# ON THE RUN



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

Orange County, California
March 2008 Issue

## Runner of the Month – Cheryl Foody By: Amy Katz

Congratulations to Runner of the Month, Cheryl Foody!

Not only was Cheryl the winner of the OC Marathon in January with a time of 2:38:38, she also qualified for the U.S. Olympic Marathon Trials under the "A" standard (under 2:39).



The Women's Olympic Marathon Trials will be held in Boston this year, the day before the Boston Marathon. Those of us running Boston will get a special treat since the Trials will be very spectator friendly. The start and finish of the race will be the traditional Boston Marathon finish line on Boylston Street, and the runners will first run about 2.2 miles through historic Boston, then four "core" loops of approximately 6 miles each through the Back Bay and across the Charles River into Cambridge. This means we'll have multiple chances to cheer on our teammate Cheryl!



Although Cheryl is a relatively new member of South Coast Roadrunners, she has definitely left her mark. She's a regular at the weekly Thursday night and Saturday morning runs, and is a participant in Danny Stein's training program.

Although most of us can't keep up with her, she has found training companions including Mike Connors, Greg Jones, Brad Wobig, and Ben Coyle, who all trained together for winter marathons. We all wish Cheryl the best of luck in Boston and hope to see her on TV as a member of the US Olympic Team in Beijing this summer!

# Save the Date!! Annual SCRR Awards Banquet

Saturday, June 21

Details to Come!

### SCRR Factoids

By: Noreene Matsuda

SCRR club membership has grown dramatically over the past couple of years. Quite a few new members have found us through our award-winning website designed by our webmaster Mike Reeves. As of February 2008, here are some interesting factoids about our club demographics.

Of our 257 members... 132 are male

125 are female

78 are newbies—joined within the past 12 months

179 renewed their memberships

60 joined as a family (29 family memberships)

197 asserted their independence

Here are the top five cities where almost 60% of our members reside. One-third live in Irvine...

89 live in Irvine

19 live in Newport Beach/Newport Coast

16 live in Tustin

13 live in Lake Forest

12 live in Aliso Viejo

Six members reside outside of California in these cities/states...

Jasper, Georgia

Ellensburg, Washington

Seattle, Washington

Two members moved to New York last year.

One member lives across the pond in Paris, France.

Several members share the same name. We have...

- 8 Michaels/Mikes
- 7 Jameses/Jims and Johns/Jon
- 6 Stephens/Steves and Susans/Sues
- 5 Roberts/Bobs
- 4 Daniels/Dannys, Davids/Daves and Jennifers/Jennys
- 3 Gregs, Kathleens/Kathys, Lauras, Lindas, Matthews, Pauls and Richards

Results compiled by Noreene Matsuda: the only Noreene in SCRR; female; Mission Viejo; Social Chair; Director at Large.

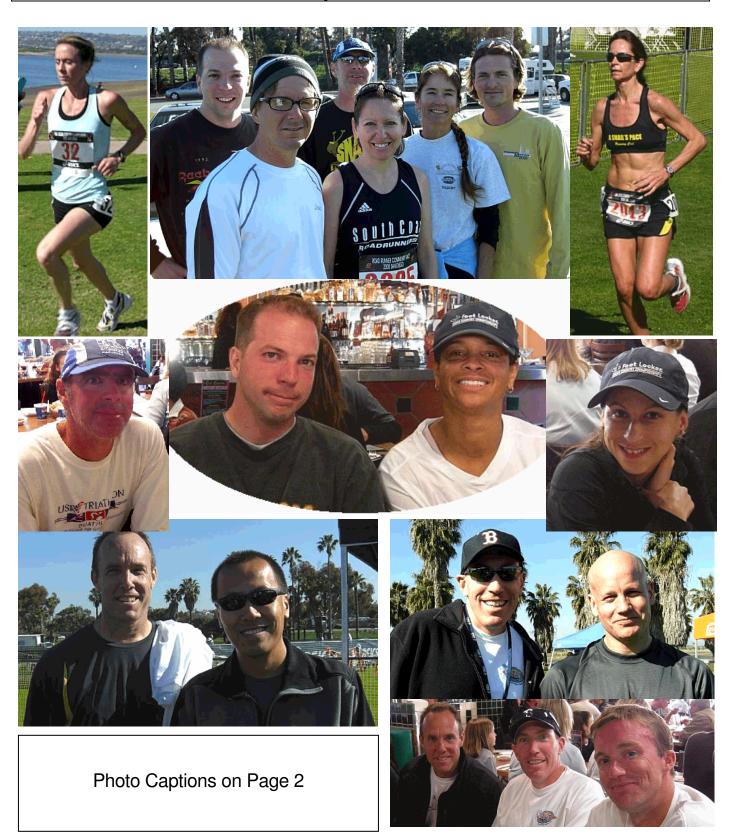
Photos on Page 3:

Top row: Cheryl Foody, Danny Stein, Brad Wobig, Fred Cowles, Amy Katz, Sherri Ellerby and Greg Jones, and Sherri Ellerby

Middle row: Fred Cowles, Danny Stein and Linda Hammond, and Leilani Rios

Bottom rows: Gary Moon and Tonson Tong, David Litvak and Mike Sellers, and Gary Moon, David Litvak and Ben Coyle.

# SCRR Road Trip to Cross Country Championships Photos By: Linda Hammond



#### Classic Boston Articles:

### Who's Fooling Who - Boston Marathon '05

By: Jim Grant

The Boston Marathon is held on the 3rd Monday in April (Patriots' Day). It felt more like the 1st day in April (April Fools' Day) to me. No matter that I had only run once since March 15th (The Ides of March). I was going to defy Phillippides, Achilles, Mercury, Hercules, Johnny Kelley, and what ever other legend.

I ran the first 8 miles in 7:09 pace (57:12). Only one of the miles was under 7 (6:59). O.k. not quite goal pace, but let the legends have their due. I was just getting warmed up anyway. (Yeah, I was just getting warmed up for the crash and burn.)

The legends would have no mercy on me this day. Mercury was there even before the start. But why should that matter? He/she was there at Long Beach as well. Achilles was at the start as well, but he is why I had only run once since March 15th. By the way, why couldn't Achilles' mom dip him in the river by his ears? It didn't take Hercules too long to show up. But why should I go from hero to zero in just a little over a month?

Now Phillippides showed up way too early, but I lived through a Marathon before. I can understand why Johnny Kelley might want to show up, since he hasn't missed a Boston in how ever many years. But I can't understand why he had to jump on my back after mile 8. Does he think I'm Young at Heart? Didn't he know how much I looked forward to joining the 45-49 age group?

Fine, I wasn't going to run 7 minute pace, but I would at least PR. Who's fooling who? I actually may have fooled some folks following the race on the web. Boston Watch doesn't tell you at the 10K that even though Jim Grant is on 3:09 pace, he has Johnny Kelley on his tail ready to jump on his back.

The smartest thing that I did that day was have my name written on my arms. The only thing that got me through the ordeal was the thousands of spectators yelling, "Go Jim", "You can do it Jim", "Way to go Jim" especially when I was suffering the most.

Even the last mile was torturous. When the guy wearing the pink shirt, pink skirt, and pink shoes passed me, I vowed that I am at least going to run with him and get in his picture. Not to happen. Then when the Elvis impersonator passed me, I vowed that

I am not going to let the King beat me. He did. I finally got to the point where I thought maybe I can break 4 hours. I actually did. No fooling.

I guess if you're Paula Radcliffe you feel compelled to apologize for puking all over the course. I offer no such apologies. I always have and I always will have respect for anyone who can complete a Marathon.

This was my second Marathon and quite probably my last. If I had to compare the two experiences, I would say that the SCRR support I had at Long Beach was a huge difference. It was great seeing Andre and Sabrina before the race at Boston and seeing Barefoot Ken and Bill Fritzche after the race at Bill's party, but nothing at Boston for me can compare to the support I received from SCRR on the course at Long Beach. I sincerely miss meeting with the group over the last few weeks, and I look forward to joining the group soon. Unfortunately, Achilles still wants to post-race party. So it may be a lot later than sooner before I get back with the club.

Editor's Note: Jim has since run 02:56:22 at St. George in Oct. 06.



Karen Winters, Sabrina Colson-Higashi and Erika Kotteakos at the marathon finish line before '05 race day. Photo by Amy Katz

### Classic Boston Articles:

### Boston Marathon Report

By: Amy Katz



completed 21 marathons to date, but I still have not conquered Boston.

But that's what I love about running. There is always the next challenge, and it doesn't matter how long it takes me to reach my goals, I will keep trying. As long as I can qualify for Boston, I will be back to the city I love and the race that tempts me again and again.

Above: Amy and Jane after the '07 finish with their medals, blankets and warm clothes!

Right: Amy and Brad at the finish of

I love Boston. It's not just the marathon that I love, although it's more of a love/hate relationship I have with the hills of Newton and the pounding down hills. I love the history and tradition, and more than anything I love the people of Boston. This includes the spectators who are more than happy to stand out in the wind and rain to cheer me on, but also my fellow marathoners. I am in awe of the Boston marathoners.

I know I belong on the course because I've qualified twice for Boston, and the second time I didn't even need the extra 5 minutes granted me due to my age. But Boston really puts you in your place. These are some of the fastest, fittest people I've ever seen, regardless of their ages. I may have



### SCRR Members Going to '08 Boston Marathon

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

Linda Hammond Colleen Jones Amy Katz Erika Kotteakos Jeannie Leitner Vince Lowder Mary Lynch Jennifer Walt Sandra Manzano Jon Resnick Cathy Shargay Tonson Tong Mike Reeves Gary Moon

Please let Jane Crewe or Amy Katz know if you're planning to go, and they'll add you to the list!

### New Members Spotlight

Compiled By: Beiyi Zheng



Cisco Rubalcava and Simon in the photo taken by Leilani Rios at Kathleen Litvak's birthday party!.

#### SIMON GUDINA

I found myself sleeping somewhere on the streets of Irvine and early in the morning I got woken up by a bunch of runners, a.k.a. 'Roadrunners'. They dragged me along that morning. Since then I got addicted to running with them.

A certain CHAD BLACK-LE TOURNEAU (incidentally a great friend of mine!) had already filled me with SCRR club, etc. I think he did a good job of promoting SCCR! Obviously he is a member.

The only thing, if at all, that you might want to know/learn about me is that I come into a 'running mood' only when I have a company to run with.

My favorite race = NONE

My favorite distance = my running buddies' favorite distance on a given day (say, 10-15 miles).

'Training goals' - I don't understand such a thing very well but I can use the phrase as an excuse to meet and run with friends.

I moved here approximately 3500 hours ago (the fastest marathon runner in the world would have run nearly 1680 consecutive marathons if he could magically maintain that pace and could still be alive!) - in short, if he started running October 1, 2007.

I don't have a photo of myself because I don't need it:-). By the way, I assume you know Leilani... and, yes, when we were celebrating Kathleen's (another great friend) birthday this otherwise good person Leilani took my picture (with other friends) without my consent:-). Without blaming her on my behalf for that, please ask her to give it to you. Please tell her this time she has my consent. In case of no luck bring your camera with you to running with all the money you have - now you are teaching me how to get rich quick:-)! I don't want to get rich though.

#### KATHLEEN CURLEY

Kathleen started running long distances about 2 years ago. She ran sporadically in college, but never competed in a race - unless you count the engineering stretcher race which involved carrying someone on a stretcher to 5 different bars and downing a pint in each bar - an annual tradition. After Kathleen graduated from college in 2005, she was looking for a way to challenge herself outside of work, so she decided to train for a half marathon. As part of the preparation, she ran about four 10Ks that spring and really started to enjoy that distance. In July 2006, Kathleen ran her first half marathon up in San Francisco in just under 2 hours. Kathleen ran the Surf City Half in February as her 5th half marathon and now she is starting to enjoy the 13.1 mile distance! She decided it's time to take on another challenge and selected the Rock-n-Roll San Diego Marathon as her first marathon. Her goal is just to finish!

Kathleen found out about SCRR through some of her co-workers (Laura Bullock and Cathy Shargay). At the time, her boyfriend was still recovering from a broken leg and he was just making her feel lazy so she needed to meet active people. She has really enjoyed her first couple months as part

(Continued on Page 9)





### **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 98 participants (so far) for the 2007-2008 series after 8 races are:

								Surf City N	larathon	O.C. Ma	rathon
Place	Name	Age Group	Sex	Races	Net Points	Best	Avg	Times	Points	Times	Points
1	Ed Coffey	60-64	M	8	5,806	763	726	23:51 5k	713	22:17 5k	763
2	Fred Cowles	40-44	M	7	5,739	839	820	17:33 5k	810		0
3	Orhan Beker	30-34	M	8	5,688	737	711	1:36:49 Half	635	18:29 5k	730
4	David Schiller	45-49	M	7	5,659	841	808	1:29:03 Half	765	18:49 5k	803
5	Brad Wobig	40-44	М	7	5,542	813	792		0	17:09 5k	792
6	Tonson Tong	40-44	М	8	5,497	783	687	3:39:12 Full	625	3:48:35 Full	599
7	Dan Garcia	45-49	M	7	5,197	775	742	1:30:40 Half	751	1:34:25 Half	721
8	Sherri Ellerby	40-44	F	6	5,103	878	851	19:47 5k	799	18:00 5k	878
9	Bob Morris	55-59	М	6	5,044	881	841	20:51 5k	773	18:55 5k	852
10	Erika Kotteakos	35-39	F	7	4,986	722	712	1:42:18 Half	694	21:51 5k	705
11	Rob Harris	45-49	М	7	4,913	751	702	1:36:06 Half	708	1:38:48 Half	689
12	Linda Hammond	40-44	F	7	4,830	707	690	1:50:37 Half	669	22:38 5k	698
13	Sue Zihlmann	40-44	F	6	4,829	853	805	1:48:58 Half	679	1:30:15 Half	819
14	Amy Katz	35-39	F	7	4,752	704	679	24:27 5k	630	21:52 5k	704
15	Mike Connors	40-44	M	6	4,677	829	780		0	3:17:54 Full	692
16	Jason Blank	30-34	М	6	4,612	782	769		0	17:16 5k	782
17	Jeanie Leitner	60-64	F	5	4,161	854	832	1:48:24 Half	829		0
18	Mike Gulan	55-59	М	5	4,098	835	820		0		0
19	Ken Atterholt	45-49	M	7	4,084	728	583	2:07:04 Half	536	1:45:59 Half	642
20	Mike Friedl	40-44	М	6	3,978	711	663	1:38:49 Half	641		0
21	Ben Coyle	30-34	M	5	3,899	792	780	17:46 5k	760		0
22	Leilani Rios	25-29	F	5	3,859	796	772	20:02 5k	744		0
23	Mary Lynch	40-44	F	5	3,798	777	760		0	20:51 5k	758
24	Kevin MacDonnell	45-49	M	5	3,793	781	759		0	19:22 5k	781
25	Sandra Straehle	35-39	F	5	3,714	763	743	1:35:29 Half	744	20:11 5k	763
26	Cathy Shargay	45-49	F	6	3,681	628	614	2:07:04 Half	628	2:09:24 Half	616
27	Beiyi Zheng	40-44	F	7	3,621	579	517		0	5:17:28 Full	468
28	Jane Crewe	45-49	F	5	3,540	727	708		0	24:24 5k	693
29	Jennifer Walt	40-44	F	5	3,492	730	698	1:41:19 Half	730	1:44:34 Half	707
30	Jim Grant	45-49	М	5	3,485	737	697		0		0
31	Stacey Dippong	25-29	F	5	3,272	673	654	1:44:02 Half	659	22:08 5k	673
32	Tom Dellner	40-44	M	4	2,988	762	747		0		0
33	Sabrina Higashi	30-34	F	4	2,957	770	739		0		0
34	Mike Sellers	25-29	М	4	2,936	756	734	18:55 5k	708	17:58 5k	746
35	Brent Bohn	40-44	M	4	2,881	754	720	1:25:17 Half	743	1:28:09 Half	719
36	Annette McCall	30-34	F	4	2,865	749	716	21:57 5k	695	20:51 5k	731
37	David Litvak	40-44	М	4	2,701	697	675	3:28:31 Full	657		0
38	Jerry Lin	35-39	М	4	2,649	702	662		0		0
39	Greg Hanssen	40-44	M	5	2,649	644	530	1:42:34 Half	618	1:51:00 Half	128
40	Jami Brooks	40-44	F	4	2,628	705	657	1:44:52 Half	705	1:51:13 Half	665
41	Adam Wallace	35-39	М	4	2,523	674	631	0.54.00.5.11	0		0
42	Amelia Carchidi	30-34	F	4	2,502	678	626	3:51:09 Full	611		0
43	Liza Svoboda	35-39	F	4	2,429	652	607		0		0

		_						Surf City Marathon		O.C. Marathon	
Place	Name	Age Group	Sex	Races	Net Points	Best	Avg	Times	Points	Times	Points
44	Danny Stein	30-34	М	3	2,400	854	800		0		0
45	Eric Frome	25-29	М	3	2,328	791	776	1:21:23 Half	749		0
46	Greg Jones	30-34	М	3	2,284	786	761		0		0
47	Jim Beck	40-44	М	3	2,191	744	730	1:29:28 Half	708		0
48	Victor Celani	45-49	М	3	2,167	761	722		0		0
49	Paula Fell	40-44	F	3	2,159	728	720		0		0
50	Jon Resnick	45-49	М	3	2,148	742	716		0		0
51	Michael Reeves	30-34	М	3	2,113	736	704	3:02:29 Full	688		0
52	Thomas Fung	40-44	M	3	2,037	713	679	0.02.20	0	1:35:21 Half	665
	Vincent Lowder	40-44	M	3	1,966	713	655		Ő	1:42:12 Half	620
	Jannay Morrison	40-44	F	3	1,958	686	653	4:07:44 Full	600		0
55	Brigid Pukszta	40-44	F	4	1,916	493	479	1.07.111 all	0		0
56	Dolly Ginter	40-44	F	2	1,621	832	811	1:33:44 Half	789		Ö
57	Michael Ewart	50-54	M	2	1,619	812	810	1.00.1111an	0		0
58	Pete Boisineau	55-59	M	2	1,545	787	773		Ő		0
59	Lucina Lara	35-39	F	2	1,515	765	758		0		0
60	Debbie Taege	30-34	F	2	1,455	731	728		0		0
61	Molly Donnellan	45-49	F	2	1,455	688	679	1:55:52 Half	688		0
	Jamie Crane	25-29	F	2	1,323	663	662	1.55.52 Flaii	0		0
63	Karen Winter	45-49	F	2	1,323	679	661	26:19 5k	643		0
64	Vicki Niebrzydowski	25-29	F	2	1,290	669	645	20.19 JK	043		0
	John Chau	35-39	M	2	1,275	641	638		0		0
	Susan Liu	30-34	F	2	1,248	682	624	4:09:40 Full	566		0
67	Amata Brooks	80-84	F	2	1,229	615	615	4.03.40 i uli	0	47:53 5k	614
	Jennifer Wilkes	25-29	F	2	1,188	614	594		0	1:59:25 Half	574
69	Paul Avedian	45-49	M	2	1,171	598	586		0	1:58:43 Half	573
70	Robert Michie	45-49	M	2	1,144	583	572		0	1.00.4011411	0
71	Linda Lowder	40-44	F	2	975	548	488		Ő		0
	Cheryl Foody	25-29	F	1	891	891	891		Ő	2:38:38 Full	891
73	Leon Laub	50-54	M	1	829	829	829		0	2.00.00 1 4.1	0
74	Jodie Kinney	55-59	F	1	761	761	761		0		Ö
75	Laura Weissert	45-49	F	1	754	754	754	1:45:44 Half	754		0
	Andre Boulais	45-49	M	1	733	733	733	3:19:40 Full	733		0
	Jerry Jefferson	75-79	M	1	732	732	732	5.15. <del>1</del> 61 till	0		0
	Julie Amster	25-29	F	1	728	728	728		0		0
79	Laura Bullock	30-34	F	1	712	712	712		0		0
80		50-54	М	1	712	712	712	3:29:27 Full	712		0
81	Pat Copps	45-49	M	1	694	694	694	3.29.27 Full	0		0
82	John Ogai			1					0		
	Michael Langman	35-39 40-44	M M	•	671	671	671 666		0		0
83 84	Doug Niles Noreene Matsuda	40-44	F	1	666 665	666 665	665		0		0
85	Elizabeth Bailey	25-29	F	1	658	658	658		0		0
86	Nanci Goedecker	40-44	F	1	655	655	655		0		0
87	Sue DeLong	35-39	F	1	644	644	644		0		0
	Steve Franks	35-39	M	1	634	634	634		0		0
	Jennifer Whyte	35-39	F	1	621	621	621	1:54:18 Half	621		0
90	Elizabeth Mastro	40-44	F	1	603	603	603	4:06:41 Full	603		0
	Jim Higashi	35-39	M	1	579	579	579	1.00. <del>+</del> 111 uii	0		0
	Conrad Walt	6	M	1	575	575	575		0	11:39 mile	575
93	Victoria Turner	40-44	F	1	569	569	569		0	11.03111110	0
94	Sohrab Mirza	65-69	M	1	559	559	559		0		0
95	MaryAnne Mejia	35-39	F	1	540	540	540		0		0
96	Faith Morris	50-54	F	1	496	496	496		0		0
	Pam Galambos	30-34	F	1	458	458	458		0		0
97											

### SATURDAY RUNS

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

3/8/08, March Club Race

Leader: Greg Jones

Location: Peter's Canyon (Details to be posted on web site)

3/15/08, Dana Point Hills

Leader: Erika Kotteakos and Sabrina Higashi

**Location:** "The Strand", Dana Point

**Directions:** Take the 5 freeway from the north or south and exit at Beach Cities aka PCH or Highway 1. Get onto PCH heading north (watch the signs and avoid getting onto PCH heading south). Once on northbound PCH, travel roughly a couple miles till you get to Selva Road and make a left (there is a traffic signal at Selva and PCH, so you won't miss it.) The parking lot will be on the right.

**About the Run:** The run is a hilly, 15-mile out and back on a bike/running trail that starts in Dana Point and ends at the Dog Park on Golden Lantern (long, slow climb.) Then we'll cross Golden Lantern and be on a hilly trail for a couple miles. There are a couple options to shorten the route and/or avoid some hills once you get the turn-around point.

After the Run: Starbucks at the corner of Niguel Road and PCH.

3/22/08, Turtle Rock

Leader: Stacey Dippong

**Location:** Meet at Office Depot, in the Gelson's/Blockbuster plaza at Jeffrey & Alton in Irvine nearest the 405 **Directions:** From Alton make a LEFT on Royal Oak. Park near Office Depot and Pei Wei/Pomodoro Restaurants..

About the Run: This is a hilly loop going towards Strawberry Farms golf course and into the Turtle Rock loop. Total of

11 miles,

**After the Run:** Plenty of eateries in the Gelson's Plaza.

3/29/08, Spyglass Hill

Leader: Jon Resnick

**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 loop is 12 miles, but larger or smaller loops are available for those wishing to run shorter

or longer.

After the Run: Bruegger's Bagels and/or Starbucks; they are across the street from each other on the corner of

Goldenrod and E Coast Hwy.

### New Members Highlight (con't)

Compiled By: Beiyi Zheng

of the club. Kathleen said: "It helps to run with people that push you to do your best - while I never minded running on my own, I didn't have the outside motivation and that's definitely my favorite part of the club".

Kathleen is originally from the Bay Area, She left California for 4 years to attend college at Notre Dame ("Go Irish! I have confidence our football team will make a comeback next season"). She is grateful that she had the chance to experience those midwest winters, but she knew upon graduation that she needed to get back to the west coast. She moved to Orange County in August 2005 and currently works as a process engineer for Fluor. When she is not running or working, she enjoys going to the movies, Vegas, kickboxing, and cheering on her Golden State Warriors! Kathleen comes from a pretty big family (she is one of six kids) and they are all over the country so she also spend a lot of time traveling.

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

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

Bob & Jodie Kinney, **Water's Restaurant** (949) 733-9503, Fax: (949) 733-0147 <a href="https://www.watersrestaurant.com">www.watersrestaurant.com</a> 4625 Barranca Pkwy, Irvine

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

(949) 493-7771, (800) 937-7791

Fax: (949) 493-9505

E-mail: <a href="mailto:richard.reimers@agedwards.com">richard.reimers@agedwards.com</a>
26351 Junipero Serra Road, Suite 101,
San Juan Capistrano

Santiago Nomen, "**Tax Preparation** at a Fair Price" (714) 838-3587, Fax: (714) 838-2256

socaltaxman@cox.net 52 Lakepines, Irvine

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

Jonathan Resnick, CPA, **Tax services for businesses** 2192 Dupont Drive, Suite 208, Irvine 949-250-0852 949-752-0153 Fax www.JResnickcpa.com

e-mail: Jon@JResnickcpa.com

"Helping small businesses grow"

Colleen Jones, Tupperware Consultant
Direct and Party-based Sales
Custom Kitchens, Girls' Night Out, Healthy Entertaining
And Mom and Me Parties Available
949-419-6889 or www.my.tupperware.com/colleencjones

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

Steve Lowe, **Swedish Asian Autoservice** Independent Volvo, Toyota & Nissan Specialist Since 1980) (714) 972-1216, Fax: (714) 543-8946 <a href="https://www.swedishasian.com">www.swedishasian.com</a> 800 South Grand Ave., Santa Ana "10% discount for SCRR members"

Roadrunner clients" www.jpalermo.com

Jeannie Palermo & Cheryl Bauer, **Keller Williams Realty**Serving Buyers and Sellers from South Orange County
To South Bay
Jeannie's cell: 310-634-3485, email: j.pal@cox.net
Cheryl's cell: 714-325-3257, luckybauer@yahoo.com
"We will pay ½ the escrow fees for South Coast

MARK A. HAYAKAWA, CPA, Search 4 Integrity LLC Office (562) 690-0553 Cellular (562) 714-4166 mark@search4integrity.com
www.search4integrity.com
""We'll pay \$1,000 referral fee for every candidate or client placement, ask me how it works!"

### **Reminders**

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

<u>SCRR Roster</u>: Send your address, e-mail address, phone number updates and corrections to David Schiller at <u>david.schiller@cox.net</u>.

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

### **SCRR CLUB CALENDAR**



#### Club Events in bold font

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

MARCH	
SUN, 2 <sup>nd</sup>	Los Angeles Marathon
THU 6 <sup>th</sup>	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 8 <sup>th</sup>	Club Race – At Peter's Canyon – Details to come
SAT, 8 <sup>th</sup>	Winter Trail Run Series, 21K, Blue Jay Campground off Ortega Highway
SAT, 8 <sup>th</sup>	Solvang Century
SUN, 30 <sup>th</sup>	Spirit Run, 5K, 10K, Fashion Island, Newport Beach
APRIL	
THU, 3 <sup>rd</sup>	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 5 <sup>th</sup>	Santa Anita Derby Day, 5K
SUN, 6 <sup>th</sup>	Carlsbad 5000
SUN, 13 <sup>th</sup>	Wine Country Half Marathon/5K, Paso Robles
MON, 21 <sup>st</sup>	Boston Marathon
MAY	
THURS, 5/1	Club Meeting – Heritage Park Youth Center with pizza
SUN, 5/4	Reaching for the Cure 10K – Irvine Spectrum, www.pcrf-kids.com
SAT, 5/24	Mount Wilson Trail Race, 8.6 miles – Sierra Madre, CA
MON, 5/26	City of Laguna Hills Memorial Day ½ Marathon and 5K, Laguna Hills
SAT, 5/31	Race for a Life 5K, Fairview Park, Costa Mesa, www.projectcuddle.org
JUNE	
SUN, 6/1	Rock N Roll Marathon, San Diego, www.rnrmarathon.com
THURS, 6/5	Club Meeting – Heritage Park Youth Center with pizza
SAT, 6/7	Corona Del Mar Scenic 5K, <u>www.active.com</u>
SUN, 6/8	OCTC Pancake Run, Fairview Park, 2525 Placentia Ave., Costa Mesa
SUN, 6/8	Playa Del Run Huntington Beach, Bolsa Chica State Beach, 5K Run, 1000M swim or
	Aquathon, www.playadelrun.com
SAT, 6/14	Anaheim Downtown 5K, <u>www.active.com</u>
SAT&SUN,6/7,8 & 14	Camp Pendleton Mud Run, (Sold Out) www.active.com
SAT, 6/21	SCRR Annual Banquet – Details to come
SUN, 6/29	Aquabike or Aquathon for MS, Huntington Beach Pier, www.ocblazeman.com

### 2007-2008 SCRR CLUB OFFICERS:

### 2007-2008 COMMITTEE CHAIRPERSONS:

President: Jon Resnick Cathy Shargay Newsletter: Vice-President: Amelia Carchidi Weekend Runs: Amelia Carchidi Sue Zihlmann Grand Prix: Mike Friedl Treasurer: **David Schiller** Secretaries: Jannay Morrison/Tonson Tong Database Manager: Jannav Morrison RRCA Liaison: Monthly Club Race: **Bob Morris** Webmaster: Mike Reeves Marathon Training Group: Molly Donnellan Social Chairs: Noreene Matsuda/Leilani Rios 5K/10K Training Group: Danny Stein

### **CLUB INFORMATION**

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

**MONTHLY CLUB RACE:** For more information: log on to <u>www.roadrunners.org</u> 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