

ON THE RUN



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

Orange County, California
November 2013 Issue

Runner of the Month – Alberto Ballon

By: Vicki Ballon

Our Runner of the Month for September is Alberto Ballon. Alberto is originally from a country that not too many people have heard of - Bolivia, located in the middle of South America. He spent the majority of his childhood there and then moved to Miami, Florida when he was a teenager. After college, work brought him to Detroit, Michigan where he caught the running bug and met his beautiful wife (his words :-)). Alberto and I married in 2009. After several trips visiting California and seeing how nice the weather is, and all the beautiful things California has to offer, he (we) decided to be adventurous and move to SoCal. As Alberto says "Oh come on - where else can you ski and boogie board on the same day?"

Alberto graduated from Florida International University with an electrical engineering degree. He works for a consulting company in Irvine where he designs substations for the electric utility companies.

Alberto recently led two Saturday club runs on a new trail in Mission Viejo and loves running with the club. Congratulations Alberto on a well deserved recognition as the SCRR Runner of the Month.

When did you start running and where?

Who knew running was addictive? I started running back in Michigan about 10 years ago. It started as just a fun run around the block.... and then I increased the distance - a mile, double, a 5k, 10 mile, 1/2, and eventually I ran my 1st marathon in Vegas in 2006.

Why did you decide to run a marathon?

If you ask my father in law, it was to gain acceptance into his family. Really though, I think it was back in Detroit when I volunteered at the marathon passing out water. I saw people of all ages running or walking... all sharing the same goal of finishing the race. I said I could do this too!

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

I heard about it when my wife (at that time my girlfriend) moved to California in 2006 and she joined SCRR. When I flew to visit her, she took me out for a Thursday run and I met some of the Roadrunners. After that, I found a running club back in MI, but it wasn't the same. I officially joined when I moved to CA in 2010. I'm so happy that this club exists - The people, the friendships, the camaraderie and the social activities bring out the best runner in you.

What has been your favorite race and why?



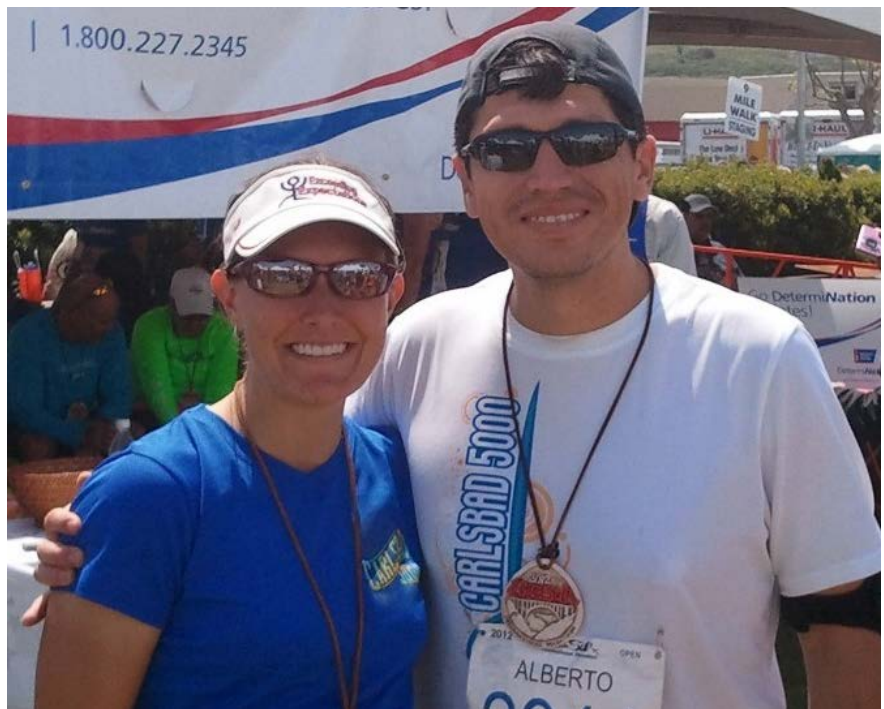
The best was definitely Big Sur because everything about it was spectacular. We started deep in the forest and we ran along PCH. It was scenic, the views were spectacular, the atmosphere and environment were great, the people were great... And I experienced a variety of weather patterns, rain, sun, wind, Everything except for snow!

Do you have a favorite club race and distance?

I enjoyed the Corona del Mar 5k. It was scenic and it always falls around my birthday. I'm a little torn between 5k's and 10k's. 5k's go by too quickly. I like the 5k's but I enjoy the 10k's more.

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

On my last business trip to Maine this fall, I really enjoyed an 8 mile run on the Kennebec River Trail. The leaves were falling, and it reminded me a lot of running during that time in Michigan. I also enjoyed exploring the O'Neill park trail. You start off at the top of the hill, then you go down into the canyon and it is like a little oasis. There is shade, the temperature drops and it unplugs you from the hustle and bustle of Orange County.



Alberto with his wife and fellow SCRR member, Vicki Ballon

Where is your favorite Saturday club run?

I like the Pier to Pier run in Newport Beach. How much better can it get than running alongside the ocean? There are so many people around running, jogging, biking, skating, it feels like you are doing a race.

What are you looking forward to in the next year?

After a roller-coaster of injuries, I feel 95% recovered. I'm looking forward to doing some track workouts, some cross training.... Maybe do a century.... And hopefully break some PRs!

Are you training for anything right now?

LA marathon 2014. I'm looking for a PR. I ordered my first GPS watch to keep me on track with my training and to learn how to pace myself and avoid injuries.

What are your current running goals?

5K – sub 19:00, 10K - sub 40:00, 1/2 – sub 1:30, Marathon – sub 3:30

Are you interested in qualifying for Boston?

No, I'm not interested at this point in trying to qualify. 3:10? That's fast!

CONGRATULATIONS TO OCTOBER MARATHONERS!!

St. George Marathon, Oct. 5th

Ken Atterholt (PR – Sub 3:00)

Mike Dietz

Cathy Shargay

Matt Hood (BQ)

Susan Liu

Verona Marathon, Oct. 6th

Amanda Beach

Ben Coyle

Long Beach Marathon, Oct. 12th

Linda Hammond

Marc Owen (Big PR)

Alanna Brown

Dave Bauers

Tim Hume

Lillian Bertram (Big PR)

Matt Kossoff

Pat Copps (1st in AG)

Eric Dangott

Amy Fujimoto

Matt Nickolson

Amy Katz

Jennifer Woodson

Sandra Wendler Perea

Judy Sweet

Mike Bertram (BQ)

Lindsay Lyon

Brian Kurnow

Fernando Gonzalez

Todd Fujimoto

Matt Kadowaki (BQ)

Aya Namikawa (1st in AG)

Chicago Marathon, Oct. 13th

Stefani Kochen (Big PR)

Daniel Evora (Big PR)

Humboldt Marathon, Oct. 20th

Doug Niles

Columbus Marathon, Oct. 20th

Tonson Tong

Detroit Marathon, Oct. 20th

Meghan Murray

Marine Corps Marathon, Oct. 27th

Emily Moeller (1st Marathon)

SCRR Has Huge Group Run Long Beach Marathon!

Compiled by Joanna Pallo; Photos by: Linda Hammond, Judy Sweet and Joanna



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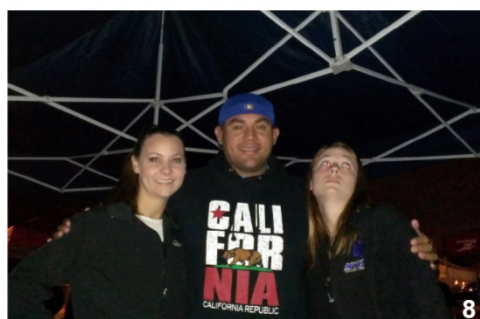
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9

1 Judy Sweet 2 Mike Bertram, Lillian Bertram, Judy Sweet, Eric Dangott 3 Joanna Pallo, Lisa Eiler 4 David Bauers
5 Linda Hammond, Amy Katz 6 Mike Bertram, Lillian Bertram 7 Cathy Shargay, Linda Hammond, Judy Sweet
8 Joanna Pallo, Carlos Jovel, Avery Lewis 9 Marc Owen, Carlos Jovel

Long Beach - SCRR Highlights!

By: Linda Hammond

In the month of October **South Coast Roadrunners** headed up to Long Beach for the **Long Beach Marathon, Half Marathon and 5k**. With three races to choose from South Coast Roadrunners turned out in big numbers in all the races. In the marathon **Marc Owen** had a PR, **Matt Kadowaki** had a great race, **Eric Dangott** and **Todd Fujimoto** completed the **Beach Cities Challenge**. Fresh off a great marathon at **St George**, **Ken Atterholt** had a PR in the half marathon. Also in the half marathon, **Sherri Ellerby** won her age division and **Mary Lynch** was second. In the 5k, **Sue Zihlmann** was the first place female overall! I asked Sue to share her thoughts about her race and training this season.

Linda: *Congratulations on your first place win in the Long Beach 5k; tell us about your race.*

Sue: I did win the Long Beach 5k, but there was something wrong with the results. I was the first female running through the finish line, breaking the finishing tape, but once the results were posted it showed two other female runners finishing 45 sec ahead of me. I questioned the results and asked for an explanation. I was told they will look into it, but I never heard back from them. When I checked the results again, my finishing time was changed to show that I beat the two girls by 4 sec. I don't think that's the right way of dealing with this issue, but I'm not sure if I should have contacted the race organizers. (**Linda:** I agree!)



Linda: *Are you training for anything? What is your next race?*

Sue: I'm not really training for anything in particular. I'm just trying to get faster again. My next race will be the **10k Turkey Trot**, after that I'm not sure. I will be in South Africa in December until Jan 5. When I get back I will think about my goals for 2014.

Thanks Sue for sharing your story. Long Beach was the 5th race in the **Grand Prix** series. In November our club race is the **Dino Dash**. Win your division and win a one of a kind dinosaur trophy! See you at the Finish Line.



Wine & CHEESE P A R T Y



Kindly Hosted By
Sherri Ellerby & Fred Cowles

S A T U R D A Y
NOVEMBER 16
at 6:00PM in the evening

6504 E Normandie Circle
Orange, CA 92869

Gate access required

RSVP to Sherri by **November 15**
by Email, Facebook, or Personally



Please bring a bottle of wine and an appetizer to share with all.



Ken Atterholt – First Sub 3:00 marathon.
His chip time was 2:58:49.

SAVE THE DATES SCRR CLUB ROAD TRIPS

Palm Springs, Feb. 8-9

Feb. 8th – Tour de Palm Springs

Biking Century, Metric
Century and shorter
distances

Feb. 9 – Palm Springs Half Marathon
/ 5K

Paso Robles, Mar. 22-23

Wine Tasting, Bike Ride and Paso
Robles Half Marathon / 5K

*For more information,
talk to any club members
who have gone on these trips in the past.*

Congratulations to:

Bill Quinnan

Back to Racing After Being Hit by a Car On a Training Run over a Year Ago

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME!

11/9/13 – A Snail's Pace Mission Viejo to Aliso Wood Canyon & Brooks Shoe Testing

Leader: Bob Morris

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

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

About the Run: Out-and-back course starting at the Store to the bike path that goes to Aliso Wood Canyon, as short or long as you want. Wear test some new shoe models from Brooks during your run.

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

11/16/13 – 3 Piers “Kegs ‘n’ Eggs”

Leader: Kirsten Hirneisen

Location: We start at the base of the Newport Beach pier. Arrive early to find street parking, or bring change or a credit card for the meters. ...

Directions: 5 freeway to the 55 south, follow signs to Newport Beach pier. (Mapquest “Baja Sharkeez Newport Beach” for exact directions) 114 McFadden Place, Newport Beach, CA 92663.

About the Run: 5.75 miles to the Breakers and back to Newport pier, then another 11.1 miles to Huntington Beach pier and back.

After the Run: We enjoy the best deal in town at Baja Sharkeez for breakfast!! For less than \$5, you get French toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour.

11/23/13 – Quail Hill

Leader: Avery Lewis

Location: Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604

Directions: From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

About the Run: We will head out on Jeffrey and take the bridge over the freeway. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into the exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. The standard loop is 12 miles. You can also do an out-and-back along the trail. There is water on the trail, but it is recommended to bring some, just in case.

After the Run: Starbucks, Big City Bagels, Chronic Tacos and Juice It Up.

11/30/13 – OC Mix *NEW*

Leader: Lisa Eiler

Location: Meet outside Paul Mitchell School and OC Mix Farmer's Market on Sunflower Ave., Costa Mesa.

Directions: From Irvine, take I-405 North to Harbor Blvd. Right on Harbor. First left on South Coast Drive. First right on Hyland Avenue. OC Mix will be on your left.

About the Run: Flat out-and-back along the Santa Ana River Trail. It's about 12 miles round trip to the beach where there are restrooms, water (and ocean views!). Follow Sunflower until the road ends. Continue straight onto the sidewalk (see yellow dashed line on the path) until you reach the riverbed trail. Check carefully for cyclists before turning left onto the trail. There is water at Moon Park, about a mile from the start of the run. Restrooms and water are at HB State Park, just under 6 miles from the start of the run. Continue on the path toward the HB pier. Run as long or short as you like.

After the Run: Farmer's market, Portola Coffee Lab, Green Leaf, Birdie Smoothies, and many other options are available for breakfast.

Competitor Magazine Recognizes Snail's Pace!



A Snail's Pace was voted "50 Best Running Stores in America" again in 2013.

This makes 8 consecutive years.

From all of us at A Snail's Pace, we want to give you a big THANK YOU for your loyal support.

Treasurer's Report

By: Lisa Eiler

	<u>October</u>	<u>September</u>	<u>August</u>
Total Cash Balance, Beginning	5,654.18	6,108.41	6,079.10
Cash Inflows	426.27	405.67	1,226.68
Cash Outflows-First Thursday	358.91	401.88	394.29
Cash Outflows-Banquet			338.71
Cash Outflows-Other	<u>100.00</u>	<u>458.02</u>	<u>464.37</u>
Net Change in Cash	(32.64)	(454.23)	29.31
 Total Cash Balance, Ending	 <u>5,621.54</u>	 <u>5,654.18</u>	 <u>6,108.41</u>

2013-2014 SCRR CLUB OFFICERS:

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

2013-2014 COMMITTEE CHAIRPERSONS:

Newsletter:	Cathy Shargay
Weekend Runs:	Noreene Matsuda
Grand Prix:	Mike Friedl
Database Manager:	Dave Schiller
Monthly Club Race:	Bob Morris
Webmaster:	Mike Reeves

Great Deals From Fellow South Coast Roadrunners...

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

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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 to David Schiller at scrr-info@cox.net.

New Member Night: First Thursday of every month; pacers assigned to all new people, club meeting and pizza.

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Sports Authority, Tustin Market Place, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

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**

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

NOVEMBER	
SUN 11/3, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/3, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon www.runfresno.com
SUN 11/3, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash
THURS 11/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 11/9, 7:15 a.m.	Santa Barbara Marathon www.sbimmarathon.com
SUN 11/10, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
SUN, 11/10 7:30a.m.	Run 'n Gun 5K, 10K – Huntington Beach, CA run-n-gun-5k10k
SUN 11/10 9:00a.m.	International World Run Day – Everybody get out and run to celebrate our sport!
SAT 11/16	SCRR Wine and Cheese Party – see flyer on page 6
SUN 11/17	Istanbul Marathon
SUN 11/17 4:30p.m.	Las Vegas Marathon, ½ Marathon runrocknrolllas-vegas
SAT 11/23 9:00a.m.	Run or Dye Color Fun Run Irvine, Ca www.runordye.com
THURS 11/28, 7:00 am	Oceanside Turkey Trot http://www.osideturkeytrot.com/
THURS 11/28, 7:00 am	Dana Point Turkey Trot http://www.turkeytrot.com/
DECEMBER	
THURS, 12/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN. 12/8, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathon
SUN. 12/8, 7:00 a.m.	Tucson Marathon, ½ Marathon Tucson, AZ Tucson Marathon
SUN. 12/8, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach - CrystalCoveTrailRace
SUN. 12/15, 8:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca Holiday Half Marathon
SAT. 12/14, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine RenegadeSantaRun
SUN. 12/22, 8:30 a.m.	Winter Solstice Christmas Tree Run Long Beach, CA longbeachwintersolsticechristmasrun2013
THUR. 12/26, 7:30 a.m.	Operation Jack Marathon, ½ Marathon Dockweiler State Beach – Los Angeles OperationJackMarathon ***This is easily one of the cheapest races around. It is very well organized, a relatively flat course, and best of all it is for a great cause.***
JANUARY	
THURS, 1/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 1/4, 6:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SAT, 1/11, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, schalfmarathon
SUN, 1/12, 5:00 a.m.	Walt Disney World Marathon, FL Disneyworld Marathon
TBA	SCRR Holiday Party – To be announced
SUN, 1/19, 5:00 a.m.	Tinkerbell ½ Marathon – Anaheim, CA (sold out) www.rundisney.com/tinkerbell
SUN, 1/19, 7:50 a.m.	Arizona Rock 'n Roll Marathon, ½ Marathon Rock n Roll Arizona
SUN, 1/20, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon
SAT, 1/25, 8:00 a.m.	OC Chili Winter Trail Run Series – 1 st Race of 3, O'Neill Park WinterTrailSeries
FEBRUARY	
SUN, 2/02, 6:50 a.m.	Surf City Marathon, ½ Marathon Huntington Beach, CA runsurfcity
THURS, 2/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT/SUN, 2/08 & 2/9	Tour de Palm Springs Century and Palm Springs ½ Marathon tourdepalmsprings & PalmSprings1/2marathon
SAT 2/15, 8:00a.m.	Timberwolf 5K, Northwood High, Irvine Timberwolf5k
SAT 2/22, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Raceonthebase
SAT 2/22, 8:30a.m.	OC Chili Winter Trail Run Series – 2 nd Race of 3, O'Neill Park WinterTrailSeries
SUN 2/23, 8:00a.m.	Brea 8K Brea Mall Brea8k