

ON THE RUN



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

Orange County, California
February 2014 Issue

Runner of the Month – Judy Sweet

By: Janelle Daniels

January's ROTM is our very cheerful, Judy Sweet. Some of the reasons she was selected was because she is very present in the club, always happy and very encouraging to all other runners. She has won the most improved runner just this last season, and continues to work to keep improving her times with a recent PR at the Long Beach marathon (an excellent time of 4:36:28). She has a good heart and a love for the club that is very apparent.



Janelle: When and how did you get the running bug?

Judy: Accidentally, actually. I had just moved into a new place in October of 2009 and wanted to check out the neighborhood. I went out for a run late one evening and got lost. I ended up running for an hour and a half at midnight! I ran every day for three weeks straight after that. I found it a peaceful stress reliever. Once I got into the zone, that's it: I was hooked.

Janelle: When did you join SCRR and how did you find out about the club?

Judy: I started running with the club in April of 2011 and officially joined a month later. It was fate. I started calling myself a roadrunner when I became serious about running. I ran the LA Marathon and found out that there were clubs for runners. So I went home, Googled "running clubs" and found the South Coast Roadrunners--people like me who like to run AND eat pizza? Done.

Janelle: What has been your favorite club race and why?

Judy: Club races are something to look forward to because all the Roadrunners will be there. Pictures, camaraderie, seeing friends along the course, wearing a club shirt, being part of a team are all things I look forward to. I don't have a favorite.

Janelle: Well, then do you have any kind of favorite run, race or distance?

Judy: I have numerous favorites; I think of where I can be in my zone where there's beautiful scenery, like Back Bay, those are my favorites. I'm a long distance runner. I would love to do a 50k someday, but for now I think my favorite distance is the marathon. My dream is to someday run New York---and Ireland, any kind of out of country race would be fun.

Janelle: Are you training for anything right now?

Judy: The LA Marathon. My goal is sub-4:30, which would be a six minute PR.



Janelle: Tell me about your worst race experience.

I fell at the Palm Springs Half. I had only slept 45 minutes the night before and my knees got weak. I got major road rash, but I finished the race because Ken Atterholt came up and ran the rest of the race with me. I actually ended up with a PR!

Janelle: What motivates you during runs?

Judy: Beautiful scenery and good company. I search for my zone: that place when you just enjoying running, there's no effort and you feel like you can just run forever. I like to pray and meditate during runs, it's a great time to just be at peace.



Janelle: What else do you like to do besides run?

Judy: Playing violin and keyboard, walking Louie, my dog, reading a good, uplifting novel and running magazines, and doing crossword puzzles. I love to do my own "crunch-multi" workout: bike, sets, run, sets, run.

Janelle: Tell me about yourself...

Judy: In my twenties I was a weightlifter; I could leg press 360! I'm an animal lover; I would love to work in animal rescue someday. I would love to get back into music as a profession; maybe play violin for a band. I grew up in Lake Tahoe, but I was born in Montclair, NJ. But I love Southern California. How can you run anywhere else?

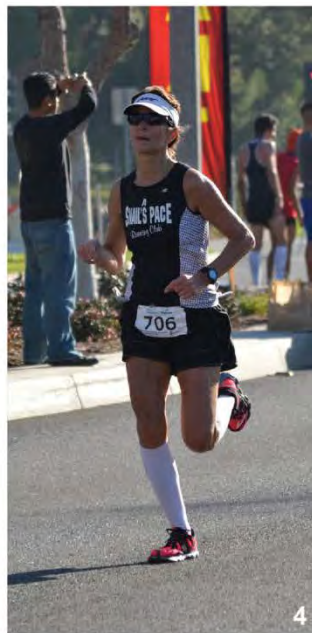
Congrats, Judy, and thank you for being such an awesome member of our club. Keep sharing those pictures!

Editor's Note: Judy is one of my regular running partners and she is a joy to run with! Always upbeat and encouraging, and our chatting makes the miles fly by. She has been steadily improving and it has been exciting as she has achieved many very impressive PR's. She also helped me achieve a goal time at St. George marathon, especially by doing long downhill training runs with me. As you can see from the article, Judy has a true love for running and our club, and is a great choice for Runner of the Month!

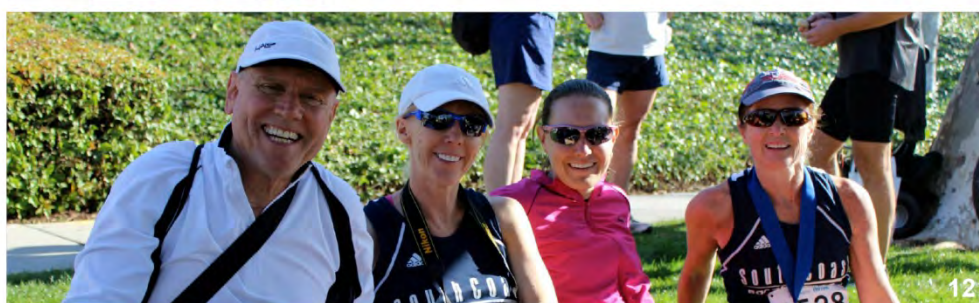
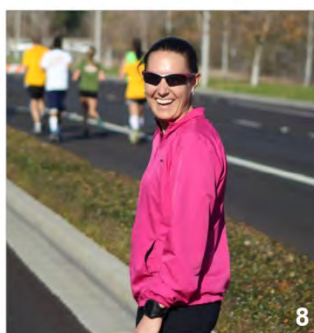
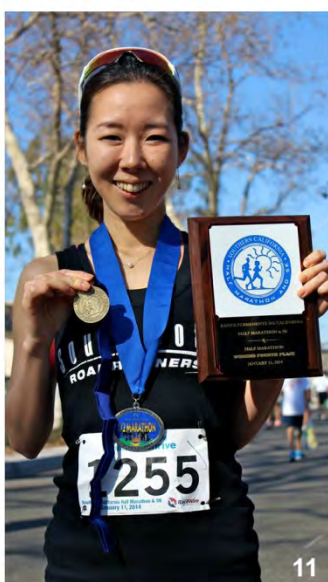
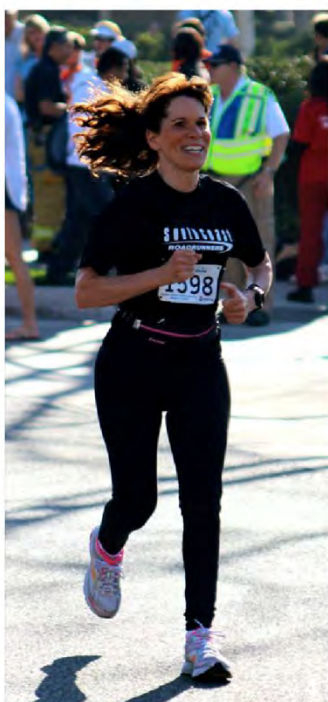


SCRR Shines at the SoCal Half!

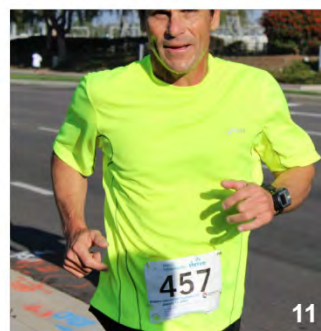
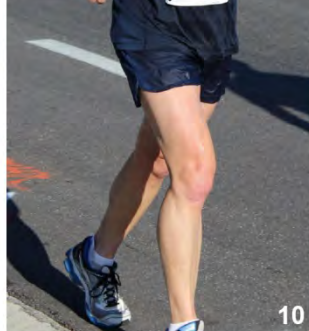
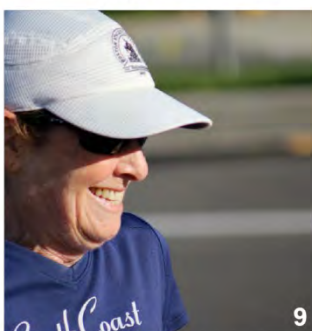
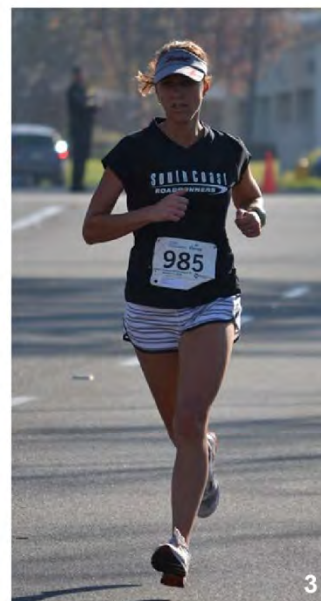
Compiled by Joanna Pallo; Photos by: Mike Gellman, Linda Hammond and others



1 David Schiller 2 South Coast Roadrunners 3 Jonathan Resnick 4 Sherri Ellerby 5 Aya Namikawa 6 Michael Gulan, Doug 7 Judy Sweet, Mike Bertram, Lillian Bertram 8 Dave Blakesley, Carlos Jovel, Joanna Pallo 9 Kelcey Kinjo



1 Cathy Shargay, Lillian Bertram, Mike Bertram, Melissa Snyder, Judy Sweet, Emily Moeller-Prom, Jeanie 2 Leilani Rios, Amy Katz, Mike Bertram, Lillian Bertram, Judy Sweet, Aya Namikawa, David Bauers, Cathy Shargay 3 Amy Katz 4 Judy Sweet 5 Cathy Shargay 6 Matt Hood 7 Matt Hood, Rob Harris 8 Vicki Ballon 9 Lisa Eiler 10 Daniel Evora 11 Aya Namikawaa 12 David Balkesley, Cathy Balesley, Vicki Ballon, Cathy Shargay



1 Lillian Bertrum, Emily Moeller-Prom 2 Joanna Pallo, Michael Friedl 3 Ingrid Johnson 4 Bob Morris 5 Avery Lewis 6 Alberto Ballon 7 Sylvia, Janelle Daniels 8 Carlos Jovel 9 Jeanie 10 Rob Harris 11 Ken Wells 12 Linda Hammond 13 Alberto Ballon, Ken Wells, Vicki Ballon, Molly Donnellan, Gary Hefner

SCRR Members With Memorable Days at the SoCal Half!

By: Linda Hammond

Welcome 2014! **South Coast Roadrunners** kicked off the New Year at the **Southern Cal Half and 5k!** It was a day of big wins, fast times and PRs in the 5k and half. In the club placed second overall in the team competition in the half marathon! It was truly a special day, and I'm talking birthday and wedding SPECIAL!



Linda: *Happy Birthday Lillian! Tell us about your race.*

Lillian: Thanks Linda! Beat my previous PR by 4 minutes. My goal was to try to do a birthday PR, and **Emily Moeller-Prom** wanted to aim for a sub 2 hour half marathon, so we pulled each other along!

Linda: *Aya, Congratulations on your race at Southern Cal Half. Tell us about your race. Was it a PR?*

Aya: I was 4th female overall and 1st in my age group. It was a PR! I hadn't done a half marathon for over a year and half and it was my first time running Southern Cal Half. To make sure the course elevation, zigzags, etc. I looked up the course online and ran the same course 9 times before the race. My goal was to break 1:32. However, just 0.5 mile into the race, I realized the actual course was totally different from the website! But I think it was just fine as I was enjoying seeing the course ahead. The best part of the race was that there were lots of zigzags on the course. I saw club members many times and definitely this inspired me and encouraged me a lot. Thanks to this, I was able to break 1:30! Breaking 1:30 has been my goal, but I didn't expect to do that soon. I could never have done it if I weren't with South Coast Roadrunners! Thank you very much!

Linda: *I heard that you got married the day of the race???? Are you serious? Please tell us about going from race to wedding!*

Aya: Yes! However, no big wedding; we just went to Orange County Clerk-Recorder office for marriage license and wedding ceremony. We chose the date of January 11th for the wedding because it's easy to remember, simply "One-One-One." We both like dogs and the dog barking sound in Japanese is also One-One-One! The appointment for the ceremony was at 2:30, so after the race, I took a shower, put some make-up on, dressed up and got married! It was a bit hectic but it was all fun! A week before the wedding, my partner

and I ran into a sweet dog at the shelter and we felt it meant to be. We of course adopted the dog... "one-one-one"!

Linda: *When did you start running and when did you join the club?*

Aya: I started running in March 2012. It's been almost 2 years now. I joined SCRR in September 2013.

Linda: *What are you training for?*

Aya: I am training for **Surf City Marathon**, **LA Marathon** and **Boston Marathon**. I am hoping to break 3:10 in any of these 3 races.

Linda: *How did you end up in Orange County?*

Aya: I came to the USA in April 2005 to study English. I went to Ashland, Oregon first and spent 2 years in language school and college. As I had a bachelor degree from college in Japan, so it took only a year and a half to finish school in the USA. After graduation, I wanted to stay more in the USA. Luckily, I got a job in Irvine in 2007 and I've been here since then.

Thanks for sharing! The Southern Cal Half Marathon and 5k was the 7th race in the Grand Prix series. In February we race the **Brea 8k**. We are off and running in 2014. See you at the Finish Line!

Treasurer's Report

By: Lisa Eiler

	<u>January</u>	<u>December</u>
<i>Total Cash Balance, Beginning</i>	<i>5,152.30</i>	<i>5,867.52</i>
Cash Inflows	2,564.56	777.62
Cash Outflows-First Thursday	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>636.91</i>	<i>(715.22)</i>
<i>Total Cash Balance, Ending</i>	<i><u>5,789.21</u></i>	<i><u>5,152.30</u></i>

A Snail's Pace
Running Club
Mission Viejo
Presents





VALENTINE'S

Celebration

Annual Valentine's Run

2014 Edition

Sunday February 16, 2014

Florence Joyner Park, Mission Viejo

• Entry Fee \$8.00 •

Registration 6:30-7:30am

All Participants must be registered by 7:30 am

Race Start: 8:00 am

• 3+ Mile Hilly Loop Run •

• Sign up with your sweetheart or have a randomly drawn partner •

Age group awards based on combined finish times/ages

Post-Race refreshments provided

Please RSVP on Meetup

**CONGRATULATIONS TO JANUARY and FEBRUARY
MARATHONERS and ULTRA RUNNERS!!**

Camarillo Marathon, Jan. 5th

Eric Dangott

Phoenix Rock 'n' Roll Marathon, Jan. 19th

Eric Dangott

Jed Smith 50K (Sacramento), Feb. 2nd

Mike Friedl

Surf City Marathon, Feb. 2nd

Mike Connors

Greg Jones

Ben Coyle

Dave Schiller

Avery Lewis

Jennifer Woodson

Aya Namikawa

Matt Kadowaki

Daniel Evora-Hahn

Brian Kurnow

Rob Harris

Scott LaRuffa

Karine Parry

Ted Williamson

Mike Bertram

Jenn Walt

Matt Nicholson

Kelcey Kinjo

*Very sorry if I missed anyone. Please let me know and
I'll include you in next month's newsletter.*

Cathy



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 37 out of 108 total participants to date for the 2013-2014 series after 7 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 6 races will be posted on our web site www.roadrunners.org***

	Name	Age Group	Total Points	Races	Best	Avg	SoCal Half/5K		Room For Santa	
							Times	Points	Times	Points
1	Jeanie Leitner	65-69	5,933	7	872	848	1:53:21 Half	872	25:08.5 5k	846
2	Sherri Ellerby	45-49	5,914	7	903	845	1:27:34 Half	840	19:06.8 5k	849
3	Mike Gulan	60-64	5,321	7	779	760	22:13 5k	765	22:30.1 5k	755
4	Doug Niles	45-49	5,256	7	798	751	1:31:18 Half	746	42:09.6 10k	710
5	Noreene Matsuda	45-49	5,052	7	769	722	28:38 5k	567	45:09.8 10k	768
6	Robert Donald	45-49	4,905	7	724	701	20:58 5k	703	20:55.8 5k	705
7	Leilani Rios	30-34	4,905	6	868	818	18:16 5k	835		0
8	Cathy Shargay	55-59	4,885	7	736	698	1:57:07 Half	710	25:11.2 5k	736
9	Ken Atterholt	50-54	4,833	6	821	806	18:56 5k	813	19:37.3 5k	784
10	David Schiller	50-54	4,773	6	823	796	1:26:45 Half	801	39:04.6 10k	814
11	Lisa Eiler	35-39	4,569	7	684	653	1:44:10 Half	681	50:01.7 10k	640
12	Greg Blevins	60-64	4,535	7	730	648	23:18 5k	730	54:24.4 10k	596
13	Alberto Ballon	35-39	4,454	7	665	636	1:38:46 Half	642	43:15.3 10k	653
14	Mike Bertram	45-49	4,311	6	746	719	1:36:48 Half	703	41:14.9 10k	725
15	Judy Sweet	45-49	4,235	7	659	605	2:03:47 Half	594	29:54.3 5k	543
16	Kelcey Kinjo	40-44	4,068	6	718	678	1:34:16 Half	672	43:58.8 10k	673
17	Orhan Beker	40-44	4,034	6	726	672		0	20:45.9 5k	698
18	Avery Lewis	25-29	4,033	6	699	672	22:06 5k	674	48:20.2 10k	643
19	Mike Pagalan	25-29	3,936	6	687	656	19:31 5k	687	20:34.0 5k	652
20	Alanna Brown	30-34	3,892	6	685	649	23:15 5k	656	23:05.5 5k	660
21	Mike Friedl	50-54	3,750	5	821	750	24:40 5k	624		0
22	Lillian Bertram	45-49	3,731	6	652	622	1:55:20 Half	638	24:53.9 5k	652
23	Joshua Proffitt	30-34	3,694	6	648	616		0	24:26.3 5k	552
24	David Bauers	50-54	3,687	6	673	615	2:20:56 Half	493		0
25	Carlos Jovel, Jr.	35-39	3,566	7	574	509	2:17:53 Half	460	27:36.3 5k	492
26	Stacey Dippong	30-34	3,517	5	740	703		0		0
27	Fred Ayers	35-39	3,500	7	516	500	27:30 5k	494	26:20.3 5k	516
28	Joanna Pallo	30-34	3,439	6	620	573	24:40 5k	618		0
29	Greg Hanssen	45-49	3,407	5	725	681	21:14 5k	695		0
30	Vicki Ballon	30-34	3,379	5	701	676		0		0
31	Daniel Evora-Hahn	25-29	3,343	5	719	669	1:24:40 Half	719	39:36.2 10k	702
32	Matt Kossoff	30-34	3,310	5	709	662	21:07 5k	639		0
33	Cathy Blakesley	50-54	3,279	5	700	656	24:22 5k	700	25:53.5 5k	659
34	Linda Hammond	45-49	3,143	5	719	629	2:06:01 Half	584	26:10.4 10k	620
35	Vincent Lowder	45-49	3,054	4	790	764	1:28:34 Half	769	18:39.8 5k	790
36	Mike Dietz	50-54	2,992	4	785	748	1:40:31 Half	691	40:52.5 5k	778
37	Ingrid Johnson	30-34	2,961	4	785	740	1:36:53 Half	697	20:48.1 5k	733

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME!

2/1/14 – Irvine Farmers' Market

Leader: Noreene Matsuda

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 Surf City 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, 4213 Campus Dr. Irvine, CA 92612

2/8/14 – 3 Piers “Kegs ‘n’ Eggs”

Leader: Lindsay Williams

Location: We start at the base of the Newport Beach pier. Arrive early to find street parking, or bring change or a credit card for the meters.

Directions: 5 Freeway to 55 south, follow signs to Newport Beach Pier. (Mapquest “Sharkeez Newport Beach” for exact directions)

About the Run: 5.75 miles to the Breakers and back to Newport Beach pier. Then another 11.10 miles to Huntington Beach pier and back.

After the Run: We enjoy the best deal in town at Sharkeez for breakfast! For less than \$5, you get French toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

2/15/14 – Aliso/Wood Canyon

Leader: Ken Wells

Location: Aliso/Wood Canyon Regional Park

Directions: The closest cross street is Aliso Creek & Alicia, .2 miles away is AWMA road. If you park in the dirt lot, make sure you pay for a permit. You can also park along the road for free.

About the Run: The basic route is an out and back that is a total of 9 miles. We run 1.5 miles to the trailhead. At 4.5 miles, you arrive at a gate which is the turnaround point, or continue up the hill to the park where there is a water fountain by the playground. There are many other routes available if you know the area for much longer distances. There is no water along the trail except for the park, so please be prepared.

After the run: Breakfast at Corner Bakery, 27221 La Paz Rd # K in Laguna Niguel. Cross street is Pacific Park Drive.

2/22/14 – Corner Bakery Pre-race Run

Leaders: Armando Morán, Shiao Huang and Julian

Location: Corner Bakery parking lot at Main and Harvard - 17575 Harvard Ave. Irvine, 92614

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

About the Run: This is a good warm-up run for the club race the following day. Run as long or short as you like on the bike path towards Back Bay.

After the Run: Corner Bakery

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
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Fax: (949) 234-0326
E-mail: reimersr@stifel.com
30448 Rancho Viejo Rd., Suite 110
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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 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

FEBRUARY	
SUN, 2/02, 6:50 a.m.	Surf City Marathon, ½ Marathon Huntington Beach, CA runsurfcity
THURS 2/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT/SUN, 2/08 & 2/9	Tour de Palm Springs Century and Palm Springs ½ Marathon tourdepalmsprings & PalmSprings1/2marathon
SAT 2/15, 8:00 a.m.	Timberwolf 5K, Northwood High, Irvine Timberwolf5k
SAT 2/22, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Raceonthebase
SAT 2/22, 8:30 a.m.	OC Chili Winter Trail Run Series – 2 nd Race of 3, O'Neill Park WinterTrailSeries
SUN 2/23, 8:00 a.m.	Brea 8K Brea Mall Brea8k
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

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