

# ON THE RUN



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

Orange County, California  
August 2013 Issue

## Runner of the Month – Matt Hood

By: Doug Denniston

Matt Hood is our Runner of the Month for July 2013. This is Matt's second selection as SCRR ROM. Matt is a great addition to our club. He has been an active volunteer in the club. Matt has acted as co-host of the Annual Awards Banquet, led many Saturday runs, opened his house to club members, strengthen the club's relationship with BJ's, and probably most important of all, introduced many of us to a new best friend: Jeremiah Red.

Matt is a native of Texas and moved to Orange County back in 2008. He has been married to his wife Dawn for 23 years, and they are raising 3 beautiful kids right here in Woodbridge. Congratulations Matt on your selection as the runner of the month for July 2013.

### When did you start running and where?

*I didn't start running as a hobby until after I graduated from college in 1991. Like most college students I gained 15-20 lbs. and started running as a way to get back in shape and down to "wedding weight." :-)*

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

*We moved to Woodbridge 5 years ago and on our first night in Irvine we went to the Woodbridge Dollar Theater and all of the sudden this pack of runners came running through. I called out "where do you guys meet?" and David Schiller slowed down enough to respond "Heritage Park every Thursday night - go to [roadrunners.org](http://roadrunners.org)". I ran with the group that Saturday and have been a part of the club ever since!*

### What has been your favorite race and why?

*Hmmm...I really enjoy a lot of the club races, but I'd have to say the Surf City Marathon/Half is pretty special. I remember running it the first year and thinking - "wow - we are running on PCH and the ocean is right there! How cool is that?"*

### Do you have a favorite club race and distance?

*I love the mile races we've done. Whether on the track or the El Toro air base, that's such a fun distance to just go all out.*

### You went to Boston in 2011, would you like to go back?

*Boston is such a special place and I am hoping to go back in 2015 with a big group from SCRR. All I have to do now is re-qualify... :-)*



### Where is your favorite Saturday club run?

*Quail Hill and Back Bay are both favorites because they are so close to my house and I've done some great training runs there - but 3 Piers is my favorite club run. I love being so close to the ocean, the great scenery, the chance to cool down in the ocean, and the breakfast deal at Sharky's is awesome!*

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

*Vacation runs are always special and I've been blessed to run in some beautiful places from Hawaii to Grand Cayman. I am in Rwanda right now and I'm hoping to run with a group of local runners this week. If that happens I'm pretty sure it will jump to the top of the list.*

### Are you training for anything right now?

*Right now I am training for the St. George Marathon in October with Rob Harris, Mike Dietz, Ken Atterholt and Cathy Shargay. The training is coming along but I'm not putting a ton of pressure or focus on the "time goals" - I just want to have a good race and enjoy the experience. I learned from my last marathon cycle that the joy could be found as much or more in the training as in the race or the results.*



### Do you have any favorite music you run to?

*I love music and listen to a wide array of music on my running mix: from The Beastie Boys to Willie Nelson to Skrillex and everything in between. It is a pretty eclectic mix but it keeps the solo runs interesting.*

### What do you do for your job?

*I am the Chief Marketing Officer for BJ's Restaurants so I get to work on our menu and advertising development. It is a fun job and I can't complain with having to taste test our new beers, pizzas and Pizookies.*

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

*I have to say the club has been a real blessing to my family and I since we moved here. Whether it is the weekly runs, the banquet or other special events (dude's party/Leilani's/luau/etc.), the club has been the source of great friendships and fun memories. I am really proud to be a part of SCRR!*

*A Great Big SCRR Thank You to*

***Doug Denniston***

*For the Fun Times and Delicious Food at the Taco BBQ Party*

*Photos on page 3*



## Doug's Monday Night Taco BBQ Party

Photos Compiled By: Joanna Pallo



1 Armando, Isho, Baby Mason 2 David, Cathy, Cathy, David, Judy, Mike 3 David & Cathy, Alberto, Vivki, David, Cathy, Noreen, Linda 4 Sheeri, Fred, Judy, Robert, Eric, Joanna, Cathy, Jimmy 5 Janelle, Judy 6 Doug, Carlos, Tim 7 Juan, Lisa, Avery, Eileen 8 Juan, Lisa 9 Rob, Molly, Scott 10 Kirsten, Scott, Stacey, Lillian, Mike 11 Greg, Alberto, Vicki



## ***New Grand Prix Season – Highlights from July 4<sup>th</sup> Race***

**By: Linda Hammond**

July was the start of the new **Grand Prix** season for **South Coast Roadrunners**. With some good ol' Red White and Blue spirit, we raced the **4<sup>th</sup> of July Woodbridge 5k and 10k**. Congratulations to **Leilani Rios** for being the 1<sup>st</sup> place female overall in the 5k! In fact, South Coast Roadrunners were big age division winners in the both the 5k and the 10k. Having just completed her term as club president, **Sherri Ellerby** started off the



new Grand Prix season with a big age division win in the 5k. I asked Sherri to share her thoughts about her race and training.

**Sherri:** I was so, so happy to be able to race in this year's first GP race! The last two summers I was out due to stress fractures. I was hoping to run under 21:00 at the Woodbridge 5K. I never expected to run in the 19s and finish alongside **Mike Friedl**! So once again, hope returns to me in my running life. (For all of you out there currently suffering from a miserable running injury, it really does eventually go away, as much as you may not believe that right now.) Placing first in my age division was a lucky bonus. You never know who's going to show up at a race. But being the 3rd female overall was even more of an honor for me. I know that sort of placing will not last much longer for me.

With each injury I've endured, I learned a little more about what I need to do to allow me to do what I love, which is to compete. I learned years ago that I could never be a high mileage runner. Now that I'm 49 years old, I personally need cross-training to be the strongest athlete I can be. More sleep would be nice, too! My transition into the triathlon world has allowed me to still be a decent runner and have fun getting out there on the bike. (Thank you, **Fred**!) Swimming? Well, that will always be my challenge. I put up with it so that I can do the triathlons,

which are so fun. They're like little adventures on race day. So much activity and stuff to deal with. My brain goes into overdrive every time I hit the transition areas!

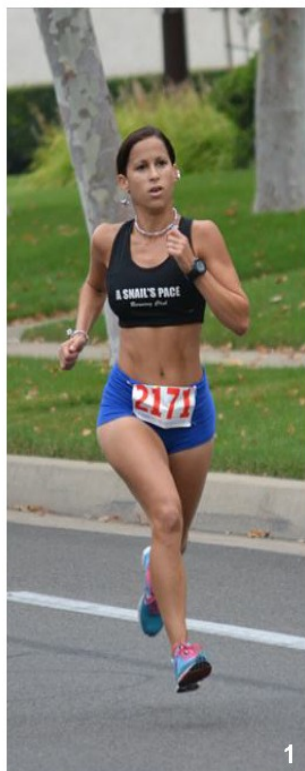
Next up for me are the **Camp Pendleton Sprint Triathlon** on August 3 (with several other SCRR triathletes!) and the club's **track mile race**. After that I would like to do one more triathlon in September. I am very excited to train for the **Long Beach Half Marathon**. I can't remember the last half I did, but I love that race distance and hope to do well in my age group. We'll see who shows up on race day!

Thanks Sherri for sharing your story! I think the club decided that we needed a lot of beach chairs for the club's summer pool parties, taco parties, and bonfires. We came away with tons of age division wins and beach chair prizes. Congratulations SCRR! For the month of August we run the ultimate race, the mile! Here is to a great season! See you at the **Finish Line**!



## Woodbridge July 4<sup>th</sup> 5K/10K Photos

By: Cathy Blakesley, Linda Hammond and more; Compiled by Joanna Pallo



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2



4



5



6



9



7



8

1 Leilani Rios 2 Matt Kossoff, Ken Atterholt, Michael Gulán, Brad Wobig, Lucas Agrícola, Leilani Rios, Sherri Ellerby, Jeanie, Michael Friedl 3 David Flahive, Judy Sweet 4 Steve Kan 5 Kelcey Kinjo 6 Michael Gulán 7 Lisa Eiler, Isho Tama-Sweet, Baby Mason 8 Lucas Agrícola, Amy Katz, Brad Wobig 9 David Schiller





1 Matt Hood 2 David Bauers 3 Vicki Ballon, Greg Hanssen, Stefani, Kirsten Hirneisen, Joanna Pallo, Robert Donald, Carlos Jovel 4 Mike & Lillian Bertram 5 Robert Harris 6 Cathy Shargay 7 Sourabh Jain 8 Jeanie 9 Leilani Rios, Lucas Agricola, Brad Wobig, Amy Katz 10 Noreene Matsuda 11 Robert Donald 12 David Flahive, Linda Hammond 13 Sherri Ellerby, Stacey Dippong, Linda Hammond, David Flahive, Leilani Rios, Judy Sweet, Amy Katz





1 Mike Dietz, Matt Hood 2 Judy Sweet, Cathy Shargay, Ken Atterholt 3 Eileen Stephens 4 Molly Donnellan 5 Stacey Dippong 6 Mike Friedl, Sherri Ellerby 7 Joshua Proffitt 8 Doug Denniston 9 Fred Ayers, Joanna Pallo, Carlos Jovel 10 Ken Wells 11 Alberto Ballon 12 Greg Hanssen, Stefani 13 Vivki Ballon, Orhan Beker, Linda Hammond



## Ask Les Cargo ...


### *How can I improve my running form?*

Well, you could ask running friends for advice, read books/magazine articles on the subject, hire a personal running coach, study videos of famous Olympic runners then try to mimic their form. Or, you could attend a Good Form Running Clinic at A Snail's Pace.


Good Form Running (GFR) clinics presented by New Balance are limited to 15 people per clinic and held monthly at all four ASP stores. You will learn and practice key drills to get faster and prevent injury and have your stride and footstrike video-taped, then analyzed. Come dressed to do a little running.

**RSVP:** GFR clinics are FREE but registration is required. Call or stop by any ASP store to reserve your spot or RSVP at: <http://www.asnailspace.net/kioskgr.HTML>

# 4 SIMPLE STEPS TO GOOD FORM




### #1 POSTURE




- \* Feet straight ahead, knees soft.
- \* Head level with eyes looking forward.
- \* Stretch and reach to the sky, elongating spine.
- \* Relax arms to sides at a 90° angle.
- \* Keep arms & shoulders relaxed.
- \* Use compact arm swings, avoid crossing the body's center line.

### #2 MID-FOOT




- \* Contact ground midfoot first.
- \* Entire foot lands softly and under hip line.
- \* Run light, avoid pounding.
- \* Landing on midfoot promotes a balanced running position minimizing friction (braking).

### #3 CADENCE




- \* Cadence target = 180 steps/min.
- \* To find cadence: Jog for 1 min. counting number of times your right foot hits the ground. Goal is 90 foot strikes per foot (180 total).
- \* 180 cadence promotes short, quick strides and midfoot strike.

### #4 LEAN



- \* Lean from the ankles without bending at the waist.
- \* Keep weight slightly forward and flex at the ankles.
- \* Use gravity to help generate forward momentum.
- \* Reset posture, then lean tall into a jog.


### COMMON RUNNING FORM



**Slouching posture, heel striking, overstriding & bending from the waist** lead to inefficient effort and many common injuries.

### VS

### GOOD RUNNING FORM



**Tall body alignment, midfoot strike, high cadence & a forward lean** ensure an easier run, increased efficiency, and greatly reduce the chance of injury.



Send your running and racing questions to Les Cargo via his literary agent: [bob.morris@asnailspace.net](mailto:bob.morris@asnailspace.net).



## SATURDAY RUNS

**PLEASE NOTE NEW 7 AM START TIME THROUGH THE SUMMER! Meet at 6:45 AM, runs starts at 7 AM.**

### **8/3/13 – Coto de Caza Run & Pool Party**

**\*RSVP is required in advance for access into Coto de Caza. Please email Leilani at [leilanirios@gmail.com](mailto:leilanirios@gmail.com) by 8/1/13.**

**Leaders:** Leilani Rios and Kevin Wilson

**Location:** Coto de Caza

**Directions:** 5 freeway, exit Oso Pkwy, head east toward the mountains. Go 5 miles 'til it ends into Coto. Make a right and check in at the gate.

**About the Run:** This run is on dirt horse trails and parts along Bell Canyon. There are many options on run distances; 11, 7 and 3.5 loop or simple go out and back for anything else.

**After the Run:** There will be eggs, pancakes, French toast, bacon, sausage, fruit, bagels, coffee, mimosas and other breakfast items. Feel free to bring something to share. Bring your swimsuits and chairs. We will venture into the pool to cool off after the run.

### **8/10/13 – SCRR Club One Mile Race on the Track – Beckman High School - 8 a.m.**

### **8/17/13 – A Snail's Pace Mission Viejo Store/PowerBar Taste Test**

**Leader:** Bob Morris

**Location:** A Snail's Pace Running Shop, 24451 Alicia Parkway in Mission Viejo

**Directions:** Exit the 5 freeway at Alicia Parkway. The store is in the LA Fitness shopping center visible from the freeway.

**About the Run:** Out-and-back course starting at the Store to the bike path that goes all the way up to Cook's Corner if you want an 18 miler. Taste test an assortment of PowerBar products before and after the run.

**After the Run:** Dennys (50 yards from the Store) or Lulu's Creperie Cafe, 24781 Alicia Pkwy, Laguna Hills (at the old ASP LH Store location two blocks away).

### **8/24/13 – Spyglass Hill**

**Leaders:** Mike and Lillian Bertram

**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 run is a 12 mile hilly loop on roads, but there are many shorter options, as well as beach running available.

**After the Run:** Bruegger's Bagels and/or Starbucks. They are across the street from each other on the corner of Goldenrod and PCH - 2743 East Coast Highway, Corona Del Mar 92625

### **8/31/13 – Ship to Rail**

**Leader:** Jennifer Erickstad

**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 can 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: NEW!** Coffee Importers Espresso Bar & Deli - 34531 Golden Lantern in Dana Point Harbor. Park in the parking lot near The Brig, and walk towards the harbor. Enjoy breakfast on the seaside patio. See [www.coffeeimporters.com](http://www.coffeeimporters.com) for their menu.

## ***July Meeting Minutes***

**By: Rob Harris**

Officers present: Stacey Dippong, President; David Schiller, Vice President; Lisa Eiler, treasurer; Robert Harris, secretary

Stacey: New member introductions: Sheila and daughter Natalie

August Club Race reminder: 1 mile race at Beckman High School track 8-10-12 at 8:00

Voting the "Race of the Month":

- September, 2013 Dove Dash 5k on 8-29
- October, 2013 Long Beach 5k, Half Marathon, Marathon on 10-13

Bob Morris promoted the July 23 Snails Pace Pub Run and invited SCRR to participate in the Salt Creek Stampede, an annual 6 mile Handicap race held on 8-25 with post race breakfast hosted at the Morris' home.

Doug Dennison spoke about the 5<sup>th</sup> Annual Taco BBQ to be held on 7-22 after the Monday night run in Cedar Grove Park. Suggested donation \$5 and RSVPs welcomed.

Joanna Pallo promoted the Annual Club Bonfire at the south lake in Woodbridge on 8-17.

Stacey presented three awards from the Annual Recognition Banquet. Most Improved Female Runner was given to Judy Sweet, Most Improved Male Runner was awarded to Dave Flahive and the Overall Grand Prix winner was Bob Morris.

The Runner of the Month was given to Matt Hood.



John Gardiner (right) paced new member Juan Morales "Mora" to a PR at the Cypress 5K on July 27<sup>th</sup>. It was the first time Mora broke 16:00!



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

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

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Fine Homes and Condos throughout OC. You'll get my personal attention and the most powerful resources in the industry. Relocating? – I can help nationwide.

### 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



AUGUST	
<b>THURS, 8/1, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
THURS 8/1 6:15p.m.	Peter's Canyon Summer Trail Series #3 Tustin, CA <a href="http://renegaderaceseries">renegaderaceseries</a>
SAT 8/3 7:30a.m.	Camp Pendleton Semper Tri/Devil Dog Duathlon & Triathlon – MCAS Pendleton <a href="http://camppendletonraces.com/tri-duathlon">camppendletonraces.com/tri-duathlon</a>
SAT 8/10 8:00a.m.	Club Mile – Beckman High School Irvine, CA
THUR 8/15 5:45p.m.	Into the Wild Trail 8K #1 – Irvine, CA <a href="http://intothewildoctrailrun">intothewildoctrailrun</a>
SUN 8/18 7:00a.m.	America's Finest Half Marathon, San Diego, CA <a href="http://AmericasFinestHalf">AmericasFinestHalf</a>
THUR 8/22 5:45p.m.	Into the Wild Trail 8K #2 – Irvine, CA <a href="http://intothewildoctrailrun">intothewildoctrailrun</a>
SAT 8/24 6:00a.m.	Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA <a href="http://trailrunevents.com/bulldog">trailrunevents.com/bulldog</a>
SAT 8/24 9:30a.m.	USATF Road Mile Championships – Dockweiler State Beach <a href="http://roadmile.org">roadmile.org</a>
THUR 8/29 5:45p.m.	Into the Wild Trail 8K #3 – Irvine, CA <a href="http://intothewildoctrailrun">intothewildoctrailrun</a>
SAT 8/31 7:00a.m.	3 <sup>rd</sup> Annual Hope on Wheels 5K - Fountain Valley, CA <a href="http://HopeonWheels5k2013">HopeonWheels5k2013</a>
SEPTEMBER	
SUN 9/1 5:45a.m.	Disneyland ½ Marathon (SOLD OUT) (5K on Sat. also Sold Out)
<b>THURS, 8/5, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
MON 9/2 8:00a.m.	47 <sup>th</sup> Run to the Top of Mt. Baldy – Mt. Baldy CA <a href="http://run2top.com">run2top.com</a>
SUN 9/8 8:00a.m.	Hero's Run 5K – Ladera Ranch, CA
SAT 9/21 7:00a.m.	Anaheim's OC Fest of Ales 2 <sup>nd</sup> Annual Beer Run 5K Anaheim, Ca <a href="http://BeerRun5k">BeerRun5k</a>
SUN 9/22 7:30a.m.	Komen Orange County Race for the Cure – Newport Beach, CA <a href="http://ko2enoc.org">ko2enoc.org</a>
SUN 9/29 8:00a.m.	13 <sup>th</sup> Annual Dove Dash 5K / 10K – Dove Canyon, CA <a href="http://DoveDash5K10K">DoveDash5K10K</a>
OCTOBER	
<b>THURS, 10/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 10/5 6:45a.m.	St. George Marathon St. George, Utah <a href="http://stgeorgemarathon">stgeorgemarathon</a>
SAT 10/5 7:30a.m.	Chapman University 5K, Orange, CA <a href="http://Chapman.edu/5k">Chapman.edu/5k</a>
SUN 10/13 7:00a.m.	ICB Long Beach Marathon, ½ Marathon, Run Forrest Run 5K <a href="http://RunLongBeach">RunLongBeach</a>
SUN 10/13 7:30a.m.	BA Chicago Marathon Chicago, Ill <a href="http://ChicagoMarathon">ChicagoMarathon</a>
SAT 10/23 8:30a.m.	26 <sup>th</sup> Harbor Heritage Run Newport Beach, CA <a href="http://HarborHeritageRun">HarborHeritageRun</a>
SUN 10/20 6:30a.m.	Nike Women's Marathon San Francisco, CA <a href="http://Nikerunningwomensmarathon2012">Nikerunningwomensmarathon2012</a>
SUN 10/27 8:00a.m.	Marine Corps Marathon, Washington DC <a href="http://MarineMarathon">MarineMarathon</a>
SUN 10/27 7:00a.m.	LA Halloween Rock & Roll ½ Marathon Los Angeles, CA <a href="http://LArunrocknroll">LArunrocknroll</a>
SUN 10/27 8:00a.m.	Huntington Distance Derby 10mi./10K/5K – Huntington Beach, CA <a href="http://surfcity10">surfcity10</a>
NOVEMBER	
<b>THURS, 11/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT, 11/3 7:00 a.m.	Run Love 5K, 10K Woodbridge Lake – Irvine ***\$10 off registration with coupon "runclublove" for all SCRR <a href="http://RunLove5K10K">RunLove5K10K</a>
SUN, 11/3, 6:00 a.m.	ING New York City Marathon <a href="http://www.ingnycmarathon.org">www.ingnycmarathon.org</a>
SUN, 11/3, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon <a href="http://www.runfresno.com">www.runfresno.com</a>
SUN, 11/3, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA <a href="http://Dinodash">Dinodash</a>
SAT, 11/9, 7:15 a.m.	Santa Barbara Marathon <a href="http://www.sbibarathon.com">www.sbibarathon.com</a>
SUN, 11/10, 7:00 a.m.	Malibu International Marathon Malibu, CA <a href="http://www.malibuintmarathon.com">www.malibuintmarathon.com</a>
SUN 11/17	Istanbul Marathon
THURS 11/28, 7:00 am	Oceanside Turkey Trot <a href="http://www.osideturkeytrot.com/">http://www.osideturkeytrot.com/</a>
THURS 11/28, 7:00 am	Dana Point Turkey Trot <a href="http://www.turkeytrot.com/">http://www.turkeytrot.com/</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