

# ON THE RUN



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

Orange County, California  
November 2007 Issue

## ***Runner of the Month – Paula Fell***

**By: Paula Fell and Cathy Shargay**

Editor's Note: Paula is one of a number of club members who have made impressive, inspiring come-backs from injuries. As she writes below, Paula took up swimming when she developed an injury which prevented her from running and biking. It was great to see how she "accepted" the injury without getting depressed or frustrated, and immediately dived into swimming. We watched her speedy progress and dedication to learning, and it was amazing how quickly she improved. She mastered many different types and aspects of swimming – lap swimming, different strokes, ocean swimming, dolphining, transitions, etc. She also started doing lots of different types of competitions, including long distance, open water swim races, swim meets, and aquathlons once she was able to start running again.

She approached her running recovery with equal dedication. She describes it below, and now Paula is placing in races. All of us who are currently "in recovery", can use Paula as an example, and hope that we can do as well!



Paula: I started running again in March after over two years of back and hip problems. SCRR club members have been a great source of advice for me then, and now. Thank goodness for swimming which allowed me to maintain some level of fitness throughout this time. I started running at 6 x half mile at 10 min mile pace with 1 minute walk breaks each half mile!! I am so glad that Coach Molly introduced me to Galloway walk breaks. Slowly and carefully I increased the mileage and decreased the walk breaks. After my first few long runs I was starting to feel fit again, and was especially happy to be able to enjoy my favorite hillier local trail runs, Peter's Canyon and Quail Hill. Thanks to Amelia, Linda, Cathy and all who were hanging out with me on my walk break runs! Running alone was no fun!

My very first race back was the Playa Del Run aquathlon in Huntington Beach in June. The swim was very enjoyable, with a strong current in our direction. Sue Zihlmann came out to run the 5K with me which really helped, and I was very happy to run negative splits.

In June a group of us did The Huntington Beach round the pier swim, and I was relieved to be out right behind Tim Hood and Dan Garcia. After the race I did not feel well and Sue remarked that my face was blue. I had hypothermia and will not be swimming without a wetsuit again. As you all know, Rob Harris (Sue

Zihlmann's husband), bet me an Italian dinner and cleaning my car in a speedo on meeting night, and I am still waiting to collect after his sorry DNF.

My next race was an aquathlon in the filthy waters of Long Beach on July 1st, and then the Woodbridge 5K just 3 days later. I blew up a bit on my last mile at Woodbridge (Yay! Back to normal!) but snuck in a 30 second PR overall. The Distance Derby 5m was brutal, but thanks to Linda Hammond and Sue (again) I was able to shave 4 minutes off last time.

(Cont. on Page 2)

## ***Runner of the Month – Paula Fell (Con't)***

In August I swam in my first ever swim meet, the Regional Long Course Meters Championships at Mission Viejo, and unexpectedly qualified for two breaststroke events at the Fina Masters World Championships in Perth, AUS April 2008. I'll be able to enter 50m freestyle also, being less than a second outside the necessary time. Coach Mike put me in all seven relay events. This was very intimidating for me, but also something I was extremely proud of, being one of the slower swimmers on the team, and because it was my first swim meet. He has confidence in me that I do not have in myself. I was able to swim with the fast swimmers, but also to anchor a couple of the slower relays. I did not DQ at all, although I had only learned to turn and dive in the preceding 2-3 weeks, due to the extracurricular time and effort provided by the coaches and the faster swimmers in our group. Irvine Novaquatics won the Championships by over 500 points, and it was very, very special to have been a part of it. As one of my Nova swimming mentors put it, "We were part of something that was bigger than all of us, and we will never forget this experience".

I am very grateful to Cathy Shargay and Tim Hood who got me swimming in the ocean for the first time a couple of years back. Last October I swam the Kona Ironman 2.4 mile swim course the day before the race. I completed the Don Burns 1 mile ocean swim this August, with too many bodies (350)!!! . It seemed they were all wearing red, yellow or green caps, the colors of the buoys. I was also lucky enough to get a place in the first wave at Pacific Coast Tri in September which was so much better, no buoy colored caps and only 40 bodies!! Currently I am in serious training for the Short Course Regional Championships Nov 30<sup>th</sup>.



My running focus for this year was always the Long Beach half marathon, I had signed up in May. It is already over three years since my last half marathon. Although my training was looking great six weeks out, the horseshoe hills introduced a new injury. Thanks to Dolly Ginter for a quick and accurate evaluation and for getting me into Superfeet. After 6 weeks of little running I am out of shape again, but I squeezed out a 5K PR. I want to get back to long runs so that I can refocus on my next half, although trying to train on the East coast through winter is going to be really rough.

I signed up for SD Rock n Roll full marathon next June, my first, but I just don't know how I'll be able to keep the injuries at bay. Hopefully Galloway and the support of my SCRR teammates and training coaches, will get me there.

## ***Running Quote of the Month***

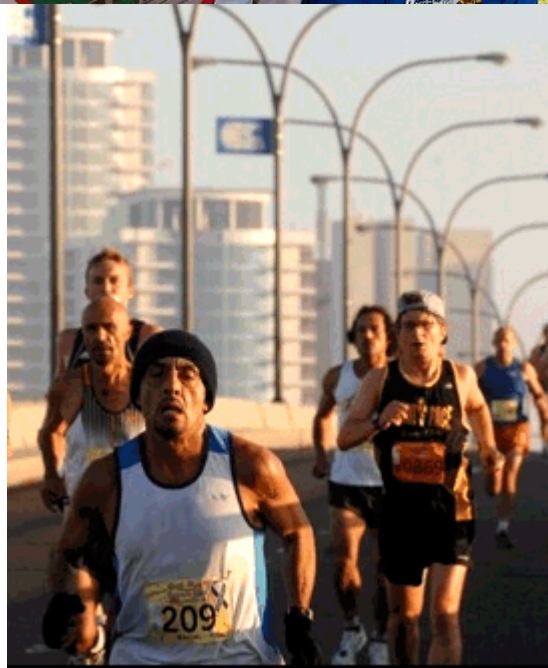
"The will to win means nothing if you haven't the will to prepare."

Juma Ikangaa, 1989 NYC Marathon



## ***Pictures from the Long Beach Marathon, 1/2M and 5K***

By: Linda Hammond



# Annual SCRR Wine & Cheese Party!

Where: Dan Templin's Place

When: **Saturday, November 17<sup>th</sup>; 6 PM 'til whenever**

What to bring: **A bottle of your favorite wine and an appetizer or dessert.**

Dress: Nice casual

Note: **Carpooling is encouraged because parking may be problematic.**



## Directions

Exit I-5 at Jamboree. If you are heading south, turn right. If you are heading north, turn left.

Stay to the right toward Walnut/Edinger  
Turn left onto Edinger.

Turn right on Harvard.

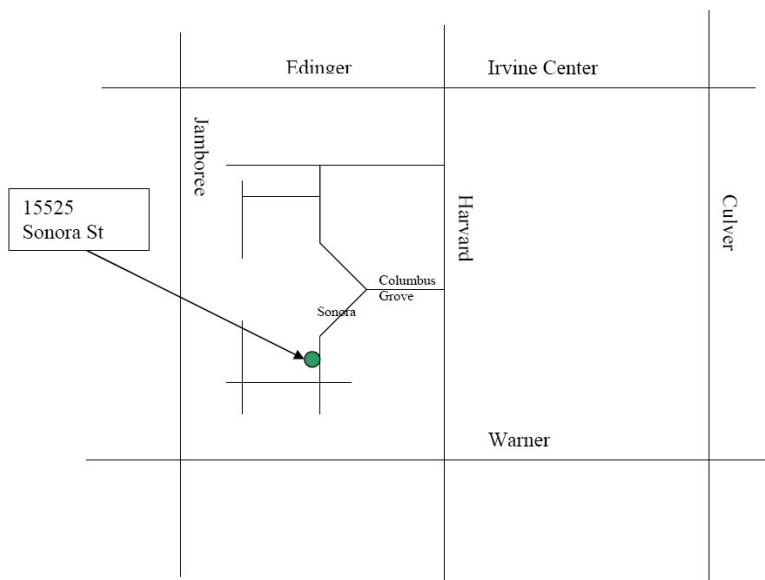
Turn right on Columbus Grove.

Turn Left onto Sonora (at club house)

Fourth house on the right.

15525 Sonora St  
Tustin, CA 92782  
(949) 861-2058

**See you there!**





## ***Perfect Day at St. George Marathon!***

<b>Ken Atterholt</b>	<b>3:16:40 – Major PR and Boston Qualifier</b>
<b>Greg Hanssen</b>	<b>3:30:16 – Major PR</b>
<b>Mary Lynch</b>	<b>3:38:21 – Ran a 20 mile training run; then easy 6</b>
<b>Vicki Niebrzydowski</b>	<b>3:38:51 – PR and Boston Qualifier</b>
<b>Cathy Shargay</b>	<b>4:23:04 – Beat goal of 4:30 (in injury recovery mode)</b>

## ***New Member Spotlight – Ben Coyle***

**Compiled By: Amy Katz**



New member **Ben Coyle** (right) with Brad Wobig at Long Beach ½ M

I've been running for 10 years. The marathon is my favorite race/distance. I ran my first marathon in 1999 in order to get a jacket and was hooked. I've run a total of 15 marathons and I'm still shooting for PRs, although the idea of running 50 marathons in all 50 states is kind of a goal.

I moved out to California from Rhode Island on July 21 for a job at Vans Shoes. The company has a great atmosphere, and when I came out to interview I ran from Huntington Pier and knew I wanted to come back. I'm living in Huntington Beach right now and have run from the pier a lot; it is still awesome.

One of the first things I did when I moved was look to join a running club. I reviewed several from links off of the Coolrunning website. I decide to try a SCRR run based on the website, it is very well done and the group sounded great (though probably the pictures of Sharkeez and Widmer sealed the deal for me). I attended a Thursday run my first Thursday as a resident of California (I am really a resident, despite my RI plates. I just can't seem to let them go!).

## ***CONGRATULATIONS!!!***

***To ERIKA KOTTEAKOS and MIKE CONNORS***

***As the Training Spotlight Honorees of the Month***

## ***New Member Spotlight – Stacy Dippong***

**Compiled By: Amy Katz**

I ran in high school (X-country and track), and then took about 10 years off, running only occasionally in college, usually to get in shape for spring break. I started more seriously running about 3 months ago. I'm not yet sure what my favorite distance to run is, definitely not 26.2 miles though! I found out about the club from the website.

I'm training for the OC Half and the Surf City Half. My goal is to beat Sherri! Just kidding. It's actually to beat Eric Frome.

I grew up here, but spent the last 8 years in Boston, going to college and law school. Yay Red Sox! (I hope that when this is published that they haven't blown the World Series.) I took the bar exam this July and am working at a law firm while waiting for my results (cross your fingers for me) which come out the day before the wine & cheese party... meaning that we may need to adjust the number of bottles of wine that are supplied based on how I do. I guess that answer also takes care of what my hobbies are, or what they will become if I don't pass - yikes.



## ***SCRR Safety Policy***

**By: Jon Resnick**

Unfortunately, the newspapers seem to regularly have reports of runners and cyclists getting hit by cars. And, it seems that Orange County has an unusually high rate, but this probably due to the volume of people doing outdoor exercising yearround. We all remember the group of four women runners hit in Dana Point, with two seriously injured, and then the terrible news that SCRR member, Kerri Piccinich died in August 2006 after being hit by a car while running in New Jersey. Hence, the SCRR Board has developed a new safety policy:

All SCRR members and guests should be aware of these guidelines to ensure everyone's safety on club runs.

- Runners are advised to run on the sidewalk or bike path at all times. In addition, **Per the City of Irvine Municipal Code Ordinance number 192: Pedestrians are prohibited from proceeding along a bicycle path or lane where an adjacent adequate pedestrian facility exists.**
- Obey all traffic laws. Do not cross a street against a red light.
- Wear a reflective vest, light or reflective clothing when running at night. Carry a light if running on an unlit course.
- Carry emergency identification and phone numbers at all times.
- Do not leave an injured (or otherwise stopped runner alone).
- Know the route, or run with someone who does.
- Be courteous to other runners, walkers, roller-bladers, bikers, and of course, drivers.
- Share the path. Run on the right side of the bike path and allow room for bikes to pass in both directions.
- Carry adequate water, particularly during long runs, trail runs, and in warm weather.
- Do not wear headphones during club runs and be alert at all times.

## ***New Member Spotlight – Julia Hearn***

**Compiled By: Amy Katz**

The path leading up to the San Diego Rock N' Roll Marathon in June actually started back in 2005 when Josh (my husband) got sick. For the longest time the doctors thought he had Central Nervous System Lymphoma (CNSL). I was thinking "No way! We're too young for this to happen. We just had our youngest son, Dominic, for crimeny sakes!" Then we moved to Irvine and a few months later I got this little postcard in the mail from the Leukemia and Lymphoma society asking me to join their team and train for a marathon or half-marathon. Unfortunately, at that time Josh was still sick, and the kids were too young for me to take on that type of training. But, I was definitely interested and tempted to step up to the challenge.

As the months went by and Josh got better, the thought was always in the back of my mind (not to mention I kept getting those postcards in the mail). Last year, after three craniotomies, no more symptoms, and no definite diagnosis, the doctors finally decided that Josh was "cured". So I thought now's the time! If I get another postcard I'm going to go for it. But, I didn't because, well, I can be a little lazy sometimes. Then, a co-worker of Josh's stepped off of a plane and had a stroke! He was only 27 and just recently got married! I was totally shocked! Who knew something like that could happen to someone so young? What happened next? You guessed it! I received another little postcard in the mail only this time it was from the American Stroke Association. I'm thinking, man, someone or something sure wants me to run a marathon! Next thing you know I'm at an information meeting and well the rest is history...



**Julia Hearn**

By joining the ASA's Train To End Stroke program last February, I had a coach, a team to run with, training schedules, clinics, and a reason that made this more than just a personal goal. Over the next five months, I ran many, many, miles all over Southern California to prepare for the San Diego Rock n' Roll marathon on June 3<sup>rd</sup>. Which I ran in 5:29, not as fast as I would have liked but, I had only started my running career 5 months earlier so I have time to work up to a better finish time. I finished it and that's all that really matters anyways. After that I ran the Disneyland half marathon (2:35), in September, the Nike Run Hit Remix (5 miles in 46 minutes), and the Susan G. Komen 5 K (29 min. 45 sec). I have kind of slacked off for the month of October but, I intend to pick up the slack in November and do a few club races.

I think my favorite distance would be the half marathon. I don't need to do a lot of extensive training and I can recover in a day or so where as after the marathon I couldn't walk for a week afterward. I try to run 5 miles a day but it doesn't always work out. So, goal is a minimum of 3 times a week and anything more than that is just bonus mileage.

I found out about the club on the internet. I was looking for someone to run with on a regular basis and I figured if I joined a club then I would be held accountable and not be able to make excuses NOT to get out there and run. I'm kind of like that though, I need someone willing to kick my butt and keep me going or I'll find every excuse not to get out there. Right now, I am training for the Surf City half marathon in February, but, I am also toying with the idea of doing the OC half marathon in December, but haven't committed to it yet. The number one goal for running is just to keep doing it - not to let anything get in the way. I have come to thoroughly enjoy the idea of lacing up my running shoes, putting on my IPOD and just taking off.

I have a home daycare and I enjoy spending quiet time with my family. However, with a 2 year old and 4 year old there's not a whole lot of quiet until they go to bed! I have recently taken up sewing and made 3 quilted duvets and 2 blankets, I love to knit, read, bake, go dancing, camping, hiking, snow shoeing, and just BBQ and just hang out with friends. My husband, Josh, and I were high school sweethearts and just recently celebrated our 15 year anniversary.

After running San Diego I swore I would never run another marathon but, I often catch myself thinking about how I might be able to better my time. Who knows maybe I will run another marathon to celebrate turning 35. I still have 3 years to talk myself into it.

## **SATURDAY RUNS**

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

### **11/3/07 Pete's Famous Ocean View Run (Aliso Summit Trail)**

**Leader:** Debbie Taege

**Location:** Ridgeview Park

**Directions:** From Irvine, take 5 south. Exit at Alicia Parkway and head south. Drive past Awma Rd, which is just past Aliso Creek Road. Turn right on Highlands Ave. then right again on Ridgeview. Park on the street adjacent to the small park.

**About the Run:** It's an out and back total of 10 miles with beautiful ocean views.

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

### **11/10/07 El Moro Canyon – Joint run with AREC**

**Leader:** Amelia Carchidi (SCRR) / Dave Kuntz / Mark Fell (AREC) – this is a joint run with “AREC – A Running Experience Club” out of Long Beach.

**Location:** The El Moro Canyon (Crystal Cove State Park) runs are started from the State Park parking lot. There is a ten dollar fee to park if you do not have the annual pass. The entrance is located .4 miles south of Newport Coast Drive and 3 miles north of the Laguna Canyon Rd. To enter the park, turn off PCH at School State Park Rd. (a traffic light here). El Moro elementary school is here. Do not park in the school parking lot or you may get a \$35 parking ticket. Support the park by using the paid parking. Proceed further back to the Crystal Cove State Park parking area.

**Directions:** Take PCH to School State Park Road, just south of Crystal Cove. Mapquest “El Moro Elementary” for exact directions.

**About the Run:** This is a joint trail run with AREC, many of whose members are training for the Catalina Marathon. This run is a mix of trail and paved paths that offers a view of the coastal bluff vegetation and wildlife. The standard loop is 10 miles (or do an out-and-back for a shorter run). Please bring sufficient water for the run, as there are no water stops within the area.

**After the Run:** Pacific Whey Café in the Crystal Cove Promenade.

### **11/17/07 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:** Starbucks on Bristol and Jamboree.

### **11/24/07 Aliso Creek Trail**

**Leader:** Erika Kotteakos

**Location:** Laguna Hills Community Center

**Directions:** From the 5 Freeway, get off at Alicia Parkway and head south. After you pass Paseo de Valencia, make a right turn into the community center parking lot.

**About the Run:** The run is about a 12-mile out and back on the Aliso Creek Trail bike path and through the Laguna Niguel Regional Park.

**After the Run:** The corner of Pacific Park and Alicia, which is further south on Alicia, past Moulton. On the far left corner there are plenty of places to eat including Starbucks and Quizno's.





# 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 29 standings (out of 81 participants so far) for the 2007-2008 series after 4 races are:

Place	Name	Age Group	Points	Raced	Avg	Long Beach Marathon	LB Marathon	Track 5000	Track 5000
						Times	Points	Times	Points
1	Fred Cowles	40-44	3,273	4	818	17:09 5k	829	17:17 5k	823
2	David Schiller	45-49	3,262	4	816	3:09:00 Full	774	18:16 5k	828
3	Brad Wobig	35-39	3,140	4	785	1:19:11 Half	801	17:29 5k	777
4	Dan Garcia	45-49	2,965	4	741	1:34:57 Half	717	20:07 5k	751
5	Orhan Beker	30-34	2,888	4	722	1:26:46 Half	709	19:04 5k	708
6	Erika Kotteakos	35-39	2,865	4	716	1:39:27 Half	714	21:41 5k	710
7	Ed Coffey	60-64	2,838	4	710	23:09 5k	734	23:28 5k	724
8	Linda Hammond	40-44	2,806	4	702	22:50 5k	692	22:20 5k	707
9	Tonson Tong	40-44	2,798	4	700	1:49:31 Half	579	20:44 5k	686
10	Rob Harris	45-49	2,795	4	699	3:55:52 Full	620	20:14 5k	747
11	Sue Zihlmann	40-44	2,509	3	836	18:56 5k	835		0
12	Mike Gulan	55-59	2,448	3	816	19:37 5k	822		0
13	Mike Connors	40-44	2,380	3	793		0	17:09 5k	829
14	Ben Coyle	30-34	2,349	3	783	1:19:32 Half	773	17:03 5k	792
15	Mary Lynch	40-44	2,292	3	764	1:35:07 Half	777		0
16	Jason Blank	30-34	2,288	3	763		0	18:09 5k	744
17	Kevin MacDonnell	45-49	2,235	3	745	19:34 5k	773		0
18	Sabrina Higashi	30-34	2,187	3	729	1:32:31 Half	734	20:14 5k	754
19	Paula Fell	40-44	2,159	3	720	21:43 5k	728		0
20	Beiyi Zheng	40-44	2,151	4	538	2:21:03 Half	524	29:21 5k	538
21	Jon Resnick	45-49	2,148	3	716		0	21:41 5k	697
22	Jennifer Walt	40-44	2,055	3	685	3:45:33 Full	659	22:03 5k	717
23	Amy Katz	35-39	2,032	3	677	1:44:06 Half	682	22:22 5k	689
24	Jim Grant	45-49	2,015	3	672		0	20:31 5k	737
25	Mike Friedl	40-44	1,999	3	666	19:59 5k	711	21:17 5k	668
26	Liza Svoboda	35-39	1,871	3	624	2:01:45 Half	583		0
27	Ken Atterholt	45-49	1,792	3	597	28:44 5k	526	20:46 5k	728
28	Sherri Ellerby	40-44	1,712	2	856	1:25:23 Half	866	18:41 5k	846
29	Bob Morris	55-59	1,693	2	847	18:18 5k	881		0

## 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)  
26351 Junipero Serra Road, Suite 101,  
San Juan Capistrano

Santiago Nomen, "**Tax Preparation** at a Fair Price"  
(714) 838-3587, Fax: (714) 838-2256  
[socaltaxman@cox.net](mailto:socaltaxman@cox.net)  
52 Lakepines, Irvine

Dr. Pamela Galambos, DC, BS, **Chiropractor**  
Fountain Valley Chiropractic  
18430 S. Brookhurst St., Suite 103, Fountain Valley  
(714) 963-7432  
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Jonathan Resnick, CPA, **Tax services for businesses**  
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949-250-0852 949-752-0153 Fax  
[www.JResnickcpa.com](http://www.JResnickcpa.com)  
e-mail: [Jon@JResnickcpa.com](mailto:Jon@JResnickcpa.com)  
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949-419-6889 or [www.my.tupperware.com/colleencjones](http://www.my.tupperware.com/colleencjones)

Sue Rudolph, **Amazing Running Tours**  
Specialist in Marathon Tours Worldwide  
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[www.amazingrunningtours.com](http://www.amazingrunningtours.com)  
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[info@amazingtravel.com](mailto:info@amazingtravel.com)  
Running, hiking, and cycling tours

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Specialist Since 1980)  
(714) 972-1216, Fax: (714) 543-8946  
[www.swedishasian.com](http://www.swedishasian.com)  
800 South Grand Ave., Santa Ana  
"10% discount for SCRR members"

Jeannie Palermo & Cheryl Bauer, **Keller Williams Realty**  
Serving Buyers and Sellers from South Orange County  
To South Bay  
Jeannie's cell: 310-634-3485, email: [j.pal@cox.net](mailto:j.pal@cox.net)  
Cheryl's cell: 714-325-3257, [luckybauer@yahoo.com](mailto:luckybauer@yahoo.com)  
"We will pay ½ the escrow fees for South Coast  
Roadrunner clients" [www.jpalamo.com](http://www.jpalamo.com)

MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**  
Office (562) 690-0553 Cellular (562) 714-4166  
[mark@search4integrity.com](mailto:mark@search4integrity.com)  
[www.search4integrity.com](http://www.search4integrity.com)  
""We'll pay \$1,000 referral fee for every candidate or  
client placement, ask me how it works!"

## 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.

# SCRR CLUB CALENDAR

Club Events in bold font

Check [www.raceplace.com](http://www.raceplace.com) or [www.active.com](http://www.active.com) for event registration info



<b>NOVEMBER</b>	
<b>THU 1<sup>st</sup></b>	<b>Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8:15pm</b>
<b>SUN, 4<sup>th</sup></b>	Dinosaur Dash XVI 5 and 10K, Tustin
<b>SUN, 4<sup>th</sup></b>	ING New York Marathon, New York City
<b>SUN, 4<sup>th</sup></b>	Santa Clarita Marathon
<b>SAT, 17<sup>th</sup></b>	<b>SCRR Wine and Cheese Party at Dan Templin's – see flyer on page 4</b>
<b>SAT, 17<sup>th</sup></b>	Catalina Eco Marathon
<b>THURS, 22<sup>nd</sup></b>	<b>Dana Point Turkey Trot, 5 and 10K</b>
<b>DECEMBER</b>	
<b>SUN, 2<sup>nd</sup></b>	Tucson Marathon
<b>SUN, 2<sup>nd</sup></b>	New Las Vegas Marathon
<b>SUN, 2<sup>nd</sup></b>	California International Marathon, Sacramento
<b>THU 6<sup>th</sup></b>	<b>Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8:15pm</b>
<b>SAT, 8<sup>th</sup></b>	<b>Southern California Half Marathon &amp; 5K, Irvine</b>
<b>SUN, 16<sup>th</sup></b>	XTERRA Scramble - Crystal Cove 15K and 5K Trail Runs, El Moro
<b>JANUARY</b>	
<b>THU 3<sup>rd</sup></b>	<b>Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8:15pm</b>
<b>SUN, 6<sup>th</sup></b>	<b>OC Marathon, 1/2 M and 5K, Irvine</b>
<b>SAT, 12<sup>th</sup></b>	Run with the Buffalos, 50 miles, Avalon, Catalina

## **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](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**