

# ON THE RUN



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

Orange County, California  
February 2008 Issue

## ***Runner of the Month – Ken Atterholt***

**By: Cathy Shargay**

Ken started running in about Jan. 2004 shortly after we started dating. When we met, a friend had just challenged him at a Christmas party to run L.A. marathon, and even though he had not run at all, he had accepted the challenge and was planning to run the marathon. Luckily, I was planning to run it too, so we went on a crash training program to get him ready. In addition to running, he needed to learn all the tricks – the right clothes, shoes, socks, food, etc. His past athletics activities (described below) gave him a good base of fitness, so the training went pretty well.



We did the Brea 8K in Feb. 2004 which was Ken's first race. He was really impressed with the race atmosphere, and that particular race has great food and music at the finish. L.A. was a few weeks later and we had a great time. 2004 was the really hot year – but we needed to walk some anyways, so we were just enjoying the people and scenery. We were happy to finish in about 4:30, and had that great feeling of accomplishment.

When Ken started running, he also started participating in Roadrunner runs, races and parties. Since 2004, Ken has completed lots of races, including three additional marathons, and he has been getting faster and faster. For a few years, we were about the same speed, but now Ken is much faster. Whenever Ken has a slow race, it is because he ran with me, which I definitely appreciate and enjoy. He PR'ed in the Carlsbad 5K last April, with a 20:12, and plans to break 20 soon. Ken's primary goal over this past year was to qualify for Boston marathon at St. George by running at least 3:30:59. There was a fun group of Roadrunners training for St. George or other October marathons, and Ken especially benefited by training with Greg Hanssen. Marathon day was perfect! Ken was "in the groove" and said he was never even breathing hard. He ran 3:16:40,

which was a 42 minute PR and easily a Boston qualifier !!! And he felt good enough at the end to go back up the course a mile to meet me and run me in. At the finish, we met Greg H. and Vicki Niebrzydowski – who also had great races, and everyone was celebrating!

Before running, Ken's primary athletic activity was cycling. He was a bike commuter for years (up to 25 miles), had rode in many centuries (including Solvang Century for about 10 years in a row) and had done numerous bike tours in great places like Napa and the San Juan Islands. He was also an avid hiker and backpacker, with multi-week trips in Alaska, Jasper, Alberta, Bown Lakes, British Columbia and the Ely Boundary Waters. Snorkeling in the Caribbean and scuba diving were some of his other passions.

Ken and I enjoy running, biking, swimming, skiing, hiking, camping and backpacking together. We have hiked to the bottom of the Grand Canyon, on Catalina and Mt. San Jacinto, and in Yosemite, Zion and Bryce. Some of our cool ski trips have been Lake Tahoe, Bear Valley and Salt Lake City. Ken comes on some of my business trips and we've had three great trips to Europe. They were to Italy (with Valentine's Day in Venice), Spain/Belgium and Holland/France. The last one was this past November, and we really enjoyed Paris. We

## ***Runner of the Month – Ken Atterholt (con't)***

**By: Cathy Shargay**

went on great runs - along the Seine, around the Eiffel Tower and up the Champs-Elysees to the Arc de Triomphe. Touring the museums, cathedrals, train trips to the countryside and visiting the parks are other highlights of getting to see these wonderful areas. We both love traveling, and have many more amazing trips now in planning or on our wishlist for the future.

Ken is originally from Ohio and came to California for an internship with Disney during his college years. He has a degree in Electrical Engineering and is now an independent consultant specializing in embedded controllers. We met through running as a friend from Snail's Pace, Sandy Draper, matched us up. Ken was one of her husband's longtime friends and college roommates.

Ken has been following many parts of Danny Stein's training program even though he can't make the Tuesday speed work. Ken believes that the program was a big help in his getting faster and doing so well at St. George. Ken is able to train with Orhan Beker as they work together and often run at lunch. He loves the support and camaraderie of the club, and the many great friends he's met. The support and encouragement of these fellow runners has been great, and Ken also enjoys hearing about and cheering for the great successes of other club members!



## **Winter Trail Run Series**

***Fun Races on Beautiful, Magic Trails***

***Feb. 9<sup>th</sup> – 15K   Feb. 23<sup>rd</sup> – 18K   Mar. 8<sup>th</sup> – 21K***

***Blue Jay Campground off Ortega Highway***

**[www.BigBazTrailRaces.com/wtrs.html](http://www.BigBazTrailRaces.com/wtrs.html)**

## ***SCRR Members Going to Boston Marathon***

Ken Atterholt  
Jami Brooks  
Mike Connors  
Jane Crewe  
Sue DeLong  
Linda DeStefano  
Eric Frome

Linda Hammond  
Colleen Jones  
Amy Katz  
Erika Kotteakos  
Jeannie Leitner  
Vince Lowder  
Mary Lynch

Jennifer Walt  
Sandra Manzano  
Jon Resnick  
Cathy Shargay  
Tonson Tong

Please let Jane Crewe know if you're planning to go, and she'll add you to the list!

## ***Cheryl Foody's Awesome Performance at OC Marathon***

**Submitted By: Leilani Rios, Mike Connors and Jason Blank**

Foody Named USATF Athlete of the Week  
1-08-2008

INDIANAPOLIS - Cheryl Foody of Aliso Viejo, Calif., has been named USA Track & Field's Athlete of the Week after winning the women's race at the fourth annual Avia OC Marathon presented by Nutrilite in Newport Beach, Calif.

Foody crossed the finish line in a course record 2 hours 38 minutes 38 seconds, shattering the previous record of 2:46:04, set last year by Mary Akor and bettered the "A" qualifying standard for the U.S. Olympic Team Trials - Women's Marathon. Foody is one of 19 women to achieve the "A" standard for this year's Trials.

Now in its sixth year, USATF's Athlete of the Week program is designed to recognize outstanding performers at all levels of the sport. USATF names a new honoree each week and features the athlete on the USATF website. Selections are based on top performances and results from the previous week.

From the O.C. Register:

Cheryl Foody of Aliso Viejo won the women's division of the marathon, setting a course record in the process. Foody's time of 2:38:38 bested the old record by close to eight minutes.

Foody ran in the inaugural OC Marathon in 2004 but the 27-year old mother of two said she had been doing little more than light jogging until last September, when she began training for Sunday's race.

"I was hurting a second ago, but I'm on cloud nine now," said Foody, minutes after the race. "There were peaks and valleys but overall, I felt strong and ran at an even pace the whole way."

Foody and Kabiso each earned \$2,500 for their first place finishes. Second and third place finishers earned \$1,500 and \$1,000 respectively.

From Jason Blank:

To put Cheryl's fantastic 2:38:38 in perspective, here are the top 10 marathon times by American women in 2007 according to Track & Field News.

2:35:09..... Deena Kastor (Asics)..4/16..Boston  
2:35:15.....Elva Dryer (Nike)..11/04..New York  
2:35:40.....Mary Akor (TRH)..6/16..Grandma's  
2:36:06..... Deeja Youngquist (NM)..10/06..St. George  
2:36:15.....Kate O'Neill (Nike)..10/07..Chicago  
2:37:14.....Mary Akor.. 3/04..Torreón  
2:38:55..... Ann Alyanak (Oh)..4/16..Boston  
2:38:57..... Kristin Price (adidasR)..4/16..Boston  
2:39:19.....Robyn Friedman (Ia)..11/04..New York  
2:40:14.....Paige Higgins (Co)..10/07..Chicago

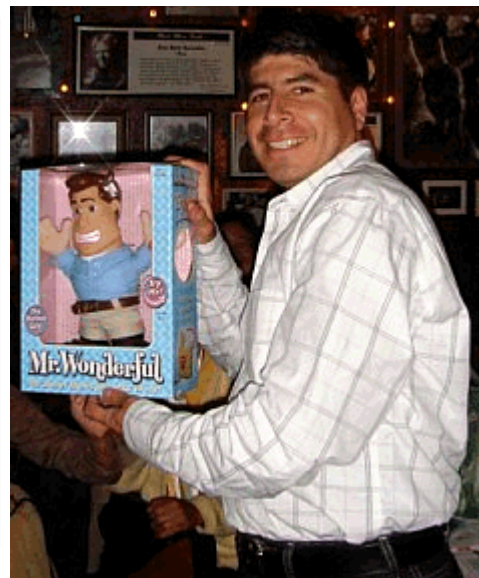


Cheryl's time earned her  
891 points in the SCRR  
Grand Prix!!



## *Photos from the SCRR Holiday Party*

By: Leilani Rios





## ***Photos from the SCRR Holiday Party***

**By: Leilani Rios**



Photo captions on page 8



# 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 82 standings (out of 92 participants so far) for the 2007-2008 series after 7 races are:

Place	Name	Details			Total Points	Races	Best Avg	OC Marathon		So Cal Half	
		Age Group	Sex					Times	Points	Times	Points
1	Brad Wobig	35-39	M		5542	7	813 792	17:09 5k	792	1:17:57 Half	813
2	Ed Coffey	60-64	M		5093	7	763 728	22:17 5k	763	22:21 5k	761
3	Orhan Beker	30-34	M		5053	7	737 722	18:29 5k	730	18:27 5k	732
4	Fred Cowles	40-44	M		4929	6	839 822		0	16:57 5k	839
5	David Schiller	45-49	M		4894	6	841 816	18:49 5k	803		0
6	Tonson Tong	40-44	M		4872	7	783 696	3:48:35 Full	599	1:24:56 Half	746
7	Mike Connors	40-44	M		4677	6	829 780	3:17:54 Full	692	1:17:48 Half	815
8	Jason Blank	30-34	M		4612	6	782 769	17:16 5k	782	17:35 5k	768
9	Dan Garcia	45-49	M		4446	6	775 741	1:34:25 Half	721		0
10	Sherri Ellerby	40-44	F		4304	5	878 861	18:00 5k	878	1:24:51 Half	872
11	Erika Kotteakos	35-39	F		4292	6	722 715	21:51 5k	705		0
12	Bob Morris	55-59	M		4271	5	881 854	18:55 5k	852	18:42 5k	862
13	Rob Harris	45-49	M		4205	6	751 701	1:38:48 Half	689		0
14	Linda Hammond	40-44	F		4161	6	707 694	22:38 5k	698		0
15	Sue Zihlmann	40-44	F		4150	5	853 830	1:30:15 Half	819		0
16	Amy Katz	35-39	F		4122	6	704 687	21:52 5k	704	1:42:21 Half	694
17	Mike Gulan	55-59	M		4098	5	835 820		0	19:18 5k	835
18	Mary Lynch	40-44	F		3798	5	777 760	20:51 5k	758		0
19	Kevin MacDonnell	45-49	M		3793	5	781 759	19:22 5k	781	19:27 5k	777
20	Beiyi Zheng	40-44	F		3621	7	579 517	5:17:28 Full	468	2:28:14 Half	499
21	Ken Atterholt	45-49	M		3548	6	728 591	1:45:59 Half	642	27:08 5k	557
22	Jane Crewe	45-49	F		3540	5	727 708	24:24 5k	693	23:50 5k	710
23	Jim Grant	45-49	M		3485	5	737 697		0	1:32:31 Half	736
24	Mike Friedl	40-44	M		3337	5	711 667		0	20:31 5k	693
25	Jeanie Leitner	60-64	F		3332	4	854 833		0	1:45:14 Half	854
26	Ben Coyle	30-34	M		3139	4	792 785		0		0
27	Leilani Rios	25-29	F		3115	4	796 779		0	18:43 5k	796
28	Cathy Shargay	45-49	F		3053	5	623 611	2:09:24 Half	616	27:08 5k	623
29	Tom Dellner	40-44	M		2988	4	762 747		0	1:25:14 Half	744
30	Sandra Manzano-Straehle	35-39	F		2970	4	763 743	20:11 5k	763		0
31	Sabrina Higashi	30-34	F		2957	4	770 739		0		0
32	Jennifer Walt	40-44	F		2762	4	717 691	1:44:34 Half	707		0
33	Jerry Lin	35-39	M		2649	4	702 662		0	19:21 5k	702
34	Stacey Dippong	25-29	F		2613	4	673 653	22:08 5k	673	1:43:51 Half	660

Place	Name	Details				OC Marathon			So Cal Half	
		Age Group	Sex	Total Points	Races	Best Avg	Times	Points	Times	Points
35	Adam Wallace	35-39	M	2523	4	674 631		0	21:43 5k	625
36	Liza Svoboda	35-39	F	2429	4	652 607		0	27:36 5k	558
37	Danny Stein	30-34	M	2400	3	854 800		0		0
38	Greg Jones	30-34	M	2284	3	786 761		0	1:18:16 Half	786
39	Mike Sellers	25-29	M	2228	3	756 743	17:58 5k	746		0
40	Annette McCall	30-34	F	2170	3	749 723	20:51 5k	731		0
41	Victor Celani	45-49	M	2167	3	761 722		0	1:32:43 Half	734
42	Paula Fell	40-44	F	2159	3	728 720		0		0
43	Jon Resnick	45-49	M	2148	3	742 716		0		0
44	Brent Bohn	40-44	M	2138	3	754 713	1:28:09 Half	719		0
45	David Litvak	40-44	M	2044	3	697 681		0		0
46	Thomas Fung	40-44	M	2037	3	713 679	1:35:21 Half	665		0
47	Greg Hanssen	40-44	M	2031	4	644 508	1:51:00 Half	128	22:04 5k	644
48	Vincent Lowder	40-44	M	1966	3	713 655	1:42:12 Half	620		0
49	Jami Brooks	40-44	F	1923	3	665 641	1:51:13 Half	665		0
50	Brigid Pukszta	40-44	F	1916	4	493 479		0		0
51	Amelia Carchidi	30-34	F	1891	3	678 630		0	1:40:04 Half	678
52	Michael Ewart	50-54	M	1619	2	812 810		0		0
53	Eric Frome	25-29	M	1579	2	791 790		0		0
54	Pete Boisineau	55-59	M	1545	2	787 773		0		0
55	Lucina Lara	35-39	F	1515	2	765 758		0		0
56	Jim Beck	40-44	M	1483	2	744 742		0	1:25:47 Half	739
57	Debbie Taege	30-34	F	1455	2	731 728		0		0
58	Michael Reeves	30-34	M	1425	2	736 713		0		0
59	Jannay Morrison	40-44	F	1358	2	686 679		0		0
60	Jamie Crane	25-29	F	1323	2	663 662		0		0
61	Vicki Niebrzydowski	25-29	F	1290	2	669 645		0		0
62	John Chau	35-39	M	1275	2	641 638		0		0
63	Amata Brooks	80-84	F	1229	2	615 615	47:53 5k	614		0
64	Jennifer Wilkes	25-29	F	1188	2	614 594	1:59:25 Half	574		0
65	Paul Avedian	45-49	M	1171	2	598 586	1:58:43 Half	573		0
66	Robert Michie	45-49	M	1144	2	583 572		0		0
67	Linda Lowder	40-44	F	975	2	548 488		0		0
68	Cheryl Foody	25-29	F	891	1	891 891	2:38:38 Full	891		0
69	Dolly Ginter	40-44	F	832	1	832 832		0		0
70	Leon Laub	50-54	M	829	1	829 829		0		0
71	Jodie Kinney	55-59	F	761	1	761 761		0		0
72	Jerry Jefferson	75-79	M	732	1	732 732		0		0
73	Julie Amster	25-29	F	728	1	728 728		0		0
74	Laura Bullock	30-34	F	712	1	712 712		0		0
75	John Ogai	45-49	M	694	1	694 694		0	21:47 5k	694
76	Susan Liu	30-34	F	682	1	682 682		0		0
77	Karen Winter	45-49	F	679	1	679 679		0		0
78	Michael Langman	35-39	M	671	1	671 671		0		0
79	Molly Donnellan	45-49	F	670	1	670 670		0		0
80	Doug Niles	40-44	M	666	1	666 666		0		0
81	Noreene Matsuda	40-44	F	665	1	665 665		0		0
82	Elizabeth Bailey	25-29	F	658	1	658 658		0		0

## **SATURDAY RUNS**

**(REGULAR START – meet at 7:45 a.m., run at 8:00 unless otherwise noted)**

### **2/9/08, Aliso Creek**

**Time:** Meet at 7:45. Start at 8:00.

**Leader:** Debbie Taege

**Location:** Laguna Hills Community Center

**Directions:** From the 5 Freeway, get off at Alicia Parkway and head south. After you pass Paseo de Valencia, make a right turn into the community center parking lot.

**About the Run:** The run is about a 12-mile out and back on the Aliso Creek Trail bike path and through the Laguna Niguel Regional Park.

**After the Run:** Bruegger's Bagels in the Town Center.

### **2/16/08, Jane's Run**

**Time:** Meet at 7:45. Start at 8:00.

**Leader:** Jane Crewe

**Location:** The Coffee Bean & Tea Leaf at Jeffrey and Alton

**Directions:** From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn into the Gelson's shopping center.

**About the Run:** We'll take the new bike path along the 405 South up through the Shady Canyon trail.

**After the Run:** Various options in the Gelson's shopping center.

### **2/23/08, Hicks Canyon**

**Time:** Meet at 7:45. Start at 8:00.

**Leader:** Stacey Dippong

**Location:** Start at shopping complex at corner of Culver and Irvine Blvd in Northwood (see Directions).

**Directions:** From the 5 Fwy, exit Culver and head north toward the mountains. Pass Bryan. Make Left on Irvine Blvd and immediately make a right into the shopping complex. Turn left and park between the Jack in the Box and the Champagne French Bakery (the bakery sign is not well marked).

**About the Run:** 3.5 to 12 miles with options to add extra miles. We'll run slightly uphill along the Hicks Canyon paved bike+dirt trail to Portola (1.75mi) and into Peter's Canyon.

**After the Run:** Champagne Bakery. Now we're taking tasty food.

## **Holiday Party Photo Captions**

Page 4: Top from left, Molly Donnellan and Danny Stein, Our Coaches; and Cisco Rubalcava  
Middle, Linda Hammond, Dolly Ginter, Danny Stein, Tonson Tong, Gary Moon and Mike Connors  
Bottom, Mike Reeves, Lucina Lara, Colleen Jones, Mike Friedl and Sandra Manzano

Page 5: Top from left, Ben Coyle, Cisco Rubalcava and Linda Hammond  
Middle, Paula Fell, Dolly Ginter and Kathleen Curley  
Bottom, Noreene Matsuda, Leilani Rios, Our Party Organizers Extraordinaire; and Sherri Ellerby



## Great Deals From Fellow South Coast Roadrunners...

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

Bob & Jodie Kinney, **Water's Restaurant**  
(949) 733-9503, Fax: (949) 733-0147  
[www.watersrestaurant.com](http://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](mailto:richard.reimers@agedwards.com)  
26351 Junipero Serra Road, Suite 101,  
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[socaltaxman@cox.net](mailto:socaltaxman@cox.net)  
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Running, hiking, and cycling tours

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800 South Grand Ave., Santa Ana  
"10% discount for SCRR members"

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Cheryl's cell: 714-325-3257, [luckybauer@yahoo.com](mailto:luckybauer@yahoo.com)  
"We will pay ½ the escrow fees for South Coast  
Roadrunner clients" [www.jpalamo.com](http://www.jpalamo.com)

MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**  
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[mark@search4integrity.com](mailto:mark@search4integrity.com)  
[www.search4integrity.com](http://www.search4integrity.com)  
""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](mailto:Cshargay@cox.net).

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

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

# SCRR CLUB CALENDAR



Club Events in bold font

Check [www.raceplace.com](http://www.raceplace.com) or [www.active.com](http://www.active.com) for event registration info

<b>FEBRUARY</b>	
<b>SAT, 2<sup>nd</sup></b>	Twin Peaks 50/50, 50K and 50 mi, Modjeska Canyon, Wildlife Sanctuary
<b>SUN, 3<sup>rd</sup></b>	<b>Surf City USA, M, 1/2M and 5K, Huntington Beach</b>
<b>THU 7<sup>th</sup></b>	<b>Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm</b>
<b>SAT, 9<sup>th</sup></b>	Buffalo Run 1/2M, Avalon, Catalina
<b>SAT, 9<sup>th</sup></b>	Winter Trail Run Series, 15K, Blue Jay Campground off Ortega Highway
<b>SAT, 23<sup>rd</sup></b>	Winter Trail Run Series, 18K, Blue Jay Campground off Ortega Highway
<b>SUN, 24<sup>th</sup></b>	Brea Classic 8K, Brea
<b>MARCH</b>	
<b>SUN, 2<sup>nd</sup></b>	Los Angeles Marathon
<b>THU 6<sup>th</sup></b>	<b>Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm</b>
<b>SAT, 8<sup>th</sup></b>	<b>Club Race – At Back Bay – Details to come</b>
<b>SAT, 8<sup>th</sup></b>	Winter Trail Run Series, 21K, Blue Jay Campground off Ortega Highway
<b>SAT, 8<sup>th</sup></b>	Solvang Century
<b>SUN, 30<sup>th</sup></b>	Spirit Run, 5K, 10K, Fashion Island, Newport Beach
<b>APRIL</b>	
<b>THU, 3<sup>rd</sup></b>	<b>Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm</b>
<b>SAT, 5<sup>th</sup></b>	Santa Anita Derby Day, 5K
<b>SUN, 6<sup>th</sup></b>	<b>Carlsbad 5000</b>
<b>SUN, 13<sup>th</sup></b>	<b>Wine Country Half Marathon/5K, Paso Robles</b>
<b>MON, 21<sup>st</sup></b>	Boston Marathon
<b>MAY</b>	
<b>THURS, 5/1</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SUN, 5/4</b>	Reaching for the Cure 10K – Irvine Spectrum, <a href="http://www.pcrf-kids.com">www.pcrf-kids.com</a>
<b>SAT, 5/24</b>	Mount Wilson Trail Race, 8.6 miles – Sierra Madre, CA
<b>MON, 5/26</b>	Saddleback Memorial ½ Marathon and 5K, Laguna Hills

## **2007-2008 SCRR CLUB OFFICERS:**

President: Jon Resnick  
 Vice-President: Amelia Carchidi  
 Treasurer: Sue Zihlmann  
 Secretaries: Jannay Morrison/Tonson Tong  
 RRCA Liaison: Jannay Morrison  
 Webmaster: Mike Reeves  
 Social Chairs: Noreene Matsuda/Leilani Rios

## **2007-2008 COMMITTEE CHAIRPERSONS:**

Newsletter: Cathy Shargay  
 Weekend Runs: Amelia Carchidi  
 Grand Prix: Mike Friedl  
 Database Manager: David 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](http://www.roadrunners.org).

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

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

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