

ON THE RUN



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

Orange County, California
February 2013 Issue

Runner of the Month – Anna Osgood

By: Doug Denniston

Our Runner of the Month for January is Anna Osgood. Anna was born and raised in L.A. County. Anna met her future husband Paul thru mutual friends shortly after high school. They discovered they had common interests and became friends for several months. Their friendship developed into a relationship, and they married in 1995.



Anna graduated with a BSBA from California State University, Northridge and worked as a Relocation Coordinator for the City of Los Angeles. Anna referred to herself in that job as “the Big Bad Wolf” because she was responsible for eminent domain issues in the city. After 2 ½ years with the City of L.A., Anna found corporate relocation work with a relocation management company in Irvine, CA in 2004.

Anna likes to help out with club where she can, like helping Leilani cook breakfast on our Coto de Caza Saturday run, or assisting Sherri with Tonson’s 100th marathon celebration. Congratulations Anna on a well deserved recognition as the SCRR Runner of the Month.

When did you start running and where? A couple of my co-workers were convincing me to join their runs. They planted the seed, but my husband Paul was my motivator. We started a Couch-to-5k program in March 2010 and have been running ever since.

Where was your first race? My first race was the Los Angeles Inaugural Rock n’ Roll (formerly City of Angels) Half Marathon; I had a lot of fun. Though recovering from a cold, I was determined not to miss this event.

When did you join SCRR and how did you find out about the club? I found SCRR while searching the internet to learn more about Orange County running. I checked out your club in August 2011, and became a member a

couple of months later.

What has been your favorite race and why? My favorite race is Carlsbad 5000. The energy and excitement are great. Plus the beer garden is a great way to meet new friends and catch up with old ones.

Where is your favorite Saturday club run? Newport Back Bay is the best. Beautiful views, easy connections to other bike paths/trails, and enthusiasm from the running community make this an enjoyable run.

Are you training for anything right now? I have changed how I train since injuring my foot last year. My new drive is to run for fitness, fun, and friendship.

What were the worst running conditions, or worst race experiences you've ever had? My coldest race was the SoCal 5k club race earlier this month (32 degrees, brrr!).

Do you have any favorite music you run to? I've tried to run with music, but can't. I need to hear what's going on around me.

Any other hobbies or interests? I love to hike, cycling, and knit.

What do you do for your job?
As a Sr. Relocation Manager, I work with corporations to transfer employees, their families, and/or entire departments of a business to a new city or country. This includes managing services such as Visa & Immigration, International Import/Export Customs requirements, and host country knowledge.

Do you like to travel? I've been to Costa Rica several times, and have family there. It's a beautiful country, and the food is amazing!



Anna and Paul Osgood at Leilani and Kevin's Halloween Party!



Anna, Paul, Judy Sweet, Matt Kossoff and Ken Wells after the SoCal Half!

Tonson Tong's 100th Marathon!

Surf City – Feb. 3rd



Linda Hammond: Have you ever run a marathon? Imagine running 100! Yes, that is 2,620 marathon miles!!! Congratulations to **Tonson Tong** on this amazing accomplishment. Tonson has raced, paced and truly inspired us all. Here are Tonson's reflections on his 20 years of marathons culminating with his 100th at the **Surf City Marathon**.

Tonson: 20 years ago (February 1993), I ran my first marathon in Long Beach (CA). At that time, I thought that was it, as the reason I ran marathon back then was sort of a once-in-a-lifetime experience. Somehow, the ball did (or does) NOT want to stop rolling -> my journey in marathon running continues. In the morning of the first Sunday of my anniversary month (February) of marathon running 20 years later, I ran my 100th marathon (Surf City Marathon)



in Huntington Beach (CA). Instead of running my own race, I decided to once again volunteer, pacing the 3:30 pace group as a way to give back to the running community. Thanks for my friends of South Coast Road Runners, Snail's Pace, and... cheering me on along the course. My pacing job was a lot easier as a result of that. My official finish time - 3:29:26. I was able to help a few runners breaking the 3:30 barrier which certainly made me feel good. Now, it's time to head to our SCRR Super Bowl/post marathon celebration party :-)

Congratulations Tonson, from all your running friends in South Coast Roadrunners! Okay, what will be 101?

Photos: Tonson striding along with his 3:30 pacing sign, with his bib which was appropriately number 100, and at the club tent with the special sign made by Sherri Ellerby.



***Congratulations to All the SCRR Full Marathoners
at Surf City:***

Tonson Tong – 100th (pacer)

Lindsay Williams - BQ

Amy Katz

Eric Dangott (pacer)

Todd Fujimoto

Amy Fujimoto

Dave Schiller

Jenn Walt

Steve Kan

Ben Coyle

Judy Sweet - PR

Katy Keeley

PARTIES, PARTIES, PARTIES!!!

Many Thanks to:

- Janelle Daniels, Our Social Chair – For organizing a great Holiday Party held on Jan. 20th, and
- Matt and Dawn Hood – For hosting a very fun Superbowl Party/Tonson's 100th Marathon Celebration on Feb. 3rd

Running Quotes

*"There will be days you don't think you can run a marathon.
There will be a lifetime of knowing you have."*

SoCal Half Marathon/5K Highlights!

By: Linda Hammond

January was the time for **South Coast Roadrunners** to get things running in 2013! Our **Grand Prix** race was the **Southern Cal Half Marathon** and **5k**. Racing in Irvine and around Woodbridge we had home course advantage! Roadrunners turned out in huge numbers and turned in some fast race times in the both the Half Marathon and 5k. You can say that we can some sweet times out there! On that note, Judy Sweet share her thoughts about her big PR in the Half Marathon.

Linda: *Congratulations on your PR at Southern Cal Half Marathon. Please tell us about your race.*

Judy: At the beginning I could tell I was at a faster pace then usual but the energy was there so I just “ran” with it. Then into the 2nd mile **Amy Katz** passed me and said "if you keep this pace up you are going to PR for sure." God Bless Amy, this gave me the gumption to keep it up. I don't wear a watch so I couldn't tell my pace other then how it felt rhythmically. Being a musician I tried to hold it like a metronome.... My blood sugar would try to slightly drop every now and then but Gu Chomps are fantastic for that! And prayer!! Around mile 7 I fell into the zone and cruised till about mile 11. For the first time I didn't drink until around mile 11; I didn't want to lose the rhythm and I didn't feel thirsty. Every once in a while Amy would pass me again and give me a "pat on the back" and that made a huge difference!! I was getting excited about finally making it under 2 hours. Towards the end other encouragement came from yourself, **Linda, Molly**, "almost there" and **Cathy** and **Ken** as they went by. I found the burst I needed to hold the pace to the end. When I saw the clock and knew I was under 2 hours, I was thrilled! Finally!! **Official time 1:59:30**. Thank you **South Coast Roadrunners** for the boost!!!

I love being part of this running group! Such great people and positive energy!!

Linda: *How long have you been a running and when did you join SCRR?*

Judy: I started running in the fall of 2009, ran my first half marathon in June of 2010, and joined SCRR in April of 2011.

Linda: *Didn't you also have a PR at Santa Race?*

Judy: Yes! Yay!! My new PR for 10K is 56:41.

Linda: *What is your next big race?*

Judy: My next race is the **Surf City Full Marathon**. I'm hoping to PR at this one too!!

Linda: *Here is an update on the Surf City Marathon....*

Judy: Marathon # 7 official time 4:48:24 PR by 27 min.!!!





Thanks Judy for sharing your story! Three PRs in three races...SWEET! Congratulations SCRR on some great races and, as always, some great cheering sections! We get some rest until the end of February then it is time for the **Brea 8k**. **Leilani** leads the Grand Prix pack. Can you catch her? See you at the Finish Line!

Judy with her medal and a thumb's up. Guess who's behind her!

Save the Dates - For These SCRR Road Trips

Palm Springs Century and Half Marathon	Feb. 8-10
Paso Robles Half Marathon and Wine Tasting Trip	Mar. 15-17
Istanbul Marathon	Nov. 17

Big Baz's 2013 Trail Races

Go to the web site <http://www.bigbaztrailraces.com/>
for race information, registration and course maps.

The forest service limits the number of runners to 150. Sign up early!

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2013	<u>Jan 5</u>	5 RACE Winter Trail Run Series (If you haven't done a trail race before, click <u>Beginner's Page</u>)	12K	2,604'
	<u>Jan 19</u>		15K	3,502'
	<u>Feb 2</u>		18K	4,020'
	<u>Feb 16</u>		21K	3,470'
	<u>March 2</u>		30K	3,174'
	<u>March 16</u>		50K	6,627'

SCRR Photos from SoCal Half Marathon/5K

Photos From: Linda Hammond and Cathy Blakesley





Previous page, top row: Kelcey Kinjo, Leilani Rios, Keven Williams.

Bottom photo: Ken Wells, Noreene Matsuda, Mike Gellman, Vicki Ballon, Greg Hanssen, Cathy Shargay, Ken Atterholt, Stacey Dippong and Thomas Fung.

This page, top row: Mike Gellman, Joel Niblett, Joanna Pallo, Daniel Evora-Hahn, Matt Hood.

Bottom Row: Sam Bee, Dave Bauers, Stacey Dippong.

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME! Meet at 7:45 AM, run at 8 AM

2/9/13 – Watson's Run *NEW*

Leaders: Jon Resnick and Doug Denniston

Location: Watson's Drug & Soda Fountain, (near the Circle in Orange), 116 East Chapman Avenue, Orange 92866. We'll meet at the corner of S. Orange and E Chapman which is adjacent to Watson's.

Directions: From 55 freeway, head north, exit Chapman Avenue west exit towards Orange. This will be the 2nd Chapman exit off the 55. Continue west on Chapman 1.3 miles to Watson's which is located just past S. Orange Street on your left. Free parking on nearby surface streets.

About the Run: We will head south on Glassell about .8 of a mile to Hart Park and enter the Santiago Creek bike trail heading south (left) towards Villa Park. The trail continues for 5 miles making this a 12 mile out-and-back. Bathrooms and water fountains are available along the trail. Trail map:

<http://www.cityoforange.org/civicax/filebank/blobdload.aspx?BlobID=10550>

After the Run: Breakfast at Watson's. Nearby alternatives include Starbucks, Bruxie, Bagel Me, and The Filling Station.

2/16/13 – Aliso/Wood Canyon Wilderness

Leader: Ken Wells

Location: Aliso/Wood Canyon Wilderness (at entrance near the church off of Alicia Parkway)

Directions: The closest cross streets are Aliso Creek & Alicia Parkway. Turn right on Awma Road. You can park along the road to avoid paying for parking.

About the Run: The basic route is an out-and-back that is a total of 9 miles. The trailhead starts at 1.5 miles. At mile 4.5 you will arrive at a gate that is the turn-around point. Run another half-mile up the trail past the gate for water at Canyon View Park. There are many other routes available if you know the area for much longer distances. Note that there is no water on the trail so if you plan on running more than 5-6 please be prepared.

After the Run: Breakfast at Corner Bakery in the shopping plaza at La Paz and Pacific Park Drive, 27221 La Paz Rd # K Laguna Niguel, CA 92677

2/23/13 – Pre-race run at UCI and Irvine Farmers' Market

Leader: Greg Hanssen

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, short warm-up run for the Brea 8K the following day. We'll run over the bridge to the UCI campus for laps around the one mile main campus ring. For folks looking for more than 3-5 miles, a half-mile jog along Campus takes you to the San Diego Creek Trail along University where you can run towards and along the Back Bay.

After the Run: Food from the farmers' market by Steelhead Brewery and coffee at Peet's, 4213 Campus Dr. Irvine, CA 92612

SCRR Road Trip



Weekend of March 16 - 17

To: Paso Robles
For: Half Marathon/5K Race and Wine Touring

Race Highlights:

- 1/2 Marathon Loop Course through Central Coast Vineyards.
- Also has a 5K race
- Male & Female Winners of the Half Marathon WIN THEIR WEIGHT IN WINE!
- After the race take in breathtaking views as you enjoy a complimentary breakfast bar, live music, raffles and the post-race award ceremony.
- <http://www.winecountryruns.com/>



Typical SCRR Trip Itinerary:

- Drive up on Friday or Saturday via carpools.
- Bike Ride on Saturday morning.
- Meet for Lunch on Saturday.
- Wine tasting at 4-6 wineries with designated drivers.
- Dinner at a nice Italian restaurant.
- Sunday, race and enjoy postrace breakfast and activities.
- Back to hotel for showers and check-out.
- Tour 4-5 more wineries.
- Dinner and then drive home.

For more info, see Ken Atterholt and Cathy Shargay.

SCRR Meeting Minutes - January 2013

Happy New Year, everyone! We welcomed newcomers Chris, Mary, Gina, Joe, DeeDee, Jason, Daniel, Josh and Bryce to our first club meeting in 2013.

Bob Morris talked about fun events scheduled every Saturday in January for the grand opening of the new Snail's Pace store in Mission Viejo. Fun run at 8am, bagels and coffee at 9am, and Subway sandwiches at noon. Enter the raffle for shoes, running accessories, and enter the grand opening sweepstakes. **Sherri Ellerby** reminded everyone that club members receive a 10% discount at ASP.

Rob Harris announced **Carlos Jovel's** opening rugby game of the season on Saturday, January 5. Watch the game and join team Back Bay for a post-game celebration at the Newport Beach Brewing Company.

NFL Thursday night football games are over. Members were given the opportunity to vote for their favorite Lamppost Pizza location. We will return to the Lamppost on Culver and Walnut after our February club meeting. After tonight's meeting, pizza will be served at Lamppost on Barranca and West Yale Loop.

Janelle Daniels reminded everyone that our annual post-holiday party will be at BJ's on January 20. It's \$20 per person, and bring a gift worth \$20 for the white elephant gift exchange. **Matt and Dawn Hood** have offered to host the Super Bowl party and to celebrate Tonson Tong's 100th marathon on February 3. Details to be announced.

Our next club race is the Southern California Half on January 12. Wear your club uniform for a new group photo that will be taken by the lake at 7:15am. See **Leilani Rios** for \$10 club shirts at the race. Members showed interest in purchasing jackets (like the Snail's Pace jackets) and lululemon sports bras with the SCRR club logo. The cost of the jacket will be around \$45. **Leilani** will review costs and will follow up with an email.

If anyone is signing up for the Surf City race, select SCRR and the club will receive a 10% rebate. Thanks to **Bob**, we have a 10% discount for the Brea 8K. Enter promo code RACEGRADER13 when registering online. The Timberwolf 5K is on February 16. Contact the race director for a \$20 entry fee.

Diane Daruty came to promote the 30th Annual Spirit Run 5K/10K on March 3. The 10K course has been re-designed to be faster. This race is the first in the Newport Beach Road Racing Series. Go to NewportBeachRoadRacingSeries.org for details.

Mike Friedl announced the Grand Prix top 20 after six races. **Leilani** is still in first place, while **Jeanie Leitner**, **Mike Gulan** and **Thomas Fung** are maintaining second, third and fourth. **Bob Morris** has moved up to fifth place.

Members voted for the Magic Shoe 5K as our May club race. Once again, Coach Bill Sumner offered the club a \$20 entry fee. Details will be sent out by **David Schiller**. The other races were Reaching for the Cure, OC Marathon, and the Laguna Hills Half Marathon. If 25 or more people sign up for the OC Marathon/Half/5K, the club will receive a 10% rebate on entry fees.

Congratulations to our Runner of the Month **Anna Osgood**!

Noreene Matsuda – Club Secretary

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
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
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San Juan Capistrano

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socaltaxman@cox.net
52 Lakepines, Irvine

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 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, 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, 2/03, 6:50 a.m.	Surf City Marathon, ½ Marathon Huntington Beach, CA runsurfcity
THURS, 2/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT/SUN, 2/09 & 2/10	Tour de Palm Springs Century and Palm Springs ½ Marathon tourdepalmsprings & PalmSprings1/2marathon
SAT 2/09, 8:30a.m.	OC Chili Winter Trail Run Series – 1 st Race of 3, O'Neill Park WinterTrailSeries
SAT 2/16, 7:00a.m.	Timberwolf 5K, Northwood High, Irvine Timberwolf5k
SUN 2/17, 7:30a.m.	Pasadena Rock 'n' Roll ½ Marathon Pasadena, CA runrocknrollpasadena
SAT 2/23, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Raceonthebase
SUN 2/24, 8:00a.m.	Brea 8K Brea Mall Brea8k
MARCH	
SUN, 3/03, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB nmspiritrun
THURS 3/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 3/09, 7:45a.m.	Dana Point Grunion Run 5K, 10K Dana Point Harbor festivalofwhalesgrunionrun
SAT 3/09, 7:00a.m.	Catalina Island Conservancy Marathon runcatalina
SUN 3/10 7:30a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm Coaster Run
SAT 3/16, 8:00a.m.	OC Chili Winter Trail Run Series – Race #2, O'Neill Regional Park ocwintertrailrun
SUN 3/17 7:30a.m.	Los Angeles Marathon lamarathon
SUN 3/17	Wine Country Half Marathon, Paso Robles, www.winecountryruns.com
APRIL	
THURS 4/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 4/6 6:00a.m.	Hollywood ½ Marathon Hollywood, CA Hollywoodhalfmarathon
SUN 4/7 7:00a.m.	Carlsbad 5000 Carlsbad, CA Carlsbad5000
SAT 4/13 8:30a.m.	OC Chili Winter Trail Run Series – Race #3, O'Neill Reg. Park Wintertrailseries3
MON 4/15 10:00a.m.	116 th Boston Marathon Bostonmarathon
FRI & SAT 4/19 & 4/20	Ragnar Relay, Huntington Beach to San Diego ragnarrelaysoutherncalifornia
SAT 4/27 7:00a.m.	Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA donatelifeoc
MAY	
THURS 5/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 5/5 6:00a.m.	Orange County Marathon, ½ marathon, 5K OCMarathon
SAT & SUN 5/4 5/5 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour ReachingfortheCure ***Bike Tour is on Saturday
SAT 5/11 7:00a.m.	Santa Barbara Wine Country ½ Marathon, Santa Ynez CA WineCountry1/2
SUN 5/19 7:00a.m.	Magic Shoe 5K Corona Del Mar HS, Newport Beach MagicShoe5k
SUN 5/20 7:30a.m.	Santa Monica Classic 5K, 10K Santa Monica Santamonicaclassic
SAT 5/26 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi MountWilsonTrailrace
MON 5/28 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA LagunaHillshalfmarathon

2012-2013 SCRR CLUB OFFICERS:

President: Sherri Ellerby
 Vice-President: Leilani Rios
 Treasurer: Eric Dangott
 Secretary: Noreene Matsuda
 Officers At Large: Cathy Blakesley,
 Matt Hood, Dave Bauers

2012-2013 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