

# ON THE RUN



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

Orange County, California  
January 2014 Issue

## ***Runner of the Month – Ken Atterholt***

**By: Alanna Brown**

Ken Atterholt is our Runner of the Month for December. Ken is an accomplished runner and ran an impressive sub-3 hour marathon at the St. George marathon in October. Since Ken doesn't like to write about himself, Cathy wrote down his interview responses which she was more than happy to do since it gave her the opportunity to brag about his accomplishments! Ken is happy to provide more details to his stories...just buy him a beer on pizza night! Congratulations Ken on being selected as the Runner of the Month for December!



*What is the coolest place you've gone for a run?*

Ken enjoys running wherever he travels but his most recent marathon in Istanbul is by far the most exotic and unique place Ken has run. The marathon course crossed a bridge from Asia to Europe, ran along the Bosphorus River and Golden Horn, and also passed the Blue Mosque and Hippodrome. Some of his other beautiful and memorable running locations are Vancouver, Paris, Hawaii, and the National Parks.

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

Ken joined the club when he started dating Cathy in December 2003. He had not run at all before this but had been an avid cyclist. At first, he did all of his runs (both training and racing) at Cathy's pace and it wasn't until she had some injuries a couple of years later that we saw how fast he is!

*Where is your favorite Saturday club run?*

Ken's favorite club run is Aliso Woods as he likes hills and trails and this run has plenty of both! Ken is one of the few people that can run all the way up the switchbacks on Meadow Trail and he is usually the only person who runs up the trail called Mentally Sensitive! The Aliso Woods run often also has wildlife sightings including deer, coyotes, roadrunners (including the birds), rattlesnakes, and occasionally, if lucky a bobcat. One of his favorite parts of the Saturday runs is the breakfast and coffee afterwards and he and Cathy have had many good times after the Aliso Woods run enjoying breakfast with friends.

*What have been your favorite memories or lessons from the club?*

Ken has many great memories but he often mentions stories from the 2008 Boston marathon trip. This year about 22 SCRR members went for the marathon and the women's Olympic trials. It was a fantastic weekend

where he enjoyed joining the other club members for meals, attending the expo, watching the trials, and relaxing at the post-marathon party. Another favorite memory is from the 2006 St. George marathon. At the start, Ken was very hungry and said "I wish I had a banana". He and Cathy hadn't seen anyone else from the club yet within minutes, fellow SCRR member Jim Grant walked up and said "Does anyone want a banana?" He had about 6 bananas with him that his family had made him bring! Needless to say both Ken and Jim had fantastic marathons that day!

*What are some of the best features of the club for you?*

Everything...the friends, the camaraderie, the social events, the fitness, the challenges, cheering for others at races, weekend road trips such as Paso Robles and Palm Springs, and the sharing of other interests such as beer and wine tasting and watching Monday night football.



Ken at the Coeur d'Alene Ironman

Ken now has an ambitious goal time for his 5K. He is also picking some fun destination marathons like Burlington, Vermont.

*What are some of your races that you are most proud of?*

Ken has had numerous races in the last few years with amazing results. His most exceptional were his Coeur d'Alene Ironman in 2010, and most recently his sub-3 hour marathon at the 2013 St. George marathon. He also ran a sub-40 minute 10K at the 2011 Dino Dash and a sub-19 minute 5K officially at the 2011 Santa race (he had broken 19 minutes twice before but on courses that he felt were short). He has since gone substantially under both of these milestones.

*What else do you do for fun or fitness besides running?*

Ken is very active! In addition to bike commuting, he enjoys long rides on Sundays with SCRR friends whenever he can. He and Cathy are also part of the SCRR swimming group and he loves the ocean swims at Corona Del Mar. He also enjoys hiking, backpacking, concerts, cooking, theater, and travel.

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

Ken is from Ohio and attended the University of Cincinnati. He moved to SoCal in his college years during an internship with Disney.

*What do you do for your job?*

Ken is an electrical engineer with a specialty in embedded controllers. He is an outside consultant and one of his main clients is Western Digital.

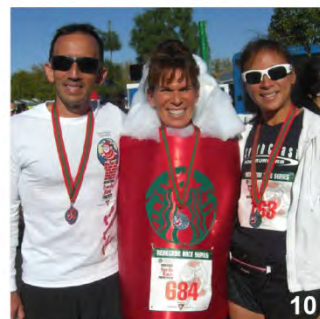
*What are you looking forward to in the next year?*

After his recent PR's in both the half and full marathons,



## SCRR Looking Good at Make Room for Santa 5K/10K!

Compiled by Joanna Pallo; Photos by: Avery Lewis, Linda Hammond, and Jennifer Woodson



1 Avery Lewis 2 Linda Hammond, Emily Moeller-Prom, Cathy Shargay, Melissa Snyder, Cathy Blakesley, Jeanie  
3 Susan Liu 4 Judy Sweet 5 Emily Moeller-Prom 6 Ken Wells, Noreene Matsuda 7 Avery Lewis, Daniel Evora, Lisa  
Eiler, Jennifer Woodson, Joshua Proffitt, Noreene Matsuda, David Schiller, Leilani Rios 8 Greg Hanssen, Robert  
Donald, Vincent Lowder 9 Sherri Ellerby, Aya Namikawa, David Schiller, Cathy Shargay, Daniel Evora 10 Mike  
Bertram, Judy Sweet, Lillian Bertram



## ***SCRR Enjoys Make Room for Santa 5K/10K!***

**By: Linda Hammond**

December came and so did Santa. **South Coast Roadrunners** put on Santa hats and jingle bells for the **Santa Run 5k** and **10k**! A few of our age division winners in the **10k** were: **Noreene, Molly, Daniel, and Ayoka**. A few of our age division winners in the **5k** were: **Vince, Ken, Bob, Susan, Sherri, and Jeanie**. It was a morning of fast times and holiday cheer. Have you ever wanted to go for a run, but just didn't want to leave your cup of **Starbucks** behind? Ask **Judy Sweet**, she WAS a running cup of Starbucks....and won for best costume!



**Emily Moeller-Prom** has been running with the club since last spring. She had a great race, so I asked her to share a bit about her race and herself.

**Linda:** Emily, you looked strong out there at the Santa Run. Tell us about your race.

**Emily:** My PR for the Santa Run was a 24:35, which was the first 5K that I've done at a sub-8 minute pace. It wasn't the fastest run, but it was my third 5K of the year and the fastest one yet so I'll take that progress!

**Linda:** When did you start running and when did you join the club?

**Emily:** I started running at the beginning of March 2013 when I got talked into signing up for a marathon. I had run one race in 2012 -- the OC Half Marathon, but I didn't train for it so it was a pretty terrible race. Knowing how unpleasant it is to run a race you aren't prepared for, I decided that to start training for the marathon right away.

I didn't start running with the club until the end of April, but it probably wasn't until May or June that I was actually able to keep up with anyone from the club.

**Linda:** I know that your husband is in the military. First off, a big thanks to him for his service! Tell us about your life as a military wife.

**Emily:** It's a unique lifestyle for sure. I think I've seen my husband **Bill** maybe 4 or 5 of the last 10 years so it definitely requires independence! We looked back and I think in the last 10 years there were only 2 or 3 months that we saw each other every day. It's a lot of being glued to your phone as phone calls during a deployment are few and far between -- often unexpected. I've taken his call while running (I kept running while talking), at the gym, in meetings at work, and in the middle of the night when I should have been asleep. You really learn to appreciate the small things like being able to call your spouse or have dinner together on your birthday.

There are some perks to it though -- not everyone gets to get dressed up in a ball gown once a year to celebrate the Marine Corps Birthday. I've gotten



to pretend to be a Marine for a day, which included the combat fitness test, eating MREs, riding in various military vehicles, seeing rockets getting launched, and shooting an M-16.

Emily, thanks for sharing your story. Wishing you a great 2014! **Santa Run** was the 6<sup>th</sup> run in the **Grand Prix** series. **Sherri Ellerby** had the highest point score with **849 points**, and is our leader, followed by **Jeanie Leitner**, **Mike Gulan**, **Doug Niles**, and **Noreene Matsuda**. We kick off 2014 with the **Southern Cal Half Marathon** and **5k**. New Year, New You! See you at the Finish Line!

## ***Twas the Night Before Christmas – Runner Style***

**By: Adam Goucher and Tim Catalano**

**From:** <http://www.blog.runtheedge.com/2013/12/twas-the-night-before-christmas-runner-style/>

Twas the night before Christmas, all the shopping  
was done.

My insides were stirring, I needed a run.  
My Newtons were placed by the front door with  
care,  
In hopes that I'd take them out in the night air.

The children were nestled, tucked in for the night,  
So I laced up my shoes both the left and the right.

I put on my mittens, and put on my cap,  
I settled my brain for a long 10K lap.

I got my foam roller, the stretch felt so good.  
I sprang from the door and run as fast as I could.  
Away from my house I flew like a flash,  
And tore up the street like I was running a dash.

The moon on the breast of the new-fallen snow  
Lit up my path showing the way I should go.  
When, what to my wondering eyes should appear,  
But a dude with a beard, dressed in red running  
gear.

He wasn't too chubby, rather lively and quick,  
I knew in a moment it must be St Nick.

More rapid than eagles he flew to my side,  
And ran right next to me matching my stride!

"I'll race you! I'll pace you! But just let me run!  
I'm all done with work and it's time for some fun!  
To the top of that hill, until we hit the wall!  
We'll just keep on running and give it our all!"

Without another word we ran through the streets.  
The only sounds those of our breath and heart  
beats.

He had a runner's build but still a round belly,  
That shook when he ran, like a bowlful of jelly!

We finished the loop ending back at my yard,  
I'd never ran so fast. I'd never breathed so hard!  
He gave me a wink and a nod of his head,  
We were bonded as runners with nothing more said.

From walkers and joggers to runners and racers,  
From marathon finishers to age-group placers!  
We all know the joy and the pain of a run,  
and that wonderful feeling you get when your done!

He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle.  
But I heard him exclaim, 'ere he drove out of sight,  
"Thanks for the run, it was indeed a good-night!"

## **CONGRATULATIONS TO DECEMBER MARATHONERS and IRONMEN!!**

*HITS Ironman, Palm Springs, Dec. 7<sup>th</sup>*

**Nick Telford**

*Death Valley Trail Marathon, Dec. 7<sup>th</sup>*

**Matt Kadowaki**

*Cal International Marathon, Sacramento, Dec. 8<sup>th</sup>*

**Ted Williamson**  
**Sam Yasseen**

**John Loftus**

*Tucson Marathon, Dec. 8<sup>th</sup>*

**Gary Hefner**

**Rob Harris**

### **South Coast Roadrunners POST HOLIDAY & GIFT EXCHANGE PARTY**

**Sunday, January 19, 2014**

From 6:00 pm to 10:00 pm

**El Torito**

24301 Avenida de la Carlota,  
Laguna Hills, CA 92653

**RSVP with payment by January 11**

Price Includes soft drinks, buffet, and dessert.  
Buffet includes Pollo Asado, Steak Picado, Cheese  
Enchiladas, Mexican Caesar Salad, Refried Beans,  
Rice, Zesty Fruit Ensalada, Fresh Vegetable Tray, Sweet  
Corn Cake, Warm Tortillas, Crisp Tortilla Chips, House-Made Salsa.



Pay online via Paypal at [www.roadrunners.org](http://www.roadrunners.org), or by cash  
or check payable to SCRR given to any board member.

## *SAVE THE DATES - SCRR CLUB ROAD TRIPS*

### Palm Springs, Feb. 8-9

Feb. 8<sup>th</sup> – Tour de Palm Springs, Biking Century, Metric and shorter distances

Feb. 9 – Palm Springs Half Marathon / 5K

### Paso Robles, Mar. 22-23

#### Half Marathon/5K Race and Wine Touring

##### Race Highlights:

- 1/2 Marathon Loop Course through Central Coast Vineyards.
- Also has a 5K race
- Male & Female Winners of the Half Marathon WIN THEIR WEIGHT IN WINE!
- After the race take in breathtaking views as you enjoy a complimentary breakfast bar, live music, raffles and the post-race award ceremony.
- <http://www.winecountryruns.com/>

##### Typical SCRR Trip Itinerary:

- Drive up on Friday or Saturday via carpools or we may hire a bus with Snails!!
- Bike Ride on Saturday morning.
- Meet for Lunch on Saturday.
- Wine tasting at 4-6 wineries with designated drivers.
- Dinner at a nice Italian restaurant.
  
- Sunday, race and enjoy postrace breakfast and activities.
- Back to hotel for showers and check-out.
- Tour 4-5 more wineries.
- Dinner and then drive home.

For more info, see Bob Morris, Ken Atterholt or Cathy Shargay.

## **SATURDAY RUNS**

**PLEASE NOTE 8 AM START TIME!**

### **1/4/14 – Watson's Run**

**Leaders:** Sherri Ellerby and Fred Cowles

**Location:** Watson's Drug & Soda Fountain, (near the Circle in Orange), 116 East Chapman Avenue, Orange 92866. We'll meet at the corner of S. Orange and E Chapman which is adjacent to Watson's.

**Directions:** From 55 freeway, head north, exit Chapman Avenue west exit towards Orange. This will be the 2nd Chapman exit off the 55. Continue west on Chapman 1.3 miles to Watson's which is located just past S. Orange Street on your left. Free parking on nearby surface streets.

**About the Run:** We will head east on Chapman, right on Shaffer, then left on the Santiago Creek bike trail to Hart Park, heading south (left) towards Villa Park. The trail continues for 5 miles making this a 12 mile out-and-back. Bathrooms and water fountains are available along the trail. Trail map:

<http://www.cityoforange.org/civicax/filebank/blobdload.aspx?BlobID=10550>

**After the Run:** Breakfast at Watson's. Nearby alternatives include Starbucks, Bruxie, Bagel Me, and The Filling Station.

### **1/11/14 – Club Race of the Month – So. Cal Half Marathon and 5K - Irvine**

### **1/18/14 – Irvine Meadows (The Lake Forest Extension Loop)**

**Leader:** Greg Hanssen

**Location:** Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604

**Directions:** From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

**About the Run:** We'll run out along the bike trail towards the Spectrum and then out to the new Lake Forest road extension behind Irvine Meadows then loop back near Quail Hill. There are options for a 9.5 or 12 mile loop.

**After the Run:** Starbucks, Big City Bagels, Chronic Tacos and Juice It Up.

### **1/25/14 – Hicks Canyon**

**Leader:** Jeanie Leitner

**Location:** Start at Albertson's shopping plaza at corner of Culver and Irvine Blvd in the Northwood section of Irvine. Meet in front of Champagne Bakery, 3901 Irvine Blvd. Irvine, CA 92602

**Directions:** From the 5 freeway, exit Culver and head north toward the mountains. Pass Bryan, turn left on Irvine Blvd and make an immediate right into the shopping plaza. Turn left and park between the Jack in the Box and the Champagne French Bakery (the bakery sign is not well-marked).

**About the Run:** We'll run slightly uphill along the Hicks Canyon paved bike and dirt trail to Portola into Peter's Canyon. The full loop, including Peter's Canyon, is about 14 miles. For those wanting to run shorter, you can do an out-and-back along the bike path. Those wanting longer, take an extra loop around Peter's which is another 5 miles.

**After the Run:** Champagne Bakery





# 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 90 out of 97 total participants to date for the 2013-2014 series after 6 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all 6 races will be posted on our web site [www.roadrunners.org](http://www.roadrunners.org)***

	Name	Age Group	Total Points	Races	Best	Avg	Room For Santa		Dino Dash	
							Times	Points	Times	Points
1	Sherri Ellerby	45-49	5,074	6	903	846	19:06.8 5k	849	42:11.4 10k	835
2	Jeanie Leitner	65-69	5,061	6	864	844	25:08.5 5k	846	24:55.7 5k	853
3	Mike Gulan	60-64	4,556	6	779	759	22:30.1 5k	755	22:48.7 5k	745
4	Doug Niles	45-49	4,510	6	798	752	42:09.6 10k	710	39:56.8 10k	760
5	Noreene Matsuda	45-49	4,485	6	769	748	45:09.8 10k	768	45:49.5 10k	769
6	Robert Donald	45-49	4,202	6	724	700	20:55.8 5k	705	20:39.5 5k	714
7	Cathy Shargay	55-59	4,175	6	736	696	25:11.2 5k	736	24:56.8 5k	684
8	Leilani Rios	30-34	4,070	5	868	814		0	37:43.8 10k	854
9	Orhan Beker	40-44	4,034	6	726	672	20:45.9 5k	698	18:42.1 5k	726
10	Ken Atterholt	50-54	4,020	5	821	804	19:37.3 5k	784	39:21.2 10k	821
11	David Schiller	50-54	3,972	5	823	794	39:04.6 10k	814		0
12	Lisa Eiler	35-39	3,888	6	684	648	50:01.7 10k	640	47:33.0 10k	684
13	Alberto Ballon	35-39	3,812	6	665	635	43:15.3 10k	653	44:28.2 10k	645
14	Greg Blevins	55-59	3,805	6	695	634	54:24.4 10k	596	50:43.3 10k	650
15	Joshua Proffitt	30-34	3,694	6	648	616	24:26.3 5k	552	43:46.2 10k	648
16	Judy Sweet	45-49	3,641	6	659	607	29:54.3 5k	543	56:00.4 10k	629
17	Mike Bertram	45-49	3,608	5	746	722	41:14.9 10k	725	20:10.5 5k	731
18	Stacey Dippong	30-34	3,517	5	740	703		0	47:33.1 10k	678
19	Kelcey Kinjo	40-44	3,396	5	718	679	43:58.8 10k	673	45:24.8 10k	662
20	Vicki Ballon	30-34	3,379	5	701	676		0	48:44.4 10k	661
21	Avery Lewis	25-29	3,359	5	699	672	48:20.2 10k	643	22:02 10k	676
22	Alanna Brown	30-34	3,236	5	685	647	23:05.5 5k	660	47:02.8 10k	685
23	David Bauers	50-54	3,194	5	673	639		0	48:40.4 10k	663
24	Mike Friedl	50-54	3,126	4	821	782		0	40:18.2 10k	801
25	Carlos Jovel, Jr.	35-39	3,106	6	574	518	27:36.3 5k	492	28:10.0 5k	482
26	Lillian Bertram	45-49	3,093	5	652	619	24:53.9 5k	652	25:28.0 5k	637
27	Fred Ayers	35-39	3,006	6	516	501	26:20.3 5k	516	27:16.8 5k	498
28	Joanna Pallo	30-34	2,821	5	620	564		0	28:07.4 5k	542
29	Keven Williams	30-34	2,803	4	721	701		0	39:19.6 10k	721
30	Don Smith	65-69	2,779	4	718	695	55:34.7 10k	667	54:59.9 10k	684
31	Greg Hanssen	45-49	2,712	4	725	678		0	21:16.5 5k	693
32	Matt Kossoff	30-34	2,671	4	709	668		0	42:40.5 10k	664
33	Daniel Evora-Hahn	25-29	2,624	4	702	656	39:36.2 10k	702	41:49.3 10k	675
34	Mike Pagalan	25-29	2,597	4	677	649		0		0
35	Bob Morris	60-64	2,590	3	877	863	20:07.4 5k	845		0
36	Cathy Blakesley	50-54	2,579	4	673	645	25:53.5 5k	659	25:59.6 5k	657
37	Linda Hammond	45-49	2,559	4	719	640	26:10.4 10k	620		0

	Name	Age Group	Total Points	Races	Best	Avg	Room For Santa		Dino Dash	
							Times	Points	Times	Points
38	Kirsten Hirneisen	25-29	2,435	4	629	609		0		0
39	Sylvia Yeung	30-34	2,368	5	510	474	33:33.2 5k	455	30:48.1 5k	495
40	Ken Wells	50-54	2,351	3	805	784		0		0
41	Mike Dietz	50-54	2,301	3	785	767	40:52.5 5k	778	19:36.0 5k	785
42	Vincent Lowder	45-49	2,285	3	790	762	18:39.8 5k	790	39:41.1 10k	765
43	Ingrid Johnson	30-34	2,264	3	785	755	20:48.1 5k	733	19:26.2 5k	785
44	Thomas Fung	50-54	2,217	3	761	739		0	42:54.4 10k	708
45	David Blakesley	65-69	2,214	4	565	554	32:14.4 5k	565	32:37.4 5k	558
46	Aya Namikawa	30-34	2,202	3	755	734	42:03.2 10k	755	43:36 10k	739
47	Brigid Pukszt	45-49	2,189	5	494	438	37:35.8 5k	432	39:10.6 5k	414
48	Todd Fujimoto	35-39	2,164	4	587	541	23:47.6 5k	571		0
49	Scott LaRuffa	40-44	2,110	3	711	703		0		0
50	Matt Hood	40-44	2,024	3	721	675		0	21:21.7 5k	679
51	Amy Katz	40-44	1,854	3	678	618		0	54:30.2 10k	612
52	Claire Pukszt	16-18	1,839	4	502	460	37:15.1 5k	451	39:08.9 5k	430
53	Amy Fujimoto	40-44	1,838	4	502	460	34:01.0 5k	464		0
54	Emily Moeller	25-29	1,797	3	605	599	24:36.5 5k	605		0
55	Jennifer Woodson	25-29	1,778	3	604	593	53:34.4 10k	581		0
56	Eric Dangott	40-44	1,720	3	635	573		0	47:21.8 10k	635
57	Brad Wobig	45-49	1,665	2	833	833		0		0
58	Pat Copps	60-64	1,622	2	841	811		0		0
59	Lucas Agricola	30-34	1,607	2	818	804		0		0
60	Gary Hefner	50-54	1,541	2	777	771		0		0
61	Matthew Kadowaki	35-39	1,462	2	743	731		0		0
62	Susan Liu	40-44	1,444	2	731	722	21:36.9 5k	731		0
63	Steve Kan	55-59	1,406	2	704	703		0		0
64	Molly Donnellan	50-54	1,366	2	700	683	54:00.1 10k	666		0
65	Anthony Mejia	35-39	1,297	2	665	649		0		0
66	Isho Tama-Sweet	40-44	1,281	2	707	641		0		0
67	Kevin MacDonald	50-54	1,277	2	697	639		0		0
68	Stefani Kochen	25-29	1,247	2	639	624		0		0
69	Andrea Beker	40-44	1,141	2	595	571		0		0
70	Eileen Stephens	45-49	1,100	2	705	550		0	41:07.4 5k	395
71	Mary Lynch	45-49	849	1	849	849		0	41:29.2 10k	849
72	John Gardiner	40-44	832	1	832	832		0		0
73	Dave Parsel	55-59	827	1	827	827		0		0
74	Matt Swaney	30-34	791	1	791	791		0		0
75	Bill Prom	25-29	772	1	772	772		0		0
76	Sam Blackmar	20-24	767	1	767	767		0		0
77	Ben Coyle	35-39	755	1	755	755		0		0
78	Julian Beker	0-8	744	1	744	744		0		0
79	Angel Cardoza	45-49	739	1	739	739		0		0
80	Sophia Beker	0-8	723	1	723	723		0		0
81	Rob Harris	50-54	722	1	722	722		0		0
82	Sandra Manzano-Straehle	40-44	709	1	709	709		0		0
83	Dave Flahive	35-39	704	1	704	704		0		0
84	Jay Harker	45-49	702	1	702	702		0		0
85	Armando Moran	40-44	701	1	701	701		0		0
86	Sue Rudolph	60-64	696	1	696	696		0		0
87	Adam Webb	25-29	658	1	658	658		0		0
88	Stirling Bowles	35-39	644	2	334	322	1:24:34 10k	334		0
89	Tom Skane	50-54	637	1	637	637		0	50:39.6 10k	637
90	Amanda Beach	30-34	613	1	613	613		0		0

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

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

Richard (Fritz) Reimers, **Stifel Nicolaus**  
V.P. Investments  
(949) 234-2343, (866) 886-7593  
Fax: (949) 234-0326  
E-mail: [reimersr@stifel.com](mailto:reimersr@stifel.com)  
30448 Rancho Viejo Rd., Suite 110  
San Juan Capistrano

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

Santiago Nomen, "**Tax Preparation** at a Fair Price"  
(714) 838-3587, Fax: (714) 838-2256  
[socaltaxman@cox.net](mailto:socaltaxman@cox.net)  
52 Lakepines, Irvine

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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 to David Schiller at [scrr-info@cox.net](mailto:scrr-info@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 *By: Doug Denniston*



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

JANUARY	
THURS 1/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 1/4, 6:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca <a href="#">SD Resolution Run</a>
SAT, 1/11, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, <a href="#">schalfmarathon</a>
SUN, 1/12, 5:00 a.m.	Walt Disney World Marathon, FL <a href="#">Disneyworld Marathon</a>
SUN, 1/19	SCRR Holiday Party – See flier on page 11
SUN, 1/19, 5:00 a.m.	Tinkerbell ½ Marathon – Anaheim, CA (sold out) <a href="#">www.rundisney.com/tinkerbell</a>
SUN, 1/19, 7:50 a.m.	Arizona Rock 'n Roll Marathon, ½ Marathon <a href="#">Rock n Roll Arizona</a>
SUN, 1/19, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA <a href="#">Carlsbad Marathon</a>
SAT, 1/25, 8:00 a.m.	OC Chili Winter Trail Run Series – 1 <sup>st</sup> Race of 3, O'Neill Park <a href="#">WinterTrailSeries</a>
FEBRUARY	
SUN, 2/02, 6:50 a.m.	Surf City Marathon, ½ Marathon Huntington Beach, CA <a href="#">runsurfcity</a>
THURS 2/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT/SUN, 2/08 & 2/9	Tour de Palm Springs Century and Palm Springs ½ Marathon <a href="#">tourdepalmsprings</a> & <a href="#">PalmSprings1/2marathon</a>
SAT 2/15, 8:00 a.m.	Timberwolf 5K, Northwood High, Irvine <a href="#">Timberwolf5k</a>
SAT 2/22, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos <a href="#">Raceonthebase</a>
SAT 2/22, 8:30 a.m.	OC Chili Winter Trail Run Series – 2 <sup>nd</sup> Race of 3, O'Neill Park <a href="#">WinterTrailSeries</a>
SUN 2/23, 8:00 a.m.	Brea 8K Brea Mall <a href="#">Brea8k</a>
MARCH	
SUN 3/2 7:30 a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm <a href="#">Coaster Run</a>
SUN 3/2, 7:45 a.m.	Dana Point Grunion Run 5K, 10K Dana Point Harbor <a href="#">festivalofwhalesgrunionrun</a>
THURS 3/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 3/9 7:30 a.m.	Los Angeles Marathon <a href="#">lamarathon</a>
SAT 3/15, 7:00 a.m.	Catalina Island Conservancy Marathon Marathon, 10K, 5K <a href="#">runcatalina</a>
SAT 3/22, 8:00 a.m.	OC Chili Winter Trail Run Series – Race #3, O'Neill Regional Park <a href="#">ocwintertrailrun</a>
SUN 3/23, 8:00 a.m.	Wine Country ½ M and 5K, Paso Robles
SUN, 3/23, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB <a href="#">nmsritrun</a>
SUN, 3/30, 7:00 a.m.	Carlsbad 5000, Carlsbad, CA <a href="#">www.carlsbad.competitor.com</a>
APRIL	
THURS 4/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 4/5 6:00a.m.	Seal Beach 5K, <a href="#">www.runsealbeach.com</a>
MON 4/21 10:00a.m.	116 <sup>th</sup> Boston Marathon <a href="#">Bostonmarathon</a>

## 2013-2014 SCRR CLUB OFFICERS:

President:	Stacey Dippong
Vice-President:	David Schiller
Treasurer:	Lisa Eiler
Secretary:	Rob Harris
Officers At Large:	Joanna Pallo,
	Bob Morris, Mike Dietz

## 2013-2014 COMMITTEE CHAIRPERSONS:

Newsletter:	Cathy Shargay
Weekend Runs:	Noreene Matsuda
Grand Prix:	Mike Friedl
Database Manager:	Dave Schiller
Monthly Club Race:	Bob Morris
Webmaster:	Mike Reeves