

ON THE RUN



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

Orange County, California
August 2011 Issue

Runner of the Month – Jodie Kinney

By: Danielle Gordanier

"I was totally surprised and honored to be chosen the runner of the month," says Jodie Kinney. It's no surprise to the rest of us. Her bright smile and positive outlook have brought us extra energy on our runs and races, and with her help, we got a great spot for our annual banquet. We caught up with Jodie just before she and her husband Bob took off on an exciting vacation to Washington, Idaho, Montana and Colorado.



Jodie and Bob took a well-earned break after closing down the Waters restaurant and were able to devote more time to travel and fun, which for them includes a lot of running and training. "It was hard saying goodbye to our Water's family after 20 years but now we wonder how we ever had time to work," she says. "I have been working a few days a month at our best friends' restaurant, the Harborside Grand Ballroom on the Balboa Peninsula. I make a few extra dollars, have fun and get to enjoy my passion, the restaurant business. We're enjoying traveling and working out for now, but who knows, there may be a restaurant in our future."

All that training has paid off. Jodie has been one of our biggest stars the past year, coming in sixth in our highly competitive 2010-2011 Grand Prix and scoring consistently in the 800's. "My goal last year was to do the Grand Prix, try to make the top ten, break 24 minutes and stay injury free. I did a lot of cross training, rode my bike 2 to 3 times a week, tempo run or hike, speed work, deep water running two times a week and a 6 to 10 mile long run. I ran in deep water a lot while traveling, even across Hume Lake."

"I train with American Interbanc Triathlon Team 3 to 4 times a week. Wednesdays are speed work, a brick on Saturday, 35 - 45 mile bike and 3 mile run, and a long run on Sunday. I enjoy training with them because I get to train with my husband." In addition to all her top-notch Grand Prix races, Jodie took first place in her age group in the Desert Duathlon March 5 in Palm Desert. "I participate in a few duathlons a year and several triathlon 2 and 3 person relays," she says. As for triathlons, "I did my one and only triathlon 18 years ago, won my age group, but thought I would drown in a reverse triathlon. Swimming isn't my forte; I swim like a rock." She still gets plenty of joy from running. Asked why she does it, she gives the best answer: "I run because I can and I love it!"

Jodie started running 22 years ago and joined SCRR soon thereafter. "I have always enjoyed running with SCRR and especially enjoy the good friends and new friends I have made throughout the years."

It sounds as if this is just the beginning for Jodie. Asked about her future plans, she tells us, "I'm excited that Pacific Coast Triathlon is having a Duathlon this year and hope to train for it while traveling. I also signed up for the Pacific Shoreline Half next year." "As for travel plans, Bob, Malia, our 12-year-old Lab, and I are on our way to the Vineman Triathlon, then Seattle, Idaho, Montana and Spokane. We plan to visit Hume Lake and Colorado next month."

Have a wonderful time on your trip, Jodie! The Roadrunners can't wait to hear all about your adventures!



CONGRATULATIONS!!

- Dan and Teleia Templin – on the birth of their daughter
- Amanda Beach and Ben Coyle – on their wedding
- Bryan and Melanie Dove – on the birth of their daughter

Many Thanks to

Doug Denniston

For a Great Barbecue at Peter's Canyon
great food, great crowd, a fun time for all

July 4th Woodbridge 5K/10K Success!

By: Linda Hammond

The 2011-2012 Grand Prix season kicked off with the 4th of July, **Woodbridge 5K and 10K**. **South Coast Roadrunners** were out in full force, and racked up the awards to prove it. The cheering supporters were there as well. A big thank you to **Mike Sellers** for taking some amazing pictures of the race! Thus far the season has started off as it ended with **Dave Parsel** rolling out a **901** point race. Rounding out the top five with **800** point races were **John Gardiner**, **Jeanie Leitner**, **Gary Hefner**, and **Dave Schiller**. The remaining top 20 runners all had **700** point races. It is going to be an exciting season.

As for awards, no beach chairs this year; it was backpacks. Backpacks and beach chairs from previous wins were all put to good use in the month of July. **Leilani Rios** hosted an amazing run, pool party and breakfast in Coto de Caza and **Doug Denniston** grilled an amazing post Monday night run feast. Have no fear, in August there is still even more fun lined up, specifically the Woodbridge bonfire! Of course there will be running....The end of August we will pick up some speed on the runway and race the **USATF Southern California Road Mile Championships** at the El Toro Airfield! Even if you can't run, some on out and cheer or volunteer at the event. See you at the Finish Line!



Back row: Brad Wobig, Dave Schiller, John Gardiner, Jenn Neff, Vicki Ballon and Ken Atterholt.
Front row: Susan Liu, Jeanie Leitner, Danielle Gordanier, and Tonson Tong.

Pictures from July 4th Race

By: Mike Sellers





SCRR Road Trip to Vineman 1/2 Ironman!



Photo Captions on Page 6

SATURDAY RUNS

For the summer - All runs meet at 6:45, start at 7:00 unless otherwise noted

8/13/11 - Aliso Creek Trail

Leaders: Cathy Shargay and Ken Atterholt

Directions: From the 5 Freeway, get off at Alicia Parkway and head south. After you pass Paseo de Valencia, make a right turn into the community center parking lot.

About the Run: The run is about a 12-mile out and back on the Aliso Creek Trail bike path and through the Laguna Niguel Regional Park.

After the Run: Bruegger's Bagels in the Aliso Viejo Town Center, 26921 Aliso Creek Road #F, Aliso Viejo, CA 92656

8/20/11 - El Moro / Crystal Cove State Park (different start point! read details!)

Leader: Jeanene Warren

Location: Top of the El Moro Trail Head. See directions...

Directions: From the 405, head south on Culver. Culver will turn into Bonita Canyon. Left on Newport Coast Drive. Left on Ridge Park Road. Go all the way up the hill almost to the end of the street. Turn right on East Coastal 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: We will head out toward the trailhead at the end of the Park Ridge cul-de-sac. Mix of trails and paved paths (Crystal Cove if you want to add on) that offers a view of the coastal bluff vegetation and wildlife. Ten 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 Pacific Coast Highway, Newport Beach, CA 92657

8/27/11 - Corner Bakery Run

Leader: Eileen Stephens

Location: Meet in the parking lot of the Corner Bakery at 17575 Harvard Ave. - Main and 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 short as you like on the bike path towards Back Bay.

After the run: Corner Bakery

Pictures Page 4, Top Row: Dave Schiller, Jenn Neff, Brad Wobig and Stacey Dippong.

Bottom Row: Doug Denniston, Thomas Fung, Rob Harris and Orhan Beker.

Page 5, Top Row: Eileen Stephens, Greg Hanssen and Leilani Rios.

Bottom: Angel Cardoza, Robert Donald, guest, Vince Lowder, Vicki Ballon, Greg Hanssen, Lisa Sciarani, Chris Johnson, Sherri Ellerby, Ingrid Johnson, and Orhan Beker.

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 Peter's Canyon (Cedar Grove Park), Tustin, 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
Click on hyperlinks to go directly to race websites for event registration info

AUGUST	
THURS, 8/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 8/6, 7:00a.m.	Sprint Triathlon – Camp Pendleton Hard Core Race Series, camppendletonraces.com/sprint
SUN, 8/21, 7:00 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego afchalf.com
SAT, 8/27, 8:00 a.m.	Wet n Wild Run Walk, 5K, Wild Rivers Waterpark, Irvine wetnwild5k.com
SAT, 8/27, 6:30 a.m.	Bulldog, 50K and 25K, Malibu Creek State Park www.trailrunevents.com/bd
SUN, 8/28, 7:00 a.m.	USATF Road Mile SC Championships Irvine, CA www.roadmile.org
SEPTEMBER	
THURS, 9/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 9/3, 6:45 a.m.	Disneyland Family Fun Run 5K, Anaheim
SAT, 9/3, 8:00 a.m.	Kevin Cook Spirit Run 5K Great Park Irvine, kevincookspiritrun.org
SUN, 9/4, 6:00 a.m.	Disneyland Half Marathon, Anaheim
MON, 9/5, 8:00a.m.	Run to the Top, Mt. Baldy www.run2top.com
SAT, 9/10, 8:00 a.m.	Endure the Bear Trail Run, 50K, 30K, 15K, and 5K endurebear
SAT, 9/10, 8:00 a.m.	Heartbreak Ridge ½ Marathon, Camp Pendleton www.camppendletonraces.com/half
SAT, 9/17, 7:30 a.m.	Coast Run OC 10K Huntington Beach, CA www.coastrun.com
SUN, 9/25, 7:30 a.m.	Susan Komen Race for the Cure 5K, Newport Beach, www.komenoc.org
OCTOBER	
SAT, 10/1, 7:00 a.m.	St. George's Marathon, St. George, Utah www.stgeorgemarathon.com
THURS, 10/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 10/8, 7:00 a.m.	Survive and Thrive 5K Tustin, CA www.surviveandthriverrunwalk.org
SUN, 10/9, 7:00 a.m.	Long Beach Marathon, ½ Marathon, 5K Long Beach, CA runlongbeach.com
SUN, 10/9,	Chicago Marathon, www.chicagomarathon.com
SAT, 10/15, 7:30 a.m.	Chapman University Toyota of Orange, 5K Run/Walk www.chapman.edu/5K
SUN, 10/16, 7:30 a.m.	Nike Women's Marathon, San Francisco CA women'smarathon2011
SAT, 10/29, 7:30 a.m.	24th Harbor Heritage Run, Newport Harbor harborheritagerun.com
SUN, 10/30, 7:30 a.m.	Marine Corps Marathon, Washington DC www.marinemarathon.com
NOVEMBER	
THURS, 11/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 11/6, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/6, 7:00 a.m.	Fresno Marathon & ½ Marathon www.runfresno.com
SUN, 11/6, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash2011
SAT, 11/12, 7:15 a.m.	Santa Barbara Marathon www.sbimarathon.com
SUN, 11/13, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
THURS, 11/24, 7:00 a.m.	Oceanside Turkey Trot www.osideturkeytrot.com
THURS, 11/24, 7:00 a.m.	Dana Point Turkey Trot www.turkeytrot.com

2011-2012 SCRR CLUB OFFICERS:

President: Greg Hanssen
Vice-President: Vicki Ballon
Treasurer: Stacey Dippong
Secretary: Angel Cardoza
Social Chairs: 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
RRCA Liaison: To be announced
Webmaster: Mike Reeves