

# ON THE RUN



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

Orange County, California  
June 2009 Issue

## ***Runner of the Month – Rob Harris***

**By: Mike Friedl and Dave Schiller**

Rob Harris, the Runner of the Month for May has been a fixture at SCRR since the mid-1990's. He's a *very* accomplished athlete over a wide range of disciplines, and is one of the most knowledgeable fans of the sport that you will ever encounter.



As a runner, Rob has just about done it all. He has run over 50 marathons and has a PR close to 3 hours. He's as proficient on the trail as he is on the roads, logging an impressive 3:56 at Catalina in the 2003 muddy monsoon. Rob has run a myriad of other events on the roads and track, even completing a decathlon (pole vault and all) on a bet.

Rob has served the Club on many occasions – he is a two-term past president and was the recipient of the Dave Dixon Ideal Runner Award in 2004. Many current members have enjoyed Rob and wife Cindi's hospitality at their many parties, particularly the annual Oktoberfest fete.

A testament to his longevity, Rob is currently #4 all-time in Grand Prix races with 116, and has finished in the Top 10 an impressive eight times. This year is an off-year Grand Prix-wise for Rob, not because he has lost the drive to compete, but because he is dedicating himself to competing in the Ironman Triathlon in Coeur d'Alene, Idaho on June 21<sup>st</sup>, which falls on the day following the annual Recognition Banquet. Rob is an accomplished cyclist and a veteran of many so-called "centuries" (a ride of 100 miles) and triathlons, including several Ironman distance

events.

When not racing or getting ready to race, Rob is a fan of all things Long Beach State, his alma mater. He even named his fantasy baseball team the Dirtbags after his beloved 49'ers (someday maybe he can explain the Dirtbag moniker). Rob is also an aficionado of fine wine and good beer, not necessarily in that order.

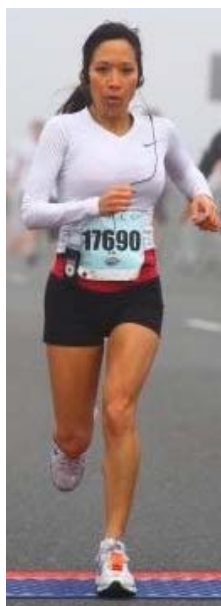
On June 20<sup>th</sup>, when the rest of the Club is dancing the night away at the Banquet, Rob (along with fellow member Jim Beck) will be suffering through a fitful night's sleep in Idaho, anticipating the 4:30 alarm and the 7:00 starter's gun for the Ironman. At the Banquet, the rest of us will take a moment, lift our glasses and toast his race, hoping that everything comes together for him.



## May Grand Prix Highlights – OC Marathon

By: Linda Hammond

In the month of May the club race was the “new” OC Marathon, Half Marathon, and 5k. This was a peak race for many club members. We had a great turnout and a day filled with wins and PRs. One truly exciting highlight was having our own **Cheryl Smith** defend her title as the women’s winner in the marathon. The three runners that I spotlight this month highlight the wonderful things about our club: new members and PRs, comeback after injury, and training and achieving a running goal.



**Katherine Saucedo** has only been with the club for a few months, but is already seeing improvement in her running times.

**Linda:** *Congratulations on your PR in the OC 5k. Please tell us about your race.*

**Katherine:** The OC 5k was a lot of fun. My Nike+ wasn't working and my shoelaces came undone during the race, but despite all the wardrobe malfunctions I still had a minute PR, so I was happy. I enjoy any race when I have a PR!

**Linda:** *When did you join SCRR and what brought you to the club?*

**Katherine:** I've been a member of SCRR for about 3 months now. Before joining SCRR, I participated in a training program for my first 10k. After going through that program, I realized that I enjoyed running with a group, because it motivated me to run faster and to participate in more races. I've only been running for a year, and I've tried about 3-4 groups, but the members of the SCRR left the best impression on me so I decided to join the group.

**Linda:** *What are your running goals for the remainder of the year?*

**Katherine:** My running goal this year is to hit an additional 2 minute PR, preferably without any wardrobe malfunctions, and to finish strong.

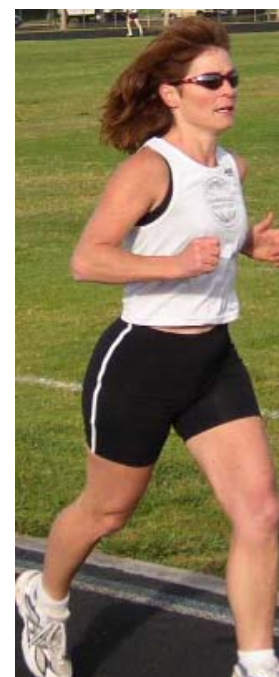
**Cathy Shargay** is a long time club member and the SCRR Newsletter editor. Cathy has overcome injury and is back running. I asked her a few questions about her racing and recovery this season.

**Linda:** *Great to see you out running again. Tell us about your half marathon race at OC.*

**Cathy:** It was so much fun!! I was somewhat nervous at the start whether I'd be able to do it, since I had been battling some injuries since mid Feb. But as the miles went by, everything felt great and I was totally enjoying the race. The course was great with the views of the ocean and Back Bay. Ken was meeting me to run me in for the last few miles, so that was an added incentive.

**Linda:** *I know that you have been battling injuries. Tell us about your comeback.*

**Cathy:** I had been battling calf problems for years, and had tried all kinds of possible solutions-stretching and strengthening regimes, flexibility improvements, icing, various types of massage, etc. Nothing seemed to work, and I just kept getting slower with running becoming a major struggle. Then Ken researched the Internet with a list of my symptoms and came up with Compartmental Syndrome. This is a problem where your muscles expand while running and become constricted by the muscle sheath. The muscles then get very tight and painful, and can cut off blood flow. Even though three doctors agreed that my



symptoms sounded like classic Compartmental Syndrome, they would not do the test for it and instead just said "stop running". Other frustrating comments from doctors were "maybe you should see a psychiatrist" (since I wanted to run so badly) and "you're too old for this surgery".

I was telling all this to Jodie Kinney one day and she said that she knew someone who previously experienced the same problem, had it corrected by surgery, and was now doing great in triathlons. She put us in contact with each other, and then I went to the same doctors. The tests showed that I had a severe level of this Syndrome and the doctor recommended surgery for all four calf muscles in both legs. At that point, I was helped by another club member, Dave Litvak (who was then a surgeon at Kaiser) as he put in a referral for me to the best orthopedic surgeon Kaiser had for this type of surgery. I had the surgery last October, and since it always has a quick recovery, I was able to run in the very rainy Turkey Trot 10K. For the Dec. and Jan. club races, I ran 5K's, and improved by a minute between them. By Shoreline, I ran my best 1/2M in three years, but then at the Palm Springs 1/2M in mid-Feb, my calf cramped at mile 10 which resulted in multiple injuries. The OC 1/2M showed that I'm back on track now!

**Linda:** *When did you join SCRR and what brought you to the club?*

**Cathy:** I joined SCRR in mid-1998 shortly after running L.A. marathon. I lived in the area and had seen the Roadrunners running from Heritage Park. I joined with Gabe Stryker, and we were both single moms at the time. The club helped me get much faster back then, and one of my favorite early club memories, is when a group of us went to run Santa Clarita marathon in Nov. 1998 which was my second marathon. It went great and without knowing anything about qualifying for Boston ahead of time, it happened and I was ecstatic! The next time I came for a Monday night run, as I walked up, the group started clapping - what an awesome feeling that was!

**Linda:** *What is your running goal for the remainder of the year?*

**Cathy:** My main goal is to stay injury-free - it is such a pleasure to run normally again. I missed my favorite long runs, the trails, chatting with friends on runs... and now they've returned to again be a big part of my life. Specific race goals are St. George marathon in October, where hope to qualify for Boston!

Finally, in the marathon **Erika Kotteakos** had an amazing race. I asked her to tell us about her training this season.

**Linda:** *It has been so exciting to watch you race and get faster this season. Please tell us about your training strategy.*

**Erika:** My training strategy? I wish I could say that I had one. Because I was doing Danny's training program, coming up with a training schedule was left to him. My only strategy was to follow it the best I could without getting completely burnt out. To do that, I opted for cross-training one or two days a week in place of a recovery run, which meant my mileage wasn't as high as was prescribed in my training plan, but it helped me recover from the hard workouts, and except for a couple "rough" weeks in the middle of training, I was able to avoid burnout.

After making some improvements in my 5K and 10K races the previous training season, I decided to use that momentum and see if I could improve my marathon time as well. The OC Marathon was the obvious choice, and I was fortunate to have some great training partners also doing the OC Marathon or Half Marathon, as well as some fast ladies training for Boston or other races. Their company during the Tuesday night track workouts was something I looked forward to and benefited from. Those of us doing the OC races ran parts of the course during some long runs so we would know what to expect on race day. Unfortunately, Elizabeth, Quang, and I made a wrong turn on one of those runs and what was intended to be a 20-miler turned into a 23-mile run/walk. I can't remember a time when I was more in need of an ice bath.



I liked the new flatter course and am looking forward to doing the half marathon next year. The second half of the marathon course is not as scenic as the first, and even if it was, I don't think I would have noticed, as I was so focused on



staying with the 3:20 pace leader, who did a fantastic job of keeping us on pace. It was the first time I had run with a pacer, and am glad I did, especially at the end when I got a little carried away. With less than 5 miles to go, I was feeling pretty good, so I picked up the pace. Well, that lasted for about a mile and then my legs got really heavy and I slowed down a lot. The 3:20 group caught me in no time, and I panicked as they ran past me with ease. I was clearly struggling, so Ryan, the pace leader, said a few encouraging words as he went by. It took me a mile or two to relax and recover from my stupid mistake, but I was finally able to rejoin the pack and ultimately finished with a time of 3:19:35.

**Linda:** *When did you join South Coast Roadrunners?*

**Erika:** I joined the SCRR in the fall of 2004, so it's hard to believe, but I'm coming up on five years with the club. Previously, my friend and frequent running partner, Amy Katz, had joined SCRR. Soon after joining, she started running faster and faster. She was very enthusiastic about the club and the training program offered by Danny and Molly and encouraged my friend Karen Winter and me to join, and I'm very glad she did. I've enjoyed being a part of the club ever since.

**Linda:** *What is your next running goal?*

**Erika:** My next running goal is a simple one: to just enjoy running like I did when I first started many, many years ago, before I wore a Garmin or kept track of miles and pace. There's a certain comfort I find in running, whether by myself or with friends. Until I'm compelled to challenge myself again with a new time goal, I'll be content and thankful for every day I get to enjoy the gift of running.

Thanks runners for sharing your stories. The gift of running, isn't that really what it comes down to. In June our season rolls to a close with the final race of the Grand Prix series, Corona Del Mar 5k. It is a course highlighting the beauty that is the Orange County South Coast. So South Coast Roadrunners come out for the final race and cheer for the runners, all the runners, those in the front of the pack and those in the back of the pack. Everyone crossing the finish line has a story.

## ***President's Letter***

**By: Amelia Carchidi**

So... it has been awhile since I have written my last President's letter. I apologize. A variety of travel has taken me out of town quite a bit recently.

However, I wanted to make sure to include one this month, as our year is drawing to a close. I want to let everyone know how much I have appreciated your support for the events we have hosted over the last year as the South Coast Roadrunners. Once again, our membership has grown – due to all the wonderful people which make this club as great as it is.

As we come upon next year, I encourage all members to look at their involvement in the club and think of ways to make it better. At the end of the day, it is YOUR club and it will only be as good as what you put into it.

I look forward to seeing everyone at the banquet. I will be on a plane back from Orlando that morning... so hopefully I can get some sleep and get back on Pacific time for the festivities of the evening. Stacey and Kathleen have put a lot of work into planning this and I'm looking forward to another great event !!

Happy Running, Amelia Carchidi SCRR President, 2008-2009



## OC Marathon Photos

By: Linda Hammond



## ***OC Marathon Report – Great Finale for a Great Season!***

**By: Danny Stein**

I am in mid air and was excited about getting my thoughts from the great day we had as a team yesterday at the OC races. First, it was great seeing everyone compete and even better seeing and hearing everyone cheer for each other in the respective races. I saw pretty much all the 5Kers lining the finish lines cheering for our teammates as they finished the ½ and marathon. It was even more inspiring that everyone seemed to know everyone's goals and were gathered around the results sheets checking out the finishing times commenting on the great day each of our members had. Now that is a TEAM and it is special to have the support of not only your training partners within the different groups, but across the entire Stein Training program. I am completely convinced that a large portion of the goals and fast times that are being posted is due to the positive environment of the group we have created and the support we give each other at workouts and races. I know it helped me push through the pain at Carlsbad to make sure I added to the momentum our group had gained in the races previous to mine. I could see similar efforts being put in to fight through the pain and discomfort many of our marathoners had as they were working to just finish a tough day of leg cramps or push to the finish to gain every second they could towards their new PRs!

5K...

**Ben Coyle, Brad Wobig and Freddy Cowles** ran a very smart race...working together in a chase pack following behind the two leaders that went out pretty quick. The group recognized their race pace, worked to stay in contact with the leaders, but not press early past redline knowing if they did they might struggle late. Sure enough, the leader who was at another level than the rest of the field broke the young guy in 2<sup>nd</sup>. As soon as Ben saw 2<sup>nd</sup> coming back, he made a great move to get himself in position to unleash the kick he was capable of due to his early strategic running. Ben's move also pulled Fred and Brad along and set them on for solid finishes as well. The 3 of them all finished in the top 6 and among the top of their age groups as well. Ben grabbed 2<sup>nd</sup> overall and his first podium finish of the season. All of them under 17 mins again...

Not too far back was another good race among SCRR/Stein Training group members. **Kevin Ray**, who some how throughout the race was blind to me ran one of the best races of the day coming out of our group. Kevin, I am sorry I did not recognize it was you racing, but apparently you did not need my help. Kevin broke 18 minutes for the first time in a long while. He was running in the low 19s to start the season and posted an awesome 17:31 time per the results yesterday. His goal for the season was to get back into college race shape with the hope of getting down to 17:30...mission accomplished. What Kevin might not have known was **Dave Schiller** was the man just in front of him battling himself to break 17:30 also. Dave pulled out a very solid 17:23.

**Vince Lowder** keeps proving he is a 5K runner. He learning curve for these short distances continues to grow and his times continue to get a little faster each race. Vince had about a 12 sec. PR at Carlsbad and equaled that margin at the OC 5K within another 12 sec. Improvement running 18:12. **Orhan Beker** has been making a steady comeback since making the decision to get back into workouts and training with the group. His times are starting to come down as a result. Orhan posted a very nice mid 18 minute time.

**Sherri Ellerby** has had two excellent races the past two weekends. Sherri is the two time defending champ of the La Jolla ½ marathon. La Jolla is definitely one of the hardest course and I am convinced between her 17:48 5K time and winning that race last year those accomplishments got her recognized as one of the top Master women in 2008. This year Sherri entered the race in a comeback season knowing she was not at the same fitness level, but focused on still battling for a top finish. She did just that finishing 1<sup>st</sup> overall Master in a 1:31 time that is probably closer to 1:28 or faster on a flat course. Sherri decided to join her teammates and line up for the OC 5K as well. Although she was still recovering from the ½ still as able to knock out a mid 19 minute time and finish among the top Masters in this race as well.

**Mary Lynch** was beaming with excitement while pacing her friend, Jenn in the finish of the marathon letting me know she had broken the 20:00 5K barrier. The bad news for Mary is the chip time vs. her watch time showed her crossing 20:00. The good news is this is a 30 sec. PR for Mary and left her hungry for that extra sec. Watch out Saddleback 5K! **Mike Gulan** has been working on cross training on his bike to help with his injury comeback. The efforts seem to be helping based on his large improvement from Carlsbad to OC. Mike also had one of the best kicks of the day passing 5-6 runners in the last 100m. Great work!

**Stacey Dippong** and **Tom Skane**, our two work crazed Lawyers this season, have been limited on time to really train at the level they did last season preparing for their marathon PRs. However, they gained a ton of fitness from that season and have put in enough running to continue to post some very respectable times. Tom was a few secs off his Carlsbad time, but due to a hockey injury (don't anyone else get any ideas of cross training with hockey...Tom is a special athlete and is the only one with permission...Ha Ha) still was able to run under 22 mins. Stacey also not far off her PR was excited that she was still much faster then she was before she started the program a couple seasons ago!

½ Marathon....

**Kelly Flathers** as usual was the big headliner at the OC ½ marathon. She got recognized before the gun went off, which put added pressure on her, but still performed well. I continue to remind Kelly this time last year she was in a wheelchair and she was doubting herself that she would ever run again. Running she is...like many of our longer distance folks...I provided Kelly a plan that included some high mileage weeks and a steady incline in intensity through transition phase. Many weeks she was running tired and still trying to get her body to remember what it was like to train hard. She experienced many ups and downs this season, but by these last few weeks leading into her peak at OC things started feeling better and body was responding to the taper. Not only did Kelly notice, but many of her teammates wrote me with the same news on Kelly. Kelly among others proved that good things can come to those that wait and often times experienced runners have to wait for peak phase to feel good and see time improvements. At the OC Kelly finished 2<sup>nd</sup> overall which earned her some cash and she did that battling an upset stomach from mile 3 to the finish. It was her fastest time of the season and sets her up for an Olympic Trials Qualifying run in Minnesota next season.

**Leilani Rios** on the opposite scale is a new runner to the ½ marathon distance. After experiencing her own physical scares this season and time off as a result, she decided to run her first ½ at Palm Springs. With little training underneath her, she still pulled out a 1:39 time. At OC, Leilani decided to test the distance again and this time was a little more fit. She went out conservative as I instructed but let the wheels go in the second 1/2. She received about an 8 minute PR by finishing in 1:32. Congrats! **Kathleen Curley's** goal for the season was 1:37 in the ½ and has been seeing steady improvement with continual PRs in every race. She too followed the race strategy very closely and benefited with a solid finish and a 1:37 and some change PR. I told her in Boston terms she made her goal...they allow up to 59 secs. of the posted time to qualify.

**Noreene Matsuda** has been ripping her workouts and feeling good each day leading up to the race. Noreene is very goal motivated and not completely satisfied if she does not reach the times she knows she is capable of, which as runners we all understand. Nonetheless, she had a good day at OC once again breaking 1:40 and running a solid 1:39 time. She said she felt off from the gun, but continued to fight as best she could. Those days happen... a scratchy throat might have affected her from having a great day versus just a good day.

**Rob Harris** and **Jim Beck** have not been out with the group this season much because both are doing a lot of cross training and long efforts getting ready for their Ironmans. However, both ran good races in the ½ considering long bike rides the day before. Keep up the good work guys and be sure to taper well!!!

Marathon...

**Cheryl Smith** - Of course, we have to start with the OC Marathon 3 time Champ... Talent and a gift for running fast and racing are the best ways I can describe Cheryl. Admittedly, she was not prepared for this race and decided only the day before to run it. But we should not forget that just a couple months back Cheryl posted two ½ marathon times in the 1:16 range and was on her way to another top 10-15 ranking among Americans. Her past fitness has not totally disappeared and Cheryl's passion for running has stayed with her, which led her to the starting line this weekend and thank God it did. She went out with guts and led wire to wire to win by a large margin in 3:07. Nice work and congrats on the paycheck!

**Erica Kotteakos** - Erica much like Kelly had a long tough season of training. Erica has improved each season she has decided to focus on the marathon and based on her big break through in the shorter distances last season she was ready for an equally big break through in the marathon. Erica's previous PR was 3:28, which at the time was a huge PR for her then. I consulted her that I thought in order to make a run at sub 3:20 we needed to try to take her mileage up a bit to get her the strength needed to hold a fast pace over 26.2. A 9 min PR for an experienced marathoner is a ton and hard work is the only way to have a shot. As a result, Erica ran tired a lot and did not post the same sort of times she was accustomed to from last season in some of her races leading up to the OC Marathon. I continued to remind her that her times were still much faster then her past marathon training seasons and that her mileage was up a good bit and as Eric will tell you training well and racing well often do not happen together. I also assured her that she has performed time and time again when the peak phase comes and this season will be no different. Sure enough...Erica performed. Her ultimate season goal was to break 3:20 and before the race she thought 3:22 would be the best she could hope for. She followed the plan perfectly and by the 12 mile marker was on pace for



3:22 and looking strong. By mile 20, she passed me attached to the 3:20 pace group... I knew at that point, Erica was going to hang on and break 3:20...sure enough she finished with a 8-9 min. PR in 3:19.

**Elizabeth Bailey**...Elizabeth also had some great training going into her marathon. It has been a long time since Elizabeth had broke 3:40 and her ultimate goal was to run under 3:35 for a PR. I rode next to her from mile 20-23 and she was working hard to reach her goal. It was apparant she was starting to hurt, but never gave up on her race. She also had a good day breaking the 3:40 barrier once again running 3:39, but missing her 3:35. Although, for Elizabeth I am pretty sure this is a day she will never forget for more reasons then her race! Congrats on the race and the other exciting news in your life!!!!

**Quang Pham** - Quang was the hero of the day. He had been training great with Erica looking for a 3:30 or under time and a BQ. His last marathon was just under 4 hours, so he was hoping for a big improvement. He went out conservatively based off his training and recent races predictors. However, at mile 11 he started feeling his muscles cramp. He continued along the way and by mile 20 he was shot. He promised himself he would not drop out and he was determined to finish. I reminded him at mile 22 that a PR was still possible and tried to keep him moving. Whatever motivated him worked and he crossed the line with a 7 min PR. He is already planning his next attempt and is confident he is experienced enough to make the third time a charm.

ADDITIONAL PR'S:

Ken Atterholt	19:27	5K
Greg Hanssen	1:39:28	1/2M
Armando Moran	3:18:05	M

## ***Club Road Trip – E.T. Marathon/Half/10K/Ultra***

**By: Greg Hanssen**

Come to Las Vegas and get abducted on the Extra Terrestrial Highway marathon, half marathon, 10k or 51k Ultra on August 8th/9th. Nevada state route 375 (aka the extra-terrestrial Highway) is about 2-2.5 hours north of Las Vegas.

The marathon and 51k Ultra (for area 51 of course) start at midnight, the half starts and 12:30 and the 10k at 1am. The expo is in Las Vegas from 4pm-8pm near the Hard Rock hotel on Saturday. There will be a full moon and the temperatures are expected to be in the 60s. We could carpool out to Las Vegas Friday night, party late then sleep in on Saturday morning. Saturday night we could carpool or take event busses out to the starting line.



Contact Greg ([greghanssen@gmail.com](mailto:greghanssen@gmail.com)) if you're interested in joining!

Event web site: <http://calicoracing.squarespace.com/et-full-moon-midnight-maratho/>





# GRAND PRIX STANDINGS



The Grand Prix is a competition where club members get points for running races selected as the club races-of-the-month. The points are based on each runner's time compared to the world record in that distance for their gender and age group. The program runs from July to June, and the best 9 of 12 scores are used. The standings of the top 86 participants of 95 for the 2008-2009 series after 11 races are:

Place	Name	Age Group	Sex	Total Net Pts	Races	Best	Avg	OC Marathon		Carlsbad 5000	
								Times	Points	Times	Points
1	Fred Cowles	45-49	M	8059	10	912	895	16:45 5k	902	16:52 5k	896
2	David Schiller	45-49	M	7506	10	870	834	17:23 5k	870	17:38 5k	857
3	Jeanie Leitner	60-64	F	7280	9	845	809	1:48:37 Half	827	23:23 5k	840
4	Mike Sellers	25-29	M	7120	10	813	791		0	16:43 5k	802
5	Erika Kotteakos	40-44	F	6838	10	787	760	3:19:35 Full	745	20:53 5k	757
6	Ken Atterholt	45-49	M	6700	11	777	744	19:27 5k	777	19:43 5k	767
7	Mike Friedl	45-49	M	6645	9	793	738	19:04 5k	793	19:27 5k	777
8	Brad Wobig	40-44	M	6502	8	839	813	16:57 5k	839	16:57 5k	839
9	Ed Coffey	60-64	M	6466	10	736	718	23:37 5k	720	23:49 5k	714
10	Orhan Beker	35-39	M	6450	10	755	717	18:39 5k	728	19:02 5k	714
11	Linda Hammond	40-44	F	6217	10	711	691	22:13 5k	711	22:50 5k	692
12	Mike Gulan	55-59	M	6207	8	817	776	21:07 5k	763	21:36 5k	746
13	Leilani Rios	25-29	F	6045	8	805	756	1:32:20 Half	743	19:54 5k	749
14	Mary Lynch	40-44	F	6030	8	790	754	20:00 5k	790	20:30 5k	771
15	Tom Skane	45-49	M	5939	9	694	660	21:51 5k	692	21:47 5k	694
16	Sue Zihlmann	45-49	F	5793	7	871	828		0	19:49 5k	854
17	Greg Hanssen	40-44	M	5761	9	665	640	1:39:28 Half	637	21:31 5k	661
18	Kathleen Curley	25-29	F	5466	8	730	683	1:37:37 Half	702	20:24 5k	730
19	Ben Coyle	30-34	M	5394	7	818	771	16:31 5k	817	16:30 5k	818
20	Armando Moran	35-39	M	5392	8	699	674	3:18:05 Full	665	19:26 5k	699
21	Noreene Matsuda	45-49	F	5175	7	800	739	1:39:46 Half	800	21:49 5k	775
22	Amy Katz	35-39	F	5168	8	685	646		0	22:29 5k	685
23	Vincent Lowder	40-44	M	5142	7	781	735	18:12 5k	781	18:26 5k	771
24	Annette McCall	35-39	F	4389	6	742	732	21:01 5k	733	20:45 5k	742
25	Tonson Tong	40-44	M	4299	6	780	717	3:39:08 Full	625	18:27 5k	771
26	Rob Harris	45-49	M	4262	6	725	710	1:35:25 Half	714	20:51 5k	725
27	Quang Pham	40-44	M	4247	7	690	607	3:51:08 Full	593	20:37 5k	690
28	Jannay Morrison	40-44	F	4202	6	741	700		0	21:21 5k	740
29	Jane Crewe	45-49	F	4173	6	707	696		0	24:32 5k	690
30	Sherri Ellerby	45-49	F	4024	5	870	805	19:26 5k	870	19:27 5k	812
31	Eric Frome	25-29	M	3937	5	814	787		0	16:28 5k	814
32	Stacey Dippong	25-29	F	3841	6	668	640	22:20 5k	667		0
33	Brigid Pukszta	40-44	F	3768	8	496	471		0	33:25 5k	473
34	Jim Beck	40-44	M	3532	5	740	706	1:32:50 Half	683		0
35	Amelia Carchidi	30-34	F	3511	5	726	702		0		0
36	Cathy Shargay	50-54	F	3430	5	703	686	1:58:20 Half	673	24:52 5k	702

Place	Name	Age Group	Sex	Total Net Pts	Races	Best	Avg	OC Marathon		Carlsbad 5000	
								Times	Points	Times	Points
37	Karen Winter	45-49	F	3279	5	719	656		0		0
38	John Gardiner	35-39	M	3203	4	835	801		0	16:16 5k	835
39	Greg Jones	30-34	M	3107	4	784	777		0	17:18 5k	780
40	Sandra Straehle	Manzano-40-44	F	3067	4	789	767		0	20:16 5k	780
41	Mike Connors	40-44	M	3037	4	797	759		0	20:57 5k	679
42	Jim Grant	45-49	M	3011	4	788	753		0		0
43	Matt Hood	35-39	M	2978	5	664	596		0		0
44	Kevin MacDonnell	45-49	M	2949	4	741	737		0	20:37 5k	733
45	Beiyi Zheng	45-49	F	2935	5	637	587	4:53:05 Full	554		0
46	Jon Resnick	45-49	M	2832	4	761	708		0	20:51 5k	725
47	Cheryl Smith	25-29	F	2514	3	881	838	3:07:04 Full	756		0
48	Michele Philo	25-29	F	2303	5	478	461		0		0
49	Brent Bohn	40-44	M	2286	3	782	762		0		0
50	Pete Boisineau	60-64	M	2265	3	775	755		0		0
51	Lucina Lara	35-39	F	2249	3	781	750		0		0
52	Robert Donald	40-44	M	2129	3	728	710		0		0
53	Jennifer Walt	45-49	F	1987	3	699	662		0		0
54	Colleen Jones	30-34	F	1986	3	696	662		0		0
55	Jennifer Whyte	35-39	F	1948	3	688	649	4:17:19 Full	574		0
56	Linda Lowder	40-44	F	1866	3	638	622		0	25:10 5k	628
57	Liza Svoboda	35-39	F	1853	3	660	618		0		0
58	Jan Peters	50-54	F	1675	3	567	558		0		0
59	Melissa Schiller	13-15	F	1632	3	571	544	29:40 5k	567		0
60	Katherine Saucedo	40-44	M	1616	3	557	539	25:32 5k	557		0
61	Bob Morris	55-59	M	1597	2	813	799	19:50 5k	813	20:34 5k	784
62	Jason Blank	30-34	M	1563	2	784	782		0		0
63	Jennifer Wilkes	30-34	F	1555	3	658	518		0		0
64	Jennifer Neff	40-44	F	1523	2	795	762		0	19:52 5k	795
65	Simon Gudina	35-39	M	1464	2	761	732		0		0
66	Molly Donnellan	45-49	F	1424	2	715	712		0		0
67	Jerry Lin	40-44	M	1371	2	706	686		0		0
68	Jared Lessard	25-29	M	1357	2	690	679		0		0
69	Bryan Chu	25-29	M	1328	2	676	664		0		0
70	Gary Juskowiak	25-29	M	1321	2	679	661		0		0
71	Terry Purdy	50-54	M	1309	2	659	655		0		0
72	Adam Wallace	35-39	M	1285	2	662	643		0		0
73	Ron Urman	45-49	M	1278	2	652	639		0		0
74	Vicki Niebrzydowski	25-29	F	1274	2	659	637		0		0
75	Faith Morris	50-54	F	1272	2	647	636		0	27:00 5k	647
76	George Knowles	30-34	M	1237	2	619	619		0		0
77	Carlos Jovel, Jr.	30-34	M	1020	2	519	510		0		0
78	Doug Denniston	45-49	M	860	2	468	430	2:53:31 Half	392		0
79	Danny Stein	30-34	M	820	1	820	820		0	16:28 5k	820
80	Tom Dellner	40-44	M	767	1	767	767		0		0
81	Diane Le	25-29	F	725	1	725	725		0		0
82	Kathleen Litvak	40-44	F	721	1	721	721		0		0
83	Ray Vrabel	60-64	M	718	1	718	718		0		0
84	Kelly Tucker	50-54	M	712	1	712	712		0		0
85	Michael Ewart	50-54	M	711	1	711	711		0		0
86	Jerry Harber	65-69	M	708	1	708	708	25:54 5k	708		0

# Summer Fiesta

## South Coast Roadrunners Annual Recognition Banquet

**Saturday, June 20, 2009**  
**5:00 pm**

**This is the event of the year! Reserve your spot  
now by submitting your payment.**

### **SEMI-FORMAL ATTIRE**

**Awards, raffle prizes, slide show, food, music  
and lots of dancing!**

### **MENU**

**Mexican buffet: Enchiladas, Tacos, rice, beans,  
salad, chips/salsa and dessert**

**Margarita machine (while it lasts!)**

**Beer, water and soft drinks also provided.**

**Dudes' and Chicks' Pre-party locations  
To Be Announced**

### **Directions**

Woodbridge Community  
Center  
31 Creek Road  
Irvine, CA 92618

**From the North:**  
405 South

Exit Jeffrey and turn left  
Left on Alton  
Right on Creek Rd

**From the South:**  
405 North

Exit Jeffrey and turn right  
Left on Alton  
Right on Creek Rd

Any questions or if you would  
like to volunteer to help with  
decorations & clean up,  
contact Kathleen

([Kathleen.cuney@gmail.com](mailto:Kathleen.cuney@gmail.com))

or Stacey

([Staceydippogg@gmail.com](mailto:Staceydippogg@gmail.com))

**RSVP by June 4<sup>th</sup> – Club Meeting Night**

\$30 per person payable to SCRR - After June 4<sup>th</sup>, \$35 through June 13<sup>th</sup>  
Give your checks to Kathleen, Stacey, one of the club officers

South Coast Roadrunners | P.O. Box 4733 | Irvine, CA | 92616



## SATURDAY RUNS

**6/6/09, Saturday Run replaced by Club Race – Corona Del Mar Scenic 5K**

**6/13/09, Back Bay Classic**

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

**Leader:** TBD

**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.

**6/20/09, Quail Hill**

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

**Leader:** TBD

**Location:** Starbucks – Corner of Alton & E. Yale Loop, Irvine (same location as Turtle Rock ‘N Java run)

**Directions:** From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn Left and then Right into parking lot. Starbucks is between Ralphs and Sav-On.

**About the Run:** We will take the “new and improved” route out Jeffrey and across the freeway over the Jeffrey bridge. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into new exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. You can also do an out and back along the trail. There is water on the trail but it is recommended to bring some since it can be warm.

**After the Run:** Starbucks, Big City Bagels, and Juice It Up. Also... we need volunteers to help set up for our banquet following the run. PLEASE help if you can !!

**6/27/09, Tribute to the Olympics in Orange County**

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

**Leader:** Amelia Carchidi

**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 9.85 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.

<http://sanoodi.com/route/southcoastroadrunners/163425/1984-olympic-road-cycling-course/>



## 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**

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[www.watersrestaurant.com](http://www.watersrestaurant.com)

4625 Barranca Pkwy, Irvine

**Richard (Fritz) Reimers, A.G. Edwards & Sons, Inc.**

V.P. Investments,

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Fax: (949) 493-9505

E-mail: [richard.reimers@agedwards.com](mailto:richard.reimers@agedwards.com)

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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](mailto:Cshargay@cox.net).

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

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

### CLUB INFORMATION

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

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

[www.roadrunners.org](http://www.roadrunners.org).

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

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

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

# SCRR CLUB CALENDAR

Club Events in bold font

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



<b>JUNE</b>	
<b>THURS, 6/4, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SAT, 6/6, 7:55 a.m.</b>	<b>Corona Del Mar Scenic 5K, <a href="http://www.active.com">www.active.com</a></b>
<b>SUN, 6/7, 8:00 a.m.</b>	Playa Del Run Huntington Beach, Bolsa Chica State Beach, 5K Run, 1000M swim or Aquathon, <a href="http://www.playadelrun.com">www.playadelrun.com</a>
<b>SAT&amp;SUN, 6/6, 6/7 &amp; 6/13</b>	Camp Pendleton Mud Run, (Sold Out) <a href="http://www.active.com">www.active.com</a>
<b>THURS, 6/11, 6:15 p.m.</b>	Peter's Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, Tustin, <a href="http://www.renegaderaceseries.com">www.renegaderaceseries.com</a>
<b>SAT, 6/13, 8:00 a.m.</b>	Magic Shoes 5K, CDM High School, Newport Beach, <a href="http://www.magicshoe5k.com">www.magicshoe5k.com</a>
<b>SAT, 6/13, 8:00 a.m./</b>	Downtown Anaheim 5K, 205 Center St., Anaheim
<b>SUN, 6/14</b>	OCTC Pancake Run, Fairview Park, 2525 Placentia Ave., Costa Mesa
<b>SAT, 6/20</b>	<b>SCRR Annual Banquet – Details on page 11</b>
<b>JULY</b>	
<b>THURS, 7/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SAT, 7/4</b>	Woodbridge 5K
<b>SAT, 7/4, 7:00 a.m.</b>	Surf City Run 5K, 17 <sup>th</sup> and Main, Huntington Beach, <a href="http://www.surfcityrun.com">www.surfcityrun.com</a>
<b>SAT, 7/4, 7:30 a.m.</b>	Run through the City of Lake Forest, Lake Forest and Trabuco, <a href="http://www.lf5k.org">www.lf5k.org</a>
<b>SAT, 7/4, 7:00 a.m.</b>	South Coast YMCA Run in the Parks 5K/10K, 29831 Crown Valley Parkway, Laguna Niguel
<b>THURS, 7/9, 6:15 p.m.</b>	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, <a href="http://www.renegaderaceseries.com">www.renegaderaceseries.com</a>
<b>SAT, 7/18, 9:00 a.m.</b>	1st Annual Orange County Mud Run 5K or 10K, Hidden Valley Park (next to Wild Rivers), Irvine, <a href="http://www.ocmudrun.com">www.ocmudrun.com</a>
<b>SAT, 7/25, 8:00 a.m.</b>	Mission Viejo High School Football/PCRF "On a Mission to Find A Cure 5K", Great Park, Irvine, <a href="http://www.missionfootball.com">www.missionfootball.com</a>
<b>AUGUST</b>	
<b>SUN, 8/2, 8:00 a.m.</b>	Paws for Cause 5K, Mile Square Park, Fountain Valley, <a href="http://www.pawsforcause.org">www.pawsforcause.org</a>
<b>THURS, 8/6, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>THURS, 8/6, 6:15 p.m.</b>	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, <a href="http://www.renegaderaceseries.com">www.renegaderaceseries.com</a>
<b>SAT, 8/8, midnight</b>	E.T. Full Moon Midnight Marathon, M, 1/2M, 10K, Las Vegas, <a href="http://calicoracing.squarespace.com/et-full-moon-midnight-maratho">http://calicoracing.squarespace.com/et-full-moon-midnight-maratho</a>
<b>SUN, 8/16, 6:45 a.m.</b>	America's Finest Half Marathon, 1/2M and 5K, San Diego, <a href="http://www.afchalf.com">www.afchalf.com</a>
<b>SAT, 8/22, 6:30 a.m.</b>	Bulldog, 50K and 25K, Malibu Creek State Park

## 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