

# ON THE RUN



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

Orange County, California  
March 2015 Issue

## ***Runner of the Month – Fred Ayers***

**By: Kirsten Hirneisen**



The Runner of the Month is Fred Ayers. Fred and I gathered after a Monday night run to discuss his life and to feast on the food of our people, Philly cheesesteaks. When he finds himself in South Philly, Fred prefers Pat's to Geno's, his order: wiz with (Explanation: When you order cheesesteaks in Philly, there is a protocol. First, you denote which cheese you want from the choice of American, Provolone and Wiz, and then you state whether you want the steak with or without onions. Brevity is key; the line is long).

Fred grew up in Hockessin, Delaware (for the geographically illiterate, Delaware is a state, the first state, located on the east coast. It has a coastline and shares borders with Pennsylvania and Maryland and has the best beaches on the east coast). Fred attended Villanova University outside of Philadelphia, PA where he studied finance. After college, like most east coasters with a finance degree, Fred moved to New York City where he worked for Goldman Sachs and Deutsche Bank.

After a few years of working for

brokers and feeling drained, Fred decided to join the emerging field of biomedical engineering by working on his masters at UCI. As Fred didn't have an engineering background it was 1) difficult to get into an engineering program and 2) a sink or swim scenario (author's opinion: this is an impressive feat). Now, Fred is working for a medical device start-up company but is back on the business side, working with contracts, finances, accounting, and human resources. This company is in the research stage developing "light-based techniques for non-invasive diagnostic and therapeutic monitoring applications in medicine" (yes, Fred, I googled and read some of your work). Fred likes that his expertise allows him to integrate the two fields: engineering and finance.



Fred (center) with Jon Resnick and Molly Donnellan after a race!

Fred's athletic endeavors started as a swimmer in grade school. Fred competed in the 50m and 100m distances. Fred started playing Rugby in college and continued off and on during his stay in NYC. Right before moving to Irvine, Fred had shoulder surgery (he drove cross-county with his arm in a sling) and thought he would never play rugby again, but started playing on the UCI team and then the Back Bay Rugby Team. This is where he met Carlos Jovel! It took a while to talk Fred into running as he always hated running. When he had to run in rugby, he disliked it so much that by the time he got to the point where he was supposed to be on the field he was angry enough from the running portion to do what "rugby players are supposed to do". His introduction to SCRR was unique in that he started swimming with the crew and coming to pizza at Lamppost on odd Thursday nights first. Finally, he started running in March 2013 slowly with Carlos...and the rest is history!

Fred's favorite run is the Reservoir in Central Park in NYC, which he would sometimes do in the Rugby off season. It's a short run, but Fred thinks it is beautiful at sunset with the buildings lighting up in the background behind the quiet calm reservoir. His favorite run with SCRR is this Lake Forest Extension Loop and any of the beach runs. Fred's running in the Ragnar Relay with his cousins and is looking forward to the OC Half Marathon in May. Fred also skis and practices yoga; his favorite style is Yin Yoga.

## ***Runners Beware of Angry Owls***

**By: Cathy Shargay**



Last year, I had the experience of getting "buzzed" by an owl three times during a run. It was a trail run in Anacortes, Washington in a park called Cranberry Lake. Each time, the owl came from behind, flew just over my shoulder, landed in a branch just in front of me, and stared. We looked at each other for awhile, and then I would continue running. I assumed that the owl was protecting a nest, and as soon as I was out of her territory, she would stop this. I thought it was cool and loved seeing the beautiful owl so close up.

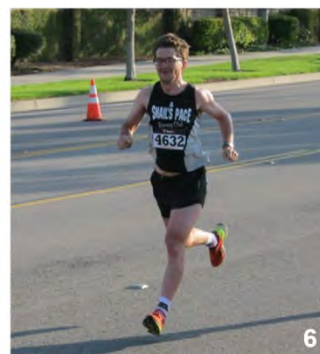
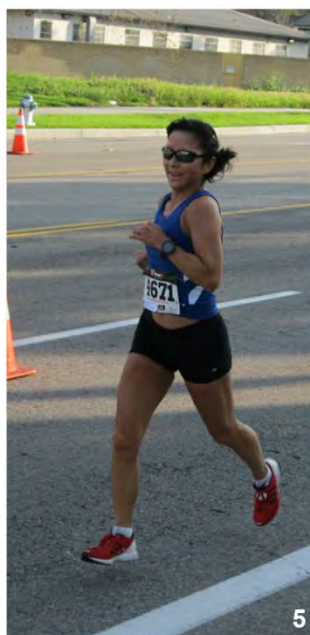
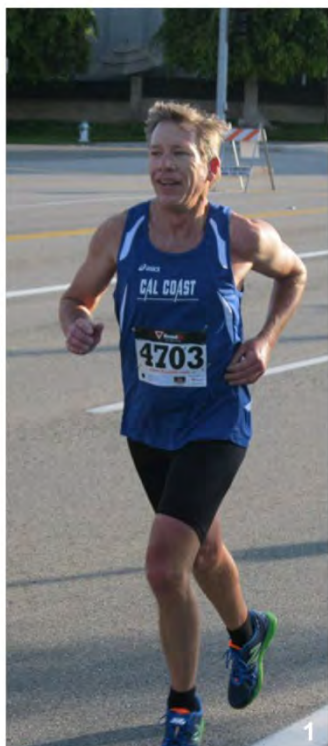
The next day at our business meeting, the locals told me that there were stories in their newspapers about the owl attacking runners in this park. They said it particularly seemed to go after runners with ponytails.

In a separate story, on Feb. 13<sup>th</sup>, the Orange County Register had an article about a park in Oregon that has had four runners get attacked. One was cut on the scalp, and the owl stole his longtime running cap. As a result, the park posted 20 of the signs shown above. The "assailant" was reported to be a barred owl, an aggressive bird that's especially so during the current mating season. An internet search comes up with other cases of owls attacking runners in Washington, Oregon and Holland, and the stories have made various TV talk shows. One funny angle is that the local Oregon paper ran a contest to name the owl, and the winning name was "Owlcapone".



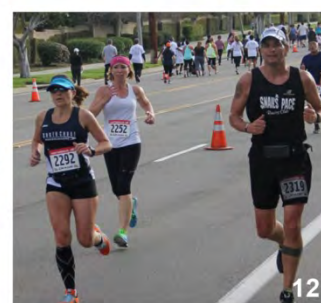
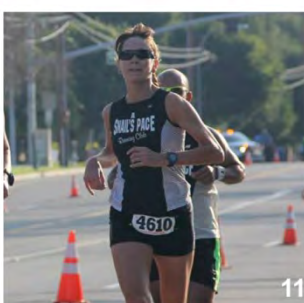
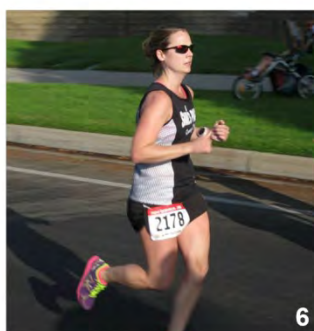
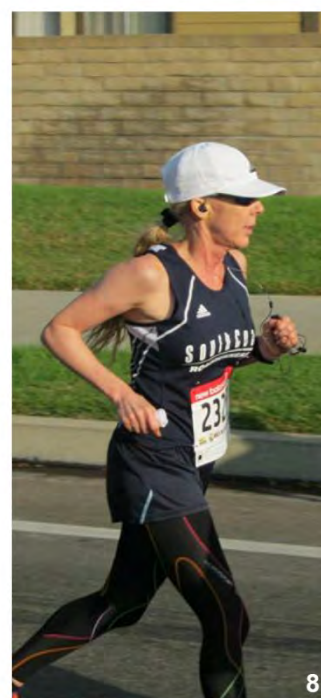
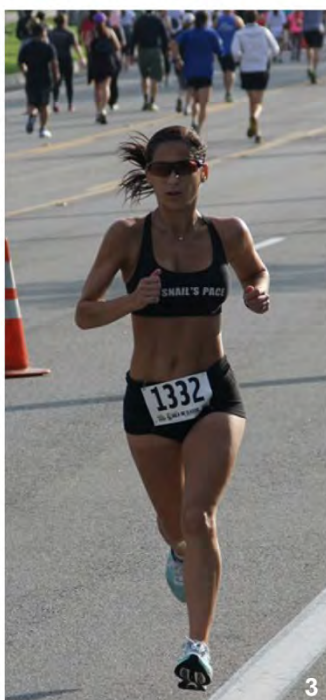
## Brea 8K – An SCRR Traditional Favorite

Compiled By: Joanna Pallo, Photos By: Mike Sellers and Judy Sweet



1 Ken atterholt 2 Gary Hefner, Ben Coyle, Amanda Beach, Jennifer Woodson, Amy Katz, Daniel Evora, Leilani Rios, Mike Bertram, Aya Namikawa Kawakami, Lillian Bertram, Greg Hanssen, Judy Sweet, Derek Godfrey, Michael De Jesus Pagalan, Cathy Shargay, Jeanie Leitner. 3 Amy Katz 4 Mike Dietz 5 Noreene Matsuda 6 Brad Wombig 7 Christine & Anthony Mejia 8 Jennifer Woddson, Judy Sweet 9 John Gardiner





1 Derek Godfrey, Lillian Bertram, Cathy Shargay, Judy Sweet, Marina White, Alanna Brown 2 Bob Morris 3 Leilani Rios 4 Michael De Jesus Pagalan 5 Dave Bauers 6 Avery Lewis 7 Rob Harris 8 Cathy Blakesley 9 Alberto Ballon 10 Mike Bertram 11 Sherri Ellerby 12 Alanna Brown, Marc Owen



## Couple PR's for the Lowders at Brea 8K!

By: Linda Hammond

The end of February was the time for the **Brea 8K**. **South Coast Roadrunners** turned out in big numbers and had some great races. One highlight of the day was a couple's PR for **Vince** and **Linda Lowder**. Mr. and Mrs. Lowder shared their thoughts about their race and running season.

**Linda H:** *Congratulations on your PR. Please us about your race.*



**Linda L:** I am very happy with my **Brea 8K** race. I ran in the 40+ Masters race with a finish time of **40:19** beating my time from last year of 42:51 for a 2:32 improvement and PR! The race felt good, though the longer hill around mile 2 1/2 - 3 is never any fun! I think one of the reasons I ran better is just by knowing the course from last year. Once I got to the top of the hill, the race didn't seem to take too much longer. I remember thinking last year that the finish line would never be in sight, but this year, even though it was a ways off, I felt like I was almost there!

**Vince:** This was my 2nd consecutive **Brea 8K Masters Championship Race**, and my 5th 8K in the last 4 months (the others were cross country races). My goal was to break the 30 minute barrier, and with some last minute coaching and pacing assistance from teammate **Greg Keyes**, I finished at 29:52; nearly 1 minute off my prior best (30:48 – 2014 Brea 8K

Masters Championships). The team aspect of this race has made it a new favorite of mine – its great racing alongside and cheering on so many friends and club mates participating on the **Cal Coast** and **A Snail's Pace** USAT&F teams.

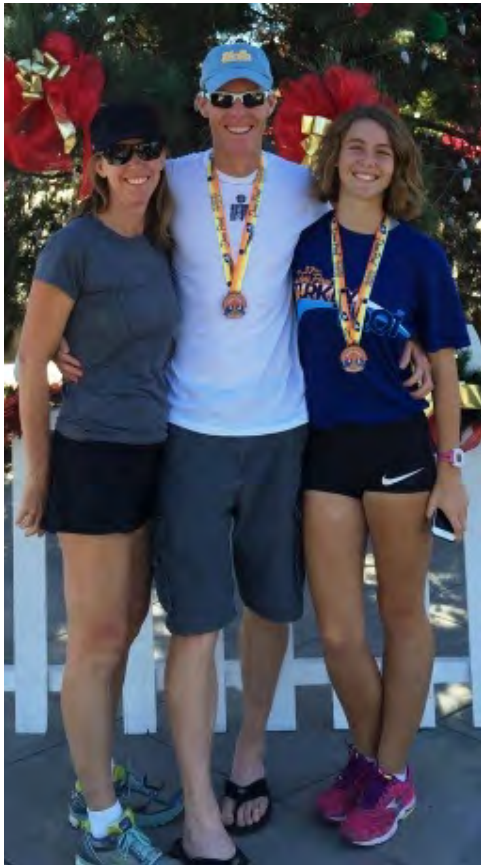
**Linda H:** *How is your running/training going this season?*

**Linda L:** My running and training is going well, though a little sporadic. My runs have been mainly 4 - 6 miles about 4x/ week. I have started taking yoga once a week, which really helps with the stretching, and am just starting to incorporate track workouts once a week. Another new thing for me in the last 3 months is that I have been working on hills. I go to **Citrus Ranch Park** and run the hill from the bottom to the gazebo at least 4 repeats once a week. I hate hills, so I really think this helps with my endurance and mental attitude.

**Vince:** I had a prolonged season during the fall of 2014 when I decided to change my focus from a marathon target (**Marine Corps Marathon**) to a cross country race series. I ran the marathon as a tempo in the middle of five cross country races, the last being the **2014 USAT&F Club Nationals** in Pennsylvania. I then took two weeks off and started training the first of the year. My target race is the **Mountains to Beach Marathon** (Ojai to Ventura) in May 2015. After a slow start, I feel like my training is progressing very well. I'm being coached by **Marty Dugard**, the distance



coach at **JSerra High School**, who coached me to a marathon PR in 2014. New this season is the addition of combination tempo/speed track interval work, which has definitely added a different twist. My training also benefits, for the most part, from training with the distance athletes I help coach at **Beckman High School** in Irvine.



**Linda:** *How long have you been running and when did you join the club?*

**Linda L:** I didn't start running regularly, and especially not racing (beyond just run/walking the **Dino Dash** and **Dana Point Turkey Trot**), until about 9 or 10 years ago. My first 1/2 was the **Long Beach Half Marathon** in 2005. I joined the club with my husband, Vince, in 2006. It was difficult for me to get out and run with the club as one of us needed to be home with our daughter, until recently. Over the years, it has been wonderful getting to know everyone and seeing them all at the various races.

**Vince:** I began running in earnest a little over 10 years ago; and joined the club in 2006 at the recommendation of **Brent Bohn** and **Noreene Matsuda**. Before joining the club, I trained mostly on my own prior to completing my first half marathon (**Long Beach** 2005) and marathon (**San Diego Rock N Roll** 2006). After joining the club I trained extensively with Noreene (and a handful of other club members) for the 2006 **Chicago Marathon**, which helped me earn my first **Boston** qualifier. I've been a proud member ever since.

**Linda:** What is your next big race?

**Linda L:** I don't have a new race on the calendar yet, but since you asked it has inspired me to starting thinking about what it will be!

**Vince:** I'm currently looking at the **Carlsbad 5000** with a goal of setting a 5K PR, and then perhaps the **OC Half Marathon**. The remainder of the season leading to the **Mountains to Beach Marathon** is up in the air. Fall 2015 brings the **New York Marathon** within another cross country season.

Congratulations Linda and Vince on your PRs. Our next race in the **Grand Prix** series is **Carlsbad 5000**. See you at the Finish Line!

*Congratulations to*  
Katy Michaelis and  
Damian Nemirovsky  
*On their recent wedding*

## **CONGRATULATIONS TO FEBRUARY MARATHON (and More) RUNNERS!!**

*Surf City Marathon, Feb. 1<sup>st</sup>*

**Lillian Bertram  
Aya Namikawa Kawakami  
Matt Kadowaki**

**Mike Bertram  
Eric Dangott  
Fernando Gonzales**

*IMS Arizona Marathon, Feb. 15<sup>th</sup>*

**Matt Kadowaki**

*Black Canyon Ultramarathon 100K, Arizona, Feb. 15<sup>th</sup>*

**John Loftus**

*Phoenix Marathon, Feb. 28<sup>th</sup>*

**Vicki Ballon  
Sarah Lee**

**Alberto Ballon  
Marc Owen**

### ***Treasurer's Report***

By: Lisa Eiler

	<u>February</u> <u>2015</u>	<u>January</u> <u>2015</u>	<u>December</u> <u>2014</u>
<b><i>Total Cash Balance, Beginning</i></b>	<b><i>\$ 5,683.20</i></b>	<b><i>\$ 5,557.04</i></b>	<b><i>\$ 5,259.97</i></b>
Cash Inflows	241.37	1,726.41	765.92
Cash Outflows-First Thursday	343.30	343.30	333.43
Cash Outflows-RRCA Insurance	-	1,087.00	-
Cash Outflows-Social Gatherings	1,047.37	-	135.42
Cash Outflows-Other	<u>50.00</u>	<u>169.95</u>	<u>-</u>
<b><i>Net Change in Cash</i></b>	<b><i>(1,199.30)</i></b>	<b><i>126.16</i></b>	<b><i>297.07</i></b>
<b><i>Total Cash Balance, Ending</i></b>	<b><i><u>\$ 4,483.90</u></i></b>	<b><i><u>\$ 5,683.20</u></i></b>	<b><i><u>\$ 5,557.04</u></i></b>



# 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 36 participants out of 105 to date for the 2014-2015 series after 8 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all races will be posted on our web site [www.roadrunners.org](http://www.roadrunners.org)***

	Name	Age Group	Total Points	Races	Best	Avg	Brea 8K		Socal Half / 5k	
							Times	Points	Times	Points
1	Ken Atterholt	55-59	6,583	8	851	823	31:43 8k	851	18:36 5k	827
2	Sherri Ellerby	50-54	6,049	7	956	864	33:26 8k	865	19:29 5k	876
3	Karine Parry	25-29	6,034	8	800	754	31:24 8k	800	1:28:29 Half	775
4	Bob Morris	60-64	5,976	7	891	854	33:47 8k	832	20:11 5k	842
5	Mike Friedl	50-54	5,791	7	854	827		0	1:29:13 Half	779
6	Mike Dietz	50-54	5,680	7	862	811	31:33 8k	809	18:48 5k	818
7	Jeanie Leitner	65-69	5,398	7	836	771	42:44 8k	819	1:58:10 Half	836
8	Alberto Ballon	35-39	5,258	8	701	657	37:56 8k	601	1:30:28 Half	701
9	Doug Niles	45-49	5,190	7	786	741	32:30 8k	759	1:34:24 Half	721
10	Mike Bertram	45-49	5,127	7	777	732	31:45 8k	777	1:33:54 Half	725
11	Leilani Rios	35-39	5,108	6	869	851	30:15 8k	864		0
12	Daniel Evora-Hahn	25-29	4,965	7	747	709	31:26 8k	706	1:25:41 Half	711
13	Lillian Bertram	45-49	4,734	7	765	676	39:40 8k	700	1:47:35 Half	684
14	Amy Katz	40-44	4,665	7	695	666	40:26 8k	651	1:47:31 Half	668
15	Matt Kossoff	30-34	4,663	7	708	666	32:51 8k	688	1:27:21 Half	704
16	David Schiller	50-54	4,657	6	826	776		0	1:29:24 Half	777
17	Noreene Matsuda	50-54	4,612	6	788	769	37:53 8k	763	1:38:15 Half	766
18	Cathy Shargay	55-59	4,566	7	836	652	43:41 8k	691	2:01:10 Half	686
19	Aya Kawakami	30-34	4,526	6	785	754	33:34 8k	733	1:27:40 Half	771
20	Thomas Fung	50-54	4,515	6	800	753		0		0
21	Matt Hood	45-49	4,400	6	789	733		0	19:51 5k	743
22	Vicki Ballon	30-34	4,395	7	650	628	41:32 8k	592	1:44:28 Half	647
23	Cathy Blakesley	50-54	4,236	6	742	706	40:34 8k	713		0
24	Robert Donald	45-49	4,043	6	726	674	39:27 8k	626	21:53 5k	674
25	Mike Pagalan	30-34	3,989	6	677	665	34:09 8k	662		0
26	Lisa Eiler	35-39	3,984	7	602	569	48:16 8k	542	2:03:51 Half	573
27	Eric Dangott	40-44	3,872	6	689	645	36:22 8k	644		0
28	Judy Sweet	45-49	3,555	6	634	593	43:48 8k	634	2:00:32 Half	610
29	Jon Resnick	50-54	3,546	5	741	709	34:27 8k	741	21:07 5k	728
30	Greg Hanssen	45-49	3,487	5	728	697	33:55 8k	728	20:47 5k	710
31	Mike Connors	45-49	3,097	4	848	774	29:06 8k	848	1:21:35 Half	835
32	Pam Galambos	40-44	2,954	4	788	739	33:23 8k	788	1:37:59 Half	733
33	David Blakesley	70-74	2,940	5	606	588		0	30:57 5k	582
34	John Gardiner	40-44	2,666	3	936	889	25:53 8k	905		0
35	Alanna Brown	30-34	2,662	4	691	666	38:12 8k	644		0
36	Brigid Puksza	45-49	2,573	6	450	429	1:04:19 8k	431	36:06 5k	450
37	Joanna Pallo	30-34	2,548	5	586	510		0		0
38	Avery Lewis	25-29	2,520	4	637	630	39:24 8k	637		



## SATURDAY RUNS

**ALL RUNS MEET @ 7:45 AM AND BEGIN AT 8 AM**

### **3/7/15 – 3 Piers Kegs & Eggs**

**Leader:** Alanna Brown

**Location:** We start at the base of the Newport Beach pier. Arrive early (O.K., very early) to try and find street parking or have change or plastic 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!! For about \$5, you get French toast or

### **3/14/15 – Ship to Rail**

**Leader:** Marc Owen

**Location:** 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 that goes beyond the San Clemente Pier. For those of you who want more mileage, you can add on 2-4 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 turn around when necessary. Bring water, although several drinking fountains are available along the way. Plenty of restrooms!

**After the run:** A couple options – 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. OR, Proud Mary's is a fun and tasty Breakfast spot, also located in the Harbor (these guys are especially famous for their bloody marys, a great post-run treat)

### **3/21/15 – Spyglass Hill**

**Leader:** Dave Bauers

**Location:** Marguerite Ave and Ocean Blvd in Corona Del Mar.

**Directions:** PCH, west on Marguerite (towards ocean), 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 a somewhat longer 16 mile loop for the hard core crowd), and also beach running is available.

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

### **3/28/15 – Corner Bakery Pre-Race Run**

**Leader:** Molly Donnellan

**Location:** Corner Bakery parking lot at Main and Harvard - 17575 Harvard Ave. Irvine

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

**About the Run:** This is a good warm-up run for the Carlsbad 5000 the following day. Run as long or short as you like on the bike path towards Back Bay.

**After the Run:** Corner Bakery

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

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

Richard (Fritz) Reimers, **Stifel Nicolaus**  
V.P. Investments  
(949) 234-2343, (866) 886-7593  
Fax: (949) 234-0326  
E-mail: reimersr@stifel.com  
30448 Rancho Viejo Rd., Suite 110  
San Juan Capistrano

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!"

Dave Bauers, **The Video Man**  
Professional Video Production  
949-795-1610 studio  
[Dave@thevideoman.com](mailto:Dave@thevideoman.com)  
[www.thevideoman.com](http://www.thevideoman.com)

Lindsay Williams, **Real Estate Advisor**, bre#: 01959407  
Keller Williams Newport Estates  
Specializing in Orange County Residential purchases, investment deals, & land development  
[lindsaywilliamsrealestate@gmail.com](mailto:lindsaywilliamsrealestate@gmail.com)  
714-381-2840

Judy Sweet - Professional Private Party Bartender  
Formal or Informal. Certified in Mixology and California Safety "TIPS" Certified. Has own Bartending Kit.  
Call 949-933-0253 or  
email [Nitelitemusicduo@verizon.net](mailto:Nitelitemusicduo@verizon.net)

John Loftus, **Certified RRCA Running Coach**  
[www.runyourpotential.com](http://www.runyourpotential.com)  
949 433-9238  
[coach@runyourpotential.com](mailto:coach@runyourpotential.com)  
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

Jonathan Resnick, CPA, **Tax services for businesses**  
2152 Dupont Drive, Suite 208, Irvine  
949-250-0852 949-752-0153 Fax  
[www.Jresnickcpa.com](http://www.Jresnickcpa.com)  
e-mail: [Jon@Jresnickcpa.com](mailto:Jon@Jresnickcpa.com)  
"Helping small businesses grow"  
2192 Dupont Drive, Suite 208, Irvine  
949-250-0852 949-752-0153 Fax

Dave Blakesley, **Realtor**® Lic. 01412995  
Coldwell Banker Residential Brokerage  
949 768-2396 office, 949 322-0437 mobile  
[DaveBlakesley@coldwellbanker.com](mailto:DaveBlakesley@coldwellbanker.com)  
[www.CAmoves.com/Dave.Blakesley](http://www.CAmoves.com/Dave.Blakesley)  
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.

Sue Rudolph, **Amazing Running Tours**  
Specialist in Marathon Tours Worldwide  
(714) 963-5281 (800) 707-0005  
[www.amazingrunningtours.com](http://www.amazingrunningtours.com)  
[www.amazingadventuretours.com](http://www.amazingadventuretours.com)  
[info@amazingtravel.com](mailto:info@amazingtravel.com)  
Running, hiking, and cycling tours

### 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, Jamboree and 5 Freeway, Irvine, 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

MARCH	
<b>THURS 3/5, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 3/7, 8:00a.m.	OC Heart Walk – Anaheim Stadium 5K - <a href="#">ocheartwalk</a>
SAT 3/7, 8:00a.m.	5K Marines Fun Run – Huntington Beach, CA <a href="#">Marines5krunwalk2015</a>
SUN 3/8, 7:30a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm <a href="#">C8aster Run</a>
SAT 3/14, 8:00a.m.	OC Chili Winter Trail Run 3 Race Series – Race #2, O'Neill Regional Park <a href="#">ocwintertrailrun</a>
SAT 3/14, 8:00a.m.	Bubble Run 5k – Verizon Wireless Ampitheatre, Irvine <a href="#">bubblerrunoc</a>
SAT 3/14, 7:00a.m.	Catalina Island Conservancy Marathon Marathon, 10K, 5K <a href="#">runcatalina</a>
SUN 3/15 7:30a.m.	Los Angeles Marathon <a href="#">lamarathon</a>
SUN 3/15, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB <a href="#">nmsritrun</a>
SUN 3/15, 7:00 a.m.	Paso Robles Wine Country ½ Marathon, 5K <a href="#">winecountryruns</a>
SAT 3/21, 8:00a.m.	Seal Beach 5K, 10K, Seal Beach Community Center <a href="#">runsealbeach.com</a>
SAT 3/21, 7:00a.m.	2 <sup>nd</sup> Annual Semper 5K – Sycamore Park, Anaheim Hills <a href="#">semper5k</a>
SAT 3/21, 7:00a.m.	OC Missions Race 5K, 10K Crossline Comm. Church, Laguna Hills <a href="#">missionsrace</a>
SAT 3/28, 7:00a.m. & SUN 3/29, 7:00 a.m.	Reaching for the Cure Bike Tour & ½ Marathon, 5K Weekend Irvine, <a href="#">www.pcrf-kids.org</a>
SUN 3/29, 7:00 a.m.	Carlsbad 5000 – Carlsbad, CA <a href="#">carlsbad-5000</a>
APRIL	
<b>THURS 4/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 4/4 8:00a.m.	The Rabbit Run 5K – Irvine Valley College, Irvine <a href="#">therabbitrunirvine</a>
FRI & SAT 4/10 & 4/11	Ragnar Relay, Huntington Beach to San Diego <a href="#">ragnarrelaysoutherncalifornia</a>
SAT 4/11 6:00a.m.	Hollywood ½ Marathon Hollywood, CA <a href="#">hollywoodhalfmarathon</a>
SAT 4/11 8:00a.m.	LA Angels 5K – Anaheim Stadium, Anaheim <a href="#">LAAngels5K</a>
SAT 4/11 8:00a.m.	FroYo 5K – Verizon Wireless Ampitheater, Irvine, CA <a href="#">froyo5k</a>
SAT 4/18 7:30a.m.	HB Beach Bash, Huntington Beach, CA <a href="#">beachbash</a>
MON 4/20 10:00a.m.	118 <sup>th</sup> Boston Marathon <a href="#">Bostonmarathon</a>
SAT 4/25 7:00a.m.	Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA <a href="#">donatelifeoc</a>
SAT 4/25 7:00a.m.	Costa Mesa Community Run – Fairview Park, CM <a href="#">cmcommunityrun</a>
MAY	
SAT 5/2 8:00a.m.	Tacos & Beer 5K El Dorado Regional Park, Long Beach <a href="#">tacosnbeer5k</a>
SUN 5/3 6:00a.m.	Orange County Marathon, Marathon, ½ marathon, 5K <a href="#">OCMarathon</a>
<b>THURS 5/7, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
FRI, SAT & SUN 5/8 - 5/10	Run Disney Tinkerbell Weekend – Disneyland, Anaheim <a href="#">tinkerbellhalf</a>

## 2014-2015 SCRR CLUB OFFICERS:

President: Stacey Dippong  
Vice-President: David Schiller  
Treasurer: Lisa Eiler  
Secretary: Rob Harris  
Officers At Large: Joanna Pallo,  
Bob Morris, Amy Katz

## 2014-2015 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay  
Weekend Runs: Mike and Lillian Bertram  
Grand Prix: Mike Friedl  
Database Manager: Dave Schiller  
Monthly Club Race: Bob Morris  
Webmaster: Daniel Evora-Hahn