

# ON THE RUN



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

Orange County, California  
July 2009 Issue

## ***Runner of the Month – Matt Hood***

By: Rob Harris

Our Runner of the Month for June, 2008, Matt Hood, comes to SCRR via circuitous route from Texas through Chicago to Southern California.



His initial contact with the club came through our website being shouted out from a fast moving pack of runners including the always talkative David Schiller near the Woodbridge theatre. Armed with that information and a computer, he was able to find the club and come out to run with us for the first time in August of 2008. His first run was a Saturday run led by Leilani. He followed that up with the regular club runs the next week where I was one of those who ran with the new guy and was struck by his friendliness and, of course, his employer, BJ's Restaurant and Brewhouse. Mmmm, beer!

Matt grew up in both Lubbock and Austin in Texas. He ran in junior high school but gravitated to soccer during his high school years. Matt moved on to college and his studies emphasizing marketing. It was here, at Texas Christian University in Fort Worth, that he met his future wife Dawn. She is a Florida native who had become enamored of the school during a visit to her sibling who also attended T.C.U. Upon graduation, they moved to the Chicago area where Matt attended Northwestern's Kellogg business school. There he earned his MBA in Marketing.

While living near Chicago, he admitted to perhaps gaining a little weight and decided to start running again in 1996 for general health and well-being. Upon completion of his degree, Matt and Dawn moved back to Austin where he continued running with a group called the Rouge Runners out of Run Tex, a running store in the area. This led to the first of three Austin marathons in 2001. He ran also his P.R. on this course. He has also completed the Walt Disney World Marathon and recently finished the 2009 Rock and Roll Marathon in San Diego. Matt's current running goal, along with participating in the Grand Prix series, is to run a Boston Qualifier.

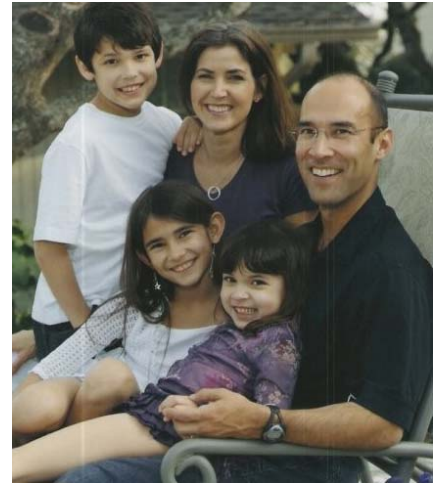


## ***Runner of the Month – Matt Hood (Con't)***

**By: Rob Harris**

While Matt may be remembered for supplying the potent Jeremiah Red beer for the banquet, he also possesses many of the characteristics that we all respect in a runner. He is dedicated (who would run 4 Woodbridge loops for a 20 miler?), hardworking (solo track work-outs?), a man of faith and a great “during the run” conversationalist. Combine these features with his out-going personality and helpful attitude and you get a “Runner of the Month.”

The most important thing in Matt's life is clearly his family. The Hoods have been married 18 years (it appears that they must have been around 12 when they got married) and have three children; Sarah, Michael and Grace. Matt is the Chief Marketing Officer for BJ's Restaurants and has held that position since January, 2008. It was for this job that the family relocated to Woodbridge from Texas and SCRR is a better club for it.



## ***SCRR 2009 Awards Banquet***

The annual SCRR Awards Banquet was held on June 20, and it was once-again an absolutely fantastic party! Many thanks to the organizers – our Social Chairs **Stacey Dippong** and **Kathleen Curley**. **Mike Friedl** was again perfect as the emcee and made the evening flow along with wonderful reminiscing, anticipation for who won the awards, awe for the various accomplishments, and great appreciation of the deep camaraderie in the club. **Sherri Ellerby's** slide show was incredibly creative with photos and videos of nearly everyone in the club all set to music which was a great way to highlight our fun times together. The pre-parties and post-parties added to the day's enjoyments, and a great time was had by all!

## ***2009 SCRR Award Winners***

Most improved female runner:	Erica Kotteakos
Most improved male runner:	Mike Sellers
Ideal runner – Male:	Greg Hanssen
Ideal runner – Female:	Stacey Dippong
Volunteer of the year:	Fred Cowles
President's award:	Greg Jones
Grand Prix winner:	Fred Cowles

## **Grand Prix Finale – Our Top 20 Finishers!**

**By: Linda Hammond**

The Grand Prix season came to a conclusion with the Corona del Mar 5k. Team SCRR ended the season cleaning up with medals galore and some PRs. After all the scores were tabulated by Grand Prix guru **Mike Friedl**, **Fred Cowles** was declared the 2008-2009 Grand Prix Champion and winner of the Lois Edds Award. In the 1995-1996 season Lois scored 8100 points to average exactly 900 points per race. This season Fred scored 8092 points to miss Lois' record by 8 points, less than 1 point per race. Lois' season had more highs (987 for one race, still a record) but also some off races. Fred's season was more consistent; he had five 900+ races. He dropped races of 859 and 869 - nobody has ever dropped races that high. Congratulations to Fred, the Top 20, and the entire club for a great season.

I asked the Grand Prix Top 20 to share their thoughts on their favorite races this season.

**1. Fred:** The Woodbridge 5K is probably my favorite club race. The course is very fast and we get to run it again in January for the So Cal 5K, so it's a good opportunity to pick up a few more GP points for the year. The Corona Del Mar 5K is also a favorite, although the course is a bit more challenging.

**2. David:** The HB Distance Derby 5-miler because I made Richard Paris pull off the course and throw up 400m from the finish because I was making him hurt trying to stay ahead of me. He almost always beats me, so I took this as a good sign that I was getting back in shape.

**3. Jeanie:** (Linda): Jeanie averaged 816 points this season. Her high score was 845 points at the Surf City Half Marathon.

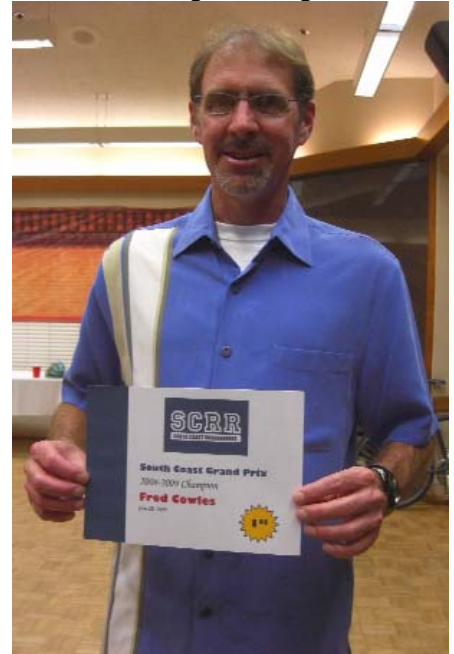
**4. Brad:** I like Carlsbad because I get to watch other club members race and I like having the whole gang around to cheer.

**5. Mike S:** I liked the Sunset in the Park race the best of the Grand Prix races. I prefer XC races and adding the element of recovery time between races was a nice change.

**6. Mike G:** Corona del Mar 5K has the best view and great food! For me, it was the 2008 Turkey Trot that exemplified the character of SCRR, helping each other achieve our goals.

**7. Erika:** I'd say that the Dino Dash was my favorite club run this year. It's a well run race with lots of participants. The awards for the top finishers are great, too. Sure would love to have one some day...one can dream, right?

**8. Leilani:** (Linda): Leilani averaged 756 points this season. Her high score was 805 points at the Dino Dash 5k.



*Article Continued on Page 8 (with full stats)*



## SCRR 2009 Awards Banquet Photos

By: Linda Hammond, Armando Moran, Paul Avedian, Leilani Rios



*Photo Captions on Page 6*





*Photo Captions on Page 6*

Photos on Page 4 –

Center: Mike Friedl and Fred Cowles

Clockwise starting at Top Left: Jacuzzi scene at post-party; Armando Moran and Greg Jones; Beiyl Zheng and Armando Moran; Ben Coyle and Armando Moran; Carrie Shargay, Ken Atterholt and Cathy Shargay; Cisco Rubalcava and date; Greg and Colleen Jones; Dan and Teleia Templin; Stacey Dippong; Noreene Matsuda, Sandra Manzano-Straehle and Linda Hammond; Noreene Matsuda, Melissa Friedl and Leilani Rios; Molly Donnellan and Amy Katz; John and Jennifer Walt; Kathleen Curley and Jared Monk; Leilani Rios and Sherri Ellerby; and Liza Svoboda, Paul Avedian and date, and new guy James.

Photos on Page 5 –

Top Left: Ken Atterholt, Leilani Rios, Erica Kotteakos, Mike Gulan, and Dave Schiller.

Top Right: Leilani Rios, Noreene Matsuda, Sherri Ellerby and Jennifer Neff.

Second Row Center: Armando Moran and Linda Hammond.

Second Row Right: Liza Svoboda and Tonson Tong.

Third Row Left: Amanda Beach

Third Row Center: Dan and Teleia Templin.

Bottom Row Left: Karen Winter, Jane Crewe, Amy Katz, Linda Hammond and Erica Kotteakos.

Bottom Right: Erica Kotteakos.

## ***President's Letter***

**By: Greg Jones**



Past, Present, The Future

I know it is cliché to start a "new year" reviewing the past year and commenting about how it was the best ever, blah, blah, blah. Seriously though, this past year was very good, we had breakthrough races and phenomenal performances by many of our club members. For instance Brad Wobig dropped under 17:00 this year, Mary Lynch went from a best last year of 20:51 to 18:58 this year, there are a number of these examples that make me proud.

One thing I have noticed is how I see more SCRR and Snail's Pace singlet's towards the front at the finish line than Cal Coast jerseys. We ran hard, we partied harder, and most importantly we stayed healthy so we can continue running well in the new year. Starting with the Woodbridge 5/10k followed by the Annual SCRR club race (5000 track race), this will be one of the most competitive years for the grand prix.

Thank you to Amelia for leading the club over the past year. I appreciate the trust that has been placed in me to take the reins and keep the club going.

SCRR is successful because of the board members, the volunteers, and the continually increasing membership. Let's continue to recruit and welcome new people into SCRR and make this our best year yet.

At the end of this year I hope we are all still healthy, proud accomplishing goals, and a little better than we are today.

All the best – Greg -- SCRR President, 2009-2010

## ***The Next Training Season Kickoff***

**By: Danny Stein**

The upcoming Stein Training 2009 Summer/Fall training season is about to start. The Stein Training program is a formal Coaching and Training group that members of the South Coast Roadrunners, Snails Pace Racing Team/Club, among other affiliations around Orange County, CA have participated in over the past 8 years. The group is specifically designed to help runners of both genders, all ages and all abilities reach their running goals.

Danny can provide a detailed document that provides history of the group, highlights from the past season (2009 Winter/Spring), background on himself, details on the design/expectations of the program itself, and information on costs/Elite qualifying marks. Some information is the same from past seasons, but there is new information specifically on the highlights, training log, fees and qualifying marks. Please make sure you are completely up to speed...no pun intended.

He requests all interested athletes send him a note declaring their participation for the coming season. He is currently working on the design of the workouts and will be flying into CA for the kick-off meeting on 7/16. All participants will meet in the bleachers of Irvine High School football field at 5:40pm sharp and finish prior to the start of the SCRR group run at 6:15pm. Danny hopes to have the majority of custom plans completed for each athlete by the time of the kick-off meeting. In order to accomplish this task, he must have each athlete's desired focus distance, goal times, peak races provided to him. He will also need each returning athlete to ensure their Merv logs are updated from the past season, as well as, during the base phase of this new season.

For any new athletes to the program, Danny will need the following questions answered...How many days are you running each week, how many miles, what kind of pace, what is the distance and mileage your longest run each week to date? Have you run any recent races? If so, what were the distances and times? What are your goals for this season...distance, race, goal time? How many marathons have you done? What are your PRs over 5k, 10k, 1/2 marathon and marathon if you have raced that distance. Injury status. are you healthy? Any pains? among any other background information you can provide. Please send this info and any questions to: **SteinTraining** <[steintraining@yahoogroups.com](mailto:steintraining@yahoogroups.com)>

## ***Club Road Trip – E.T. Marathon/Half/10K/Ultra***

**By: Greg Hanssen**

Come to Las Vegas and get abducted on the Extra Terrestrial Highway marathon, half marathon, 10k or 51k Ultra on August 8th/9th. Nevada state route 375 (aka the extra-terrestrial Highway) is about 2-2.5 hours north of Las Vegas.

The marathon and 51k Ultra (for area 51 of course) start at midnight, the half starts at 12:30 and the 10k at 1am. The expo is in Las Vegas from 4pm-8pm near the Hard Rock hotel on Saturday. There will be a full moon and the temperatures are expected to be in the 60s. We could carpool out to Las Vegas Friday night, party late then sleep in on Saturday morning. Saturday night we could carpool or take event busses out to the starting line.



Contact Greg ([greghanssen@gmail.com](mailto:greghanssen@gmail.com)) if you're interested in joining!

Event web site: <http://calicoracing.squarespace.com/et-full-moon-midnight-maratho/>



## ***View from the Back – July's topic: Hydration***

**By: Doug Denniston**

During the spring months of “May gray” and “June gloom” it is often easy to overlook the need to keep our bodies hydrated, especially during a workout. Now that summer is in full swing, and the heat is here consider taking a water bottle with you on the trail.

The Runner's Guide advises that “an athlete who is running in weather that is hot or humid should consume fluids (in ounces) equivalent to their body weight (in pounds) each day”: i.e. a 150lb. runner should take in 150oz. of fluids/day. Also, “all runners, even the most conditioned athletes, need at least 12oz. / hr. of water or sports drink during workouts.” Now I know that drinking the equivalent of your body weight each day seems excessive, but remember if you are eating a good balanced diet of fruits and vegetables, these will contain a great deal of water already.



Molly gave me some great advice a few months ago. She suggested I carry a combination (50/50) of water and sports drink. “Don’t wait until you’re thirst to drink, or else you’ve already waited too long,” she said. “Drinking this keeps me refreshed, helps me avoid cramps, aches or pains and gives me an extra boost of fuel during my long runs.” Good advice for us all. Thanks Molly! See you on the trail..... ;-)

## ***Grand Prix Finale – Our Top 20 Finishers! (Con't)***

**By: Linda Hammond**

**9. Ken:** Corona Del Mar has always been special for me. Partly, I view it as a kind of a start-of-summer ritual (my favorite season), complete with the ocean-side vistas. Then there's the food - crème brulee being a particularly good source of carbs. And, oh yeah, there's a race too. I love that course - I guess the hills cater a bit to my running strengths. It's hard not to like any race that gets me a PR, and I still get to run with Cathy in her race after.

**10. Mike F:** My favorite race this season was the OC Marathon 5k, where I scored 793, which was my best GP score in years. I had hoped to finally join the 800 point club at CdM, but I got hurt in between.

**11. Ed:** My favorite Grand Prix Race this season was and always tends to be: the Carlsbad 5000. Why: it's a beautiful city to visit. It's an extremely well organized and conducted event. It's an opportunity to compare your personal attempts at being a runner with other (usually much better) runners and finally, you get to see a gala event and get close to the best runners on Earth, for free! What could be better?

**12. Orhan:** My favorite was SoCal 5k. That's my PR race at 17:59. Wonderfully even race from beginning to end; and when I realized I would actually see Ceci finish I knew I was going to be close to breaking 18. I actually did per chip time!

**13. Linda:** My favorite race was Surf City half marathon where I had a PR. However, I guess my “best” race was OC 5k where I was second in my age group and finally broke my PR set at the SCRR track 5k Grand Prix race over a year and a half ago.

**14. Ben:** It would have to be Carlsbad, lots of SCRR and Snails runners. Fun race, fun day and my best race of the year.



**15. Mary:** My favorite Grand Prix race was Carlsbad. It was the first 5k that I started to see results from my training. It gave me the confidence to realize that I could run a good 5k race. At my peak race this season, I ran a 5k over 2 minutes faster than I did before the season started.

**16. Tom:** I would say it was Sunset at the Park because of the unique race format and true cross-country courses. Also, it was also a lot of fun seeing Mary PR the 5k at Carlsbad and the OC half, as well.

**17. Vince:** My favorite race was this season was Carlsbad 5000. I consider it the most enjoyable since I can run first and then relax and watch the SCRR teammates in other divisions compete. This was also my first 5K race as part of my initial 5K training session, and resulted in my 5K PR of the season. As an added bonus, my wife was thrilled to finish fast enough to earn her very first Carlsbad Top 250 medal!

**18. Amy:** My favorite Grand Prix race was Surf City. I ran the Half Marathon, and during the race I felt that I was getting in good shape for the upcoming Boston Marathon. Brad ran the second half with me, which made it even more enjoyable.

**19. Sue:** (Linda): Sue did only seven races, but still made it into the top 20. She averaged 828 points and had a high score of 871 in the 5k at the Southern Cal race in January.

**20. Greg:** My favorite would be the OC 1/2 marathon where I finally broke through 1:40 AND had a strong finish (unlike my 5k PR at the 4th of July!).

Thanks runners for sharing your stories. It was an amazing season. A consistent theme seems to be that runners love the races with lots of SCRR team support. Our new season begins with the Woodbridge 5k and 10k on the 4<sup>th</sup> of July. Let's all try to get out to as many races as possible this coming season. First time marathons, Boston qualifiers, PRs, and winner's medals; it is once again going to be an amazing season. See you at the races!

Place	Name	Age Group	Sex	Total Points	Races	Dropped	Net	Best	Avg	Net Avg
1	Fred Cowles	45-49	M	9,820	11	1,728	8,092	912	893	899
2	David Schiller	45-49	M	9,143	11	1,593	7,550	870	831	839
3	Jeanie Leitner	60-64	F	8,093	10	746	7,347	845	809	816
4	Brad Wobig	40-44	M	7,330	9	-	7,330	839	814	814
5	Mike Sellers	25-29	M	7,865	10	745	7,120	813	787	791
6	Mike Gulan	55-59	M	6,966	9	-	6,966	817	774	774
7	Erika Kotteakos	40-44	F	8,287	11	1,449	6,838	787	753	760
8	Leilani Rios	25-29	F	6,805	9	-	6,805	805	756	756
9	Ken Atterholt	45-49	M	8,898	12	2,120	6,778	790	742	753
10	Mike Friedl	45-49	M	7,371	10	683	6,688	793	737	743
11	Ed Coffey	60-64	M	7,873	11	1,375	6,498	736	716	722
12	Orhan Beker	35-39	M	7,844	11	1,376	6,468	755	713	719
13	Linda Hammond	40-44	F	7,556	11	1,326	6,230	711	687	692
14	Ben Coyle	30-34	M	6,183	8	-	6,183	818	773	773
15	Mary Lynch	40-44	F	6,030	8	-	6,030	790	754	754
16	Tom Skane	45-49	M	5,939	9	-	5,939	694	660	660
17	Vincent Lowder	40-44	M	5,913	8	-	5,913	781	739	739
18	Amy Katz	35-39	F	5,799	9	-	5,799	685	644	644
19	Sue Zihlmann	45-49	F	5,793	7	-	5,793	871	828	828
20	Greg Hanssen	40-44	M	5,761	9	-	5,761	665	640	640

## SATURDAY RUNS

**NOTE – SUMMER START TIME - Meet at 6:45, Run at 7:00 a.m.**

**7/4/09, Saturday run replaced by Club Grand Prix race - Woodbridge 4<sup>th</sup> of July 5K/10K**

**7/11/09, Spyglass Hill**

**Leader:** Amy Katz

**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.

**7/18/09, Aliso/Wood Canyon**

**Leader:** Sherri Ellerby

**Location:** Aliso/Wood Canyons in Laguna Niguel (near corner of Aliso Creek and Alicia). Meet across from church in dirt parking lot on Awma Rd.

**Directions:** From Irvine, take 5 south. Exit at Alicia Parkway and head south. Turn right on Awma Rd, which is just past Aliso Creek Road.

**About the Run:** Out-and-back or loop course, 6-14 miles. Mainly dirt trails. At the right turn onto the dirt (by the outhouses) continue parallel to the road on single track Meadows Trail. After 1/2 mile, trail turns right and starts switchbacks up to the top of the ridge – great views of the ocean at the top. Go right, trail winds behind a few houses, and then hits Alta Vista road. Run on road about 2 miles to Top of the World, continue down West Ridge Trail. Can return to church via Mathis, Lynx or Cholla trails. Bring water. The Mathis Trail version is about 9 miles.

**After the Run:** Amsterdam Coffee House, 27221 La Paz Rd (at Pacific Park Dr.), Laguna Niguel. It's in the Henry's shopping center.

**7/25/09, 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 the 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...

## 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](http://www.watersrestaurant.com)

4625 Barranca Pkwy, Irvine

**Richard (Fritz) Reimers, A.G. Edwards & Sons, Inc.**

V.P. Investments,

(949) 493-7771, (800) 937-7791

Fax: (949) 493-9505

E-mail: [richard.reimers@agedwards.com](mailto:richard.reimers@agedwards.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](mailto:Cshargay@cox.net).

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at [david.schiller@cox.net](mailto: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](http://www.roadrunners.org).

**MONTHLY CLUB RACE:** For more information: log on to [www.roadrunners.org](http://www.roadrunners.org) or see a Club Officer.

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> 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](http://www.raceplace.com) or [www.active.com](http://www.active.com) for event registration info

<b>JULY</b>	
<b>THURS, 7/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
<b>SAT, 7/4, 7:15 a.m.</b>	<b>Woodbridge Village Association 5K/10K, Irvine - MONTHLY CLUB RUN</b>
SAT, 7/4, 7:00 a.m.	Surf City Run 5K, 17 <sup>th</sup> and Main, Huntington Beach, <a href="http://www.surfcityrun.com">www.surfcityrun.com</a>
SAT, 7/4, 7:30 a.m.	Run through the City of Lake Forest, Lake Forest and Trabuco, <a href="http://www.lf5k.org">www.lf5k.org</a>
SAT, 7/4, 7:00 a.m.	South Coast YMCA Run in the Parks 5K/10K, 29831 Crown Valley Parkway, Laguna Niguel
SAT, 7/4, 7:30 a.m.	Freedom Run at the Ranch 5K/10K, Ladera Ranch <a href="http://www.runladera.com">www.runladera.com</a>
SUN, 7/5, 9:00 a.m.	OC Super Fair Opening 5K, Costa Mesa Fairgrounds <a href="http://www.ocsuperfair5k.com">www.ocsuperfair5k.com</a>
THURS, 7/9, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, <a href="http://www.renegaderaceseries.com">www.renegaderaceseries.com</a>
SUN, 7/12, 7:30 a.m.	Keep LA Running 5K/10K/Coastal Bike Ride, Playa del Rey <a href="http://www.keeplarunning.com">www.keeplarunning.com</a>
SAT, 7/18, 9:00 a.m.	1st Annual Orange County Mud Run 5K or 10K, Hidden Valley Park (next to Wild Rivers), Irvine, <a href="http://www.ocmudrun.com">www.ocmudrun.com</a> ***Just added a 12:00 p.m. "Nooner 5K" This event is still open for registration***
SAT, 7/25, 8:00 a.m.	Mission Viejo High School Football/PCRF "On a Mission to Find A Cure 5K", Great Park, Irvine, <a href="http://www.missionfootball.icastsports.net">www.missionfootball.icastsports.net</a>
<b>AUGUST</b>	
SUN, 8/2, 8:00 a.m.	Paws for Cause 5K, Mile Square Park, Fountain Valley, <a href="http://www.pawsforcauseoc.org/events">www.pawsforcauseoc.org/events</a>
<b>THURS, 8/6, 6:00 p.m.</b>	<b>SCRR Track 5k at Irvine HS – MONTHLY CLUB RUN</b>
<b>THURS, 8/6, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
THURS, 8/6, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, <a href="http://www.renegaderaceseries.com">www.renegaderaceseries.com</a>
SAT, 8/8, 8:00a.m.	Sprint Triathlon – Camp Pendleton Hard Core Race Series, <a href="http://www.camp Pendletonraces.com/sprint.html">www.camp Pendletonraces.com/sprint.html</a>
SAT, 8/8, midnight	E.T. Full Moon Midnight Marathon, M, 1/2M, 10K, Las Vegas, <a href="http://Full Moon Marathon">Full Moon Marathon</a>
SUN, 8/9, 9:00 a.m.	Super Fair Closing Celebration 5K Run/Walk, Costa Mesa Fairgrounds <a href="http://www.ocsuperfair5k.com">www.ocsuperfair5k.com</a>
SUN, 8/16, 6:45 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, <a href="http://www.afchalf.com">www.afchalf.com</a>
SAT, 8/22, 6:30 a.m.	Bulldog, 50K and 25K, Malibu Creek State Park <a href="http://www.trailrunevents.com/bd">www.trailrunevents.com/bd</a>
<b>SEPTEMBER</b>	
<b>THURS, 9/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza</b>
SAT, 9/5, 7:00 a.m.	Disneyland Family Fun Run 5K, Anaheim <a href="http://Disney Family 5K">Disney Family 5K</a>
SAT, 9/5, 8:30 a.m.	Kevin Cook Spirit Run 5K, Fountain Valley <a href="http://www.kevincookspiritrun.org">www.kevincookspiritrun.org</a>
SUN, 9/6, 6:00 a.m.	Disneyland Half Marathon, Anaheim <a href="http://Disneyland Half Marathon">Disneyland Half Marathon</a>
<b>MON, 9/7, 7:30 a.m.</b>	<b>Rancho Santa Margarita Healthy Community 5K, RSM <a href="http://RSM 5k Info &amp; reg.">RSM 5k Info &amp; reg.</a></b>
SAT, 9/12, 8:30 a.m.	Big Bear Lake Marathon, ½ Marathon, 5K, Big Bear City <a href="http://www.bigbearlakemarathon.com">www.bigbearlakemarathon.com</a>
SAT, 9/19, 8:00 a.m.	Heartbreak Ridge ½ Marathon, Camp Pendleton <a href="http://www.camp Pendletonraces.com/half.html">www.camp Pendletonraces.com/half.html</a>
SUN, 9/27, 7:30 a.m.	Susan Komen Race for the Cure 5K, Newport Beach, <a href="http://KomenOC">KomenOC</a>

## 2008-2009 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

## 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
RRCA Liaison:	Jannay Morrison
Webmaster:	Mike Reeves