

# ON THE RUN



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

Orange County, California  
July 2012 Issue

## Runner of the Month – Sherri Ellerby

By: Doug Denniston

Sherri Ellerby is both our new president and current Runner of the Month. Sherri is a great runner, and has truly been an inspiration for many of us. Let's all wish her "Congratulations" on the election and thank her for her dedication to the club.



Sherri winning La Jolla 1/2M

**I think I remember you being ROM before, is that right?** Yes, I was runner of the month early on when they started this honor. It was so long ago that it was before they gave you a free race entry.

### When did you start running and where?

It was the last week in December 1992. I ran out my front door and jog-walked for 20 minutes. When I could run 30 minutes nonstop, I felt I was really becoming a runner. But the big turning point was when I ran my first race. It was the Follow the Swallow 10K in San Juan Capistrano in March 1993. I was hooked!! At the end of this calendar year, I will have been a runner for 20 years.

### When did you join SCRR and how did you find out about the club?

I joined in January 1995. I kept seeing them at local races. There was no website back in those days.

### What has been your favorite race and why?

It has to be the La Jolla Half Marathon. It was my first ever half marathon - I think in 1996. I've run it about 7 times. It was the first "big" race I won overall. There are typically 5,000+ runners in it. I was the overall female winner in 2007 and 2008. Both wins took me completely by surprise. My goal was simply to be in the top 3 female masters. I've won a few other races overall, but that one was absolutely the most memorable and

magical. And the finish line is gorgeous! A beautiful soft green grass park overlooking La Jolla Cove. I hope to run it again in 2013. I miss it.

### Where is the coolest place that you've gone for a run?

Hands down, Yosemite Valley. But 17-mile Drive in Pebble Beach is a close second. I ran portions of it with the local running club while on vacation.

### What are you training for now and how is it going?

It was a gradual transformation, but I have finally fallen in love with triathlons. They are so much fun for

me! Years ago, I've learned that my body cannot withstand 5-6 days of running. Plus I like trying new things, so it is a perfect fit for me. Swimming is so, so hard for me, and that has been by far the most humbling and challenging aspect of the triathlon. But I've been swimming with the Nova Masters for 3 years and am finally not one of the last ones out of the water at races. Thanks to my boyfriend, Fred Cowles, my training and race bikes are in top shape and I value all his expertise and tips on how to ride strong. And my running experiences really pay off as I finish every race doing my favorite sport.

**What were the worst running conditions or experience you've had?**

*This is an easy one: Boston Marathon 1999. I qualified for it with my very first marathon in 1998. Then I got my first long-term injury a few months before the Boston race. I just wanted to participate and jog/walk this world famous running event. I was in so much pain by mile 10, I remember begging for Tylenol or Advil from any spectator that would give it to me (and one very nice lady did). I knew I couldn't finish it, and I didn't want to go through the Wellesley section feeling like I did. I had to walk to mile 12, which was the closest bus pick-up for DNF runners. I can still remember being on that bus.*



Sherri's picture used in a huge race poster.

*Runners were wrapped in foil blankets. Not a single word was spoken by anyone. It was like a dark cloud was hovering over that bus. We all felt the same thing. I can remember thinking that my running club friends were going to find out very quickly that I was a DNF, and that made me so sad and upset. I cried a lot that day.*

**What are your favorite songs to run to?**

*I don't listen to music while I run or ride. However, I like to listen to a few songs before a race to pump me up and/or to keep me calm and focused.*

**What do you do for your job?**

*I teach 4th grade in Lake Forest (Saddleback Valley Unified School District). I have taught for 24 years.*

**Where were you from originally and when did you move to SoCal?**

*I am a California girl. Born in Oakland. My earliest memories are living in Barstow in the 60's. My school years were mostly in Garden Grove, then later on in Costa Mesa. I moved out and lived in Dana Point for over 20 years. Now I live in sunny, warm Orange.*

**New SCRR Officers for 2012-2013:**

President: Sherri Ellerby

Vice-President:

Leilani Rios

Secretary: Noreene Matsuda

Treasurer:

Eric Dangott

# SCRR 2012 Awards Banquet

The annual SCRR Awards Banquet was held on June 16, and it was once-again an absolutely fantastic party! Many thanks to the organizer – our Social Chair **Janelle Daniels**. The decorations and food were great. **Mike Friedl and Matt Hood** shared the emcee duties and made the evening flow along with wonderful reminiscing, anticipation for who won the awards, awe for the various accomplishments, and great appreciation of the deep camaraderie in the club. **Sherri Ellerby's** slide show was incredibly creative with photos and videos of nearly everyone in the club all set to music which was a great way to highlight our fun times together. The video of Leilani passing the lead female runner in the Anaheim 5K was thrilling! **Leilani Rios and Kevin Wilson** provided the DJ setup with absolutely amazing music and lights! The pre-parties and post-parties added to the day's enjoyments, and a great time was had by all!

## 2011-2012 Top Twenty Grand Prix Finishers – A Retrospective

By: Linda Hammond

**1 Dave Parsel-** I really enjoyed all 9 that I was able to do and sad to have not run the final 3. Two popped in mind were the **10k** in HB up the SART & back, officially 3rd OA and won \$50. Was nearly certain \$ winning days were long gone. The other was **LB "5k"** (are they ever going to make it a 3.1 mile race?).

**2 Leilani Rios-** Favorite race from the Grand Prix Season has to be **USATF Road Mile Championships**. It was such a fun distance and you were able to see a lot of our fellow club members and cheer them on.

**3 Ken Atterholt-** My favorite race this year was the **Brea 8K**, the first time that I beat Dave Schiller!!! He has always been such a great runner. I felt a tremendous level of accomplishment the few times I was able to run with him on training runs (his recovery pace, my race pace). To be honest, I never even aspired to compete with Dave in a race, but at Brea I got a little extra boost from the hill, and he was within reach with the finish line in sight, and the adrenaline just kicked in. Since then, the scales have tipped back in Dave's favor – he had a spectacular 5K time just this month in Anaheim. I have a lot more work to do if I want to compete.

**4 Dave Schiller-** **Downtown Anaheim** was my favorite because after many failed attempts I finally got my 5k time back under 18:00 (17:49). Running with Greg Jones at **Surf City** was memorable, too, and we had a lot of club members run that race...oh wait we weren't allowed to cast a vote for that. Oh well it was still a lot of fun.

**5 Mike Dietz-** My favorite GP race by far was the **USATF Road Mile** at El Toro. I love the history, the simplicity and the mystique of the mile. Who isn't curious to know how quickly they can cover one mile? I wish there were more mile races out there for us to compete in.



Dave Parsel – No. 1 for Second Year!





**6 Brad Wobig-** I had many favorite races this year. Like normal my favorite is **Carlsbad** because it is fun to have the multiple races to watch everybody. The other race that I enjoyed was **D.T. Anaheim** because I got a front row seat to see Leilani stalk and out-kick that girl to win. I can't forget to mention the **Make Room for Santa** where I won the race!

**7 Danielle Gordanier-** It's hard to pick a favorite Grand Prix race. I'll always remember how great my SCRR teammates were at the **SoCal Half Marathon**. Some cheered me up before the race, some cheered me on during the race, some pulled me through those tough last couple of miles (Mike Friedl even ran with me), and some celebrated with me afterward. A great race and a big PR! I'm still hitting PRs here in Annapolis (41:03 10K recently) but I'll never forget SCRR!

**8 Mike Friedl-** My favorite race was the **Spirit Run**. I felt strong the whole way and placed in my age group.

**9 Cathy Blakesley-** My favorite race this year was definitely the **Road Mile**, and not just because it was my highest score. I was really nervous about it since I hadn't done a race that short in years and thought I wouldn't be able to get a decent time. I was thrilled to finish in 6:55, which was much better than I expected. It reminded me that I used to love racing shorter distances, having run the 400 meters and mile relay in high school. I'm looking forward to it again this year and hope to improve my time!

**10 Doug Niles-** I was happy to make it to 9 races this year. This is only the second time that I placed in the top 20. The **SoCal Half** was probably the favorite race this year, as I ran a consistent pace for the entire race and dropped 20 minutes off my time from last year. My fastest 5k time was at **Anaheim**, but the **Newport Spirit Run** was probably the most challenging by running both the 10k and 5k races.

**11 Linda Hammond-** My "favorite" Grand Prix race of the season was the **USATF Road Mile**. I thought that I was going to die and really wanted to take a walk break in the middle of it, but I am so glad that I didn't. I had a PR, was third in my age group, and had my highest GP score ever 793 points!

**12 Greg Hanssen-** After my first year with SCRR (03/04) I placed 12th in the GP with a mere 4308 points. Boy has the competition grown since then as I struggled to reach 12th again with 6511 points! Secrets to my success? Magic shoes for a great PR at **Magic Shoe 5k** and an even better (sub 20!) in **Anaheim**.. That and of course aging up.

**13 Matt Hood-** This was a really fun season as I was able to stay healthy and race 11 of the Grand Prix races with new PR's at the Mile, 5k, 8k, and Half-Marathon distances. I would have to say that my favorite race this season was the **USATF Road Mile**. It is such a unique race being able to run a "straight" mile down a runway and see the finish line drawing closer the entire time. The atmosphere was electric with a great turnout by the club and fast times all-around. I was able to knock over 10 seconds off my mile PR and had a blast cheering on all the Road Runners! I definitely recommend the race and look forward to running it again this season.

**14 Stacey Dippong-** My favorite Grand Prix race was the **So Cal 5k** in January. It was a huge PR for me - 20:09, and I felt great the entire race, as I was able to pick up the pace a little bit each mile. I generally find 5k's really hard, so it was an awesome feeling to be able to run it that well!

**15 Armando Moran-** My favorite race was the **Magic Shoe 5K** 2012. I ran my first 5K in 2008, and the second one was the Magic Shoe 2008, where I broke 20:00 with a 19:45. I ran a couple more races, where I ran 19:37 and then 19:10 that same year, and I thought I would be able to break 19:00 soon. It didn't happen. 4 years went by, and finally I was able to do it in this race.

**16 Vicki Ballon-** Vicki has become a triathlete! She turned her great cross training into an amazing Grand Prix season as well. Vicki turned in her high score of the season at the **Southern Cal 5k** in January.

**17 Cathy Shargay-** My choice for a favorite race this year was the **USATF Mile** in August 2011. I was able to get a much better time than I expected and enjoyed watching all the other races and cheering for other SCRR members. The quarter mile marks kept coming so quickly, that it was a mental boost! I'm glad we're running it again.

**18 Dave Bauer-** My favorite Grand Prix race is the **SoCal Half Marathon** in Irvine. Always great weather, a fast course, local, and every year (so far) a personal record.

**19 Tonson Tong - Southern California 5K/Half Marathon:** it supports local the school, traffic is not too bad on race day. It will be even better if they can eliminate the U-turns and have the courses (both 5K and half marathon) certified. (*Tonson made it into the top 20 with only 8 races!!! Wow!*)



**20 Matt Kossoff-** Matt had a great season and had a high score of at the **Southern Cal Half** with a time of 1:24:48. Congratulations on a great season!

Congratulations runners and thank you for sharing your race reports. A big **Thank You** to **Mike Friedl** for scoring the **Grand Prix** and keeping track of all the stats and club history. Here is to a new season.. See you at the **Finish Line!**

## ***Kudos to 2011-2012 Award Winners!***

**By: Linda Hammond**

Congratulations to our award winners. I have asked them to share a few thoughts about their awards:

**President's Award: Ken Atterholt-** I was honored to receive the President's Award, and by Greg's selection and his speech. The club has been a continual source of fun and inspiration for me, so I want to give back in any way I can. I love the club and its members. The friendships and camaraderie are a special part of my life, and I look forward to many more years of the runs, races and parties (and the occasional new bottle of Paso Robles Zin).

**Volunteer of the Year: Leilani Rios-** I feel so honored to be chosen Volunteer of the year....Thank you. I am surrounded by so many good people in the club...You guys make it easy to want to help out. Kevin and I absolutely love seeing everyone have a good time. I look forward to the year ahead. Fun times!!

**Most Improved Female: Stacey Dippong-** Though I had a great marathon race in Houston, what I am most proud of is the half marathon that I did in December in Oxnard. It was one of those perfect races where everything came together, and I felt awesome. I was hoping for around a 1:35, and ended up completely surprising myself by being able to run 1:33. I ran a negative split race, with my last mile being the fastest at 6:45. I never in a million years thought that I would be able to run in the low 1:30's for half marathons (much less sub 7:00 minute miles!). A big shout out to Danny Stein who has coached me for the last 4 years - I would not have been able to improve as much as I have without his help.

**Most Improved Male: John Gardiner-** I felt very honored to win the Most Improved Award at the banquet. I had a bunch of fun races and PRs this year, but my favorite has to be the Berlin marathon. After mostly training for 5ks the past several years I was nervous about the big jump up in distance. The race went great and we had a wonderful time touring Belgium and Germany!

**Ideal Runner Female: Linda Hammond-** I was truly honored to be named Ideal Female Runner by SCRR. It has been an injury-free and fun season for me. I love when I get to be the "official" photographer for all our race award winners! I have enjoyed pacing three races for A Snail's Pace this season. I started COR Fit Kids, a running group for the kids at my church Christ Our Redeemer (COR) AME. Finally, I am beyond the halfway point of my goal of running every day in 2012!

**Ideal Runner Male: Tonson Tong-** I was totally shocked for being an Ideal Runner once again. As you all know, I eat relatively "unhealthy" (burgers, fries, hot dogs, onion rings, etc). Running marathons help me to burn-off all the extra calories. In addition to one of the reasons you all know {I am not going to repeat it :-)}, pacing marathons or volunteering at races is one of the best ways to give back to the running community. I always have great time doing it and feel good helping others to achieve their goals.

Congratulations South Coast Roadrunners on a great season! Now get running!

Pictures of Award Winners on Next Page

Past Award Winners are Listed at [www.roadrunners.org](http://www.roadrunners.org) under the "About" tab



## ***Banquet Photos!***

**By: Linda Hammond, Dawn Hood, Carlos Jovel, Vicki Ballon and others**











Page 7: Ken Atterholt; Tonson Tong, Linda Hammond; John Gardiner, Stacey Dippong; and Leilani Rios.

Page 8: Carlos Jovel, Jennifer Erickstad; Mike Friedl; Andrew; Vicki Ballon, Stacey Dippong, Linda Hammond; Matt Hood; Matt Hood, Carlos Jovel, Jenn Neff, John Gardiner; and Ken Atterholt.

Page 9: Doug Niles, Matt Hood, Cathy Blakesley; Greg Hanssen, Linda Hammond; Molly Donnellan; Linda Hammond, Cathy Blakesley; John Gardiner; Lisa Eiler and John Loftus.




# 3rd Annual SCRR Mon. Run & Taco BBQ






RUN  
THEN  
EAT

Monday July 23rd  
6:15 until ???

Come and "taste the fire"



Please join us on Monday July 23rd @  Citrus Ranch Park  (location change) in Tustin for a run followed by a  taco party. **\*\*Bring a side dish to share\*\*** and enjoy tacos fresh from the BBQ hosted by the club. Citrus Ranch Park is located at 2910 Portola Parkway, Tustin, CA 92780. This new park is about 1/4 mi. south of Cedar Grove Park on Portola between Jamboree & Tustin Ranch roads.

 The run will begin at 6:15pm from Citrus Ranch Park. We will run up the trail (toward Cedar Grove Park) and be on the normal summer Monday night route into and around Peter's Canyon. The run is a 7-1/2mi. loop or you may do an "out & back" of any distance. After the run , the club will be providing steak,  fish,  and black bean  tacos with all the fixings. 



## SATURDAY RUNS

**PLEASE NOTE NEW 7 AM START TIME THROUGH THE SUMMER!**

**Meet at 6:45 AM, runs starts at 7 AM, except for our special Sunday run on July 8.**

**7/8/12 – Mission Bells Run on SUNDAY! There is no organized club run on Saturday, July 7.**

**Leaders:** Mike Connors and Tom Dellner

**Time:** Meet Sunday at 7:10 am, run starts promptly at 7:25 am!

**Location: Directions: About the Run: After the Run:** See Flyer on Next Page

**Watch the video from the inaugural Mission Bells Run four years ago!**

<https://www.youtube.com/watch?v=C79qGmsHGqY>

**7/14/12 – 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 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

**7/21/12 – Tribute to the Olympics in Orange County**

**Leader:** Noreene Matsuda

**Location:** Bagels & Brew – 23052 Alicia Parkway, Mission Viejo

**Directions:** From Irvine, drive south on I-5. Take the Alicia Parkway exit and head east. Turn into the Olympiad Plaza shopping center just before Olympiad Parkway.

**About the Run:** For those of you who missed it last summer, we will again run the Olympic Road Cycling course from the XXIII Olympic Games which brought the Olympics to Orange County on July 29, 1984.

(Note: actual Olympic cyclists raced multiple laps around this course; since we are running, we will only do one.) The loop course is hilly and features the famous climbs up Vista del Lago and La Paz. The loop is 11 miles, however, there is a shortcut to make the run about 5.5 miles. Those wanting to extend their run may add a lap (or two) around Lake Mission Viejo. Each lap is approximately 3.3 miles.

**After the Run:** Bagels & Brew

**7/28/12 – Coto de Caza Run & Pool Party**

**Leaders:** Leilani Rios and Kevin Wilson

\*RSVP is required in advance for access into Coto de Caza. Please email Leilani at

[leilanirios@gmail.com](mailto:leilanirios@gmail.com) by 7/26/12.

**Location:** Leilani and Kevin's, Coto de Caza, CA 92679

**Directions:** From the 5, exit Oso Pkwy, go towards mountains, 5 miles 'til it ends into Coto. Make a right and check into the gate. Once in, make a right on Vela Court. If the gate is closed, you will need to punch the gate code: the key symbol followed by 004400. Proceed past the gate. Turn left on Fair Valley and left on Knotty Oak. Park anywhere along the street.

**About the Run:** This run is on dirt horse trails and parts along Bell Canyon. There are many options on run distances; 11, 7 and 3.5 loop or simple go out and back for anything else.

**After the Run:** There will eggs, pancakes, French toast, bacon, sausage, fruit, bagels, coffee and other breakfast items. Barista Leilani will also make espresso coffee drinks. Feel free to bring something to share. Bring your swimsuits!! We will venture into the pool to cool off after the run.

## Sunday Mission Bells Run on 07/08/2012

**Who:** South Coast Roadrunners

**Time:** Meet **Sunday** at 7:10am. Start at 7:25am promptly! :-)

**Leaders:** Mike Connors and Tom Dellner

**Location:** San Juan Capistrano Train Station



### Directions:

From Irvine, drive about 15 miles south on the San Diego 5 Fwy to the Ortega Hwy exit. Turn right into the right lane of Ortega Hwy and drive a quarter mile west to Camino Capistrano. Turn left onto Camino Capistrano and take an immediate right at the signal at Verdugo St. Park in either the parking structure to the left or the parking lot to the right at the train station. Meet at the rail road crossing gates.

### About the run:

This special Sunday run is a one-of-a-kind experience. Start the run off with the ringing of the mission bells as we run through the historic Los Rios district. Hear the arrival of the 7:31 San Diegan and see the animals being fed (do not taunt the Shetland pony--he is sensitive about his height) as we run past Zoomars on our way to the San Juan Creek trail. The trail leads toward Doheny State Beach and Dana Point Harbor (no taunting of whales, either), where you can put in as many miles as you wish before returning to the train station.



Note: Out and back to the Ocean Institute/Tall Ships is 10 miles. You can add on almost 2 more miles by doing the loop around the island as in the Turkey Trot. Those wanting to go really long can head out toward Doheny and the San Clemente Depot before turning back.



### After the run:

There are a handful of coffee, bagel, pastry and breakfast places nearby, e.g., Starbucks, Ruby's and the Ramos House, which has been voted the best brunch in OC (but which gets crowded and may require reservations). Some may even choose to drink their breakfast at the (in)famous Swallows Inn a block away (come ready to fight).





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

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

Richard (Fritz) Reimers, **Stifel Nicolaus**  
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(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](http://www.runyourpotential.com)  
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coach@runyourpotential.com  
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

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[www.drkatahdin.com](http://www.drkatahdin.com) [www.athletiZen.com](http://www.athletiZen.com)

Santiago Nomen, **"Tax Preparation at a Fair Price"**  
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[socaltaxman@cox.net](mailto: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](mailto:Cshargay@cox.net).

SCRR Roster: Send your address, e-mail address, phone number updates 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.

### 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](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**

# SCRR CLUB CALENDAR

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



JULY	
WED 7/4 7:15a.m.	Woodbridge Village Community 5k, 10K
WED 7/4 8:00a.m.	Surf City 5K Huntington Beach, <a href="#">surfcityrun</a>
WED 7/4 7:00a.m.	6 <sup>th</sup> Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run <a href="#">runladera.com</a>
WED 7/4 7:30a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca <a href="#">ymca run in the park</a>
<b>THURS, 7/5, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN 7/8 8:00a.m.	Carlsbad Triathlon Carlsbad, CA <a href="#">Carlsbad Triathlon</a>
THURS 7/12 6:15p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA <a href="#">renegaderaceseries</a>
SUN 7/15 6:00a.m.	Ironman 70.3 Vineman Triathlon Sonoma County, CA <a href="#">vineman.com</a>
<b>MON 7/23 6:15p.m.</b>	<b>Monday Night Run &amp; Taco BBQ ***NEW LOCATION** Citrus Ranch Park, Tustin on Portola Ave. between Tustin Ranch &amp; Jamboree ¼ south of Cedar Grove Park ***see flyer in the newsletter***</b>
SAT 7/28 7:00a.m.	City of Cypress 5K, 10K, Kids Run Cypress, CA <a href="#">cypress5k10k</a>
SUN 7/29 8:00a.m.	15 <sup>th</sup> Annual OCTC Pancake 5K Costa Mesa, CA <a href="#">octcpancake5k</a>
SUN 7/29 6:00a.m.	The San Francisco Marathon San Francisco, CA <a href="#">thesfmarathon</a>
AUGUST	
<b>THURS, 8/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
THURS 8/2 6:15p.m.	Peter's Canyon Summer Trail Series #3 Tustin, CA <a href="#">renegaderaceseries</a>
SAT 8/4 7:30a.m.	Camp Pendleton Sprint Triathlon – MCAS Pendleton <a href="#">camppendletonraces.com/sprinttri</a>
SAT 8/18 7:30a.m.	7 <sup>th</sup> Annual Kevin Cook Spirit Run – Irvine, CA <a href="#">kevincookspiritrun</a>
WED 8/22 5:45p.m.	Into the Wild Trail 8K – Irvine, CA <a href="#">intothewildtrailrun</a>
SUN 8/19 7:00a.m.	America's Finest Half Marathon, San Diego, CA <a href="#">AmericasFinestHalf</a>
SAT 8/25 6:00a.m.	Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA <a href="#">trailrunevents.com/bulldog</a>
SUN 8/26 7:00a.m.	USATF Road Mile Championships – Irvine, CA <a href="#">roadmile.org</a>
SEPTEMBER	
<b>THURS, 9/6, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 9/1 6:45a.m.	Disneyland Family Fun 5K (SOLD OUT)
SUN 9/2 5:45a.m.	Disneyland ½ Marathon (SOLD OUT)
MON 9/3 8:00a.m.	47 <sup>th</sup> Run to the Top of Mt. Baldy – Mt. Baldy CA <a href="#">run2top.com</a>
SAT 9/8 8:30a.m.	Heartbreak Ridge ½ Marathon – Camp Pendleton <a href="#">camppendletonraces.com/heartbreakridge</a>
SUN 9/23 7:30a.m.	Komen Orange County Race for the Cure – Newport Beach, CA <a href="#">komenoc.org</a>
OCTOBER	
<b>THURS, 10/4, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 10/6 6:45a.m.	St. George Marathon St. George, Utah <a href="#">stgeorgemarathon</a>
SAT 10/6 7:30a.m.	Chapman University 5K, Orange, CA <a href="#">Chapman.edu/5k</a>
SUN 10/7 7:00a.m.	ICB Long Beach Marathon, ½ Marathon, Run Forrest Run 5K <a href="#">RunLongBeach</a>
SUN 10/7 7:30a.m.	BA Chicago Marathon Chicago, Ill <a href="#">ChicagoMarathon</a>
SAT 10/13 8:30a.m.	26 <sup>th</sup> Harbor Heritage Run Newport Beach, CA <a href="#">HarborHeritageRun</a>
SUN 10/14 7:30a.m.	Nike Women's Marathon San Francisco, CA <a href="#">Nikerunningwomensmarathon2012</a>
SUN 10/28 8:00a.m.	Marine Corps Marathon, Washington DC <a href="#">MarineMarathon</a>

By: Doug Denniston