

ON THE RUN



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

Orange County, California
March 2014 Issue

Runner of the Month – Gary Hefner

By: Kirsten Hirneisen



I spoke with Gary after the rainy Saturday morning run. While I've spent time with Gary in the past writing this article was a great opportunity to get to know him better. As I spoke with Gary in a casual conversation, I have recapped some highlights of the conversation all about Gary.

On Gary's Life:

Gary is a Physical Education Teacher in Long Beach. He has lived in Long Beach most of his adult life except for 2 years where he lived in Mammoth where he did all kinds of odd jobs. The "coolest job" he had was a mountain bike guide, riding with groups down the mountain. It was also during his time in Mammoth that Gary had his worst weather running experience where he ran when the temperature was in the single digits. This event created a new life rule that the temperature must be in the teens in order to run.

Gary as a runner:

Gary is an accomplished runner. He has run the Boston Marathon twice and just qualified again and will be going in 2015. Right now, Gary is training for the Catalina Marathon which will take place in few short weeks. When asked why he runs, a question that requires some personal reflection, Gary answered that running is the one activity he really enjoys and leaves him with a good feeling. Gary enjoys trail running and has

two favorite runs that he tries to do once a year. The first coolest running place is the Lake Tahoe Flume Trail. It is 13 hilly miles at elevation but the reward for the challenging run is the great views. This is Gary's current facebook picture (but in the photo he is mountain biking the trail). The other favorite run is the Hollywood sign run. Gary invited the South Coast Road Runners to join him this year on the Hollywood sign run and organized the trip. (I went along to hike the run this year and highly recommend the trip). As a treat after a run Gary likes to treat himself with either a smoothie or a beer. When Gary isn't running he enjoys golfing, plays a mean game of cards and has recently drank the "fantasy baseball" kool-aid.



Some other questions to Gary:

What is your best running "tip" (or tips)? - *"Always be tapered" – When you run once a week you're legs are always fresh and you are always tapered for a race. For those that know Gary, you know he only runs 1 or 2x a week and has fresh legs to have great races.*

Do you have any songs you sing to yourself during a difficult part of a run (training or race) to keep you going? - *U2 and Van Halen*

CONGRATULATIONS TO MARCH MARATHON RUNNERS!!

Napa Marathon, Mar. 2nd

Noreene Matsuda

Ken Wells

Mary Lynch

Lisa Eiler

***More to Come as LA and Catalina Runners will be in
next month's newsletter!***

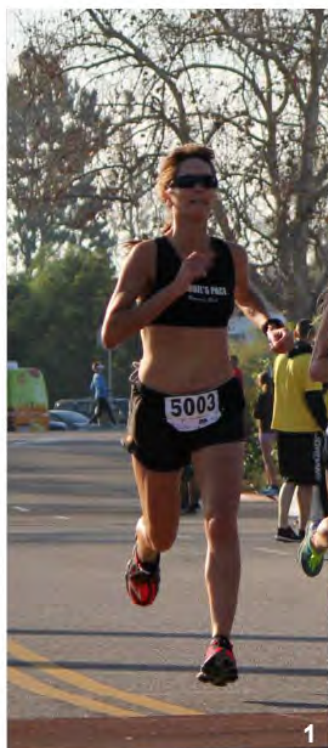
Treasurer's Report

By: Lisa Eiler

Treasurer's Report	<u>February</u>	<u>January</u>	<u>December</u>
<i>Total Cash Balance, Beginning</i>	<i>5,789.21</i>	<i>5,152.30</i>	<i>5,867.52</i>
Cash Inflows	230.34	2,564.56	777.62
Cash Outflows-First Thursday	369.90	362.42	403.84
Cash Outflows-RRCA Insurance	-	-	1,059.00
Cash Outflows-Other	-	<u>1,565.23</u>	<u>30.00</u>
<i>Net Change in Cash</i>	<i>(139.56)</i>	<i>636.91</i>	<i>(715.22)</i>
<i>Total Cash Balance, Ending</i>	<i><u>5,649.65</u></i>	<i><u>5,789.21</u></i>	<i><u>5,152.30</u></i>

Great Day for SCRR at Brea 8K!

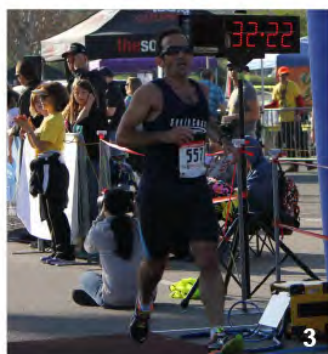
Compiled by Joanna Pallo; Photos by: Noreen Matsuda, Jennifer Woodson, and Judy Sweet



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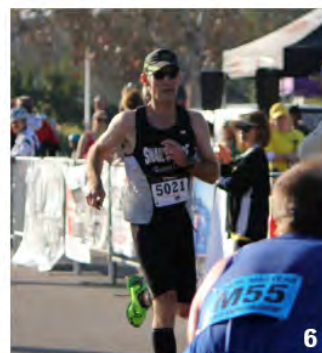
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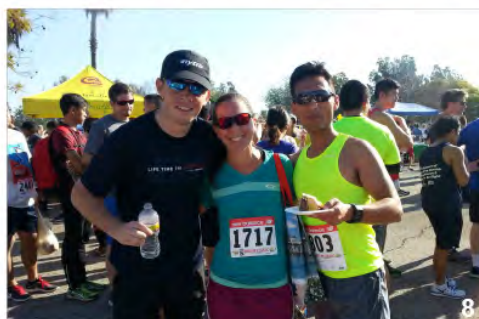
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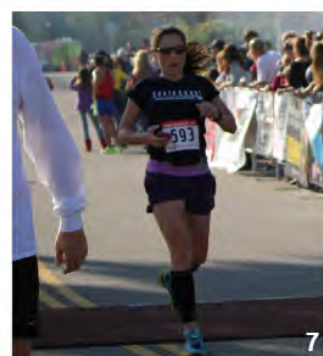


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1 Sherri Ellerby 2 South Coast Roadrunners 3 Mike Bertram 4 David Schiller 5 Mike Dietz 6 Bob Morris 7 Jennifer Woodson, Lillian Bertram, Mike Bertram, Michael De Jesus Pagalan, David Bauers, Daniel Evora, Thomas Fung, Amy Katz 8 Nick Telford, Jennifer Woodson, Daniel Evora 9 Ken Atterholt



1 Ken Atterholt, Cathy Shargay, Judy Sweet 2 Emily Moeller-Prom, Bill Prom 3 Ben Coyle, Amanda Beach 4 5 Cathy Shargay 6 David Bauers 7 Alna Brown 8 Michael de Jesus Pagalan, Mike Friedl 9 Matt Kossoff 10 David Schiller, Thomas Fung 11 Aya Namikawaa, Judy Sweet 12 Jennifer Woodson, Jeanie, Joanna Pallo, Lillian Bertram, Sandra Medina Bartholomew, Cathy Shargay, Marc Owen, Alanna Brown

Brea 8K SCRR Highlights!

By: Linda Hammond



John Loftus

South Coast Roadrunners turned out in big numbers for the **Brea 8K**. The **800 point club** was crowded with **Sherri Ellerby, Jeanie Leitner, Ken Atterholt, Mike Friedl, Vince Lowder, Bob Morris, Pat Copps, and Sue Zihlmann**. Also in the 800 club was our favorite military man, **Bill Prom**, safely home from service overseas! 800 point club member **Mike Connors** got in his first race of the season. Topping the 800 point club with **898 points** was **John Gardiner**, who had the fastest club time 26:04. The lone member of the **900 point club** was **John Loftus** with an awesome score of **968 point** and an age division win!

Brea was the 8th race in the **Grand Prix** series. Here is our **Top 10**: 10) **Alberto Ballon**, 9) **Doug Niles**, 8) **Greg Blevins**, 7) **Dave Schiller**, 6) **Cathy Shargay**, 5) **Robert Donald**, 4) **Ken Atterholt**, 3) **Mike Gulan**, 2) **Jeanie Leitner**, and **Sherri Ellerby** in **1st place!** Sherri and Jeanie have done all eight races and have average scores of 849 and 847, respectively. Up next is a club favorite, the **Carlsbad 5000**. See you at the **Finish Line!**



John Gardiner

Running Quote

"If you don't have answers to your problems after a four-hour run, you ain't getting them."

— [Christopher McDougall, *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*](#)



GRAND PRIX STANDINGS



The Grand Prix is a competition where club members get points for running races selected as the club races-of-the-month. The points are based on each runner's time compared to the world record in that distance for their gender and age group. The program runs from July to June, and the best 9 of 12 scores are used. The standings of the top 34 out of 111 total participants to date for the 2013-2014 series after 8 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all 8 races will be posted on our web site www.roadrunners.org***

	Name	Age Group	Total Points	Races	Avg	Brea 8K		SoCal Half/5K	
						Times	Points	Times	Points
1	Sherri Ellerby	45-49	6,789	8	849	31:42 8k	875	1:27:34 Half	840
2	Jeanie Leitner	65-69	6,773	8	847	41:39 8k	840	1:53:21 Half	872
3	Mike Gulan	60-64	6,075	8	759	37:16 8k	754	22:13 5k	765
4	Ken Atterholt	50-54	5,645	7	806	31:26 8k	812	18:56 5k	813
5	Robert Donald	45-49	5,604	8	701	35:18 8k	699	20:58 5k	703
6	Cathy Shargay	55-59	5,598	8	700	42:17 8k	713	1:57:07 Half	710
7	David Schiller	50-54	5,572	7	796	31:56 8k	799	1:26:45 Half	801
8	Greg Blevins	60-64	5,260	8	658	38:47 8k	725	23:18 5k	730
9	Doug Niles	45-49	5,256	7	751		0	1:31:18 Half	746
10	Alberto Ballon	35-39	5,105	8	638	35:04 8k	651	1:38:46 Half	642
11	Mike Bertram	45-49	5,077	7	725	32:13 8k	766	1:36:48 Half	703
12	Noreene Matsuda	45-49	5,052	7	722		0	28:38 5k	567
13	Leilani Rios	30-34	4,905	6	818		0	18:16 5k	835
14	Judy Sweet	45-49	4,869	8	609	43:46 8k	634	2:03:47 Half	594
15	Greg Hanssen	45-49	4,787	7	684	35:41 8k	692	21:14 5k	695
16	Avery Lewis	25-29	4,716	7	674	36:48 8k	683	22:06 5k	674
17	Mike Pagalan	25-29	4,609	7	658	32:59 8k	673	19:31 5k	687
18	Lisa Eiler	35-39	4,569	7	653		0	1:44:10 Half	681
19	Mike Friedl	50-54	4,565	6	761	31:19 8k	815	24:40 5k	624
20	Alanna Brown	30-34	4,492	7	642	41:01 8k	600	23:15 5k	656
21	Lillian Bertram	45-49	4,399	7	628	41:33 8k	668	1:55:20 Half	638
22	David Bauers	50-54	4,290	7	613	42:19 8k	603	2:20:56 Half	493
23	Kelcey Kinjo	40-44	4,068	6	678		0	1:34:16 Half	672
24	Daniel Evora-Hahn	25-29	4,067	6	678	30:39 8k	724	1:24:40 Half	719
25	Orhan Beker	40-44	4,034	6	672		0		0
26	Joanna Pallo	30-34	4,029	7	576	41:42 8k	590	24:40 5k	618
27	Fred Ayers	35-39	4,011	8	501	44:39 8k	511	27:30 5k	494
28	Vicki Ballon	30-34	4,011	6	669	38:57 8k	632		0
29	Matt Kossoff	30-34	4,004	6	667	32:33 8k	694	21:07 5k	639
30	Cathy Blakesley	50-54	3,984	6	664	41:01 8k	705	24:22 5k	700
31	Vincent Lowder	45-49	3,857	5	771	30:45 8k	803	1:28:34 Half	769
32	Mike Dietz	50-54	3,773	5	755	32:41 8k	781	1:40:31 Half	691
33	Aya Namikawa	30-34	3,698	5	740	33:05 8k	744	1:29:50 Half	752
34	Joshua Proffitt	30-34	3,694	6	616		0		0

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME!

3/8/14 – OC Mix

Leader: Lisa Eiler

Location: Meet outside Paul Mitchell School and OC Mix Farmer's Market on Sunflower Ave., Costa Mesa

Directions: From Irvine, take I-405 North to Harbor Blvd. Right on Harbor. First left on South Coast Drive. First right on Hyland Avenue. OC Mix will be on your left.

About the Run: Flat out-and-back along the Santa Ana River Trail. It's about 12 miles round trip to the beach where there are restrooms, water (and ocean views!). Follow Sunflower until the road ends. Continue straight onto the sidewalk (see yellow dashed line on the path) until you reach the riverbed trail. Check carefully for cyclists before turning left onto the trail. There is water at Moon Park, about a mile from the start of the run. Restrooms and water are at HB State Park, just under 6 miles from the start of the run. Continue on the path toward the HB pier. Run as long or short as you like.

After the Run: Farmer's market, Portola Coffee Lab, Green Leaf, Birdie Smoothies, and many other options are available for breakfast.

3/15/14 – Spyglass Hill

Leader: Dave Bauers

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, across the street from each other on the corner of Goldenrod and PCH - 2743 East Coast Highway, Corona Del Mar 92625

3/22/14 – Quail Hill

Leader: Matt Hood

Location: Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604

Directions: From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

About the Run: We will head out on Jeffrey and take the bridge over the freeway. 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 the exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. The standard loop is 12 miles. 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, Chronic Tacos and Juice It Up.

3/29/14 – Irvine Farmer's Market Pre-race Run

Leader: Kirsten Hirneisen

Location: Meet in the parking lot of Trader Joe's and Peet's Coffee at Campus and Stanford in Irvine.

Directions: 405 north or south, exit Culver, head south (towards ocean), turn right on Campus, turn right on Sanford, turn left into the University Town Center shopping center.

About the Run: This is a good warm-up run for the Carlsbad 5000, our club race the following day. Half-mile jog along Campus to the San Diego Creek Trail (runs parallel to University). Run as long or short as you like on the bike path towards Back Bay.

After the Run: Food from the farmers' market near In-n-Out Burger, and coffee at Peet's.

Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
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San Juan Capistrano

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John Loftus, **Certified RRCA Running Coach**
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Navid Moshtael, Esq., **Law Services**
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Fine Homes and Condos throughout OC. You'll get my personal attention and the most powerful resources in the industry. Relocating? – I can help nationwide.

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 to David Schiller at scrr-info@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 Sports Authority, Tustin Market Place, 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 *By: Doug Denniston*



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

Out of Town Races featuring club members highlighted in blue

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

MARCH	
SUN 3/2 7:30 a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm Coaster Run
SUN 3/2, 7:45 a.m.	Dana Point Grunion Run 5K, 10K Dana Point Harbor festivalofwhalesgrunionrun
THURS 3/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 3/9 7:30 a.m.	Los Angeles Marathon lamarathon
SAT 3/15, 7:00 a.m.	Catalina Island Conservancy Marathon Marathon, 10K, 5K runcatalina
SAT 3/22, 8:00 a.m.	OC Chili Winter Trail Run Series – Race #3, O'Neill Regional Park ocwintertrailrun
SUN 3/23, 8:00 a.m.	Wine Country ½ M and 5K, Paso Robles
SUN, 3/23, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB nmsritrun
SAT & SUN 3/29 3/30 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour, Irvine Valley College, www.pcrf-kids.com
SUN, 3/30, 7:00 a.m.	Carlsbad 5000, Carlsbad, CA www.carlsbad.competitor.com
APRIL	
THURS 4/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 4/5, 6:00a.m.	Seal Beach 5K, www.runsealbeach.com
MON 4/21, 10:00a.m.	116 th Boston Marathon Bostonmarathon
MAY	
THURS 5/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 5/4 6:00a.m.	Orange County Marathon, ½ marathon, 5K OCMarathon
SAT 5/17 7:00a.m.	Magic Shoe 5K Corona Del Mar HS, Newport Beach MagicShoe5k
SAT 5/24 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi MountWilsonTrailrace
MON 5/26 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA LagunaHillshalfmarathon
JUNE	
SUN 6/1 6:15a.m.	San Diego Rock & Roll Marathon, . Marathon SD Rock&Roll
THURS 6/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 6/7 7:55a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT 6/7 7:30a.m.	Fontana Days . Marathon & 5K Fontana, CA Fontana Days Run
SAT 6/14 8:00a.m.	Downtown Anaheim 5K, Anaheim, CA downtownanaheim5krun
6/7, 6/8, 6/14, 6/15	Camp Pendleton Mud Runs
THURS 6/19 6:15 p.m.	Peter's Canyon Summer Trail Series Tustin, CA Summer Trail Series
SAT TBA	South Coast Roadrunners Annual Awards Banquet

2013-2014 SCRR CLUB OFFICERS:

President: Stacey Dippong
 Vice-President: David Schiller
 Treasurer: Lisa Eiler
 Secretary: Rob Harris
 Officers At Large: Joanna Pallo,
 Bob Morris, Mike Dietz

2013-2014 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Noreene Matsuda
 Grand Prix: Mike Friedl
 Database Manager: Dave Schiller
 Monthly Club Race: Bob Morris
 Webmaster: Mike Reeves