

ON THE RUN



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

Orange County, California
February 2007 Issue

Runner of the Month – Erika Kotteakos

By: Karen Winter

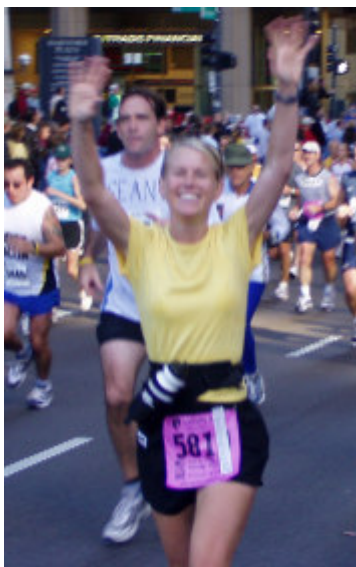


Erika has been a member of SCRR since January 2005, when she joined to train for the Boston Marathon. Having been a somewhat casual runner, Erika decided to run her first marathon in Los Angeles in 2000, which happened to be the worst weather day in years. Heavy rain, cold temperatures and incredible winds wasn't enough to dissuade her, and marked only the first of eleven marathons to follow. Next came the Rock N Roll Marathon, Big Sur, Avenue of the Giants, New York, Chicago and Boston to name a few. Her favorite marathons are Big Sur for the beautiful scenery and Chicago for the big city crowds and support.

After joining SCRR, Erika became even more diligent in her training, and after joining Danny's training group and Tuesday night workouts, she blazed new PR's in every race distance. Among her more noted

accomplishments, a third place age group placement in the Tucson Half Marathon in December 2005 leading up to a marathon PR of 3:27 at the Orange County Marathon in January 2006. Her running goals for 2007 include training for a 10K PR and several half marathons.

Always open to a new challenge, Erika hiked Mt. Whitney last year and started swimming again. Could a triathlon be in the future?!



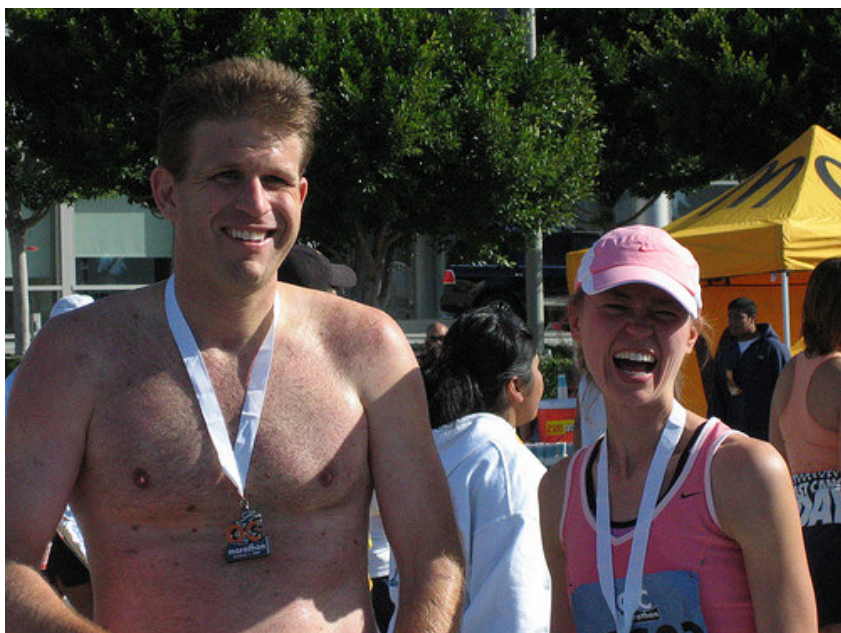
Erika's hard work also applies to her day job, a court reporter taking and transcribing depositions. Besides running, Erika likes to garden and is a very good cook and baker. She's been married to her husband, Bill, for nine years and they enjoy mountain biking in what spare time they can find.

Having run a number of races and a bazillion training miles with her over the years, Erika is a well deserved recipient of the Runner of Month. Congratulations!



Roadrunners Enjoy OC Marathon

Photos By: Mike Reeves



From left: Top row: Dan Templin and Colleen Jones; Sherry Ellerby; Middle row: Lucina Lara, Amelia Carchidi and Erica Kotteakos; Tonson Tong; Bottom row: Jim Oliver; Fred Cowles, Tom Dellner, Jane Maxwell and Dave Schiller.



Race Highlights –OC Marathon and Carlsbad 1/2

By: Danny Stein

OC Marathon: We had 54 racers participate in the Full, Half or 5K, with many great stories!

Kelly Flather's had a nice effort in the 1/2M, although she was using it as more of a tempo effort. She placed 2nd OA in the woman's race with a 1:17.

Jane Maxwell had a surprise attack race in the marathon...joining the first marathon club and the sub 3 hours club all in the same race. She was scheduled to pace 3 hr. group 1/2 way and pace she did, but continued through the next 1/2 and onto a nice 2:58.

Kathleen Litvak and **Sherry Ellerby** each had great races picking up yet another PR placing in the top 3 of their age groups.

David Schiller had a very solid sub 1:20 race getting ready for his next marathon at Pacific Shoreline.

Brad Wobig had a good come back race running with Schiller and coming in just above 1:20.

Leilani, Sue, Fred, Rob, Annette and **Eric** were among the group that comes to mind in the tops of their age groups and had good come back races from last season as well. Looks like the 5K course might have been long or slow in general.

Other Full Marathoner results included:

Jerry Jefferson	70-74	4:44:23
Beiyl Zheng	40-44	4:54:45
Tonson Tong (pacer)	40-44	3:39:21
Daniel Templin	30-34	3:47:40
Paul Avedian	40-44	4:44:06
Elizabeth Mastro	35-39	4:26:31
Laura Weissert	45-49	4:26:32
Valentin Pedroza	25-29	4:30:40
Colleen Jones	30-34	3:38:14
Andre Boulais	40-44	3:33:08
Tom Dellner	40-44	2:58:25



Dan Templin (center) has Mike Friedl (left) and Mike Reeves (right) run him in for the finish of his first marathon!
(Photo by Noreene Matsuda)

Carlsbad 1/2 M: Here is a run down...**Cindy DeMarco** ran 1:32:37, **Mike Antrim-** 1:39:47, **Greg Hansen** coming off freak injury status with a solid 1:50:45, **Sue** and Jami worked to stay with Greg to finish with good results in 1:52:33 and 1:53:40, respectively. Jami's time was a 6 minute PR for her. **Amelia** also treated the race as a tempo run due to being sick the last couple weeks and was able to finish with a nice 1:55:16.

I rounded out the participants. I sent in my entry late due to my inability to race at the OC 5K a couple weeks ago. I wanted one more race type experience before the Pacific Shoreline marathon. I took the suggestion of several sources to run the first 4 miles at marathon race pace, if this pace felt okay then it was suggested to go about 10 secs. per mile faster for the next 4 miles and if I still felt okay then I could pick it up the last 5 miles to about 80% effort. My goal was 6:10 pace, then 6 min pace and then close in 5:50 pace if all went perfect. I went through the first two miles at 6 flat and I tried to slow down...my legs felt great and I had a nice little pack of guys trying to run 6 min. pace with me. I decided to hold 6 min. pace as long as it continued to feel easy. I started rotating between 5:50 on the down hill miles and 6 mins. on the up hill miles...very rolling hills type of course. I went through 8 miles at 47 minutes...1 minute under 6 min. pace. I felt great and looked ahead to see about 5-6 people that I

(Continued on page 6)

One Trip to South America - Three Runs

By: Santiago "Tax Man" Nomen

Hi gang, I just returned from Argentina before the Thanksgiving holiday. I was there for 4 weeks and had the chance to run in three races, two in Buenos Aires and the other one in Mendoza.

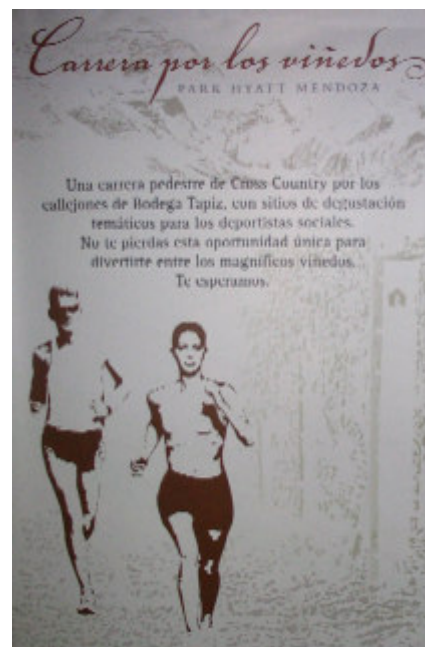
I accompanied Carlos Ugaz for his 60th attempt to run a full marathon. I was supposed to run him in for the last six miles. The day of the marathon we got up early around six in the morning. We had rented an apartment really close to the starting line so we walked. It took us just under 10 minutes. Unfortunately it was sprinkling and the weather was not going to cooperate the rest of day since it rained harder during the race.

After jumping the fence and walking to just under 20 feet from the start I decided to step out and wait for the gun to go off. Well there was no gun, but the whole crowd with the announcer screamed together 10, 9, 8,...3, 2, 1 GO and the whole field started to run. There were approximately 6,500 runners. I walked a few blocks and grabbed a taxi and headed to kilometer 33 (just over mile 20). At the kilometer marker I met with three other Argentinean runners waiting to do the same as me. We exchanged stories and found out that runners are just the same breed around the world. I sat under a newspaper stand and waited for Carlos to show. When he did he was still smiling and ready to finish up the race. We run thru la costanera (a street that borders the river), and thru the University of Buenos Aires to end at the River Plate stadium. I left Carlos just before the tunnel into the stadium. Carlos finished under 4 hours and was happy with his performance.

The second race/run was in Mendoza, a city east of Buenos Aires just at the bottom of the Andes. For you wine lovers this is the most famous wine region of Argentina. My main purpose in my trip was to admire the mountains, and canyons and of course to sample the great Malbecs from the region. To my surprise one morning while reading the local newspaper I found out about a 12k run thru the vineyards. I had booked a bunch of tours but that Saturday morning I had free so that evening I went and registered for the race at the fanciest hotel in town The Hyatt Regency Mendoza. For a mere 60 pesos (\$20) I got a pasta dinner the night before (see pictures), a medal at the race, free flowing wine during the race, at the pasta party and at the barbecue party after the run, and to top it all off I got a full bottle of wine (from the winery Tapiz).

The race started really late at 10:30 in the morning, and that morning, I got a remis (taxi) and headed to the winery. We got there at (9:30) and the gate to the winery was still closed and the guard did not allow us in. So I waited and talked to a couple of guys I met at the pasta party the night before. They told me the race was very popular and about 300 to 400 would show up. I guess this is the normal amount of runners in the area which has about a race a week. Finally, we were able to get in. The day was hot (November is spring time in Argentina), the weather in Mendoza is just like ours - very hot and dry. The temperature at the start I guess 75 to 80 degrees. Not a good temperature for running on the dirt with no shade. The course was a 4 kilometer square around the vineyards with no shade. The water/wine stations had plenty of fluids, and in addition fresh fruit and some dry raisins and nuts. My finish time, I do not know because there was no clock on the whole course or at the end. I did not mind not knowing since the alcohol and the heat were a recipe for a very slow finish time. Well at least I had a fun time running thru the vines and talking and drinking with fellow runners.

The third run is one that I will treasure for a while. Last year (2005), when I was walking thru the streets of Buenos Aires I saw these huge billboards about a Nike 10k in November. Unfortunately, last year I found out about the race too late to register. This year was going to be different. I headed to the NikeCorre website and



signed up early. I was going to run on the same day and time with 15,000 runners in Buenos Aires and more than 100,000 in South America (from Mexico DF, to Lima, Caracas, Guayaquil, Sao Paolo, and Santiago). The day of the race was gorgeous, perfect blue skies and nice temperatures. The start was at Avenida Libertador, a 12 lane wide street in the middle of Palermo. At the start they had a giant television screen behind a huge stage where pictures of the crowd were shown and two announcers kept the crowd entertained. Two helicopters were flying on top of the crowd, it looked the same as the start of any LA marathon, the only difference was the distance (10k) and every one was wearing the same yellow t-shirt with their number imprinted on it. The crowd chanted the 10, 9 etc count down and the yellow colored masses of people started to run to the finish. It was so crowded that it was impossible to pass anyone for the rest of the course. It felt like the first few miles of LA marathon, but in this case it was for the whole 10 kilometers. The experience was great, they had musical bands and dancers at the end of the race, and it was a great way to experience some of the Buenos Aires parks and neighborhoods. Another neat thing was that they video taped everyone at the finish and made the tape available on the internet. I had great experience, and I would certainly do it again.

Keep running and do not forget to take your running clothes on your travels because you never know where your next race could be.

SATURDAY RUNS

2/3/07, Corner Bakery Run, Irvine, 8 am

Location: Meet in the parking lot in front of the Corner Bakery at Main & Harvard in Irvine

Directions: 405 north or south, exit Jamboree, head North (towards mountains), turn right on Main Street, turn right on Harvard, turn right into shopping center.

About the Run: Run as long or as short as you like on the bike path.

After the Run: Corner Bakery

2/10/07 Ship to Rail Run, Dana Point, 8 am

Where: Start and finish area - 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.

About the Run: This is an out and back flat run that will cover a portion of the "Turkey Trot" course. 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 those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. Bring water, although two drinking fountains are located perfectly along the way, including the halfway point. Lots of restrooms! **After the Run:** Lots of great breakfast options at the Harbor.

2/17/07, Back Bay Classic, Newport, 8 am

Leader: Amelia Carchidi

Location: Newport Beach

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: 10-11 mile loop, or out and back as far as you like. Water opportunity at about 2.5 miles.

After the Run: Diedrichs at Bristol and Jamboree.

2/24/07, Three-Pier Run, Newport

Leader: TBA (8am start), Amelia Carchidi (7am start)

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.

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: Charlie's Chili near the base of the pier.

AMY'S ADVICE:
Everything You Always Wanted to Know about Runners but Were Afraid to Ask
By: Amy Katz

DEAR AMY: I'm thinking about signing up for a marathon in another country, like maybe one in Europe. Is there anything special I should think about other than what I normally do for local races?

AMERICAN RUNNER ABROAD

DEAR AMERICAN: Running a marathon in another city or country is not only a great excuse to travel; it's also one of the best ways to see a new place. You're bound to discover sights the typical tourist would never come across. While most aspects of the marathon will be the same as what you are used to, there are some small things to keep in mind before the big day.

One thing we take for granted in U.S. marathons is that water and usually a sports drink will be served along the course in small paper cups. This is not always the case in other countries. In the races I've run in Europe, water was given out in small bottles, sometimes with the lids already removed. When I ran the Cozumel Marathon in Mexico, we grabbed little baggies of purified water and Gatorade from tables stationed every mile. You should also keep in mind that the sports drink served in the race may not necessarily be one you have heard of or is even sold in this country. If you have a sensitive stomach, you may want to stick to water, or bring your own powdered mix from home. Just make sure you carry it in its original packaging so you don't raise suspicion in the airport.

And if you're used to taking an energy gel in the marathon, you should bring your own, as well. It's fairly common in large American marathons that gel is given out at certain miles of the race. When I ran the Paris Marathon, instead of GU or Clif Shot, they handed out sugar cubes! While being an easily-digestible energy boost, this may not be what you were hoping for at mile 20. After the race you might not find the smorgasboard of snacks that is typical here. In Dublin there was plenty of hot tea, but not a bagel in sight. Plan ahead and pack some crackers or pretzels in your drop-off bag.

Finally, it's helpful to know ahead of time whether your race will be marked in miles or kilometers, not to mention knowing how many kilometers equate to 26.2 miles if your race is metric! Check out the race web site for these types of details. It's also helpful to read about other Americans' experiences in foreign marathons on sites like www.marathonguide.com or in the forums of running sites such as www.runnersworld.com. Bon voyage and good luck!

Email your questions to Amy Katz at amyk262@hotmail.com.

Race Highlights –OC Marathon and Carlsbad 1/2 (Con't)
By: Danny Stein

(Continued from page 3)

thought I could catch. I tried to maintain about 80% effort. I started consistently hitting 5:45 for the next 4 miles. With a mile to go, I caught one guy that refused to be past. I felt like having some fun, so with about 800m to go I put a good surge on to break this guy and was able to finish the last 1.1 miles in 5:20 pace. I got through the finishing line and unlike the 1/2 at the So. Cal 1/2 I was able to go directly into my warm down. My finishing time was 1:15:55 for a PR. I just hope my marathon feels as easy, but I am pretty sure this will not be the case come mile 20.

COOKS CORNER

By: Noreene Matsuda

MISO SOUP

Submitted by: Susan Liu

Miso soup has been a Japanese tradition ever since it became popular in Japan about 750 years ago when the samurai warriors were in power. In Japan, miso soup is most often served for breakfast. In the Western world, it is served with lunch or dinner. Rich with vitamins E and B12, antioxidants, protein and minerals, miso soup will help boost your immune system. It's tasty, vegetarian and simple to make.

INGREDIENTS:

4 cups water
4 large dried shiitake mushrooms
½ block of tofu
3-4 tablespoons miso paste
¼ cup chopped green onions



Put water and dried shiitake mushrooms in a pan and soak for 10 minutes. Heat water. Turn off heat when the water comes to a boil. Strain the broth (the mushroom can be served with other dishes). Cut tofu into small cubes; add them to the soup. Scoop out some soup stock from the pan and dissolve miso in it. Return the soup in the pan. Turn off heat. Add chopped green onion. Remember not to boil the soup after you add the miso paste.

Makes 4 servings

*You may substitute shiitake mushrooms with dried kelp (konbu), wakame (seaweed) or other vegetables if you like.

MARK YOUR CALENDARS!!! SCRR ROAD TRIP TO PASO ROBLES ½ MARATHON AND 5 K

MARCH 24-26

FUN RACE AND THEN WINERY TOURS

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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 top 77 standings (out of 105 participants so far) for the 2006-2007 series after 7 races are:

Place	Name	Age Group	Total Points	Races	Avg	OC Marathon		So Cal Half	
						Times	Points	Times	Points
1	Leilani Rios	25-29	5,310	7	759	20:05 5k	754	19:03 5k	794
2	Jannay Morrison	40-44	5,036	7	719	1:36:13 Half	769	1:39:01 Half	747
3	Sue Zihlmann	40-44	4,984	6	831	19:29 5k	811	18:13 5k	867
4	Eric Frome	25-29	4,806	6	801	17:14 5k	778	16:02 5k	836
5	Cisco Rubalcava	30-34	4,781	6	797	16:42 5k	808	16:40 5k	810
6	Jeanie Leitner	55-59	4,654	6	776	1:50:25 Half	753	1:51:05 Half	749
7	Brad Wobig	35-39	4,626	6	771	1:20:04 Half	792	1:22:01 Half	773
8	Dorie Smith	75-79	4,239	6	707	39:23 5k	693	36:15 5k	753
9	Mike Friedl	40-44	4,236	6	706	1:33:45 Half	695	18:53 5k	753
10	Vincent Lowder	40-44	4,184	6	697	1:35:15 Half	684	1:36:55 Half	673
11	Erika Kotteakos	35-39	4,162	6	694	1:43:08 Half	708	21:37 5k	712
12	Cathy Shargay	45-49	4,078	6	680	1:59:33 Half	667	1:53:47 Half	701
13	Danny Stein	30-34	4,066	5	813		0	1:16:51 Half	800
14	Sherri Ellerby	40-44	4,046	5	809	1:26:31 Half	855	1:27:46 Half	843
15	David Schiller	40-44	3,976	5	795	1:19:57 Half	815		0
16	Ed Coffey	55-59	3,961	6	660		0	23:00 5k	701
17	Jerry Jefferson	70-74	3,913	5	783	4:44:23 Full	636		0
18	Tom Dellner	40-44	3,869	5	774		0	1:26:20 Half	755
19	Mike Gulan	55-59	3,866	5	773	21:28 5k	751		0
20	Beiyi Zheng	40-44	3,855	7	551	4:54:45 Full	518	2:15:37 Half	545
21	Pete Boisineau	55-59	3,762	5	752	1:32:48 Half	758	1:33:21 Half	754
22	Michael Reeves	30-34	3,702	5	740	1:23:36 Half	736	1:21:53 Half	751
23	Jane Crewe	45-49	3,661	5	732		0	23:07 5k	745
24	Amy Katz	35-39	3,594	6	599	2:06:05 Half	579	41:57 5k	367
25	Tonson Tong	40-44	3,524	5	705	3:39:21 Full	625	1:27:10 Half	727
26	Thomas Fung	40-44	3,452	5	690	1:36:07 Half	678	1:33:00 Half	701
27	Fred Cowles	40-44	3,311	4	828	17:17 5k	823	17:02 5k	835
28	Ken Atterholt	45-49	3,662	6	610	1:59:33 Half	569	20:28 5k	739
29	Daniel Templin	30-34	3,616	6	603	3:47:40 Full	569		0
30	Jim Grant	45-49	3,151	4	788		0	19:13 5k	787
31	Bob Morris	50-54	3,056	4	764		0		0
32	Annette McCall	30-34	3,031	4	758	21:10 5k	728	19:16 5k	799

Place	Name	Age Group	Total Points	Races	Avg	OC Marathon		So Cal Half	
						Times	Points	Times	Points
33	Faith Morris	50-54	3,018	5	604	28:13 5k	619		0
34	Brigid Pukszta	40-44	2,981	6	497	32:07 5k	492	29:39 5k	533
35	Paul Avedian	40-44	2,974	5	595	4:44:06 Full	482		0
36	Brent Bohn	40-44	2,941	4	735	1:28:46 Half	734		0
37	Rob Harris	45-49	2,909	4	727	21:02 5k	719		0
38	Lucina Lara	35-39	2,907	4	727		0		0
39	Noreene Matsuda	40-44	2,892	4	723		0		0
40	Mike Connors	35-39	2,876	4	719		0		0
41	Mike Sellers	25-29	2,869	4	717	18:50 5k	712	18:03 5k	742
42	Kathleen Litvak	35-39	2,449	3	816	1:28:22 Half	826	18:51 5k	817
43	MaryAnne Mejia	35-39	2,370	4	593	2:07:43 Half	572		0
44	Elizabeth Mastro	35-39	2,348	4	587	4:26:31 Full	555	2:08:58 Half	566
45	Pam Galambos	30-34	2,291	3	764		0		0
46	Jim Oliver	35-39	2,074	3	691		0		0
47	Steve Franks	35-39	2,063	3	688		0		0
48	Joe Yu	40-44	2,059	3	686		0		0
49	Vicki Niebrzydowski	20-24	1,971	3	657		0		0
50	Elizabeth Bailey	25-29	1,960	3	653		0		0
51	Jerry Lin	35-39	1,926	3	642		0	20:08 5k	675
52	Sue DeLong	35-39	1,891	3	630		0		0
53	Amelia Carchidi	30-34	1,881	3	627		0		0
54	Jami Brooks	35-39	1,861	3	620	1:59:52 Half	609		0
55	Jennifer Wilkes	25-29	1,822	3	607	1:54:58 Half	596		0
56	Charles Wilbur	40-44	1,587	2	794		0		0
57	Cindy DeMarco	40-44	1,587	2	794	1:37:36 Half	758	19:04 5k	829
58	Kevin MacDonnell	45-49	1,522	2	761		0		0
59	Laura Bullock	30-34	1,512	2	756	1:35:16 Half	751		0
60	Victor Celani	40-44	1,451	2	726	1:29:34 Half	728		0
61	Jon Resnick	45-49	1,404	2	702	1:42:31 Half	664	1:32:00 Half	740
62	Laura Weissert	45-49	1,373	2	687	4:26:32 Full	620		0
63	Pamela Wusthof	50-54	1,337	2	669	26:07 5k	669		0
64	Doug Arrasin	35-39	1,229	2	615		0		0
65	Heather Wilkins	25-29	1,213	2	607		0		0
66	Nanci Goedecker	40-44	1,187	2	594		0		0
67	Adam Wallace	30-34	1,173	2	587		0		0
68	Greg Hanssen	40-44	1,146	2	573		0		0
69	Robert Michie	45-49	1,133	2	567		0		0
70	Hang Tran	30-34	1,072	2	536		0		0
71	Sohrab Mirza	60-64	1,038	2	519		0		0
72	Elisabeth Do Lam	30-34	1,028	2	514	2:18:13 Half	518		0
73	Valentin Pedroza	25-29	979	2	490	4:30:40 Full	479		0
74	GeeHyun Park	25-29	968	2	484		0		0
75	Leon Laub	50-54	822	1	822		0		0
76	Richard DeMarco	15-19	790	1	790	18:43 5k	790		0
77	Greg Jones	30-34	781	1	781		0		0

Great Deals From Fellow South Coast Roadrunners...

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

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Reminders

Newsletter Contributions: We want your stories, announcements, etc. Please e-mail any newsletter contributions to Cathy Shargay at Cshargay@cox.net.

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at scrr-info@cox.net.

New Member Night: First Thursday of every month; pacers assigned to all new people, club meeting and pizza.

Steiner's First Marathon, Birthday and Super Bowl Celebration

Host: Danny Stein

Location: Fred's Mexican Café, 300 Pacific Coast Hwy, Huntington Beach, CA

When: Sunday, February 4, 2:00pm

SCRR CLUB CALENDAR



Club Events in bold font

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

FEBRUARY	
THUR, 2/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 2/4, 7 a.m.	Pacific Shoreline Marathon, Half Marathon and 5K, www.psmarathon.com
SUN, 2/4	Post Marathon Superbowl Party – details on page 10
SAT, 2/10, 8:30 a.m.	Winter Trail Run Series 15K, Blue Jay Campground off Ortega Highway
SAT, 2/24, 8:30 a.m.	Winter Trail Run Series 18K, Blue Jay Campground off Ortega Highway
SUN, 2/25, 8 a.m.	Brea 8K, Brea Mall, State College and Birch St., www.brea8k.org
MARCH	
THUR, 3/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 3/4, 8 a.m.	Los Angeles Marathon, www.lamarathon.com
SAT, 3/10, 8:30 a.m.	Winter Trail Run Series 21K, Blue Jay Campground off Ortega Highway
SAT, 3/10, 8 a.m.	SCRR Track 5K – details to come
SAT, 3/17, 7:30 a.m.	Catalina Marathon, www.PacificSportsLLC.com
SAT-MON, 3/24-26	SCRR Road Trip/Winery Tour to Paso Robles ½ M – details to come
SUN, 3/25, 7:15 a.m.	Spirit Run, 10K, Fashion Island, Newport Beach, www.kinaneevents.com
APRIL	
SUN, 4/1, Varies	Carlsbad 5000, Carlsbad, www.eliteracing.com
THURS, 4/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 4/7, 7:45 a.m.	Santa Anita Derby Day 5K, Arcadia, www.kinaneevents.com
MON, 4/16	Boston Marathon

2006-2007 SCRR CLUB OFFICERS:

President: Danny Stein
 Vice-President: Jon Resnick
 Treasurer: Sue Zihlmann
 Secretaries: Molly Regan/Amelia Carchidi
 RRCA Liaison: Jannay Morrison
 Webmaster: Amy Katz
 Social Chairs: Noreene Matsuda/Leilani Rios

2006-2007 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Jon Resnick
 Grand Prix: Mike Friedl
 Database Manager: Dave Schiller
 Monthly Club Race: Bob Morris
 Marathon Training Group: Molly Donnellan
 5K/10K Training Group: Danny Stein

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: \$25, Family: \$40. Make your check payable to **South Coast Roadrunners**

Laguna Hills Snails is sponsoring its 4th Annual **Valentine's Couples 3.4 mile Run** on February 10th at Florence Joyner Park at the corner of Alicia Parkway and Olympiad in Mission Viejo.

Registration: 7:30-8AM RAIN or SHINE Race Starts: 8:15 AM

Entry: \$5 per person. Team is 1 male + 1 female with combined age groupings for 5 awards.

Winners will be teams with fastest combined times in their respective combined age groups. 40-55 yrs, 56-70 yrs, 71-85 yrs, 86-100 yrs, and 101+. We will try to set up singles with a partner, or you can just run for fun!

For more info, see Amy Katz