

ON THE RUN



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

Orange County, California
May 2014 Issue

Runner of the Month – Kirsten Hirneisen

By: Fred Ayers

Congratulations to the runner of the month Kirsten Hirneisen. Kirsten grew up in Lancaster, PA, an area probably best known for its Amish population. Prior to moving to California, Kirsten was also lucky enough to live in Delaware where she completed her PhD dissertation in Food Safety and Microbiology. Kirsten moved to California in November 2012 to take a post-doctoral position at the FDA. When she's not protecting us from foodborne pathogens, you'll find her running, biking, swimming, practicing yoga, cooking for her friends (ask her about her current favorite vegetable, the Brussels sprout), and being a generally great part of the club.



Kirsten (center) at the club mile race with Robert Donald and Noreene Matsuda

When did you get into running?

I started running in high school mostly because my Dad ran and he had just done the Pittsburg Marathon. I thought that was fun so I started running. Then my senior year I joined my school's cross country team; for fun, not because I was a speedy runner. The team was huge and everyone that wanted to run got to run.

When did you join SCRR and how did you find out about us?

I started running with the club seven days after I came to California. When I was applying for this post-doc position, it could have been here or Chicago. So when I was researching where I could potentially be living I looked at running clubs right away. I ran with a group in Delaware. I like running with a group so I knew I wanted to continue that and it would be a great way to meet people.

What do you like best about the club?

The people; I've met the nicest people here.

What do you like least about the club?

Oh....um...that we only get one chicken avocado pizza on free pizza night. (**Good answer**). Apologies to the Secretary...

What are your current running goals?

Well I don't have any races planned right now. I'd like to run a marathon in the fall, and I would like to break back into the triathlon world this summer. I'm thinking about, and I'm just thinking now, about doing a Half Iron Man.

What's the coolest place you've gone for a run?

There are a few places that I like. I love White Clay Creek State Park in Delaware, especially in the snow. But you can't beat any of the beach runs out here either.

I used to call those snow runs, “The Magical Runs,” which my friend loved.

So your favorite Saturday run must be one of our beach runs?

Any run at the beach, although I could do without the Spyglass run. It’s the beach and Back Bay, and I like going to breakfast at Sharkeez after the Newport run.

Any other hobbies or interests?

Well I don’t think many people know this about me, but I play the French horn. I don’t have it with me yet, but I plan to move it out here when I visit home in May, and I’m trying to find a band out here to play with. I played in college and I played in the orchestra in grad school.

Pat’s or Gino’s? [Two iconic cheese steak shops a block away from each other in Philadelphia whose relative superiority is hotly debated by the locals.]

I actually really like both, and when I go, I will share with somebody: half from Pat’s and half from Gino’s. But it’s definitely “with [fried onions] and provolone.” No “wiz.”

Thanks, Kirsten, and we’ll look forward to a recital later in the summer.



Kirsten (right) and Avery Lewis with their medals from placing at the Dove Dash 2013

Roadrunners Rock Ragnar

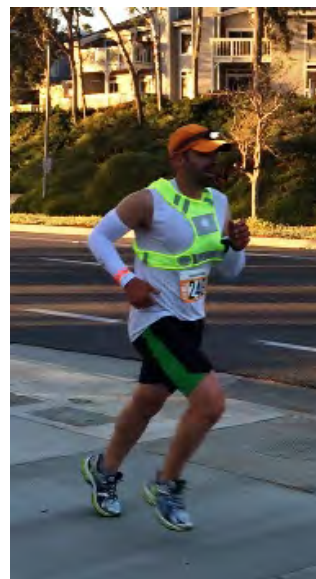
By: Katy Michaelis



On April 4 and 5, Damian and I ran on a team with Scott Henderson and Nick Telford. Brian Kurnow was on a different team but we met up with him at the end!

The race went from Huntington Beach to San Diego. Our team was 48th out of 724 overall and 23rd out of 510 for the Mixed Open division with a time of 27:50:58.4.

Derek Godfrey from SCRR was also on a team.



Road Trip Report – Austin 10/20!

By: Amy Katz



In the middle of April, I traveled with my friend **Karen Winter** to run the Austin 10/20, a 10-mile race featuring 20 bands along the course. I had been interested in visiting Austin, TX after hearing that it is one of the most vegetarian/vegan-friendly cities in the US. And what better way to see a new place than by running through it!

The race was in a newer area of Austin called the Domain that reminded us a lot of the Irvine Spectrum: a big outdoor shopping mall with restaurants, several high-tech businesses, and modern apartment buildings and condos. The course had a lot of turns in it, and although it was not especially scenic, the bands were entertaining and kept the race exciting.

I was hoping to run 1:20 or under, but the humidity and wind took their toll on me the last few miles of the race, which was slightly uphill. I managed to finish in 1:21:11. Karen was coming off an injury and was able to run the race a lot faster than she expected.

The rest of our time in Austin, we explored the city on foot and ate a lot of delicious food. We even got to visit the original Whole Foods Market. Other than the weather, we enjoyed the city very much.



CONGRATULATIONS TO APRIL MARATHON RUNNERS!!

Boston Marathon, Apr 21st

Aya Namikawa

Jeff Nirtaut

Dave Flahive

Eric Frome

Tonson Tong

Quang Pham

Pam Galambos-Oliver

Jon Resnick

Vince Lowder

John Loftus

Gavin Frome

Jerry Lin

Ted Williamson

Sandra Wendler-Perea

Nashville Marathon, TN, Apr. 26th

Vicki Ballon

Greg Hanssen

San Luis Obispo Marathon, Apr. 27th

Eric Dangott

Big Sur Marathon, Apr. 27th

Alanna Brown

SCRR Rocks at Seal Beach 5K/10K!

Compiled by Joanna Pallo; Photos by: Judy Sweet and Amy Katz



1 Jeanie Leitner, Lillian Bertram, Mike Bertram, Cathy Shargay, Doug Niles, Ken Atterholt, David Schiller, Leilani Rios, Michael Friedl, Cathy Blakesley, Dave Blakesley, Amy Katz 2 Lillian Bertram, Judy Sweet, Joanna Pallo, Fred Ayers 3 Amy Katz 4 Judy Sweet, Cathy Shargay 5 Jeanie Leitner, Judy Sweet

SCRR Highlights from Seal Beach 5K/10K!

By: Linda Hammond

This year Carlsbad 5000 came early, so our April **Grand Prix** race was the **Seal Beach 5k/10k**. Lady **Roadrunners** made their presence known! **Leilani Rios** was the 1st place female in the 5k and 3rd overall; yep, only two dudes were faster than her in the race!!!! **Aya Namikawa** was 1st place in her age division and 2nd female overall in the 10k. **Amy Katz** and **Lillian Bertram** had PRs in the 5k. On a roll, **Jeanie Leitner** turned in a 1st place age division win in the 5k. Yes, Jeanie has been on a roll! She recently turned in 1st place age division wins at both **Carlsbad 5000** AND the **LA Marathon**!!!! Cheers to the Lady Roadrunners!!!

Joining Jeanie and Leilani in the **800+ point club** were **Ken Atterholt**, **Dave Schiller** and stalker **Mike Friedl**. Seal Beach was the 10th race in the Grand Prix series. Here is our top ten: 10) **Greg Hanssen**, 9) **Mike Friedl**, 8) **Cathy Shargay**, 7) **Robert Donald**, 6) **Mike Bertram**, 5) **Mike Gulan**, 4) **Dave Schiller**, 3) **Ken Atterholt**, 2) **Sherri Ellerby**, and **Jeanie Leitner** in 1st place!!!

In the month of April, all runner's hearts were in Boston. Congratulations to all our **SCRR Boston Marathon** runners! We were so happy to see you all at the Finish Line! **Boston Strong!**

Greetings Orange County Track Club Members and Friends:

Save the date!! Sunday, July 27, 8:00 a.m. Fairview Park, Costa Mesa

Come join the fun at 17th Annual OCTC Pancake Breakfast

5K Cross Country Race

Presented by the Estancia High School Cross Country & Track Teams in conjunction
with the Orange County Track Club

CONGRATULATIONS!

To Meb Keflezighi

First American to Win Boston Marathon in 31 Years!

THE GREAT PARTY

2014 ANNUAL SCRR BANQUET

Hosted by Mike Friedl & Matt Hood

Semi-Formal
Dinner & Dancing
Raffle & Awards

SATURDAY
JUNE
28
5 PM-11 PM

\$30
PER PERSON
BY JUNE 07*

DEERFIELD COMMUNITY CENTER

55 Deerwood West, Irvine, CA 92604

DINNER, DESSERT, AND DRINKS

Chicken with Southern Flavored Spices Cooked in Cajun Sauce, Smothered Green Beans, Sweet Potato with Caramelized Shallots and Fresh Herbs, Fresh Baked Rolls & Butter, Green Salad with Mandarin Oranges, Green Onion, Candied Almonds with Creole Dressing, Brownies and Cookies
Margaritas and Beer, along with Water, Lemonade, and Iced Tea

To donate raffle prizes or for any questions, please contact JOANNA PALLO at yoinjo303@yahoo.com

*Price Increases to \$35 from June 7–June 14. No RSVP's will be accepted after June 14.



GRAND PRIX STANDINGS



The Grand Prix is a competition where club members get points for running races selected as the club races-of-the-month. The points are based on each runner's time compared to the world record in that distance for their gender and age group. The program runs from July to June, and the best 9 of 12 scores are used. The standings of the top 37 out of 113 total participants to date for the 2013-2014 series after 10 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all 8 races will be posted on our web site www.roadrunners.org***

	Name	Age Group	Races	Total Net Points	Net Avg	Seal Beach 5K/10K		Carlsbad 5000	
						Times	Points	Times	Points
1	Jeanie Leitner	65-69	10	7,647	850	25:49 5k	824	24:52 5k	855
2	Sherri Ellerby	45-49	9	7,639	849		0	19:06 5k	850
3	Ken Atterholt	50-54	9	7,289	810	18:38 5k	826	18:48 5k	818
4	David Schiller	50-54	9	7,218	802	18:25 5k	835	18:58 5k	811
5	Mike Gulan	60-64	9	6,845	761		0	22:04 5k	770
6	Mike Bertram	45-49	9	6,529	725	42:50 5k	698	19:34 5k	754
7	Robert Donald	45-49	10	6,399	711	20:17 5k	727	20:19 5k	726
8	Cathy Shargay	55-59	10	6,361	707	25:58 5k	714	26:02 5k	712
9	Mike Friedl	50-54	8	6,210	776	18:30 5k	832	18:55 5k	813
10	Greg Hanssen	45-49	9	6,177	686	21:04 5k	700	21:23 5k	690
11	Greg Blevins	60-64	9	5,979	664	23:39 5k	719		0
12	Lisa Eiler	35-39	9	5,880	653	48:33 5k	659	23:38 5k	652
13	Noreene Matsuda	50-54	8	5,825	728		0	22:05 5k	773
14	Alberto Ballon	35-39	9	5,768	641		0	20:29 5k	663
15	Leilani Rios	30-34	7	5,748	821	18:06 5k	843		0
16	Lillian Bertram	45-49	9	5,713	635	24:38 5k	659	24:47 5k	655
17	Judy Sweet	45-49	10	5,538	615	26:49 5k	605	26:44 5k	607
18	Daniel Evora-Hahn	25-29	8	5,512	689	38:16 5k	726	18:38 5k	719
19	Cathy Blakesley	50-54	8	5,392	674	24:12 5k	705	24:16 5k	703
20	Avery Lewis	25-29	8	5,379	672		0	22:28 5k	663
21	Mike Pagalan	25-29	8	5,276	660		0	20:05 5k	667
22	Aya Namikawa	30-34	7	5,257	751	40:34 5k	782	19:38 5k	777
23	Doug Niles	45-49	7	5,256	751		0		0
24	Joanna Pallo	30-34	9	5,200	578	25:50 5k	590	26:14 5k	581
25	Alanna Brown	30-34	8	5,139	642	23:35 5k	647		0
26	Kelcey Kinjo	40-44	7	4,777	682		0	20:27 5k	709
27	Matt Kossoff	30-34	7	4,720	674		0	18:51 5k	716
28	Vincent Lowder	45-49	6	4,685	781		0	17:49 5k	828
29	Amy Katz	40-44	7	4,677	668	22:11 5k	712	22:27 5k	704
30	Vicki Ballon	30-34	7	4,659	666		0	23:31 5k	648
31	David Blakesley	65-69	8	4,559	570	30:20 5k	600	31:11 5k	584
32	Fred Ayers	35-39	10	4,520	502	26:40 5k	509	29:47 5k	456
33	Thomas Fung	50-54	6	4,469	745		0	19:30 5k	789
34	David Bauers	50-54	7	4,290	613		0		0
35	Bob Morris	60-64	5	4,252	850		0	20:43 5k	821
36	Claire Pukszta	16-19	9	4,134	459	36:53 5k	444	37:21 5k	439
37	Carlos Jovel, Jr.	35-39	8	4,090	511		0	25:55 5k	524

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME!

5/3/14 – Irvine Farmers' Market

Leader: Thomas Fung

Location: Meet in the parking lot of Trader Joe's and Peet's Coffee at Campus and Stanford in Irvine.

Directions: 405 north or south, exit Culver, head south (towards ocean), turn right on Campus, turn right on Sanford, turn left into the University Town Center shopping center.

About the Run: This is a good warm-up run for the OC Marathon/Half Marathon the following day. Half-mile jog along Campus to the San Diego Creek Trail (runs parallel to University). Run as long or short as you like on the bike path towards Back Bay.

After the Run: Food from the farmers' market near In-n-Out Burger, and coffee at Peet's.

5/10/14 – Rob's Whiting Ranch Run

Leader: Rob Harris

Location: Meet at the Harris home at 24801 Via Princesa, Lake Forest, CA 92630. *Please respect the neighbors in the morning, noise level-wise. Thanks.

Directions: Bake Parkway to Calle Entrada, left on Via Viajante, right on Via Tequila, and right on Via Princesa.

About the Run: We will run up the scenic Serrano Creek Trail to Whiting Ranch. Encounter dogs, horses, coyotes, mountain bikers, and perhaps the elusive mountain lion. Run out and back to El Pollo Loco at Lake Forest Dr. and Rancho for a 6 mile run, or head up to the Whiting entrance for another 1.5 miles. If you make it up Dreaded Hill to Four Corners and back down, you will gain nearly 1,150 feet over a total of 12.4 miles.

Here is a MapMyRun link: <http://www.mapmyrun.com/routes/view/359875107>

After the Run: We will provide bagels, coffee, Gatorade, water and other snacks. There is also a Starbucks nearby if you need a fix!

5/24/14 – Panera to Peters Canyon

Leader: Stacey Dippong

Location: Meet and start in front of Panera Bread near Ralphs in the shopping plaza at Jamboree and Irvine Blvd – 13205 Jamboree Road, Tustin, CA 92782

Directions: From the 5 freeway, exit Jamboree and head north toward the mountains. Turn left into the Ralphs shopping plaza immediately after Bryan. Panera is to the right of Ralphs.

About the Run: We will run up Jamboree to Peters Canyon. The full loop, including Peters Canyon, is about 11 miles. For those wanting to run shorter, you can do an out-and-back along the bike path. Those wanting longer, take an extra loop around Peters or continue on along the Hicks Canyon trail.

After the Run: Panera Bread

5/31/14 – Irvine Meadows (Lake Forest Extension Loop)

Leader: Greg Hanssen

Location: Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604 (same as the Quail Hill run meeting place)

Directions: From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

About the Run: We'll run out along the bike trail towards the Spectrum and then out to the new Lake Forest road extension behind Irvine Meadows then loop back near Quail Hill. There are options for a 9.5 or 12 mile loop.

After the Run: Starbucks, Big City Bagels, Chronic Tacos and Juice It Up.

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 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.

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Sports Authority, Tustin Market Place, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

MONTHLY CLUB RACE: For more information: log on to www.roadrunners.org or see a Club Officer.

MONTHLY CLUB MEETINGS: 1st Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

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

SCRR CLUB CALENDAR *By: Doug Denniston*



Monthly Club Meetings are highlighted in orange; Monthly Club Runs are highlighted in yellow

Out of Town Races featuring club members highlighted in blue

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

MAY	
THURS 5/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 5/4 6:00a.m.	Orange County Marathon, ½ marathon, 5K OCMarathon
SAT 5/17 7:00a.m.	Magic Shoe 5K Corona Del Mar HS, Newport Beach MagicShoe5k
SAT 5/24 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi MountWilsonTrailrace
MON 5/26 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA LagunaHillshalfmarathon
JUNE	
SUN 6/1 6:15a.m.	San Diego Rock & Roll Marathon, SD Rock&Roll
THURS 6/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 6/7 7:55a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT 6/7 7:30a.m.	Fontana Days. Marathon & 5K Fontana, CA Fontana Days Run
SAT 6/14 8:00a.m.	Downtown Anaheim 5K, Anaheim, CA downtownanaheim5krun
6/7, 6/8, 6/14, 6/15	Camp Pendleton Mud Runs
THURS 6/19 6:15 p.m.	Peter's Canyon Summer Trail Run Series #1 Tustin, CA
SAT 6/28	South Coast Roadrunners Annual Awards Banquet – see flyer on page 7
JULY	
THURS, 7/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
FRI 7/4 7:15a.m.	Woodbridge Village Community 5k, 10K
FRI 7/4 8:00a.m.	Surf City 5K Huntington Beach, surfcityrun
FRI 7/4 7:30 a.m.	Lake Forest Firecracker 5K, Lake Forest, http://www.lakeforest5k.org/
FRI 7/4 7:00a.m.	6 th Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run runladera.com
FRI 7/4 7:30a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca ymca run in the park
THURS 7/10 6:15p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA renegaderaceseries
SAT 7/26 7:00a.m.	City of Cypress 5K, 10K, Kids Run Cypress, CA
SUN 7/27 8:00a.m.	17 th Annual OCTC Pancake 5K Costa Mesa, CA octcpancake5k
SUN 7/27 6:00a.m.	The San Francisco Marathon San Francisco, CA thesfmarathon
AUGUST	
THURS, 8/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS 8/7 6:15p.m.	Peter's Canyon Summer Trail Series #3 Tustin, CA renegaderaceseries
SUN 8/17 7:00a.m.	America's Finest Half Marathon, San Diego, CA AmericasFinestHalf
SAT 8/23 6:00a.m.	Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA trailrunevents.com/bulldog

2013-2014 SCRR CLUB OFFICERS:

President: Stacey Dippong
 Vice-President: David Schiller
 Treasurer: Lisa Eiler
 Secretary: Rob Harris
 Officers At Large: Joanna Pallo,
 Bob Morris, Mike Dietz

2013-2014 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Noreene Matsuda
 Grand Prix: Mike Friedl
 Database Manager: Dave Schiller
 Monthly Club Race: Bob Morris
 Webmaster: Mike Reeves