b>Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, <a href="http://www.schalfmarathon.com">www.schalfmarathon.com</a></b>
SUN, 1/11	Walt Disney World Marathon, FL
SUN, 1/18	Rock'n'Roll Phoenix Marathon
SUN, 1/25	Carlsbad Marathon
SAT, 1/31	Desert Classic Marathon, Phoenix

## 2008-2009 SCRR CLUB OFFICERS:

President:	Amelia Carchidi
Vice-President:	Greg Jones
Treasurer:	Orhan Beker
Secretary:	Tonson Tong
Social Chairs:	Kathleen Curley, Stacey Dippong
Officers At Large:	Noreene Matsuda, Leilani Rios

## 2008-2009 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
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