

ON THE RUN



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

Orange County, California
April 2011 Issue

Fun Day at Dove Canyon 5K

By: Linda Hammond; Photos by Mike Connors

Our March Grand Prix race was the 10th **Annual Dove Dash 5K**. The event supported the charity **Ryan's Reach**. Ryan's Reach founded in honor of Ryan Corbin, is a supporting organization that seeks to aid traumatic brain injured individuals and their families by providing financial resources and promotional support to **High Hopes Neurological Recovery Group, Inc.**, a public charity.

There was some stormy weekend weather, but **South Coast Roadrunners** turned out and had some great races. Congratulations to our 1st Place age group winners: **Dave Parsel, Sherri Ellerby, Vicki Ballon, and Jodie Kinney**. Using home field advantage to the maximum, **Leilani Rios** was the overall female winner of the race! Here are a few thoughts from **Leilani, Danielle Gordanier, Robert Donald** and about the race.



Sherri (left) and Leilani (center) waiting at the start

Leilani: I really enjoyed this race...it was really close to my house, it gave awesome goodie bags and the pancakes after the race were delicious!! The post race festivities were a hit! The jacuzzi was nice and refreshing as well as the mimosas and even more great food. I hope we do this race again next year...it was well put together and a good cause for a local charity.

Danielle: This was the most challenging 5K I've run since I lived in hilly central Pennsylvania. In the last mile I felt like I was running out of steam, but as long as I could still see Sherri up ahead, I knew I was doing all right. We really earned those pancakes!

Robert: I had a good time at the Dove Dash, in both senses of the word, but here's your quote:

"691 runners and 1 porta-potty...really?"

Yikes! Only one porta-potty, perhaps inspiration to run really, really fast!!!

Thanks runners for sharing your stories. The Dove Dash was our 9th Grand Prix race of the season. Dave Parsel continues to lead the pack! Our April race is the world famous **Carlsbad 5000**. With men's and women's races separated by age groups, the day is always a great opportunity to cheer on all the members of the club. The day will finish out with the elite men and women attempting to break the world record! See you in Carlsbad and see you at the Finish Line!



Danielle running with a smile!

More Dove Canyon 5K Photos

Photos by: Mike Connors and Katy Keeley-Weinhold



Top Row: Ken Atterholt, Robert Donald, Angel Cardoza and Greg Hanssen; Vicki and Alberto Ballon.
Bottom Row: Vicki Ballon; Ken Atterholt; Katy Keeley-Weinhold; Steve Kan.

Many Thanks to:

Leilani Rios

For hosting a fun brunch party after the Dove Canyon 5K

Boston-Bound SCRR Members!!

By: Amy Katz

Men's Open Team:

- 1 Hood, Matt (7902)
- 2 Moran, Armando (5772)
- 3 Vrignaud, Laurent (4939)

Women's Open Team

- 1 Carchidi, Amelia (10076)
- 2 Katz, Amy (17631)
- 3 Manzano Straehle, Sandra E. (7465)

- 4 Morris, Faith D. (24044)

- 5 Morrison-Oiknine, Jannay P. (18358)

Men's Masters Team

- 1 Hefner, Gary (9684)
- 2 Loftus, John M. (323)
- 3 Morris, Bob (16623)
- 4 Resnick, Jonathan S. (12103)
- 5 Thompson, Robert F. (12908)



Pride is Power

Weakness is Temporary

Strength is Within

Fear is Irrelevant

Courage is Fuel

Belief is Essential

Triumph is Ahead

Adidas

Boston is Forever !

SATURDAY RUNS

All runs meet at 7:45 and start at 8 a.m.

4/9/11, Hicks/Peters Canyons

Leader: Angel Cardoza

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 13-14 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.

4/16/11, 3 Pier "Kegs & Eggs"

Leader: Danielle Gordanier

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!!

4/23/11, Quail Hill

Leader: Linda Hammond

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.

4/30/11, Spyglass Hill

Leader: Amelia Carchidi

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.

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"
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Fax: (949) 234-0326
E-mail: reimersr@stifel.com
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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 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, Thursdays @ 6 p.m. and Peter's Canyon (starting at Cedar Grove Park) 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



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

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

APRIL	
SUN, 4/3, 7:00 a.m.	Carlsbad 5000 Carlsbad, CA 5K Carlsbad5000
THUR, 4/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SUN, 4/10, 9:00 a.m.	Irvine Lake 3.8 Mile Mud Run, www.irvinelakemudrun.com
SUN, 4/10	Paso Robles Half Marathon, http://www.winecountryruns.com
SAT, 4/16, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #3, O'Neill Regional Park, RSM
MON, 4/18 9:00 a.m.	114 th Boston Marathon Boston, MA Boston Marathon
FRI-SAT, 4/15-4/16	Ragnar Relay, Huntington Beach to San Diego Ragnar Relay
SAT, 4/23	Costa Mesa Comm. Run, 5K Trail, Fairview Park www.costamesacommunityrun.com
SAT, 4/30, 9:00 a.m.	9 th Annual Donate Life 5K, Cal State Fullerton, www.donateliferunwalk.org
MAY	
SUN, 5/01, 6:00 a.m.	Orange County Marathon, ½ Marathon, 5K Irvine, CA, OC Marathon
SUN, 5/01, 7:00 a.m.	PCRF's Cinco de Mayo Half Marathon, 10K/5K, Irving Spectrum, www.pcrf-kids.com
THUR, 5/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SAT, 5/07 7:00 a.m.	Santa Barbara Wine Country ½ Marathon, SB WineCountry 1/2 Marathon
SAT, 5/21 8:30 a.m.	Magic Shoes 5K, Newport Beach, www.bookthatevent.com
SAT, 5/28 7:30 a.m.	Mount Wilson Trail Race 8.6mi Sierra Madre, CA Mt.WilsonTrail
MON, 5/30 7:30 a.m.	Memorial Day ½ Marathon Laguna Hills, CA MemorialDay1/2Marathon
JUNE	
THUR, 6/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 6/4 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT, 6/4	Fontana Days 1/2M and 5K
THUR, 6/9, 6:15p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park
SAT, 6/11, 8:00a.m.	11th Annual AMICA 5K Anaheim, CA
6/4, 6/5, 6/11, 6/18	Camp Pendleton Mud Runs Mud Runs
SAT, TBD	South Coast Road Runners Annual Banquet
JULY	
MON, 7/4, 7:15a.m.	Woodbridge 5K & 10K Irvine, CA
MON, 7/4, 8:00a.m.	Surf City 5K Huntington Beach, CA Surfcityrun
MON, 7/4, 7:15a.m.	Freedom Run at the Ranch 5K, 10K Ladera Ranch, CA Run Ladera
MON, 7/4, 7:30a.m.	Healthy Figures Lake Forest 5K Walk/Run, CA www.lakeforest5K.org
THUR, 7/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THUR, 7/7, 6:15p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park
SUN, 7/13	Vineman Half Ironman, Sonoma County, CA
SUN, 7/31, 7:30a.m.	San Francisco Marathon, ½ Marathon, 10K, 5K SFMarathon

2010-2011 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Orhan Beker
Treasurer:	John Gardiner
Secretary:	Tonson Tong
Social Chairs:	Kathleen Monk, Stacey Dippong
Officers At Large:	Stacey Dippong, Bob Morris, Greg Jones

2010-2011 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:	To be announced
Webmaster:	Mike Reeves