

ON THE RUN



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

Orange County, California
March 2007 Issue

Runner of the Month – Brad Wobig

By: Amy Katz



Congratulations to February's Runner of the Month, Brad Wobig! Brad has been an active member of SCRR for several years. Not only is he known as one of the "fast guys" in the club, he's also known for helping fellow members by training with them and offering advice. He was a member of the marathon panel in the fall, and he had a lot of amusing stories to share suggesting what not to do from his personal experience. Amazingly, a lot of things work for Brad, like eating handfuls of bacon and washing it down with several cups of black coffee before the Boston Marathon, something most of us wouldn't dream of trying! Brad recently helped President Danny Stein train for his first marathon by pacing him on the track. He can also be found a few times a week at A Snails Pace Running Shop, where he dishes out as much information about injuries and race strategies as he does about shoes.

Brad was born in Rochester, Minnesota and ran cross country and track in high school. Coincidentally, he attended the same high school as SCRR member Amelia Carchidi. He also ran in college at Hamline in St. Paul, MN. He ran his first marathon while he was

still in high school. Grandma's Marathon, in Duluth, MN, remains his favorite marathon to this day. Brad moved to California in October 2001 and lived with some friends from back home. He works as a stock and bond broker with Scottrade in Laguna Hills.

Brad's last marathon was Chicago in October, where he ran at PR of 2:49. His next goal is to break 2:45. He recently got a PR in the half at Pacific Shoreline in a time of 1:19. Besides running, he enjoys watching Seinfeld, Star Trek, MASH, and the Simpsons in his spare time, and his favorite movies are Planet of the Apes, the Godfather, Jaws, and Annie Hall. He says his favorite day of the week is Saturday because he loves to run with SCRR on Saturday mornings to socialize and get in a good workout. On the horizon, he is training for the Paso Robles Half Marathon and the Disneyworld Marathon in January 2008.



Shoreline Marathon - Struggles and Successes

By: Jon Resnick

My game plan was to shoot for a 1:38 split by running roughly 7:40 for miles 1-4 and then run 7:25 pace. I ran the first mile at 7:46 and mile two at 7:29 and I decided to stay at the 7:29 pace rather than slow down for two miles and try to speed up again. Miles 3 through 8 were uneventful and I ran alone enjoying the crisp morning air. At mile 9, I started following two runners (Karen K. from Phoenix & her male friend) and at mile 10 three more runners pulled in front of us and led the way until we exited Bolsa Chica Park. The three pack had been stopped and stretching when they rejoined the race and they provided even pacing for us for miles 10 through 13. We lost Karen's friend and left the park in a tight group of five.

Once we merged into PCH our group struggled to stay together. We had a really tough time bobbing and weaving through the back of the half marathoners who were running at 9 to 10 min pace. They pretty much blocked off the whole road. I decided at that point to follow Karen onto the shoulder and our three wind blockers went their own way.

Karen and I stayed on pace until mile 16 climbing the gradual hill to the before the turn onto Seacliff when we faded to 7:36 pace. Mile 17 and 18 at 7:33 and 7:38 felt better and as the course flattened out but our times were still off pace. One of our missing three pack runners came from behind us at the 18 mile mark and I got a second wind and decided to run with him as Karen fell behind. In retrospect, I made a big mistake. We ran 7:21 for 19 and I felt like I could sustain that pace until the finish. Wrong. I dropped back a bit but kept my chugging along and ran 7:38 for mile 20 and then I hit the wall, splattered like a bug on a windshield at the 21 mile mark. At mile 20 I was still ***on pace to run 3:17*** and possibly faster if I had something for the last few miles.

However, I was toast as I exited the Central Park at mile 21 and turned to run up the Edwards Street hill. I had to stop and walk twice on the hill and still managed an 8:04 but I slowed to 8:37 on mile 22. Somehow I managed a third wind or should I say a last gasp on mile twenty three running 8:05 before giving up the ghost. I was heard muttering "I want my mommy" as I plodded on towards the final turn back onto PCH. Suddenly my legs, particularly my right leg turned into concrete and I slowed to a crawl, covering mile 24 in 8:49 and mile 25 in 8:54. The last three miles were the most difficult I've run or shall we say jogged in a very long time. Even my i-pod shuffle couldn't give me a lift. Mike Friedl, bless his heart, joined me the last mile and a half and I ran mile 26 in 8:36.

Finishing Time 3:23:39!! Lessons learned:

1) Drink more water on a warm day. I was overly concerned about the likelihood of having to stop for a bathroom break so I didn't drink enough water. I only drank at every other water station and I did make it through the race without stopping but it would have been better to lose one minute rather than the almost five minutes I lost in the last three miles. Even though I didn't feel the heat affecting me my heart rate monitor says it did.

2) If you wear a heart monitor, look at it. I wore the monitor but I didn't look at my heart rate during the race. I ran based on my plan to stay at or under 7:30's for as long as I could. If I had checked my heart rate, I might have adjusted my goal to 3:20 and pulled back to 7:40 pace earlier and not slowed so much over the least three miles. I was afraid that if I looked at it I would get psyched out since I ran my half marathon averaging 172 when I didn't think I could sustain more than 165 for that distance. My marathon heart rate, even on a warmer date should have been under 165 until mile 20, but I was at 166 by mile 6 and over 170 by mile 10. My heart rate continued to climb every mile peaking at 180 on mile 20. No wonder I hit the wall. My heart rate would normally be under 180 until the last mile of a 10k so I was way really pushing my luck. I was fortunate that I was able to back off enough to finish. At the time, I really didn't feel winded or out of breath just depleted.

3) Run more marathon pace miles in training. Based on how incredibly sore I am now after the race (the cane has made an appearance), I believe that I was not adequately prepared to run at 7:30 pace. Most of my training was either at under 7:15 pace or over 8:15 pace. I could have used some longer marathon pace runs but I never could fit them in to my schedule. My training certainly had me in shape for a great 10k PR which I accomplished and probably a 3:20 marathon but not a sub 3:15 marathon even on a cooler day.

4) **Always double check your alarm clock.** Nuff said on that topic.

5) **Be grateful for small things.** The Boston Athletic Assoc. has eased the qualifying times over the years so I re-qualified to run at Boston which I plan to do in 2008.

Shoreline Marathon – My Story

By: Danny Stein



I could easily try to make excuses for my DNF this week...but I can honestly say I have none! Could I have done things differently in the race...sure...was I prepared...absolutely...I followed my self designed program...it got me the most fit I have been post college. I knew I could run 2:45...planned on going out after 2:42 and on a great day thought I could break 2:40.

I ran 6:10 pace with ease through 13 miles and my plan was to go through 16 at this pace. The course was lined with SCRR members, my family and other friends...it was ridiculous how many times I heard my name and words of encouragement. At 13 I was fired up, I made a decision to go for the "stand". I run to compete and that was my plan...you don't go to the Olympics and shoot for 4th...you go to win and medal.

I was in a pack of 5 guys with 1st and 2nd about 2 minutes ahead. I knew I had my friend Nate meeting me at 14 and Jane at 17 to help pace me. I decide to run a mile a bit faster to try to separate from the group to give myself a shot at 3rd. I ran 6 min. pace through the hills and wind from 13 to 20 still feeling good and told my pacers Nate and Jane to hold me back until 20 to attack for second, who at 18 was only 30 seconds ahead. Sure enough, right at 20 I passed the 2nd place runner, but at the same time 4th and 5th place passed me. I was starting to get tired, but I kept them in sight through 22.

At 22, I started getting cold tingles through my body and severe thirst. At 23, my body was telling me to stop, but I could not bare the sight of crossing the line walking in front of all the people that had lined the course and energized me throughout the day...I pushed through. At 24, I started weaving and remembered thinking I was not in control of my own body any longer and was relying on whatever force above to take over and keep me running. At 25, I think the force above gave up on me also, it knew I would never resort to walking or pulling out of the race on my own and forced me to stop by taking my legs from underneath me.

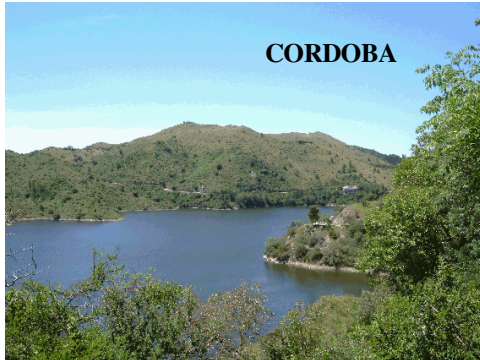
The Doctor at the hospital says my hypoglysemia causes my body to use sugar faster and to sweat more...his advice was I should have probably taken double the amount of Gu and two cups of water versus 1 at each stop. There is my lesson learned and others can use with this same condition...however, it is not an excuse...I will say it again...I did my best to run as fast as I could on that day and I felt I gave it a damn good attempt. You can bet that the next time I will attack the exact same way...hopefully next time if I have to be in an ambulance it will be after I cross the line running and not driving across it while in the ambulance.

I am disappointed, a little embarrassed about being sprawled out on the ground as people I worked to stay ahead of over the last 24 miles passed me by, but most of all the emotion that will forever stay top of mind with my first marathon attempt is pride! I am proud to be a member of this club and have all the friends that support me win or lose. I cannot explain how much I appreciate all the support, cheering and comments during the race from all of you! Even more so the concern, support calls, emails and comments I got after the race! Once again, I lined up to compete, put myself on the line, represent Snails Pace, SCRR and AT&T and run as fast as my body could and I will not ever regret that. I will say I am going to need to work harder, train more, prepare more in my next attempt whenever that may be, but I will promise one day I will cross the line after 26.2 miles of racing effort! Until then, the focus is running fast for 5000m for me and working to get the rest of you to reach your next goals!

My Trip to Argentina

By: Laura Bullock

Just three weeks ago, my husband Jon and I were adventuring across some of the most fascinating places in Argentina. With a very flexible schedule, we rented a car and drove 2,500 miles across flat green planes, open virgin spaces and beautiful scenery. Have to admit that I'm biased because I was born in Argentina and lived there the first 22 years of my life, but I can assure you that Argentina holds some of the most breathtaking places in the world...like Iguazu Falls on the border with Brazil. But let me start from the very beginning.

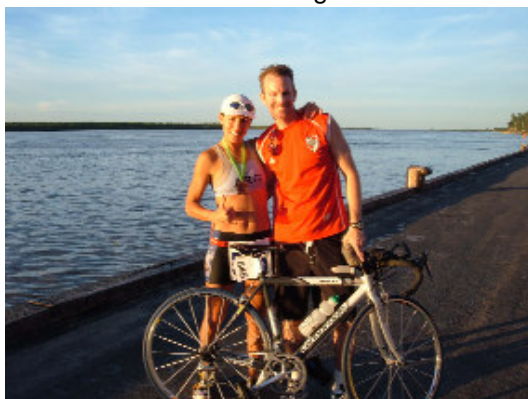


CORDOBA



Laura at the Finish Line, La Paz International Triathlon, La Paz, Entre Rios, Argentina

its way into the house. I immediately told my dad but he replied "don't worry; there are a ton of bugs around here; we're in the middle of nowhere!", and then pushed the scorpion to the side (still 5 inches away from the doorstep). I realized then that I'd have to get used to seeing lots of bugs, scorpions and snakes. The next morning I saw another one –only this time it was much



Jon & Laura at the border of the Parana River, Entre Rios, Argentina

We arrived at the Buenos Aires International airport on a very hot and humid 12th of January (it is summer there). My brother Pablo and his girlfriend picked us up and drove us to the downtown Bs As (the airport is on the outskirts of the city). We spent two days in the house where I grew up; now Pablo's house. My parents moved to the country a year ago after retirement

seeking a more relaxing lifestyle (Buenos Aires is crowded and hectic). Then we all drove to Cordoba to go visit my parents and see the brand new house they built in Santa Rosa de Calamuchita, Cordoba, in central Argentina. The road trip lasted about 11 hours (see map below, red line) but it was fun to catch up with my brother whom I hadn't seen in two years. Upon

arrival, and after greeting my parents and grandma and checking the house from the outside, I noticed a black scorpion that was trying to make

its way into the house. I immediately told my dad but he replied "don't worry; there are a ton of bugs around here; we're in the middle of nowhere!", and then pushed the scorpion to the side (still 5 inches away from the doorstep). I realized then that I'd have to get used to seeing lots of bugs, scorpions and snakes. The next morning I saw another one –only this time it was much smaller- close to the doorstep and I didn't step on it. That was the last creepy bug I saw in Cordoba, thankfully. Although my brother got the short end of the stick when he got back to Buenos Aires and opened his bag of clothes: the black scary creature was hiding in between his clothes! Yikes!

We spent a week with my parents, grandma –who's 91 years old-, my brother Pablo and his girlfriend, and my



Free-range horses get close to our car

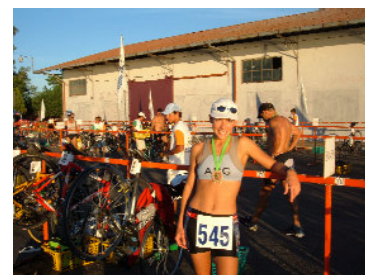


Iguazu Falls, Misiones, Argentina



husband. Every morning for a week I ran 6 miles on dirt, desolated roads with beautiful landscapes. Pillie, my mom's one-year old dog, would come with me almost every time and ran along my side.

The second week Jon and I rented a small car and drove east, crossing the Parana river thru the underwater 1.5-km tunnel, then north to the small town of La Paz (see map, blue line), home of the biggest triathlon party in South America (the La Paz International Triathlon). With all the hotels/hostels/rooms for rent all sold out, we ended up staying in a small room that belonged to one of the locals -this town gets crowded with triathletes from all over the world. The USD30 registration included a technical Tee, an entry to the pasta party, an entry to the natural Hot Pots and an entry to the local Dance club. The morning of the race -and to my husband's distress- I suggested him to sign up for the



Laura is the girl on jeans; 3rd AG place

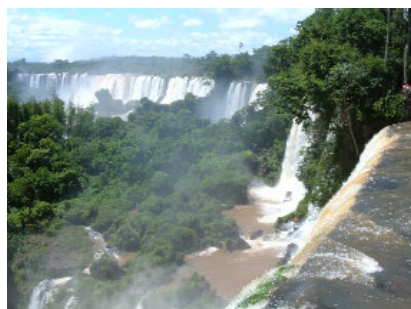
Super Sprint triathlon (half the distance of the sprint, and fourth the distance of the Olympic) while I competed in the Olympic distance. Fortunately we were able to get all the proper gear at the local Fitness fair and shared the rental bike (his race was at 2 pm; mine at 4 pm). The swim was in the waters of the Parana River (see picture in Page 4). We biked and ran along the city streets flanked by thousands of enthusiastic people who were so eager to spray you down (it was incredibly hot and humid) and hand you water and slices of fruit. What a fun race this was!

After the race we visited the hot pots



Another view of the Iguazu Falls

where we saw a big comet crossing the



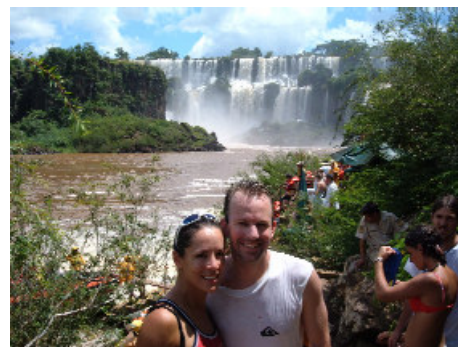
incredibly starry night (I'm not kidding) and then to the awards ceremony that began at 11 pm. As soon as we arrived there, we found out that Jon ended up placing 3rd in his category and I placed 3rd in mine. We both were invited to the podium and received a big trophy that now decorates the mantel at our house. I was impressed to see the entire town present at the ceremony: families with kids and babies, grandmas, etc. There was a big display of fireworks at the ceremony conclusion.

The next day we embarked again on our excursion, and drove to Posadas city in the province of Misiones (see map, pink line). Misiones is called as such because it was home to all the Jesuit missions in Argentina. We then drove to Iguazu Falls (green line) at the very tip of Argentina on the border with Brazil. Major WOW! This place is one of the wonders of the world. I really can't find words to describe it, so take a look at the pictures that I've attached for your eyes' pleasure. One thing: with its subtropical weather and its extremely hot and humid environment, Iguazu Falls creates the perfect habitat to thousands of insects and animals: toucan, monkeys, snakes, coatis, big iguanas, alligators, among others.



Jon at the "Three Frontiers"

After one full day of exploring in the Argentinean side of the Iguazu Falls, we adventured onto the Brazilian side (not as good though.. :). After a marvelous visit to the subtropical region, we drove back to Cordoba but this time stopping at some of the very interesting touristic spots along our drive and visiting the "Ruinas de San Ignacio" or Jesuit ruins.



Beautiful Iguazu Falls, Misiones, Argentina

If you have ever entertained the idea of some day visiting South America, you definitely have to make it happen. You won't regret it, I promise!!

AMY'S ADVICE:

Everything You Always Wanted to Know about Runners but Were Afraid to Ask

By: Amy Katz

DEAR AMY: I'm trying to eat healthier, especially by eating more fruits and vegetables. But when I go to the market, I'm not sure what I should select to get the most nutritional value. Do you have any suggestions?

PUZZLED BY PRODUCE

DEAR PUZZLED: Good for you! Studies have shown that eating more fruits and vegetables can lower the risk of diseases such as diabetes, heart disease, and cancer. Plus as runners, we need extra nutrients to combat the beatings our bodies take.

So how do you know what is best to eat to get as many of the vitamins and antioxidants we need? The easiest way I know is to break it down by color. When planning your diet, try to eat at least one serving from each of the following color groups each day: Red/Purple, Red, Orange, Orange/Yellow, Yellow/Green, Green, and White/Green.

Red/Purple foods help lower your risk of stroke and heart disease: beets, blackberries, blueberries, cherries, cranberries/cranberry juice/cranberry sauce, eggplant, grapes/grape juice, plums, red apples, red cabbage, red peppers, and strawberries.

Red foods are high in lycopene, which protects against cancer: pink grapefruit/pink grapefruit juice, tomatoes/tomato juice/tomato sauce/salsa/tomato soup, and watermelon.

Orange foods contain beta-carotene, good for your eyes and skin: apricots, cantaloupes, carrots/carrot juice, mango, pumpkin, sweet potato, and winter squash.

Orange/Yellow foods protect against cell damage: nectarines, oranges, papayas, peaches, pineapples, tangerines, yellow grapefruit, or juice from any of these fruits.

Yellow/Green foods help fight cataracts and macular degeneration: avocados, corn, cucumbers (with skin), green beans, green peas, green peppers, honeydew, kiwifruit, romaine/leaf lettuce, spinach, yellow peppers, and zucchini.

Green foods aid in preventing cancers: broccoli, Brussels sprouts, cabbage, cauliflower, kale, and Swiss chard.

White/Green foods help protect against cell damage: artichokes, asparagus, celery, endive, garlic, leeks, mushrooms, onions, and radishes.

Take this list with you to the local market, and you'll be on your way to eating healthy!

Email your questions to Amy Katz at amyk262@hotmail.com.

COOKS CORNER

By: Noreene Matsuda

Catalina Grilled Ginger Halibut

Submitted by: Vince Lowder

STORY:

I have family that lives in Avalon, and while vacationing one fine summer afternoon, my brother-in-law and I put together the following recipe during an afternoon BBQ. We selected the fish from Armstrong's Fish Market, a local institution. You'll have to find an alternate fish market if you don't happen to be on the island at the time. . . .

INGREDIENTS:

Halibut steaks
2 tablespoons butter (melted)
6 tablespoons soy sauce
2 tablespoons Worcestershire sauce
2 cloves garlic, minced
1 tablespoon of finely chopped ginger



PREPARATION:

Combine the marinade ingredients and pour over the halibut steaks. Cover and marinate for 1 to 3 hours in the refrigerator.

Before grilling, ensure that you coat the grill with oil or cooking oil to ensure that the fish doesn't stick. Grill each side for approximately 5-7 minutes -- the halibut should be opaque through to the middle and flake easily with a fork.

This dish is best enjoyed with your favorite margarita or mai tai (and on a deck overlooking Avalon Harbor at sunset).

MARK YOUR CALENDARS!!!

SCRR ROAD TRIP TO

PASO ROBLES 1/2 MARATHON AND 5 K

MARCH 24-26

FUN RACE AND THEN WINERY TOURS

ORGANIZED BY MIKE AND MELISSA FRIEDL – DETAILS ON CLUB WEB SITE

Grand Prix Commentary

By: Danny Stein and Mike Friedl

The great part about the Pacific Shoreline Races are that I only know of one less than positive experience (mine – see story on page 3) and the rest were either lifetime PRs, course PRs and/or season improvements from the last race. **Brad, Amy, Jon, Linda, Eric, Dan Templin, Steve Franks**, among many others I probably have missed had lifetime PRs in their races. **David Schiller** had a course marathon PR in a great 2:52. All outstanding accomplishments that show the strength and speed of the South Coast Roadrunners training group...we are getting fast as a group and the results are proof!

The Club was well represented at February's Pacific Shoreline Marathon, Half and 5k races. Over 60 members completed the races, with many more members appearing all over the courses to support fellow club members. **David Schiller** celebrated his new age group (btw, happy birthday David!) by running a near PR 2:52:48 marathon. His 849 points led all Roadrunners, and moved him into position to make a run at a Top 10 finish going into the last four races. Not to be outdone, **Eric Frome** lowered his already fast PR to a smoking 1:13:24, which moved him into 3rd place.

Leilani Rios' spiffy 769 point performance helped her hold onto the top spot, just ahead of hard-charging **Sue Zihlmann**. With the highest per-race average, Sue has to like her chances of being the first woman other than **Lois Edds** to win the Lois Edds award. An unfortunate injury to **Jannay Morrison** caused her to miss the February race, which dropped her from 2nd all the way to 8th place. **Cisco Rubalcava, Brad Wobig, Jeanie Leitner** and **Jane Crewe** all moved up a spot in her absence. After missing three races early in the season, former champ **Fred Cowles** is continues to move up. He's currently lurking in 24th position, but his per-race average is 2nd only to Sue. Can he reclaim the title? It's going to be very interesting all the way to Corona del Mar!

Other notable performances included **Dan Templin's** huge PR of 20:15 in the 5k (must be those bright red shoes!), **Jon Resnick's** gutty Boston qualifying PR of 3:23:38, **Linda Hammond** lowering her PR by a whopping 14 minutes which punched her ticket to Boston (3:48:20), and **Steve Franks'** first marathon finish of 3:34:07.

Milestones: David Schiller became only the second runner to top 80,000 all-time GP points. He's slowly gaining on all-time leader **Ed Coffey**, but Ed shows no sign of quitting. Fred Cowles became only the 14th person to top the 40,000 threshold.



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 top 77 standings (out of 116 participants so far) for the 2006-2007 series after 8 races are:

Place	Name	Age Group	Total Points	Races	Avg	Shoreline Marathon		OC Marathon	
						Times	Points	Times	Points
1	Leilani Rios	25-29	6,079	8	760	19:41 5k	769	20:05 5k	754
2	Sue Zihlmann	40-44	5,803	7	829	19:17 5k	819	19:29 5k	811
3	Eric Frome	25-29	5,636	7	805	1:13:24 Half	830	17:14 5k	778

Place	Name	Age Group	Total Points	Races	Avg	Shoreline Marathon		OC Marathon	
						Times	Points	Times	Points
4	Cisco Rubalcava	30-34	5,589	7	798	16:42 5k	808	16:42 5k	808
5	Brad Wobig	35-39	5,422	7	775	1:19:39 Half	796	1:20:04 Half	792
6	Jeanie Leitner	55-59	5,396	7	771	1:52:05 Half	742	1:50:25 Half	753
7	Jane Crewe	45-49	5,123	7	732	1:46:31 Half	749	1:51:53 Half	713
8	Jannay Morrison	40-44	5,036	7	719		0	1:36:13 Half	769
9	Dorie Smith	75-79	4,971	7	710	37:15 5k	732	39:23 5k	693
10	Mike Friedl	40-44	4,964	7	709	1:29:35 Half	728	1:33:45 Half	695
11	Vincent Lowder	40-44	4,896	7	699	1:31:31 Half	712	1:35:15 Half	684
12	Erika Kotteakos	35-39	4,893	7	699	1:39:51 Half	731	1:43:08 Half	708
13	David Schiller	45-49	4,825	6	804	2:52:48 Full	849	1:19:57 Half	815
14	Cathy Shargay	45-49	4,750	7	679	1:58:42 Half	672	1:59:33 Half	667
15	Mike Gulan	55-59	4,653	6	776	20:29 5k	787	21:28 5k	751
16	Ed Coffey	55-59	4,633	7	662	23:59 5k	672		0
17	Jerry Jefferson	70-74	4,595	6	766	4:25:16 Full	682	4:44:23 Full	636
18	Beiyi Zheng	40-44	4,399	8	550	2:16:00 Half	544	4:54:45 Full	518
19	Daniel Templin	30-34	4,285	7	612	20:10 5k	669	3:47:40 Full	569
20	Amy Katz	35-39	4,275	7	611	1:47:17 Half	681	2:06:05 Half	579
21	Ken Atterholt	45-49	4,236	7	605	1:58:42 Half	574	1:59:33 Half	569
22	Thomas Fung	40-44	4,166	6	694	19:55 5k	714	1:36:07 Half	678
23	Tonson Tong	40-44	4,148	6	691	3:39:35 Full	624	3:39:21 Full	625
24	Fred Cowles	40-44	4,136	5	827	17:14 5k	825	17:17 5k	823
25	Danny Stein	30-34	4,066	5	813		0		0
26	Sherri Ellerby	40-44	4,046	5	809		0	1:26:31 Half	855
27	Tom Dellner	40-44	3,869	5	774		0		0
28	Pete Boisineau	55-59	3,762	5	752		0	1:32:48 Half	758
29	Victor Celani	45-49	3,760	5	752	1:29:15 Half	763	1:29:34 Half	760
30	Michael Reeves	30-34	3,702	5	740		0	1:23:36 Half	736
31	Brent Bohn	40-44	3,700	5	740	1:25:51 Half	759	1:28:46 Half	734
32	Rob Harris	45-49	3,627	5	725	1:34:48 Half	718	21:02 5k	719
33	Mike Sellers	25-29	3,585	5	717	18:43 5k	716	18:50 5k	712
34	Faith Morris	50-54	3,581	6	597	5:02:52 Full	563	28:13 5k	619
35	Sandra Manzano-Straehle	35-39	3,525	5	705	1:45:26 Half	693	1:41:18 Half	721
36	Brigid Pukszta	40-44	3,471	7	496	32:16 5k	490	32:07 5k	492
37	Kathleen Litvak	35-39	3,267	4	817	18:50 5k	818	1:28:22 Half	826
38	Jim Grant	45-49	3,151	4	788		0		0
39	Bob Morris	50-54	3,056	4	764		0		0
40	Annette McCall	30-34	3,031	4	758		0	21:10 5k	728
41	Paul Avedian	40-44	2,974	5	595		0	4:44:06 Full	482
42	Lucina Lara	35-39	2,907	4	727		0		0
43	Noreene Matsuda	40-44	2,892	4	723		0		0
44	Mike Connors	35-39	2,876	4	719		0		0
45	Steve Franks	35-39	2,680	4	670	3:34:07 Full	617		0
46	Amelia Carchidi	30-34	2,557	4	639	1:45:55 Half	676		0

Brea 8K Highlights

By: Danny Stein

We had a weekend full of results and training. Hopefully, everyone that raced were happy with your times and achievements. Remember most of the groups are still doing base phase...your bodies are not adapted to fast paces yet. The good news is the course in Brea and the trail races are setup for strong runners and can be run well with strength only versus speed. I was pleased with the results that I am aware of...I did not get a chance to talk to everyone...so I will highlight those that I know ...

Eric Frome- Eric had a awesome weekend filled with results...he once again won the trail race out at the Winter Trail series on Sat. and then came back to run I believe a PR in the 8K running 26:52 for 10th overall at the Brea 8K. on Sun.

Cisco- Cisco ran another great race averaging just over 5:30 per mile and running mid 27s for 8K.

Kelly Flathers- Kelly is coming off her awesome 21st finish at the US National CC Championships to win the overall female title at Brea beating Ceci among other top woman. I asked Kelly to relax for the first two miles and then try to attack the course once she reached the top of the hills after mile 2. She followed the plan and was able to split 5:17 for the last mile and run an 8K PR of 28:10!

Brad Wobig- I believe Brad might have had the race of the day. Brad has been training well since the beginning of the year. However, he was yet to have a great race experience. Brad went out and attacked the course and never gave up even when the pain started settling in with a mile to go. He worked with Kelly through the middle miles and feed off the runners that were pressing him. Brad finished with a nice 28:21 in the mix of several very talented runners.

David Schiller- coming of a great Pacific Shoreline race came back to racing and was still able to PR for 8K with a great time of 28:50.

Brent Bohn- Brent has been out for some months with injuries, but is on the come back with a nice performance of 30:34.

Mike Sellers- Mike has been looking stronger and stronger in practice and training runs. He proved it on the course by running 6:11 pace for 8K.

Leilani Rios and Sue Zihlmann- both had top 3 finishes in their age groups...Sue finished 2 secs. ahead of 3rd pace in the Master division with a 31 flat time. Leilani was 3rd with a 32 minute and some change time.

Sherri Ellerby- Sherri also had a nice time and a top finish among the Master's woman in 31:31.

Laura Bullock and Noreene Matsuda- These women are both back to training and racing. Laura has been traveling and Noreene has been battling a few nagging injuries...both had good races holding just above 7 min. pace.

Amy Katz- Amy is getting ready for Boston after her hard fall on T-Day. She ran well running 7:30 pace...putting her in position for yet another good marathon.

Elizabeth B- Elizabeth used to race as the start of her training come back...Elizabeth had a nice start to her season with a just over 38 min. 8K.

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.**
V.P. Investments,
(949) 493-7771, (800) 937-7791
Fax: (949) 493-9505
E-mail: richard.reimers@agedwards.com
26351 Junipero Serra Road, Suite 101,
San Juan Capistrano

Santiago Nomen, "**Tax Preparation** at a Fair Price"
(714) 838-3587, Fax: (714) 838-2256
socaltaxman@cox.net
52 Lakepines, Irvine

Dr. Pamela Galambos, DC, BS, **Chiropractor**
Fountain Valley Chiropractic
18430 S. Brookhurst St., Suite 103, Fountain Valley
(714) 963-7432
"Your health is our priority"

Jonathan Resnick, CPA, **Tax services for businesses**
2192 Dupont Drive, Suite 208, Irvine
949-250-0852 949-752-0153 Fax
www.JResnickcpa.com
e-mail: Jon@JResnickcpa.com
"Helping small businesses grow"

Colleen Jones, Tupperware Consultant
Direct and Party-based Sales
Custom Kitchens, Girls' Night Out, Healthy Entertaining
And Mom and Me Parties Available
949-419-6889 or www.my.tupperware.com/colleencjones

Sue Rudolph, **Amazing Running Tours**
Specialist in Marathon Tours Worldwide
(714) 963-5281 (800) 707-0005
www.amazingrunningtours.com
www.amazingadventuretours.com
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
800 South Grand Ave., Santa Ana
"10% discount for SCRR members"

Jeannie Palermo & Cheryl Bauer, **Keller Williams Realty**
Serving Buyers and Sellers from South Orange County
To South Bay
Jeannie's cell: 310-634-3485, email: j.pal@cox.net
Cheryl's cell: 714-325-3257, luckybauer@yahoo.com
"We will pay ½ the escrow fees for South Coast
Roadrunner clients" www.jpalamo.com

MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**
Office (562) 690-0553 Cellular (562) 714-4166
mark@search4integrity.com
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.

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

MARCH	
THUR, 3/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 3/4, 8 a.m.	Los Angeles Marathon, www.lamarathon.com
SAT, 3/10, 8:30 a.m.	Winter Trail Run Series 21K, Blue Jay Campground off Ortega Highway
SAT, 3/10, 10 a.m.	SCRR Track 5K – Beckman High School, 3588 Bryan Avenue, Irvine; followed immediately by party at Kathleen and Dave Litvak's house (25 Southern Wood, Irvine). See club web site for details.
SAT, 3/10	Solvang Century
SAT, 3/17, 7:30 a.m.	Catalina Marathon, www.PacificSportsLLC.com
SAT-MON, 3/24-26	SCRR Road Trip/Winery Tour to Paso Robles ½ M & 5K – details on web site
SUN, 3/25, 7:15 a.m.	Spirit Run, 10K, Fashion Island, Newport Beach, www.kinaneevents.com
APRIL	
SUN, 4/1, Varies	Carlsbad 5000, Carlsbad, www.eliteracing.com
THURS, 4/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 4/7, 7:45 a.m.	Santa Anita Derby Day 5K, Arcadia, www.kinaneevents.com
MON, 4/16	Boston Marathon
MAY	
THURS, 5/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 5/12	SCRR Party – details coming soon on web site
MON, 5/28, 7 a.m.	Saddleback Memorial ½ Marathon and 5K, Laguna Hills, www.active.com
MON, 5/28	Post race party at Bob and Faith Morris's house – details to come

2006-2007 SCRR CLUB OFFICERS:

President: Danny Stein
 Vice-President: Jon Resnick
 Treasurer: Sue Zihlmann
 Secretaries: Amelia Carchidi
 RRCA Liaison: Jannay Morrison
 Webmaster: Amy Katz
 Social Chairs: Noreene Matsuda/Leilani Rios

2006-2007 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Jon Resnick
 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: \$25, Family: \$40. Make your check payable to **South Coast Roadrunners**