

# ON THE RUN



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

Orange County, California  
December 2010 Issue

## Runner of the Month – Mike Friedl

By: Stacey Dippong

I had a hard time trying to decide how to write this intro because I don't know if it's possible to fully do Mike justice as runner of the month. Mike has been a part of this club for 22 years: a past president; treasurer; and recipient of the Ideal Runner, Volunteer of the Year, and President's Awards. He currently heads up the Grand Prix – a huge task that involves compiling everyone's race results and scoring them against the applicable American records; and also does a fantastic job MC-ing the annual club banquet every year. I think it's safe to say that this club would not be what it is today without him. Writing on behalf of everyone who enjoys the privilege of being a member of SCRR, I'd like to express a huge thank you to Mike! (And people – if you would like to convey your appreciation to Mike for all he has done, buying him a beer next time you see him at pizza would be my suggestion!)



Mike has become increasingly busy this last year with his beautiful family and his job, so for those of you that have not yet gotten the chance to get to know him, he took the time to answer some questions, below.

**When did you start running?** *I ran track in junior high and I wasn't very fast, but I liked the fact I could participate and measure progress independently from my teammates or the opponents. If I improved, I was happy regardless of where I finished a race. I ran my first road race, a five miler, in high school and I've been hooked ever since.*

**Why do you run?** *I was not an athletic kid, but I really wanted to participate. Running allowed that for me, and has transformed my self-image from a chubby kid into that of an athlete.*

**What do you like most about South Coast Roadrunners?** *The people! I've always found runners to be positive, friendly and fun people to be around. SCRR brings together the best aspects of training, competition and camaraderie. My best friends are not from college or work, but from SCRR. I met Melissa, my wife, here at SCRR. It doesn't get better than that!*

**When did you join SCRR?** *I started running with SCRR in fall 1988, and shortly thereafter attended the Wine & Cheese Party (yes, we've had that party for that long!). I had such a great time I've been around ever since.*

**What is your favorite race distance and why?** *I really like them all. I have a PR in everything from 100 meters to the marathon, plus most field events, so it's hard to pick. (Don't ask me about javelin or pole vault - not pretty!). But if I had to pick, I'd say 800 meters on the track and 5000 on the roads. My most recent PR is in the beer mile. :-)*

**Are you currently training for anything?** *It's really hard for me to get consistent training lately with family and work commitments, but I've managed to complete the last ten Catalina Marathons, so I'm already looking forward to next March, and am hoping the stars align for me to be fit for it.*

**Any specific racing stories that you would like to share?** *I have done a ton of racing over the years, it's hard to pick just one! I suppose nothing beats the first time I qualified for Boston. It was at Los Alamitos (yes, they had a marathon back then). I was right on the edge, and without a Garmin in those days, I had no idea just how close I was. Running scared, I pulled off a 5:58 last mile and squeaked under the qualifying time to punch my ticket. Thinking about it still gives me chills.*

**Where are you from?** *I was born in San Diego, but grew up in Northeastern Ohio. My dad's job took us there when I was a kid. I've been in OC since I finished college. This is home now.*

**What do you do for a living?** *I'm a CPA by training, but have always had an entrepreneurial bent. I'm juggling a bunch of projects right now, but most of my time is focused on a startup company trying to improve cancer screening in the US and around the world. It's a fun and challenging gig, but really stressful until we get off the ground.*

**What do you like to do in your free time besides running?** *Free time? what's that? Back in the day, Melissa and I enjoyed travelling, particularly to Paso Robles wine country. We're hoping to steal away now and then.*

**Anything exciting happening in your life right now?** *I have the most beautiful wife and the three most adorable kids ever (I just happen to have some pictures of them in my pocket...), so every day is an adventure!*



## Get ready for Big Baz's 2011 trail races

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

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

## ***Marathon, Greece – Where it all Started***

**By: Linda Hammond**



The word **MARATHON** is part of our everyday lingo. Perhaps you spent the long holiday weekend watching a marathon of favorite movies or college football. As a runner for many the goal is to run a marathon. But do you ever stop and think that Marathon is actually a place in Greece? The marathons that we run today actually commemorate the run of warrior-messenger Pheidippides from Marathon to Athens to announce the Greek victory over the invading mighty Persians. Legend has it that Pheidippides ran the distance and when he reached Athens he proclaimed: “Rejoice, we conquer”, then he died. Thankfully most completed marathons have a happier ending.

2010 marked the 2500 anniversary of the Battle of Marathon, and I was there. I went to Marathon Beach and I climbed the Acropolis. Running the marathon, the streets were lined with fans waving olive branches cheering “bravo!” It was the thrill of a lifetime to run the Athens Classic Marathon.





## Overall Female Winner – Sherri Ellerby

By: Linda Hammond

The best way to start off Thanksgiving is to burn off a few calories doing the **Turkey Trot**. After Turkey Trotting (or cheering on the trotters) you are of course free to feast away on Turkey or Tofurkey and pumpkin pie! Trot, we did! The club turned out on a chilly morning in Dana Point to run the 10K and 5K races. Blazing across the course in her South Coast Roadrunners uniform, **Sherri Ellerby** was the overall female winner in the Masters race! I asked Sherri to tell us about her race and how her training is going this season.



**Linda:** *Congratulations on your race! What was your strategy?*

**Sherri:** My goal was to break 19:00. My strategy was to run at a hard, controlled effort for the first 2 miles. Unfortunately, the mile 1 marker was way too short, so I had to rely on how my body felt, which is really the smartest strategy for me when I race.

**Linda:** *Didn't you win this race previously? I think I saw you in a commercial for the Turkey Trot!*

**Sherri:** Yes, in 2007. I never thought I'd win it again. When you win a race, you never expect it to happen.

**Linda:** *When did you start running and what brought you to South Coast Roadrunners?*

**Sherri:** I started running in 1993. I was 28 years old. I never ran in high school or cross country but always wanted to. I checked out the book by **Jim Fixx** from the public library, then started jog-walking in my

neighborhood. Ran my first race a few months later, and I was hooked! I remember seeing the SCRR club table at races. One day I got up the courage to ask about their club and joined in 1995.

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

**Sherri:** Yes, **Mary Lynch**, **Erika Kotteakos**, and I have been training this season for the **USATF Club Cross Country Nationals** on December 11th in Charlotte, NC. It will be a 6K race. **Danny Stein** has been training us. We'll be running as a women's masters team. **Leilani** and **Elyse** will be part of a submasters team, and **Fred** may do the men's masters race. We're all excited to try a national competitive race.

Sherri, thanks for sharing your story. Good luck to you and the rest of the SCRR members competing at USATF Club Cross Country Nationals! In December our Grand Prix race is **Make Room for Santa**. Don't worry, you still have time to get in some good training runs and get off of Santa's naughty list! Santa and I will see you at the finish line!



## ***Marathon Madness Month***

### **Athens – Oct. 31**

Linda Hammond      Running the original In Greece – how cool!

### **Santa Barbara – Nov. 6**

Amanda Beard      4:30 ish - First marathon!  
Ben Coyle      Ran with Amanda  
Greg Hanssen      Ran with friends

### **Saddleback – Nov. 6**

Jon Resnick      5,100' of climbs

### **New York – Nov. 7**

Tonson Tong  
Amelia Carchidi  
Quang Pham

### **Fresno – Nov. 7**

Ingrid Johnson      3:52 - 15 minute PR  
Cathy Shargay      4:05:08 – BQ, 3<sup>rd</sup> in AG

### **Richmond – Nov. 13**

Amy Katz      With the Runner's World group

**SAVE THE DATE!**

## **SCRR HOLIDAY PARTY**

**Dinner, White Elephant Gift Exchange, Lots of Fun**

**Jan. 16<sup>th</sup>**

**Details to come**

## ***Dana Point Turkey Trot Photos***

**By: Linda Hammond**



Top Photo: Linda Hammon, Amy Katz, Karen Winters and Erica Kottekos.

Left Photo: Leilani Rios and Sherri Ellerby.

Right Photo: Mike Sellers.



## **SATURDAY RUNS**

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

### **12/4/10, Ship to Rail**

Leader: Sabrina Higashi

Location: Dana Point Ocean Institute

Directions: From PCH in Dana Point, turn onto Golden Lantern toward the ocean. At the bottom of the hill, turn right on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute. Parking is all around. We'll meet at the end of DPH Drive, near the "Pilgrim" sailing ship and the little pier in Dana Point Harbor.

About the Run: This is an out and back flat run that will cover a portion of the "Turkey Trot" course. First turnaround point is at the end of the parking lot just past the San Clemente Metrolink Station. Total distance is about 10.6 miles. Shorter options are available. For a 12.8 mile run, continue running along the footpath to the next turnaround point, the San Clemente Pier. For those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. If you're doing a 20-miler, you could continue along the path that goes beyond the San Clemente Pier then turnaround when necessary. Bring water, although several drinking fountains are located along the way. Lots of restrooms!

After the Run: "The Brig" at the Harbor.

### **12/11/10, Back Bay**

Leader: Kathleen Monk

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.

### **12/18/10, 3 Pier "Kegs & Eggs"**

Leader: TBD

Location: We start at the base of the Newport Beach pier. Arrive early (O.K., very early) to try and find street parking or bring change for the meters.

Directions: 5 Freeway to 55-South, follow signs to Newport Beach Pier. (Mapquest "Sharkeez Newport Beach" for exact directions)

About the Run: 5.75 miles to the Breakers and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back.

After the Run: We enjoy the best deal in town at Sharkeez for breakfast!! Just \$3.75 gets you french toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

### **12/26/10, Hicks Canyon - NOTE THIS IS A SUNDAY!!**

Leader: Amelia Carchidi

Location: Start at shopping complex at corner of Culver and Irvine Blvd in the Northwood section of Irvine.

Directions: From the 5 freeway, exit Culver and head north toward the mountains. Pass Bryan. Make Left on Irvine Blvd and immediately make a right into the shopping complex. 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 and into Peter's Canyon. The full loop, including Peter's Canyon, is about 14 miles. For those wanting to run shorter (ie warmup for the OC) – you can do an out and back along the bike path. Those wanting longer, take an extra loop around Peter's (extra 5 miles).

After the Run: Champagne Bakery (use your AAA card and receive a discount).



## 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  
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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, 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](http://www.roadrunners.org).

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

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

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



# SCRR CLUB CALENDAR



Monthly Club Meetings 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

DECEMBER	
THURS, 12/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SUN, 12/5, 6:15 a.m.	Las Vegas Rock 'n Roll Marathon, ½ Marathon 6:15 a.m. <a href="#">Las Vegas Marathon</a>
SUN, 12/5	California International Marathon, Sacramento, CA
SUN, 12/12	Tucson Marathon
SUN, 12/12, 8:00 a.m.	L.A. County ½ Marathon, 10K, 5K, Kids Run & ½ Marathon In-line Skate – Pomona, CA 6:00 a.m. <a href="http://www.runlacounty.com/home">http://www.runlacounty.com/home</a>
SUN, 12/12, 8:00 a.m.	Xterra Crystal Cove Trail 17K – Laguna Beach, CA <a href="#">CrystalCoveTrailRace</a>
SUN, 12/12, 7:45 a.m.	Make Room for Santa – 5K, 10K & Kids Run – Irvine, CA <a href="#">MakeRoom4Santa</a>
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, <a href="http://www.festivalofwhalesgrunionrun.com">www.festivalofwhalesgrunionrun.com</a>
SUN, 3/20	Los Angeles Marathon, Los Angeles CA <a href="#">LA Marathon</a>
SUN, 3/20, 8:00 a.m.	Dove Dash and Pancake Breakfast, 5K, Dove Canyon and Sycamore Drives

## 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