

ON THE RUN



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

Orange County, California
April 2010 Issue

Runner of the Month – Stacey Dippong

By: Greg Hanssen, Cathy Shargay and Pam Dippong

Congratulations to Runner of the Month, Stacey Dippong! Stacey's been very busy since Amy Katz interviewed her two years ago when she was first named runner of the month. Aside from passing the bar and landing her dream job in Orange, this fast lawyer's been racking up some impressive PRs on Danny's training program. In late 2008 Stacey qualified for Boston with a 3:40:02 in Sacramento, shaving half an hour off her marathon PR. In late 2009 after being named SCRR Ideal Female Runner of the Year, she went on to tackle some difficult half marathons including Big Bear and Lake Tahoe along with New York Marathon. In 2010, all the hard work really started paying off as she smashed through 1:40 in the Santa Monica 1/2M in January (1:39:43) and 22 minutes in her 5k at Surf City in February (21:51). Now Stacey prepares for another PR with her SCRR buddies at Boston in April. In order to dig a little deeper on this month's RotM, Cathy went straight to the source and interviewed Stacey's mom, Pam Dippong.



C.S. How did Stacey get into running?

P.D. Stacey started running Cross Country her first year of High School at Santa Margarita Catholic High School. She played soccer up until that year. We still can't figure out why she started running, but she said that the school policy was that everyone would make the team. Stacey played soccer since the first grade.

C.S. Did she get any trophies or awards at these sports?

P.D. Every year in High School she received a lot of awards for Cross Country. We were proud with her winning those awards because of her class schedule and all the homework

she had. She worked hard.

C.S. What are Stacey's other hobbies or interests? What was her first concert?

P.D. Stacey is a great photographer and has a creative side. Ask to see her pictures from Boston and Rome. She enjoys cooking and visiting museums, aquariums and animal parks. First concert? She must have been in elementary school and I took her to see Paula Abdul at the Honda Center.

C.S. What was her first job?

P.D. File Room Clerk at Tustin Lexus, a 5'x5'x5' file room!!!

C.S. What are her favorite types of books? Movies? Foods? Travel?

P.D. Stacey loves to read – legal mysteries, was a great John Grisham fan, David



Balducci – any good book. She really enjoys Shakespeare. Movies? Suspense – chick flicks – movies that make you feel good when you leave. Foods? She loves trying ethnic foods and is a wonderful cook. She eats most anything, Habana for Cuban Food, sushi, Thai etc. Vacation places? She loves to travel and I don't think she has found a favorite place yet. She does like beaches though. Last year when we were in Cabo together we swam with the dolphins, which was a lot of fun and a great memory to have together. Stacey loves animals. At one time we thought she would work with the marine animals like the dolphins and whales. She loved Sea World and all zoos and aquariums. Every time we took a vacation we had to see the aquarium in the area. Sea Otters are a favorite.

C.S. How did she choose Boston College?

P.D. She was born in Ohio and never experienced the change of seasons like the Midwest and east coast. She wanted a college town with seasons and a school that looked like an old fashion Ivy League. We never went back to visit but sent for the DVD and heard from friends how great it was. She graduated from BC with a major in Economics and then went to Northeastern for Law School in Boston.

C.S. You and Stacey were just in Rome for a week, what were some of the most interesting things you did together in Italy?

P.D. We saw all the major sites in Rome and even spent a day in Florence. We love to visit museums and were very impressed – it was awesome. The food was great, we were not disappointed at all.

C.S. Did Stacey go running in Rome?

P.D. She went running every day! The first day she told me she would be gone for about an hour. After two hours I knew she was lost. But she did see a lot of the sites we were going to see later. She started off at the park close to our hotel by the Villa Borghese Museum and ended up running by St. Peters. She ran along the Tiber River, saw the Vatican, by the Spanish Steps. After that, she was a terrific tour guide because she knew the city very well. She covered Rome pretty well because she kept close to her running schedule! A true dedicated runner!!!!



SCRR Group Bound for Boston!

By: Amy Katz

Men's Open:

- | | |
|-------------------|--------|
| 1 Beker, Orhan | (5985) |
| 2 Frome, Eric L. | (1169) |
| 3 Frome, Gavin V. | (3119) |

Women's Open:

- | | |
|------------------------|---------|
| 1 Bailey, Elizabeth E. | (16506) |
| 2 Carchidi, Amelia | (10562) |
| 3 Curley, Kathleen R. | (11018) |
| 4 Dippong, Stacey | (16601) |
| 5 Katz, Amy | (17770) |
| 6 McCall, Annette T. | (12404) |

Men's Masters:

- | | |
|---------------------|---------|
| 1 Atterholt, Ken | (14041) |
| 2 Bohn, Brent R. | (6199) |
| 3 Mike Dietz | (7507) |
| 4 Frome, Jeffrey R. | (16327) |
| 5 Loftus, John | (1241) |
| 6 Lowder, Vincent | (4537) |
| 7 Resnick, Jon S. | (12626) |
| 8 Skane, Thomas J. | (12162) |

Women's Masters:

- | | |
|--------------------|---------|
| 1 Hammond, Linda | (19614) |
| 2 Lynch, Mary | (6841) |
| 3 Matsuda, Noreene | (12120) |
| 4 Shargay, Cathy | (20387) |
| 5 Winter, Karen | (21025) |

Grand Prix Highlights – Brea 8K

By: Amelia Carchidi; Photos by: Doug Denniston



Brad Wobig and Amy Katz

finishing in 33:15, with **Armando Moran** right behind him in 33:18. **Ken Atterholt** had a nice finish in 34:13.

Another day of excellent performances by our group!!

Leading the men, **John Gardiner** took 10th overall and 1st in the M35-39 with a smoking fast time of 26:32... and not too far behind **Ben Coyle** in 29:23 and **Kate Accardo** in 29:54 joining the under-30 club. Kate was also 3rd in the W20-24.

Dave Schiller and **Gary Hefner** were neck-in-neck running 30:21 and 30:23, respectively... our Belgium friend **Lieven Muylaert** finished in a quick 31:19 and **Bob Morris** also knocked out a fast 31:31... **Orhan Beker** continues to show a comeback with a finish of 31:59 and **Pam Galambos-Oliver** right behind him to win the W35-39 in a time of 32 flat... **Sue Zihlmann** ran a nice 32:16 and **Pattie Fasola** finishing in 33:14... **Matt Hood** running strong after Surf City



Ben Coyle

SCRR newcomer **Danielle Gordanier** made a spectacular CA race debut in a fast 34:55... watch out for her in the future... **Greg Hanssen** finished strong in 35:37... Belgian friend **Sandra Andries** ran another fast time in 37:20... **Amy Katz**, looking to break 40 minutes crushed it in 37:55 with **Brad Wobig** right alongside... **James Chandler** finished in a strong 40:57.

Rounding out our fast runners includ **Jeanie Leitner** winning the W60-64 division in 41:02 and **Cathy Shargay** running a strong 42:45... **Jeanene Warren** running well in 45:39... **Faith Morris** had a nice finish in 54:43 and **Janelle Cabassa** finishing strong in 58:05.



Bob Morris



Mike Connors



Orhan Beker

Mike Connors – “Run Hard Enough to Puke”

By: Linda Hammond

Perhaps February was so nice, because we raced twice! The ninth race of the Grand Prix series was **Brea 8k**. The race was the last day of February, thus almost a true March race. Only five club members have completed ALL nine Grand Prix races: **John Gardiner** (our current leader), **Dave Schiller**, **Mike Connors**, **Ed Coffey**, and **Matt Hood**. Congratulations to all who came out for the race.

Mike Connors, a.k.a. Otter Pops man, is currently in third place in the Grand Prix. I asked Mike about racing, running, and injury.

Linda: *Wounded warrior, what happened in your race?*

Mike: The race started off slow, so I wasn't even sure if I'd break 29 minutes. I was afraid I hadn't been giving my previous races enough effort. I kept reminding myself of how Danny would run himself so hard in races it would make him sick afterward. Thus, my goal was to run hard enough to puke. I kept pushing and pushing for the last two miles, trying to pick off people one at a time and keep anyone from passing me. I succeeded, though one did get ahead of me for a bit.

Then Kim and her parents were yelling at me to go hard near the end, so I decided to put on a show for them. I dropped my arms and started sprinting as fast as I could. I passed the one guy who had passed me earlier and caught another who was 10 yards ahead. With 40 feet to go, the hamstring went and I pogo'd on one leg for the last part while keeping the next place guy still a few seconds behind. My last full mile (5:25) was 27secs faster than the average of my first 4 (5:52) according to my Garmin which read 5.01 for the complete race.

Although I had a huge knot in my hamstring, I didn't realize how bad the injury was due to the adrenaline rush I had. I figured I must have tore something, but reality struck when I first saw the bruising on the back of my leg a few days later. The thought of all that blood pooling in my leg somewhere made me a bit light headed and I had to sit down for a while. I've never seen something like that from a running injury. 5 days later it was starting to get better when I re-injured it carrying luggage for my trip out to Jackson Hole for a week's worth of snow boarding. I ended up hanging out in the cabin all week.



The week following the re-injury was worse than the first week. My leg had more bruising. I kept getting throbbing leg cramps during the night, waking me up and keeping me from getting comfortable.

Linda: *What type of treatment are you doing for your injury?*

Mike: Beyond lots of RIC (rest, ice, compression) had trouble getting enough E (elevation), I'm getting physical therapy too. I also go to the gym, do some core and hip exercises at home, stretch and roll out with the foam roll frequently.

Linda: *When did you join SCRR and what brought you to the club?*

Mike: I got myself back into running after an 18 year break by joining the Snails Pace Marathon Training program -- this after trying to run on my own for 3 weeks and getting painful shin splints. The training program went well, and 7 months later I qualified for the 2004 Boston with a 3:07 in my first marathon ever. When the marathon was over, so was the training program. The natural thing to do was join the club. The first night I ran with the Laguna Niguel Snail's Pace group, they told me I should be running with those fast guys in the SCRR led by Danny Stein. So, about March of 2004, I started running with them. I started paying SCRR dues about May of 2004.

Linda: *When did you start running?*

Mike: Probably not long after I started walking. Maybe it started at 1 with something more like a waddle, but I'm sure I was running by 2. ;-) With respect to running more than the occasional but required mile during PE class, I started running as a freshman in high school cross country and track. I did this for all four years of high school and one year of community college. Almost every year after that, I'd try to get back in shape for 3 weeks, get injured, then quit until the next year. This went on for 18 years, and I added about 35lbs. I've lost about 30lbs of that before my first marathon and gained back about 5 to 10lbs.

Linda: *Do you have a race goal this season or is it simply to be injury free and able to run?*

Mike: My goal was to run the OC Marathon in 2:52 (set back in October). Now, my goal is to run the July 25th Wharf to Wharf in Santa Cruz and get in the top 100. It will require a performance similar to the one which tore my hamstring, so we'll see. There is one positive thing I can say about this injury: It happened in a race. Almost every other injury I've had occurred during training. So, I think I'm making progress.

Thanks Mike for sharing your story. I hope that you can remain injury-free! In April we head south to Carlsbad for the world famous **Carlsbad 5000**. We only have three races left in the Grand Prix series. What will your top nine races be? See you at the races!

Congratulations and Good Luck!!
But a Sad Good Bye
To our friend and fellow SCRR Member

RAVI KUMAR

He is moving to Greenville, SC for a new job with G.E.

David Bauers' Thoughts on the LA Marathon

By: Doug Denniston

After the LA Marathon I was looking through the Facebook posts on my homepage and came across this great write-up of the race by member David Bauers. I enjoyed reading David's post so much that I thought all of our members might enjoy it too. I contacted David, asked him a few more questions about the race (which are included at the end) and with his blessing I have copied his Facebook message to our newsletter. Enjoy.



Thanks to everyone who offered congratulations on my L.A. marathon run! I had a great time, and enjoyed the race on many levels. I finished in 4:27:43, which is about 23 minutes shy of my personal record set 7 weeks earlier at the Surf City marathon. And it certainly beat my time in the L.A. marathon I ran last year by "a mile", but that's another interesting story left told for another post ;)

Most people who have posted about this and other marathons have in general kept their comments to their finishing times, and let's face it, this is a "race" and that's how they are measured. But this was my 8th marathon, and out of the eight, I was really only placing importance on finishing time on two of those occasions. There is so much more to running these races that we don't discuss, and to me when you click that commit button on your computer and pay your entrance fee, you are buying a total experience that should not be discounted. Here are some of my experiences from this marathon.

I drove to Santa Monica to park, then shuttle buses were to take us from Santa Monica to the Dodger stadium for the start of the race. The bus left Santa Monica at 6:00am, and took 1 ½ hours to make the 30 mile journey – in ironic Los Angeles-style traffic -on a Sunday! We didn't get to Dodger Stadium until 7:30am. The race was supposed to start at 7:24am. They delayed the start almost 40 minutes because people were still arriving. This particular problem was not obviously anticipated, but you had 25,000 runners converging to this venue. The extra time on the shuttle bus was a blast though, with great conversation and funny comments with other runners about our predicament. We discussed the irony of the constant emails by marathon officials to get parked and to the shuttles "early, early, early!" Besides the shuttles, there were people driving runners to Dodger stadium, obviously in a panic over being late, and were letting those people out of their cars to run the 2 miles to the stadium – on the freeway!

Once we finally got to the stadium it was obvious there was no way to physically get to the 4 hour pace group. It was packed like sardines all the way to the starting line, and the best you could do is just file behind the crowd. I was way behind the 5+ hour starting spot. Back in that section, you will be spending most of your first 5 miles dodging and weaving around people way slower than yourself, including a ton of walkers. With a marathon this big, you'll be enveloped in a pack of people most of the 26.2. I almost twisted my ankle at one point side-stepping a wall of walkers. I was amazed by how many people would abruptly stop to take a picture like they were sightseeing!

The course itself was a classic trip through the L.A. tourist districts including Hollywood Boulevard and Rodeo drive. There is no way you will ever experience a "tour" of any location the same way as when you are involved in a marathon, running down streets normally populated by cars. Strangers watching on the sidelines were yelling an encouraging "Go Dave!" throughout the marathon (my bib had my name on it above the number), and there was all kinds of entertaining diversions. Rock bands, radio stations blaring music from their booths, a guy on stilts, Venice beach muscle men and women dancing at one point on a stage, people sitting on their porches cheering us on, and people holding funny signs like, "Run like you stole something!". Best of all – 3 men and one woman dressed like Elvis running next me about mile 18! One of them was pushing a baby stroller with a boom box blaring Elvis tunes. I couldn't stop laughing. How cool is that! (Editor's Note: The Elvises are old time Roadrunners, including Rob MacNair).

There is more to tell of the experience, including the weather and how it affects you, as well as what goes through your mind at every step. But for now my point is this – don't deny yourself this experience because you think you're not fast enough. I can guarantee most of us will never see that finish line ribbon at the end. But I'll bet you'll cross that

finish line and come home with that medal around your neck. The thrill is in the experience and the accomplishment. More than your time, that's what you'll remember most.

First, what did you think of the course?

The course was a great sightseeing trip through Los Angeles. Much hillier than I thought, but then again, that's something I could have found out ahead of time by studying the course histogram on the race website. I usually don't care to know too much about the course ahead of time. Since knowing something like this is not going to help me drive home in a new car and make me \$100,000 richer from the experience, I like to keep some of the course information as a pleasant or unpleasant surprise. To me that's part of my enjoyment of the marathon experience.

I heard that nearly the first 8 miles were uphill, and the finish was downhill into the beach?

That's right. I didn't know the first part was THAT uphill, but information about the last 3 miles was pretty well-reported on and I knew about it. Believe me, I kept that in mind and needed every bit of that downhill/slight decline going into the finish.

Also, did you hit "the wall" in LA (or in any of your 8 marathons for that matter) and if so, how do you deal with it?

I really didn't hit "a wall" per-se. I consider hitting the wall when all of a sudden you get a feeling of being "spent" and can't continue at race pace. Over all, I felt great to the end. My biggest problem, which was significant, that also plagued me during the Surf City Marathon 7 weeks earlier - was extremely sore feet. The bottom of my feet and my toes felt like they were on fire starting around mile 20. Because of that I had to walk/run 3 - 4 miles. By walking about a minute the pain would subside, then I could continue running again. In knowing the last 3 miles were basically downwards, I decided to run through the pain and keep going through the finish line. The pain was practically gone from the bottom of my feet 20 minutes after finishing. So nothing was pulled or strained that needed a lot of recovery. Other than that, I had no other pain or serious deterrent physically. In fact, I ran 8 miles four days later at an 8:30 pace with only slight discomfort in my feet at the end of the run. Getting to the "bottom" of this foot problem will certainly help my race. At Surf City, I actually "hit the wall" near the end. My thighs were hurting and cramping on top of the sore feet. At L.A., I didn't have that issue. What gets me to the finish line when these things happen? My mind. It's 90% a mind game. I do a lot of talking to myself. I reassure myself that the discomfort is temporary and "failure is not an option". Some of the other thoughts I have at the time can't be printed in this publication!

Race on the Base – Reverse Triathlon

By: Doug Denniston

On February 27th, a few of our members participated in the 29th Annual Race on the Base – Reverse Triathlon at the Los Alamitos Joint Forces Training Base. The race featured a 5K run, 12 mile bike ride, and a 200M swim. Race proceeds are donated to the USA National Water Polo Training Facility (the pool for the swim) and the Cancer Support Foundation. I interviewed a few of our participants about the race experience: Sherri Ellerby, Fred Cowles, and Sue Jones. Here are their responses:

How long were you training for the Triathlon?

SHERRI: I joined Nova Masters swimming in the fall and have been riding a road bike for a little over a year.

FRED: I've been running & riding for over 20 years but never tried swimming. I spent about 10 minutes training in the water. It wasn't enough.

SUE: A couple of months. Everyone that I trained with was from boot camp, so we had basic fitness and running down pat. I needed to practice biking, swimming, and transition.

Was this your first triathlon?

SHERRI: No. I did the Pacific Coast Triathlon in 1998 without a clue as to what I was doing. I didn't do another

FRED: Yes. I've been racing duathlons (run-bike-run) since 2004.

SUE: Yes.

Besides the fact that it was a reverse, was there something about this race that made it extra special?

SHERRI: It will probably be the only tri that Fred and I do together.

FRED: The rain and wind were incredible. We were going about 30 mph with a tailwind and there was about 2" of water on the road. I could barely see where I was going!

SUE: Flat course, contained environment (didn't have to deal with traffic); small race – 1,000 slots and approx 700 people finished, and lots of friends doing it.



Sue Jones

How were your split times?

SHERRI: Wish I could be a healthier runner. I'm still a little timid on the bike and know I can go faster. My second transition was way too slow. Run – 19:28, Bike – 36:29, Swim – 4:59.

FRED: I was in 3rd or 4th place on the bike, then the lead rider missed a turn on the runway and we ended up riding an extra half mile. Run – 16:12, Bike – 32:28, Swim – 6:12.

SUE: PR'd the 5k! Bike & swim were as expected – not bad. My transitions took too long. The keys were that we trained well and had a great coach. We felt prepared for the race so now it's just a matter of improving our times.

What was the toughest leg of the race for you and why?

SHERRI: Again, I always worry when I run because I am still injured. But the bike portion probably made me the most anxious. Within 3 minutes of getting out on the runways, I saw 3 men crash right in front of me.

FRED: I got passed by 15 guys in 200 meters of swimming!

SUE: Swimming. It was the last leg, and I've never been a confident swimmer. Even so, because we trained, I did OK.

Did you enjoy the base and the race facilities?

SHERRI: Yes. It is potentially a very fast course. Even the bike turns are nice and wide. It is a fully operational base and we saw a group of navy guys going on group training run, complete with chants, after the race was over.

FRED: It's a very fast course. I've run 15:56 on the 5K course a few years ago.

SUE: Yes! Lots of port-a-potties, very organized, good food at the end, lots of people to help you.

We had monsoonal rains that day. Did you run in the rain?

SHERRI: Oh my gosh! The rain literally started the moment the air horn went off.

By the time we got on the bike course, there were heavy downpours. It actually stung our faces as we rode into the wind. After riding in heavy rain and feeling better traction than I thought I would, I feel like I can ride in any conditions now. It definitely made me tougher.

FRED: It was a little sketchy on the bike!

SUE: Oh, yeah! The rain started right at the beginning of the run and got worse during the race. I have a picture on Facebook where a friend & I are coming off the run, slogging through very deep water. The bike leg was three times around the tarmac, so we rode the first half of the oval into the wind and driving, pelting rain. But when you turned the corner, it was like a new race. Wind at your back, open it up, and go! Once you got used to being soaked, it didn't matter. It was actually really fun.

Will you do this race again?

SHERRI: Absolutely! I had a great time. Even in the rain. I recommend it to anyone who wants to try a triathlon for the first time.

FRED: I plan to stay on dry land from now on (duathlons).

SUE: Absolutely!! Wonderful first triathlon experience!

One of the most unique things about this facility and race day is that they offer something for everyone. The race schedule includes: 5K run, 10K run, 5K walk, 10K In-Line Skate/Wheelchair, and the Reverse Triathlon. I am a fan of their races and hope that many more members will consider participating in this fun day next year!

L.A. and Catalina Marathon Reports

By: Amelia Carchidi

Congratulations to all our runners in the 25th annual Los Angeles Marathon, this year with new ownership by Frank McCourt (owner of the LA Dodgers) and a brand new "Stadium-to-Sea" course.

We had several outstanding performances, including **Cheryl Smith**, who finished 10th woman overall and among the top Americans with a time of 2:45:19. She also placed 3rd in the W25-29 age group.

Our friends from Belgium who have been training with us while they have been in Orange County the last few months both ran their first marathon yesterday. **Lieven Muylaert** ran 3:16:48 and **Sandra Andries** ran 4:08:07.

Another couple running was **Bob and Faith Morris**. Bob achieved his quest for a Boston Qualifier in a time of 3:41:55 and Faith finished in 5:27:58.

Ben Coyle ripped the course in a fast 3:11:16 and **Tonson Tong** had a great performance in 3:15:19. Both men ran BQ times.

Steve Kan, running only his second marathon ran a solid time of 4:29:46 and **Dave Bauers**, who ran a PR in the Surf City marathon just weeks ago finished in 4:27:43.

Don't mean to forget **Jeanene Warren** and **Ross Klein** in 6:51:45 and 6:47:53... how many marathons is this for you now, Jeanene??? Seems like just yesterday you were on your first...

As usual, we had a group out in Catalina for the annual Catalina Marathon on Saturday, March 13. For those of you who don't know, this race is a cult classic - those who run return nearly every year!



The usual suspects were out on the trails this year, along with a few newbies catching the Catalina spirit.

Rob Harris took an honorable 4th in the M50-54 age group running 4 hours and change on this difficult course... **Jeff Padilla**, longtime SCRR member, ran 4:03:31, earning 2nd in the M60-64. Mike Friedl took on the challenge with very little training and cranked out an honorable 4:43:24... **Jon Resnick** running in strong in 4:55:41...

Dan Templin and his lovely wife **Teleia**, who had never previously run or walked more than 7 miles, at the last moment decided to walk the course. Dan finished his 4th Catalina Marathon and Teleia made it an amazing 23 miles. Is there another marathon in her future??

Also noteworthy, **Sherri Ellerby** won the womens 5K with a time of 22:01. Looks like she is making a comeback!

Once again, congratulations to all our runners. If you're interested in a beautiful trail marathon with spectacular views and fun times, have a few beers with Mike Friedl and you may find yourself signed up for this one next year!!

Amelia Carchidi, Stacey Dippong, Kathleen Curley and Noreene Matsuda at a 1/2M in Las Vegas

Cheryl Smith 10th at LA Marathon – qualifies for Olympic trials!

Excerpted From: Laguna Beach Coastline Pilot

By: Matt Szabo

Cheryl Smith ran the Los Angeles Marathon for the first time Sunday, and she did so under the “elite” runner qualification. That meant she got all the perks, including a stay at the dugout club at Dodger Stadium before warming up for the race, which went from the stadium to the Santa Monica Pier. She was on television at the start of the race — her friends sent her the video to prove it. But even Smith, the 29-year-old Laguna Beach resident, gained some perspective.

“I felt like a snail compared to those fast women from Kenya and Russia,” Smith said. “It’s inspiring, for sure.”

Smith did plenty well herself, too. She finished 10th among women and 45th overall in the marathon, crossing the tape in 2 hours, 45 minutes, 19 seconds. That was a good enough time to qualify for the 2012 Olympic trials in Houston in January 2012. The fastest woman at the L.A. Marathon was Kenya’s Edna Kiplagat at 2:25:38. Smith’s time is a “B” standard for the Olympic trials, but she still has ample time to make the “A” standard of 2:39.

“It was a really good experience,” Smith said of her first L.A. Marathon. “That was my goal, 2:45, so it was spot-on. My race as a whole, though, I didn’t feel as strong as I have in the past, physically and mentally.” Smith, who has won the Orange County Marathon three times and won the Long Beach Marathon last fall, was coached by Laguna Beach resident John Loftus in the 12 weeks leading up to the L.A. Marathon. She said she is now looking toward the New York City Marathon — the world’s largest — on Nov. 7.

“Maybe that can be my ‘A’ standard,” said Smith, who trains with South Coast Roadrunners and is sponsored by Nike Run L.A. “I see it to be very possible.” Smith has been to the Olympic trials before. In 2008, she ran in Boston and although she didn’t qualify, she said it was an amazing experience. “I’m psyched that I’m going back to the trials, ‘A’ standard or not,” she said.

SAVE THE DATE!!

The Annual SCCR Awards Banquet will be held on:

June 19th

This is always a great, not-to-be-missed party!

Details to come

SATURDAY RUNS

4/3/10, Hicks Canyon

Time: Meet at 7:45. Start at 8:00.

Leader: Bill Quinnan

Location: Start at shopping complex at corner of Culver and Irvine Blvd in the Northwood section of Irvine.

Directions: From the 5 freeway, exit Culver and head north toward the mountains. Pass Bryan. Make Left on Irvine Blvd and immediately make a right into the shopping complex. Turn left and park between the Jack in the Box and the Champagne French Bakery (the bakery sign is not well marked).

About the Run: We'll run slightly uphill along the Hicks Canyon paved bike and dirt trail to Portola and into Peter's Canyon. The full loop, including Peter's Canyon, is about 14 miles. For those wanting to run shorter – you can do an out and back along the bike path. Those wanting longer, take an extra loop around Peter's (extra 5 miles).

After the Run: Champagne Bakery (use your AAA card and receive a discount).

4/10/10, 3 Pier "Kegs & Eggs"

Time: Meet at 7:45 AM, start at 8:00.

Leader: Matt Hood

Location: We start at the base of the Newport Beach pier. Arrive early (O.K., very early) to try and find street parking or bring change 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!! Just \$3.75 gets you french toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

4/17/10, Spyglass Hill

Time: Meet at 7:45 AM, start at 8:00 AM

Leader: Ryan Doss

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

Directions: PCH, West on Marguerite, 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 beach running available.

After the Run: Bruegger's Bagels and/or Starbucks; they are across the street from each other on the corner of Goldenrod and PCH.

4/24/10, Quail Hill

Time: Meet at 7:45 AM, start at 8:00 AM

Leader: Amelia Carchidi

Location: Starbucks – Corner of Alton & E. Yale Loop, Irvine (same location as Turtle Rock 'N Java run)

Directions: From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn Left and then Right into parking lot. Starbucks is between Ralphs and Sav-On.

About the Run: We will take the "new and improved" route out Jeffrey and across the freeway over the Jeffrey bridge. 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 new exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. 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, and Juice It Up.

Great Deals From Fellow South Coast Roadrunners...

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

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

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

John Loftus, **Certified RRCA Running Coach**
www.runyourpotential.com
949 433-9238
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**
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"

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

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"

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!"

Evie Katahdin, ND, MSOM, LAc
AthletiZen: Natural Sports Medicine
Naturopathic Doctor and Licensed Acupuncturist
(949) 574-4978
1831 Orange Ave, Suite A, Costa Mesa, CA 92627
www.drkatahdin.com www.athletiZen.com

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.

CLUB INFORMATION

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

MONTHLY CLUB RACE: For more information: log on to www.roadrunners.org or see a Club Officer.

MONTHLY CLUB MEETINGS: 1st Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

MEMBERSHIP DUES: Single: \$30, Family: \$45. Make your check payable to **South Coast Roadrunners**

SCRR CLUB CALENDAR



Monthly Club Meetings are highlighted in orange; Monthly Club Runs are highlighted in yellow

NEW Out of Town Races featuring club members highlighted in blue

Click on hyperlinks to go directly to race websites for event registration info

APRIL	
THUR, 4/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SUN, 4/11, 7:00 a.m.	Carlsbad 5000 Carlsbad, CA 5K Carlsbad5000
MON, 4/19 9:00 a.m.	114 th Boston Marathon Boston, MA Boston Marathon
FRI-SAT, 4/24-4/24	Ragnar Relay, Santa Barbara to Dana Point, 177mi Ragnar Relay
SAT, 4/17, 7:00 a.m.	Camp Pendleton Hard Corps Marathon, Hard Corps Marathon
SAT, 4/24 8:00a.m.	OC Mud Run, OC Great Park, Irvine 10K, 5K OC Mud Run
MAY	
SAT, 5/01 8:00a.m.	5K Family Fun Run, Simi Valley CA
SUN, 5/02, 6:30 a.m.	Orange County Marathon, ½ Marathon, 5K Irvine, CA OC Marathon
SUN, 5/02, 7:00 a.m.	Cinco De Mayo & PCRF ½ Marathon, 10K, 5K Irvine, CA CincoDeMayo PCRF 1/2 Marathon
THUR, 5/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SAT, 5/08 7:30a.m.	XTERRA Malibu Creek Trail Run, 22K, 6K Malibu, CA Xterra Malibu
SAT, 5/08 7:30a.m.	Santa Barbara Wine Country ½ Marathon, Santa Barbara WineCountry 1/2 Marathon
SUN, 5/16, 7:30 a.m.	Santa Monica Classic 5K, 10K Santa Monica, CA SantaMonicaClassic
SAT, 5/22 8:00a.m.	Miles for Melanoma 5K, Fullerton, CA Miles4MelanomaFullerton
SAT, 5/29 7:30a.m.	Mount Wilson Trail Race 8.6mi Sierra Madre, CA Mt.WilsonTrail
Mon, 5/31 7:00a.m.	Memorial Day ½ M Laguna Hills, CA MemorialDay1/2Marathon
JUNE	
THUR, 6/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SAT, 6/05 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SUN, 6/06	Rock n Roll Marathon, San Diego, http://san-diego.competitor.com/event-info/
SUN, 6/06, 8:00 a.m.	Playa Del Run – 5K Huntington Beach, H.B., CA PlayaDelRun
THUR, 6/10, 6:15 p.m.	Peter's Canyon Summer Trail Series 5mi Trail Run Tustin, CA SummTrailSeries#1
SAT, 6/05 8:00a.m.	11th Annual AMICA 5K Anaheim, CA 11th AMICA 5k
6/5, 6/6, 6/12, 6/19	Camp Pendleton Mud Runs (sold out) Mud Runs (Doug Denniston, Sue Jones, Edward Nichols) **Anyone else running one?*
SAT, 6/19 5:30p.m.	South Coast Roadrunners Annual Banquet
SAT, 6/26	Coeur d'Alene Ironman Triathlon (Idaho) (Greg Hanssen, Ken Atterholt)

2009-2010 SCRR CLUB OFFICERS:

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

2009-2010 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