

# ON THE RUN

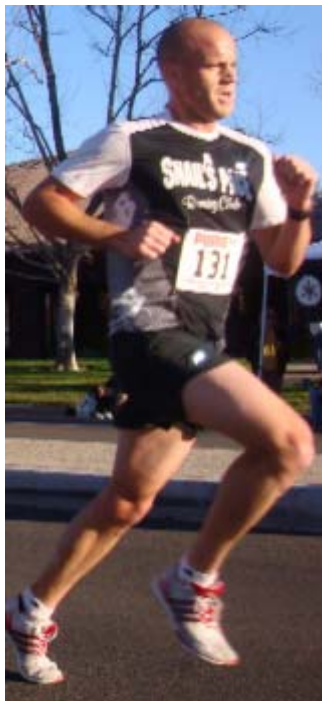


South Coast Roadrunners Running Club  
<http://www.roadrunners.org>

Orange County, California  
April 2009 Issue

## Runner of the Month – Mike Sellers

By: Fred Cowles



Congratulations to this month's Runner of the Month, "Quiet" Mike Sellers. Mike is one of the young guys in the club, and also one of the fastest.

Mike is originally from New Jersey. He ran track & cross country in high school, and moved to OC in 2006 to start a new job as a software developer. He started training with us on the Thursday night runs and joined Danny's training group. After a season of marathon training (his PR was 3:11) he decided to focus on the 5K-10K program.

As some of you know, Mike is a pretty low-key, unassuming guy. Danny referred to him as "Silent Mike" at first, but that was upgraded to "Quiet Mike" at some point when he started speaking on occasion. It took awhile to get to know Mike, but a few of us became good friends with him in the past couple of years.

Mike was serious about his running too, and he trained consistently with the group in 2007. He lowered his 5K times into the 17:30's, but was sidelined with a stress fracture later that year. We started cross-training on the mountain bikes twice a week, and when he resumed running again he started to make some big improvements, particularly in the track workouts. The race results soon followed, as he lowered his 5K PR to 17:10 at the Woodbridge 4th of

July race in 2008. His big breakthrough came last fall, when he ran 16:47 at the Chapman University 5K in October, then set a 5K PR of 16:27 (5:18 pace!) at the Dino Dash. He's been running consistently fast in 2009, including a 10 minute PR (1:17:51) at the Palm Springs Half Marathon in February. He's currently in 2nd place in the club Grand Prix, and raced each of the first 9 races this season.



His secret to running success may be his disciplined diet. His favorite restaurant is Boston Market, where he often consumes half a chicken for dinner. He also enjoys snowboarding, and makes several trips to Mammoth during the winter months.

Unfortunately Mike's stay in OC has been cut short, as he recently accepted a new job in NJ and is currently making the cross county drive back home. We'll miss him greatly at the workouts, and miss cheering for him in the lead pack at the local races. Hopefully he can make his way back to Southern California before too long. Take care, Mike.



## ***It's 5:00 Somewhere! SCRR Paso Robles Trip***

**By: Stacey Dippong**



This past weekend, a group of SCRR members traveled up to Paso Robles to run the Wine Country Half Marathon and 5k. Everyone represented very well both at the race and at the vineyards. Not only did we clean up in terms of medals but we also did some major damage at the wineries!

We drove up Saturday morning, stopping along the way to get in some pre-race

wine tasting. That may have been the key to our success, because the next morning, there were a lot of top finishers...

### **Half Marathon:**

Ben Coyle: 1:19:30, 4<sup>th</sup> OA, 1<sup>st</sup> AG

Lucy Lara: 1:34:40, 4<sup>th</sup> OA female, 1<sup>st</sup> AG

Mike Reeves: 1:34:41, 4<sup>th</sup> AG

Amelia Carchidi: 1:39:21, 2<sup>nd</sup> AG

Ken Atterholt: 1:40:36

Greg Hanssen: 1:43:52

Elyssa Naideth: great time in the 1:40's....but no chip!

### **5k:**

Jason Blank: 18:34, 2<sup>nd</sup> OA, 1<sup>st</sup> AG

Stacey Dippong: 23:32, 5<sup>th</sup> OA female, 1<sup>st</sup> AG

Norman Haines: 32:04, 2<sup>nd</sup> AG

Teleia Templin: 37:32

Dan Templin: 37:33



After the race Sunday, we rented a shuttle which drove us around to the wineries. We then hit up Big Bad Bubba's BBQ after dinner for some race-recovery time on the mechanical bull. Kudos to Dan and Teleia Templin, and to our Pres. Amelia who were brave enough to hop in the saddle. Monday, we started up again at the wineries at around 10:30, heading back to the OC in the afternoon with heavier car loads including cases of wine, medals, wine club memberships, some

minor injuries from Bubba the bull, and of course some hangovers. All in all, it was a great trip!



## SCRR Paso Robles Trip – More Photos

By: Stacey Dippong



Previous page: Top, Mike Reeves, Lucina Lara, Teleia Templin and Dan Templin.

Middle: Dan Templin.

Bottom: Stacey Dippong, Teleia Templin and Amelia Carchidi.

This page: Top right, Ben Coyle and Carlos Jovel.

Bottom left: Amelia Carchidi.

Bottom right: Teleia Templin.





## ***March Grand Prix Photos – Knott's Coaster Run***

**By: Linda Hammond**





## ***March Grand Prix Highlights – Lucy and Sandra Shine***

**By: Linda Hammond**

In March South Coast Roadrunner headed to Knott's Berry Farms for the Coaster Run. Perhaps it was the reward of free boysenberry pie at the finish line, because South Coast Roadrunners cleaned house in the medals department! A few highlights include an age division win for last month's highlighted runner **Armando Moran** in the 10k and an amazing performance by **John Gardiner** in the 5k. In the 10k, the South Coast Roadrunners ladies DOMINATED! This month I will highlight two out of the many outstanding performances by the ladies in the 10k. **Sandra Manzano-Straehle** and **Lucy Lara** are training partners and both had division wins and PRs in the 10k.

Lucy had an amazing race and perhaps even a few bruises after her battle at the end of her race. I asked Lucy to share the details of her race and how her training is going this season.

**Linda:** *How did you like the Coaster Run?*

**Lucy:** I am not very fond of this distance; in fact if it hadn't been part of my training program, I wouldn't have signed for it, but Danny said it was an important benchmark to measure my training progress and I decided to line up and do my best. To my surprise, I not only enjoyed the race, but also won first place in my division, placed third overall woman and had a three minute PR!! In addition to my medals, I got a bonus present by the woman who got second place overall; we were running shoulder to shoulder in the last two miles and just with a quarter of a mile left in the race and with no strength left on my legs, she sent me to the corner with a nice touch... a push with her big elbow, -secrets of racing I thought- I wonder if this is what happens when you are in the front of the pack trying to finish a race... anyway, I still have a lot to learn about racing and competition. I have to give a lot of credit to Michael Reeves who paced me during the race and taught me among other strategies how to work the tangents during the many turns of this race.



Lucy with Mike Reeves (her running photo is on the previous page).

**Linda:** *How long have you been with SCRR and what brought you to the club?*

**Lucy:** I have been part of SCRR group since the winter of 2006. One of the reasons I wanted to join a running club was to avoid the rush hour after work and do my running before heading home. Also, I needed to learn more about training for faster times and make friends with other runners. I remembered I looked up in the Internet to find running clubs nearby my work and from a list of four clubs I had picked, I chose to go and check out SCRR club first at one of the Thursday meetings and well... the rest is history; I never went back to try any other club. I liked the club's training program and group members the first time I trained with the group.

**Linda:** *How is your training going this season? Are you doing Danny's program?*

**Lucy:** I think this training season is going well. I have experienced and tough running partners helping me with my training to achieve my goals. I enjoy winter-spring training; it makes me feel stronger than during summer training, since I don't like running in the heat. I'm following Danny's marathon program this season and hope to be ready for my goal race in a month; it's been a lot of work keeping up with the many months of training, commitment and consistency.

**Linda:** *Is there an upcoming goal race coming up?*

**Lucy:** Yes, I am training for the OC marathon on May 3<sup>rd</sup>. This will be my first marathon of the year and I am looking forward to running it.

Lucy's training has truly been paying off this season. It is great to see her consistent strong performances. Next up is the second half of this running duo. Sandra just graduated to a Masters runner. With her extreme determination, it is obvious that Sandra just gets better with age! I asked Sandra a few questions about her race and how her training is going this season.

**Linda:** *Congratulations on your race. What did you like about the Coaster Run 10k?*

**Sandra:** What I liked most about this race was the camaraderie from SCRR! This is the 1st time I ran the Coaster Run. I made my debut in my new age group. The course was flat and fast thus allowing me to have a PR! The event was very well organized. I loved the goodies at the post race celebration and the Snoopy t-shirt.

**Linda:** *How long have you been with SCRR and what brought you to our club?*

**Sandra:** I never did any sports in my life. Somehow I started running and the idea of running a marathon was luring to me. I ran my first marathon in June 2004 with minimum or almost no training. I thought I could get away with it. That marathon hurt so much that I promised myself, I would never, never, never line up in a marathon unless I was prepared for it. After that marathon I ran solo for a while. I improved my times but I needed some company in the runs. It got boring and I decided to look for a running group. That's how I came across SCRR. I joined the club in August 2006.



Sandra at the last club banquet.

**Linda:** *I know that you have been battling shin splints, how is your training going this season?*

**Sandra:** I am training with Danny so it is fantastic to have a game plan for a peak race. I tend to break down if I do nothing else but to run only. Therefore, I have incorporated per Danny's advice bike rides, yoga exercises, and drills. I have wonderful training partners who help me to become a better runner. They keep me honest. When they see that my wheels are coming off, they make it clear to me. When they think I have something left, they surely remind me of it.

Shin Splints have become an issue during this season. I am not ignoring them at all. I stretch them, ice them, and massage them. I am also seeing a doctor who is certified in Active Release Therapy (ART's) ". I had cross frictions in the past that helped me to recover from other injuries I suffered.

I would say ART's are pretty effective and less painful than cross frictions.

What you need to keep in mind is that doctors or chiropractors need to be certified to do ART's or cross frictions. The goal of ART is to restore optimal texture, motion, and function of the soft tissue and release any entrapped nerves. This is accomplished through the removal of adhesions or fibrosis in the soft tissues via the application of specific protocols. Adhesions can occur as a result of acute injury, repetitive motion, and constant pressure or tension. ART eliminates the pain and dysfunction associated with these adhesions.

**Linda:** *Is there an upcoming race that you are looking forward to?*

**Sandra:** Boston is the peak race this season. I missed Boston several times due to injuries. My Goal "A" this time is to make it to the start line with no injuries. I am really looking forward to running Boston. I dreamed about Boston back in 2004. In spite of qualifying for Boston many times, I never ran it. I am feeling butterflies in my stomach when I think about the start line in Boston.

Thanks runners for sharing your stories. The Coaster Run benefited The Speech and Language Development Center, a non-profit school and therapy center that serves children and young adults with a variety of handicap conditions. In April we run the world's fastest 5k, Carlsbad 5000! I expect to see some fast times by South Coast Roadrunners.

## 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](http://www.watersrestaurant.com)  
4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, **A.G. Edwards & Sons, Inc.**  
V.P. Investments,  
(949) 493-7771, (800) 937-7791  
Fax: (949) 493-9505  
E-mail: [richard.reimers@agedwards.com](mailto:richard.reimers@agedwards.com)  
26351 Junipero Serra Road, Suite 101,  
San Juan Capistrano

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[socaltaxman@cox.net](mailto:socaltaxman@cox.net)  
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Fountain Valley Chiropractic  
18430 S. Brookhurst St., Suite 103, Fountain Valley  
(714) 963-7432  
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e-mail: [Jon@JResnickcpa.com](mailto:Jon@JResnickcpa.com)  
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[www.amazingadventuretours.com](http://www.amazingadventuretours.com)  
[info@amazingtravel.com](mailto:info@amazingtravel.com)  
Running, hiking, and cycling tours

Steve Lowe, **Swedish Asian Autoservice**  
Independent Volvo, Toyota & Nissan  
Specialist Since 1980)  
(714) 972-1216, Fax: (714) 543-8946  
[www.swedishasian.com](http://www.swedishasian.com)  
800 South Grand Ave., Santa Ana  
"10% discount for SCRR members"

Colleen Jones, Tupperware Consultant  
Direct and Party-based Sales  
Custom Kitchens, Girls' Night Out, Healthy Entertain-  
ing And Mom and Me Parties Available  
949-419-6889 [www.my.tupperware.com/colleencjones](http://www.my.tupperware.com/colleencjones)

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!"

## 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.  
Mondays & Thursdays @ 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



Club Events in bold font

Check [www.raceplace.com](http://www.raceplace.com) or [www.active.com](http://www.active.com) for event registration info

<b>APRIL</b>	
<b>THU, 4/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm</b>
<b>SAT, 4/4, 7:45 a.m.</b>	Santa Anita Derby Day, 5K
<b>SUN, 4/5, 7:05 a.m.</b>	<b>Carlsbad 5000</b>
<b>MON, 4/20</b>	Boston Marathon
<b>FRI-SAT, 4/24-4/25</b>	Ragnar Relay, Santa Barbara to Dana Point, <a href="http://www.ragnarrelay.com">www.ragnarrelay.com</a>
<b>SAT, 4/25, 8:00 a.m.</b>	Camp Pendleton Inaugural Hard Corps Marathon, <a href="http://www.camppendletonraces.com/marathon/index.htm">http://www.camppendletonraces.com/marathon/index.htm</a>
<b>MAY</b>	
<b>SUN, 5/3, 6:30 a.m.</b>	<b>OC Marathon and 1/2M, Newport Beach, <a href="http://www.ocmarathon.com">www.ocmarathon.com</a></b>
<b>SUN, 5/3, 7:00 a.m.</b>	PCRF Cinco De Mayo ½ M and Reaching for the Cure 5K/10K, Irvine Spectrum, <a href="http://www.pcrf-kids.com">www.pcrf-kids.com</a>
<b>THURS, 5/7, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SAT, 5/23</b>	Mount Wilson Trail Race, 8.6 miles – Sierra Madre, CA
<b>MON, 5/25, 7:30 a.m.</b>	City of Laguna Hills Memorial Day ½ Marathon and 5K, Laguna Hills
<b>MON, 5/25, 7:00 a.m.</b>	LA Marathon XXIV, <a href="http://www.lamarathon.com">www.lamarathon.com</a>
<b>SAT, 5/30, 8:00 a.m.</b>	Miles for Melanoma 5K, 300 Laguna Rd., Fullerton, <a href="http://www.active.com">www.active.com</a>
<b>SUN, 5/31</b>	Rock N Roll Marathon, San Diego, <a href="http://www.rnrmarathon.com">www.rnrmarathon.com</a>
<b>JUNE</b>	
<b>THURS, 6/4, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SAT, 6/6, 7:55 a.m.</b>	<b>Corona Del Mar Scenic 5K, <a href="http://www.active.com">www.active.com</a></b>
<b>SUN, 6/7, 8:00 a.m.</b>	Playa Del Run Huntington Beach, Bolsa Chica State Beach, 5K Run, 1000M swim or Aquathon, <a href="http://www.playadelrun.com">www.playadelrun.com</a>
<b>SAT&amp;SUN, 6/6, 6/7 &amp; 6/13</b>	Camp Pendleton Mud Run, (Sold Out) <a href="http://www.active.com">www.active.com</a>
<b>THURS, 6/11, 6:15 p.m.</b>	Peter's Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, Tustin, <a href="http://www.renegaderaceseries.com">www.renegaderaceseries.com</a>
<b>SAT, 6/20</b>	<b>SCRR Annual Banquet – Details to come</b>

## 2008-2009 SCRR CLUB OFFICERS:

President: Amelia Carchidi  
 Vice-President: Greg Jones  
 Treasurer: Orhan Beker  
 Secretary: Tonson Tong  
 Social Chairs: Kathleen Curley,  
 Stacey Dippong  
 Officers At Large: Noreene Matsuda,  
 Leilani Rios

## 2008-2009 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: Jannay Morrison  
 Webmaster: Mike Reeves

**SAVE THE DATE !!!!!**

**CLUB ANNUAL AWARDS BANQUET – JUNE 20<sup>TH</sup>**

**One of the Best Parties of the year! Too good to miss!**