

ON THE RUN



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

Orange County, California
November 2006 Issue

Runner of the Month – Jim Oliver

By: Jim Oliver



It has been such an honor being a participant in this running club, which has led to a chapter of my life that I never thought would happen. Just after 9-11, I was in an ATV accident and was in a coma for five days. During my recovery, I was thankful that I was still alive and here to raise my two daughters. After the end of a marriage, I just wanted to have a positive attitude and raise my daughters knowing that God had a plan for my life.

I had run cross country in high school and loved running, but was doing it very inconsistently. I had always wanted to run a marathon, so I set out to do it. After running for a few months, a friend referred me to the South Coast Roadrunners. Everybody was so welcoming, which inspired me even more to be consistent in my running. The world of running was the new chapter in my life and has since brought me much happiness. A little over two years later, I have run five marathons and a multitude of other races. I have met the love of my life through running in this club and will happily serve this club in the years to come.

I just want to let all of you know how much I appreciate and admire your running abilities. May God's blessings be with you and your family this season.

Your friend, Jim Oliver

Pamela (Dr.G.) and Jim Oliver got married in Illinois after the Chicago Marathon in October. When they return, it will be time for YOU to Party!

**Please join them at their California Reception on Sunday, November 12th
at Water's Restaurant, 4615 Barranca Pkwy,
anytime between the hours of 1-4pm!**

Bring your family and stay as long as you like - Appetizers will be provided

Pamela and Jim would love to see you during this occasion, and that is a gift in itself (they have chosen no gift registry). However, for those of you who prefer to bring a gift, they'd like gift cards to REI, Crate & Barrel, Home Depot, or any sport-related retailer.

Amazing Club Highlights of Marathon Madness Month

By: Danny Stein

October was a very busy and productive month for many of the SCRRs with at least 24 members running marathons. There were lots of great performances and exciting PRs. The following are some of the marathon and 1/2M highlights.

St. George Marathon, Oct. 6

Jim Grant - 02:56:22...I made the prediction that Jim was capable on a perfect day to run sub 3 hours for the marathon. Well, Jim proved me right. Jim prepared well, trained hard, put a race plan together and executed perfectly. He said he only saw his splits at the mile marker and the half marathon marker in the first half of the race. However, he knew what pace felt like based on all the miles in the middle of his longruns at marathon race pace. He ran through the 1/2 at almost exactly 7 min. pace. He knew the course was downhill the second half and he slowly increased his pace. He reached the 20-mile marker and did the mental calculations to figure out he needed a 42-minute 10K to break his ultimate goal of sub 3. He put the hammer down pressing redline, but not breaking himself to cross the line in an unbelievable time of 2:56:22 becoming a member of a very elite 3 hour marathon club! This was well over a 10 minute PR!

Victor Celani - 03:08:12- Victor's goal was to break 3:10 in the marathon. He had run around 3:15 in the past. He joined our group for the first time this season and for a new member still adjusting to more miles and some high intensity workouts, Victor scored a PR as well and broke the 3:10 marker he was looking for. I have a feeling he will be back going after the 3-hour marker as well.

Sue Delong - 03:38:41...Sue was the first of our members shooting for sub 4 hours for the first time. Not only did she reach this goal, but she qualified for Boston as well. Awesome job! *(See her story on Page 5)*

Jami - 03:54:11- If we had a comeback player of the year award Jami would get it hands down. After 2 knee surgeries, lots of PT and lots of hard work to get back to running Jami not only reach her goal of breaking 4 hours, but did it with a big PR!

Heather Wilkins - 03:54:25- Heather, a now converted Sprinter, took the "Jim Grant" approach this season to her training program. She followed all the mileage and workouts to a tee. She provided me on going communication about how she was feeling and adjusted and we made decision as to how to progress. She fought through some early pains and fatigue and right after the completion of base phase she started feeling stronger and communicating she felt she could achieve her goal of sub 4 hours. Well, she was right. She motored along with Jami much of the race. She started to cramp in the last few miles otherwise she might have even broken the 3:50 marker. She is already talking about a run at Boston. And yet again another big PR.

Cathy Shargay and Ken Atterholt were very happy with their marathon, running a 3:58:40.

Jennifer Whyte had another PR running 4:25 at Bizz Johnson marathon. She ran this same marathon last year and I believe had a 30-minute PR on that course this year. Congrats to her as well.

Long Beach Marathon, Half Marathon and 5K, Oct. 15

Mike Reeves - Mike has been working out with the training group on Thursday's. He has recently competed in several marathons and tagged this one on for fun and good measure. His goal was to go out conservative and have a good second half. Mike looked strong at the finish and was able to get close to another sub. 3hr. effort...finishing in 3:04

David Schiller - David ran a very aggressive race, going through the half in 1:24 and looking to try to break the 2:50 barrier. David was in great shape going into this race, putting several training runs in with Greg, Brad, Eric, Dellner, Jane, etc. Dave was an example of no guts, no glory and had to fight through some severe cramps from mile 20 to the finish. He still finished 8th in his age group and ran 3:15.



Lucina Lara at Long Beach!

Lucina Lara - Probably the marathon race of the day. Anyone who has been around Lucina and seen her improvement over the this training season will probably not be shocked about her huge PR and sub 3:30 finishing time. Lucina got sick before the Disney Half and was questioning her fitness. She fought through it, remained confident and finished in 3:23...Boston Qualifier to say the least!

Jerry Linn - Jerry was another training group member with a big PR. Jerry was also training very well leading into this marathon. He went out aggressively and had some cramps in the last few miles as well. Regardless, he still had close to a 30 minute PR finishing at 3:35 and a first time breaking 4 hours.



Elizabeth and Jerry are all smiles after their great marathons!
(Photos by Noreene)

Elizabeth Bailey - Elizabeth ran an excellent race and willed herself to finish strong! She went out to break the 3:30 barrier and was on pace through the 1/2. Things did not feel great at that point, but she continued on after her goal. She closed her last mile in sub 8 minutes and was able to get yet another Boston Qualifier running 3:41.

Mike Sellers - Wrote and let us know he successfully beat his brothers and their wives in his marathon race back East. His ultimate goal was to get as close to 3 hours as he could...he ended up just short of this goal running around 3:10 (can't remember his exact time). He was happy with his performance and said he is looking forward to improving upon it next season.

Cisco - Cisco has been joining our Thursday night workouts and had some set backs this season. However, he was able to finish the half marathon in 1:16 and 15th OA

Greg Jones - One of our newer members, Greg has been working out with Dave Schiller and group on weekends, as well as, some of the Monday and Thursday workouts. Greg posted a PR of 1:18 setting him up for a good marathon in NY...

Tom Dellner had a race plan to break 1:25. He went out pacing Dave Schiller in the marathon for the first few miles and then started hitting on all cylinders. Tom got his goal running 1:24.

Sue Zihlmann - Definitely up for one of the races of the day...Sue was the only SCRR member to cash, but since only 24 people total cashed out of all the races I would say this is very impressive. Sue ran over a minute PR posting a blazing 1:27 flat time. She won the Master's Division and was 6th overall female with an elite field!

Sherri Ellerby - Sherri takes advisement from time to time from Molly and I. She posted a very early in the season time of 1:31 and was one place short of cashing.

Steve Franks - Steve was another member with a PR. Steve had over a 4 minute PR. He was also only a few seconds off his last 10K race at the 10K marker in this 1/2 marathon race. He was pleased with his results and will be looking for a sub 1:30 time at the next 1/2. He ran 1:31 as well.

Dan Templin - Since following the plan that our two coaches (Molly and Danny) put together for him, Dan has made significant improvement. This half marathon was no exception. He set out with the goal of hitting 1:45, his previous PR being 1:53:35. He did a mile warmup since the number 14 was on the training schedule, and started out with a quick pace, running each of the first 8 miles between 7:30 and 7:40. At that point he hit a real energy low. Since he had not been running with Gu or any other Gel, he did not take any on this run and thinks he paid

(Continued on Page 4)

Amazing Club Highlights of Marathon Madness Month (Con't)

By: Danny Stein

a price for it as the last 5 miles felt like a struggle to get through. He slowed quite a bit and just kept telling himself not to stop. His goal for future races is better race management, however, he did beat his goal for the day by more than 2 minutes and posted a PR by well over 10 minutes with a final time of 1:42:44.

Chicago Marathon, Oct. 22

Eric Frome 2:39:15 - Eric was one of the most prepared and focused athletes going into a marathon that I have seen and trained with. He has increased his mileage over the last several seasons and began layering on workouts that complimented his goals. Eric did not miss a training run or workout over the course of the season. He listened to his body, backed off when fatigue started to set in and did not let mild setbacks affect him. He has his own plans, but was modest enough to listen to other suggestions, ask for help when needed and adapted when the suggestions made sense. His ultimate goal was to run 6 minute pace 2:37, but a PR and sub 2:40 was the least he would settle for under any conditions. The conditions were anything, but good...cold, rainy, wet, and windy, etc. However, Eric went out at 1:20 with his training partner Rick Herr and negative split to reach his sub 2:40 goal and get a 3-minute PR. Nice job Eric! Not to mention, my buddy Mike McKeeman (Deana Kastor's training partner) coached a guy with the same goal as Eric, so we bet a 6 pack of beer on whose athlete would finish first. Mike's athlete finished in 2:40:19...thus, I win by over a minute and will reap my award!

Brad Wobig 2:49:32 - Brad has his best training season since coming over to SCRR. He also followed the training schedule and used his experience and knowledge of his body to make adjustments as he saw fit. Brad overcame injuries and really concentrated on not over doing it...realizing his health was the only thing keeping his talent and running fast from happening. Brad also had an ultimate goal of breaking 2:45, but once again no matter what was thrown at him he was prepared to get a PR and break the 2:50 barrier! Brad's race plan was very similar to his friend and roommate, Eric's. He went out pretty even at 1:24 and continued on pace to reach his goal.

Tonson Tong 2:59:27 - I believe Tonson's PR is 2:57 a couple season's ago at AZ. Tonson was very close to equaling that this race with I believe his 3rd career sub 3 hour marathon.

Mike Connors 3:05:15 - Anybody that knows Mike knows he is an aggressive runner and likes to take risks in order to see big rewards! Mike's training has been okay this season due to some nagging injuries. He had a good 1/2 at Disney. As we all know, Mike had a huge PR at OC (2:45) on a tough course and his goal was to go faster in Chicago. Mike attacked that goal by going out with Eric and Rick in a very fast 1:20:34 for the half. The conditions must have set in at 30K, but Mike was able to tough it out and still finish with a respectable time of just over 3 hours. This is still Mike's second fast career time!

Vince Lowder 3:12:16 - Vince is a new member to our training program. He joined and latched on to Noreene, Victor, Jerry, Sue, among others for their experience and talents. His last marathon was in 2005 where he ran 3:43. Thus, over a 30 minute PR for Vince! Considering the conditions and as he described "extreme cold" he was still able to push through and reach his goal! This makes two PRs in two weeks and I believe 4-5 PRs 5K, 10 mile, 1/2 marathon and marathon in this season for Vince.

Annette McCall 3:20:23 - Annette was unsure of her fitness level going into this race. I believe due to her untested fitness she approached this race with less nerves and more focus on even pace. She ran a very even race coming through the 1/2 at 1:39 and finishing just 2 minutes off that pace for the second 1/2. She told me she was very pleased to finally get a good marathon under her belt.

Pam Galambos 3:23:29 and Jim Oliver 3:25:58 - Due to their wedding plans and other things in their lives, Pam and Jim trained on their own for this race. Apparently, they were well-prepared and worked together most of the race to finish well under 3:30 for another great time prior to their wedding!

Noreene Matsuda 3:29:36 - Noreene is another runner with high goals and expectations for herself. She had a great training season and started seeing the benefits of her training over the course of her season. Noreene's PR is 3:22 and she was shooting to get close to that time. She went out at 1:40 for the first half, right on pace to do so. She continued to stay on pace through 35K. However, under the conditions she lost just a couple minutes on each 5K section heading home. Regardless, I think she had an excellent race finishing under 3:30!

Amy Katz 3:37:37 - They don't call her Amy "PR" Katz for nothing. Amy once again continues the improvement trend she started when she joined our club. She ran a 5K PR last weekend and backed up her own prediction of a PR this weekend with her first sub 3:40 marathon and about a 5-7 minute overall PR.

Our St. George Experience

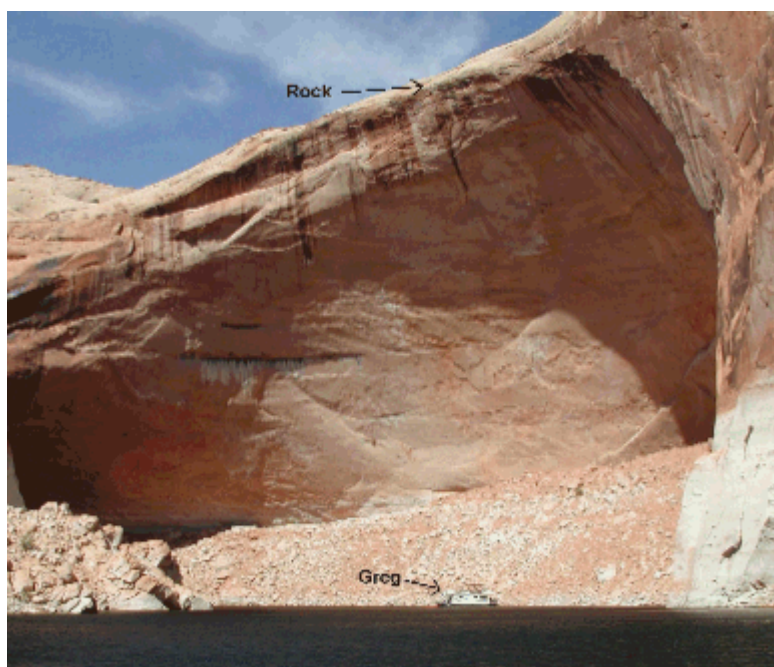
By: Sue DeLong and Greg Hanssen

Sue: On Oct. 6 I ran my third marathon...St. George. It is now my favorite one. This is not just because of a 28 minute PR but also because it was a great weekend with family and friends. The course was absolutely beautiful with some very runner-friendly downhills in the last half. It was fun sitting by the bonfires at the start with Heather, Jami, and my dad. It was 38 degrees, we were freezing, and life couldn't have been better. For the first few miles we ran by moonlight. Then there was a beautiful sunrise as we continued our trek towards the town of St. George.

This was the first marathon where the miles just seemed to click by. I knew around mile 15 that I was going to achieve my goal. The most special moment was when I saw my dad at the finish line. I told him, "Pack your bags, we're going to Boston!" When I joined the running club last year my goal was to do one marathon. Now I'm going to Boston for marathon number five. I never imagined that this would be possible. A special thank you to my regular running partners – Greg Hanssen and Heather Wilkins. I could not have done this without your encouragement, help, and creativity with our long runs. I am looking forward to our next adventure in running ... viva Las Vegas!



Heather, Sue, Greg and Jami at St. George!



Greg: I had been looking forward to breaking four hours with Sue, Heather and Jami for this would have been my second running of the St George marathon, but nature intervened just four days prior... Sitting comfortably on the roof of a houseboat at gorgeous Lake Powell in Southern Utah underneath a 250+ft rock alcove it seems a small chunk of sandstone (perhaps 20lbs) decided to fall RIGHT IN MY LAP. All things considered, it could have been a lot worse... The impact thrashed my quads and scraped up my legs pretty good but as X-rays in St. George 24hrs later confirmed, only a small bone in my foot was actually broken. Still, this didn't fare well for the marathon so I kept to the sidelines and got to share in the excitement as the ladies all ran spectacular PRs! Hopefully I'll be running in January but until then perhaps I can talk my 71-year-old mother into walking all or part of the Vegas half which I'd already signed up for...

New Members Spotlight

Compiled By: Elisabeth Do Lam

Adam Wallace

Adam Wallace found our club through internet research. In his opinion “lonesome training” on a regular basis was a too difficult method to stay motivated, so he wanted to find running partners to train with. Furthermore, Adam’s career takes him to cities throughout the entire West Coast, so he needs to schedule his running around his business trips which – as we all know – is not always an easy task.

Adam is a “transplant” from “Down under” - Australia: after a first America stay in Chicago from 1998 until 2000, and the return to his homeland, he and his wife made the decision to move with their two girls (ages 4 and 5) to Irvine, where they have been living for nearly a year.

Besides running, Adam is an avid soccer fan of the Australian national soccer team and also volunteers as assistant coach at his daughter’s soccer team. He is very outdoorsy and enjoys camping trips with his family or mountain biking.



During his teenager years and early twenties, Adam ran competitively, with impressive PR’s: 16: 20 seconds for a 5k, 35:19 minutes for a 10k and 2:54 hrs for a marathon. His current goals are to build a base with the help of a modified training plan, simply to stay injury-free and to break the 20 minutes in 5k’s.

Roxane Hood

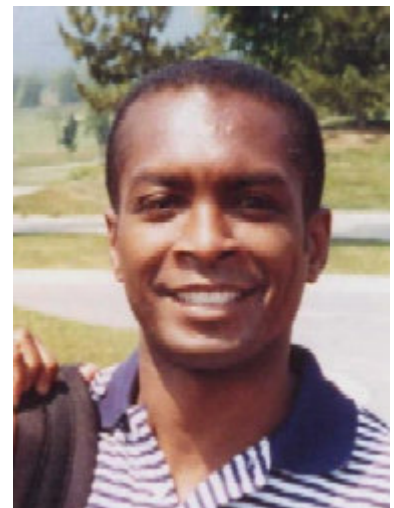
Roxane Hood was born and raised in Riverside. After five years on Maui, she moved to the OC last year with her two kids (9 and 14). Roxane is a very active person - she works as an Interior Designer, but also enjoys writing as free-lancer and is a team mom for her son’s football team. With her busy schedule, she still manages to squeeze in running workouts into her life wherever she gets the chance.

Roxane started running in November of 2005 as an alternative to her gym workouts, thanks to the motivation of a good friend.

Her current goals are to become a more active member of the club, participate on a regular basis in the club runs and enter a 10k before the end of this year.

Malcolm D. Barnes

Malcolm D. Barnes has been running since his high school years. His short term goal is to run a few 5k and 10k races. However he plans on completing a full marathon in the long term. Originally from Washington D.C., he moved to the West Coast in 2000 for law school. Malcolm is currently a practicing patent attorney for an Irvine firm. Outside of running, he enjoys golf and also has a pilot license.



AMY'S ADVICE:

Everything You Always Wanted to Know about Runners but Were Afraid to Ask

By: Amy Katz

DEAR AMY: At the last club meeting, you said you were worried about the crowds at the start of the Chicago Marathon, especially after all the weaving you did during the Disneyland Half. Did you have any problems this time? Also, did you run with a pace group?

JUST CURIOUS

DEAR JUST CURIOUS: Thanks for asking. I did have a much better experience with the crowds than I did at Disneyland or my first time running Chicago in 2002. I was fortunate enough to qualify to start a little closer to the start line in the "Preferred II" corral based on my previous marathon PR last year. Instead of taking six minutes to cross the start as it did in 2002, it only took me about three minutes.

I took Eric Frome's advice and didn't worry if my first mile or two were a little slower. I went out at 8:30 pace which gave me a couple of miles to relax and warm up. My overall marathon pace was 8:17, so I obviously was able to speed up later on in the race. I made a conscious effort not to weave around people, and I tried to run the tangents as best as I could. Running 26.2 miles is long enough; there was no need for me to waste energy going around people and end up running close to a mile more! In the last few miles of the race, when people often slow down after hitting the wall, instead of passing people by going around them, I would just say "Excuse me", or even "Coming through", and they would move to the side so that I could get by. I was sure to say "Thank you!" of course.

As for the pace groups, I did run with the 3:40 leaders for a few miles. I lined up with them at the start and asked them their race strategy. They said they would be running even 8:23 splits the entire race. I planned to run with them for at least the first half of the race. But as soon as the gun went off, I lost track of them, but I figured I'd catch them later. I kept seeing people with 3:40 on their backs, and then I finally saw the leaders around mile 8. After a few miles, I felt like I wanted to run a faster pace, so I went out ahead of them. I figured that as long as they never passed me, I knew I'd be on target to break 3:40. Whenever I saw someone with a 3:40 on their back, I confirmed that they were indeed ahead of pace. My strategy worked, and I finished the marathon in 3:37:37, a new PR!

Later that night at the post-marathon party in Millennium Park, I saw a man who looked familiar. Suddenly I realized that he was one of the 3:40 pace leaders who I had spoken with before the race. I told him about my marathon, and he said that a lot of the 3:40 group reached their goals, as well. When I asked him his official finishing time, he told me it was 3:40:00. Now that's good pacing!

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

Grand Prix Commentary

By: Mike Friedl

The Club was well-represented at the Long Beach Marathon on October 15th. Over 40 SCRR members participated in the Marathon, Half Marathon and 5k races. **Sue Zihlmann** had the performance of the day with her sizzling 1:27:00 half, which netted her a whopping 850 points. Her score rockets her all the way up to 5th place, and has established herself as a serious threat to be only woman NOT named **Lois Edds** to win the GP.

Right on Sue's heels was our fearless leader, **Danny Stein** finishing 2nd overall in the 5k and taking home 813 points. It looks like he is well rested and ready to run fast again. **Sherry Ellerby** surprised herself by lopping TEN minutes off her time at the Disneyland Half to notch a nifty 1:31:40 and earn 807 points.

Mike Gulan and **Leilani Rios** ran identical times in the 5k, but Mike edged Leilani in the age-graded scoring. These two also occupy the top spots overall after four races. The cool overcast conditions were great for running, and many club members netted PRs.

Also of note, **David Schiller** & **Mike Friedl** ran their 100th Grand Prix races. They are tied for 2nd in all-time races behind all-time leader **Ed Coffey**. See you at the November race, the Dana Point Turkey Trot!



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 54 standings (out of 84 participants so far) for the 2006-2007 series after 4 races are:

Place	Name	Age Group	Total Points	Races	Avg	Long Beach Marathon		Race for the Cure	
						Times	Points	Times	Points
1	Mike Gulan	55-59	3,115	4	779	20:02 5k	804	20:30 5k	786
2	Leilani Rios	25-29	2,993	4	748	20:02 5k	755	20:41 5k	732
3	Jannay Morrison	40-44	2,855	4	714	1:44:57 Half	705	23:21 5k	677
4	Amy Katz	35-39	2,648	4	662	21:47 5k	707	27:23 5k	562
5	Ed Coffey	55-59	2,579	4	645	24:38 5k	654	24:39 5k	654
6	Sue Zihlmann	40-44	2,464	3	821	1:27:00 Half	850	19:38 5k	805
7	Danny Stein	30-34	2,420	3	807	16:36 5k	813	17:35 5k	768
8	Daniel Templin	30-34	2,401	4	600	1:42:44 Half	599	21:55 5k	616
9	Cisco Rubalcava	30-34	2,384	3	795	1:16:39 Half	802		0
10	Jerry Jefferson	70-74	2,375	3	792		0	22:59 5k	784
11	Mike Connors	35-39	2,369	3	790	17:17 5k	786		0
12	Eric Frome	25-29	2,367	3	789		0	17:33 5k	764

13	Jeanie Leitner	55-59	2,358	3	786	1:46:16 Half	782		0
14	David Schiller	40-44	2,338	3	779	3:15:24 Full	701		0
15	Bob Morris	50-54	2,331	3	777	19:41 5k	793	20:19 5k	768
16	Tom Dellner	40-44	2,330	3	777	1:24:10 Half	774		0
17	Brad Wobig	35-39	2,300	3	767	17:55 5k	758		0
18	Beiyi Zheng	40-44	2,235	4	559	28:42 5k	551	27:23 5k	577
19	Noreene Matsuda	40-44	2,182	3	727	22:11 5k	712		0
20	Lucina Lara	35-39	2,182	3	727	3:23:06 Full	729		0
21	Tonson Tong	35-39	2,172	3	724		0	19:40 5k	691
22	Jane Crewe	45-49	2,168	3	723	23:27 5k	735	24:46 5k	696
23	Vincent Lowder	40-44	2,145	3	715	19:19 5k	736		0
24	Dorie Smith	75-79	2,098	3	699	36:31 5k	747	38:17 5k	713
25	Mike Friedl	40-44	2,094	3	698	1:36:37 Half	675		0
26	Erika Kotteakos	35-39	2,066	3	689	21:58 5k	701	22:37 5k	681
27	Steve Franks	35-39	2,063	3	688	1:31:48 Half	690	19:45 5k	688
28	Joe Yu	40-44	2,059	3	686		0	21:26 5k	663
29	Cathy Shargay	45-49	2,032	3	677	2:00:29 Half	662		0
30	Elizabeth Bailey	25-29	1,960	3	653	3:41:11 Full	639		0
31	Paul Avedian	40-44	1,854	3	618	1:48:58 Half	598	23:00 5k	618
32	MaryAnne Mejia	35-39	1,798	3	599	2:07:26 Half	573	31:02 5k	496
33	Faith Morris	50-54	1,793	3	598	28:10 5k	620	28:38 5k	610
34	Ken Atterholt	45-49	1,760	3	587	2:00:29 Half	565		0
35	Jim Grant	45-49	1,620	2	810		0		0
36	Charles Wilbur	40-44	1,587	2	794		0		0
37	Pam Galambos	30-34	1,534	2	767		0		0
38	Sherri Ellerby	40-44	1,527	2	764	1:31:40 Half	807	21:56 5k	720
39	Brent Bohn	40-44	1,525	2	763		0		0
40	Kevin MacDonnell	45-49	1,522	2	761		0		0
41	Pete Boisineau	55-59	1,520	2	760		0		0
42	Michael Reeves	30-34	1,465	2	733	3:04:09 Full	704		0
43	Brigid Puksza	35-39	1,450	3	483	32:17 5k	477	31:58 5k	482
44	Rob Harris	45-49	1,439	2	720	20:43 5k	730	21:20 5k	709
45	Jim Oliver	35-39	1,395	2	698		0		0
46	Thomas Fung	40-44	1,362	2	681		0		0
47	Sue DeLong	35-39	1,312	2	656		0		0
48	Vicki Niebrzydowski	20-24	1,291	2	646		0	24:15 5k	628
49	Jerry Lin	35-39	1,251	2	626	3:35:19 Full	614		0
50	Amelia Carchidi	30-34	1,232	2	616		0		0
51	Doug Arrasin	35-39	1,229	2	615	1:48:39 Half	583		0
52	Elizabeth Mastro	35-39	1,227	2	614	2:01:54 Half	599		0
53	Jennifer Wilkes	25-29	1,226	2	613		0		0
54	Greg Hanssen	40-44	1,146	2	573		0		0

SATURDAY RUNS *(All starting at 8 am this month)*

11/4/06, El Moro/Crystal Cove: Dance with the Tides

Leader: Jon Resnick

Location: Reef Point parking lot along the beach off of PCH, north of Laguna Beach, south of Crystal Cove Shopping Center on the ocean side of PCH. From Irvine: south on Culver, will turn into Bonita Canyon. Left on Newport Coast Dr. Left on PCH. Go down PCH about 1 mile. Last parking lot on your right (after shopping center) before you enter Laguna Beach. **Note:** The run typically starts before parking fees are required, but bring some \$ just in case. Parking is \$10 after 8am.

About the run: I'm going to lead a run up the bike path towards CDM and then back down along the beach for roughly 6 miles, since the Dino Dash is Sunday. It should be interesting with a 6 foot high tide. My run can be extended by running north into CDM before the turn around. Another option is to run the trails at El Moro. Bathrooms and water along my route.

After the run: Pacific Whey Café & Bakery at Crystal Cove Shopping Center

11/11/06 Ship to Rail Run

Leader -- Sherri Ellerby

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

After the Run -- Lots of great breakfast options at the Harbor.

11/18/06 Newport Beach Three Pier Run

Leader: Heather Wilkins

Time: 8:00 start

Location: We start at the base of the Newport Beach pier. Arrive early very to try and find street parking or bring quarters for the meters. There is a change machine to get quarters for the meters.

About the run: 5.75 miles south to the Wedge and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back or turn back sooner and shorten your run.

Water: There are several water fountains and bathrooms along the way.

After the run: We should be finishing up around 10. Bring a towel and take a quick dip in the ocean and head over to Charlie's Chili near the base of the pier.

11/25/06 Run Away From Leisure World

Leader: Erika Kotteakos

Location: Laguna Hills Community Center

Directions: Take the 5 Freeway south to Alicia exit. Turn right at the exit and head south. Turn right into the community center just after intersection with Paseo de Valencia.

About the Run: Fairly flat out and back on the bike path that run parallel to Alicia down to Aliso Woods with an add on though Laguna Niguel Regional Park to make for 12 miles.

After the Run: Starbucks and other options across Alicia Parkway from the Community Center.

COOKS CORNER

By: Noreene Matsuda

Not only do we love to run, we certainly love to eat. Cook's Corner is a new monthly column to share your favorite recipes. If you have an award-winning recipe, please submit it to Noreene Matsuda at noreene@cox.net. All types of dishes and cuisines are welcome. Please include a few interesting details about your recipe, e.g. where it originated, what makes it unique, prep and/or cooking tips, serving suggestions, etc. Submit a photo of the dish if you have one. After all, presentation is everything!

RECIPE OF THE MONTH

JOE'S MAPLE PUMPKIN CHEESECAKE

Submitted by: Joe Yu

At the Tuesday night hill workout a couple of weeks ago, Joe Yu made his famous maple pumpkin cheesecake as a post-run treat for all of us. It was absolutely divine. It was a lot tastier than the pumpkin cheesecake I had recently at the Cheesecake Factory. Thank you, Joe! For something different, try making this pumpkin cheesecake instead of or in addition to traditional pumpkin pie for your Thanksgiving feast. It will be a big hit.

1 1/4 cups graham cracker crumbs
1/4 cup sugar
1/4 cup butter, melted
3 pkgs (8 oz. each) cream cheese
1 can (14 oz.) condensed milk
3 eggs

1 can (15 oz.) pumpkin pie filling
1/4 cup pure maple syrup
1 1/2 tsp ground cinnamon
1 tsp ground nutmeg
Maple Pecan Glaze (recipe follows)

Preheat oven to 300 degrees. Combine crumbs, sugar and butter. Press firmly on bottom of 9" springform pan.

In a large mixing bowl, beat cream cheese until fluffy. Gradually beat in condensed milk until smooth. Add eggs, pumpkin, maple syrup, cinnamon and nutmeg. Mix well. Pour into prepared pan.

Bake 75 minutes or until edges spring back when lightly touched (center will be slightly soft). Cool. Chill 2-4 hrs. Drizzle with glaze. Refrigerate leftovers.

Maple Pecan Glaze:

3/4 cup pure maple syrup
1/2 cup chopped pecans
1 cup (1/2 pt.) whipping cream

In a saucepan, combine maple syrup and whipping cream. Boil rapidly for 15-20 minutes or until thickened; stir occasionally. Add pecans. Serves 8-10



Great Deals From Fellow South Coast Roadrunners...

(Editor's Note: Advertising from current SCRR members is free of charge. We have eliminated scanned business cards to reduce space and file size)

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"
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socaltaxman@cox.net
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18430 S. Brookhurst St., Suite 103, Fountain Valley
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Jeannie Palermo & Cheryl Bauer, **Keller Williams Realty**
Serving Buyers and Sellers from South Orange County
To South Bay
Jeannie's cell: 310-634-3485, email: j.pal@cox.net
Cheryl's cell: 714-325-3257, luckybauer@yahoo.com
"We will pay ½ the escrow fees for South Coast
Roadrunner clients" www.jpalamo.com

MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**
Office (562) 690-0553 Cellular (562) 714-4166
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""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: \$25, Family: \$40. 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



NOVEMBER	
THUR, 11/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 11/5, 7:30 a.m.	Dinosaur Dash XVI 5 and 10K, Irvine, www.active.com
SUN, 11/5, 8 a.m.	ING New York Marathon, New York City
SAT, 11/18	Wine and Cheese Party at the Friedl's
THURS, 11/23, 7 a.m.	Dana Point Turkey Trot, 5 and 10K, http://www.turkeytrot.com/
DECEMBER	
SAT, 12/2, 8 a.m.	Southern California Half Marathon and 5K, Irvine, www.active.com
SUN, 12/3, 7 a.m.	California International Marathon, Sacramento, www.active.com
THUR, 12/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 12/10, 6 a.m.	Las Vegas Half Marathon and Marathon, www.active.com
SUN, 12/10, 7:30 a.m.	Tucson Marathon, Oracle, AZ, www.active.com
JANUARY	
THUR, 1/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 1/7, 7 a.m.	OC Marathon, Half Marathon and 5K, www.ocmarathon.com
SUN, 1/21, 7 a.m.	Carlsbad Marathon and Half Marathon, www.carlsbadmarathon.com
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

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: David Schiller
 Monthly Club Race: Bob Morris
 Marathon Training Group: Molly Donnellan
 5K/10K Training Group: Danny Stein

Mark your calendars...

The SCRR annual Wine and Cheese Party at Mike and Melissa Friedl's house in Laguna Hills has been announced for Saturday, November 18th.

This event is one of the highlights of all the SCRR parties, and will sure to be a blast again this year. Bring your favorite bottle of wine and an appetizer, main dish, or dessert to share. More details to come!