

ON THE RUN



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

Orange County, California
December 2008 Issue

Runner of the Month – Liza Svoboda

By: Amy Katz

Congratulations to Runner of the Month Liza Svoboda! She recently ran her first marathon and is a very active member of the club. Most people know Liza as being one of the friendliest and outgoing members of SCRR. I asked Liza to share a little about herself with the club.



How long have you been a runner? I've been running for a little over 10 years but it was very casual and a combination of mostly treadmill with some outside running in the summer months and longer days. I was still spending a lot more time in the gym up until I joined SCRR about 2 years ago because of a heavy travel schedule for work and being in hotels all the time. But ever since I joined, I got completely hooked and I only get into the gym about once a week now. For the rest of my work outs, I'm outside running because I love it so much. I also feel so much better and physically stronger with outdoor running compared to being in the gym for so many years, so now it's become addicting.

Did you run when you were in school? No, I actually swam in high school but it was just to be with friends and have fun. I wasn't really competitive with sports in school but loved athletics in general and always wanted to be outside and active. I started running later because I thought it was a hard sport at first (if you've never run before, even a mile is hard!) and wanted to break into that place where I could comfortably run 5 miles on a regular basis. And once it became routine, I already knew that one day I'd want to do a marathon. So this year, I finally got to check that one off. ☺

3:51 is an impressive time for your very first marathon. How did you train for it, and do you think you'll run another one? Thanks! I followed an 18 week countdown marathon training guide because it had long runs set on Sundays and one cross-training day which was a perfect fit for what I wanted to do. I showed it to

Molly and Amelia because I knew it needed some adjusting, but once I got that tailored to what I thought I could do, I pretty much followed it exactly. I ran 5 days a week plus one day at the gym to cross-train. I didn't really focus on my times or do any track workouts because I just wanted to get in the distance.

Yes, I will definitely do more marathons and right now I'm hoping to do Chicago next year since it's a fall race and that's my favorite time to train for. After talking to Molly about my Long Beach marathon, I found out I was only 6 minutes away from qualifying for Boston so I actually have both Chicago and Boston on my mind.

What do you do when you're not running? I'm heavily involved in my career because I love what I do and am honestly motivated to go in to work everyday. I work in the Pharmaceutical industry in Research & Development managing clinical trials and have been part of incredible research and seeing people's lives improve while bringing new medicine to market. The industry



Runner of the Month – Liza Svoboda (Con't)

By: Amy Katz

is very demanding so I always have to drop everything to meet timelines and carry out the projects. One of the reasons I waited so long to do my marathon is because I couldn't commit to the time I thought I needed to train. The studies move very fast and my schedule and personal activities are pretty much determined by the current studies I'm working on. If I'm lucky, I won't have to travel and can stick to a 40-45 hour work week.

But of course career can't be everything, so as far other areas I spend my time, it's usually a combination of being with friends, outdoors, weekend trips, water skiing, yoga, networking, movies, books etc. All the usual stuff when we need some brainless time.

What do you like best about being a member of SCRR? Well, of course I have to say what everyone already knows and that's how great the people are and the extra support you get! But I also love that being in a group like SCRR allows you to be a part of everyone's accomplishments and that inspires me to keep setting new goals for myself. And before you know it, you're doing more than you thought you could but having a great time more than anything. That's an awesome way to get through some of the hard work it takes to reach a personal goal.

Pheidippides Footsteps – Athens Marathon

By: Greg Hanssen

Kalimera (good morning) from Athens, Greece! This morning I ran the Athens Classic Marathon 42.195 km from the town of Marathon to the Panathanaiko original Olympic (1896) stadium in Athens. Near the start, a 2 mile detour around the Marathon battle memorial was added to make it 42.195 km/26.2 mi (special thanks to the Brits in 1908 for the extra distance). The race was extremely well organized and had nearly 5000 runners (over 10000 total including the 5k/10k). The weather for the run was perfect... 60 at the start, high 60s at the finish, partly cloudy with a strong tailwind most of the way. This was the 26th running of this event.

The busses took us from finish to start and we hung out at the special marathon start area (Olympic flame and all) until the 9am start. For much of the course, the blue paint line (from the 2004 Olympic marathon) was visible which made anticipating turns that much easier. The first half was more or less flat and among other things, the aid stations (every 2-3k) handed out quart size plastic bottles of water! Chip mats at 5k, 10k, 21.1k and 30k if memory serves. The 2nd half had a gradual but respectable hill in the middle.

My original goal was to beat my horrific (25min pos split) 3:55 from St George, but as I'm considering Tucson in 4 weeks, I decided to try and pay less attention to any goals and just have fun. I had done 8.5 and 6.5 mile runs in Santorini earlier in the week (Awesome!) and I think combined with all the stair climbing or perhaps the ATV riding had managed to reignite my quads and worse yet my lower back pains had returned. Walking through some of the Athens museums yesterday my back was KILLING me! Standing is the worst, sitting, walking - and as it happens, running - aren't so bad....

Anyway back at the marathon I was actually on pace for 3:55 at the 10k and halfway point, and feeling pretty good, all things considered. The hill from 20k to 30k cost me a few minutes though so on the way back down I set my sights on a sub 4. I held a sub 9 pace and was able to sprint the last 0.195 in the stadium to pass a few other runners which was cool. I think my final was 3:58:51, for my 5th straight sub4. As I mentioned, the race was extremely well organized and a pleasure to run. Starting in Marathon and finishing in the stadium were both really cool. At the expo I noticed there were nearly 5x as many men as women running, yet from the USA it seemed like more women than men! I guess Greek women don't run... Anyway, I had a blast and was pleased to finish under 4. If you're considering this race, wait till 2010 when they'll be having a huge event marking the 2500 year anniversary of Pheidippides run from the battle of Marathon in 490 BC.

Beiyi to Run in Costa Rica Challenge

Excerpted from: The Orange County Register

By FRED SWEGLES, THE ORANGE COUNTY REGISTER

....These four running companions – plus Beiyi Zheng of Irvine – attempt things like this to prepare for what they see as an awesome endurance event in January – The Coastal Challenge, a six-day race through the rain forests of Costa Rica, covering more than 225 kilometers. "We are not uber athletes," Kadell insists, "just ordinary girls who like to run and, more importantly, like challenges."



Well, they're about as normal as other busy Orange Countians who find time to run marathons on weekends and get up well before dawn to train. "My days start at like 4 a.m., just to run," Zheng says.

Kadell, Trujillo and Kass have run together for several years. They are founding members of a group called Friends Run OC, and they met Zheng and Sexton through a trail-running group called the So Cal Trail Headz.

Most of the ladies' long training runs are in the Cleveland, Los Angeles or San Bernardino National Forests, or at Irvine Ranch Conservancy. "We train on tough terrain and are learning to be entirely self-sufficient," Kadell says. "You can also see me heading

down to the San Clemente beach trail at 5 a.m. every day or out on the trails around Forster Highlands and Talega during school hours. I run whenever I can."

All five ladies work through similar busy schedules. But why take on a rain forest? "I'm a biologist, and so the rain forest and all of that is a huge draw to me," Trujillo says. "I've been to Costa Rica before, so I trust the country."

Several of the ladies read how Greg Hardesty of The Orange County Register had done the last Coastal Challenge – January 2008 – through a drier section of Costa Rica. "I read about Greg's blog," Zheng says. "I'm kind of slow; he said it's not about speed, and if you have the endurance ... you can to it! And I thought, OK!"



Congratulations to

Sabrina and Jim Higashi

on the birth of their new baby son, Gavin Hideo Higashi.

He was born at 7:01 PM October 29, and weighed in at 7lbs 5 oz (bigger than she expected) and 19" long.

Dino Winners !!!

By: Linda Hammond

In the month of November members of South Coast Roadrunners ran the 18th Annual Dinosaur Dash in Tustin. We had several runners turn in great performances. This month I will highlight three club members who earned highly coveted Dino trophies for first place finishes in their divisions. Eric Frome and Stacey Dippong won Dinos in the 10k race and Fred Cowles won a Dino in the 5k race.

Fred's race was worth 912 points and was his second 900+ point race this season! Fred is currently in 1st place in the Grand Prix and if he keeps scoring these 900+ point races he is going to be difficult to catch! I asked Mr. 900 points a few questions about his race.

Linda: *Congratulations on your 900+ race performance at the Dino Dash. What was the key to your strong performance in the race?*

Fred: This was the last race of the fall season for me and I was hoping to run 16:45 or faster. It turned out that the new race course was very fast and I was able to follow Mike Sellers & Chris Raub as they set a fast pace from the start. I've been trying to win a Dino at this race since 1998 and I just barely did it this year. Dan Arsenault (Cal Coast) finished just 12 seconds behind me. Thanks again to Danny for another great season of workouts, and to all of the South Coast people that cheer for us at the races.

Linda: *What is the next big race that you are hoping to peak at?*

Fred: I'll try to pick up another 900 Grand Prix points at the Southern Cal 5K in January. Hopefully we'll have a big group for next season's 5K/10K program and we can work together to get in shape!



Eric mentioned in a previous Grand Prix interview that he hoped to win a Dino, so I was really happy to see that he achieved his goal. I asked Eric a few questions about his race.



Linda: *Congratulations on your win at Dino Dash. What was the key to your success in this race?*

Eric: Well the race didn't go too well to be quite honest. I'd been sick most of September and have not really felt in good, fast shape. With the Dino Dash, winning a dino statue sometimes comes down to who shows up for the race. I think that Mike Sellers and Fred Cowles both had much better races than me but in Mike's case the winner of his division won the race in a very fast 15:19. So really I think that I was lucky more than fast. I feel very fortunate to have won a dino this year and I am very excited to continue my base building phase.

Linda: *What is the next big race that you are looking forward to?*

Eric: I'm trying to not look ahead very far and just take each race as it comes. I will have December off school so it will give me a lot of free time to devote to running. I am looking forward to building up my base for a potential January or February race. I enjoy the base building phase of long, sustained effort so it will be fun to hit the trails.

Stacey won the hottest raffle prize at last year's SCRR Annual Banquet, a free membership in Danny's training program. Well the training helped her to win the only club Dino for the ladies. I asked Stacey a few questions about how her training is going this season.



Linda: *Congratulations on your win at Dino Dash. Have you done this race before? What was the key to your success in this race?*

Stacey: Thanks! I ran the 10k in the Dino Dash last year for the first time. I think the key to my success was being part of a very underrepresented age group ;-) ... not to knock it though - I am very proud of my dino trophy!

Linda: *How is Danny's training program helping you this season?*

Stacey: It's definitely made me a stronger, faster runner. I think that it's hard when you're training for a marathon to actually see the results of all the work & mileage you're logging week after week in the shorter-distance races, but I am feeling confident that it will all pay off soon.

Linda: *Is there an upcoming race that you are looking forward to?*

Stacey: California International Marathon (Sacramento) on Dec. 7th. It will be my second marathon.

Thanks runners for sharing your stories. The Dino Dash raised money to support the Tustin Public Schools, so we helped a great cause. I look forward to tales from our next club race, Make Room for Santa. The course is reported to be flat and fast with a downhill finish. So put on your jingle bells and Santa hat and come out to run and cheer on club members.

Upcoming SCRR Road Trip – Footlocker Championships

By: Danny Stein, SCRR Coach

At the last SCRR monthly meeting, I hyped up what I believe is the best running event in the US each year. There is no other High School sport that holds a US National Championship event to crown the fastest/best male and female athlete. We are very fortunate to live close enough to be able to see this event live on Saturday Dec. 13th. The rest of the country will have to wait until the taping is air several weeks after it is over. Not only will you be able to see it live, but you can watch it again on ESPN or Fox Sports and look for yourself cheering along the course!

For the past 4 years, I have led a road trip down to San Diego. It is a great day. We meet at 6:30am at Heritage Park (where we meet on Thursdays with the club). We get a few volunteers to drive so we can carpool. We try to leave at 6:45am and drive down to Balboa Park in SD. We plan to arrive at the course by 8am. Most of the group will run the course before the races take place to get a feel for the difficulty and come up with a strategy for viewing the race. The Girls race goes off at 9:15am. There is a huge jumbo screen at the starting line for people to see the whole race when the runners are in parts of the course you can't see. However, the course is very spectator friendly and most of us enjoy running from place to place and watching the moves happen. The Men race second at 10am. There will be loads of our top Professional Runners at the meet. Many of them are asked to be Team Captains and others just come back to watch the best HS athletes compete knowing some day they too will turn Pro and be racing against them.

Bring a camera, a note pad and a pen. All the athletes are very friendly and will take pictures and sign autographs.

After both races are over the group loads up the cars and heads to Old Town for some of the best authentic Mexican food in the country. Those not driving often enjoy some Margaritas before venturing the final leg of the trip back to Heritage Park. The plan is to be back in OC by 1:45-2pm.

Fred Cowles has volunteered to lead the group this year. If you would like to go on this awesome trip please send Fred and I an email. If you have a large SUV, Van or would just like to drive, please let us know that as well. We will be planning rides and making reservations at Old Town.

Feel free to visit the website for more information on the event, the athletes that will be competing and the excitement that can be expected on the 13th! WWW.FOOTLOCKERCC.COM

New Training Program Kicks Off

By: Danny Stein, SCRR Coach

We are wrapping up another successful season of the Stein Training and Coaching program. We had over 45 athletes participate this year and the large majority had great seasons filled with goals being met, PRs, among loads of camaraderie between the athletes that participated.

The kick-off for the Winter/Spring 2009 program will be on Tuesday Dec. 9th at 6pm at the Corona Del Mar High School Track. I will review the plan for the season, the structure of the program and expectations, introduce the athletes considering participation and answer any questions. The meeting should not last more than 15-30 minutes. We will do a run following the meeting.

The kick-off meeting will be focused on the formal training program that I lead. We do have more of an informal program designed for runners that just need some help putting a plan together, want to work toward just finishing a certain distance, or would like advice from an experienced runner and Coach as to how to improve your running. The informal training program begins by reading an article on Molly and I's training philosophy and waiting for the season template to be posted on the SCRR website. Each athlete can take the template and adjust it to your schedule and abilities. Once you feel you have a good plan together you can send it to Molly for review, suggestions and other comments.

The formal Stein Training and Coaching program is the other option. An overview of this program is attached. Our athletes range from focus times of 4 hours to sub 3 hours in the marathon to low 16:00 to 24:00 in the 5K. The key to participation is to have a distance and time specific goals and the desire to be Coached and work hard to improve. I develop a custom program based on your goals and current ability with structured workouts when your body is ready to handle them each week. We meet as a group to run the workouts and many of our recovery runs, you will keep an online running log that we both will have access to so I can make changes and help you along the way, we decide on a race schedule throughout the season and I build the plan to get you ready for each of them...etc.

If you are remotely interested in competing next season please send an email to me and let me know. Eventually I will need to know the distance/race you would like to peak for and get answers to the following questions. How many days are you running each week, how many miles, what kind of pace, what is the distance and mileage your longest run each week to date? Have you run any recent races? If so, what were the distances and times? Do you have a goal time you want to hit for Surf City Marathon? How many marathons have you done? What are your PRs over 5k, 10k, 1/2 marathon and marathon if you have raced that distance. Injury status... are you healthy? Any pains? If you are sure you will be participating you can go ahead and send this information. If you are unsure and want to wait until after the meeting and meeting some of the other members that is fine also.

Lastly, if you have not signed a Waiver Form in the past I do require that each athlete do so before participating in formal workouts with the group. Hope to see all of you on Dec. 9th...

PARTIES, PARTIES, PARTIES

Save the Date!!

SCRR Holiday Party at

Water's Restaurant on Jan. 11th

President's Letter

By: Amelia Carchidi



I'm happy to be enjoying a relaxing weekend at home after last weekend's trip to Texas for the Inaugural San Antonio Rock and Roll Half Marathon. I had a great race (1:37:44) and came within 4 seconds of my 1999 PR when I was in my early 20s and 10 pounds lighter. I never thought I would get in that kind of shape again so it was for me a phenomenal success. I owe so much of this to Danny's training group and all the encouragement he gives us and that we give to each other. Also I owe a great big thank you to my wonderful husband Jeff who was so sweet to drive me to the start line at 5:30 in the morning (Central time !) on race day so I didn't have to fight the crowds.

We continue our Marathon saga into the close of the fall season. Social Chair Kathleen Curley ran her second marathon at the great New York City Marathon earlier this month and earned a PR doing so. Longtime member Jennifer Walt battled the heat and the hills in the Catalina Eco Marathon. Past-President Jon Resnick and Secretary Tonson Tong also made the trip to the Lone Star State for the whole enchilada and ran the Rock and Roll San Antonio Full Marathon. Newsletter contributor Amy "Rocky" Katz braved the cold to "Kick Asphalt" and run another BQ in the Philadelphia Marathon. We have 13 club members including myself headed to Sacramento the first weekend in December for the California International Marathon.

Of course, it's not all about our Marathoners...we had several amazing performances at the Dino Dash and some mighty fast folks ready to tear it up at the Dana Point Turkey Trot 5K/10K and other Thanksgiving races this month.

Last but definitely not least, what makes our club great is not just the running but the fabulous social events. Special thanks to the Harris' and the Templin's for hosting our annual Oktoberfest and Wine and Cheese Events and for all our volunteers who make this club so amazing.

Happy Running !

Big Baz's winter trail race schedule

www.bigbaztrailraces.com

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2009	<u>Jan 10</u>	Winter Trail Run Series	12K	2,604'
	<u>Jan 24</u>		15K	3,502'
	<u>Feb 7</u>		18K	4,020'
	<u>Feb 21</u>		21K	3,470'
	Mar 14	San Juan Trail	50K	6,627'
	May 30	Shadow of the Giants	50K+	5,923'

SATURDAY RUNS

NOTE: Meet at 7:45 a.m., run at 8:00 (Winter schedule)

Aliso/Wood Canyon on 12/06/08

Leader: Sandra Manzano

Location: Aliso/Wood Canyons in Laguna Niguel (near corner of Aliso Creek and Alicia). Meet across from church in dirt parking lot on Awma Rd.

Directions: From Irvine, take 5 south. Exit at Alicia Parkway and head south. Turn right on Awma Rd, which is just past Aliso Creek Road.

About the run: Out-and-back or loop course, 6-14 miles. Mainly dirt trails. At the right turn onto the dirt (by the outhouses) continue parallel to the road on single track Meadows Trail. After 1/2 mile, trail turns right and starts switchbacks up to the top of the ridge – great views of the ocean at the top. Go right, trail winds behind a few houses, and then hits Alta Vista road. Run on road about 2 miles to Top of the World, continue down West Ridge Trail. Can return to church via Mathis, Lynx or Cholla trails. Bring water. The Mathis Trail version is about 9 miles.

After the run: Coffee House, 27221 La Paz Rd (at Pacific Park Dr.), Laguna Niguel. It's in the Henry's shopping center.

Make Room For Santa 5K, 10K & Kids Run on 12/14/08 (No Saturday run this club race weekend!)

Location:

Hicks Canyon Elementary School, 3817 Viewpark, Irvine CA 92602

El Moro on 12/20/08

Leader: Mike Antrim

Location: Reef Point parking lot along the beach off of PCH, north of Laguna Beach, south of Crystal Cove (across PCH from the school).

Directions: From Irvine: south on Culver, will turn into Bonita Canyon. Left on Newport Coast Dr. Left on PCH. Go down PCH about 1 mile. Last parking lot on your right (after shopping center and before school) before you get to Laguna Beach. There may be a \$10 charge for parking.

About the run: Mix of trail and paved paths that offers a view of the coastal bluff vegetation and wildlife. 10 mile loop (or do an out-and-back for less miles). There are restroom facilities with outdoor showers next to the parking lot. The run typically starts before parking fees are required, but bring some \$ just in case. Bring water.

After the run: Starbucks and Pacific Whey Café in the Promenade Plaza across the street from the Reef Point parking lot.

3 Piers Run (Last Saturday run of 2008!) on 12/27/08

Time: Meet at 7:45, start at 8:00

Leader: Amy Katz

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

Directions: 5 Freeway to 55-South, follow signs to Newport Beach Pier. (Mapquest "Charlie's Chili" for exact directions)

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

After the run: Bring a towel and take a quick dip in the ocean (if you dare!) and head over to Charlie's Chili near the base of the pier.



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 75 participants (so far) for the 2008-2009 series after 5 races are:

Place	Name	Details		Total Points	Races	Best	Avg	Dino Dash		Distance Derby	
		Age Group	Sex					Times	Points	Times	Points
1	Fred Cowles	45-49	M	4432	5	912	886	16:34 5k	912	27:53 5 mi.	890
2	Mike Sellers	25-29	M	3895	5	813	779	16:29 5k	813	28:25 5 mi.	785
3	Ken Atterholt	45-49	M	3649	5	768	730	20:31 5k	737	1:11:07 10 mi.	736
4	Orhan Beker	30-34	M	3536	5	728	707	18:33 5k	728	32:32 5 mi.	699
5	David Schiller	45-49	M	3252	4	839	813		0	29:36 5 mi.	839
6	Sue Zihlmann	40-44	F	3202	4	817	801	19:21 5k	817	32:48 5 mi.	807
7	Leilani Rios	25-29	F	3043	4	805	761	18:31 5k	805	31:41 5 mi.	797
8	Erika Kotteakos	40-44	F	3022	4	787	756	41:43 10k	787	33:52 5 mi.	782
9	Ed Coffey	60-64	M	2837	4	736	709	23:05 5k	736	38:57 5 mi.	726
10	Mike Friedl	45-49	M	2813	4	727	703	20:47 5k	727		0
11	Linda Hammond	40-44	F	2727	4	702	682	22:30 5k	702		0
12	Stacey Dippong	25-29	F	2506	4	659	627	47:33 10k	654		0
13	Jeanie Leitner	60-64	F	2379	3	817	793		0	1:23:37 10 mi.	817
14	Mike Connors	40-44	M	2358	3	797	786		0		0
15	Eric Frome	25-29	M	2326	3	782	775	35:34 10k	782		0
16	Brent Bohn	40-44	M	2286	3	782	762		0	1:03:25 10 mi.	782
17	Ben Coyle	30-34	M	2237	3	771	746	36:12 10k	771		0
18	Mary Lynch	40-44	F	2220	3	764	740	42:58 10k	764		0
19	Jim Beck	40-44	M	2151	3	740	717		0	1:08:47 10 mi.	721
20	Rob Harris	45-49	M	2118	3	712	706	43:18 10k	712	1:13:57 10 mi.	708
21	Vincent Lowder	40-44	M	2117	3	720	706	40:23 10k	720		0
22	Jon Resnick	45-49	M	2107	3	761	702	19:52 5k	761	1:14:50 10 mi.	700
23	Noreene Matsuda	40-44	F	2102	3	718	701		0	36:52 5 mi.	718
24	Armando Moran	35-39	M	2042	3	692	681	40:51 10k	692	1:09:09 10 mi.	689
25	Colleen Jones	30-34	F	1986	3	696	662		0		0
26	Kathleen Curley	25-29	F	1967	3	663	656		0	1:20:06 10 mi.	656
27	Tom Skane	45-49	M	1948	3	681	649	45:18 10k	681		0
28	Greg Hanssen	40-44	M	1944	3	665	648		0	1:14:45 10 mi.	663
29	Amy Katz	35-39	F	1905	3	668	635		0		0
30	Liza Svoboda	35-39	F	1853	3	660	618	23:20 5k	660		0
31	Mike Gulan	55-59	M	1596	2	817	798	20:42 5k	779		0
32	Brad Wobig	40-44	M	1586	2	802	793		0		0
33	Jason Blank	30-34	M	1563	2	784	782	17:20 5k	779		0
34	Tonson Tong	40-44	M	1555	2	780	778		0	1:03:58 10 mi.	775
35	Sherri Ellerby	40-44	F	1527	2	785	764		0		0
36	Sandra Manzano-Straehle	35-39	F	1498	2	762	749	20:12 5k	762		0
37	Pete Boisineau	55-59	M	1490	2	750	745		0	1:13:33 10 mi.	740

Place	Name	Details			Races	Best	Avg	Dino Dash		Distance Derby	
		Age Group	Sex	Total Points				Times	Points	Times	Points
38	Kevin MacDonnell	45-49	M	1476	2	741	738	20:34 5k	735		0
39	Simon Gudina	35-39	M	1464	2	761	732		0		0
40	Jim Grant	45-49	M	1452	2	765	726		0	32:27 5 mi.	765
41	Molly Donnellan	45-49	F	1424	2	715	712		0	1:22:54 10 mi.	715
42	Jane Crewe	45-49	F	1410	2	707	705	50:30 10k	703	1:23:47 10 mi.	707
43	Amelia Carchidi	30-34	F	1379	2	715	690		0		0
44	Karen Winter	45-49	F	1359	2	701	680	50:39 10k	701		0
45	Jared Lessard	25-29	M	1357	2	690	679		0		0
46	Brigid Pukszta	40-44	F	1349	3	462	450	34:12 5k	462		0
47	Bryan Chu	25-29	M	1328	2	676	664	19:50 5k	676		0
48	Terry Purdy	50-54	M	1309	2	659	655		0		0
49	Adam Wallace	35-39	M	1285	2	662	643		0		0
50	Vicki Niebrzydowski	25-29	F	1274	2	659	637		0		0
51	Greg Jones	30-34	M	784	1	784	784		0		0
52	Tom Dellner	40-44	M	767	1	767	767		0	1:04:39 10 mi.	767
53	Lucina Lara	35-39	F	733	1	733	733		0		0
54	Kathleen Litvak	40-44	F	721	1	721	721		0		0
55	Kelly Tucker	50-54	M	712	1	712	712		0		0
56	Michael Ewart	50-54	M	711	1	711	711		0		0
57	Jerry Lin	35-39	M	706	1	706	706		0		0
58	Bruce Bauer	40-44	M	691	1	691	691		0		0
59	Jennifer Whyte	35-39	F	688	1	688	688		0		0
60	Jennifer Walt	40-44	F	682	1	682	682		0	1:22:16 10 mi.	682
61	Michael Reeves	30-34	M	670	1	670	670		0		0
62	Jennifer Wilkes	25-29	F	658	1	658	658		0		0
63	David Litvak	40-44	M	648	1	648	648		0		0
64	Gary Juskowiak	25-29	M	642	1	642	642		0		0
65	Rudy Carrion	35-39	M	641	1	641	641		0		0
66	Quang Pham	40-44	M	639	1	639	639		0		0
67	Faith Morris	50-54	F	625	1	625	625		0	46:30 5 mi.	625
68	George Knowles	30-34	M	619	1	619	619		0		0
69	Sohrab Mirza	65-69	M	615	1	615	615		0		0
70	Linda Lowder	40-44	F	600	1	600	600	26:21 5k	600		0
71	Jan Peters	50-54	F	564	1	564	564		0		0
72	Beiyi Zheng	40-44	F	555	1	555	555		0		0
73	Melissa Schiller	13-15	F	494	1	494	494		0		0
74	Michele Philo	25-29	F	469	1	469	469		0		0
75	Jodie Kinney	55-59	F	455	1	455	455		0		0

Running Quote of the Month

"The will to win means nothing without the will to prepare."

- Juma Ikangaa, Tanzania

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 and corrections to David Schiller at david.schiller@cox.net.

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

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine.

Mondays & Thursdays @ 6 p.m., several courses 3 to 9+ miles! Saturday runs are posted on our website

www.roadrunners.org.

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

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

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

SCRR CLUB CALENDAR



Club Events in bold font

Check www.raceplace.com or www.active.com for event registration info

DECEMBER	
THURS, 12/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 12/7	Las Vegas Marathon
SUN, 12/7	Tucson Marathon
SUN, 12/7	California International Marathon, Sacramento, CA
SAT, 12/13	Twin Peaks 50/50, 50K and 50 mi, Modjeska Canyon, Wildlife Sanctuary (rescheduled from last Feb. due to fires) www.twinpeaks5050.com
SUN, 12/14, 7:45 a.m.	Make Room for Santa, 5K and 10K, Hicks Canyon Elementary School, Irvine
SUN, 12/14	XTERRA Crystal Cove Trail Run, 5K, 10K and 15K, www.trailrace.com
JANUARY	
THURS, 1/8, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 1/10, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, www.schalfmarathon.com
SUN, 1/11	SCRR Holiday Party, Water's Restaurant, Irvine – more info to come!!!
SUN, 1/11	Walt Disney World Marathon, FL
SUN, 1/18	Rock'n'Roll Phoenix Marathon
SUN, 1/25	Carlsbad Marathon
SAT, 1/31	Desert Classic Marathon, Phoenix
FEBRUARY	
SUN, 2/1	Surf City USA, M, ½M and 5K, Huntington Beach
THU, 2/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 2/7, 8:00 a.m.	OC Chili Winter Trail Running Series, 4 mi, O'Neill Regional Park, www.bookthatevent.com
SAT, 2/7	Buffalo Run ½M, Avalon, Catalina
SAT, 2/21, 7:30 p.m.	Race the Base 5K/10K, Los Alamitos
SUN, 2/22, 8:00 a.m.	Brea Classic 8K, Brea, www.brea8k.net
SAT, 2/28	Twin Peaks, 100K, 50K and 50 mi, Modjeska Canyon, Wildlife Sanctuary, www.twinpeaks5050.com

2008-2009 SCRR CLUB OFFICERS:

President:	Amelia Carchidi
Vice-President:	Greg Jones
Treasurer:	Orhan Beker
Secretary:	Tonson Tong
Social Chairs:	Kathleen Curley, Stacey Dippong
Officers At Large:	Noreene Matsuda, Leilani Rios

2008-2009 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
RRCA Liaison:	Jannay Morrison
Webmaster:	Mike Reeves