

ON THE RUN



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

Orange County, California
July 2008 Issue

Runner of the Month – Ben Coyle

By: Amy Katz

Congratulations to Runner of the Month Ben Coyle! Ben joined the club last year and has been a very active member ever since. I remember when he came to his first Saturday run after only being in California a few days after moving here from Rhode Island. I recently talked to Ben about his running and goals for the future.

First off, I have to know, what was it like to win the Reaching for the Cure 5k in April? Was it a strange feeling to have no one running in front of you? Were you afraid you'd go the wrong way?

Reaching for the Cure was fun; winning was fantastic! I started off too quick. All the kids at the front of the pack got me fired up, and some of the guys got it in my mind that I had a shot of winning. I was worried about going the wrong way since I'm not used to being out front like that, but it was fun. I knew some of the other South Coasters were reeling me in but once we merged with the 10K race, it took my mind off the lead and I could focus on the 10Kers in front of me. Hope it's not the last win I get but I made the most of it asking anyone who would listen to guess what place I came in.

Now that you've trained for both marathons and 5Ks, do you have a favorite distance, or do you like the variety?



My favorite distance is still the marathon but I really enjoyed the training program for the 5K.

Just something about the marathon distance always gives me an amazing feeling to finish.

Do you think moving to California has helped your running?

Moving to California definitely helped my running. I'm in the best running shape I've been in for a long time. The winter training was fantastic! I'm used to hoping for the occasional above-freezing day. Although I did enjoy some of the cold days, they do get tough after a while, and I'm getting in much better shape in the warmer weather!

What are your upcoming races and goals?



Runner of the Month – Ben Coyle (Con't)

By: Amy Katz

No goals for the summer, my next goal race is the Long Beach Half. I had fun running it last year, even though I got passed by a fellow South Coaster (who I won't mention) in the last couple of miles. After Long Beach I want to do another marathon, I'm thinking Cal International, but haven't decided.

Any advice for runners who are hoping to improve like you have?

Danny provided a great program for my Winter/Spring training. It helped that I really did not have to think too much about it and was able to stay pretty close to the plan. Also, we had a great training group. It's really tough to run hard or stick to a program alone. I'd say to get faster you have to have some luck, which I think I did this past year. I managed to stay healthy and motivated, with a good training program and some great training partners. But to simplify it, just keep running using whatever motivates you. On tough days to stay motivated I usually think if you can't beat 'em maybe you can outlast 'em.

2008 SCRR Award Winners

Most improved female runner:	Sherri Ellerby
Most improved male runner:	David Litvak
Ideal runner - Male:	Fred Cowles
Ideal runner – Female:	Leilani Rios
Volunteer of the year:	Cathy Shargay
President's award:	Danny Stein
Grand Prix winner:	Sherri Ellerby
Most inspirational runner:	Cheryl Smith

2007-2008 Top Twenty Grand Prix Finishers

By: Mike Friedl

Based on photos on previous page (Jeannie Leitner was also in the top ten, but was not present):

- | | |
|-------------------|----------------------|
| 1. Sherri Ellerby | 11. Orhan Beker |
| 2. Bob Morris | 12. Tonson Tong |
| 3. Fred Cowles | 13. Erica Kotteakos |
| 4. Dave Schiller | 14. Mike Friedl |
| 5. Mike Gulan | 15. Linda Hammond |
| 6. Ben Wobig | 16. Jason Blank |
| 7. Mike Connors | 17. Kevin MacDonnell |
| 8. Ben Coyle | 18. Amy Katz |
| 9. Ed Coffey | 19. Mike Sellers |
| | 20. Ken Atterholt |

Photos from the Fantastic SCRR Awards Banquet!

Photos Submitted By: Leilani Rios



**Top Ten
Grand
Prix
Finishers**

**Top
Twenty
Grand
Prix
Finishers**





President's Award Goes to Danny Stein

By: Out-going President Jon Resnick

This year's Presidents Award Recipient has so many positive qualities it's hard to pick one word to describe him. For me, the first word that comes to mind is: winner.

This person is not only a winner when he races-something most of us can only aspire to do-but he shows the same qualities of a strong work ethic, team spirit, enthusiasm, and perseverance in all other endeavors related to our club, and I'm sure in his career as well.

Of his many noteworthy qualities, there are four that I find particularly admirable.

Tact. I can't recall a single instance of when I've heard him say something bad about someone else. Ever.

Selflessness. He always supportive, and adds a level of sincerity to our running club. He's just as excited when somebody else achieves their goal as when he achieves his own.

Courage. His near marathon finish at the 2007 Pacific Shoreline race may have become a permanent chapter of our club's folklore, but not for the reasons you'd think. We marathon finishers might give him a little ribbing

about his brief trip to the hospital, but only because we understand how much he did achieve by challenging his own personal limits, which is always an example to follow. Not to mention, he's also had to overcome personal tragedy this year when his alumni was eliminated from the NCAA basketball tournament.

Leadership. For those of you who are new to the club, and to our guests, the man I'm talking about is the personification of leadership. In addition to holding the position of board president for not one or two years but for three consecutive years, he's organized annual trips to the Footlocker high school championships in San Diego, continued to coach many of us both formally through his training program and informally, when anyone asks for advice, and, most recently, made calls to our membership to ensure a great turnout tonight and volunteered to sell raffle tickets as well.

I can't think of anyone who could possibly be more deserving of the 2008 President's award than Mr. Danny Stein.

Photo Captions for Page 3: Top two photos see Grand Prix Top Finishers List on Page 2.
Other photos clockwise from left: Sherri Ellerby with her two awards; Danny Stein receiving President's Award from Jon Resnick; Greg Jones; Dave Litvak; and Eric Frome and Debbie Taege.

Photo Captions for Page 4: Top row: Ed Coffey, Cisco Rubalcava, Jami Brooks, and Mike Friedl; Leilani Rios and Noreene Matsuda.

Middle row: Kathleen Litvak congratulating Mike Sellers; Fred Cowles; Dave Litvak congratulating Mike Sellers.

Bottom row: Leilani Rios; Cathy Shargay; Sherri Ellerby; Jon Resnick.

Special Sunday Run on July 6th

See page 7

President's Letter

By: New President Amelia Carchidi

It is hard to believe that July is already upon us and we are heading into another year, another training season, and another Grand Prix for the South Coast Roadrunners.

I am truly honored to have been elected as SCRR President this year. SCRR has been a huge part of my life since I moved to Orange County in the summer of 2004. When I first moved, I was still commuting back to San Jose for work so pretty much everyone I knew down in OC was through the club. I have made friends which will be my friends for a lifetime. Here we are four years later, the club has grown considerably - we have lots of new faces and many old faces who keep coming back not only to run faster and farther than ever before, but to also from the camaraderie and great leadership which we have had over the years. Our recent banquet was a prime example of the great fun we have with SCRR and how we are all so strong because we work together and challenge each other.



As we head into the new season, I encourage you to take some time to think about where you plan to be this time next year. Write down your goals, set up a schedule, join a training program, and go for it. Chances are you will find you can accomplish more than you thought. At the same time, think about what you would like to get out of the club this year - and what you can do to make it better. We are a great club only because of all the great people that make it so rewarding and so much fun. Looking forward to another great year !

Happy Running !

Amelia Carchidi
SCRR President 2008-2009

Running Quote of the Month

I believe in the runner's high, and I believe that those who are passionate about running are the ones who experience it to the fullest degree possible. To me, the runner's high is a sensational reaction to a great run! It's an exhilarating feeling of satisfaction and achievement. It's like being on top of the world, and truthfully... there's nothing else quite like it!

Sasha Azevedo

Remembering Jerry Jefferson

By: Noreene Matsuda

I have some sad news. Jerry Jefferson, an SCRR member and a friend to many, passed away in June. He was running on the trails at Aliso Woods this morning with friends Kathy, Laura and Bill. After running 2.5 miles, he fell to the ground. They did everything they could to help him, including other people that were on the trail. The police and fire department crews arrived within 10 minutes, but they were unable to revive him. We still do not know the cause of his passing as of yet. He was 75 years old.

Jerry was the 4:30 pacer for the OC Marathon in 2006, and his photo from this race is shown to the right. We will miss Jerry on our weekend runs and bike rides. He was good-natured, always looked on the bright side and he never complained. We all will miss Jerry very much.



OCTri Club

Silent Auction Benefiting Challenged Athletes Foundation (CAF)

Dinner, Inspiration Sports Speakers

Lots of Cool Items to Bid On

Registration for Non-members: \$30 by Aug. 1 and \$35 after

When: Tuesday, Aug. 26, 6:30 to 10:00 pm

Where: Laguna Hills Community Center

2555 Alicia Parkway, Irvine

Website: http://www.octriclub.com/content.aspx?page_id=87&club_id=688220&item_id=52169

Many SCRR Members typically attend this event and
have a great time while benefiting a wonderful charity!

SATURDAY RUNS

(NOTE: BACK TO EARLY START – meet at 6:45 a.m., run at 7:00 unless otherwise noted)

7/6/08, Special Sunday “Mission Bells” Run

Time: Meet **Sunday** at 7:10am. This run will start promptly at **7:25 am**.

Leaders: Mike Connors and Tom Dellner

Location: San Juan Capistrano Train Station

Directions: From Irvine, drive about 15 miles south on the San Diego 5 Freeway to the Ortega Highway exit. Turn right into the right lane of Ortega Hwy and drive a quarter mile west to Camino Capistrano. Turn left onto Camino Capistrano and take an immediate right at the signal at Verdugo Street. Park in either the parking structure to the left or the parking lot to the right at the train station. Meet at the rail road crossing gates.

About the Run: This special Sunday run is a one-of-a-kind experience. Start the run off with the ringing of the mission bells as we run through the historic Los Rios district. Hear the arrival of the 7:31 San Diegan and see the animals being fed (do not taunt the Shetland pony--he is sensitive about his height) as we run past Zoomars on our way to the San Juan Creek trail. The trail leads toward Doheny State Beach and Dana Point Harbor (no taunting of whales, either), where you can put in as many miles as you wish before returning to the train station. Note: Out and back to the Ocean Institute/Tall Ships is 10 miles. You can add on almost 2 more miles by doing the loop around the island as in the Turkey Trot. Those wanting to go really long can head out toward Doheny and the San Clemente Depot before turning back.

After the Run: There are a handful of coffee, bagel, pastry and breakfast places nearby, e.g., Starbucks, Ruby's and the Ramos House, which has been voted the best brunch in OC (but which gets crowded and may require reservations). Some may even choose to drink their breakfast at the (in)famous Swallows Inn.

7/12/08, Upper Aliso Creek

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 an out and back along the bike path heading South toward the ocean or North toward the mountains. Go as far or as long as you like.

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

7/19/08, Spyglass Hill

Leader: Mike Connors

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 loop is 12 miles, but larger or smaller loops are available for those wishing to run shorter or longer.

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

7/26/08, Back Bay Classic

Leader: Jared Lessard

Location: Corner of Eastbluff and Back Bay Drive.

Directions: Take Jamboree Exit off the 405—head West; go about 2 miles; Right on Eastbluff; go .2 miles—park on the right; we begin running at Back Bay Drive.

About the Run: The “standard” loop is 10.5 miles. You can extend the run along the bike path or shorten the run by making it out and back as far as you like. Water is available at several points along the way (~miles 3.5, 5, 7 along the “standard” loop).

After the Run: Starbucks on Bristol and Jamboree.

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

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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.

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

Club Events in bold font

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



JULY	
THURS, 7/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
FRI, 7/4	Woodbridge 5K
FRI, 7/4, 7 a.m.	Surf City Run 5K, 17 th and Main, Huntington Beach, www.surfcityrun.com
FRI, 7/4, 7:30 a.m.	Run through the City of Lake Forest, Lake Forest and Trabuco, www.lf5k.org
THURS, 7/10, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SUN, 7/20, 8:00 a.m.	Magic Shoes 5K, Irvine Spectrum, www.magicshoe5000.com
AUGUST	
THURS, 8/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
THURS, 8/7, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SUN, 8/17, 7:00 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, www.afchalf.com
THURS, 8/21, 6:00 p.m.	Sunset in the Park, 2.8 and 4.8 mi, Central Park west, Huntington Beach, CA. Located between Goldenwest & Edwards, Ellis & Slater Streets, www.nealand.com/finishline/
SAT, 8/23, 6:30 a.m.	Bulldog, 50K and 25K, Malibu Creek State Park
SAT, 8/30, 8:00 a.m.	Cook Spirit Run, 5K, Mile Square Park, Fountain Valley, www.kevincookspirirun.org
SUN, 8/30	Disneyland Half Marathon, 1/2M and 5K, www.disneylandhalfmarathon.com
SEPTEMBER	
MON, 9/1, 8 a.m.	Run to the Top, Mount Baldy
THU, 9/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza

2008-2009 SCRR CLUB OFFICERS:

President:	Amelia Carchidi
Vice-President:	Greg Jones
Treasurer:	Orhan Beker
Secretaries:	Tonson Tong
RRCA Liaison:	Jannay Morrison
Webmaster:	Mike Reeves
Social Chairs:	Stacey Dippong
Officer At Large:	Leilani Rios

2008-2009 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

NEW CLUB OFFICERS

ELECTED AT JUNE MEETING

SEE LIST ABOVE