

ON THE RUN



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

Orange County, California
October 2007 Issue

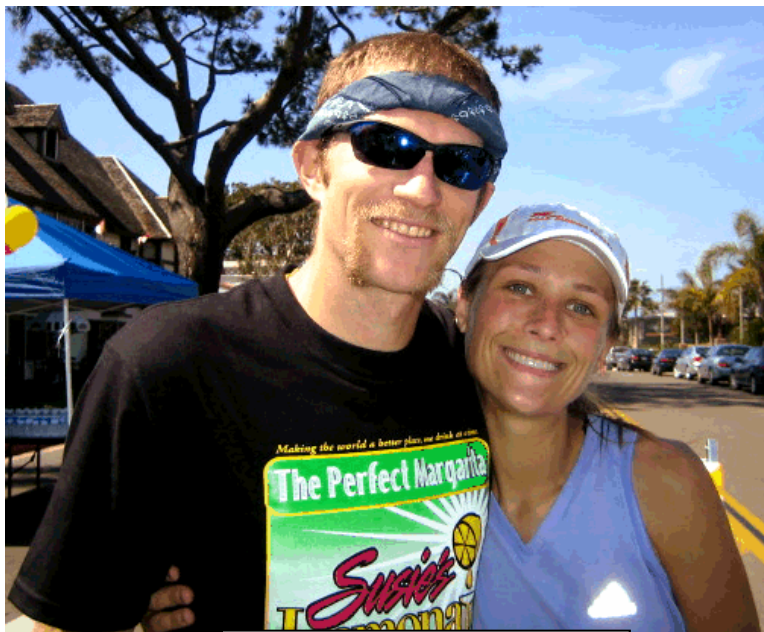
Runner of the Month – Debbie Taege

By: Amy Katz

The latest winner of the Runner of the Month award was an easy choice. Who better exemplifies the spirit of the running club better than Debbie Taege? Her enthusiasm is contagious, and she is extremely outgoing and friendly. I remember the first night she showed up for a track workout, she seemed a little nervous and wasn't sure what pace to run. Those days are over and Debbie has really come onto the running scene full force. From the 5K to the marathon, she's getting stronger and faster all the time, and she's an inspiration to the club. If you don't know Debbie, the best way to get to know her is to run with her. She's a great talker! But since we all can't keep up with her, I asked her to share a little bit about herself.

What sports did you play growing up?

I've been involved in recreational sports all my life, like softball, volleyball, basketball, track, etc., all non-competitively though, just for fun.



Debbie and Eric Frome

Where did you grow up? What brought you to California?

I grew up all over the Midwest and Northeast. I was born in Pennsylvania, and then moved every 2 to 5 years after that. Somehow, I ended up here a couple years ago.



Mav (Debbie) and Goose (David Litvak)

Did you run in high school/college?

I ran track in high school, but my small farm town didn't really have a great program, so training was minimal. After that, I ran for fitness 2-5 miles a few times a week. I've never really "trained" or considered myself a "runner" until recently.

Any more marathons in your future?

Goose (my running partner, AKA Dave Litvak) talked me into running my second marathon with him at Pacific Shoreline this coming February. It'll be his first marathon and hopefully I'll get a chance to redeem myself after having a disappointing first marathon at San Diego Rock 'n' Roll in June. And I'm going to kick his a**. You hear that, Goose? Mav is going to bring you DOWN!!!!

(Cont. on Page 2)

Runner of the Month – Debbie Taege (Con't)

What do you like best about being a member of SCRR?

The friends, encouragement, support, and training advice. Running becomes infectious when you're surrounded by great people who have such passion for it.

Do you have any other hobbies besides running?

Boys, booze, and parties...just kidding! When I get free time, I love hiking and camping.

Running Recipes

By: Amy Katz

Do you love Power Bars? Are you spending a sizeable portion of your income to get your daily fix of engineered super-food? Then this recipe featured on the Food Network's Good Eats is just for you! You can make a batch and freeze them for up to 3 months; unless you eat them all the same day you make them, which is not recommended.

Protein Bars

Recipe courtesy Alton Brown, 2005

Difficulty: Easy

Prep Time: 25 minutes

Cook Time: 35 minutes

Yield: 24 (2-inch) squares

*4 ounces soy protein powder, approximately 1 cup
2 1/4 ounces oat bran, approximately 1/2 cup
2 3/4 ounces whole-wheat flour, approximately 1/2 cup
3/4-ounce wheat germ, approximately 1/4 cup
1/2 teaspoon kosher salt
3 ounces raisins, approximately 1/2 cup
2 1/2 ounces dried cherries, approximately 1/2 cup
3 ounces dried blueberries, approximately 1/2 cup*

*2 1/2 ounces dried apricots, approximately 1/2 cup
1 (12.3-ounce) package soft silken tofu
1/2 cup unfiltered apple juice
4 ounces dark brown sugar, approximately 1/2 cup
packed
2 large whole eggs, beaten
2/3 cup natural peanut butter
Canola oil, for pan*

Line the bottom of a 13 by 9-inch glass baking dish with parchment paper and lightly coat with canola oil. Set aside. Preheat the oven to 350 degrees F.

In a large mixing bowl, combine the protein powder, oat bran, wheat flour, wheat germ, and salt. Set aside. Coarsely chop the raisins, dried cherries, blueberries and apricots and place in a small bowl and set aside. In a third mixing bowl, whisk the tofu until smooth. Add the apple juice, brown sugar, eggs, and peanut butter, 1 at a time, and whisk to combine after each addition. Add this to the protein powder mixture and stir well to combine. Fold in the dried fruit. Spread evenly in the prepared baking dish and bake in the oven for 35 minutes or until the internal temperature reaches 205 degrees F. Remove from the oven and cool completely before cutting into squares. Cut into squares and store in an airtight container for up to a week.

Running Quote of the Month

Submitted By: Amy Katz

"You have to forget your last marathon before you try another.
Your mind can't know what's coming."

Frank Shorter

Great Day for an Ocean Swim – Pacific Coast Tri!

By: Paula Fell



I don't think I have ever enjoyed a swim race so much as PCT relay on Sep. 9th!! It was amazing!!

I really wanted to do PCT and at the expo the day before the race, managed to get on a corporate relay team as their swimmer. I can't believe my luck! I think this may be the only opportunity I will ever have to be in with the first wave. I should have felt nervous in such a small group with everyone watching at the start, but I was strangely calm; maybe because my reassuring Nova buddy Marc was in this firefighter & corporate group right in front of me (I was so proud of him when he placed 2nd overall ahead of all but one pro/elite!).

The water was very cold at Crystal Cove (62?) and when I "warmed" up I felt like I had placed my face inside a freezer. There was a seal at the warmup right up to the shore, watching us and wondering what on earth was going on. During the race I did not notice the cold at all. There was a largish swell, but it didn't seem to bother me like it did for some others. The best thing was probably the lack of "floaters" from previous waves. One firefighter woman (probably thinking I was in the FF division) did try to beat me up for a while but eventually I got away (or she did). The first buoy was event free and the rest of the swim was just gorgeous. I was smiling in the water. I managed to make it almost to the last buoy before the Men 13-29 plus some pro/elites division steamrollered their way through. By that time my arms were getting tired but I never felt gassed. I think I got lucky on the exit this year as I only remember one wave at the end which gently deposited my bum on the beach.

I forgot about my achilles as I ran up the beach but then I tip-toed up the hill. There was no timer mat on the beach as in previous years so when I eventually see my split I think I will have to deduct 2.30 or so as it was probably at the top of the hill. Someone said the swim was long but someone always does.

We had a bit of a relay boo-boo as I located my biker's bike very quickly but the rider was nowhere to be seen. I waited beside the bike for what seemed like 5 minutes and then the race organizer kindly noticed me and advised me where he was spectating. (??????) I didn't really care about our overall time but a DQ would not have been so hot.

NCTT did a fabulous job today, especially on safety and extra-specially at the cycle dismount. There were only a couple of minor cleat dancing calamities to amuse us this year! So ends my ocean race season!

CONGRATULATIONS!!!

*To **BOB MORRIS** and **SHERRI ELLERBY***

As the Training Spotlight Honorees of the Month

Pictures from the SCRR Track 5K

By: Linda Hammond





South Coast Roadrunners Oktoberfest 2007

OKTOBER 27, 2007 6:00 PM TO ?

AT

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A Cool Ride in Inyo

By: Rob Harris

While this isn't a run, I think it qualifies as training. This weekend, Jim Beck and I completed a bike ride that we had been planning for around 6 months. We originally had a larger group but everyone backed out for one reason or another. We, however, did not want to waste all the climbing we had done this summer.

The ride starts in Big Pine on the corner of the 395 and the 168 and ends 24 miles later at Schulman Grove in the Ancient Bristlecone Pine Forest. Doesn't sound too bad until you note that Big Pine is at around 3,900 feet and the end of the ride is at 10,100 feet.

We dropped water (by car) in a couple of places along the route on our way to the Grandview Campground (8,200 feet), approximately 18 miles from the start of the ride. Saturday morning we got up early, ate some food and headed down to the start. I was dreading the downhill portion of the ride, 18 miles at gradients up to 12% was a little scary at times but we made it. Soon we were heading back up. I had made mental notes of sections of the ride while we were descending and figured that the first 8 miles was going to be tough.

After a gentle 4 miles of warm-up, the road tilted upward and averaged 6 to 9% grades until our first water stop. The second 5 mile section included a short 12% grade but also had around 2 miles of "flat" road. It took only 32 minutes! After the second water break, we had 10 miles to go. The first 5 miles was back to the campground and it was rolling with long, nasty sections of 10%+ grades. We covered this 5 miles in around 37 minutes.



The finale of the ride was 5 miles up to 10,100 feet at a nearly constant 10 to 14% I somehow found a cadence that was almost enjoyable. I was probably dazed from the lack of oxygen. The panoramic views of the Eastern Sierras along with the vistas of the White Mountains made the struggle worthwhile, though. We finished 2 hours and 39 minutes after we left Big Pine and enjoyed some Arrogant Bastard Ales upon the return to the campground.

I would recommend checking out the Bristlecone Pine Forest and Visitor Center. The terrain and flora are so much different than the Whitney side of the Owens Valley. I found it interesting to see. I don't know if I am too anxious to ride it again anytime soon, though.

Chugging on the Inland Express

By: Noreene Matsuda

I completed my first organized bike ride at the Inland Express STS in Riverside on Saturday. There couldn't have been more than 100 participants in the entire event which was great for a newbie. The course was advertised as mostly flat, but there were plenty enough hills to keep it interesting.

I took off at the start and left my friends Leann and Jerry behind. I rode with a group for the first 15 miles or so. We rode through some farming areas and we had no idea that there were so many beautiful areas with very nice homes in Riverside. I dropped back because I couldn't hold their pace, so I rode solo for a while. Later I hooked up with a group of six people after the last SAG stop to the finish. Drafting certainly does help riding into a headwind! I was happy to finish in just over three hours. I got 51.09 miles on my Garmin, so I averaged 17 mph.

After the ride, we were rewarded with a delicious BBQ lunch of tri tip, chicken, baked beans, corn on the cob, chili and salad. The grand prize in the raffle was a brand new road bike. Too bad we didn't win! They gave out free tubs of Trader Joe's cookies though.

I still feel a bit fatigued. I feel like I ran a hard half marathon! It was a great ride, it was well organized and I would do it again. I'd like to do another ride soon. I really need to get out on my bike more than just two days a week if I want to become a decent cyclist.

Many Thanks to

Leilani Rios, Noreene Matsuda and Mark Hayakawa

For Another Fantastic Beach Barbeque

Great food, Great Weather, Great Friends

A fun time was had by all !!!

SATURDAY RUNS

(REGULAR START – meet at 7:45 a.m., run at 8:00 unless otherwise noted)

10/6/07 Back Bay Classic

Leader: Amelia Carchidi

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: Pacific Whey Café in the Pavilions shopping Center on the corner of San Miguel and Old Ford Road. Drive south on Bonita Canyon and turn right on Prairie and drive straight into the parking lot.

10/13/07 Corner Bakery Pre-Race Tuneup

Leader: Amelia Carchidi

Location: Meet in the parking lot of the Corner Bakery at Main & Harvard in Irvine.

Directions: 405 north or south, exit Jamboree, head North (towards mountains), turn right on Main Street, turn right on Harvard, turn right into shopping center.

About the Run: Run as long or as short as you like on the bike path. Great place to do a “pre-race” warmup for the Long Beach Marathon/Half/5K. Also the perfect place for bikes, roller blades and baby joggers !

After the Run: Corner Bakery. Some members may wish to carpool up to Long Beach to pick up their race numbers following the run.

10/20/07 Aliso Wood Canyon

Leaders: Debbie Taege and Brad Wobig

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. (Come early or be prepared to pay for parking !)

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: Choose between flat fire road and a climb up the ridge to Top of the World. Brad Wobig may try to get a group together for a 20 miler one-way run to El Moro. Details TBA prior to the run.

After the Run: Bruegger’s Bagels in the Town Center.

10/27/07 Dana Point Ship to Rail

Leader: Mike Connors

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 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 great breakfast options at the Harbor.

Grand Prix Commentary

By: Mike Friedl

Great job to everyone who competed in the Track 5000. **Eric "Jr" Frome** led all runners by breaking 17:00, with **Ben Coyle** and **Mike Connors** close behind. **Sherri Ellerby** led all women across the finish line and topped all of the GP scoring for the day with her excellent 846 points. Defending champ **David Schiller** took over the top spot on the leaderboard, with former champ **Fred Cowles** only 44 points back.

Special thanks to coach **Molly Donnellan** for her race-day organizing and lap-counting, and to all the runners who came by to cheer everyone on. The October race is the Long Beach Marathon, Half Marathon, and 5K, on October 14. See you there!



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 top 53 standings (out of 79 participants so far) for the 2007-2008 series after 3 races are:

Place	Name	Age Group	Total Points	Races	Avg	Track 5000		HB Distance Derby	
						Times	Points	Times	Points
1	David Schiller	45-49	2,488	3	829	18:16 5k	828	1:02:15 10 mi.	841
2	Fred Cowles	40-44	2,444	3	815	17:17 5k	823	29:12 5 mi.	807
3	Mike Connors	40-44	2,380	3	793	17:09 5k	829	29:39 5 mi.	794
4	Brad Wobig	35-39	2,339	3	780	17:29 5k	777	1:01:31 10 mi.	775
5	Jason Blank	30-34	2,288	3	763	18:09 5k	744	29:23 5 mi.	774
6	Dan Garcia	45-49	2,248	3	749	20:07 5k	751	34:22 5 mi.	722
7	Tonson Tong	40-44	2,219	3	740	20:44 5k	686	1:06:07 10 mi.	750
8	Orhan Beker	30-34	2,179	3	726	19:04 5k	708	30:59 5 mi.	734
9	Rob Harris	45-49	2,175	3	725	20:14 5k	747	1:17:20 10 mi.	677
10	Erika Kotteakos	35-39	2,151	3	717	21:41 5k	710	36:32 5 mi.	720
11	Jon Resnick	45-49	2,148	3	716	21:41 5k	697	33:28 5 mi.	742
12	Linda Hammond	40-44	2,114	3	705	22:20 5k	707	37:33 5 mi.	705
13	Ed Coffey	60-64	2,104	3	701	23:28 5k	724	40:00 5 mi.	707
14	Jim Grant	45-49	2,015	3	672	20:31 5k	737	38:07 5 mi.	651
15	Sue Zihlmann	40-44	1,674	2	837		0	1:05:46 10 mi.	853
16	Jeanie Leitner	60-64	1,648	2	824		0	40:25 5 mi.	850
17	Beiyi Zheng	40-44	1,627	3	542	29:21 5k	538	1:50:02 10 mi.	510
18	Mike Gulan	55-59	1,626	2	813		0	34:03 5 mi.	798

Place	Name	Age Group	Total Points	Races	Avg	Track 5000		HB Distance Derby	
						Times	Points	Times	Points
19	Danny Stein	30-34	1,600	2	800	18:06 5k	746		
20	Eric Frome	25-29	1,579	2	790	16:57 5k	791	28:18 5 mi.	788
21	Ben Coyle	30-34	1,576	2	788	17:03 5k	792	1:00:05 10 mi.	784
22	Pete Boisineau	55-59	1,545	2	773		0	1:11:50 10 mi.	758
23	Mary Lynch	40-44	1,515	2	758		0	1:13:23 10 mi.	764
24	Greg Jones	30-34	1,498	2	749		0	1:04:06 10 mi.	735
25	Mike Sellers	25-29	1,482	2	741		0	30:43 5 mi.	726
26	Tom Dellner	40-44	1,482	2	741		0	1:07:38 10 mi.	733
27	Kevin MacDonnell	45-49	1,462	2	731		0	34:34 5 mi.	718
28	Sabrina Higashi	30-34	1,453	2	727	20:14 5k	754	35:23 5 mi.	699
29	Paula Fell	40-44	1,431	2	716		0	37:20 5 mi.	709
30	Brigid Pukszt	40-44	1,424	3	475	32:53 5k	480	58:40 5 mi.	451
31	Jennifer Walt	40-44	1,396	2	698	22:03 5k	717	1:22:36 10 mi.	679
32	Jannay Morrison	40-44	1,358	2	679		0	1:21:43 10 mi.	686
33	Amy Katz	35-39	1,350	2	675	22:22 5k	689	1:22:38 10 mi.	661
34	Jamie Crane	25-29	1,323	2	662		0	38:06 5 mi.	663
35	Vicki Niebrzydowski	20-24	1,290	2	645		0	1:23:26 10 mi.	621
36	Liza Svoboda	35-39	1,288	2	644		0	1:23:43 10 mi.	652
37	Mike Friedl	40-44	1,288	2	644	21:17 5k	668		0
38	John Chau	35-39	1,275	2	638		0	35:47 5 mi.	641
39	Jerry Lin	35-39	1,272	2	636	20:37 5k	659		0
40	Ken Atterholt	45-49	1,266	2	633	20:46 5k	728		0
41	Sherri Ellerby	40-44	846	1	846	18:41 5k	846		0
42	Dolly Ginter	40-44	832	1	832		0	31:49 5 mi.	832
43	Bob Morris	55-59	812	1	812		0	1:07:03 10 mi.	812
44	Michael Ewart	50-54	807	1	807		0		0
45	Victor Celani	45-49	761	1	761		0		0
46	Jodie Kinney	55-59	761	1	761		0		0
47	Leilani Rios	25-29	761	1	761		0	33:11 5 mi.	761
48	Brent Bohn	40-44	754	1	754		0	31:14 5 mi.	754
49	Lucina Lara	35-39	750	1	750		0	1:12:49 10 mi.	750
50	Michael Reeves	30-34	736	1	736		0	30:53 5 mi.	736
51	Jerry Jefferson	70-74	732	1	732		0		0
52	Debbie Taege	30-34	724	1	724		0	1:12:25 10 mi.	724
53	Sandra Manzano-Straehle	35-39	723	1	723		0	1:15:33 10 mi.	723

Great Deals From Fellow South Coast Roadrunners...

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

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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.

SCRR CLUB CALENDAR



Club Events in bold font

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

OCTOBER	
THU 4th	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8:15pm
SAT 6th	St. George Marathon, Utah
SUN 7th	Chicago Marathon
SAT 13th	Harbor Heritage 5K
SUN 14th	Long Beach Half/Marathon– Club Race
SAT, 27th	Oktoberfest Party at Rob and Cindi Harris's House – see flyer on page 5
NOVEMBER	
THU 1st	Club Meeting – Heritage Park Youth Center 7:30pm; Lamppost Pizza 8:15pm
SUN, 4th	Dinosaur Dash XVI 5 and 10K, Tustin
SUN, 4th	ING New York Marathon, New York City
SUN, 4th	Santa Clarita Marathon
SAT, 17th	Catalina Eco Marathon
THURS, 22nd	Dana Point Turkey Trot, 5 and 10K
DECEMBER	
SUN, 2nd	Tucson Marathon
SUN, 2nd	New Las Vegas Marathon
SUN, 2nd	California International Marathon, Sacramento
THU 6th	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8:15pm
SAT, 8th	Southern California Half Marathon & 5K, Irvine
SUN, 16th	XTERRA Scramble - Crystal Cove 15K and 5K Trail Runs, El Moro

2007-2008 SCRR CLUB OFFICERS:

President: Jon Resnick
 Vice-President: Amelia Carchidi
 Treasurer: Sue Zihlmann
 Secretaries: Jannay Morrison/Tonson Tong
 RRCA Liaison: Jannay Morrison
 Webmaster: Mike Reeves
 Social Chairs: Noreene Matsuda/Leilani Rios

2007-2008 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Amelia Carchidi
 Grand Prix: Mike Friedl
 Database Manager: David Schiller
 Monthly Club Race: Bob Morris
 Marathon Training Group: Molly Donnellan
 5K/10K Training Group: Danny Stein

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**