

ON THE RUN



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

Orange County, California
November 2009 Issue

Runner of the Month – Carlos Jovel

By: Stacey Dippong

Carlos was chosen as this month's runner of the month for a number of reasons. He has volunteered to lead club runs, he is constantly upbeat and positive, and overall a great guy. He has quickly made many friends since joining the club and it's easy to see why – he is the type of person that others want to be around – definitely an asset to SCRR!

How many marathons have you ran? What made you decide to start running? *Well, not sure you can call it running but I have finished 4 marathons: L.A. twice and the Rock 'n' Roll in San Diego twice not that I ever trained for them. My dad is a really good runner and my girlfriend at the time was too. Running a marathon was just one of those things I wanted to do, but actually ended up having a great time so I figured I'll try more.*

What do you like most about south coast roadrunners? *Not sure I can pick just one thing I like about the club. The support and encouragement that everyone gives each other is awesome. It's a great feeling showing up to a club race and thinking how awesome it is to hang out with some of the nicest and fastest people in the OC. Joining SCRR has been a true blessing.*

If you race, what is your favorite race distance and why? *Well considering the fact that I'm not a speed demon for the 5k or 10k, right now I would say it's the half marathon but want to build up for full marathons and even ultras. I think that would be a great challenge.*

Are you currently training for anything? How is that going? *Just got done with my Long Beach Half training (which I just got a new PR), but I do hope to properly train for the Surf City Half in February. The problem I have is that with rugby season starting I don't have the time I would want to really prepare myself for that run. I guess we will see...*

Any specific racing stories that you would like to share? *Probably the story I have told people the most is about my first L.A. marathon. The weekend before the marathon I had found out that my dad was injured and was not going to be able to run. Instead of letting the race entry go to waste and having the benefit of having the same name I decided to do it. The problem besides not training one day for it was that the Saturday before the marathon I had a big rugby match. Ended up playing the full 80 minute game and since we won*



decided to celebrate a little bit with my mates. The next morning waiting at the starting line I was thinking how sore I was and what in the world did I get myself into. I actually ended up running with the L.A. roadrunners group for about 16 miles and then the cramps and soreness of the day before hit me hard. Ended up finishing in over 5 hours but the time didn't matter at all. Once I received that medal it was all worth it and besides not being able to work for a couple of days I actually had a great time. The runners and fans were great and it was such a great feeling to be part of that I had to do it again. The bad part of me taking my dad's place in the race was that he was upset that he had such a poor time next to his name...

Where are you from? *I was born in Los Angeles but my family is from El Salvador. The funny thing about it is that my last name is French.*

What do you do for a living? *I am Valuation Analyst with The Pension Group, Inc. in Laguna Hills. We are a third party administrator that helps design and administrate retirement and employee benefit programs.*



You might think exciting right, but we actually get to help a ton of people with their retirement needs and families' future.

What do you like to do in your free time besides running? *Well, when I'm not running, playing rugby or working, I try to hang out with my two kids (Aleisha & Carlos) as much as possible. I also like to read, listen to music and go to the movies.*

James Chandler, Eric Ison, Carlos, and Dan Templin at the Octoberfest Party

When did you start playing Rugby? What do you like about it? *Started playing rugby at Cal State Fullerton as a junior and now I'm about to enter my eighth year with Back Bay (Newport Beach). Rugby is a difficult thing to describe to people, it's more than just a sport it's more of a culture. You really have to watch it live and be around the club to understand how great the sport really is. I mean what other sport can you beat someone up for 80 minutes and then go to the pub have some beers and sing rugby songs with that same person you knock around the pitch. Yeah good times...*



Anything exciting happening in your life right now? *Starting to do some more traveling and my first trip will be to New York. Very excited for that, I have never been there and really looking forward to just getting away for a few days. Work-wise I'm actually half way finished towards receiving my designation to become a Qualified 401k Administrator (QKA), currently studying for my third exam - not sure if I could call it exciting but its a huge positive for my career.*

What's New with Vicki (Niebrzydowski) Ballon

By: Stacey Dippingong



Vicki is an SCRR member that relocated back to her hometown in Michigan last spring, and got married! I thought it'd be nice to catch up with her and see what she's been up to and report back to the club, since she left a lot of friends back here in OC. I was excited to learn that she will be back this weekend, Nov. 6-8 for a visit.

How is married life treating you and Alberto so far? *Great, we love it!!!! We joke about seeing each other too much after spending three years 2000 miles apart...but it never is too much :-)*

Where did you go on your honeymoon? *We went to Costa Rica - 3 different areas, Arenal Volcano, Monteverde Cloud Forest and Tamarindo (on the Pacific). It was beautiful there, we were able to go on several nature tours to see all of the wildlife, went to the hot springs, ziplining through the cloud forest, scuba diving, etc.... We got to see lots of monkeys, iguanas, frogs, birds, sharks..... It was adventurous, fun, but still a relaxing week :-)*

What do you like most about being back in Michigan? *Seeing my family and friends here more often! ...and seeing*

the fall colors again :-)

Have you done any recent races? *This summer, we did a local 10K, my high school alumni 5K and the Crim 10 mile (which is a great race for anyone that happens to be in Michigan in August). We also did a fun race called the "Muddy Buddy" where Alberto and I took turns Biking and Running...going through obstacles at the transitions... and finishing by crawling through a pool of mud.*

Any planned for the future? *We will be running Baltimore Marathon {it was in October} with my dad and my brother...and are starting to plan for Alaska on June 19, 2010. We plan on running the marathon, then going on a 7-day cruise down to Vancouver with the family and whoever else wants to join us! I'm really looking forward to that :-)*

How is your training going? *Umm..... it's not the same without the club :-) I'm more preparing for survival, rather than training for this race. I'm going to have to break out the winter clothes soon :-)*

How is work going, which is one of the reasons you moved back, right? *It's been a rough journey with a lot of long hours for everyone, but we are finally manufacturing all of our California hardware products here in Michigan. Now we are working on transferring all of our specifications, drawings, procedures, etc... into the format used here. There's still one piece of our disposable product that is still being transferred, but we hope to be done with that by the end of the year.*



When is your next visit to California? *We're coming out for a weekend November 6-8- I hope there is a good Saturday run that weekend and we can see everyone :-)*

Most importantly- when are you guys moving back? We miss you! *I miss you all too!! My year commitment back here ends March 16, 2010....so we'll start looking around beginning of next year probably. I may want to enjoy one more summer in Michigan, we'll see :-)*

Any other interesting things that have been happening? *We've been really busy this summer with our wedding, family events, weekend vacations in Michigan, moving, work, etc.... I joined a women's soccer league in September and we're putting together a work indoor soccer team for this fall, so that should be a lot of fun.*

New Ad from SCRR Member on Page 17:

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.
5K to Marathon to Ultra. Injury prevention is #1 goal.

Also see John's great marathon report from the Masters Marathon Championships on Page 12

GRAND PRIX HIGHLIGHTS – H.B. DISTANCE DERBY

By: Linda Hammond

October was a month of racing. Before we even got to our Grand Prix race, SCRR members laced up and ran to glory at St George, Long Beach, Chicago, and Nike just to name a few. Highlights included sub 3 hour marathons, Boston Qualifiers, PRs, age group wins, and meeting training goals! Even with all this additional racing, SCRR still showed up strong at our October Grand Prix Race, the Huntington Beach Distance Derby. Let's see, we are talking multiple age division wins. To top things off, we had overall wins by **Eric Frome** (by over a minute) in the 10 mile race and **John Gardiner** in the 5 mile race (pictures on page 9).

Two runners with noteworthy performances were **Karen Winter** in the 5 mile race and **Dave Schiller** in the 10 mile race. I asked them both to share their stories with us.

Linda: *Congratulations on your 1st place finish in your age group in the race. How did you like the race and have you done this race before?*

Karen: Loved the race since I came in first in my age group! This is one of my first races in my new age group. Having rarely placed in any races before, I was really pleased to see the results! I previously did the race several years ago. My race strategy was to run as hard as I could for five miles. Around mile two I ran with another woman who looked to be around the same age. I kept pushing on and she faded. We talked after the race and I found out that she came in second.

Linda: *When did you start running?*

Karen: I started running 10 years ago, right when I turned 40. I decided to run a marathon to celebrate my 40th birthday. I joined Team in Training, met some great friends (**Amy Katz**) and ran the San Diego Rock n Roll marathon. Despite getting injured (having never run before), I loved it and knew I'd found my sport. I've run about 16 marathons since then.

Linda: *How long have you been with SCRR and what brought you to the club?*

Karen: I've been with SCRR since 2005. Amy was a member, and she suggested I join. I had just qualified for Boston and wanted to get involved in a training program.

Linda: *How is your training going this season?*

Karen: I'm not really training this season, just trying to stay in shape before I start training for Boston 2010. I was fortunate to qualify in December 2008, after coming back from an injury.

Linda: *Is there an upcoming race that you are focusing on this season?*

Karen: There's no one race I'm focusing on this season, but looking forward to participating in the club runs and see how I score in the Grand Prix.

Dave Schiller continues to lead the pack in the Grand Prix. He is off to a great season. I asked him a few questions about his race and training.

Linda: *Congratulations on your 1st place finish in your age group in the race. How did you like the race? What was your race strategy?*

Dave: I really like the 10-mile Distance Derby because it gives me a great comparison of my abilities from one year to



the next. Weather can affect the results, of course. In some years it was really hot, which could easily add 10-15 seconds or more per mile, especially in the second half of the race. But the weather this year was great. My strategy was to run 6:00-6:05 pace for the first half of the race and try not to slip to slower than 6:10 over the last 5 miles to reach my goal of running 61:00-61:30. At the 7-mile marker I caught up to Greg Jones (who is way faster than me) and he helped me to finish strong. My mile splits were all pretty close, with the fastest pace (better measure since some mile splits were short and some were long) being 5:57 the first mile and my second fastest being 5:58 the last mile. My slowest was 6:11 pace. I finished in 60:56, which is 20 seconds faster than the last time I ran the 10-mile race two years ago. I know I won't be able to get under 60 minutes again, but running better than 6:06 pace gives me confidence that I might be able to break 1:20 in January's So Cal Half Marathon. By the way, my Garmin had the course at 9.99 miles.



Linda: *When did you start running?*

Dave: I started running when I was about 31 years old (16 years ago). My father-in-law every year tried to talk me into running the Super Bowl Sunday Redondo Beach 10k, and every year I used either my birthday or a Super Bowl party as an excuse not to do the race (and most importantly not to train for it, since I never ran more than a mile). One year I ran out of excuses and it took me several weeks before I could build up to running 4 miles straight. I had so much fun running that first 10k that I started racing every month or two ever since.

Linda: *How long have you been with SCRR and what brought you to the club?*

Dave: I joined in early 1997 (4 years after that first 10k) after stumbling onto the club at Heritage Park when I was umpiring softball. Before then I trained a lot on my own while pushing my daughter in a jog stroller. The club has been great. I've met a lot of wonderful people, gotten to be a pretty good runner, and have had a lot of fun at the many parties, training runs and races. The things that strike me the most about the running community and our club in particular are (1) the great sense of joy and accomplishment we all experience no matter what our ability, (2) the personalities that clearly reflect this passion and appreciation, and (3) the support and enthusiasm shown for other people's training and races.

Linda: *How is your training going this season?*

Dave: It's starting to improve again. I don't do all the things necessary to take a shot at race PR's, but I have tried to do some speed work and hill work with the Woodbridge HS cross country team. I'm at a point now where my main goal is to run less than 10-15 sec/mile slower than PR pace in all distances. This is my compromise of (a) feeling good about my ability without having to caveat it with "for someone my age" (I would like to put off this qualifier for as long as possible), and (b) not spending the majority of my free time training (and risking injury).

Linda: *Is there an upcoming race that you are focusing on this season?*

Dave: I'd really like to run under 1:20 at the So Cal Half Marathon (which would mean over 10 sec/mile faster than this month's Long Beach Marathon) and under 2:56 at the Surf City Marathon in February. I'm running against the clock...and Father Time, who I'd like to think is still pretty far over my shoulder.

Thanks runners for sharing your stories. We start off the month of November running the Dino Dash. Four races down and eight to go... what will your top nine races be this season? See you at the races!



Jon Resnick, Greg Hanssen and Sue Rudolph after run/hiking 17 miles and 5000ft to Phantom Ranch at the bottom of the Grand Canyon and back. They went down from the South Rim on the Kaibob Trail and came up on the Bright Angel Trail.

Get ready for Big Baz's 2010 trail races

(<http://www.bigbaztrailraces.com/>)

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2010	<u>Jan 9</u>	Winter Trail Run Series (If you haven't done a trail race before, click Beginner's Page)	12K	2,604'
	<u>Jan 23</u>		15K	3,502'
	<u>Feb 6</u>		18K	4,020'
	<u>Feb 20</u>		21K	3,470'
	Mar 6	San Juan Trail 50K	50K	6,627'
	Jun 5	Shadow of the Giants 50K	50K+	5,923'
	Oct 2	San Juan Capistrano Trail 10K	10K	?
	Nov 6	Saddleback Trail Marathon	26.2 miles	5,162'

MARATHON CHALLENGE RUNNER OF THE WEEK

By: Runner's World WebSite

Name: Amy Katz

Age: 39

Hometown: Irvine, CA

Occupation: Accountant for a real estate company in Southern California.

Experience: Completed 25 marathons with a PR of 3:37:37 in Chicago, 2006

Marathon Challenge Goal: Finish the Chicago Marathon in 3:40-3:45

Family: I'm in a long-term relationship with a fellow marathon runner. We met in a local running club, and although he is much faster than I am, we support each other and are each others' biggest fans.



How I started running: In 1998 a friend told me about The Leukemia and Lymphoma Society's Team in Training program, and I decided to go to a meeting and check it out. I really liked the cause, and even though I had never run more than a couple of miles in my life, the promise of a trip to Cozumel, Mexico got me to sign up on the spot. I was fortunate that many generous friends and family members helped me with the fundraising, and I really enjoyed being part of a group of first-time marathoners. Unfortunately, Cozumel wasn't the best location for a marathon with the high heat and humidity, but I managed to finish in 5:29. After that I was hooked, and I've been running marathons ever since!

What gets you out the door when you have a hard time staying motivated? Being a member of two local running clubs, A Snails' Pace Running Club and South Coast Roadrunners, helps keep me motivated because I know I'll have people to run with, or at least visit with before and after the run, if I show up. It also helps me to stay on track with my training if I have signed up for races in advance. I'm really not motivated to go out running unless I have an upcoming race scheduled. Otherwise, it would be easy for me to stay home and take a nap.

What is your biggest challenge of marathon training? Training your mind for a marathon is really harder than training your body. Anyone can follow a training program and put in the miles, but not everyone has what it takes to calm the negative talk running through your brain at mile 20 of the marathon. For me, the hardest part of marathon training is building up the confidence to know I can reach my goal on the big day.

What's your idea of a Rave Run? I enjoy running near the beach, especially in the winter when the temperatures are cool and the ocean turns a deep blue-green. And running with my good friends always makes for a Rave Run.

Favorite running books, songs or movies? Currently I'm reading Bart Yasso's *My Life on the Run*. Bart is very inspiring. I really enjoyed *Without Limits* about the life of Steve Prefontaine, and *Run, Fat Boy, Run* was pretty funny, although not a movie to use as a guide for marathon training.

What advice would you give to a first-timer? I didn't consider myself a runner before I started training for my first marathon, and I had never really participated in sports growing up. I truly believe that if I can finish a marathon, anyone can if they really want to. It's a matter of believing in yourself and sticking to the training. And crossing the finish line is definitely more important than the time on the clock.

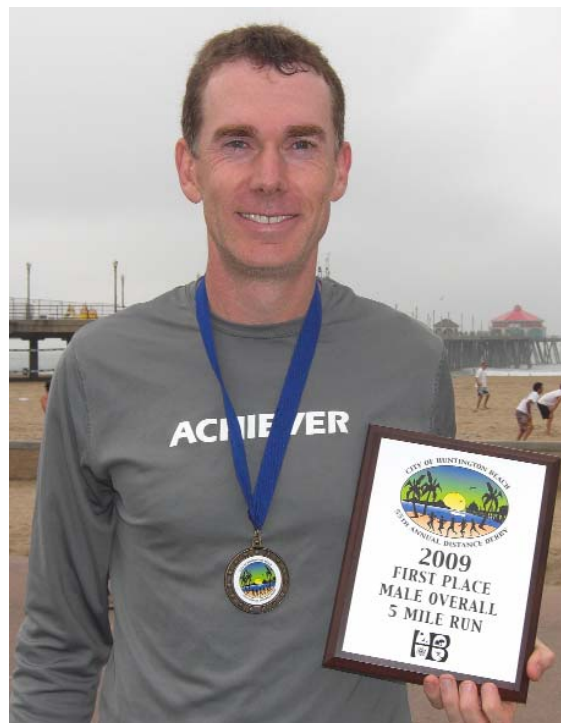
H.B. Distance Derby – SCRR Members Win Both Events!

Photos by: Linda Hammond, Armando Moran, Amy Katz and Others



Eric Frome (left) and John Gardiner (right) were the overall winners of the 10 Mile and 5 Mile races respectively.

Other photo captions:
(left to right below
Sandra Manzano-Straehle,
Matt Hood,
Amy Katz,
Orhan Beker, and
Jon Resnick)



Octoberfest Party -
Thanks to Rob and Cindi Harris!



Long Beach Marathon – Cheryl Wins Overall Female!

By: Excerpts from Long Beach Press-Telegram

Laguna Beach teacher uses surge to win

WOMEN: Cool weather and lack of wind are factors in faster times.

By David Felton, Staff Writer Posted: 10/12/2009 12:01:56 AM PDT

LONG BEACH - For the first 16 miles of Sunday's Long Beach International City Bank Marathon, Cheryl Smith and Daniela Alonso ran stride for stride while pulling away from the rest of the women's field. They jockeyed back and forth most of the way, each trying to put herself in prime position for the final 10 grueling miles.

That was when things began to change. As they ran east on Atherton Street, approaching the Cal State Long Beach campus, Smith found some extra energy and increased her pace while Alonso dealt with cramps and an upset stomach.

By the time Smith turned south onto Shoreline Drive and could see the finish line ahead, she had a lead of more than 20 seconds. She broke the tape in 2:50.18 to claim victory in the race's 25th edition.

"I felt an adrenaline rush and I went with it," said Smith, a 29-year-old substitute teacher from Laguna Beach. "I made that surge and I think that's what gave me the win."



Smith ran a conservative pace of 6:39 per mile over the first 10 kilometers and quickened that to 6:33 by the halfway point. Over the final eight miles, Smith again sped up and finished with a pace of 6:30, just a bit better than Alonso's 6:31.

Alonso, who won in Long Beach two years ago, finished the 26.2-mile course in 2:50.40. Elizabeth Bailey was third in 2:53.51.

"(Smith) picked it up more than me (over the final 10 miles)," Alonso said through a translator. "I tried as much as I could but I couldn't keep up."

Alonso, 28, said she began to cramp about the time Smith pulled ahead and she threw up twice during the race, virtually erasing any chance she had to catch up.

Smith, a mother of two, had never run in Long Beach before Sunday's race. She estimated she's run 10 to 12 marathons in her life, including the U.S. Olympic Trials in Boston in 2008. She struggled slightly from Mile 22 to 24 but regained her stride as the finish line approached.

"I don't know if it was the course or fatigue," she said, "but by Mile 24 I felt better. I knew I only had two miles to go."

Smith's winning time was 14 minutes faster than Jasmine Sessions' time last year and had a lot to do with the cool, overcast conditions that dominated Sunday's early hours.

"The weather was great," said Smith, who added the only breeze she felt was a slight headwind while running along the beach early in the race. "(Cool weather) helps a lot."

Twin Cities Report – Masters Marathon Championship!

By: John Loftus

Hi everyone. I'm a fairly new member to SCRR but thought I'd fill you in on my latest race. I went back to the Twin Cities Marathon in Minnesota looking for a bit of revenge on the course. Last year included torrential rains, high winds and cold temps which for a Southern California runner was a bit of a shock. Fortunately, this year's forecast was looking nearly perfect .. 45-53 degrees F, cloudy, and low winds. Perfect for my planned attempt at sub 2:40.

Like last year this was the USATF Master Marathon Championship which comes with some very nice perks. I strongly recommend this race to any master runner who can meet the qualifying standards (posted on the Twins Cities Marathon website) because they treat us so well.

I attended the pre-race interviews with the elite and master elite runners, then a VIP reception and socialized with the other invited runners. I got a light massage on Saturday, took a bus tour of the course and stocked up on food and snacks in the Hospitality Suite. I also charmed my way into getting my 'elite' bottle placed on a table at mile 17. So as you can tell, they spoil us rotten which is another reason I decided to come back again this year. ;)

I stayed with a friend, Justin in St. Paul and having a comfortable home to stay in, share race strategy and eat copious quantities of Pumpkin bread (aka PR bread) was just what I needed. For the secret PR bread recipe, just ask .. and perhaps I can include it in the next issue.

Pre-race included hanging out in the elite staging area (church basement near the starting line), meeting up with some other master runners and relaxing before the start. This year was the USA Woman's Marathon Championship so there was a much higher percentage of elite woman runners than last year. This was fortunate for me since I could expect to have lots of pacing company on the course since the Olympic Trials qualifying standards are 2:39 (A) and 2:46 (B).

At 7:45 or so, we filed out to the start line to do some warm-ups before the 8:00 am start. Temps felt warmer than last year but there was a slight breeze and I decided to keep the beanie cap and gloves but no arm warmers. Right before the start I looked around and waved to Justin at the front of Corral 1 and he worked his way forward to be lined up just behind me. The horn sounded and after about 20 yards Justin passed me on the left side which was as close as we got for the rest of the race.

For this race, I created a pace band for a 2:40 finish and adjusted each mile for the course profile. So for the recap I have put both the goal split and the actual split recorded on the Garmin. The kilometer and half splits are from the official timing mats.

Mile 1 – 6:02 (6:07 goal) Tried to stay very relaxed during the first mile and ease into it. Easier said than done when you have so many runners trying to find some open road and settle down.

Mile 2 – 6:04 (6:07 goal) Passed the Cathedral with the bells ringing non-stop which is a really cool touch.

Mile 3- 6:11 (6:11 goal) This has a half mile hill and just tried not to charge up it too fast. Another 50-54AG runner (we had age bibs on our backs which were required for the championship) started talking to me. He was looking to go around 2:40. He told me that Tom Dever (in our AG), the fastest half marathoner in the US last year with a 1:12, had a 2:34 goal today and he was out front. We continued to run together until mile 6 when he dropped back a bit.

5K – 18:43 (19:03 goal)

Mile 4 – 6:02 (6:01 goal) My HR started to come down which was a good sign that I was running more relaxed.

The course is almost constant turns in this area as we went around the first of 4 lakes and I was very aware of



looking for the tangents and running the straight line as much as possible. It must have paid off since my Garmin distance this year was 26.34 and last year it was 26.42.

Mile 5 – 6:01 (6:06 goal) On to the second lake.

Mile 6 – 5:58 (6:03 goal) Took my first gel

10K – 37:38 (37:53 goal)

Mile 7 – 5:59 (6:03 goal) All these miles felt really good. I knew I was running a few seconds faster than planned on each mile which caused me a little concern except my HR was lower than my target of 158-160. Passing by the third lake now.

Mile 8 – 6:00 (6:08 goal) I kept moving from one group to the next, easing forward and passing runners when I could.

Mile 9 – 6:00 (6:06 goal) A little uphill during mile 9 but like many small hills on the course, when it went up it would give back with a corresponding downhill right away.

Mile 10 – 5:58 (6:00 goal) The course clock was around 1:00:20 for the 10 miles point. I remember thinking this was some of the fastest/least effort running I have ever done. One of my overarching goals when I returned to marathon training 3 years ago was to recapture the feeling of running relatively fast but at the same time have it feel effortless. With nothing hurting on my body, with my breathing being light and easy, with the low temps and light breeze keeping any sweat under control, with the pace clicking along around 6 minutes a mile I was having one of those special moments in running when it all just comes together.

Mile 11 – 5:57 (6:03 goal)

Mile 12 – 6:04 (6:03 goal) This included the long straightaway over lake #4. Second gel.

Mile 13 – 6:03 (6:06 goal) Still the HR staying very low for the pace (155). I started to notice the wind more now as we turned in a more northerly direction.

Half split – 1:18:56 (1:19:47 goal)

Mile 14 – 6:07 (6:09 goal) This mile included a slight rise for almost the whole way and a few very tight turns.

Mile 15 – 6:02 (6:01 goal) Remember a very cool all drum band beating out some great rhythms near one underpass.

Mile 16 – 6:04 (6:04 goal) I remember thinking around here that the honeymoon was over and that I had to concentrate a little more and add a little more to hold the pace. There was also more of a headwind as we ran along the Mississippi river.

Mile 17 – 6:08 (6:05 goal) Picked up the new water bottle from the aid station and feeling the stride getting a little clunky for the first time. I reminded myself to focus on my form and get the legs back to a quicker turnover and smooth motion which seemed to help some.

Mile 18 – 6:17 (6:04 goal) Started to feel my legs tightened up a little and it was hard to hold goal pace. Of course I knew that this was too soon for this to happen but I stayed optimistic. It was only a rough patch, it was only a glitch and things would get better (or would they?) I noticed others slowing down too and this was not good. I had to find some runners ahead to keep the pace with.

30K split – 1:53:12 (1:53:23 goal)

Mile 19 – 6:17 (6:03 goal) Still struggling to get back to goal pace and the hills were coming up. Time to buckle down and dig deep.

Mile 20 – 6:13 (6:05 goal) Better .. Caught up with a few people and we started passing the ones hitting the wall. Third gel.

Mile 20 split – 2:01:50 (2:01:38 goal)

Mile 21 – 6:18 (6:08 goal) First significant hill of the final hills. About 10 seconds slower than I wanted to run this mile but I continued to work hard to hold on.

Mile 22 – 6:30 (6:29 goal) Tried to push harder on this hill and just about hit my goal pace.



Mile 23 – 6:30 (6:19 goal) Last of the hills. I was really looking forward to getting to mile 23.4 and catch a little downhill action. My legs were complaining but thought about staying in the moment and not letting up. Dang this marathon thing is tough business.

Mile 24 – 6:13 (6:02 goal) Still a little uphill in this mile and then finally some downhill. My legs really hurt now but knew this is where I could try to gain back some time.

Mile 25 – 6:17 (6:03 goal) Top speed was just not there, couldn't gain back any time but I did try to stem the bleeding. I consciously thought about pushing as hard as I could because after the race I didn't want to have any regrets.

Mile 26 – 6:15 (6:02 goal) Finally spotted the Cathedral spire through the trees and knew the finish was coming up. Bells were clanging or was that my head?!?

Mile 26.2 – 5:51 (5:55 goal) Passed a few runners near the end and gave it all on the last downhill. My legs were shot but I pumped my arms and tried to sprint for the line. After crossing I slowed down and felt very weak but somehow continued to walk it off. Circled the finishing chute for a bit and talked to a runner in my AG, a Polish guy who ended up finishing about 20 seconds behind me.

Final gun time – 2:41:20 (:19 chip)

A 2:15 PR over my Boston '09 time and a 5:24 course PR. 50-55 Age Division placement – 2 out of 467– (first place ran a 2:41:04 and he was about 3:50 ahead of me at the 20 mile split so I almost caught him). Overall Placement 75 out of 8432. Age Grade performance: 87.23% (7th Place AG %)

Post script: I'm really pleased with the race and the PR but at the same time know I could have done a little better job on the early pacing. The marathon is high wire act with little room for error and I went out just a tad too fast for my current fitness and couldn't escape the fade. But I didn't fall apart too bad which I attribute to some good training, getting tough when it counted and leaving it all out on the course. I surprised myself by running at a pace that just a few months ago I wouldn't have attempted and will look forward to taking another crack at the 2:40 barrier at my next goal marathon. Thanks for reading along and it was really great to receive some congratulation messages from my SCRR friends! Cheers

Save the Date!!

Dan and Teleia Templin's

SCRR Wine and Cheese Party

Nov. 21

Details to Come!

Race Results – Lots of Marathons and More!

St. George Marathon

Sue Zihlmann	2:53:22 (PR, 10 th OA, 1 st AG)
Mary Lynch	3:14:18 (PR, BQ)
Rudy Carrion	3:13:11 (PR, BQ)
Michael Ewart	3:17:45 (Former club member, now lives in AZ)
Annette McCall	3:30:07 (BQ)
Cathy Shargay	3:56:47 (BQ)

Twin Cities Marathon

John Loftus	2:41:19 (2 nd AG)
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Chicago Marathon

Tonson Tong	3:03:09 (BQ)
Amelia Carchidi	3:26:19 (PR/BQ)
Kathleen Curley	3:27:36 (20 min PR!/BQ)
Amy Katz	3:44:54 (BQ)
Evie Katahdin	3:48:26 (PR)
Liza Svoboda	4:02:12

Long Beach Marathon

Cheryl Smith	2:50:18 - Women's Winner!! (obvious BQ)
Armando Moran	3:18:55
Eric Ison	4:36:29 (First Marathon!)
James Chandler	5:07:27 (First Marathon!)

Long Beach Half Marathon

Greg Jones	1:18:31
Ben Coyle	1:22:06
Dave Schiller	1:22:21
Ryan Doss	1:23:59 (PR?)
Vince Lowder	1:26:02 (PR)
Jim Higashi	1:28:06
Elyse Shimada	1:29:11 (PR)
Sabrina Higashi	1:29:55 (PR)
Laura Bullock	1:30:59 (PR)
Bryan Chu	1:31:16
Patti Fasola	1:31:51 (1st Master)
Leilani Rios	1:34:33 (PR)
Ken Atterholt	1:35:10
Bob Morris	1:35:52
Rob Harris	1:38:16
Greg Hanssen	1:40:05
Pam Fecher	1:43:45
Erika Kotteakos	1:42:54
Tom Skane	1:45:52
Dan Templin	1:48:56
Amanda Beach	1:50:24 (PR)
Carlos Jovel	1:51:18 (10 min PR!)
Craig Petrovich	2:19:04 (first ½ marathon!)

Marine Corps Marathon

Kevin Ray	2:59:40 (Sub 3!!)
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SATURDAY RUNS

All runs meet at 7:45 a.m. and start at 8:00 a.m. unless shown otherwise.

11/7/09, Novemberfest!

Leader: Rob Harris

Location: Rob's house: 24801 Via Princesa, Lake Forest

Directions: PCH, West on Marguerite, until it dead-ends on Ocean Blvd.

About the Run: Come back to the scene of the Oktoberfest in November! This week's run starts at the Harris residence and proceeds along the Serrano Creek Trail up to Whiting Ranch Wilderness Park. The run is uphill on the way out and, of course, downhill on the way back. The route is on dirt "fire roads" and can be any distance up to around 17 miles depending on how deep into Whiting Ranch Park you want to go. The first 4.5 miles are out and back so you can run any distance you like. There will be maps at the start.

After the Run: Rob will have bagels and cream cheese, fruit, water and coffee on the patio after the run.

11/14/09, Quail Hill

Leader: Matt Hood

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 since it can be warm.

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

11/21/09, Ship to Rail

Leader: Sabrina Higashi

Location: Dana Point Ocean Institute

Directions: From PCH in Dana Point, turn onto Golden Lantern toward the ocean. At the bottom of the hill, turn right on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute. Parking is all around. We'll meet at the end of DPH Drive, near the "Pilgrim" sailing ship and little pier in Dana Point Harbor.

About the Run: This is an out and back flat run that will cover a portion of the "Turkey Trot" course. First turnaround point is at the end of the parking lot just past the San Clemente Metrolink Station. Total distance is about 10.6 miles. Shorter options are available. For a 12.8 mile run, continue running along the footpath to the next turnaround point, the San Clemente Pier. For those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. If you're doing a 20-miler, you could continue along the path that goes beyond the San Clemente Pier then turnaround when necessary. Bring water, although several drinking fountains are located along the way. Lots of restrooms!

After the Run: Lots of breakfast options at the harbor...

11/28/09, Glenn Ranch

Leader: Greg Hanssen

Location: Meet at L.A. Fitness at the corner of Portola and El Toro Road in Lake Forest.

Directions: Take the El Toro exit off the 5 and head toward the hills. Portola is about 5-6 miles up.

About the Run: The run is a loop headed toward Glenn Ranch and into the foothills. Wonderful hill training or recovery from the Turkey Trot!

After the Run: Coffee shop in the same shopping center.

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, **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**
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949-250-0852 949-752-0153 Fax
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Dr. Pamela Galambos, DC, BS, **Chiropractor**
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MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**
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""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.

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

Check www.raceplace.com or www.active.com for event registration info

NOVEMBER	
SUN, 11/1, 9:00 a.m.	ING New York City Marathon
SUN, 11/1, 7:15 a.m.	Ralphs & Food 4 Less Dinosaur Dash XIX 5k & 10K , Tustin Marketplace DinosaurDash
THURS, 11/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SUN, 11/8, 7:00 a.m.	Eye-Q Two Cities Marathon, ½ Marathon, 4 Team Relay – Fresno, CA www.runfresno.com
SUN, 11/8, 7:00 a.m.	2 nd Annual Race for Research - Dockweiler State Beach in Los Angeles RaceforResearch
SUN, 11/8, 7:00 a.m.	Mission Inn Run, ½ Marathon, 10K, 5K – Riverside, CA MissionInnMuseumRun
SUN, 11/15, 7:00 a.m.	Run for Her Cancer Run 5K – Pan Pacific Park, Los Angeles RunforHer
SUN, 11/15, 7:00 a.m.	Malibu International Marathon, ½ Marathon – Malibu, CA MalibuInternationalMarathon
THURS, 11/26, 7:00 a.m.	Dana Point Turkey Trot – Dana Point Harbor Turkeytrot.com
THURS, 11/26, 7:15 a.m.	Oceanside Turkey Trot – Oceanside, CA Osideturkeytrot.com
SAT, 11/28, 8:00 a.m.	San Dimas Turkey Trot 5K, 10K & Kids Run – San Dimas, CA SanDimasTurkeyTrot
DECEMBER	
THURS, 12/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SUN, 12/6, 6:15 a.m.	Las Vegas Rock 'n Roll Marathon, ½ Marathon 6:15 a.m. Las Vegas Marathon
SUN, 12/6	California International Marathon, Sacramento, CA
SUN, 12/13	Tucson Marathon
SUN, 12/13, 8:00 a.m.	L.A. County ½ Marathon, 10K, 5K, Kids Run & ½ Marathon In-line Skate – Pomona, CA 6:00 a.m. http://www.runlacounty.com/home
SAT, 12/12, 3:00 p.m.	Xterra Crystal Cove Trail 5K – Laguna Beach, CA The 5K portion was moved from Sun morning to Sat afternoon to minimize impact to the park and trails.
SUN, 12/13, 8:00 a.m.	Xterra Crystal Cove Trail 17K – Laguna Beach, CA CrystalCoveTrailRace
SUN, 12/13, 7:15 a.m.	Make Room for Santa – 5K, 10K & Kids Run – Tustin, CA MakeRoom4Santa
JANUARY	
THURS, 1/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SAT, 1/9, 8:00 a.m.	Southern California ½ Marathon, 5K Irvine, CA SC 1/2 Marathon
SAT, 1/9, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SUN, 1/10, 8:00 a.m.	XDURO – Boney Mountain 6K, 21K– Thousand Oaks, CA XDuro Boney Mountain
SUN, 1/10, 7:13 a.m.	13.1 Los Angeles – Santa Monica, CA 13.1 Marathon Los Angeles
SUN, 1/17, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ Rock n Roll Arizona
SUN, 1/24, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon

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