

ON THE RUN



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

Orange County, California
February 2012 Issue

Runner of the Month – Tonson Tong

By: Danielle Gordanier

We're very proud to announce long-time SCRR member Tonson Tong as Runner of the Month! As former club secretary, keeper of our team uniforms, pacer in many half and full marathons, and enthusiastic club member, Tonson is always there to help. He's always interested in talking to new members, helping them set goals and train for races. He was one of the first to greet me and make me feel



Tonson pacing Danielle at 2011 Dino Dash

welcome, and he paced me last year in my PR 5K and my PR 10K. It's been said that if you're close to a goal and want to nail it, all you need to do is find a race where Tonson is pacing. In fact, his pacing is so perfect he's been called "The Metronome." Beyond that, I found, he has a keen intuition for how fast he might be able to pull a runner along. (When I asked him to pace me for a sub-42 10K, he led me painlessly to the finish in 41:15.) He knows when to ease off, when to speed up, and when to instruct or encourage. He'll even run backward for short distances, and he can do so incredibly fast.

Tonson has an impressive racing record of his own and shows no signs of slowing down, having just run a fantastic 2:58:21 marathon in Houston – his sixth sub-3-hour marathon (his first since 2008). After all this, plus the

challenges of work, frequent business travel, and Sunday School volunteering through his church, he plans on pacing the 3:30 marathon group at Surf City on February 5. I caught up with him after his trip to Houston and another trip to icy cold Chicago.

Was it inspiring watching the Olympic trials in Houston? What was the best part?

Yes, it was inspiring watching the Olympic Trials, especially watching both men's and women's trials at the same time. To me, the best part was when the runners in the lead pack started "making their move".

You finally got the sub-3-hour marathon we all knew you were capable of! How did the race go?

This was my first sub-3-hour marathon since the California International Marathon in 2008. I was excited the moment I crossed the finishing line. The race went well. I did have a minor problem after mile 9. I

started having blisters at that point. Maybe because the shoes I wore on race day were not "broken-in" (I only logged 9 miles on the shoes before the marathon, something I do not recommend.) In my case, I had no alternative since the shoes I was planning to wear for the marathon wore out prematurely the week before. In other words, I made my decision to take the risk for new shoes a week before the marathon. Fortunately, the blisters did not get worse for the next 17.2 miles.

SCRR: What do you do to train for a marathon? Any helpful tips for the rest of us?

Tonson: Mine is nothing more than a simple routine weekly training schedule as follows:

Monday: Rest

Tuesday: 1-mile and/or half-mile repeats either on track or on road

Wednesday: 5-6 miles easy recovery run

Thursday: 6-8 miles tempo run with SCRR

Friday: Rest

Saturday & Sunday: Long run on Saturday, easy shorter run on Sunday or vice versa

Total weekly mileage: 35-49. My goal for 2012 is to increase my mileage to 55/week. The only tip I can think of is eat and drink properly on a regular basis.

How long have you been with South Coast Road Runners? How has the club changed over the years? What do you like best about the club?

I joined SCRR since May 1993, almost 19 years. I cannot think of any major change. We, SCRR, are still (and will always be) a group of runners who like running and partying :)

What do you like best about being a pacer?

Helping others to achieve their running goals in addition to... you know :)

Have you always had perfect pacing, or does that come with experience?

So far, I screwed up once. That was St. Louis Marathon in MO back in 2005. I was assigned to pace 3:50. I had a bad day. I informed the group at mile 20 that I was starting to have a problem and passed my duty at mile 22. I jogged/walked from that point and finished in 4:00. Hopefully, it will not happen again.

What was your favorite race of 2011? - Rock and Roll Marathon in San Diego.

What do you most look forward to this year? - Visiting Hawaii and running Honolulu Marathon in Dec.

Wishing you all the best on all your goals and adventures, Tonson, and welcome back!



SoCal Half Marathon/5K – SCRR Highlights

By: Linda Hammond

Holiday treats paid off! **South Coast Roadrunners** rolled out of the holiday season and into the New Year with fast times at **Southern California Half Marathon and 5k**. Our Grand Prix leader, **Ken Atterholt** continues to be Mr. PR! Joining Ken with 800 point Grand Prix scores in the 5k were: **Leilani Rios** (2nd overall female), **Mike Dietz** and **Dave Parsel** (1st in age group). **Dave Schiller** and **John Gardiner** had 800 point scores in the half marathon. Congratulations to 1st place age group winners in the 5k, **Amy Katz** and **Pam Wusthof**! A few other highlights include a 4 minute PR for **Matt Kossoff** in the half as well as fast times and PRs for **Danielle Gordanier**, **Cathy Blakesley**, and **Jon Resnick** in the half and **Dave Bauers** in the 5k. Finally, **Stacy Dippong's** training paid off, she had a PR in the 5k and was on track for an awesome race at the **Houston Marathon** later in the month.

Congratulations runners for getting off to a fast start in 2012! The **Southern California Half Marathon and 5k** helped to raise funds for **Raise Foundation** (Orange County's Child Abuse Prevention Council) and the **Irvine Public Schools Foundation**. The end of February we race the **Brea 8k**. I predict fast times and tons of good food!

See you at the Finish Line!



Kevin and Leilani's Superbowl Party!

Sunday, Feb. 5, 1:30 until 8:00 pm

Pot Luck- Bring an Appetizer or Side Dish. Hosts will be providing Mexican Food from Jalepeno's

- Taco's, Taquito's, Enchilada's, Chips/salsa, rice and beans.

1:30pm Pre-Game Festivities: Tailgating games – Football passes/games, Basketball, Ladderball, Cornhole, etc.

Bring some dollar bills – We will be playing Superbowl Squares.

3:30 pm Superbowl XLI Kickoff

Please RSVP by email Leilanirios@gmail.com, or facebook event on South Coast Roadrunner page. Leilani needs your name to put it in the gate for entry.

Please no children under 10! This is an adult party and there will be alcohol.

10 Knotty Oak Cir. Coto de Caza

SCRR Shines at SoCal Half & 5K

Photos From: Ken Wells





Page 4, Top row:

Armando Moran,
Dave Bauers, Dave
Blakesley and Leilani
Rios.

Bottom row:

Dave Parsel,
Mike Dietz, Pam
Galambos- Oliver
and Stacey Dippong.

Page 5, Top row:

Robert Donald,
Karen Winter,
Keven Williams, and
Matt Kossoff.

Bottom row:

Noreene Matsuda,
Vicki Ballon and
Molly Donnellan.

SCRR Road Trip



Weekend of March 24 – 25

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

Race Highlights:

- ½ 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.winecountrysruns.com/>



Typical SCRR Trip Itinerary:

Drive up on Friday or Saturday via carpools.

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.

Last year, the race goodie bag had free passes to a Hot Springs Spa, so we went and enjoyed the outdoor hot tubs.

Dinner and then drive home.

Details and costs coming soon. For more info, see Ken Atterholt and Cathy Shargay.

SATURDAY RUNS

All fall and winter runs meet at 7:45, start at 8:00 unless otherwise noted

2/4/12 – Back Bay Classic

Leader: Greg Hanssen

Location: Corner of Eastbluff and Back Bay Drive

Directions: Take Jamboree Exit off the 405—head west. Go about 2 miles; turn right on Eastbluff. Go .2 miles – park on the right. We begin running at Back Bay Drive, also known as the monument.

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 – 1000 North Bristol St., Suite 30, Newport Beach, 92660

2/11/12 – 3 Piers “Kegs & Eggs”

Leader: Dave Flahive

Location: We start at the base of the Newport Beach pier. Arrive early (O.K., very early) to try and find street parking or bring change for the meters.

Directions: 5 Freeway to 55 South, follow signs to Newport Beach Pier. (Mapquest “Baja Sharkeez Newport Beach” for exact directions) 114 McFadden Place, Newport Beach, CA 92663.

About the Run: 5.75 miles to the Breakers and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back.

After the Run: We enjoy the best deal in town at Baja Sharkeez for breakfast!! For under \$4, you get French toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

2/18/12 – Quail Hill

Leader: Matt Hood

Location: Starbucks at the corner of Alton & E. Yale Loop – 5365-B Alton, Parkway, Irvine, 92604

Directions: From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

About the Run: We will head out on Jeffrey and take the bridge over the freeway. 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 the exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. The standard loop is 12 miles. You can also do an out and back along the trail. There is water on the trail, but it is recommended to bring some, just in case.

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

2/25/12 – Corner Bakery Pre-race Run

Leader: Armando Moran

Location: Meet in the parking lot of the Corner Bakery at Main & Harvard in Irvine.

Directions: 405 north or south, exit Jamboree, head North (towards mountains), turn right on Main Street, turn right on Harvard, turn right into shopping center.

About the Run: This is a good warm-up run for the club race the following day. Run as long or as short as you like on the bike path towards Back Bay.

After the Run: Corner Bakery, 17575 Harvard Ave., Irvine, CA 92614



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 33 participants (out of 74 total) for the 2011-2012 series after 7 races are:

Place	Name	Details						SoCal H/5K		Santa 5K/10K	
		Age Group	Sex	Points	Races	Best	Avg	Times	Pts	Times	Points
1	Ken Atterholt	50-54	M	5,725	7	853	818	18:18 5k	853	18:36 5k	839
2	Danielle Gordanier	40-44	F	5,479	7	813	783	1:31:30 Half	785	42:11 10k	778
3	Dave Parsel	55-59	M	5,375	6	925	896	18:17 5k	882	18:22 5k	878
4	Cathy Blakesley	50-54	F	5,103	7	760	729	1:49:08 Half	730	50:14 10k	716
5	Mike Dietz	45-49	M	4,925	6	856	821	18:07 5k	834	18:33 5k	815
6	Greg Hanssen	45-49	M	4,905	7	733	701	20:37 5k	733	21:17 5k	710
7	David Schiller	45-49	M	4,852	6	823	809	1:22:44 Half	823	38:39 10k	780
8	Linda Hammond	45-49	F	4,401	6	793	734	1:48:55 Half	732	23:59 5k	702
9	Matt Hood	40-44	M	4,301	6	749	717	19:40 5k	723	20:29 5k	694
10	Leilani Rios	30-34	F	4,189	5	858	838	17:58 5k	849	18:15 5k	835
11	Vicki Ballon	25-29	F	4,086	6	697	681	21:23 5k	697	22:14 5k	670
12	Armando Moran	35-39	M	4,057	6	724	676	1:35:37 Half	663	20:32 5k	661
13	Cathy Shargay	50-54	F	4,002	6	734	667		0	26:05 5k	670
14	Brad Wobig	40-44	M	3,901	5	793	780	18:00 5k	790	37:10 10k	783
15	Doug Niles	45-49	M	3,617	5	756	723	1:30:04 Half	756	42:46 10k	705
16	Stacey Dippong	30-34	F	3,583	5	757	717	20:09 5k	757		0
17	Mike Friedl	45-49	M	3,521	5	751	704	20:37 5k	733		0
18	David Blakesley	65-69	M	3,515	6	637	586	28:35 5k	637	29:23 5k	619
19	Amy Katz	40-44	F	3,507	5	752	701	22:11 5k	712	47:59 10k	684
20	Matt Kossoff	30-34	M	3,507	5	725	701	1:24:48 Half	725	39:58 10k	698
21	Jeanie Leitner	60-64	F	3,340	4	856	835		0		0
22	David Bauers	50-54	M	3,329	5	676	666	1:42:52 Half	676	48:38 10k	654
23	Eric Dangott	35-39	M	3,183	5	681	637		0	21:49 5k	623
24	Angel Cardoza	45-49	M	2,987	4	779	747		0	19:48 5k	763
25	Eileen Stephens	45-49	F	2,985	4	772	746		0		0
26	Tonson Tong	45-49	M	2,959	4	779	740	1:27:23 Half	779		0
27	Thomas Fung	45-49	M	2,938	4	761	735		0	41:35 10k	725
28	Pamela Wusthof	55-59	F	2,821	4	723	705	26:13 5k	707	26:48 5k	691
29	Molly Donnellan	45-49	F	2,726	4	689	682	24:47 5k	679	51:33 10k	689
30	John Gardiner	35-39	M	2,563	3	888	854	1:11:25 Half	888	16:10 5k	840
31	Dave Flahive	35-39	M	2,545	4	697	636		0	23:02 5k	590
32	Gary Hefner	50-54	M	2,438	3	828	813		0		0
33	Greg Blevins	55-59	M	2,270	4	669	568	24:06 5k	669	50:33 10k	642

Big Baz's 2012 Trail Races

DATE	EVENT	DISTANCE	TOTAL CLIMBS
Jan 7	NEW – 5 RACE Winter Trail Run Series	12K	2,604'
Jan 21		15K	3,502'
Feb 4		18K	4,020'
Feb 18		21K	3,470'
March 3		NEW! 30K	?
April 14	San Juan Trail 50K	50K	6,627'

- Where:** Blue Jay Campground, Cleveland National Forest. Take Ortega Highway (SR 74) inland (east) of San Juan Capistrano about 21 miles from Interstate 5 and turn left at the wooden sign to Los Pinos Camp. The turn will be marked, as will be the 3.5 mile route off Ortega Highway to Blue Jay.
- Start:** All races start at 8:30 AM, following the trail briefing.
- Entry Fee:** **Pre-entry - \$35.00 for the 12k, 15K & 18K RACES; \$45 for the 21K & 30K.** Add \$10 for race day registration. If you enter two or more races, you receive a race series t-shirt. If you **enter and finish** all **five races**, you also receive a special race series sweatshirt. (Extra official race series shirts are available for \$20.) Sign up early as the Forest Service limits entries to **150 runners per race. No refunds.**
- Courses:** Varying looped courses on single-track trails in the Cleveland National Forest between 2,200 and 4,200 feet elevation. Courses are marked with yellow ribbon and white arrows.
- Aid Stations:** Only the 21K & 30K races will have an aid stations ON the course.
- Weather:** Weather is generally clear with temperatures of 50° - 70°. Always magic for running, but come prepared for all possible conditions. Rain or shine – the races will go on.
- Awards:** Overall awards to top three men and woman, age group awards. Plus Baz's magic RAFFLE.
- General Info:** All vehicles must display a day parking permit issued by the U.S. Forest Service \$5 – which you can also purchase at local sports stores). You must park in designated areas only in lower Blue Jay. Parking on right side only on blacktop, no double-parking. Trail briefing before the start with any late changes, come early. Bring a chair, food and drink will be available for all entrants. At the finish line. Go to: <http://www.bigbaztrailraces.com/>

2011-2012 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Vicki Ballon
Treasurer:	Angel Cardoza
Secretary:	Stacey Dippong
Social Chair:	Janelle Daniels
Officers At Large:	Matt Hood,
	Danielle Gordanier,
	Dave Bauers

2011-2012 COMMITTEE CHAIRPERSONS:

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

Great Deals From Fellow South Coast Roadrunners...

(Editor's Note: Advertising from current SCRR members is free of charge)

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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, 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

Monthly Club Meetings are highlighted in orange; Monthly Club Runs are highlighted in yellow

NEW Out of Town Races featuring club members highlighted in blue

Click on hyperlinks to go directly to race websites for event registration info



FEBRUARY	
THURS, 2/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 2/05, 6:50a.m.	Surf City Marathon, ½ Marathon and 5K Huntington Beach runsurfcity
FRI/SAT/SUN, 2/10-2/12	Tour de Palm Springs Century and Palm Springs ½ Marathon tourdepalmspringspalmsprings1/2marathon
SAT 2/11, 8:30a.m.	OC Chili Winter Trail Run 3 Race Series – Race #1, O'Neill Park WinterTrailSeries
SAT 2/18, 8:00a.m.	Timberwolf 5K Run, Northwood High, Irvine timberwolf5k
SAT 2/25, 7:00a.m.	Race On the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Naval Station raceonthebase
SUN 2/26, 8:00a.m.	21 st Annual Brea 8K, Brea Mall brea8k
MARCH	
THURS 3/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 3/4 7:00a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB nmspiritrun
SAT 3/10 6:30a.m.	Solvang Century Bike Ride solvangrideinfo
SAT 3/10	Catalina Island Marathon catalinaislandmarathon
SAT 3/10 8:30a.m.	OC Chili Winter Trail Run 3 Race Series – Race #2, O'Neill Park WinterTrailSeries
SUN 3/11 7:00a.m.	Dana Point Festival of the Whales Grunion Run 10K, 5K, 1K grunion run
SUN 3/18 7:00a.m.	Los Angeles Marathon lamarathon
SUN 3/18 8:00a.m.	Dove Dash and Pancake Breakfast, Dove Canyon Dove Dash
SUN 3/25 7:00a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm CoasterRun
SAT 3/31 9:00a.m.	Spring Break at the Lake – Irvine Lake Mud Run irvinelakemudrun
APRIL	
SUN 4/1 7:00a.m.	Carlsbad 5000 Carlsbad, CA carlsbad5K
THURS 4/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 4/7 7:00a.m.	Hollywood ½ Marathon Hollywood, CA hollywoodhalfmarathon
SAT 4/14 7:00a.m.	OC Chili Winter Trail Run 3 Race Series – Race #3, O'Neill Park WinterTrailSeries
MON 4/16 9:00a.m.	116 th Boston Marathon boston-marathon
FRI & SAT 4/20 & 4/21	Ragnar Relay, Huntington Beach to San Diego ragnarrelay
SAT 4/28 7:00a.m.	Costa Mesa Community Run 10K (New), 5K, 2K & Pancake Breakfast costamesacommunityrun
SAT 4/28 7:00a.m.	Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA donatelifeoc
SUN 4/29 7:00a.m.	Xterra Malibu Trail Run 22K, 6K trailrace.com/malibu
SUN 4/29	Big Sur Marathon
MAY	
THURS 5/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 5/6 6:00a.m.	Orange County Marathon, ½ marathon, 5K ocmarathon.com
SUN 5/6 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour reachingforthecure
SAT 5/12 7:00a.m.	Santa Barbara ½ Marathon, Santa Ynez CA runsantaynez.com
SUN 5/20 7:30a.m.	Santa Monica Classic 5K, 10K Santa Monica santamonicaclassic.com
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

By: Doug Denniston