

ON THE RUN



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

Orange County, California
May 2013 Issue

Runner of the Month – Matt Kossoff

By: Doug Denniston

Our April Runner of the Month is Matt Kossoff. Matt can be found at just about every club run, club race, or celebration. Matt is jovial and kind, and always has a story to share. Congratulations Matt on a well deserved honor.



When did you start running and where? I started running when a close friend of mine convinced me to run my first half marathon at Surf City. Although it poured rain, it was a great experience and I haven't stopped since.

When did you join SCRR and how did you find out about the club? I joined the club almost three years ago. I found out about the club online. It seemed like a good team to join.

What has been your favorite race and why? My favorite race had to be the Long Beach Marathon. It was the first marathon I felt fully comfortable running. Plus, it was the first race I had support of the team. Greg Hanssen helped me run the ending miles and I am still appreciative.

Do you have a favorite club race and distance? That would have to be the So Cal half marathon. It is my half marathon PR at 1:24. Plus, I enjoy the course.

Have you ever been to Boston?, or would you like to go? I have not been to Boston yet. This year especially I feel the need to go. It is important to show we can run without fear and that we cannot be defeated.

Where is your favorite Saturday club run? Definitely the Three Piers. I love running on the beach and you can't beat the reward at the end.

What is the coolest place you've gone for a run? Kansas City. The race there was amazing and the course is beautiful, although rather hilly. I then got to see the friend that got me into running get married that same day. The race was definitely a very spiritual experience.

Are you training for anything right now? I'm running OC. I didn't train specifically, but I am trying to make Boston.

What are the worst running conditions or experience you've had? That had to be the LA marathon. It

poured rain for 22 miles straight. I was frozen solid by the end. However, the volunteers were very kind and helped me make it to my car to rest afterwards.

Do you have any favorite music you run to? I never run to music. I feel it interferes with nature.

Matt and Tonson Tong celebrating after finishing races at Long Beach Marathon. Matt is smiling even with the bloody shirt – a classic “badge of honor” for a marathon runner.



Ask Les Cargo ...

Are there any general running etiquette rules?

Compared to other sports, running has very few rules, most of them are just common sense to get from point A to point B. Below are a few listed in no particular order.

- Line up at the Start Line behind people faster than you.
- Pay your way. Don't bandit races.
- Look before you spit, especially if it's windy. This also applies to the one-nostril covered sneeze.
- Silence is golden. Don't carry car keys or loose change that jingles while running unless it's during December.
- Don't be a pig. Take your fair share of food/drinks after the race, don't go through the finish chute twice just to get more food. Leave some for the slower runners still out on the course.
- If you must stop or need to walk during a race make sure no one is drafting off you.
 - Acknowledge/thank volunteers and spectators out on the course.



Send your running and racing questions to Les Cargo via his literary agent:
bob.morris@asnailspace.net.



Tragedy at Boston

Comments from Ted Williamson:

Some thoughts on the Boston Marathon bombing: The act itself is beyond reason and is irrational. As an American I am angry and offended that someone would come to my country, enjoy the hospitality of its citizens and the protections of our constitution, and then perpetrate such an atrocity upon us. As a human being, I feel devastated by the loss of four lives and the life altering injuries sustained by so many innocent victims. Finally, as a runner, I am saddened that such heinous actions have marred and stained the memory of the 2013 Boston Marathon.

The Boston Marathon is more than a marathon race, it is the pinnacle event of our sport. It is a gathering of enthusiasts, competitors, family and community in a demonstration of fellowship and a celebration of the human spirit. The 2013 Boston Marathon was my first Boston and I will be back in 2014 for my second. The city of Boston will be back stronger than ever next year. I look forward to enjoying the atmosphere of the city, the camaraderie of fellow participants and to experience the wonderful hospitality of the people of Boston once again.

Comments from Linda Hammond:

Baseball has the **World Series** and football has the **Super Bowl**. Distance runners, well we have the **Boston Marathon**. It is our Super Bowl, our gold standard! Our hearts were truly saddened by the news of the bombings on Boylston Street at the **2013 Boston Marathon**. The weekend before and the morning of the race we followed **Facebook** posts and **Tweets** from friends and family filled with the excitement of being at the Boston Marathon. Then the news changed.... Friends from **South Coast Roadrunners** and **A Snail's Pace** were there, and luckily all safely returned home. Countless runners from the club have stories about Boston over the years. **Amy Katz** ran Boston six times in a row, from 2006 to 2011. **Mike Friedl** ran it in his 20s, 30s, and 40s! **Sue Rudolph** ran it in 1983! I was there in 2008 with several runners from the club to run the marathon and also watch the Women's Marathon Olympic Trials. **Jon, Brad, Greg, Cathy, Ken, Noreene, Stacey, Tonson, John, Eric, Mike, Mary, Tom, Vince, Armando, Matt, Mike, Bob, Faith, Erika, Karen, Amelia, Kathleen, Jane, Molly, Elizabeth, Dave.....** The list goes on and on! Distance runners will continue to strive for that **BQ** and will be back and ready to run in 2014. This is the **OC**, but we are **Boston Strong!** See you at the Finish Line!

Congratulations to the SCRR Members and Friends Who Ran Boston Marathon, April 15th

Dave Flahive	John Loftus	Tonson Tong
Mary Lynch	Laurent Vrignaud	Fernando Gonzalez
Bruce Bauer	Maria Fong	Stephanie Shimada
Ted Williamson	Anne Delfosse	Meleah Aldana Shank
	Jon Resnick	



Boston Tribute runs by SCRR (above) and Snails Pace Mission Viejo (left).

Janelle Daniels wearing her Runners for Boston shirt.

Sales of this shirt raised money for the Boston bombing victims.



SCRR In Force at the Carlsbad 5000!

By: Linda Hammond

April was a time for heading south for the **Carlsbad 5000**. Always a favorite race for **South Coast Roadrunners**, it was worth the road trip! High score of the day was **962** points for **John Loftus** with a time of 16:45. In the **800** point club we had: **Ken Wells, Sue Zihlmann, Tonson Tong, Ken Atterholt, Brad Wobig, Leilani Rios, Jeanie Leitner, and Bob Morris**. The great thing about Carlsbad 5000 is that you get to run your race, then kick back and cheer on runners from all the other races the rest of the day. If you thought you kept seeing **Joanna Pallo, Amy Katz, and Tonson Tong** running by, you were NOT seeing things! They all ran the **All Day 25K**; five 5k races in a row! I asked them all to tell us about their races.

Linda: *Congratulations on completing the All Day 25K; please tell us about your race.*

Joanna: This was the first time I ran the Carlsbad 5000 and decided to go for the All Day 25K. I usually go for the longer distances in races, so I was really intrigued by the 25k (five races, five starts, 5 finish lines). Also, I wasn't excited about my age group running at 11:30, so I thought why not. I was new to this distance, running my first half marathon in January. My goal was to keep a nice even pace for each race, and finish in the top 250 in my age division. I ran faster than I intended and was feeling pretty good. I really enjoyed the course. I think the best part was getting to run by the club tent 3 times in each race. It was so awesome to hear people cheering for me as I ran by, but even more so as it was in three different places. Running past the tent at the beginning helped me start strong. When I was getting tired and felt like slowing my pace, I knew the tent was coming up again after mile 2, and wanted to look strong as I ran by, so I kept up my pace. Then having everyone there as I made the turn to the finish line gave me that last boost of energy I needed.

Linda: *What is your next race?*

Joanna: Well I'm supposed to be running the **Safari Park Half Marathon** next weekend, but not sure that is going to happen with my knee injury, but that's where I'll be next weekend. After that, besides the club runs, I have my second triathlon in June, and then I hope to run the **Long Beach Half Marathon** and start my journey in getting in acquiring one of those tri beach city medals. I would also like to try to get in a marathon this year, but that might have to wait until next year if my knee doesn't heal soon.

Linda: *Amy, congratulations on completing the All Day 25K; please tell us about your race.*

Amy: I decided to do the All Day 25K because I didn't feel like running a fast 5K, and I thought it would be an excellent way to get in a long run since it fit perfectly with my marathon training. My plan was to keep running between the races. I was afraid that if I stopped and sat down, it would be difficult to run all five races. The tough part was having over an hour and a half between the time I finished the fourth race and the start of the fifth race. I ran each race as a tempo workout, getting progressively faster, and then ran slowly with walk breaks the rest of the time. At the end of the day, I ran almost 24 miles at average marathon pace! The best part of the All Day 25K was having so many people from the clubs cheering. I had so much fun!

Linda: *What is your next race?*

Amy: My next race is the **OC Marathon**. It's my second marathon this year which I'm running in memory of my mom, and my dad will be walking the half marathon, his very first race ever! We are really looking forward to it.

Linda: *Tonson, congratulations on completing the All Day 25K; please tell us about your race.*

Tonson: Carlsbad 25K - 5 quality tune-up runs, a good preparation for **Boston Marathon** the following week

Linda: *A week after Carlsbad, you ran your 101th marathon. It was the **Boston Marathon** and you had a PR of 1 minute and 7 seconds with a time of 2:57:14. However, we all know how the day ended.*

Tonson: Certainly I was excited to be able to run a PR on a relatively tough marathon course. Unfortunately, the excitement didn't last as a result of the bombing. I was sad and got emotional when I saw the victims on TV. I cancelled my post marathon celebration plans to show my respect to the victims, their families and friends. It was a sad day.

Linda: *Yes, we will continue to keep all those affected in prayer. We are grateful that all our Roadrunners returned home safely. Well by now we all have learned that you have relocated to Cincinnati for work. You will be truly missed! We know that you will be back for the **San Diego RockNRoll Marathon** to keep your legacy streak alive. We all look forward to seeing you whenever you are in Southern California, or out pacing marathons across the country!*



The poster features the Asics logo at the top left with the tagline "sound mind, sound body". The main title "PUB RUNS COMING IN MAY!" is in large, bold, yellow letters. Below the title, a glass of beer is shown with a "SNAIL'S PACE Running Shop" logo on it. The text describes the event: "Enjoy a fun run with cool friends AND get a free personalized pint glass and beverage at our May Pub Runs. Try out the latest Asics footwear. FREE giveaways and tons of fun!". It then lists the dates and locations for the runs: May 7 (Monrovia), May 14 (Brea), May 21 (Mission Viejo), and May 28 (Fountain Valley). It also states that registration starts at 5:00 P.M. and that pub runs are limited to 50 people on a first come, first served basis, starting at 6:00 p.m. and ending at the pub location.

Enjoy a fun run with cool friends AND get a free personalized pint glass and beverage at our May Pub Runs. Try out the latest Asics footwear. FREE giveaways and tons of fun!

SAVE THE DATE:
REGISTRATION STARTS AT 5:00 P.M.
May 7 A Snail's Pace Monrovia
May 14 A Snail's Pace Brea
May 21 A Snail's Pace Mission Viejo
May 28 A Snail's Pace Fountain Valley

Pub Runs are limited to 50 people on a first come, first served basis. Runs start at 6:00 p.m. and end at the pub location.

Thanks runners for sharing your stories. With our 10th race in the Grand Prix series, **Bob Morris** has moved into the lead! **Jeanie** is 2nd and **Leilani** is 3rd, both dropping one race, they are tied with an average score of 848 points. **Brad** is in 4th and **Thomas Fung** is in 5th. Our May race is the **Magic Shoe 5k**. See you at the Finish Line!

SCRR Photos from the Famous Carlsbad 5000!

Photos From: Cathy Blakesley





Photo Captions:

Previous Page, Top Row: Amy Katz, Brad Wobig, Stacey Dippong, Tonson Tong and Jennifer Erickstad.

Previous Page, Bottom Row: Vicki Ballon, Keven Williams, Mike Sellers, Joanna Pallo and Mike Dietz.

This Page, Top Left: Lisa Eiler, Isho Tama-Sweet and baby Mason.

Below: Jeanie Leitner, Cathy Shargay and Linda Hammond.

This Page, Bottom Row: Sam Blackmar, Noreene Matsuda, Thomas Fung, Ken Wells, and Alberto Ballon.





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 29 participants out of 89 for the 2012-2013 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 10 races are on our web site www.roadrunners.org***

	Name	Age Group	Total Net Points	Races	Best	Net Avg	Carlsbad 5000		Coaster Run 5K/10K	
							Times	Points	Times	Points
1	Bob Morris	60-64	7,860	9	912	873	19:26 5k	875	18:50 5k	903
2	Jeanie Leitner	65-69	7,742	10	886	860	24:47 5k	858	24:38 5k	863
3	Leilani Rios	30-34	7,661	10	890	851	17:53 5k	853	17:08 5k	890
4	Brad Wobig	45-49	7,490	9	905	832	17:11 5k	880	16:42 5k	905
5	Thomas Fung	45-49	6,936	10	801	771	19:27 5k	777	18:53 5k	801
6	Greg Hanssen	45-49	6,690	9	767	743	20:25 5k	740	19:42 5k	767
7	David Schiller	50-54	6,451	8	857	806		0	18:34 5k	840
8	Matt Kossoff	30-34	6,289	9	736	699	18:33 5k	728	38:45 10k	721
9	Mike Gulan	60-64	6,271	8	815	784	23:01 5k	739		0
10	Ken Atterholt	50-54	5,750	7	877	821	18:35 5k	839	17:48 5k	877
11	Stacey Dippong	30-34	5,703	8	751	713	21:17 5k	717		0
12	Cathy Shargay	50-54	5,560	8	746	695	24:30 5k	713	24:18 5k	719
13	Tonson Tong	45-49	5,548	7	831	793	18:38 5k	811		0
14	Ben Coyle	35-39	5,526	7	798	789		0		0
15	David Bauers	50-54	5,416	8	716	677	22:11 5k	703	45:53 10k	693
16	Kelcey Kinjo	40-44	5,336	8	716	667	20:36 5k	690	19:51 5k	716
17	Noreene Matsuda	45-49	5,279	7	788	754	22:57 5k	733		0
18	Mike Gellman	40-44	5,015	8	728	627	21:41 5k	656	29:38 5k	480
19	Eric Dangott	35-39	4,949	8	649	619	21:58 5k	618	20:56 5k	649
20	Joanna Pallo	25-29	4,858	8	641	607	25:48 5k	578	48:29 10k	641
21	Molly Donnellan	50-54	4,768	7	698	681	25:06 5k	696		0
22	Jennifer Erickstad	30-34	4,263	7	651	609	24:51 5k	614		0
23	Steve Kan	55-59	4,244	6	761	707	23:52 5k	675	23:40 5k	681
24	Linda Hammond	45-49	4,206	6	763	701	23:48 5k	707		0
25	Paul Osgood	40-44	3,975	8	556	497	27:38 5k	514	56:34 10k	514
26	Vicki Ballon	30-34	3,950	6	702	658	23:44 5k	643		0
27	David Blakesley	65-69	3,840	7	602	549	31:37 5k	576	30:13 5k	602
28	Mike Dietz	45-49	3,822	5	844	764	18:57 5k	798		0
29	Carlos Jovel, Jr.	35-39	3,718	7	582	531		0		0



One Night in
HAVANA

Semi Formal

2013 Annual SCRR Banquet

\$30
per person

Saturday, June 22, 2013

join us from 5 pm until 10 pm
at the Woodbridge Community Center • 31 Creek Road, Irvine

MCs: Mike Friedl and Matt Hood • DJ and Dancing courtesy of Kevin & Leilani

Food: Plantain Chicken with a Jamaican Rum Sauce, Mango Spinach Salad, Lemon Saffron Black Beans, Sweet Potato, Carrot and Coconut Milk Casserole, bread, and an assortment of gourmet desserts

Drinks: Margaritas, beer, and mojitos, along with water and soft drinks

rsvp & pay by June 15 (checks made out to SCRR) • Contact Stacey Dippong staceydippong@gmail.com

To donate raffle prizes, please contact Stacey Dippong at staceydippong@gmail.com

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME! Meet at 7:45 AM, run at 8 AM

5/4/13 – Panera to Peter's 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 Peter's Canyon. The full loop, including Peter's 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 Peter's or continue on along the Hicks Canyon trail.

After the Run: Panera Bread

5/11/13 – Spyglass Hill

Leader: Dave Bauers

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 PCH - 2743 East Coast Highway, Corona Del Mar, CA 92625

5/18/13 – Club Race - Magic Shoe 5k, Corona Del Mar High School

5/25/13 – Drew's Lunch Run *NEW*

Leader: Andrew O'Bannon

Location: 8 Goodyear Irvine, CA 92618

Directions/Parking: From 405/5 South: Take the Bake Pkwy exit LEFT/EAST from the 5/405 Freeway. Make a LEFT onto Jeronimo and then the next immediate RIGHT onto Goodyear. Enter the 3rd entrance on your RIGHT which is 8 Goodyear and you should see my big red beat up Toyota 4Runner and other runners as well.

About the Run: This is an out-and-back run where any distance can be achieved all the way up to 12+ miles. Click the link below to Strava for an exact view of the run. The run starts on the Serrano Creek Trail at Bake and Toledo Way. The trail heads in a NE direction into the Whiting Ranch area. There are restrooms and water fountains at Etnies Skatepark, 4 miles into the run. Unfortunately there are NO facilities at the start of the run, so please come prepared. <http://app.strava.com/activities/45085136>

After the Run: Bagels & Brew at the corner of Lake Forest Drive and Serrano Road – 21771 Lake Forest Dr #100, Lake Forest 92630

SCRR Meeting Minutes - April 2013

Four newbies talked about their running goals. **TJ** said jokingly she wants to get away from her kids, **André** would like to improve his running, **Leo** wants to try something new, and **Liz** just wants to run.

Sherri Ellerby welcomed our newest young member Mason Tama-Sweet, born on March 25. Congratulations to proud parents **Lisa Eiler** and **Isho Tama-Sweet**.

Eric Dangott reported \$4,776 in our club account.

Leilani Rios announced the opportunity for club members to purchase running apparel from Velosport. Jackets, shirts, and hats will be silkscreened or embroidered with our club logo. An e-commerce page will be available on our website and orders can be shipped directly to your home.

Club elections are coming up and we will vote at the June meeting. **Sherri** encouraged members to get more involved by volunteering. The new board will be announced at the banquet.

Stacey Dippong provided details about the recognition banquet on Saturday, June 22. **Joanna Pallo** designed the colorful flyer that was distributed. The price is \$30 per person and will increase to \$35 beginning June 9, so make sure you pay early. A link to PayPal will be available on our website.

The UCI Farmers' Market pre-race run is on Saturday, led by **Greg Hanssen**. Meet in the parking lot of Trader Joe's and Peet's Coffee at Campus and Stanford in Irvine.

Our next club race is the Carlsbad 5000 on Sunday, April 7. Breakfast will be served at the race to current members, courtesy of A Snail's Pace.

Sherri announced the top 20 in the Grand Prix after nine races.

RACE RESULTS:

Gary Hefner	Catalina Marathon	1 st Catalina and had a good race
Eric Dangott	LA Marathon	3 rd marathon this year
Sherri Ellerby	Pasadena Triathlon	3 rd OA and had fastest bike split
Joanna Pallo	Pasadena Triathlon	1 st triathlon
Stirling Bowles	Run for Homeless Children 5K and Concordia Easter Egg 5K	

Congratulations to our Runner of the Month, **Matt Kossoff**!

Noreene Matsuda – club secretary

Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
30448 Rancho Viejo Rd., Suite 110
San Juan Capistrano

John Loftus, **Certified RRCA Running Coach**
www.runyourpotential.com
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coach@runyourpotential.com
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Santiago Nomen, **"Tax Preparation at a Fair Price"**
(714) 838-3587, Fax: (714) 838-2256
socaltaxman@cox.net
52 Lakepines, Irvine

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 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, 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 5/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 5/5 6:00a.m.	Orange County Marathon, ½ marathon, 5K OCMarathon
SAT &SUN 5/4 5/5 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour ReachingfortheCure
SAT 5/11 7:00a.m.	Santa Barbara Wine Country ½ Marathon, Santa Ynez CA WineCountry1/2
SAT 5/18 8:00a.m.	Magic Shoe 5K Corona Del Mar HS, Newport Beach MagicShoe5k
SAT 5/25 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi MountWilsonTrailrace
MON 5/27 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA LagunaHillshalfmarathon
JUNE	
SAT 6/1 7:55a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT 6/1 7:30a.m.	Fontana Days ½ Marathon & 5K Fontana, CA Fontana Days Run
SUN 6/2 6:15a.m.	San Diego Rock & Roll Marathon, ½ Marathon SD Rock&Roll
THURS, 6/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 6/8 8:00a.m.	Downtown Anaheim 5K, Anaheim, CA downtownanaheim5krun
6/1, 6/2, 6/8, 6/9, 6/15	Camp Pendleton Mud Runs, Saturday events sold out
SAT 6/15, 7:00a.m.	Big Ring Century, Laguna Hills
SUN 6/16 6:00a.m.	The San Francisco Marathon San Francisco, CA thesfmarathon
THURS 6/20 6:15 p.m.	Peter's Canyon Summer Trail Series Tustin, CA Summer Trail Series
SAT 6/22	South Coast Roadrunners Annual Awards Banquet
JULY	
THURS 7/4 7:15a.m.	Woodbridge Village Community 5k, 10K
THURS 7/4 8:00a.m.	Surf City 5K Huntington Beach, surfcityrun
THURS 7/4 7:00a.m.	6 th Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run runladera.com
THURS 7/4 7:30a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca ymca run in the park
THURS, TBD, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 7/7 8:00a.m.	Carlsbad Triathlon Carlsbad, CA Carlsbad Triathlon
THURS 7/11 6:15p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA renegaderaceseries
SUN 7/14 6:00a.m.	Ironman 70.3 Vineman Triathlon Sonoma County, CA vineman.com
SAT 7/27 7:00a.m.	City of Cypress 5K, 10K, Kids Run Cypress, CA cypress5k10k
AUGUST	
THURS, 8/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS 8/1 6:15p.m.	Peter's Canyon Summer Trail Series #3 Tustin, CA renegaderaceseries
SAT 8/3 7:30a.m.	Camp Pendleton Semper Tri/Devil Dog Duathlon & Triathlon – MCAS Pendleton camppendletonraces.com/tri-duathlon
THUR 8/15 5:45p.m.	Into the Wild Trail 8K #1 – Irvine, CA intothewildoctrailrun
SUN 8/18 7:00a.m.	America's Finest Half Marathon, San Diego, CA AmericasFinestHalf
THUR 8/22 5:45p.m.	Into the Wild Trail 8K #2 – Irvine, CA intothewildoctrailrun
SAT 8/24 6:00a.m.	Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA trailrunevents.com/bulldog
SAT 8/24 9:30a.m.	USATF Road Mile Championships – Dockweiler State Beach roadmile.org
THUR 8/29 5:45p.m.	Into the Wild Trail 8K #3 – Irvine, CA intothewildoctrailrun

2012-2013 SCRR CLUB OFFICERS:

President: Sherri Ellerby
 Vice-President: Leilani Rios
 Treasurer: Eric Dangott
 Secretary: Noreene Matsuda
 Officers At Large: Cathy Blakesley,
 Matt Hood, Dave Bauers

2012-2013 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