

# ON THE RUN



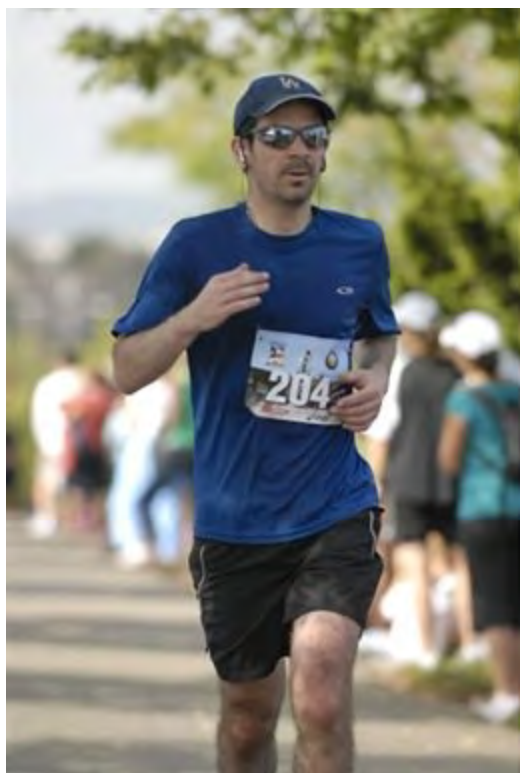
South Coast Roadrunners Running Club  
<http://www.roadrunners.org>

Orange County, California  
April 2014 Issue

## ***Runner of the Month – Eric Dangott***

**By: Avery Lewis**

This was a real surprise since I wasn't able to attend the February meeting. I was rehearsing for a musical service that I was participating in. I'm a bit humbled to be recognized this way. I still remember showing up for the first time on a Monday night in October 2009.



Unfortunately, the person who referred me couldn't make it, so I didn't know anybody. But people quickly stepped up, helped make me comfortable, and helped me push myself. The club is full of good athletes, but it is the great people that have made the greatest impression on me.

I enjoy almost every race I do! Each one is inspiring. I paced at the Camarillo Marathon in January. At about the half way point a woman and man were running with me. It was a first marathon for both of them. His high school age son, who had run the 5k, was there to cheer him on. It was the woman's 60th birthday, and her entire family was there making noise and waving signs. They both fell off pace, but I made sure to hang out at the finish line until I saw both of them finish. Two weeks later I raced as an MS Rockstar at the Rock 'n' Roll Arizona marathon. Two participants who ran the full marathon with me have Multiple Sclerosis. One of them finished well ahead of me! Each of these people amaze me and leave me in awe!

Unfortunately, I'm nowhere near fast enough to qualify for the Boston Marathon. Of course as a marathon runner, I hope someday I'll have the opportunity. If I can only get a little faster and a few years older, it could happen! Right now I make up for the quality with quantity. Last year I ran 7 full marathons. This year is off to a strong start already completing 4 fulls (Camarillo, Phoenix RnR, Surf City and LA). Have had drastic improvements in the two repeat races, and, if my legs don't give out, believe there's a PR to be had.

One of the things keeping my running calendar so full is pacing. I almost enjoy it more than racing. (It's a great outlet for the obsessive, disciplined side of me.) Having somebody come up to you after a race and say, "Thank You," is amazingly fulfilling. I might never forget being stopped after the OC Marathon a couple years ago by a runner who could not find enough words to complement his pacer. The pacer pushed and encouraged the man as he struggled through the latter miles. He finished with a PR and a B!! He hoped I knew who it was, and could pass along contact information so a personal thank you could be

sent. (Dave Schiller, hearing first hand what an impact you had made me appreciate pacing that much more!) The more I pace, the more I enjoy running and appreciate what we're capable of.

Outside of work and running, I'm active with the MS Society, participating with the Bike MS Bay to Bay bike tour for 9 years. (Was extremely happy to have Carlos and Joanna join my team last year, and would love to have more Roadrunners participate this year!) Each year I get to see the highs and lows of how far Multiple Sclerosis research has come, and how damaging the disease still is.

As many in the club also know, I also serve as Rabbi for a small congregation in the Huntington Beach / Costa Mesa area - Surf City Synagogue. I'm preparing to start seminary (Rabbinic School) next term, and stressing as the life schedule I know today is about to get scrambled. But having the opportunity to help people through life-cycle events is enjoyable. Later this year I'm slated to officiate at a Roadrunner wedding!

Hopefully this gives you a fair taste of Eric. Let him know if you have any specific questions, and he'll help fill in the blanks.

Editor's Note: I was very happy to find out that Eric was pacing my goal time at Malibu Marathon in Nov. 2012. I'm not a consistent runner, so my plan was to stay ahead of Eric for at least the first half, and then when he passed me, to keep him in sight as long as I could. This worked great! Eric's words of encouragement when he caught me gave me a boost at just the right time, and it was a marathon which I totally enjoyed!



## ***SAVE THE DATE!***

Our Annual SCRR Awards Banquet will be Saturday June 28

This is a great party that you don't want to miss!

## **CONGRATULATIONS TO MARCH MARATHON RUNNERS!!**

*Los Angeles Marathon, Mar. 9<sup>th</sup>*

**Jeanie Leitner  
Alberto Ballon  
Aya Namikawa  
Eric Dangott  
Keven Williams  
Isaac Oh  
Andria Denmon  
Meghan Murray**

**Kelcey Kinjo  
Kirsten Hirneisen  
Emily Moeller  
Jon Resnick  
Derek Godfrey  
Cathy Shargay  
Judy Sweet  
The Elvises**

*Lower Potomac Marathon, Piney Point, MD, Mar. 9<sup>th</sup>*

**Bridget O'Callaghan-Hay**

*Catalina Marathon, Mar. 15<sup>th</sup>*

**Mike Friedl  
Gary Hefner**

**Jon Resnick  
Rob Harris**

*Seoul, Korea Marathon, Mar. 16<sup>th</sup>*

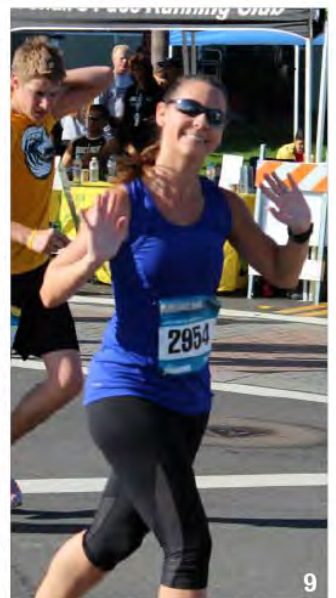
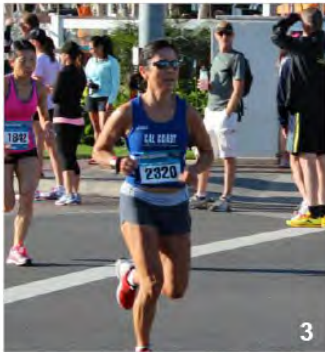
**Sarah Lee**

*Napa Marathon Runners were listed in last month's newsletter*



## SCRR Shines at Carlsbad 5000!

Compiled by Joanna Pallo; Photos by: Emily Moeller-Prom, Linda Hammond and Judy Sweet



1 Amy Katz 2 Judy Sweet, Emily Moeller-Prom, Lillian Bertram, Aya Namikawa, Mike Bertram, David Blakesley, Cathy Shargay, Linda Hammond 3 Noreen Matsuda 4 Cathy Shargay 5 Linda Hammond 6 Cathy Blakesley 7 Eileen Stevens, Lillian Bertam 8 Dave and Cathy Blakesley 9 Joanna Pallo





1 Daniel Evora 2 Vicki Ballon 3 Lisa Eiler 4 John Gardiner 5 Ben Coyle 6 Fred Ayers 7 Michael de Jesus Pagalan 8 Carlos Jovel 9 Judy Sweet 10 Emily Moeller-Prom 11 Jennifer Woodsin 12 Greg Hanssen 13 Avery Lewis 14 Robert Donald, Kirsten Hirneisen 15 Sherri Ellerby



## Carlsbad 5000 SCRR Highlights!

By: Linda Hammond

This year the **Carlsbad 5000** came in the month of March. It was a morning of exciting races! **John Gardiner** was in a thrilling race, and was second overall in the Masters men's race. Several runners had PRs including: **Lillian Bertram**, **Emily Moeller-Prom**, **John Loftus**, and many, many more! **Carlos Jovel** and **Fred Ayers** did the all day 20k! The top 250 runners in each race received a special medal commemorating runner **Steve Scott**. In the Elite men's race, **Bernard Lagat** set the American 5k road record and Ethiopia's **Dejen Gebremeskel** won for the fourth consecutive time. **Julie Bleasdale** won the Elite Women's race. It was a day of great running stories. I asked **Daniel Evora** to tell us about his race and this training this season.

**Linda:** *Please tell us about your race.*

**Daniel:** Carlsbad turned out great! I hit a new lifetime 5k PR at **18:38**, which means I finally surpassed my dated high school PR. Now I can officially claim being in the best running shape of my life. I had fun enjoying the race for the first 3 "laps". I got to chat, take in the atmosphere, relax, get a feel for the course, and pick up knocked over race cones on tight u-turns. Then when my official race started I had plenty of warming up although I probably ate one-too-many Clif bars between races. I decided to run the **All Day 20k** for a few reasons. First, months ago when we chose Carlsbad as our club race, **Mike Pagalan** hyped it up for me as being his favorite 5k. Second, I wanted to use it as an opportunity to train a longer distance to build up to what would have been my first BQ attempt in May.

**Linda:** *So, how is your training for your BQ going?*

**Daniel:** Actually, I ran **Surf City** earlier this year with a fairly aggressive 16 week training schedule. I'm fortunate I didn't injure myself at the time. I had good training partners for the long runs, **David Schiller** and **Karine Parry**, who motivated me to even run Surf City (not my original plan). Surf City itself was a perfect race for me. I had a race plan and stuck to it, weather was incredible, and course moral support from fellow Roadrunners was strong and super encouraging. I felt good and relaxed all the way up to mile 20. At that last turnaround point, even though I had to face a tough headwind, I had plenty of strength to take it in strong. I finished in **3:02:58**, 2 minutes under my Boston qualifying time of 3:05.

**Linda:** *How long have you been running and when did you join the club?*



**Daniel:** I ran 3 seasons of track back in high school and 1 season of cross-country my senior year. I rarely ran in college. Post-college I trained for my first 13.1 in 2009, which was the **Long Beach Half Marathon**. I ran 2 more races in 2010. Sadly, 2011 I logged a measly 58 miles in one year. Starting in 2012 I resolved to go from couch to completing a marathon. I ran the **SF Marathon** that year and I've been hooked on doing marathons ever since. Surf City 2014 was my 4th marathon in 20 months after **SF, LA, and Chicago**. I joined **South Coast Roadrunners** in December 2012. I learned about the club after I stopped to ask a club member on a Thursday night run to get club information. Actually, she couldn't be bothered with stopping. Instead she kept running and just yelled, "South Coast Roadrunners! Look us up on [roadrunners.org](http://roadrunners.org)!".

**Linda:** *What race are you currently training for?*

**Daniel:** I'm training for the **OC Half Marathon** and **Ojai Marathon**. I love OC's course and it's my favorite half. I think Ojai will be my last marathon before Boston 2015. After Ojai I'm hoping to start doing more track workouts to pick up more speed. This year I started checking out multi-sports as a way to mix things up and help prevent injury so I'm looking at the LA Triathlon in September too.

Daniel, thanks for sharing your story. Carlsbad 5000 is always a club favorite and the 9th race in the **Grand Prix** series. Spring is here, time for some great outdoors running weather. Oh, I forgot this is Southern California; it is always great outdoors running weather! In early April the Grand Prix race is **Run Seal Beach 5k**. See you at the Finish Line!

### ***Treasurer's Report***

**By: Lisa Eiler**

<b>Treasurer's Report</b>	<b><u>March</u></b>	<b><u>February</u></b>	<b><u>January</u></b>
<b><i>Total Cash Balance, Beginning</i></b>	<b><i>5,649.65</i></b>	<b><i>5,789.21</i></b>	<b><i>5,152.30</i></b>
Cash Inflows	1,180.79	230.34	2,564.56
Cash Outflows-First Thursday	362.42	369.90	362.42
Cash Outflows-RRCA Insurance	-	-	-
Cash Outflows-Other	<u>98.28</u>	<u>-</u>	<u>1,565.23</u>
<b><i>Net Change in Cash</i></b>	<b><i>720.09</i></b>	<b><i>(139.56)</i></b>	<b><i>636.91</i></b>
<b><i>Total Cash Balance, Ending</i></b>	<b><i><u>6,369.74</u></i></b>	<b><i><u>5,649.65</u></i></b>	<b><i><u>5,789.21</u></i></b>

***Bon Voyage and We Wish You the Best!***

***Janelle Daniels***

**is moving away in a few weeks!**

**We'll miss you and hope you will be back for visits!**

## SATURDAY RUNS

**PLEASE NOTE 8 AM START TIME!**

### **4/12/14 – Club Race of the Month – Seal Beach 5K**

#### **4/12/14 – El Moro**

**Leader:** Sherri Ellerby

**Location:** Coastal Peak Park, Newport Beach

**Directions:** From the 405 fwy, head south on Culver, which will turn into Bonita

Canyon Dr. Left on Newport Coast Dr. Left on Park Ridge and go all the way up the

hill almost to the end of the street. Turn right on East Coast Park. Coastal Peak Park will be on your right. Meet in the parking lot adjacent to the restrooms or park along the street.

**About the Run:** Head out toward the trailhead at the end of the Park Ridgecul-de-sac. Mix of trail and paved paths that offers a view of the coastal bluff vegetation and wildlife. 10 mile loop (or do an out-and-back for less miles). Bring water.

**After the Run:** Pacific Whey Café in the Promenade Shopping Center, 7962 East PCH, Newport Beach, 92657

#### **4/19/14 – Back Bay Classic**

**Leader:** Janelle Daniels

**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 0.2 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.

#### **4/26/14 – A Snail’s Pace Mission Viejo to Cook’s Corner & Hoka Shoe Testing**

**Leader:** Bob Morris

**Location:** A Snail's Pace Running Shop, 24451 Alicia Parkway in Mission Viejo

**Directions:** Exit the 5 freeway at Alicia Parkway. The store is in the LA Fitness shopping center visible from the freeway.

**About the Run:** Out-and-back course starting at the store to the bike path that goes all the way up to Cook's Corner if you want to do an 18-miler. Wear-test some new Hoka shoe models during your run. Receive a free pair of Feetures socks (\$15 value) with the purchase of any Hoka shoes – today only. Sample taste-test plenty of PowerBar products including their new Wafer bars.

**After the Run:** Dennys (50 yards from the Store) or Lulu's Creperie Cafe, 24781 Alicia Pkwy, Laguna Hills (at the old ASP LH Store location two blocks away).

Greetings Orange County Track Club Members and Friends:

Save the date!! Sunday, July 27, 8:00 a.m. Fairview Park, Costa Mesa

Come join the fun at 17th Annual OCTC Pancake Breakfast 5K Cross Country Race

Presented by the Estancia High School Cross Country & Track Teams in conjunction with  
the Orange County Track Club



## 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](mailto:reimersr@stifel.com)  
30448 Rancho Viejo Rd., Suite 110  
San Juan Capistrano

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Specialist in Marathon Tours Worldwide  
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[www.amazingadventuretours.com](http://www.amazingadventuretours.com)  
[info@amazingtravel.com](mailto:info@amazingtravel.com)  
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South West Health Chiropractic  
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(949) 631-5226  
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[www.runyourpotential.com](http://www.runyourpotential.com)  
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Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

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[www.CAmoves.com/Dave.Blakesley](http://www.CAmoves.com/Dave.Blakesley)  
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](mailto:Cshargay@cox.net).

**SCRR Roster:** Send your address, e-mail address, phone number updates to David Schiller at [scrr-info@cox.net](mailto: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](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**

# 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

APRIL	
<b>THURS 4/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
FRI & SAT 4/4 & 4/5	Ragnar Relay, Huntington Beach to San Diego <a href="#">ragnarrelay</a>
SAT 4/5 6:00a.m.	Seal Beach 5K, <a href="#">www.runsealbeach.com</a>
MON 4/21 10:00 a.m.	116 <sup>th</sup> Boston Marathon <a href="#">Bostonmarathon</a>
SUN 4/27 7:30 a.m.	La Jolla Half Marathon, <a href="#">http://www.lajollahalfmarathon.com/</a>
MAY	
<b>THURS 5/1, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN 5/4 6:00a.m.	Orange County Marathon, ½ marathon, 5K <a href="#">OCMarathon</a>
SAT 5/17 7:00a.m.	Magic Shoe 5K Corona Del Mar HS, Newport Beach <a href="#">MagicShoe5k</a>
SAT 5/24 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi <a href="#">MountWilsonTrailrace</a>
MON 5/26 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA <a href="#">LagunaHillshalfmarathon</a>
JUNE	
SUN 6/1 6:15a.m.	San Diego Rock & Roll Marathon, <a href="#">SD Rock&amp;Roll</a>
<b>THURS 6/5, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 6/7 7:55a.m.	Corona Del Mar Scenic 5K Newport Beach, CA <a href="#">CDM5K</a>
SAT 6/7 7:30a.m.	Fontana Days. Marathon & 5K Fontana, CA <a href="#">Fontana Days Run</a>
SAT 6/14 8:00a.m.	Downtown Anaheim 5K, Anaheim, CA <a href="#">downtownanaheim5krun</a>
6/7, 6/8, 6/14, 6/15	Camp Pendleton Mud Runs
THURS 6/19 6:15 p.m.	Peter's Canyon Summer Trail Run Series #1 Tustin, CA
SAT 6/28	South Coast Roadrunners Annual Awards Banquet
JULY	
<b>THURS, 7/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
FRI 7/4 7:15a.m.	Woodbridge Village Community 5k, 10K
FRI 7/4 8:00a.m.	Surf City 5K Huntington Beach, <a href="#">surfcityrun</a>
FRI 7/4 7:30 a.m.	Lake Forest Firecracker 5K, Lake Forest, <a href="#">http://www.lakeforest5k.org/</a>
FRI 7/4 7:00a.m.	6 <sup>th</sup> Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run <a href="#">runladera.com</a>
FRI 7/4 7:30a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca <a href="#">ymca run in the park</a>
THURS 7/10 6:15p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA <a href="#">renegaderaceseries</a>
SAT 7/26 7:00a.m.	City of Cypress 5K, 10K, Kids Run Cypress, CA
SUN 7/27 8:00a.m.	17 <sup>th</sup> Annual OCTC Pancake 5K Costa Mesa, CA <a href="#">octcpancake5k</a>
SUN 7/27 6:00a.m.	The San Francisco Marathon San Francisco, CA <a href="#">thesfmarathon</a>

## 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