

ON THE RUN



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

Orange County, California
January 2008 Issue

Runner of the Month – Linda Hammond

By: Amy Katz

Linda Hammond has been a very active member of South Coast Road Runner since joining the club a few years ago. I've been lucky to have spent many a Saturday morning running with Linda and getting to know all about her. We also participated in the Race for the Cure together, and I learned what a fantastic fundraiser she is. While everyone knows her as the unofficial club photographer who rarely misses a club race or social event, you may not know how she became involved with running or what she does the rest of the day. I asked Linda to share a little bit about herself with the club.

I ran cross country and track in high school, but never was a “fast” runner. I enjoyed being on the team, cheering for my teammates and TAKING PICTURES! After high school I pretty much stopped running. Well a few years ago my brother turned 50 and announced that he was going to run the LA Marathon. I thought, hey wait a minute, I'm the “runner” in this family! I starting running ten minutes, then fifteen, eventually I was up to five miles. I attended my first club meeting in summer 2005 and was completely sold on the club when I found out that the club had uniforms! The next week I came out to the run and someone said something like “oh just run to Sand Canyon or the bridge and back”. I had no idea what they were talking about. Well, each week I came back. Initially I was always in the back by myself, but eventually I was able to keep up and run with Ravi, Amelia, Amy, Jane and others. Well I did too much too fast and got injured and was not able to run pretty much all fall season. Finally by the winter I was able to run again, once again running ten minutes, then fifteen.... With my marathon dream still in my head, Molly suggested that I first try a half marathon. She put together a workout for me and I ran Pacific Shoreline Half Marathon in February 2006.



I was so inspired by all the stories of the club member's running accomplishments but two runners really inspired me. When I heard the stories about Jane qualifying for the Toyota international race and Amy qualifying for the Boston Marathon I was motivated to train hard and see my potential. I heard about Danny's training group and decided to join and train for the San Diego Rock n Roll Marathon. The workouts were based on your predicted finishing time. Since I had never run a marathon I had no idea what my predicted finishing time was, so I just had to go with the

slowest time listed on Danny's marathon training plan, 4:00. The track workouts were very hard for me, and I usually could not complete the entire workout. However, I really felt that I was improving and getting stronger. When some people learned that I had been only running about six months, was doing Danny's workouts and wanted to run a four hour marathon, the naysayers said, “don't do Danny's workouts you will get hurt”, “don't run your first marathon for time, just go out and run”. Well by that time I was well into my training and the marathon was right around the corner. Danny always gave me positive feedback on my training, so I had no reason to believe that I had unrealistic goals. I ran the race in 4:02:05 and was thrilled and ready to train for my next marathon with the goal of simply breaking four hours. That season I did hill workouts and then my favorite, the track workouts. Once again, and especially on the track workouts, I was just out there by myself at my own pace, but that season I was able to complete the workouts and really hit my splits. I recall once when I sent Danny my spreadsheet, he was concerned that I hadn't done any other races leading up to the marathon. But he was impressed with my track splits and was confident that I would easily have my sub-four hour marathon. Pacific Shoreline 2007 Marathon was great. I ending up with almost a 14 minute PR and best of all I qualified for the Boston Marathon!

Runner of the Month – Linda Hammond (con't)

By: Amy Katz



I decided to take a break from marathons until Boston in April 2008, and focus on a season of 5K training. My first road race was Corona Del Mar 5K, the last club race of the season. During the race I was waving to the crowd and encouraging other runners and ended up running 23:38. Danny won that race and I remember thinking to myself later, I am sure that Danny wasn't waving and chatting with other runners while he was running the race. I told him that my goals for the

upcoming season were to break 23:00 and have a 700 point Grand Prix race. I accomplished both goals the next month at the Woodbridge 5K running 22:30 and getting a 702 point Grand Prix score. I was able to get in a few more PRs before I was sidelined with severe shin splints. I am finally back, running ten minutes, then fifteen...

When not running, or thinking about running, I actually have a job. I have a Master's from UC Berkeley in Molecular and Cell Biology and a PhD in Nutritional Biochemistry from UNC Chapel Hill and am currently a postdoctoral fellow in the Department of Molecular Biology and Biochemistry at UC Irvine. In my research I am examining the transcriptional regulation of genes involved in lipid (fat) metabolism. My boss once asked if I think about experiments when I run. No, when I run I am thinking about running! Other than work I am very active with my church and do public service every month with my sorority.

I love running and feel that every PR is my own gold medal. My favorite things about South Coast Roadrunners have been Danny's training program and getting PRs, running advice and encouragement from club members, the Grand Prix, and reading the race reports on Mondays. My current running goal is just to get healthy and strong for Boston. When I met Ryan Hall, with his autograph he wrote Isaiah 40:31; that verse has always inspired me. Best wishes to all in the New Year.

Winter Trail Run Series

***Fun Races on Beautiful, Magic Trails
SCRR often has group carpools***

Jan. 26th – 12K

Feb. 9th – 15K

Feb. 23rd – 18K

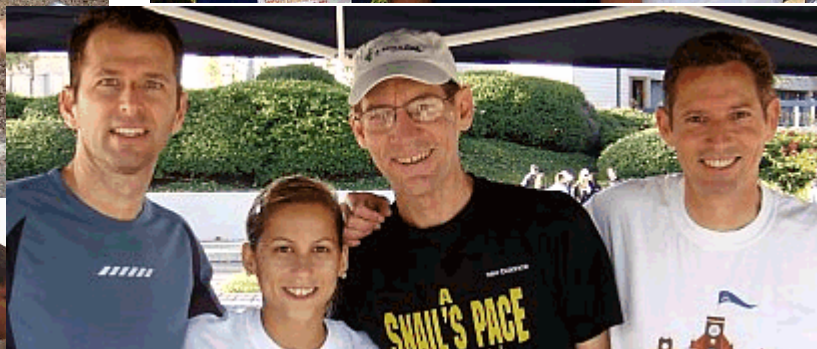
Mar. 8th – 21K

Blue Jay Campground off Ortega Highway

www.BigBazTrailRaces.com/wtrs.html

Photos from So. Cal 1/2 Marathon and 5K

By: Leilani Rios



Top Row: Group shot.

Middle row: Tonson Tong, Brad Wobig, Greg Hanssen, Ken Atterholt and Jane Crewe.

Bottom Row: Greg Jones and his girls, Mike Friedl, Leilani Rios, Bob Morris and Kevin MacDonnell, Mike Connors, Fred Cowles and Leilani.

Annual SCRR Post-Holiday Party

01/21/08



Time: 5:30 pm sharp

Organizer: Noreene Matsuda

Location: Buca Di Beppo

Directions: From the 5 freeway southbound: Exit Jamboree and turn left. From the 5 freeway northbound: Exit Jamboree and turn right. Pass Bryan Ave. Restaurant is on the right.

We have a banquet room to accommodate 150 people.

This is the holiday party that shouldn't be missed.
See you there!

Menu: Salad, Garlic Bread, Two Entrees: Chicken and a Pasta Entrée, Dessert, Coffee, Soda.
Full Bar available (alcoholic beverages not included with price of dinner)

Price: \$30 per person. Includes food, tax and gratuity. Make checks payable to SCRR.

Attire: Nice Casual

White Elephant Gift Exchange: If you would like to participate, bring a wrapped gift worth around \$20. The gift exchange is optional, but this is what makes it fun!

RSVP: Payment in advance is required! Reserve your spot by giving your money to Noreene, Leilani, Jon R., Amelia, or Tonson by Thursday January 17, 2008 (club run).

Questions: Please contact [Noreene](#) or [Leilani](#)

SCRR End of Year Survey Results

By: David Schiller

Below is a summary of the ratings and comments from 63 survey responses. I'll start with the general comments about what people like most and least about the club, which will be followed by the responses and comments from the 13 questions on the survey. I'm going to limit the length of this article by not including every single comment I received. However, I will make all the comments available as an attachment to our general discussion board.

Things I like most about the club:

No surprise that an overwhelming majority of people cited the people as the best thing about the South Coast Roadrunners. Our training programs were also frequently mentioned, but clearly the best thing about our club is that our members are friendly and supportive. I received a lot of excellent comments, but one of the ones I like the most read "It is a fun and supportive environment full of interesting and motivated people. It's motivating, renewing and exciting to have people to share accomplishments with, to commiserate with when injured and to pick us up when we are down. Much like family."

Things I would most like to change about the club:

Although the survey results were generally quite positive, there is room for improvement. More support and training for slower runners was requested by several members. Also, we need to do a better job at helping people find others who are going to run around their pace. On our Monday/Thursday runs, we often take off with the people we are used to running with while some of our newer members are left to run alone. On what might be a related note, some people perceive the club as somewhat cliquey. No doubt people get used to running with a handful of people at their pace, and perhaps this forms what are perceived as little cliques. I know lots of people try to reach out and include other members (cited as one of our strengths), but perhaps we need to make more effort here (I don't think our club members are generally shy, right?). Sitting with different people at pizza every now and then would probably help, too. Also, our meetings are often too long. Some suggested limiting them to no more than 30 minutes. Although officers were credited with doing a good job, they shouldn't forget that this is a social club and not a business (i.e., lighten up a bit). Don't forget to thank volunteers and other officers, and give them some leeway in how they do their job. Other suggestions I received are listed in the specific categories below.

Rate the following 1-5 (1 strongly disagree, 2 disagree, 3 don't feel one way or the other, 4 agree, 5 strongly agree):

1. I look forward to running with the club on Thursdays. There is usually someone to run with at my pace.
 - a. Average Rating (1-5): 4.3
 - b. Comments: People definitely look forward to Thursday runs, and most people have found people to run with. As mentioned above, however, we need to do a better job at finding running partners for newer members.
2. I look forward to running with the club on Mondays. There is usually someone to run with at my pace.
 - a. Average Rating (1-5): 3.4
 - b. Comments: No surprise here. We have a much smaller turnout on Monday nights mainly because people prefer to either take Monday off or do their own thing on Monday. See #3 below for other comments on Monday runs.
3. I would prefer that the Monday runs start from (specify a, b or c):
 - a. Heritage Park: 40%
 - b. Peter's Canyon: 57% (especially during Daylight Savings time, like we did in 2007)
 - c. Other (please specify): 3%

(Continued on Page 7)

SCRR End of Year Survey Results (con't)

By: David Schiller

Comments: The majority of people liked what we did in 2007 (Heritage Park when it got dark early, Peter's Canyon during Daylight Savings time). There were a handful of people who wanted to mix up the run location even more, but this is probably not practical.

4. I like the variety of Saturday runs in terms of location, distance options, and type (trail vs. road). If you disagree, please specify in comments what you'd like to be done differently.
 - a. Average Rating (1-5): 4.4
 - b. Comments: Most people liked the current variety of Saturday runs, but lots of people suggested having more trail runs. As someone who organized the Saturday runs for a couple of years, all I can say is PLEASE VOLUNTEER TO LEAD A SATURDAY RUN. This is the best way to influence the location and type of run we do, and our Saturday run coordinator (Amelia Carchidi, aec262@yahoo.com) is always looking for volunteers. We can give you a list of the runs we've done in the past, but we are always looking for new ones!
5. I would be interested in doing some Sunday club runs on trails.
 - a. Average Rating (1-5): 3.5
 - b. Comments: We definitely have quite a few members who like to run trails, but the responses and comments on this one were lukewarm at best. One idea was to try this once a month (e.g., the first Sunday following our club meeting) and see if we can spawn more interest.
6. The training program caters to a variety of race distance and pace goals.
 - a. Average Rating (1-5): 4.2
 - b. Comments: As I expected, I was overwhelmed with enthusiastic compliments on our training program and our training leaders, Danny and Molly. Everyone is clearly very appreciative of the enormous amount of time, energy, and excellent advice Danny has put in to the workout schedules. The only recommendation for change I received (from quite a few people) is that we should provide more training and support for slower runners.
7. The Yahoo discussion boards provide a useful source of info to club members.
 - a. Average Rating (1-5): 3.8
 - b. Comments: A lot of useful information on this discussion board is diluted by chit chat. People click on "Reply" to a message too frequently rather than sending a personal e-mail. People don't realize that "Reply" sends their message to everyone who subscribes to that discussion board with the "Individual Email" option (which is the default) for Message Delivery. Instead of clicking "Reply," people should more frequently click on the "Send Email" link on the right side of the message to send a personal e-mail. To change your Message Delivery option for a discussion board so that you view messages via the web only rather than e-mail, from the discussion board click on "Edit Membership" next to your name at the top of the page. Then under "Step 2. Message Delivery" select the last option "Web Only".

Lots of people didn't realize we have Yahoo discussion boards. We have two. They are "southcoastroadrunners" (General) and "scrtraining" (Training) and there are links to them near the bottom of our web site home page, www.roadrunners.org (see last bullet of "What Makes SCRR Special").

8. The club website (www.roadrunners.org) is well organized and has a lot of useful info.

- a. Average Rating (1-5): 4.5
 - b. Comments: Not only did this get the highest rating of all our questions, but most people also added a comment that Mike Reeves did an excellent job redesigning our web site. The only reason that this question didn't score a near perfect 5 is that there were some people who haven't checked it out, so they responded with a 3.
9. The club should have more frequent parties.
- a. Average Rating (1-5): 3.2
 - b. Comments: Although we do have fun parties, the great majority of people commented that we have about the right number of parties. Yes, some wanted even more and some wanted less, but one comment that summed it up is that we take away from the near-quarterly parties we have by adding more: "I think it would be good to continue to have some type of gathering after a run or race, but the club needs to avoid having so many parties that they become ordinary. It is better that we look forward to the parties we have."
10. It is a good idea for the club to use funds to pay for pizza/salad once a month after our club meeting.
- a. Average Rating (1-5): 4.3
 - b. Comments: Nearly everyone responded that once a month is just right. However, many people are understandably upset that some people skip the meeting and just show up for the free pizza.
11. The club should have more frequent marathon road trips.
- a. Average Rating (1-5): 3.4
 - b. Comments: I received a lot of comments on this one. Lots of people thought it would be fun to have more than one road trip (besides Paso Robles), but this received a low score because it takes a lot of work to organize such a trip, and it is difficult to sign up enough people to fill up a bus.
12. The club runs motivate me to improve my race times and/or expand my race distance goals.
- a. Average Rating (1-5): 4.3
 - b. Comments: I asked this question because I was curious how many people joined and/or like the club simply to make friends and running partners (a good reason!) versus to improve their running performance. The answers and comments from the survey indicate that the club is doing a good job at all of the above.
13. I am willing to volunteer to assist with the suggestions/changes that I have made in this survey.
- a. Average Rating (1-5): 3.8
 - b. Comments: We threw this question in the survey not to collect a list of names for us to contact whenever we need a volunteer (although that is tempting), but rather to remind people that this is OUR club. We really appreciate your suggestions, but the officers give a lot of their time, and they would really appreciate it if people also volunteered to help implement these great suggestions. So PLEASE, if you'd like some more Saturday trail runs, contact Amelia and lead one; introduce yourself to some newer club members; share some training tips (Danny and Molly don't mind!); run with someone new; or submit a newsletter article.

Thanks for submitting your survey and for reading the results. On a personal note, thanks to everyone for the past 10+ years I've been running with the club. It has been a great part of my life.

Death Valley Marathon

By: Erica Kotteakos

My marathon road trip started on one of the rainiest days we've had in a long time. My husband Bill and I headed out on Friday at lunchtime to drive to Death Valley. The race is on a Saturday. After about six hours of constant rain, it finally let up about an hour from our destination, only to give way to gusty winds. As we drove along the pitch black highway, I began to dread the next morning's race and having to run 26 miles in wind and/or rain. I had checked the weather Thursday night as I packed my bags for the trip. Clear, light winds, lows in the mid 30's, highs in the mid 50's. Seems the storm caught everyone by surprise.



I had been training for this race with the hopes of running a Boston-qualifying time of at least 3:45. If I had a good race, 3:30 was a possibility, but only if the weather cooperated.

After a restful night's sleep, I was relieved when I peeked outside the window. No rain and a slight breeze. The race start time was at 8:00 a.m. No expo the day before. Runners just have to pick up their bibs on race morning and then line up. And don't worry if you're running late. The race doesn't start until everyone has their number and is ready to go. 8:20, and we were off.

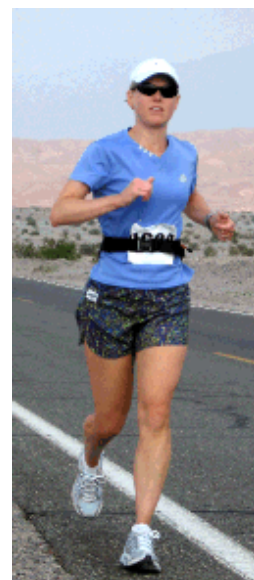
This event offers distances for everyone: A full marathon, half marathon, and 10K, each an out-and-back. The first three miles are a little hilly, then mostly flat, and of course hilly again for the last three miles. The total elevation gain for the full marathon is 500 feet. I was hoping to run with Greg Hanssen, who was doing the half marathon. As it turns out, they start each race distance separately. Good thing, since they don't close the road to traffic and there is only a narrow shoulder on which to run.

As I approached the turnaround, I was on pace for a 3:30 finish time and was feeling really relaxed and confident. That is until I made the U-turn and suddenly felt a pretty strong head wind! Panic set in. That explains why I was feeling so comfortable: The wind was at my back. Luckily I had some time in the bank. If I ran smart, I could probably still finish under 3:45. I wasn't looking forward to the next 13 miles.

Thankfully, the wind died down a couple miles after the turnaround and I found myself getting back on track with each passing mile. The scenery along the course was vast and open and seemed almost unchanging. With few landmarks along the road and a lack of spectators, it was hard to get a sense of motion. I looked forward to each mile marker as confirmation that I was actually getting somewhere.

Bill surprised me at about Mile 17 or so. I didn't expect to see him till I reached the finish. He was planning on flying his remote control helicopter while I was running. Since it was a little too breezy for flying, he decided to drive along the course and cheer me on. I was so happy to see him every couple of miles as I made my way toward the finish. His encouragement really helped me through the last few miserable miles as I was struggling with some cramps in my calf.

I felt relief as I crossed the finish line with a Boston-qualifying time of 3:29. Mission accomplished. Greg also had a great race, and, no surprise, added to his recent string of PR's. I'd love to do this race again. Perhaps the half marathon. Its simplicity made for an enjoyable and memorable marathon experience.



Why California International Marathon (CIM)?

By: Tonson Tong

After a disappointing performance in Chicago Marathon 2007 (let's blame the unpredictable heat wave), I started debating whether I should run another one by the end of 2007. The reasons for doing another one by 12-31-2007 were as simple as follows:

1. Tried once again to renew my soon-to-be expired "annual membership" of the **Sub-3 Club** (Plan B)
2. Tried to prove that I still had the potential to PR (Plan A) which of course would renew my "annual membership" of the **Sub-3 Club**
3. To meet more new friends



With a little bit more than two and a half months before the end of 2007 and other circumstances, there were not a whole lot of marathons available for me to choose. After studying the pros and cons (marathon course profile, weather, cost of the whole trip, number of participants, and...) among all potential candidates (CIM, Las Vegas, Tucson and others in the mid-West), I decided to pick the one taking place in the State Capitol of California, Sacramento. In other words, CIM was my choice.

Unlike most marathon participants from Southern California, I flew to Sacramento Friday morning. By doing so, I was able to let my body get used to the "cold" weather there. In addition to that, I could take this opportunity to do some sight-seeing as well.

I woke up early in the race day morning (around 3:30am), went to a nearby 24-hour restaurant to order my favorite Grand Slam breakfast (scramble eggs, sausage, hash brown, toasts with butter but NO bacon) to go as usual. Once I finished enjoying my favorite tasty breakfast in my hotel room, taking a shower to relax my body (especially my joints) was my next step of race morning preparation. After checking all my running gear, I knew it's time for me to head-out.

I arrived at the race headquarter (the Sheraton) around 5:30am. I stayed in the hotel lobby, chatted with other runners as usual during the next 15 minutes. The next thing was to get a coffee and a banana in the hotel lobby before waiting in line to get into the shuttle bus.

As soon as I arrived at the start, I was able to put all my running gear on, finished my final stretch/warm-up 15 minutes before the race started. Things went very smooth. Taking my last available pack of fuel (Clif Shot) was my final step of marathon preparation before heading to the starting area and meeting the 3:00 pacer.

The race finally started which marked the beginning of our 26.2 miles journey. It took me approx. 10 seconds to get to the official starting line (not bad). My first two miles split were 6:50 and 6:46 respectively. I was right on-time. With a very mild head wind and some rolling hills (mostly downhill), I felt a lot more relax than expected during the next few miles.

After mile 6, I asked myself whether I should stay with the 3:00 pacer or not. After taking some serious thought and the course profile (slightly downhill during the first half, mostly flat with some uphill during the second half) into consideration, I decided not to stay with the pacer. Being a positive-split marathoner who had a goal to pursue plan A, I believed that's one of the best decisions I had ever made.

The next 7 miles were as smooth as it should be. I was glad that I wore two layers (a long sleeve cool-max shirt with a tank top inside) of insulation on top, a regular running shorts (instead of my favorite short shorts), head-band and gloves. With the insulation given by my running outfits, I was able to keep my body warm enough to optimize my running performance. Even though the head wind started picking-up and got chilly, it didn't bother me at all. I crossed the half way point at approx. 1:28:30.

In order to finish the marathon with a PR (under 2:58:59), I had to run no slower than 6:53 pace for the next 13.1 miles. Instead of slowing down to 6:53 pace, I decided to maintain at approx. 6:48 pace for a few more miles as I knew I would

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Why California International Marathon (CIM)? (con't)

By: Tonson Tong

slow down dramatically during the upcoming rolling uphill. I was glad I made the right decision as I did redeem quite a bit from my bank at mile 17 and mile 19 as a result of the uphill and strong head wind. I finished the first 20 miles (the wall) at approx. 2 hours and 14 minutes.

With 6.2 miles (or 10 km) to go, I knew I just need to maintain at 7:10 pace and I would finish with a PR. Since I had done all the preparations for this marathon, I really didn't want to take any risk. As a result, I decided to slow down to an average 7:05 pace for the rest of the race. And I was able to finish mile 21 and mile 22 smoothly as I was planning for.

After mile 22, I started having problem. My legs started feeling the tendency to cramp, a bad sign. Fortunately, I was able to get through by changing my stride. However, the price I had to pay was a slower pace. And I believed I slowed down to 7:40 pace at that point. With a little bit more than 3 miles to go and some upcoming rolling hills which did more harm than good to me, I decided to be realistic by revising my goal from plan A (PR) to plan B (anything under 3 hours).

The strong head wind started blowing towards my face not too long after I passed the 23-mile mark. It made the last 2+ miles even more challenging. I was struggling to maintain my pace. There were a few occasions that I was going to give-up. In order to keep myself from slowing down any further, I kept telling myself "I can do it, I can do it..." I even faked smiling to keep myself in good spirits.

By the time I saw the 26-mile mark from approx. half a mile away, my body suddenly felt fully recharged. I was able to regain my momentum and pick-up the pace. I was running at 6:20 pace at that point. When I made the last left turn towards the finishing line (approx. 110 yards away), I saw the official clock indicating 2:58:40. I knew a PR was within my reach. I took my time to take off my sunglass, head-band, and gloves and be ready to get some good finishing photos. I finished my 66th marathon in 2:58:55 (chip time 2:58:44).

Unlike other major marathons I ran early this year, there was no beer at the finish. It didn't really matter anyway as I started feeling cold not too long after I finished. I was better off enjoying my time chatting with other new friends after the race.

SCRR Elvis'es in the Orange County Register

Submitted By: Cindy DeMarco



A Register article by David Whiting about the history of the running Elvis'es (in the Nov. 28th issue), reported "**Guess where the Elvis running craze began? The O.C.!**" The article was sparked by the reports that some 200 Elvises were predicted to run in the Las Vegas marathon.

Jeff Padilla and John Weiland provided the Elvis history, and mentioned SCRR. The quote from the article was "it was some 16 years ago when a group of South Coast Roadrunners gave birth to the phenomenon known officially as the running "Elvi".

A photo was included with the caption: GOOD FORM:

Elvis marathon runners (front to back) Jeff Coleman, Oceanside, John Weiland, Lake Forest, Jeff Padilla, Costa Mesa, and Randy Thiele, Rancho Santa Margarita at a 1994 run in Ventura.

SATURDAY RUNS

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

1/5/08, Corner Bakery

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

Leader: Amelia Carchidi

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

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

About the Run: Run as long or as short as you like on the bike path. This is a good warmup for the OC Marathon races the next day. Also the perfect place for bikes, roller blades and baby joggers!

After the Run: Corner Bakery.

1/12/08, Back Bay Classic

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

Leader: Amelia Carchidi

Location: Corner of Eastbluff and Back Bay Drive.

Directions: Take Jamboree Exit off the 405—head West; go about 2 miles; Right on Eastbluff; go .2 miles—park on the right; we begin running at Back Bay Drive.

About the Run: The “standard” loop is 10.5 miles. You can extend the run along the bike path or shorten the run by making it out and back as far as you like. Water is available at several points along the way (~miles 3.5, 5, 7 along the “standard” loop).

After the Run: Starbucks on Bristol and Jamboree.

1/19/08, Aliso Creek Trail – Northeast End

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

Leader: Amelia Carchidi

Location: Meet at L.A. Fitness at the corner of Portola and El Toro Road in Lake Forest.

Directions: Take the El Toro exit off the 5 and head toward the hills. Portola is about 5-6 miles up.

About the Run: The run is an out and back along the bike path heading South toward the ocean or North toward the mountains. Go as far or as long as you like. This is a good pre-race run for those running the Carlsbad Marathon or Half Marathon.

After the Run: Coffee shop in the same shopping center.

1/26/08, Crazy Mike Run

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

Leader: Mike Reeves

Location: 1799 Newport Boulevard, Newport Beach (Mike's house)

Directions: Mapquest the address listed.

About the Run: Mike will be leading a course of about 8-10 miles starting and ending at his house.

After the Run: Side Street Café.

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
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"
(714) 838-3587, Fax: (714) 838-2256
socaltaxman@cox.net
52 Lakepines, Irvine

Dr. Pamela Galambos, DC, BS, **Chiropractor**
Fountain Valley Chiropractic
18430 S. Brookhurst St., Suite 103, Fountain Valley
(714) 963-7432
"Your health is our priority"

Jonathan Resnick, CPA, **Tax services for businesses**
2192 Dupont Drive, Suite 208, Irvine
949-250-0852 949-752-0153 Fax
www.JResnickcpa.com
e-mail: Jon@JResnickcpa.com
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Direct and Party-based Sales
Custom Kitchens, Girls' Night Out, Healthy Entertaining
And Mom and Me Parties Available
949-419-6889 or www.my.tupperware.com/colleencjones

Sue Rudolph, **Amazing Running Tours**
Specialist in Marathon Tours Worldwide
(714) 963-5281 (800) 707-0005
www.amazingrunningtours.com
www.amazingadventuretours.com
info@amazingtravel.com
Running, hiking, and cycling tours

Steve Lowe, **Swedish Asian Autoservice**
Independent Volvo, Toyota & Nissan
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Reminders

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

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at 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 or www.active.com for event registration info

JANUARY	
THU 3rd	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SUN, 6th	OC Marathon, 1/2 M and 5K, Irvine
SAT, 12th	Run with the Buffalos, 50 miles, Avalon, Catalina
SUN, 13th	Disneyworld Marathon, Orlando, FL
SUN, 20th	Carlsbad Marathon, 1/2M
MON, 21st	SCRR Holiday Party, Details on web site soon
SAT, 26th	Winter Trail Run Series, 12K, Blue Jay Campground off Ortega Highway
FEBRUARY	
SAT, 2nd	Twin Peaks 50/50, 50K and 50 mi, Modjeska Canyon, Wildlife Sanctuary
SUN, 3rd	Surf City USA, M, 1/2M and 5K, Huntington Beach
THU 7th	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 9th	Buffalo Run 1/2M, Avalon, Catalina
SAT, 9th	Winter Trail Run Series, 15K, Blue Jay Campground off Ortega Highway
SAT, 23rd	Winter Trail Run Series, 18K, Blue Jay Campground off Ortega Highway
SUN, 24th	Brea Classic 8K, Brea
MARCH	
SUN, 2nd	Los Angeles Marathon
THU 6rd	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 8th	Club Race – At Back Bay – Details to come
SAT, 8th	Winter Trail Run Series, 21K, Blue Jay Campground off Ortega Highway
SAT, 8th	Solvang Century
SUN, 30th	Spirit Run, 5K, 10K, Fashion Island, Newport Beach
APRIL	
THU, 3rd	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 5th	Santa Anita Derby Day, 5K
SUN, 6th	Carlsbad 5000
SUN, 13th	Wine Country Half Marathon/5K, Paso Robles – Club Road Trip
MON, 21st	Boston Marathon

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

CLUB INFORMATION

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

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

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

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