

ON THE RUN



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

Orange County, California
February 2009 Issue

Runner of the Month – Jennifer Neff

By: John Gardiner

Congratulations to runner of the month Jennifer Neff! Jennifer and I joined the club in April 2008 when I dragged her along to our first club run and meeting. She enjoyed the people, the running, and the beer and has been coming back ever since.



Jennifer's first running experience was when she was growing up in Salt Lake City. In third grade, her father decided to start running to get in shape and he allowed Jennifer and random siblings to start tagging along with him (there were 8 kids). Initial run distances were apparently much less than a mile. Over the summer, Jen's dad increased his runs to about 8 miles but Jen maxed out at about 3 miles. Rumor has it that there were even track "workouts."

Jen took most of the next 20 years off from running and didn't resume until she met me while we were attending graduate school together at the University of Utah. I was training for the St. George marathon at the time and she joined me on lots of my shorter training runs. She even provided me occasional water support by bicycle on some of my long runs. Jen was obviously a very talented runner and she improved quickly. The 2nd race she ever entered was a hilly trail run and she was the 1st place woman overall! No overall victories since that one, although she continues to get faster.



John and Jen

Jennifer has a number of other activities that keep her entertained when she's not running. She's an amazing rock climber and skier and really enjoys hiking and golfing (don't be fooled by her profanities on the golf course).

Usually when Jen misses an evening run it's because she's working late. She has a PhD in Bioengineering and is the CEO of a small biotech company called Allvivo Vascular in Lake Forest.

Runner of the Month – Jennifer Neff (Con't)

By: John Gardiner

Jennifer has really enjoyed her experiences with the club. She has been impressed and inspired by all the runners in the club, particularly all the speedy women. She enjoys having a group to run with which has helped her run more frequently and longer distances than ever before. She ran her first club race in December (21:42 in the 5K) and loved having all the support from other club members, even as some of them were passing her in the last mile. She enjoys the friends she's made in the club and is looking forward to the upcoming club races and social events. Jennifer's running goals are like many of ours - stay injury-free while running further and faster.

THANKS FOR THE GREAT SUPERBOWL PARTY

Dan and Teleia Templin

Good food, Comfy House, Fun Company
and an Exciting Game!!!

President's Letter

By: Amelia Carchidi

We had a great turnout at Surf City last weekend...lots of South Coast Roadrunners...lots of great fast times and fun. It was definitely a much more favorable weather experience than last year. We had a few members complete their first marathons – congratulations to those folks !

Also thanks to the Templin's for once again hosting a wonderful Super Bowl party. We have lots more parties in store for activities through the rest of the year.

Finally, for those of you who have not noticed, SCRR now has a group page on Facebook. If you haven't gotten on there yet...you probably should check it out...lots of great pictures of some of our events. As you can see, the fun never ends !

Happy Running,

Amelia Carchidi
SCRR President, 2008-2009



SoCal 1/2M/5K Photos – Our Gallery of Runners

By: Leilani Rios



Photos from top left: Mike Sellers, Ben Coyle, Orhan Beker, Jim Grant, Tonson Tong, Noreene Matsuda, Greg Hanssen, and Cheryl Smith.

Next page: Amelia Carchidi, Greg Jones, Eric Frome, Erica Kotteakos, Brad Wobig, Mike Friedl, Kevin MacDonnell, Mike Gulan and Ken Atterholt





Save the Dates!!

Club Road Trip to Wine Country 1/2M and 5K

Paso Robles, Mar. 28-30 – Lots of Wine Tasting (and some running)

SCRR Shines at SoCal 1/2M and 5K

By: Linda Hammond

In the month of January South Coast Roadrunners ran the Southern California Half Marathon and 5k under warm and windy Santa Ana conditions. A few highlights from the race include: another 900+ race for **Fred Cowles** in the 5k, 871 point race in the 5k for **Sue Zihlmann**, and a first place win in his age group for **Mike Gulan**. **Orhan Beker** had a major milestone 5K PR running 17:59. This month I will highlight outstanding performances by **Pete Boisineau** in the half marathon and **John Gardiner** in the 5k.

Pete is both a long time runner and a long time member of our running club. It is always great to see Pete out at the club races. He had a great race at the Southern Cal Half Marathon and placed first in his age group. I asked Pete a few questions about his race and how his training is going this season.



Pete Boisineau

Linda: How did you like the Southern Cal Half Marathon? Have you done this race before?

Pete: I've run the half many times over the years. I like the distance and the January time frame usually works out well with my training and goals. I've also raced the 5K a couple of times.

Linda: When did you start running? How long have you been a member of SCRR?

Pete: I started running in my late 20's. Although I was active in lots of sports growing up and into my early adult years, running wasn't one of them. We were living up in Danville at the time and a few of my friends were avid runners so I decided to give it a try. I think I had worked up to 2 miles when I got recruited for a team to run a race around Lake Merced in San Francisco. I finished the 4 ½+ miles faster than I ever thought I could run (didn't want to let my team down) and I was hooked! It was the late 70's. The running boom was in full swing at that time and it was a fun and exciting time to be involved in the sport. I first joined SCRR I think in late 1993 or early 1994. I had stopped by the SCRR booth after the Turkey Trot race, was invited to come out for a run and became a member soon after. Rejoined the club in 1999 after a 3 year relocation to the Bay Area.

Linda: What type of training do you do to stay healthy as a Masters runner?

Pete: Cross training, incorporating easy days into my training, and setting realistic goals seem to work well for me. A typical running week for me is about 30 miles, including one long run of 10+ miles on the weekend. I average 3-4 days week running. For marathon training or other target races, the average goes up to maybe 35-40 weekly miles and 4-5 days. I also like to vary courses, distances, and terrain from week to week to keep it interesting. I fill in the non-running days with stationary biking or other forms of aerobic conditioning. Also do strength training at least twice a week at the gym.

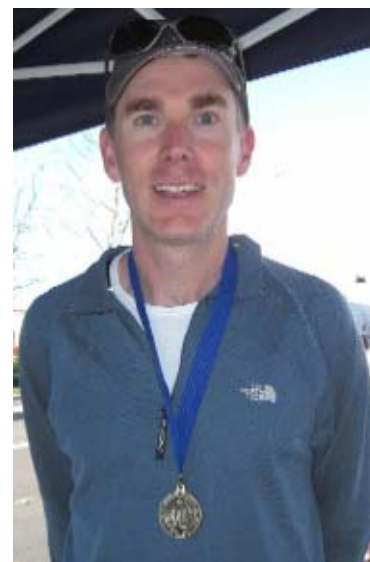
Linda: Is there an upcoming race that you are looking forward to?

Pete: My next race is the San Dieguito Half Marathon in Rancho Santa Fe on 2/8. I've done it the past 3 years and really enjoy the course and race. After that I'm not sure but most likely will run the La Jolla half in late April.

The second runner that I would like to highlight is John Gardiner. John has only been with our club for a few months but has already had a big impact. He and his wife Jennifer (this month's Runner of the Month) have been bringing our club tent to many of the Grand Prix races. I asked John a few questions about his first place win in his age group in the 5k and how his training is going this season.

Linda: How did you like the Southern Cal 5k? Have you done this race before?

John: I thought it was a great race! It was only the second SCRR club race I have ever run and I really loved having the "team" atmosphere at the race. The 5k had lots of fast runners at the front, but the overall field size wasn't huge so it wasn't too difficult



John Gardiner

SCRR Shines at SoCal 1/2M and 5K (Con't)

to get a starting spot near the front. I had never run this race before or the July 4th race that uses the same course. I thought it was a very fast course and my time was about 30 seconds faster than my goal for the day so I was very happy. I have to give a lot of credit to Simon who blocked some wind and paced me for the 2nd and 3rd miles on a windy day. Thanks Simon!!

Linda: *When did you start running? What brought you to SCRR?*

John: I started running when I joined the cross-country team in my junior year of high school. I ran cross-country and track my last two years of high school and then settled into the groove of recreational running for many years. I seemed to be running less frequently and more slowly so I thought finding a group to train with would help my motivation. I first came out to the club last spring and was happy to find such a great group of fun people that love running.

Linda: *What type of training do you do?*

John: I've run 8 marathons over the past 15 years or so, but for now I'm much more excited about getting back to shorter distances like the 5k. I was happy to learn about Danny Stein's training program soon after I joined the club but unfortunately I spent all of last summer fighting foot injuries so I wasn't able to participate in the program. I'm enjoying healthy running now and I am looking forward to the next several months of the training cycle that Danny has planned for us.

Linda: *Is there an upcoming race that you are looking forward to?*

John: I've done very little racing since moving to California in 2002 so all of the upcoming races will be a first time for me. I'm most looking forward to Carlsbad which from everything I hear is a great event on a fast course.

Thanks runners for sharing your stories. The Southern California Half Marathon & 5k benefited Woodbridge High School athletics as well as the other Irvine schools whose runners participated in the race. In February South Coast Roadrunners will race along the beautiful OC shoreline at Surf City Marathon, Half Marathon and 5k. See you at the beach!

6th Annual Valentine's Day Couples Run

The Laguna Hills chapter of A Snail's Pace Running Club presents our 6th Annual Valentine's Day Couples 3.4 Mile Run.

Each team will consist of one female and one male runner.

Age categories are the combined ages of the two runners. Awards will be presented to the teams with the fastest combined time in each age group. Combined age groups are as follows:

40-55 yrs. 56-70 yrs. 71-85 yrs. 86-100 yrs. 101+ yrs.

We will try to set up single runners with a partner if one is available. Otherwise, you can run for the fun of it!

Date: Saturday, February 14, 2009 Start: 8:15 am RAIN OR SHINE Registration: 7:30-8:00 am day of race

Where: Florence Joyner Park, Mission Viejo, Olympiad & Alicia Pkwy

Entry: \$5.00 per person

Directions: Take Alicia Pkwy exit off the 5 fwy and head east (towards the mountains) past Marguerite to Olympiad. Turn left at Olympiad and make the first right into the park.

Fun Time at SCRR Holiday Party

Photos By: Jeanene Warren







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 standings of the top 71 participants (out of 87 so far) for the 2008-2009 series after 7 races are:

Place	Name	Details		Total Points	Races	Best	Avg	SoCal 1/2M / 5K		Make Room for Santa	
		Age Group	Sex					Times	Points	Times	Points
1	Fred Cowles	45-49	M	6,225	7	912	889	16:40 5k	907	17:04 5k	886
2	Mike Sellers	25-29	M	5,491	7	813	784	16:38 5k	806	16:58 5k	790
3	Ken Atterholt	45-49	M	5,122	7	768	732	19:52 5k	761	21:14 5k	712
4	Orhan Beker	35-39	M	4,990	7	753	713	18:02 5k	753	19:22 5k	701
5	David Schiller	45-49	M	4,920	6	842	820	1:22:25 Half	826	17:57 5k	842
6	Erika Kotteakos	40-44	F	4,530	6	787	755	1:35:25 Half	775	21:34 5k	733
7	Mike Friedl	45-49	M	4,335	6	775	723	19:31 5k	775	20:15 5k	747
8	Ed Coffey	60-64	M	4,265	6	736	711	23:25 5k	726	24:12 5k	702
9	Linda Hammond	40-44	F	4,085	6	702	681	1:47:42 Half	687	23:33 5k	671
10	Sue Zihlmann	45-49	F	4,073	5	871	815	19:25 5k	871		0
11	Jeanie Leitner	60-64	F	3,957	5	817	791	1:53:20 Half	793	25:01 5k	785
12	Leilani Rios	25-29	F	3,804	5	805	761		0	19:34 5k	761
13	Kathleen Curley	25-29	F	3,352	5	698	670	21:21 5k	698	45:15 10k	687
14	Amy Katz	35-39	F	3,192	5	678	638	1:44:45 Half	678	25:17 5k	609
15	Greg Hanssen	40-44	M	3,186	5	665	637	1:44:45 Half	605	22:19 5k	637
16	Brad Wobig	40-44	M	3,166	4	806	792	1:21:53 Half	774	36:05 10k	806
17	Mike Gulan	55-59	M	3,124	4	817	781	20:03 5k	804	22:16 5k	724
18	Eric Frome	25-29	M	3,123	4	797	781	1:16:26 Half	797		0
19	Ben Coyle	30-34	M	2,995	4	771	749	17:48 5k	758		0
20	Mary Lynch	40-44	F	2,923	4	764	731		0	22:29 5k	703
21	Vincent Lowder	40-44	M	2,854	4	737	714	19:18 5k	737		0
22	Jim Beck	40-44	M	2,849	4	740	712	1:30:47 Half	698		0
23	Noreene Matsuda	40-44	F	2,828	4	726	707	1:41:54 Half	726		0
24	Rob Harris	45-49	M	2,823	4	712	706	1:36:31 Half	705		0
25	Armando Moran	35-39	M	2,730	4	692	683		0	41:05 10k	688
26	Tom Skane	45-49	M	2,535	4	681	634		0	25:46 5k	587
27	Stacey Dippong	25-29	F	2,506	4	659	627		0		0
28	Mike Connors	40-44	M	2,358	3	797	786		0		0
29	Brigid Puksztta	40-44	F	2,312	5	487	462	32:27 5k	487	33:10 5k	476
30	Brent Bohn	40-44	M	2,286	3	782	762		0		0
31	Tonson Tong	40-44	M	2,280	3	780	760	1:27:27 Half	725		0

Place	Name	Details		Total Points	Races	Best	Avg	SoCal 1/2M / 5K		Make Room for Santa	
		Age Group	Sex					Times	Points	Times	Points
32	Pete Boisineau	60-64	M	2,265	3	775	755	1:39:14 Half	775		0
33	Jim Grant	45-49	M	2,240	3	788	747	19:11 5k	788		0
34	Kevin MacDonnell	45-49	M	2,216	3	741	739	20:25 5k	740		0
35	Jon Resnick	45-49	M	2,107	3	761	702		0		0
36	Amelia Carchidi	30-34	F	2,091	3	715	697	21:26 5k	712		0
37	Jane Crewe	45-49	F	2,083	3	707	694	25:09 5k	673		0
38	Colleen Jones	30-34	F	1,986	3	696	662		0		0
39	Karen Winter	45-49	F	1,862	3	701	621		0	1:10:34 10k	503
40	Liza Svoboda	35-39	F	1,853	3	660	618		0		0
41	Quang Pham	40-44	M	1,758	3	646	586	2:14:03 Half	473	22:01 5k	646
42	Beiyi Zheng	40-44	F	1,744	3	602	581	2:05:53 Half	587		0
43	Jason Blank	30-34	M	1,563	2	784	782		0		0
44	Greg Jones	30-34	M	1,557	2	784	779	1:19:36 Half	773		0
45	Jennifer Wilkes	30-34	F	1,555	3	658	518	1:47:29 Half	632	57:35 5k	265
46	John Gardiner	35-39	M	1,552	2	792	776	17:09 5k	792	17:52 5k	760
47	Sherri Ellerby	40-44	F	1,527	2	785	764		0		0
48	Sandra Manzano-Straehle	35-39	F	1,498	2	762	749		0		0
49	Simon Gudina	35-39	M	1,464	2	761	732		0		0
50	Annette McCall	30-34	F	1,438	2	733	719	20:49 5k	733	21:37 5k	705
51	Molly Donnellan	45-49	F	1,424	2	715	712		0		0
52	Michele Philo	25-29	F	1,417	3	478	472		0	1:05:07 10k	478
53	Jennifer Walt	40-44	F	1,381	2	699	691	1:45:48 Half	699		0
54	Jennifer Whyte	35-39	F	1,374	2	688	687	1:43:35 Half	686		0
55	Cathy Shargay	50-54	F	1,363	2	703	682	24:51 5k	703	26:28 5k	660
56	Jared Lessard	25-29	M	1,357	2	690	679		0		0
57	Bryan Chu	25-29	M	1,328	2	676	664		0		0
58	Gary Juskowiak	25-29	M	1,321	2	679	661		0		0
59	Matt Hood	35-39	M	1,315	2	660	658		0	20:35 5k	660
60	Terry Purdy	50-54	M	1,309	2	659	655		0		0
61	Adam Wallace	35-39	M	1,285	2	662	643		0		0
62	Vicki Niebrzydowski	25-29	F	1,274	2	659	637		0		0
63	George Knowles	30-34	M	1,237	2	619	619		0		0
64	Jan Peters	50-54	F	1,108	2	564	554	2:26:32 Half	544		0
65	Melissa Schiller	13-15	F	1,065	1	571	533	29:27 5k	571		0
66	Cheryl Foody	25-29	F	877	1	877	877	1:18:13 Half	877		0
67	Tom Dellner	40-44	M	767	1	767	767		0		0
68	Charles Wilbur	45-49	M	737	1	737	737		0	41:50 10k	737
69	Lucina Lara	35-39	F	733	1	733	733		0		0
70	Jennifer Neff	40-44	F	728	1	728	728		0	21:42 5k	728
71	Kathleen Litvak	40-44	F	721	1	721	721		0		0

SATURDAY RUNS

NOTE: Meet at 7:45 a.m., run at 8:00 (Winter schedule)

2/7/09, Ship to Rail – Dana Point

Leader: Sabrina Higashi

Location: Dana Point Ocean Institute

Directions: From PCH in Dana Point, turn onto Golden Lantern toward the ocean. At the bottom of the hill, turn right on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute. Parking is all around. We'll meet at the end of DPH Drive, near the "Pilgrim" sailing ship and the little pier in Dana Point Harbor.

About the run: This is an out and back flat run that will cover a portion of the "Turkey Trot" course. First turnaround point is at the end of the parking lot just past the San Clemente Metrolink Station. Total distance is about 10.6 miles. Shorter options available. For a 12.8 mile run, continue running along the footpath to the next turnaround point, the San Clemente Pier. For those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. If you're doing a 20-miler, you could continue along the path that goes beyond the San Clemente Pier then turnaround when necessary. Bring water, although several drinking fountains are located along the way. Lots of restrooms! **Special Note: Dana Point has now put up a protective cement barrier along PCH where the unfortunate accidents from the past years have been happening, so now it's a lot safer for runners and cyclists.**

After the run: Lots of breakfast options at the harbor – Sabrina will choose one for today!

2/14/09, Quail Hill

Leader: Amelia Carchidi

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: We will take the "new and improved" route out Jeffrey and across the freeway over the Jeffrey bridge. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into new exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. You can also do an out and back along the trail. There is water on the trail but it is recommended to bring some since it can be warm.

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

2/21/09, Bell View Regional Trail

Leader: Stacey Dippong

Location: Shopping Center at Santa Margarita and Plano Trabuco, RSM

Directions: From the north (Irvine) take the 5 or 405 to the 133 north, to the 241 south. Exit Santa Margarita Pkwy. Turn Right. Take it to the end where it intersects with Plano Trabuco and go straight into the shopping center. Alternatively, if you are coming from the South, take Oso Pkwy (or Crown Valley) east. Turn Left on Antonio. Right on Santa Margarita Pkwy, and see above.

About the Run: From the shopping center we will run 1/2 a mile down Plano Trabuco to the beginning of the trail which starts up the asphalt hill to the left of the Dove Canyon waterfalls. Once you finish, for anyone who wants to do the drills that the training group does on Tuesdays, Santa Margarita High School is right there and you can use the track/field if it's not being used. This is an out-and-back trail run that starts in Rancho Santa Margarita and eventually ends at Caspers Wilderness Park if you decide to run the entire length out and back (which would be about 17 miles). It is very scenic and very hilly. Bring water - there is one water fountain about 3 miles in... Also note - there are no bathrooms that I know of once you start on the trail.

<http://www.sandiegoreader.com/news/2006/mar/23/orange-countys-new-bell-view-regional-trail-offers/>

After the Run: We will be having breakfast at "Latte Da Baglery and Grille" after the run.

2/28/09, Back Bay

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.

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
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
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
52 Lakepines, Irvine

Dr. Pamela Galambos, DC, BS, **Chiropractor**
Fountain Valley Chiropractic
18430 S. Brookhurst St., Suite 103, Fountain Valley
(714) 963-7432
"Your health is our priority"

Jonathan Resnick, CPA, **Tax services for businesses**
2192 Dupont Drive, Suite 208, Irvine
949-250-0852 949-752-0153 Fax
www.JResnickcpa.com
e-mail: Jon@JResnickcpa.com
"Helping small businesses grow"

Sue Rudolph, **Amazing Running Tours**
Specialist in Marathon Tours Worldwide
(714) 963-5281 (800) 707-0005
www.amazingrunningtours.com
www.amazingadventuretours.com
info@amazingtravel.com
Running, hiking, and cycling tours

Steve Lowe, **Swedish Asian Autoservice**
Independent Volvo, Toyota & Nissan
Specialist Since 1980
(714) 972-1216, Fax: (714) 543-8946
www.swedishasian.com
800 South Grand Ave., Santa Ana
"10% discount for SCRR members"

Colleen Jones, Tupperware Consultant
Direct and Party-based Sales
Custom Kitchens, Girls' Night Out, Healthy Entertain-
ing And Mom and Me Parties Available
949-419-6889 www.my.tupperware.com/colleencjones

MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**
Office (562) 690-0553 Cellular (562) 714-4166
mark@search4integrity.com
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.

SCRR Roster: Send your address, e-mail address, phone number updates and corrections 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.
Mondays & Thursdays @ 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

Club Events in bold font

Check www.raceplace.com or www.active.com for event registration info



FEBRUARY	
SUN, 2/1	Surf City USA, M, ½M and 5K, Huntington Beach
THU, 2/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 2/7, 8:00 a.m.	OC Chili Winter Trail Running Series, 4 mi, O'Neill Regional Park, www.bookthatevent.com
SAT, 2/7	Buffalo Run ½M, Avalon, Catalina
SAT, 2/21, 7:30 a.m.	Race the Base 5K/10K, Los Alamitos
SUN, 2/22, 8:00 a.m.	Brea Classic 8K, Brea, www.brea8k.net
SAT, 2/28	Twin Peaks, 100K, 50K and 50 mi, Modjeska Canyon, Wildlife Sanctuary, www.twinpeaks5050.com
MARCH	
THU, 3/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 3/14, 7:30 a.m.	Catalina Marathon, 10K/5K, Avalon, Catalina
SAT, 3/14	Solvang Century
SUN, 3/15, 7:45 a.m.	The Coaster Run, 10K/5K, Knotts Berry Farm, Buena Park
SUN, 3/22, 7:15 a.m.	Spirit Run, 5K, 10K, Fashion Island, Newport Beach
SUN, 3/29, 8:00 a.m.	Wine Country Half Marathon, 5K, Paso Robles (Club Road Trip)
APRIL	
THU, 4/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 4/4, 7:45 a.m.	Santa Anita Derby Day, 5K
SUN, 4/5, 7:05 a.m.	Carlsbad 5000
MON, 4/20	Boston Marathon
FRI-SAT, 4/24-4/25	Ragnar Relay, Santa Barbara to Dana Point, www.ragnarrelay.com
SAT, 4/25, 8:00 a.m.	Camp Pendleton Inaugural Hard Corps Marathon, http://www.camppendletonraces.com/marathon/index.htm

2008-2009 SCRR CLUB OFFICERS:

President:	Amelia Carchidi
Vice-President:	Greg Jones
Treasurer:	Orhan Beker
Secretary:	Tonson Tong
Social Chairs:	Kathleen Curley, Stacey Dippong
Officers At Large:	Noreene Matsuda, Leilani Rios

2008-2009 COMMITTEE CHAIRPERSONS:

Newsletter:	Cathy Shargay
Weekend Runs:	Amelia Carchidi
Grand Prix:	Mike Friedl
Database Manager:	Dave Schiller
Monthly Club Race:	Bob Morris
Marathon Training Group:	Molly Donnellan
5K/10K Training Group:	Danny Stein
RRCA Liaison:	Jannay Morrison
Webmaster:	Mike Reeves

Big Baz's winter trail race schedule

www.bigbaztrailraces.com

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2009	<u>Feb 7</u>	Winter Trail Run Series	18K	4,020'
	<u>Feb 21</u>		21K	3,470'
	Mar 14	San Juan Trail	50K	6,627'
	May 30	Shadow of the Giants	50K+	5,923'