

ON THE RUN



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

Orange County, California
May 2008 Issue

Runner of the Month – Stacey Dippong

By: Amy Katz

Congratulations to Runner of the Month, Stacey Dippong! Stacey and I sat down and talked about her latest accomplishment, running her first marathon.

Amy Katz: Congratulations on running your first marathon! Was it what you expected?



Stacey Dippong: Thanks! Sort of...It was what I expected in terms of running a "marathon" but this particular marathon was actually harder than I expected. I researched and read every review and bit of info on the internet that I could find on the course in the months leading up (law school trained me well to do my homework), and even after all that, it was much hillier than I thought it would be.

AK: Big Sur did seem an unusual choice for a first marathon. What made you pick it?

SD: There were a couple of reasons. I wanted to run a marathon around this time, in the Spring, because I had been studying for the bar for what seems like so long, and I mentally needed to set another big goal for myself that I knew I could accomplish just in case I'm not able to reach my goal of passing the bar. I don't know if that logic really makes sense? I also read that Big Sur is supposed to be one of the best marathons in the world and one of the most scenic. That part definitely did live up to my expectations; it was absolutely beautiful!

AK: I bet! I heard there's a guy playing a grand piano in the race. Is that true?

SD: Yep, wearing a tux, near the halfway point. There's also a bagpiper at the start, a reggae band, an accordion player, belly dancers, and a couple of high school bands/orchestras among other musicians along the way. My favorite, however were the Japanese Taiko drummers (not totally sure what exactly Taiko drummers are) but they were standing up, pounding on their drums at the beginning of the 2-mile, 500 foot climb at mile 10. The fast drum beat really helped me up that hill!

AK: Sounds like a really great race! Did you ever feel like you hit "the wall"?

SD: No! Isn't that weird? I was totally expecting it to come, but it was more like, from mile 18 on, I gradually got more sore and tired, but there was never really a point where I thought, I wouldn't be able to finish. In, I think, every other race I've ran, be it a 5k or half



Runner of the Month – Stacey Dippong (Cont'd)

marathon, there has been a point where I wanted to quit. That never happened here! From the halfway point until the last 10k, I kept trying to run faster and faster to break my original goal of 4 hours, but the faster I ran (or thought I ran), the more hills I encountered. But despite that I ended up finishing pretty strong and actually continually, but slowly, passed people throughout the last half.

AK: 4:10 is an excellent time! You should definitely be proud of yourself. Training with you this past season I knew you would do well and I was excited when I saw what a great race you had!

So what's next on the agenda? Another marathon, perhaps?

SD: Thanks! I don't think I could have done it without the awesome support and encouragement I got from everyone in this club. You, Amelia, Greg H., Colleen, Chad, and Simon, in particular were such great running partners, really pulling me through some very difficult training runs. And of course Danny was so key in providing me with great coaching and a schedule. Gosh this is sounding like an Oscar speech! Anyway, my next scheduled race is the Disneyland Half which I'm really excited about because I love Disneyland and I love baseball! And, yes, I will probably do another marathon. Though it will be hard to top my first!

AK: That's what's so great about SCRR. And I agree that Danny is an awesome coach. He has sure helped me improve over the years. I know I speak for everyone in the club by saying that we really appreciate your dedication to SCRR and your enthusiasm about running. I hope you'll still be able to join us on a regular basis when you start your busy law career! Congratulations again on running your first marathon and for being chosen Runner of the Month. Well deserved!

SATURDAY RUNS

(NOTE: BACK TO EARLY START – meet at 6:45 a.m., run at 7:00 unless otherwise noted)

5/3/08, Corner Bakery

Leader: Due to the club race on Sunday, this is an “unofficial” run for those not doing the club race or those wanting a nice easy warmup (or just breakfast at the Corner Bakery). Whoever shows up will lead.

Location: Meet in the parking lot of the Corner Bakery at Main & Harvard in Irvine.

Directions: 405 north or south, exit Jamboree, head North (towards mountains), turn right on Main Street, turn right on Harvard, turn right into shopping center.

About the Run: Run as long or as short as you like on the bike path. This is a good warmup for the races on Sunday. Also the perfect place for bikes, roller blades and baby joggers!

After the Run: Corner Bakery.

5/10/08, Run the Wetlands

Leader: Jason Blank

Location: San Joaquin Wildlife Sanctuary

Directions: 405 Freeway--Exit @ Jamboree, head West—Left on Michelson—Right on Riparian Way—go about 1 mile onto dirt road, past sewer treatment plant—turn Right down small hill into gravel parking lot for Audubon House

About the Run: Run along 10 miles of trails, rest on the benches, bird watch or simply relax under a native willow and listen to the sounds of nature. Please tread on the nature trails only by foot; bicycles, dogs, horses and other animals are not permitted. There is water at the start/finish.

Trail Map: <http://www.seaandsageaudubon.org/SJWS/SJWStrailmap.htm>

After the Run: Starbucks at Bristol and Jamboree

(Continued on Page 10)



South Coast Roadrunners Annual Recognition Banquet

Saturday, June 21, 2008

5:00pm

"Citius, Altius, Fortius"

Swifter, Higher, Stronger!

Fitting summary for Roadrunners last year. Let's celebrate and gather together and have a great time.

This is the event of the year. Reserve your spot by making your payment now!

FORMAL AFFAIR

Awards, raffle prizes(Ipod, Snail's basket, etc.), slide show, food & lots of dancing!

MENU

Beef, chicken, mashed potatoes, vegetarian pasta, and steamed vegetables. Dessert is a to die for carrot cake.

Beer, water and soft drinks provided.

Chicks' and Dudes' Pre-Parties

Party Hosts:

\$30 per person payable to SCRR, due June 5th- Club Meeting Night.

After June 5th, \$35 through June 14th.

Give checks to Noreene, Leilani, Jon, Amelia, Tonson or Molly.

Directions

Woodbridge
Community
Center

31 Creek Road
Irvine, CA 92618

From the North:

405 South

Exit Jeffrey make a left

Left on Alton

Right on Creek

From the South:

405 North

Exit Jeffrey make a right

Left on Alton

Right on Creek

Any questions or if you would like to volunteer to help with decorations & clean up, contact Noreene

noreene@cox.net, or

Leilani

leilaniiries@cox.net

Boston Marathon!!!

Photos Submitted By: Linda Hammond, Mike Connors and Cathy Shargay



More photos on pages 5, 6 and 7!!

Top from left: Amy Katz, Mary Lynch, Vince Lowder and Tonson Tong

Bottom from left: Tonson Tong, Ken Atterholt, Cathy Shargay, Robert Donald and Linda DeStefano at the post race party; Ken at a map of the marathon in the sidewalk.



My First Boston Marathon

By: Linda Hammond

Back in January I had the opportunity to tell my story of returning to running after over a twenty year break and qualifying for the Boston Marathon. On April 21, 2008 I ran the 112th Boston Marathon. Finally recovered from shin splints, in my training leading up to Boston I was only able to get in two 20 mile long runs and did one month of weekly hill repeats on Quail Hill. My goal for the race was simply to have fun. I went into the race without a time goal but, but hoped that I could run as close to 4 hours as possible. I had been warned about going out too fast, but well I just went for it. I ran how I felt. I felt great on the downhill and so just flew down them and relaxed. The crowds were amazing and really kept me going. I took little walk breaks at the water stops and later on the hills when needed.

When I finally reached mile 20, I realized that I only need to run 10 minute miles to run a 3:50 race and qualify for Boston again. Obviously I didn't run a "strategic" race with a goal of a negative split for the second half, but it didn't matter. I flew down Boylston Street and was thrilled to finish the race. I was pretty sure that I was close to a 3:50 time but didn't know my exact time.

Immediately after the race I developed severe cramps in my calves and could barely walk. A volunteer saw that I seemed to be in distress and put me into a wheelchair and took me to medical triage. By the time I got to triage, my temperature dropped and my blood pressure was low. They wrapped me up like a mylar blanket mummy and gave me hot broth to drink and tried to massage out my legs. After about an hour I recovered and was able to leave.

I finally got a hold of Danny on the phone to tell him about my race and he told me that I had just run 3:45:25 on a very difficult course. My time was a 3 minute PR! The crowds, the downhill, the hills, the walk breaks, the FINISH line, the mylar mummy; I will never forget my first BOSTON MARATHON!!



Greg and Colleen at Boston Marathon

By: Greg Jones

One week week ago I found myself on a yellow school bus leaving Boston heading for Hopkinton with Vince and my wife Colleen. While I sat there on the bus I thought about how I hadn't run over 13 miles in a month and my longest run since the Disney marathon was 17 miles (about 7 weeks prior). I thought about the how much this was going to hurt my legs, lungs, and the rest of the 5k season I have been working on. Then as we neared the dropoff I realized that this was much bigger than me, much more important than a fast 5k. More than 18 weeks of Colleen's life was poured into this opportunity to spend the next 3:37:13 shoulder to shoulder with me in the greatest of all road races and suddenly I was very excited to spend this time with this woman that makes me a better man.

Greg and Colleen at Boston Marathon (Con't)

By: Greg Jones

See, as many of you may already know I wasn't always a runner. I was a large guy and got winded walking from my car to the bar. One day back in 2000 we decided to do something about it (my lack of fitness, she was in good shape). My thoughts led to surgical procedures while Colleen wanted to try something that made you sweat. I won't bore you with all of the details, but now some 7 years later Colleen and I have a shared love of running and I have a total weight loss of about 65 pounds.

Those 7 years is what this write up is all about. The 3:37:13 that Colleen and I ran together was the best running experience for me. Through those 7 years Colleen gave me everything I needed to morph myself from an average American to decent runner. It was my turn to support her, to provide that constant positive energy that is desperately needed from start to finish, especially at mile 22, someone to do what she has done for so long - give.

Now, one week later my legs are still a little tired, but I haven't felt this good and excited about running since before the Disney marathon.

As for the race itself - you couldn't have asked for a better day for running. The weather and crowds were nothing short of spectacular and the city of Boston is always a great place to visit.



SCRR Results at '08 Boston Marathon

Jami Brooks	3:47:44
Jane Crewe	3:57:54
Sue DeLong	4:36:59
Eric Frome	2:57:21
Linda Hammond	3:45:25
Colleen Jones and Greg Jones	3:37:13
Amy Katz	3:47:38
Erika Kotteakos	3:27:41

Jeannie Leitner	3:47:54
Vince Lowder	3:22:14
Mary Lynch	3:30:33
Jennifer Walt	3:41:18
Jon Resnick	3:57:54
Ken Atterholt and Cathy Shargay	4:41:50
Tonson Tong	3:11:28

Women's Olympic Trials at Boston

By: Danny Stein

I am proud to say I saw two of the most courageous runners represent our club, our training group and the Orange County area in general yesterday at the US Olympic Trials. As we all know, Kelly has been battling her freak injury that has kept her in and out of the hospital, in a wheelchair and in a walker over the last several weeks. However, she earned a spot at the starting line with her 2:43 qualifying time in Boston last year and she took it. She boldly lined up with the other athletes and walked the first mile of the race. She was greeted with cheers of the rowdy Boston crowd, which must have made her feel really good!

As for Cheryl, she ran on pure guts and it was a thing of beauty. We felt based on her training and recent races on a good day and conservative first 16 miles Cheryl could run close to her OC marathon qualifying time of 2:38, maybe under and finish in the money in the top 15. However, it was the Olympic Trails and a conservative approach does not get her in the mix with the leaders and we had hopes that a great day would happen like it did at the OC. Cheryl took the non-conservative approach and mixed it up with the best the US has to offer in marathon running. She was just off the lead pack through 16 miles ave. 5:55



pace, a pace that was about 10-15 seconds per mile faster than she averaged at the OC marathon. She was pretty steadily in the top 20 through that point as well. The leaders started to really make a break around 17 and Cheryl started seeing many of them come back to her. She passed 4 women and moved into 16th at 20 miles. Just past that point Kate O'Neill, an early favorite, dropped out moving Cheryl into 15th at 22. At this point, she is still on pace for a 2:36-2:37 finishing time which would have placed her in the top 10. Unfortunately, Cheryl's brave efforts forced her body into a place it had not been before at just past 22 it started reminding her of that. She hung in there and fought her way through it to cross the

line in the 2nd fastest time of her life 2:41:45.

I am very proud of both Kelly and Cheryl, they should be proud of themselves, and so should all of the members of the South Coast Roadrunners. It is going to be an exciting four years watching them both improve and prepare for their next chance at making an Olympic Team!





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 88 out of 115 participants (so far) for the 2007-2008 series after 10 races are:

Place	Name	Age Group	Races	Net Points	Best	Net Avg	Carlsbad 5000		Keeping Up with the Jones	
							Times	Points	Times	Points
1	Sherri Ellerby	40-44	8	6747	878	843	18:14 5k	867	33:52 8k	777
2	Bob Morris	55-59	8	6704	881	838	18:51 5k	855	33:32 8k	805
3	Fred Cowles	45-49	8	6630	891	829	16:58 5k	891		0
4	Ed Coffey	60-64	9	6538	763	726	23:14 5k	732		0
5	David Schiller	45-49	8	6481	841	810	18:24 5k	822		0
6	Orhan Beker	30-34	10	6400	737	711	18:57 5k	712	36:37 8k	617
7	Erika Kotteakos	35-39	9	6386	732	710	21:02 5k	732	39:08 8k	668
8	Brad Wobig	40-44	8	6348	813	794	17:38 5k	806		0
9	Tonson Tong	40-44	10	6282	783	698	18:33 5k	766	39:09 8k	598
10	Linda Hammond	40-44	9	6173	707	686	22:36 5k	699	40:52 8k	644
11	Jeanie Leitner	60-64	7	5834	854	833	23:22 5k	841	41:03 8k	832
12	Rob Harris	45-49	8	5666	753	708	20:05 5k	753		0
13	Mike Gulan	55-59	7	5639	835	806	19:55 5k	809	36:54 8k	732
14	Sue Zihlmann	40-44	7	5618	853	803	20:01 5k	789		0
15	Mike Connors	40-44	7	5473	829	782	17:51 5k	796		0
16	Ben Coyle	30-34	7	5451	806	779	16:45 5k	806	30:17 8k	746
17	Amy Katz	35-39	8	5448	704	681	22:07 5k	696		0
18	Mike Friedl	40-44	8	5416	766	677	18:33 5k	766	34:52 8k	672
19	Jason Blank	30-34	7	5356	782	765		0	30:23 8k	744
20	Dan Garcia	45-49	7	5197	775	742		0		0
21	Jim Grant	45-49	7	4908	737	701	20:37 5k	733	35:47 8k	690
22	Ken Atterholt	45-49	8	4832	748	604	20:12 5k	748		0
23	Leilani Rios	25-29	6	4614	796	769		0	33:15 8k	755
24	Kevin MacDonnell	45-49	6	4578	785	763	19:15 5k	785		0
25	Mary Lynch	40-44	6	4536	777	756	21:24 5k	738		0
26	Mike Sellers	25-29	6	4407	765	735	17:31 5k	765	31:25 8k	706
27	Cathy Shargay	45-49	7	4312	631	616	26:49 5k	631		0
28	Beiyi Zheng	40-44	8	4155	579	519	29:34 5k	534		0
29	Stacey Dippong	25-29	6	3885	673	648	24:18 5k	613		0
30	Greg Hanssen	40-44	7	3873	644	553	22:26 5k	634	39:43 8k	590
31	Greg Jones	30-34	5	3750	786	750	17:30 5k	771	32:32 8k	695
32	Sandra Strahle	Manzano-35-39	5	3714	763	743		0		0
33	Brent Bohn	40-44	5	3677	796	735	17:51 5k	796		0
34	Jane Crewe	45-49	5	3540	727	708		0		0
35	Jennifer Walt	40-44	5	3492	730	698		0		0
36	Jerry Lin	35-39	5	3307	702	661		0	34:41 8k	658
37	Amelia Carchidi	30-34	5	3176	678	635	22:37 5k	674		0

Place	Name	Age Group	Races	Net Points	Best	Net Avg	Carlsbad 5000		Keeping Up with the Jones	
							Times	Points	Times	Points
38	Tom Dellner	40-44	4	2988	762	747		0		0
39	Sabrina Higashi	30-34	4	2957	770	739		0		0
40	Annette McCall	30-34	4	2865	749	716		0		0
41	Thomas Fung	40-44	4	2764	727	691	19:33 5k	727		0
42	Vincent Lowder	40-44	4	2730	764	683	18:37 5k	764		0
43	David Litvak	40-44	4	2701	697	675		0		0
44	Jami Brooks	40-44	4	2628	705	657		0		0
45	Adam Wallace	35-39	4	2523	674	631		0		0
46	Dolly Ginter	40-44	3	2456	835	819	18:56 5k	835		0
47	Liza Svoboda	35-39	4	2429	652	607		0		0
48	Danny Stein	30-34	3	2400	854	800		0		0
49	Eric Frome	25-29	3	2328	791	776		0		0
50	Jim Beck	40-44	3	2191	744	730		0		0
51	Victor Celani	45-49	3	2167	761	722		0		0
52	Paula Fell	40-44	3	2159	728	720		0		0
53	Jon Resnick	45-49	3	2148	742	716		0		0
54	Michael Reeves	30-34	3	2113	736	704		0		0
55	Karen Winter	45-49	3	2017	695	672	24:21 5k	695		0
56	Jannay Morrison	40-44	3	1958	686	653		0		0
57	Jamie Crane	25-29	3	1938	663	646		0	40:49 8k	615
58	Brigid Puksztta	40-44	4	1916	493	479		0		0
59	Paul Avedian	45-49	3	1824	653	608	23:10 5k	653		0
60	Robert Michie	45-49	3	1752	608	584	24:52 5k	608		0
61	Cheryl Foody	25-29	2	1731	891	866		0	29:54 8k	840
62	Michael Ewart	50-54	2	1619	812	810		0		0
63	Julia Hearn	30-34	3	1601	560	534		0		0
64	Pete Boisineau	55-59	2	1545	787	773		0		0
65	Pat Copps	50-54	2	1537	825	769	18:55 5k	825		0
66	Lucina Lara	35-39	2	1515	765	758		0		0
67	Molly Donnellan	45-49	3	1500	688	500		0		0
68	Debbie Taege	30-34	2	1455	731	728		0		0
69	Vicki Niebrzydowski	25-29	2	1290	669	645		0		0
70	Bruce Bauer	40-44	2	1288	652	644		0		0
71	John Chau	35-39	2	1275	641	638		0		0
72	Jennifer Whyte	35-39	2	1270	649	635		0	40:17 8k	649
73	Susan Liu	30-34	2	1248	682	624		0		0
74	Amata Brooks	80-84	2	1229	615	615		0		0
75	Jennifer Wilkes	25-29	2	1188	614	594		0		0
76	John Rosenbaum	50-54	2	1132	637	566		0		0
77	Linda Lowder	40-44	2	975	548	488		0		0
78	Kathleen Curley	20-24	3	919	646	306		0		0
79	Faith Morris	50-54	2	912	496	456	41:57 5k	416		0
80	Leon Laub	50-54	1	829	829	829		0		0
81	Michael Langman	35-39	2	798	671	399		0		0
82	Carmel Vrabel	60-64	1	788	788	788	24:57 5k	788		0
83	Jodie Kinney	55-59	1	761	761	761		0		0
84	Ray Vrabel	60-64	1	760	760	760	22:22 5k	760		0
85	Laura Weissert	50-54	1	754	754	754		0		0
86	Andre Boulais	45-49	1	733	733	733		0		0
87	Jerry Jefferson	75-79	1	732	732	732		0		0
88	Julie Amster	25-29	1	728	728	728		0		0

SATURDAY RUNS

(NOTE: BACK TO EARLY START – meet at 6:45 a.m., run at 7:00 unless otherwise noted)

5/17/08, Aliso Creek Trail – Northeast End

Leader: Noreene Matsuda

Location: Meet at L.A. Fitness at the corner of Portola and El Toro Road in Lake Forest.

Directions: Take the El Toro exit off the 5 and head toward the hills. Portola is about 5-6 miles up.

About the Run: The run is an out and back along the bike path heading South toward the ocean or North toward the mountains to Cook's Corner. Go as far or as long as you like.

After the Run: Coffee shop in the same shopping center.

5/24/08, Back Bay Classic

Leader: Amelia Carchidi

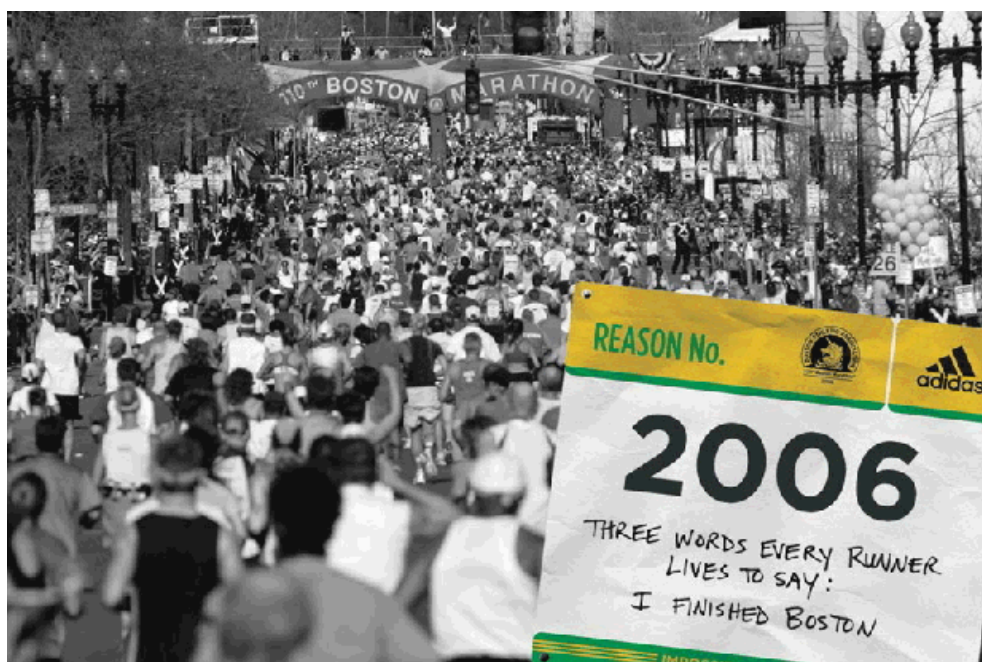
Location: Eastbluff and Back Bay Drive, Newport Beach

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 run is a 10.5 mile loop, or out and back as far as you like. There are several water stops at 3.5, 5, and 7 miles – but bring extra if it is a warm day.

After the Run: Starbucks at Bristol and Jamboree



5/31/08, El Moro

Leader: Mike Antrim

Location: Reef Point parking lot along the beach off of PCH, north of Laguna Beach, south of Crystal Cove (near the school).

Directions: From Irvine: south on Culver, will turn into Bonita Canyon. Left on Newport Coast Dr. Left on PCH. Go down PCH about 1 mile. Last parking lot on your right (after shopping center and before school) before you get to Laguna Beach. There may be a \$10 charge for parking.

About the run: Mix of trail and paved paths that offers a view of the coastal bluff vegetation and wildlife. 10 mile loop (or do an out-and-back for less miles). There are restroom facilities with outdoor showers next to the parking lot. The run typically starts before parking fees are required, but bring some \$ just in case. Bring water.

After the run: Pacific Whey Café in the Promenade Plaza across the street from the Reef Point parking lot.

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
www.watersrestaurant.com
4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, **A.G. Edwards & Sons, Inc.**
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E-mail: richard.reimers@agedwards.com
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""We'll pay \$1,000 referral fee for every candidate or
client placement, ask me how it works!"

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.

SCRR CLUB CALENDAR



Club Events in bold font

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

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, www.active.com
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, www.active.com
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
JULY	
THURS, 7/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
FRI, 7/4	Woodbridge 5K
FRI, 7/4, 7 a.m.	Surf City Run 5K, 17 th and Main, Huntington Beach, www.surfcityrun.com
FRI, 7/4, 7:30 a.m.	Run through the City of Lake Forest, Lake Forest and Trabuco, www.lf5k.org
THURS, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SUN, 7/20, 8:00 a.m.	Magic Shoes 5K, Irvine Spectrum, www.magicshoe5000.com

2007-2008 SCRR CLUB OFFICERS:

President: Jon Resnick
 Vice-President: Amelia Carchidi
 Treasurer: Sue Zihlmann
 Secretaries: Jannay Morrison/Tonson Tong
 RRCA Liaison: Jannay Morrison
 Webmaster: Mike Reeves
 Social Chairs: Noreene Matsuda/Leilani Rios

2007-2008 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

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 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**