

ON THE RUN



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

Orange County, California
January 2011 Issue

Runner of the Month – Dave Bauers

By: Stacey Dippong

Dave is a relatively new member of SCRR. He is very outgoing and has a great sense of humor. He is undoubtedly one of our runners whose friendly presence inspires newer runners to keep coming back. Additionally, always ready to lend a helping hand, he has volunteered to lead a few Saturday runs recently. As a testament to the board's selection of Dave as ROTM and as thank you to the club, he has volunteered to spring for drinks and pizza for everyone at Lamppost after the Thursday runs for the entirety of 2011!* Happy New Year!



When did you start running? I didn't start "serious" running until May 2006. My weight was up to 185 pounds, which is insanely heavy for me. My "fat" pants were even getting tight! At that time it had been almost 9 years since I had done any running (or significant exercise) at all. To say the least, physically, I wasn't feeling very good.

What motivated you to make changes? The results of a physical showed a slight problem with my thyroid. I've never had a physical where they said I had a problem with anything! That was enough to get me to start exercising and change my diet. After two months I took another physical, and the thyroid numbers were in the normal range again!

What made you decide on running? My buddy Ed Peters had taken up this crazy idea of running marathons a year earlier, and after sharing my dilemma of weight gain that May 2006 he convinced me to start a running regimen. Ironically, I was running 10 years earlier and he was smoking 2 packs of cigarettes a day and barely able to run a block. After quitting smoking cold-turkey in 2005, he had already run 2 marathons and a few smaller races within one year. I told him I didn't think I could run again, but after reminding me of my earlier capabilities and his personal conquest, I decided to give it a try. I needed to try something. That was one of the best decisions I had made. I no longer own "fat" pants, and my weight has held steady between 155-160 ever since.

What do you like most about South Coast Roadrunners? What I like most about the club is the motivation it gives me to stay on a regular running schedule. Running can get mundane, and that's a big reason people don't stick with it. That being said, there is no pressure from the group to "show up" for club runs, so the

responsibility to participate is up to you. The SCRR provides the means for improving your personal fitness by providing a schedule of runs that are regular and enjoyable. Club participation with my SCRR friends has become a fun and important part of my life. They're great people to hang out with. Running abilities range all over the map, and my level of fitness has definitely increased with the help of members. The SCRR also encourages the social aspect of the group through great get-togethers and parties, which have been a blast.

If you race, what is your favorite race distance and why? I think the 26.2 mile marathon is still my favorite race. To date, I've completed 11 of them. As a racing experience goes, I believe marathons give you the best "value per running dollar". It's almost like a carnival atmosphere! Marathons are a unique event that gives you a chance to experience something that very few people have accomplished, yet most people with proper training can do. Nothing beats the feeling you get when you hear that cheer from the crowd as you take your final steps over the finish line! That's a sense of accomplishment that gets very addicting, and tough to beat.

Are you currently training for anything? How is that going? My next "big" race is the Southern California half marathon in January. I haven't run a half-marathon in a couple of years, so I'm looking forward to running that race again. Hopefully I will run fast enough for a personal record. Other than club races, I haven't mapped out my marathon schedule for next year, but will soon.



Is getting a good race time important to you? If you asked me that question a year ago, I would have said, "not really". I've actually downplayed the importance people put on racing times because I think it intimidates people who don't run because they feel they have to be fast to participate in running at all. But as my running abilities have improved, I've started paying more attention to my speed. You reach a certain level of training where you naturally start using speed as a benchmark for improvement in this sport. I bought a running watch in February, and it's become another integral and fun part of my running game to keep track of my improvements.

Any specific racing stories that you would like to share? There are too many to mention here, but I like to tell about my first race experience. It was the Susan B. Komen 5K Race for a Cure in September of 2006. I was all excited for my first race ever! It was race morning, and I walked over to the registration tent to get my Bib. They handed me a cotton T-Shirt as well. I thought, "Wow, now what do I do with this shirt"? Temperature-wise, it was pretty cool, so instead of hiking back to my car, I figured I'd wear it over my technical shirt (big mistake number 1). The race starts, and I'm all excited, running past people in front of me jumping left and right to run as fast as I can (big mistake number 2). The sun was rising in the sky and the temps were climbing – fast. I'm now starting to overheat a bit and I'm getting uncomfortable. Finally, I see a marker with a big "1" on it. "Thank God!" I thought, "Only one more mile to go!" The rude awakening came when I realized that marker only meant we had passed the one mile mark, as a big sign with a number "2" appeared! Believe me, the last mile felt like 10 miles. I was so spent from that 3.1 mile race, I promised myself I'd never race again!

(Continued on Page 7)

Ryan Doss – Ends Age Group with a Win

By: Linda Hammond

Happy New Year! **South Coast Roadrunners** ended the year by **Making Room for Santa** in the 5K and 10K races! Dressed with a bit of Santa Claus flare, or speedy running shoes, South Coast Roadrunners once again and dominated the field. Finishing out the year with an age group win in the 5K, **Ryan Doss** shared his thoughts about his race and training this season.



Linda: *Happy January Birthday Ryan! Congratulations on your age group win at Make Room for Santa. Have you done this race before? How did you like the race? What was your race strategy?*

Ryan: So as you guessed I will, in fact, be moving up to a new age group in January, which provided a little motivation to run the Make Room for Santa as it would be my last race in the younger age group. I hadn't run this race before, but did enjoy the experience overall- it was a gorgeous day at the very least, which made it fun. I didn't have too much of a race strategy beforehand, but **John Gardiner** was kind enough to do a little bit of a tempo run at the pace I wanted to run while he was getting his training run in, so I just spent the race trying to stay close to him.

Linda: *What brought you to South Coast Roadrunners?*

Ryan: I came out to SCRR to meet some great people and find some runners who could push me outside my comfort zone, both of which I've found plenty of. There are a handful of guys in the club that I usually run with; even though they're faster than me, trying to keep up with them definitely helps me out a lot.

Linda: *Is there an upcoming race that you are training for?*

Ryan: I'm currently training for the **Surf City Marathon** in February, which I had a lot of fun running last year as a pacer; I'm hoping for a decent race to build off of for a fall marathon. I'll also be doing the **So Cal Half Marathon** in January as a tune-up race for that.

Ryan, thanks for sharing your story. Make Room for Santa was the sixth race in the Grand Prix series. In January we celebrate the New Year with **Southern Cal Half Marathon and 5K**. A new year starting off as 1-1-11, can only mean one thing, it is going to be a big year for firsts! What will your 1st be in 2011? Will you break the tape and be 1st overall in a race? 1st in age group? 1st marathon? Will you set your own personal 1st/ PR? Let me be the 1st to wish you many miles of happiness in 2011! See you at the Finish Line!

Make Room for Santa 5K/10K Photos

By: Linda Hammond



Road Trip – SCRR Group Goes to XC Championships

By: Linda Hammond

Road trip!!! In December, a few folks from South Coast Roadrunners headed down to San Diego to watch the **Foot Locker Cross Country Championship**. The race brought together the top high school athletes in the country. Defending champion **Lukas Verzbicas**, from the Midwest Region, became only the 3rd boy in the history of the race have back to back victories. Lukas won with a time of 14:59, about 10 seconds ahead of the second place finisher. In the girls' race, **Aisling Cuffe** from the Northeast Region dominated the field. With a finishing time of 16:53, Aisling's 34 second margin of victory was the third largest in the girls' race. It was a great morning watching the next generation of top athletes.



Photo
Captions
on
Page 8



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 33 participants (out of 64 total) for the 2010-2011 series after 6 races are:

Details								Santa 5K/10K		Turkey Trot	
	Name	Age Group	Sex	Total Points	Races	Best	Avg	Times	Points	Times	Points
1	Dave Parsel	55-59	M	5,457	6	950	910	17:55 5k	900	38:10 10k	850
2	Mike Connors	40-44	M	4,812	6	831	802	17:37 5k	807	17:46 5k	800
3	David Schiller	45-49	M	4,800	6	837	800	38:40 10k	779	18:41 5k	809
4	Ken Atterholt	50-54	M	4,495	6	813	749	19:35 5k	797	26:04 5k	598
5	Danielle Gordanier	35-39	F	4,467	6	759	745	42:11 10k	759	43:08 10k	742
6	Fred Cowles	45-49	M	4,417	5	916	883		0	16:52 5k	896
7	Linda Hammond	45-49	F	4,376	6	755	729	23:25 5k	719	23:35 5k	714
8	Ed Coffey	60-64	M	4,301	6	746	717	24:26 5k	696	24:02 5k	707
9	Steve Kan	55-59	M	4,260	6	728	710	45:45 10k	709	22:17 5k	723
10	Cathy Shargay	50-54	F	4,129	6	718	688	24:49 5k	704	26:04 5k	670
11	Armando Moran	35-39	M	4,069	6	700	678	40:38 10k	696	42:32 10k	665
12	Jeanie Leitner	60-64	F	4,049	5	830	810	24:43 5k	795	24:49 5k	792
13	Gary Hefner	50-54	M	4,035	5	846	807	18:26 5k	846	39:27 10k	806
14	Mike Sellers	30-34	M	3,875	5	807	775	17:49 5k	758	17:21 5k	778
15	Erika Kotteakos	40-44	F	3,687	5	762	737		0	20:44 5k	762
16	Sherri Ellerby	45-49	F	3,528	4	907	882		0	18:43 5k	899
17	Matt Hood	40-44	M	3,308	5	730	662	20:20 5k	699		0
18	Jodie Kinney	60-64	F	3,233	4	821	808	49:21 10k	817	51:29 5k	783
19	Leilani Rios	30-34	F	3,210	4	838	803		0	18:36 5k	820
20	Amy Katz	40-44	F	3,195	5	737	639	24:35 5k	643	25:32 5k	619
21	Rob Harris	50-54	M	3,013	4	775	753	20:07 5k	775		0
22	Mike Friedl	45-49	M	2,961	4	763	740	21:14 5k	712	19:48 5k	763
23	Greg Hanssen	40-44	M	2,674	4	692	669		0	43:57 10k	662
24	David Bauers	50-54	M	2,549	4	663	637	47:58 10k	663		0
25	Elyse Shimada	20-24	F	2,543	3	875	848		0	18:02 5k	845
26	Mike Dietz	45-49	M	2,514	3	870	838	18:02 5k	838		0
27	Bill Quinnan	35-39	M	2,503	4	641	626	44:04 10k	641	44:50 10k	630
28	Carrie Shargay	16-19	F	2,423	3	842	808	21:23 5k	766		0
29	Mary Lynch	40-44	F	2,400	3	835	800		0		0
30	John Gardiner	35-39	M	2,276	3	838	759	17:50 5k	762	16:12 5k	838
31	Tonson Tong	40-44	M	2,225	3	768	742		0		0
32	Ryan Doss	20-24	M	2,224	3	759	741	17:50 5k	759	17:52 5k	757
33	Carlos Jovel, Jr.	35-39	M	2,140	4	557	535		0		0

Runner of the Month – Dave Bauers (Cont.)

Where are you from and what do you do for a living? I'm originally from New Jersey. I moved to Irvine in February of 2002. I have my own event Videography business, "The Video Man Productions." I've been doing what I love since 1989.

What do you like to do in your free time besides running? I have many interests, but especially love to travel. Running and video keep me pretty busy, and since I love to travel, I always pack my running gear whenever I fly out of here!

Anything exciting happening in your life right now? There is always something going on in my life that keeps me from ever getting bored, but nothing headline-worthy to report right now. As soon as that happens, you'll see it on my Facebook!

***Interviewer's note:** Just kidding about the part in the introduction regarding Dave's sponsorship of our Thursdays at Lamppost. Actually he has expressed his love of brunch at the Ritz Carlton to me, so instead, everyone start saving room for mimosa's, filet, and smoked salmon!

SPECIAL SATURDAY RUN

All runs meet at 7:45 a.m. and Start at 8:00 a.m.

1/15/11, A Bridge to Somewhere

Leader: Greg Hanssen

Location: In front of Sports Authority (same as the winter Monday runs) near Jamboree and El Camino Real

Directions: Exit the 5 on Jamboree heading North, first light right turn on El Camino Real then left into the parking lot.

About the run: We'll be running away from Hicks Canyon back to the bike trail along the railroad tracks and over the brand new bridge over Jeffrey (a prelude to our summer 2011 Thursday runs). Out and back for up to 10 miles or a 13 mile loop.

After the run: Corner Bakery in the same parking lot.

Big Baz's 2011 trail races

(<http://www.bigbaztrailraces.com/>)

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2011	<u>Jan 8</u>	Winter Trail Run Series (If you haven't done a trail race before, click Beginner's Page)	12K	2,604'
	<u>Jan 22</u>		15K	3,502'
	<u>Feb 5</u>		18K	4,020'
	<u>Feb 19</u>		21K	3,470'
	Mar 5	San Juan Trail 50K	50K	6,627'
	Jun 4	Shadow of the Giants 50K	50K+	5,923'

SCRR Post Holiday Party

When: Sunday, January 16th

6 - 9pm

Location: BJ's Restaurant
13130 Jamboree Road, Irvine

Cost: \$23 per person.

Includes hors d'oeuvres, salad, choice of 4 kinds of BJ's Specialty Deep Dish Pizza (Vegetarian options available), and individual pizookies for dessert.
Full bar is available, though not included with the price of dinner.

\$\$\$\$ (cash or check made payable to SCRR) **must be in by Thursday, January 13th.**

Money can be given to any board member, preferably Stacey or Kathleen.

Attire: Nice casual.

White Elephant: If you would like to participate in the White Elephant Gift exchange, bring a wrapped gift (max \$20 value)

Photos on Page 4:

Top Left: Jeanie Leitner and Ed Coffey;

Top Right: Linda Hammond and Amy Katz;

Middle Left: Mike Sellers, Mike Connors and Ryan Doss;

Middle Right: Matt Kossoff, Danielle Gordanier and Dave Schiller;

Bottom Left: Cathy and Carrie Shargay;

Bottom Right: Mike Connors, Rob Harris, Danielle Gordanier and Kevin MacDonald.

Photos on Page 5:

Middle Left: Linda Hammond with female winner

Middle Right: Noreene Matsuda with famous runner Meb Keflezighi

Bottom: Noreene Matsuda, Ken Atterholt, Cathy Shargay, Mike Sellers and John Gardiner

Great Deals From Fellow South Coast Roadrunners...

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

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

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
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San Juan Capistrano

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Reminders

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

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

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

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Sports Authority, 5 and Jamboree, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

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

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

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

SCRR CLUB CALENDAR



Monthly Club Meetings and Parties are highlighted in orange; Club Runs are highlighted in yellow

NEW Out of Town Races featuring club members highlighted in blue

Click on hyperlinks to go directly to race websites for event registration info

JANUARY	
THUR, 1/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SAT, 1/8, 8:00 a.m.	Southern California ½ Marathon, 5K Irvine, CA
SUN, 1/9, 7:13 a.m.	13.1 Los Angeles – Santa Monica, CA
SUN, 1/16, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ
SUN, 1/16	SCRR Holiday Party – BJ's
SAT, 1/22, 9:00 a.m.	Buffalo Run ½ Marathon and 5K, Avalon Catalina Island
SUN, 1/23, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA
FEBRUARY	
THUR, 2/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SUN, 2/06, 6:50 a.m.	Surf City Marathon, ½ Marathon and 5K Huntington Beach, CA
SAT/SUN, 2/12 and 2/13	Tour de Palm Springs Century and Palm Springs ½ Marathon
SAT, 2/12, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #1, O'Neill Regional Park, RSM
SAT, 2/19	Timberwolf 5K, Northwood High, Irvine
SAT, 2/26, 7:00 a.m.	Run the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Naval Base
SUN, 2/27, 8:00 a.m.	Brea 8K, Brea Mall, 57 Freeway and Imperial
MARCH	
THUR, 3/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SAT, 3/12	Catalina Marathon
SAT, 3/12	Solvang Century
SAT, 3/12, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #2, O'Neill Regional Park, RSM
SUN, 3/13, 7:00 a.m.	Dana Point Festival of the Whales Grunion Run 5K and 10K, www.festivalofwhalesgrunionrun.com
SUN, 3/20	Los Angeles Marathon, Los Angeles CA LA Marathon
SUN, 3/20, 8:00 a.m.	Dove Dash and Pancake Breakfast, 5K, Dove Canyon and Sycamore Drives
APRIL	
SUN, 4/3, 7:00 a.m.	Carlsbad 5000 Carlsbad, CA 5K Carlsbad5000
THUR, 4/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SAT, 4/10, 9:00 a.m.	Irvine Lake 3.8 Mile Mud Run, www.irvinelakemudrun.com
MON, 4/18 9:00 a.m.	114 th Boston Marathon Boston, MA Boston Marathon
FRI-SAT, 4/15-4/16	Ragnar Relay, Huntington Beach to San Diego Ragnar Relay
SAT, 4/16, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #3, O'Neill Regional Park, RSM
SAT, 4/23	4 th Annual Costa Mesa Community Run, 5K Trail, Fairview Park www.costamesacommunityrun.com
SAT, 4/30, 9:00 a.m.	9 th Annual Donate Life 5K, Cal State Fullerton, www.donateliferunwalk.org

2010-2011 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Orhan Beker
Treasurer:	John Gardiner
Secretary:	Tonson Tong
Social Chairs:	Kathleen Monk, Stacey Dippong
Officers At Large:	Stacey Dippong, Bob Morris, Greg Jones

2010-2011 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:	To be announced
Webmaster:	Mike Reeves