

# ON THE RUN



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

Orange County, California  
October 2006 Issue

## *Runner of the Month – Dan Templin*

By: Heather Wilkins

I was thrilled to be given the opportunity to help write Dan's runner of the month article. He has been with club less than a year and is a great person and runner. He has shown tremendous dedication to improving his running and becoming really active in the club. Dan is always very welcoming of new runners, will run an extra mile with you to keep you company and helping out where he can (i.e. bringing the club tent to a very early morning race).



Dan decided to get into running because he wanted to test himself by completing a half marathon. He quickly started a 10-week training program, just nine weeks before the OC Half Marathon – you do the math. This was Dan's first real "training run" ever. Seven weeks later Dan had lunch with Mike Friedl. Mike kept talking about the "lifestyle of running" which was not something Dan could completely wrap his arms around. Soon Dan left on vacation for Peru and came back to run with the group one more time before the OC Half. The OC Half went very well, Dan posted an amazing time of 1:53:35.

Since then, according to Dan, the support and encouragement of the group has been incredible in maintaining his focus and desire to continue running. The friendships he has developed make it almost impossible to stop. In Dan's words, "Now when I look at my goals for the future, they are simply to improve and enjoy the process. At HB Distance derby I scored over 600 points for the first time! I am training for the OC Marathon and have difficulty setting a goal time as I am getting faster. Both Danny and Molly have been helpful in reminding me to pace myself a bit and teach me how to train and race. I also think that it is important to note the contribution that Jon R. has made in teaching me form and lessons on pace and overtraining."

Dan is even thinking about trying a triathlon after the OC marathon this January.

In Dan's spare time he runs a company called Strategic Employee Benefit Service in partnership with the local NMFN Managing Partner (Bob Waltos) and his mother. They help clients by designing benefit programs for companies along with their communication strategy and providing unparalleled tools and service. They have been growing quickly and have created an environment where each team member loves what they do and the people they work with.

Before entering this career, Dan was a graduate student in a Ph. D. program in Evolutionary Genetics at UC Santa Cruz, and has his BS in Biology and Chemistry from UC Irvine. Dan was missing interaction in his life and looked for a change. Now he gets a real level of connection with clients, while his desire to teach is met through employee communication, and his philosophical side is satisfied through discussions on the future of healthcare and its funding.

Outside of work and running, Dan enjoys going to sporting events, SCUBA diving, and snowboarding. Dan is single and grew up in the OC, having moved around a bit within the county. His father passed away seven years ago leaving Dan with his mother, sister and dog.

Congratulations Dan! We're all proud of your accomplishments and are glad that you are put of the club! Good luck in the OC Marathon!

# **INAUGURAL DISNEYLAND HALF MARATHON**

**By: Jim Grant, Heather Wilkins, Leon Laub, Sherri Ellerby, and Beiyi Zheng**

**Introduction by: Amy Katz**

Several members of SCRR turned out for the Inaugural Disneyland Half Marathon on September 17, 2006 to run through the Happiest Place on Earth. We were part of the 9,729 runners who showed up at the start, from 49 states and 15 countries. It was an exciting race that wound through parts of Disneyland, California Adventure, the neighboring streets of Anaheim, the outfield of Anaheim Stadium, and Downtown Disney. We saw Disney characters, marching bands, cheerleaders, mariachi bands, youth hockey players, and more. It was definitely a fantastic event, and probably one of the best organized races of any size I've ever seen. Here's what some of our teammates thought about it.

**Jim Grant:** I didn't really read up much on the course, so I was surprised around mile 10 to be running in Anaheim stadium on the base paths. An announcer was calling out names on the loud speaker "there goes Leon Laub of Azusa, and there goes Jim Grant of Irvine" as we are watching ourselves on the big screen. Somehow, that got my juices going and I finish mile 10 at 64 (faster than my Distance Derby time). Now I am thinking there is only 5K left, so quit freaking out that you're running so fast.

I tried to force myself to think of Thursday's workout when I was running with Schiller's gang of Brent, Jane, Mike C., and I don't remember who else. After a mile of that, then I thought there is only two miles left just gut this thing out. Also, once nearer to Disney, I was familiar with where I was and started to smell the barn. Running back through California Adventure was cool, and I think that is where I passed the second place finisher in my division. Seeing Brad on the course was a huge lift for me along with hearing the cheers of the other club members.

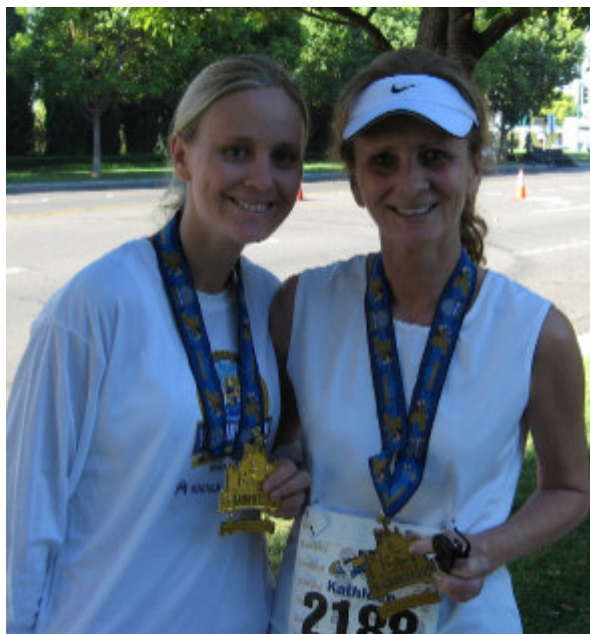
**Leon Laub:** I had a great time at the half marathon. I'd highly recommend the race to those that like big events, along the lines of Boston, New York and Chicago. Even though it's a local event, it has to be treated like a major because of the time commitment. You don't just wake up and go.

Sue surprised me by informing me that she had got a room at Disneyland for us. That made a world of difference. After parking Saturday for the expo, we didn't have to move the car until we left. After the expo, we walked to Disney Walk for our pasta dinner and the next morning we just woke up and walked to the start.

It was a very well organized race. Sue and I had to split up, she was in corral B and I was in the elite corral. I ran into Jim Grant in the elite corral and realized we have a little competition going. At Huntington Beach I had caught him at mile 6, we ran together for a mile then I pulled away to win. This time, it was him doing the catching up. He caught me at mile 11 as we left Angel Stadium and pulled away from me for the age group win. I ended up 3rd in a 1:24:54.

Next year's race will be over Labor Day weekend and goes on sale 11/15/06. It will sell out quickly.

**Heather Wilkins:** The Disneyland Half Marathon was definitely a true Disney-esque adventure through Anaheim, California, and I really enjoyed every mile of it. The confetti popping out, the DJ spinning, Mickey and Minnie dressed to run, to Jim Galloway's kick off speech, all created an amazing start to my fastest Half Marathon. I looked at my mom – who was also running the Half Marathon – when the announcer yelled go and said good luck and



**Heather Wilkins and Mom with their medals!**

we parted with smiles on our faces. We knew we were in for a good time!

I was amazed to see how many people were on the streets at such an early hour to cheer us on. The start was fast and soon we were running around California Adventure – I found myself smiling and looking at the cast and characters. Next, we were off to Disneyland – we ran behind the back lots where guests are not typically allowed to go. Running through the Castle was amazing and I loved seeing all the rides operating, hearing the music and seeing the characters.

Next we ran up and down the streets of Anaheim. This was not nearly as exciting as the Parks however band after band after cheerleading squad lined the streets to cheer us on. It was really neat to see a community come together to cheer and support runners – their support helped keep me on pace.

The highlight of the day was definitely running the bases at Angel Stadium around mile 10. I love the Angels and grew up watching them so to see myself on the Jumbotron as I rounded home plate and hear my name is something I will never forget.

We were soon at the Downtown Disney area for a windy, crowd-packed finish. I finished the Half with a PR of 1:48. I was happy, I was even happier to see my Mom finish. She had some minor heart problems a month ago so it was a major feat to see her cross the finish line. We both have our medals and wonderful memories.

I am definitely doing this half again next year!

**Sherri Ellerby:** Is it possible to run one of your slowest times for a race distance, yet have one of the best races of your life? Absolutely! I had one of the best race days of my running career at the Disneyland Half Marathon. My favorite part of the day was my actual performance. I am just coming off recovering from a broken metatarsal in my left foot. I couldn't run at all for the months of June and most of July. My longest run was barely 9 miles, and I did that only the weekend before the race. Of course, I haven't done any speed work or hill training. My last race was the Boston Marathon. I thought at best I would be walking a bit at every mile and maybe coming in around 1:50 if I was having a spectacular day.

I knew I would just have to play it all by ear, constantly checking my body on how it felt. After 4 miles it looked like I was settling into 8:00 pace. Wow! That's better than I thought I could do. Then I started running more miles at just under 8:00 pace - AND I felt fine. Hmmm. "If I feel good at mile 11, I'm going to go for it." Mile 11 arrives. I feel the same as did at mile 6. I began my surge. I see a train of five women in front of me. First, I just hang behind the last girl for a few moments to relax. Then I pick a landmark to begin my surge. I take off and pass all of them with no problem, but I don't want them coming after me, so I picked another spot further on to continue my faster pace. What a thrill that was! I continue passing runner after runner. I am smiling at how unbelievable I feel. I ran mile 12 in 7:17 and mile 13 in 6:41. Spectators in Downtown Disney are cheering for the smiling lady who keeps passing runners. I finished in 1:42:52.

All that patience during my recovery time and diligent cross-training really paid off! I can't wait to run the Long Beach Half Marathon, and I'm definitely doing the Disneyland Half next year.

**Beiyi Zheng:** It was really a fun race. I had so much fun at the beginning and almost forgot about the racing part. It took me 34 minutes to run the first 5K (I was so mad at myself afterwards). I slapped hands with the characters, looked around the park. I hadn't been to the park since 2001, and I had never been to California Adventure. Oh well, that's my excuse for running so slowly!

After I got out the park, the sun came out. It was beautiful at first, but then it got too bright and I couldn't see much around me. I guess there was not a whole lot to see on the Anaheim streets anyway, other than there were some Mexican dancing groups at some points. Anyway, I finally was able to concentrate on running, I caught up a little and made it to the 10 mile mark in 1:40 based on the run alert I got (the race result showed 1:43, I think it was off because there is no way I ran the last 5K in 26 minutes). Running through the Angel stadium was very unique experience, but I didn't get to see myself on the big screen.

Coming out of the stadium, I was ready to run the last 5K, feeling strong and confident. I knew I needed to push little beyond my comfort zone to reach my goal of 2:10, and I did it. It felt good to pass people towards the end of race.

I am still slow compared to you guys, but I am a better runner now than I was in January!

## AMY'S ADVICE:

Everything You Always Wanted to Know about Runners but Were Afraid to Ask

By: Amy Katz

**DEAR AMY:** There is a new job position at my current company that I would really like. The VP in charge happens to be a very nice and a very fast runner; in fact, he recently cruised the Huntington Beach 4th of July 5K in about 19 minutes, whereas I come in closer to 27 minutes in my recent races. If I really want this new job, do you think I should propose we go running at lunch sometime as a bonding experience, or will the large pace differential between us will be a death-nail for the job?

### SLOW-N-STEADY

**DEAR SLOW-N-STEADY:** I would definitely go running with the VP. I think it's a great opportunity to bond and get to know one another better, and I'm sure he'll slow down to a more moderate pace. There is a misconception among some of us slower runners that fast people only run fast. I usually run with my boyfriend once a week, and even though he can run much faster, he has no problem slowing down and letting me dictate the pace. I don't even have to say anything, he just follows my lead. I'm sure the VP will be happy to do the same with you. Just let him know what your usual pace is, and I bet he'll enjoy slowing down a little and having a great conversation. Good luck!

**DEAR AMY:** I often have to stop during races to tie my shoe. Is there something I can do so that my shoelace doesn't come untied?

### I'VE COME UNDONE

**DEAR UNDONE:** First let me just say, if your lace does come untied, it's best to move over to the side of the road out of the way of other runners before you lean down to tie your shoe. This will avoid any unnecessary multiple-runner pile-ups that could ruin your race and others'.



For me, double-knotting works fine. Plus, if you have long shoe laces, it will make the bow shorter so that the ends won't flop around while you run.

If your shoes have round laces and the ties won't stay put even when double-knotted, try this tip that Jon Resnick told me about: Tie your shoe in a simple bow as usual, but put the second loop through the hole a

second time before you pull it tight. When you're done, the knot will look the same as a standard knot, but with a double wrap around the middle.

*Email your questions to Amy Katz at [amyk262@hotmail.com](mailto:amyk262@hotmail.com).*

## Roadrunner's Relay Team at Pacific Coast Tri

By: Paula Fell



Sue Zihlmann (runner), Maike Sander (bicyclist) and Paula Fell (swimmer) participated on the second annual Roadrunner's relay team at Pacific Coast Triathlon on 9/10/06.

Both Sue and Maike had the second overall best split time of the whole event for ALL FEMALES in the competition including the PRO/ELITES. I took 3 minutes off my half mile swim from last year.

We finished in 1.15.00, one and a half minutes *faster* than last year's co-ed team of myself, Fred Cowles and Mike Conners. Maike was just a little over a minute shy of Fred's fast bike (34.19) and Sue bested Mike's fast run by 6 seconds (18.40).

The Team: Sue Zihlmann, Maike Sander  
and Paula Fell

## It's Time To PR! ...Party Right, that is!

**Pamela (Dr.G.) and Jim Oliver are getting married in Illinois after the Chicago Marathon in October. When they return, it will be time for YOU to PR!**

**Please join them at their California Reception on  
Sunday, November 12<sup>th</sup>**

**at Water's Restaurant, 4615 Barranca Pkwy,  
anytime between the hours of 1-4pm!**

**Bring your family and stay as long as you like  
Appetizers will be provided.**

Pamela and Jim would love to see you during this occasion, and that is a gift in itself (they have chosen no gift registry). However, for those of you who prefer to bring a gift, they'd like gift cards to REI, Crate & Barrel, Home Depot, or any sport-related retailer.

Contact info: chirodocg@yahoo.com  
714-337-8474

[Joliver391@cox.net](mailto:Joliver391@cox.net)  
949-547-2383



## **SATURDAY RUNS**

### **10/7/06, Quail Hill Trail**

**Leader:** TBA

**Location:** Starbucks - Corner of Alton & E. Yale Loop, Irvine (same location as Turtle Rock `N Java run)

**Directions:** From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn Left and then Right into parking lot. Starbucks is between Ralphs and Sav-On.

**About the run:** Proceed along the bike trail to Sand Canyon. Exit the trail onto Sand Canyon and run on the sidewalk heading west and across the 405 freeway and onto the new Quail Hill Trail. The trail has both dirt and paved options as it climbs up into Turtle Rock. An out and back to Boomer Canyon entrance is a total of 10 miles. You can easily add on extra miles along the bike trail before or after climbing Quail Hill. There are two water fountains on the trail with nice warm water.

**After the run:** Starbucks, Big City Bagels, and Juice It Up.

### **10/14/06, Hicks Canyon pre-race run with Mountains to Sea Trail**

**Leader:** Ravi Kumar

**Location:** Irvine. Start at shopping complex at corner of Culver and Irvine Blvd in Northwood (see Directions). Meet in front of Champagne Bakery.

**Directions:** From the 5 Fwy, exit Culver and head north toward the mountains. Pass Bryan. Make Left on Irvine Blvd and immediately make a right into the shopping complex. Turn left and park between the Jack in the Box and the Champagne French Bakery (the bakery sign is not well marked).

**About the Run:** For everyone racing on Sunday, a nice easy run of up to 4.5 miles on Hicks Canyon trail. Other can extend the run by connecting to the Mountains to Sea Trail for additional miles.

**After the run:** Champagne Bakery.

### **10/21/06, Back Bay Classic**

**Leader:** TBA

**Location:** Newport Beach, Eastbluff 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:** 10-11 mile loop, or out and back as far as you like. Water opportunity at about 2.5 miles.

**After the Run:** Diedrichs at Bristol and Jamboree.

### **10/28/06 Aliso and Woods Canyon**

**Leader:** TBA (probably Jon Resnick)

**Water:** No water on the trail so be smart and bring some for the run.

**Location:** Laguna Niguel

**Directions:** Aliso and Wood Canyons in Laguna Niguel (near corner of Aliso Creek and Alicia). From Irvine, take 5 south. Exit at Alicia Parkway and head south. Turn right on Awma Rd, which is just past Aliso Creek Road. Meet across from church in dirt parking lot on Awma Rd. \$3 cash to park in lot, but the machine has been broken all summer.

**About the Run:** Either an almost flat out and back 9 miler to the base of the Cholla trail or climb up one of the ridge options to Top of the World.

**After the Run:** Corner Bakery, 27221 La Paz Rd (at Pacific Park Dr.), Laguna Niguel.

# COOKS CORNER

By: Noreene Matsuda

Not only do we love to run, we certainly love to eat. Cook's Corner is a new monthly column to share your favorite recipes. If you have an award-winning recipe, please submit it to Noreene Matsuda at [noreene@cox.net](mailto:noreene@cox.net). All types of dishes and cuisines are welcome. Please include a few interesting details about your recipe, e.g. where it originated, what makes it unique, prep and/or cooking tips, serving suggestions, etc. Submit a photo of the dish if you have one. After all, presentation is everything!

## RECIPE OF THE MONTH

Here is the recipe that many of you have been asking for. The secret ingredient is the cloves. Enjoy!

### LEILANI'S WORLD FAMOUS OATMEAL CHOCOLATE CHIP COOKIES

|                                    |                                  |
|------------------------------------|----------------------------------|
| 1/2 cup butter, softened           | 1 teaspoon baking soda           |
| 1/2 cup butter flavored shortening | 1 teaspoon ground cinnamon       |
| 1 cup light brown sugar, packed    | 1/2 teaspoon ground cloves       |
| 1/2 cup white sugar                | 1/2 teaspoon salt                |
| 2 eggs                             | 3 cups rolled oats               |
| 1 teaspoon vanilla extract         | 1 12 oz. package chocolate chips |
| 1 1/2 cups all-purpose flour       |                                  |

Preheat oven to 350 degrees.

In a large bowl, cream together butter, shortening, brown sugar, white sugar, eggs and vanilla until smooth. Personally, I use a fork to mix it all together. Then I use a mixer to get the batter really smooth.

In a separate bowl, combine flour, baking soda, cinnamon, cloves and salt.

Stir the flour mixture into the creamed mixture with a fork. Stir in the oats, one cup at a time. Then stir in the chocolate chips. Mix well.

Spray cookie sheets with Pam original cooking spray. I use the cooking spray for the first batch only. Drop by tablespoonfuls on cookie sheets. Bake for 13-15 minutes in preheated oven until light and golden brown. Remove from cookie sheets and cool on wire racks.

Makes 3 dozen.



## Great Deals From Fellow South Coast Roadrunners...

*(Editor's Note: Advertising from current SCRR members is free of charge. We have eliminated scanned business cards to reduce space and file size)*

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"  
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[socaltaxman@cox.net](mailto:socaltaxman@cox.net)  
52 Lakepines, Irvine

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Fountain Valley Chiropractic  
18430 S. Brookhurst St., Suite 103, Fountain Valley  
(714) 963-7432  
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Specialist Since 1980)  
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[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.

### 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: \$25, Family: \$40. Make your check payable to **South Coast Roadrunners**



# 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>OCTOBER</b>                |   |
|-------------------------------|---|
| <b>THURS, 10/5, 7:30 p.m.</b> | <b>Club Meeting – Heritage Park Youth Center with pizza</b>   |
| SAT, 10/7, 6:30 a.m.          | St. George Marathon, St. George, Utah   |
| SAT, 10/7, 9 a.m.             | Big Sur Marathon and Half Marathon, Big Sur, <a href="http://www.active.com">www.active.com</a>                         |
| SUN, 10/8, 8 a.m.             | San Jose Rock N Roll Marathon, San Jose, <a href="http://www.active.com">www.active.com</a>                             |
| SUN, 10/8, 8 a.m.             | Bizz Johnson's Marathon and Half Marathon, Susanville, CA, <a href="http://www.active.com">www.active.com</a>           |
| SUN, 10/15, 7:30 a.m.         | <b>Long Beach Marathon and Half Marathon, Long Beach</b> <a href="http://www.runlongbeach.com">www.runlongbeach.com</a> |
| SUN, 10/22                    | Chicago Marathon  |
| SUN, 10/22, 7:00 a.m.         | Nike's 26.2, San Francisco, <a href="http://www.nikemarathon.com">www.nikemarathon.com</a>                              |
| <b>SAT, 10/28</b>             | <b>SCRR Octoberfest party at Rob and Cindi Harris'</b>  |
| SUN, 10/29                    | Marine Corps Marathon, Washington D.C.  |
| SUN, 10/29                    | Silicon Valley Marathon, San Jose   |
| <b>NOVEMBER</b>               |   |
| <b>THUR, 11/2, 7:30 p.m.</b>  | <b>Club Meeting – Heritage Park Youth Center with pizza</b>   |
| SUN, 11/5, 7:30 a.m.          | Dinosaur Dash XVI 5 and 10K, Irvine, <a href="http://www.active.com">www.active.com</a>                                 |
| SUN, 11/5, 8 a.m.             | ING New York Marathon, New York City  |
| THURS, 11/23, 7 a.m.          | <b>Dana Point Turkey Trot, 5 and 10K, <a href="http://www.turkeytrot.com/">http://www.turkeytrot.com/</a></b>           |
| <b>DECEMBER</b>               |   |
| SAT, 12/2, 8 a.m.             | Southern California Half Marathon and 5K, Irvine, <a href="http://www.active.com">www.active.com</a>                    |
| SUN, 12/3, 7 a.m.             | California International Marathon, Sacramento, <a href="http://www.active.com">www.active.com</a>                       |
| <b>THUR, 12/7, 7:30 p.m.</b>  | <b>Club Meeting – Heritage Park Youth Center with pizza</b>   |
| SUN, 12/10, 6 a.m.            | Las Vegas Half Marathon and Marathon, <a href="http://www.active.com">www.active.com</a>                                |
| SUN, 12/10, 7:30 a.m.         | Tucson Marathon, Oracle, AZ, <a href="http://www.active.com">www.active.com</a>   |

## **2006-2007 SCRR CLUB OFFICERS:**

President: Danny Stein  
 Vice-President: Jon Resnick  
 Treasurer: Sue Zihlmann  
 Secretaries: Molly Regan/Amelia Carchidi  
 RRCA Liaison: Jannay Morrison  
 Webmaster: Amy Katz  
 Social Chairs: Noreene Matsuda/Leilani Rios

## **2006-2007 COMMITTEE CHAIRPERSONS:**

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

## **SCRR OCTOBERFEST PARTY OCTOBER 28, 2006 6:30 P.M.**

AT ROB AND CINDI HARRIS'S HOUSE: 24801 VIA PRINCESA LAKE FOREST, CA  
 (949)235-3379 OR (949)716-3529

BRING YOUR FAVORITE EUROPEAN BEER (JUST A 6-PACK, PLEASE)  
 AND AN APPETIZER.

BRATWURST AND SAUERKRAUT WILL BE SUPPLIED. LEDERHOSEN OPTIONAL.  
 EVERYONE WELCOME!