

ON THE RUN



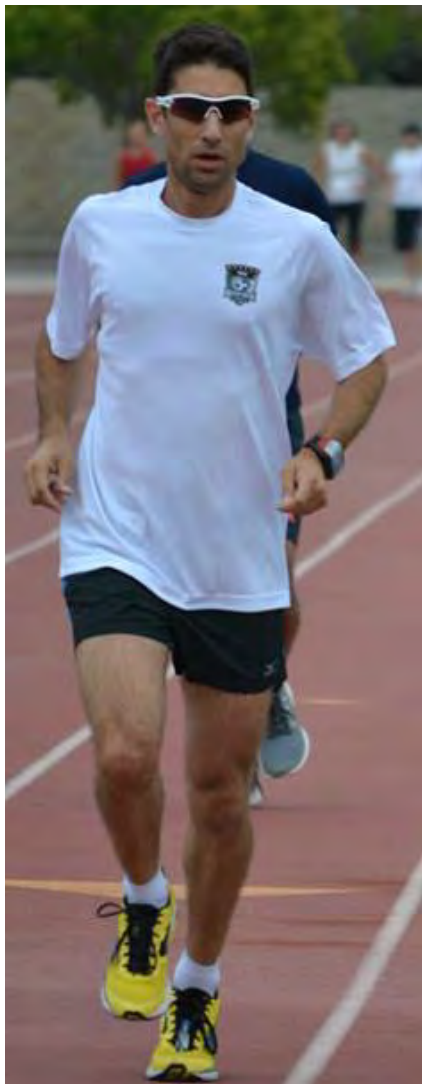
South Coast Roadrunners Running Club
<http://www.roadrunners.org>

Orange County, California
December 2013 Issue

Runner of the Month – Orhan Beker

By: Doug Denniston

Orhan Beker is our Runner of the Month for November. Orhan has served the club in many ways. He has been an officer on the board three times. Twice he served as the treasurer, and once as vice-president. "It was more like a Biden-type existence rather than Cheney-like..., is how Orhan describes it. Recently he opened his home to the club for a party after the Dove Dash, and helped organize a marathon trip in Istanbul Turkey. Congratulations Orhan on your selection as Runner of the Month.



When did you start running and where?

I started running in middle school in Istanbul, Turkey. A close family friend was an avid runner and he started me up with a running club there. I ran thru high school and college.

Our friend is now almost 70 and will be retiring from marathon running after Rome, 2014. We met him on our Turkey trip over pasta dinner the day before Istanbul marathon. He ran the 15k.

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

After living in MA for 10 years, I moved to CA in 2006. I had stopped active running in 1996, once I left Turkey. I had done a few runs here and there, but nothing systematic. Once I moved here and started working with Ken Atterholt, he managed to restart the engines. It's been off and on since, with other priorities getting in the way and even some injuries; but I'm very lucky to be part of such a great group of people. ... and thank you for electing me the ROM. I'm honored.

What has been your favorite race and why?

Favorite race(s) have to be the trips I took with friends and family: St. George was great and so was Vineman. It's the whole experience of traveling with family and friends I enjoyed on both occasions. St. George was especially memorable with my family waiting in the rain at the finish line, and I managed a BQ.

Do you have a favorite club race and distance?

I enjoy 5k races more than other distances. It's over quickly; and I don't get to think too much. Woodbridge is a familiar course I enjoy. Runner up has to be Dove Dash though...

You went to Boston in 2010, would you like to go back?

Didn't have a good day in Boston; so I guess I should get back. However, I feel that new destinations would be higher priority. Perhaps Chicago first...

What were the worst running conditions, or worst race experiences you've ever had?

Worst conditions were in Surf city a few years back. I carpooled with a coworker. I don't think we would have done the race, were we alone. Sitting in the car before the race, we didn't want to admit weakness and call it quits. So we sucked it up. I'm glad I did it, but I think I was shivering for days afterwards...

Boston 2010 was on a beautiful day but I suffered from lack of salt and started severely cramping right after half marathon. That was a run/walk/crawl finish and would be my worst race experience. I need to learn to "run" marathons.

Any other hobbies or interests?

Not really. My work is my main hobby. I think I'm pretty lucky in that regard...

What do you do?

I'm an engineer in Western Digital. Specifically, my team deals with the motion control of the arm that carries the read/write head. You can say that we help build the commodity that enables all your internet shopping and "more."



Orhan and his beautiful family, Sophia, Julian and Andrea

Where did you get the idea for the Istanbul marathon?

I think it was Greg Hanssen, or perhaps Cathy Shargay. I was no longer running, due to an Achilles injury almost three years ago. They pretty much said, "We're going to Istanbul, and therefore you're going too..." So I started running again in June. Back in high school and college I had run 10k races on the "Eurasian Marathon" day. It's a unique course crossing continents over a bridge that's normally closed to pedestrian traffic. Also, I didn't want to pass the opportunity to bring friends to Istanbul and show them around. I don't go back very often. Since I moved to US in 1996, I went back "home" only three times; this was the fourth trip. Pretty special for me.

What about the marathon made you want to run it?

It was mostly about the trip and not about the marathon itself. Flying all the way there, I didn't want to run any of the other options: "only" 8k or 10k or 15k. So, marathon it was... (Continued on page 9)

CONGRATULATIONS TO NOVEMBER MARATHONERS and IRONMEN!!

New York, Nov. 3rd
Ted Williamson

Santa Clarita, Nov. 3rd
Jenn Walt

Catalina ECO Marathon, Nov. 9th
Jon Resnick

Malibu Marathon, Nov. 10th
Eric Dangott
Kirsten Hirneisen
Avery Lewis

Lisa Eiler
Carlos Jovel
Joanna Pallo

Philadelphia, Nov. 17th
Leilani Rios **Matt Kadowaki**

Istanbul, Turkey, Nov. 17th
Orhan Beker **Jon Resnick**
Greg Hanssen **Ken Atterholt**
Cathy Shargay

Arizona Ironman, Nov. 17th
Chris Johnson **Robert Donald**

Treasurer's Report

By: Lisa Eiler

Treasurer's Report	<u>November</u>	<u>October</u>	<u>September</u>
<i>Total Cash Balance, Beginning</i>	<i>5,621.54</i>	<i>5,654.18</i>	<i>6,108.41</i>
Cash Inflows	650.30	426.27	405.67
Cash Outflows-First Thursday	404.32	358.91	401.88
Cash Outflows-Other	-	100.00	458.02
<i>Net Change in Cash</i>	<i>245.98</i>	<i>(32.64)</i>	<i>(454.23)</i>
<i>Total Cash Balance, Ending</i>	<i><u>5,867.52</u></i>	<i><u>5,621.54</u></i>	<i><u>5,654.18</u></i>

SCRR Runs Strong at Dino Dash!

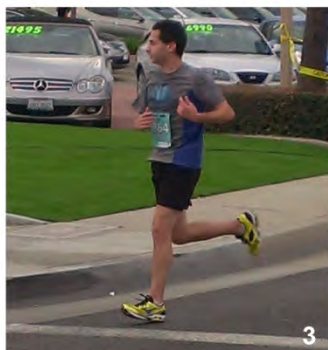
Compiled by Joanna Pallo; Photos by: Judy Sweet, Armando Moran, Jim Garling, and Joanna



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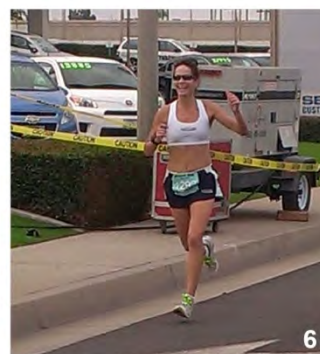
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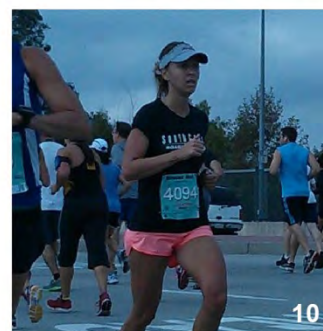


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9

1 Juan 2 Amy Katz, Eric Dangott, Judy Sweet, Daniel Evora, Cathy Shargay, Matt Kossoff 3 Matt Kossoff 4 Mike Friedl 5 Daniel Evora 6 Sherri Ellerby 7 Judy Sweet, Matt Kossoff, Doug 8 Cathy Blakesley, Judy Sweet, Cathy Shargay 9 Leilani Rios, Ken Atterholt



1 Doug, Matt Kossoff, Judy Sweet 2 Judy Sweet, Cathy Shargay, Ken Atterholt 3 Thomas Fung 4 Joshua Proffitt
5 Alberto Ballon 6 Michael Gulian 7 Matt Hood 8 Lillian Bertram 9 Carlos Jovel, Aleisha Jovel 10 Ingrid Johnson
11 Baby Mason 12 Orhan Beker, Juan, Eileen Stephens, Lillian Bertram, Mike Bertram

November SCRR Highlights!

By: Linda Hammond

November was a time to run. **South Coast Roadrunners** spent the month of November racing. Apparently the monthly **Grand Prix** race was not enough; Roadrunners also ran in **Malibu, Philly, Vegas** and celebrated **Thanksgiving** early at **Turkey Trots** and in **Turkey** (the country)!

However, when it came to Grand Prix racing, it was all about the dino! A club favorite, our November race was the **Dino Dash 5k** and **10k**. Congratulations to all on PRs, age division wins, and other accomplishments! Numerous SCRR won dinos, including **Leilani Rios, Ken Atterholt, Juan Morales** and **Jeanie Leitner**.

The year is flying by! We close out 2013 with Santa at the **Santa 5k** and **10k** run. Jingle all the way.... see you at the Finish Line!

Running Podcasts to Download

By: Jon Resnick

If you're looking for a little inspiration or tired of listening to the same songs on your long runs try out some of these running related podcasts. These podcasts as well as many others are available free for download from the iTunes store within iTunes software. iTunes software is also available for free from Apple at www.Apple.com/iTunes/ You can find more podcasts in the iTunes store by using the search terms running or marathon.

Here's a short list of some of my favorite shows in alphabetical order.

Competitor Radio: Rebroadcast of the popular radio show hosted by Bob Babbit and Paul Huddle. The show is focused on interviews of professional triathletes and runners.

Endurance Planet: Tawnee Prazak, coach and triathlete out of Laguna Beach co-hosts this weekly show with nutritionist Ben Greenfield. They focus on distance running and triathlete training and nutrition issues.

Marathon Talk: A weekly podcast all about running hosted by two Brits. Lots of fun banter, English slang, and great accents along with interviews of top British runners.

Marathon Training Academy: Interviews and discussions regarding marathons around the US.

Phedippidations: Steve Walker's long running podcast focusing on his quest to combine his running and wine tasting hobbies into one podcast or in his words "inspirations, motivations, contemplations and conversations for and about runners".

Trail Runner Nation: A podcast devoted to sharing knowledge and advice to the trail running community. They offer tips and discussions regarding race nutrition, pacing strategy, mental focus and much more.

UltraRunner: Scot Sandow and Eric Schranz delve into the ultra world with interviews and discussions concerning ultra marathons.

Brazil – World Masters Athletics Track & Field Championships

By: Bob Morris

Faith and I just got back from an unbelievable trip to Brazil where we participated in the 20th WMA Track and Field Championships. This event is just like the Olympics where athletes from 83 countries competed in track & field events plus the half marathon and marathon. Unlike the Olympics there are no qualifying standards, you just have to be 35 or older to compete in the five year age groups. Neither of us had been to South America before so this became our race destination vacation.

The meet is spread out over eleven days and my first race was a preliminary heat of the 800 meters where I was seeded 19th out of 41 competitors. The top two finishers from each heat automatically qualify for the finals, with the next six fastest times also advancing so my plan was to just put out a hard effort to reacquaint my body with running fast in preparation for the 1500 later in the week. The gun went



off and at the 400 meter mark I found myself in 6th place feeling good so I started moving up, passing a Swedish runner, then a Venezuelan. At the top of the final curve the Bolivian runner in front of me suddenly stopped with a leg cramp, putting me in third and within reach of the automatic qualifier. I locked in on the Algerian five meters ahead and overtook him the last 100 meters, securing second place and an unexpected ticket to the finals. My 2:24:25 was a season PR by seven seconds, but in the finals I went out too fast and died the last lap, coming in 7th with a 2:24:28., still ecstatic with my time.



Two days later I ran a 5:02:30 to advance to the 1500 meter finals where I finished 6th with a season PR 4:51:71. Con-sidering I was seeded 14th out of 39 runners I was extremely happy with my effort and time.

Faith also exceeded expectations running a 2:21 half marathon on the last day of the championships. She was ranked 12th out of 18 women in her age group and held her own finishing 12th with an 8 minute improvement over her previous half.



After spending ten days in Porto Alegre where we experienced their delicious Brazilian bbq – Churrasco (3 times) we headed to Rio de Janeiro for two amazing days of sightseeing. This is one of the most beautiful cities in the world. Sugarloaf Mountain (Pao de Acucar), Christ the Redeemer statue and Copacabana beach were three of the highlights of our brief stay in Rio.



Last stop before heading home was Iguazu Falls on the southern border of Brazil with Argentina. We splurged and stayed at Hotel das Cataratas, a resort that makes the Ritz Carlton look like a Motel 6. We took the boat ride to view the falls up close and personal and were warned ahead of time that everyone gets wet. They weren't kidding. This was the perfect end our Brazilian adventure, tranquil, relaxing and re-energizing.





Next WMA competition is Lyon, France in 2015 (<http://www.lyon2015.com/>) so, Vous y voir (see you there)!

Runner of the Month – Orhan Beker

Continued from Page 2

What affected your training and made you know you needed to walk to finish out?

I wanted to be able to run a 3:15. While I kept that target in my head thru the training, it became apparent that it wouldn't be possible. My long runs were not going well. My first 20 miler (since many years) with Ted Williamson was "OK," but I did have an ITB issue around mile 15 that I managed to push thru... Long Beach Half was good, which gave me some confidence. Then my next long run was bad: ITB issue at mile 14 and walked 6 miles back. Then I pretty much halted my training for a month before the marathon. This much was known going into the marathon... Jon Resnick gave me his ITB doohickey and some advice to take it easy and enjoy the run. I readjusted my target time to 3:30 and started the run. That pace was very comfortable, but lasted only for 18 miles. I think Jon's doohickey gave me another 4 miles of life; but at 18 miles there is this pain on the side of the knee and I could not run any more. So, I walked 8 miles. I was lucky that it was a beautiful day.

A Run along the Beach – Malibu Marathon

By: Kirsten Hirneisen

Six South Coast Road Runners completed the Malibu International Marathon in Malibu, CA on November 10th. Runners include Lisa Eiler, Kirsten Hirneisen, Carlos Jovel, Avery Lewis, and Joanna Pallo, and Eric Dangott who was a pacer. Spectating the event was Isho and Mason Tama-Sweet. The point-to-point course started by the Cabrillo Airport and travelled down the Malibu coastline to end at Zuma Beach. Everyone had a personal best time despite the difficulty of the last 8 miles of the course where the hills began (they didn't look that bad on the elevation chart). It was an absolutely beautiful course with spectacular views of the Santa Monica mountains, tomato fields, and the natural coastline at Point Mugu. This was Joanna's first marathon and she has caught the marathon bug and has already signed up for another!



South Coast Roadrunners
POST HOLIDAY & GIFT EXCHANGE PARTY

Sunday, January 19, 2014

From 6:00 pm to 10:00 pm

El Torito

24301 Avenida de la Carlota,
Laguna Hills, CA 92653

RSVP with payment by January 11

Price Includes soft drinks, buffet, and dessert.
Buffet includes Pollo Asado, Steak Picado, Cheese
Enchiladas, Mexican Caesar Salad, Refried Beans,
Rice, Zesty Fruit Ensalada, Fresh Vegetable Tray, Sweet
Corn Cake, Warm Tortillas, Crisp Tortilla Chips, House-Made Salsa.



Pay online via Paypal at www.roadrunners.org, or by cash
or check payable to SCRR given to any board member.

SAVE THE DATES - SCRR CLUB ROAD TRIPS

Palm Springs, Feb. 8-9

Feb. 8th – Tour de Palm Springs

Biking Century, Metric Century and shorter distances

Feb. 9 – Palm Springs Half Marathon / 5K

Paso Robles, Mar. 22-23

Wine Tasting, Bike Ride and Paso Robles Half Marathon / 5K

*For more information, talk to any club members
who have gone on these trips in the past.*

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME!

12/7/13 – Ship to Rail

Leader: Emily Moeller-Prom

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. From 5 freeway south: Exit Camino Las Ramblas toward PCH Stay right at the fork. Turn left on Dana Point Harbor Dr/Del Obispo St. Continue to the end of the street. Parking is all around. We meet at the end of DPH Drive, near the "Pilgrim" sailing ship and the little pier in the harbor.

About the Run: This is an out-and-back flat run that covers part of the Turkey Trot course. The 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. For a 12.8 mile run, continue along the footpath to the next turnaround point, the San Clemente Pier. If you're doing a 20-miler, continue 3.6 miles on the path passed the pier and head back. You can also add on 2 or 4 more miles by including the island in the harbor. Bring water, although several drinking fountains are located along the way. Lots of restrooms!

After the Run: Coffee Importers Espresso Bar & Deli - 34531 Golden Lantern in Dana Point Harbor. Park in the parking lot near The Brig, and walk towards the harbor. Enjoy breakfast on the seaside patio. www.coffeeimporters.com

12/14/13 – Club Race of the Month – Make Room for Santa, Hick's Canyon, Irvine

12/21/13 – 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. They are across the street from each other on the corner of Goldenrod and PCH - 2743 East Coast Highway, Corona Del Mar 92625

12/28/13 – Back Bay Classic

Leader: Don Smith

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, also known as the monument.

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, 1000 North Bristol St., Suite 30, Newport Beach.

Special Offer for Runners' Travel

By: Ted Williamson

This offer is for airport transport for runners traveling to their destination races. My purpose for requesting the special rates from my employer was to help make destination event travel a little easier for our runners. Best Chauffeured is a full-service company facilitating business, group and personal chauffeured travel worldwide. Best Chauffeured has vehicles of varying capacities for any size group of runners. Best can also setup transportation for our members in their destination cities as well. Just let the groups reservation department know when placing a reservation.

The price sheet below is based on sedan service to area airports. The rates reflect a special 20% discount off the standard rate. The special rates are for the exclusive use of South Coast Roadrunners and Run Your Potential. Members of A Snail's Pace should use SCRR when placing reservations.

Let me know if you have questions or call Best Chauffeured to get the complete form or to make reservations. Cheers!



RESERVATION REQUEST FORM FOR: RIDE-FOR-RUNNERS

PLEASE EMAIL OR FAX THE COMPLETED FORM TO BEST CHAUFFEURED AT: GROUPS@BESTCHAUFFEURED.COM OR (714) 500-6127.
FEEL FREE TO CALL (866) 323-2378 WITH ANY QUESTIONS. PLEASE ASK FOR SOMEONE IN THE GROUPS DEPARTMENT

NORTH COUNTY CITIES

ANAHEIM HILLS, ANAHEIM, BALBOA, BREA, BUENA PARK, CORONA DEL MAR, COSTA MESA, CYPRESS, FOUNTAIN VALLEY, FULLERTON, GARDEN GROVE, HUNTINGTON BEACH, IRVINE, LA PALMA, LAKEWOOD, CERRITOS, LONG BEACH, LOS ALAMITOS, MIDWAY CITY, NEWPORT BEACH, NEWPORT COAST, ORANGE, PLACENTIA, SANTA ANA, SEAL BEACH, SIGNAL HILL, STANTON, SUNSET BEACH, TUSTIN, VILLA PARK, WESTMINSTER, YORBA LINDA

SOUTH COUNTY CITIES

ALISO VIEJO, COTO DE CAZA, DANA POINT, DOVE CANYON, EMERALD BAY, FOOTHILL RANCH, HACIENDA HEIGHTS, LA HABRA, LA MIRADA, LADERA RANCH, LAGUNA BEACH, LAGUNA HILLS, LAGUNA NIGUEL, LAGUNA WOODS, LAKE FOREST, MISSION VIEJO, MONARCH BEACH, PORTOLA HILLS, RANCHO SANTA MARGARITA, SAN CLEMENTE, SAN JUAN CAPISTRANO, SANTA FE SPRINGS, TRABUCO CANYON

	<u>ORANGE COUNTY AIRPORT SEDAN RATES</u>		
	<u>JOHN WAYNE (SNA)</u>	<u>LONG BEACH (LGB)</u>	<u>LOS ANGELES (LAX)</u>
	ADD \$6.00 PARKING ON ARRIVAL	ADD \$6.00 PARKING ON ARRIVAL	ADD \$7.00 PARKING ON ARRIVAL
NORTH ORANGE COUNTY	\$96.00	\$120.00	\$126.00
SOUTH ORANGE COUNTY	\$107.00	\$131.00	\$137.00

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

Great Deals From Fellow South Coast Roadrunners...

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

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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

DECEMBER	
THURS 12/5, 7:30p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN. 12/8, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathon
SUN. 12/8, 7:00 a.m.	Tucson Marathon, ½ Marathon Tuscon, AZ Tucson Marathon
SUN. 12/8, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach - CrystalCoveTrailRace
SAT. 12/14, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine RenegadeSantaRun
SUN. 12/15, 8:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca Holiday Half Marathon
SUN. 12/22, 8:30 a.m.	Winter Solstice Christmas Tree Run Long Beach, CA longbeachwintersolsticechristmasrun2013
THUR. 12/26, 7:30a.m.	Operation Jack Marathon, ½ Marathon Dockweiler State Beach – Los Angeles OperationJackMarathon ***This is easily one of the cheapest races around. It is very well organized, a relatively flat course, and best of all it is for a great cause.***
JANUARY	
THURS 1/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 1/4, 6:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SAT, 1/11, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, schalfmarathon
SUN, 1/12, 5:00 a.m.	Walt Disney World Marathon, FL Disneyworld Marathon
SUN, 1/19	SCRR Holiday Party – See flier on page 11
SUN, 1/19, 5:00 a.m.	Tinkerbell ½ Marathon – Anaheim, CA (sold out) www.rundisney.com/tinkerbell
SUN, 1/19, 7:50 a.m.	Arizona Rock 'n Roll Marathon, ½ Marathon Rock n Roll Arizona
SUN, 1/20, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon
SAT, 1/25, 8:00 a.m.	OC Chili Winter Trail Run Series – 1 st Race of 3, O'Neill Park WinterTrailSeries
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	
SAT 3/2 7:30 a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm Coaster Run
SAT 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
SAT 3/02, 7:45 a.m.	Dana Point Grunion Run 5K, 10K Dana Point Harbor festivalofwhalesgrunionrun
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, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB nmsritrun
SUN, 3/30, 7:00 a.m.	Carlsbad 5000, Carlsbad, CA