ON THE RUN

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

Orange County, California January 2010 Issue

Runner of the Month - John Loftus

By: Stacey Dippong

I was very excited to work on this month's article about John. He brings a lot to the club, specifically in terms of running knowledge, overall friendliness, and talent! During club runs, most of us only get to see him from a distance back, as he is usually pretty far in front, however, he is always around before and after to chat with and to seek running advice from. John is a certified distance running coach and offers customized training plans, which you can read more about on www.runyourpotential.com. Additionally -though there is more on this below, I want to highlight a huge accomplishment of his. Last year, he won his age group at the Boston Marathon - a hugely impressive accomplishment. If he ever decides to run at least 9 of our club runs one year, he would be a surefire contender for #1 in the Grand Prix!

Tell us about your running history:

Starting at the age of 5 (1962), my dad would take my brother and me to a local track on the weekend. It was a rough cinder track and because kids' running shoes were essentially non-existent, I ran bare foot. Perhaps this early childhood torture explains why I didn't try out for track in high school.

In '77 at age 19, I moved to Newport Beach from Virginia and started running 3 to 4 miles on the sand every other day for fitness and covert bikini patrol. A few months later a friend of mine told me he was training for a marathon and wanted some company on training runs. I knew nothing about marathons except they were 26.2 miles long and Olympic athletes could barely finish that distance without collapsing and ending up in the hospital. I ran with him for a week or two until we finished a 10 mile run which was quite the milestone for me. This 'impos sible' marathon distance didn't seem so unfathomable all the sudden. Despite the marathon start date being only 3 weeks away, I signed up, once again confirming that 'wise and teenage' are mutually exclusive. I did my longest training run, 16 miles in the sand, just 7 days before the start. Training? Taper? who needs that when you are young and stupid (not mutually exclusive).

At the inaugural 1978 Orange County Marathon I ran a 4:20. But I was probably on 3:30 pace before being bug splattered on 'The Wall' at mile 18. I shuffled and walked, winced and repeated, for those final step-by-painful steps of 8.2 miles. Very humbling experience but as Fred Brooks once said, "Good judgment comes from experience and experience comes from bad judgment"

'Never again' became 'maybe if I trained' became 'I can do better than that' as I ran the OC marathon for the next three years. I ran a 2:49 in '81 and qualified for Boston (just a half minute under the open qualifying standard back then). Unfortunately I didn't go back and run Boston that year as I was going off to design school (Art Center College of Design in Pasadena). But maybe it was



John running CIM '08

fortunate in the grand scheme of things since it became an 'unconsummated goal'. One I thought about occasionally but knew it would take some serious training over many months and years.

When I turned 49, I finally decided get back in marathon shape, qualify and run Boston. Seven months later I BQ'ed at the San Diego RnR and then had 10 months to train for Boston. My father, a Boston native and runner had been following my training and planned to go see me race or at least follow along but he passed away 2 weeks before the start at age 83. I dedicated my '08 Boston race to my Dad and felt him on the course, especially at Boston College where he had once attended. I placed 6th in my AG that year and it was a very emotional race. After crossing the line, a volunteer shook my hand and congratulated me on finishing the Boston Marathon. My eyes filled with tears. Feelings of grief, achievement, pain and joy were unleashed. I'm not the first to equate a marathon race with the marathon of life but I felt them come together that day and it was very special.

For the next year I continued to study training methods, looked for ways to improve and set my mind on trying for the podium at the 113th Boston Marathon ('09). The training went very well and I had an unforgettable race. Here's an excerpt from my race report:

..... maybe I should start with the moment... the moment I found out I won my age group division at the Boston Marathon.

I was standing near the gear buses and finally put some warm clothes after spending 25 minutes waiting for running friends and working my way through the finishing chute. Those 25 minutes had been sublime with a real feeling of accomplishment and glow. I had run a fairly smart race, finished strong, met my goal of sub 2:44 and snagged a PR of over 3 minutes. I was in a great mood and didn't want it to end. I felt the same way last year even though it had been a tougher race physically because of some painful and slower final miles.

So I dug down in my gear bag and found the cell phone to call my crew chief who was watching the results from 'training headquarters' in California. I went to turn the phone on but it was already on and the batteries now were almost out. Crap .. but maybe I could manage one quick call.

Nathalie picked up but the reception was bad. I could hear snippets of words .. "You ..did it! .. great job! ... have ..a big head?" "Yeah .. it was a great day!", I said .. "what do you mean 'big head'? .. "It says you won!"what?!? .. really? It says that?? We continued to talk and I hold up my index finger to Tim who had started with me in corral 1 and we had shared those early easy miles. He looked puzzled .. was I asking him to wait a minute? Sure he would wait. I kept showing him the sign and then he got it .. #1 and his eyes got big and he had this huge grin.

BOST

After being congratulated by Tim and a few other people

I was in a bit of a daze and started walking through the family meeting area to head for the hotel. I was looking out for Justin and Tom but it kept playing over in my mind that I had apparently won my division at the Boston Marathon and the feeling was surreal. Colors seemed brighter and the combination of silver caped runners, volunteers, banners, balloons and booths made it seem like I was at some sort of carnival. The feeling wasn't 'jumping for joy' but more of a sense of extreme accomplishment and gratitude that it had all come together. Plan the race, race the plan and the marathon gods had decided to give me my day. It doesn't get better than that.

How did you get into coaching?

During my return to marathon training I started coaching some friends who had a 'dream goal' to run Boston but despite running many marathons, both had 35 to 40 minutes to trim for BQ. I set them up on a 6 month program and guided them along as they worked through the ups and downs of training. When they qualified at the '08 CIM it was such a great feeling of pride and joy that I decided to focus on coaching more. I became a certified distance coach through the Road Runners Club of America and set up my coaching program called Run Your Potential to assist



John in a HB 10K in April, 1980

runners of all abilities to achieve their goals and get closer to their true potential. Coaching allows me to combine things that I love; running, working with people, mind/body control and the science behind the training. I delve into the art/science of running form, heart rate training, mental focuses, and peaking for optimum performance. I also try to emphasis running for the pure joy of it. To search out those moments when everything lines up and you feel strong and running feels effortless.

How did you find out about SCRR and what does it bring you?

I found out about SCRR after joining in on some Thursday evening runs at Dana Point that were originally started by Fleet Feet in Laguna Niguel. Then I came to the SCRR

Saturday runs and it turns out that I already knew a handful of SCRR members from training runs and races. Apparently becoming an official SCRR member was a 'fait accompli'.

After so many years of mainly running by myself, I'm truly enjoying the social aspect that the SCRR club provides. There is a real camaraderie in this group and even though I'm one of the new kids on the block, I feel very welcomed and have already made many friends. It's also great to see how supportive the group is at the races and during training runs. The most hyper competitive aspect of the group appears to be the race for the pizzas. ;-)

New Ad from SCRR Member - Also on Page 14:

Evie Katahdin, ND, MSOM, LAc

AthletiZen: Natural Sports Medicine

Naturopathic Doctor and Licensed Acupuncturist

1831 Orange Ave, Suite A, Costa Mesa, CA 92627, (949) 574-4978

www.drkatahdin.com www.athletiZen.com

Save the Dates!!

Leilani Rios' Birthday Party – 80's Theme – Jan. 16 SCRR Holiday Party – Jan. 17

Grand Prix Highlights - Make Room For Santa

By: Linda Hammond

Well, **Santa** made his list and checked it twice. Apparently the **South Coast Roadrunners** were VERY good, because the club ran away with enough medals to fill Santa's bag of goodies! Congratulations to all for turning in some great performances. This month I would like to highlight the performances of **Carrie Shargay** and **Susan Liu** for their 1st place age division wins in the 5k and 10k respectively. I asked each to tell us about their race.

It was great to see **Carrie** out and running at the race. Busy with all that is high school, Carrie showed up at the race and ran away with a 1st place win in her age division.

Linda: Congratulations on your 1st place win at Make Room for Santa. Have youdone this race before? What was your race strategy?

Carrie: I don't think I've ever ran it before. My mom probably has but this is the first time I woke up for it. Well... 23:46 (Mom's Garmin time) isn't exactly my P.R so this race was more a "fun race with my mom" and helping her to get a post-surgery P.R. It was fun and a big surprise to win my age group. It was also cool that I knew a lot of the volunteers, since they were from my high school.

Linda: When did you start running?

Carrie: I occasionally ran the kid mile races as a kid but was never serious about running - I was very active in soccer up to the start of high school. In 8th grade we had a track meet and in the "prelims" to qualify I actually tried out and qualified for the mile at 7:20. 8 girls ran the mile and I figured I could get top 5 at least. I ended up getting first (right at the finish- beating the 2nd place girl who everyone 'knew was going to win'! Felt good ;)). After that, my P.E teacher recommended that I try cross country in high school. At first I thought she was crazy but kept the thought in mind and decided to try it. I signed up, found that I was good at it, and I love it! Best high school decision.



Linda: Please share some highlights of your high school running career.

Carrie: Cross Country is my absolute favorite part of High School. At Irvine High, my teammates are my best friends and we have tons of fun together. As for racing, my freshman year started out great and the team made it to the State Meet. Sophomore year I made it to CIF as an Individual. This season, as a Junior, I P.R'd for 3 miles at 17:46! Our team also made it to CIF Finals. I also run track, and primarily run 1600 and 3200m. It is fun also, but I like Cross Country more.

Some of the other highlights of being on the team include the meets at Irvine Regional Park and Mt. Sac. I enjoy the courses there and have some really good races and some not-so-good races in both. Also, I love our team dinners and parties, and when we do team activities like dressing as 70's runners for Halloween and making special t-shirts. Our coach, Coach Rossi, is also very motivating and he builds a lot of team enthusiasm. I hope to run on a college team, and this will be one of the criteria I use for selecting a college.

Susan had a great race. After short break from racing, Susan came back strong with a 1st place finish in her age group.

Linda: Congratulations on your win in the 10k. How did you like the race? Have you done this race before? **Susan:** I like the race because I am not good at hills and all the hills were at the beginning and it was downhill

towards the end when I needed it. It's a local, festive, low-key, hassle-free race, I recommend it. I like it also because this is the first time I won the age group!! This is my third or fourth 10K race and my first time for "Make Room for Santa".



Linda: When did you start running and what brought you to SCRR?

Susan: I started running in Christmas 2003, so about 6 years ago. A group of 4 of us decided to train for 2004 LA Marathon during Christmas 2003. My longest run before that was 3 miles. It was a short time for training but everyone was motivated and devoted so we got the job done. We all finished and I was happy with my first marathon time of 4:05. I was hooked ever since. I ran the Inaugural O.C. Marathon later that year and qualified for Boston Marathon. I decided to run the 2006 Boston Marathon. Since I didn't want to train alone again, I found SCRR through the internet. So I am a happy member since 2005.

Linda: How is your training going? Do you have a peak race this season?

Susan: After Boston Marathon, I ran several marathons (San Francisco, Surf City, San Diego), averaging one a year. I don't race often but his year is the only blank year - no race at all, any distance - before the "Make Room for Santa" race. My onemonth make-shift training for "Make Room for Santa" went well. That's because I had been able to come to Thursday group runs

regularly for a month where I did my speed work. Considering this is the only race for me this season/year, it is my peak race:) I don't have a goal race right now. I am not sure if I want to train for a marathon again, but I will definitely continue to run when I can, especially with the group.

Thanks runners for sharing your stories. After a somewhat rainy week, the skies cleared and the weather was great for our race. Another beautiful day in Southern California... In January we kick off the New Year with the **Southern California Half Marathon and 5k**. What will your running goal be in 2010: your first marathon, a lightening fast 5k, a PR, a trail run, or maybe heading to Greece to celebrate the 2500 anniversary of the marathon? Make Room for Santa was our 6th race of the season. At the half way point David Schiller continues to lead. With six races to go, what will your top nine races be this season? See you at the races.



Race Results – Make Room For Santa

By: Amelia Carchidi

Hey... for those of you who aren't on facebook, here are the results from December's GP race. It turns out our club earned almost \$800 in BJ's gift cards and had a clean sweep in a couple of age groups... WOW!!! Great job all!! Amelia

10K Race

Fred Cowles - 36:02 (1st M45-49) Michael Connors - 36:46 (2nd M40-44)

David Schiller - 37:51 (2nd M45-49)

Thomas Fung - 41:47 Sherri Ellerby - 44:06

Susan Liu - 44:39 (1st W35-39)

Jannay Morrison - 45:54 (3rd W40-44)

Bill Quinnan - 46:59

Steve Kan - 47:18 (3rd M55-59)

Elizabeth Bailey - 47:31

Faith Morris - 1:02:11

5K Race

John Gardiner - 16:35 (1st M35-39)

Cris Barkmeier - 18:16 (2nd M35-39)

Mike Sellers - 18:21

Orhan Beker - 18:42 (3rd M35-39)

Bob Morris - 18:55 (1st M55-59)

Michael Friedl - 19:55 (2nd M45-49)

Ken Atterholt - 19:58 (3rd M45-49)

Armando Moran - 20:02

Matt Hood - 20:16

Kathleen Litvak - 20:25 (1st W40-44)

Leilani Rios - 20:34 (3rd W25-29)

Amelia Carchidi - 21:33 (2nd W30-34)

Annette Mccall - 21:45 (2nd W35-39)

Noreene Matsuda - 21:56 (2nd W45-49)

Quang Pham - 22:05

Michael Gulan - 22:08 (2nd M60-64)

Stacey Dippong - 22:25

Linda Hammond - 23:18

Erika Kotteakos - 23:23

Jonathan Resnick - 23:25

Ed Coffey - 23:26

Amy Katz - 23:27

Carrie Shargay - 23:52 (1st W15-16)

Cathy Shargay - 23:52 (1st W50-54)

James Chandler - 24:52

Jeanie Leitner - 24:58 (1st W60-64)

Karen Winter - 26:07

Doug Denniston - 30:53

Kelly Zermeno - 39:39

Dawn Hood - 40:07

Christine Mejia - 43:06

Anthony Meiia - 43:08

Meredith Resnick - 45:18



Photo Captions:

Previous page: Vince Lowder, Dave Schiller, Mike Connors, Mike Sellers, John Gardiner and Fred Cowles.

Above from left: John Gardiner, Fred Cowles, Noreene Matsuda, Mike Connors, Amelia Carchidi, Steve Kan, Dave Schiller.

Next page, Top row: Linda Hammond and Santa; Amelia Carchidi, Orhan Beker, Noreene Matsuda and Cris Barkmeier. Second row: Stacey Dippong, Dave Schiller, Amy Katz and Amelia Carchidi; Dawn and Matt Hood.

Third row: Noreene Matsuda, Fred Cowles, Amelia Carchidi, Sherri Ellerby, Santa, Stacey Dippong, Doug Denniston and Susan Liu; Mike and Julia Wu.

Make Room for Santa 5K/10K Photos

By: Linda Hammond



Diary of a Great 5K

By: Doug Denniston

Race Day.....you wake up early, excited, and ready to go. You jump into your race gear and head out the door to go warm up. This is going to be the day. You can just feel it! That's the way I felt November 1, the morning of the Dinosaur Dash. I had run all year, preparing for this 5K. It had been in my sights since late spring. I wanted this to be the day that I would finally break the 30 minute barrier.



I arrived early, watched the runners coming in that were finishing the 10K. Even thou gh I had not run the race before, I knew the course well. I was familiar with all the streets, all the turns, and had a plan. At the tent, I had a great "pep" talk with Mike Friedl who had asked me about my race plans. He said, "Doug, you have to try and make the 2 mi. mark in about 19 minutes. That will give you a chance to navigate the final 2 hills and still come in under 30." Good advice and prophetic too as it turned out.

I lined up with Mike Gulan at the start. We went off at the gun, but were tripped by some kids right in front of us. We got up, found a lane and got around those kids. I followed Mike as best as I could (he's much faster than I am) and as he pulled away I just tried to keep him or Cathy Shargay (who I spotted as well) in my sights. There was no way to keep up with them, but keeping an eye on them forced me to move faster, and distracted me enough so that I did not think too much about the

race, my pace, or the distance.

Running toward the hill, the return over the freeway, I didn't think I could make it. I was ready to walk. I knew I had slowed down from the last marker, and wondered if I could walk to the top of the hill and still make my time. Just as my legs stopped jogging at the base of the hill, I heard my friends. Friends from the boot camp class I was in were running the race too. They were well behind me, coming down the hill on the other side of the tape, "Go Doug!... You can do it!!!" It was just the boost I needed and just at the right time. I jogged, slowly, but jogged over the freeway. On the down slope I couldn't find any "run" in my legs or my lungs, but I didn't stop. I kept jogging. I wanted to check my watch time......Oh, how I wanted to look at my watch, but I didn't. I just kept jogging.

Into the Auto Center I turned. Around the corner to the left, I knew I was getting close to the finish stretch. Finally, I was there, the last right-turn onto El Camino Real, and a short hill to the finish line. That's when I saw it, the clock,29:24...29:25... and suddenly my legs and lungs no longer mattered. I ran. I ran as fast as I could. I think I passed 10 people on that short hill. I finished the race by running a **29:44**. The first, and only so far, time I broke 30 minutes. I was as giddy as a schoolboy who just kissed his first girl.

I was happy and proud. Thinking back on that race day, I remember a quote from Boris Mikhailov, captain of the 1980 Russian Hockey Team, "I look forward to that feeling again".

Ultimate Marathon Trip – Athens 2010 for the 2500th Anniversary By: Sue Rudolph

The 2010 Athens Marathon on Oct 31, 2010 marks the 2500 year anniversary of the Legend of Marathon. It was in 490 B.C. that a messenger named Pheidippides ran from Marathon to Athens to announce the victory of Battle of Marathon when Athenian soldiers destroyed a huge force of invading Persians. It was from this that the Marathon was born. The 2010 Athens Marathon will be run along the original course from Marathon to Athens. The organizers are preparing to make this a very special occasion. A turn out of up to 20,000 runners is expected. This is a once in a lifetime opportunity for any marathon runner. Scheduled events



include: Association of International Marathons and Distance Races (AIMS) 18th World Congress (October 28, 29, 30); Athens Classic Marathon Expo Festival (October 29, 30); Opening Ceremony & Marathon Flame Lighting Ceremony (October 30); Athens Classic Marathon Race & 5K/ 10K Road Races (October 31).

Amazing Running Tours has put together a special package to celebrate this special occasion. The basic package (October 28 to November 1) includes: 4 night hotel stay (close to finish of the marathon) with breakfast; a half-day tour of Athens including Acropolis and New Acropolis Museum; entry

into Athens Classic Marathon including commemorative medal; transport to the Marathon start; Participation Certificate with the final and split times of the runner; sport bag with commemorative presents; race t-shirt; free use of the public transportation, including from and to the Athens Airport.

For those wishing to stav longer, there is an optional 4 day Classical Tour of Greece which includes: visits to Acropolis of Mycenae. the archaeological site **Epidaurus** Nafplion - the first capital of Modern Greece.



archaeological site of Ancient Olympia, the birthplace of the Olympic Games, and the archaeological site of Delphi. For complete details, see http://amazingrunningtours.com/athensmarathon.asp or contact Sue Rudolph sue@amazingtravel.com. There is a 5% discount for SCRR members.

SCRR Road Trip to Foot Locker XC Championship

By: Linda Hammond



Road trip! The beginning of December a group from South Coast Roadrunners took a road trip down to San Diego to watch the Foot Locker Cross Country Championships. The race brought together the top high school athletes in the country. The girls race came down to a photo finish. For the first time in the 31 year history of the race, the top two finishers had the same time, 17:07. Megan Goethals from the Midwest Regional Team, edged out Chelsey Sveinsson from the South Regional Team with a lean at the finish line to win the race. In contrast, in the boys' race Lukas Verzbicas, also from the Midwest, finished in 15:08 and 15 seconds ahead of the second place finisher. The margin of victory was tied for the third-largest in the history of the boys' race. In addition, Lukas made history as the first sophomore to win the boys race.



Good Turnout for Jim Grant Memorial Run

By: Linda Hammond, Photos by: John Loftus and Linda Hammond

Saturday, December 19, 2009 marked the **Inaugural Jim Grant Memorial**. The run, led by Jerry Lin, Victor Celani, and Ken Chai, marked the route they ran with Jim on what was Jim's last run. The run began at the Alton Athletic Park parking lot off of W. Yale Loop and Alton in Irvine. The out and back course continued along the Mountain to Sea trail towards Newport Beach. South Coast Roadrunners and friends turned out in huge numbers on a beautiful sunny Saturday morning to celebrate our running partner and friend Jim Grant.



Big Baz's 2010 TRAIL RACES (http://www.bigbaztrailraces.com/)					
YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS	
2010	<u>Jan 9</u>	(If you haven't done a trail race before, click Beginner's Page)	12K	2,604'	
	<u>Jan 23</u>		15K	3,502'	
	<u>Feb 6</u>		18K	4,020'	
	<u>Feb 20</u>		21K	3,470'	
	Mar 6	San Juan Trail 50K	50K	6,627'	

SATURDAY RUNS

All runs meet at 7:45 a.m. and start at 8:00 a.m. unless shown otherwise.

1/9/10, Southern California Half Marathon & 5K

1/16/10, Ship to Rail 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 are 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!

After the Run: Lots of breakfast options at the harbor...

1/23/10, Aliso/Wood Canyon

Leader: Amelia Carchidi

Location: Aliso/Wood Canyons in Laguna Niguel (near corner of Aliso Creek and Alicia). Meet across from church in dirt parking lot on Awma Rd.

Directions: From Irvine, take 5 south. Exit at Alicia Parkway and head south. Turn right on Awma Rd, which is just past Aliso Creek Road.

About the Run: Out-and-back or loop course, 6-14 miles. Mainly dirt trails. At the right turn onto the dirt (by the outhouses) continue parallel to the road on single track Meadows Trail. After 1/2 mile, trail turns right and starts switchbacks up to the top of the ridge – great views of the ocean at the top. Go right, trail winds behind a few houses, and then hits Alta Vista road. Run on road about 2 miles to Top of the World, continue down West Ridge Trail. Can return to church via Mathis, Lynx or Cholla trails. Bring water. The Mathis Trail version is about 9 miles.

After the Run: Amsterdam Coffee House, 27221 La Paz Rd (at Pacific Park Dr.), Laguna Niguel. It's in the Henry's shopping center.

1/30/10, 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 just in case.

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

Eric Frome and Ryan Doss Shine at CIM Marathon

By: Danny Stein

I can't be more proud of sharing the results from our last two peakers of the Summer/Fall training program. Both were tough as nails during this race and competed with all they had. They should be very, very proud of themselves and we should be proud to have them as teammates!

Eric Frome has had a huge break through season. Eric is the epitome of an athlete that believes in season over season and has worked to develop himself each season to take the next step needed to make him the best runner he can be. As many as 5 years ago, Eric realized building up his mileage and becoming a strong, more fit runner was his way to reach not just his goal for that season, but the goals he has set for himself 10+ seasons down the road.

Eric's plan was certainly not the easy road. He has had to balance work, school, a social life, and the time it takes to put in the mileage and workouts needed in his training schedule to reach his goals. Eric also had a couple seasons where his body was still adjusting and he was running a lot of days pretty tired and worn down. However, Eric believed in his training and always focused on the peak phase to make sure he was fresh, his body absorbed all the hard work and he lined up with confidence that he was ready to do battle on his peak races.

After each season, Eric would reassess his training, provide me with feedback on the positives and negatives, which would help me make decisions on the workout structure and planning. He would develop his schedule for the recovery days, morning runs and longruns. I would provide the workouts and tempos in the middle of a majority of his longruns. As a result, Eric ripped a 2:37 in terrible conditions in Boston last year. Upon discussing the race, we both agreed that next season, it was time to go after a sub 2:35 on a flatter course and the hope the conditions would be better.

I am happy to say the work has paid off. Since joining the club/training group, Eric has lowered his PRs in every distance and has taken his marathon PR from around 2:44 to 2:33:30 as of this past weekend in CIM. This is a very, very fast time and puts Eric among the fastest marathoners in all of Southern California. I am very proud of him and know he is very excited!!! Eric has committed to be a Team Captain resource again next season and will be focused on the 5k/10K distance.

Ryan Doss is a new member to our group this season. He reminds me of Eric a lot in the way he has approached his training and how he continues to think about long term goals in addition to accomplishing his in season goals. Ryan had followed some training programs in the past, but never participated a formal setting with multiple workouts each week. Ryan's body all season was working to absorb what was thrown at it, as well as, perform on workouts with the likes of John, Brad, Eric, Fred, Kelly, among others. He did a great job staying positive and believing all the work will eventually pay-off. He struggled through some mid-season races and showed signs of brilliance in many of his workouts. His PR going into CIM was 2:57. We developed a plan to crush that time if all went well. Ryan's race report said through 18 miles he was right on plan at 6:38 pace and he says he felt amazing. Although it was very cold out, he describes even though he was running his legs and body felt numb and cold. Right after 18, it started to get worse and he felt the cold tightening up his muscles. Thing never really got better, but he was determined to finish the race. He battled through the last miles and was still able to finish in 3:02 (just a few minutes off his PR). Like athlete like Coach, Ryan was immediately pulled into first aid where his temperature registered 92 at first take. Luckily, as they worked on him it came up and he was eventually released. He is disappointed, but knows that had conditions been better and had his body responded to them differently he was fit to crush his PR and get very close to his ultimate goal of breaking 2:50. He too is set to focus on the 5k/10K distance next season and it is going to be fun to watch his break through happen.

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, Stifel Nicolaus

V.P. Investments

(949) 234-2343, (866) 886-7593

Fax: (949) 234-0326 E-mail: reimersr@stifel.com 30448 Rancho Viejo Rd., Suite 110

San Juan Capistrano

John Loftus, Certified RRCA Running Coach

www.runyourpotential.com

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Reminders

<u>Newsletter Contributions</u>: We want your stories, announcements, etc. Please e-mail any newsletter contributions to Cathy Shargay at Cshargay@cox.net.

<u>SCRR Roster</u>: 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



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

JANUARY		
THUR, 1/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza	
SAT, 1/9, 8:00 a.m.	Southern California ½ Marathon, 5K Irvine, CA	
SAT, 1/9, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca	
SUN, 1/10, 8:00 a.m.	XDURO – Boney Mountain 6K, 21K– Thousand Oaks, CA	
SUN, 1/10, 7:13 a.m.	13.1 Los Angeles – Santa Monica, CA (Stacey Dippong)	
SUN, 1/17, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ	
SUN, 1/24, 6:00 a.m.	Carlsbad Marathon, 1/2 Marathon - Carlsbad, CA	
FEBRUARY		
THUR, 2/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost	
	Pizza	
SUN, 2/07, 6:50 a.m.	N, 2/07, 6:50 a.m. Surf City Marathon, ½ Marathon and 5K Huntington Beach, CA	
SAT, 2/13, 8:30 a.m.	OC Chili Winter Race Series, 5mi. O'Neil Regional Park	
SAT, 2/13, 8:30 a.m.	Twin Peaks Ultra Marathon, Corona CA	
SUN, 2/14	Palm Springs ½ Marathon (Greg Hanssen, Ken Atterholt, Cathy Shargay)	
SAT, 2/27, 7:00 a.m.	Buffalo Run ½ Marathon, Avalon Catalina Island	
SAT, 2/27, 7:00 a.m.	5K, 10K, Reverse Triathlon, Los Alamitos Naval Base	
SUN, 2/28, 8:00 a.m.	Brea 8K, Brea Mall, Brea CA*** (This will be the March Grand Prix Race)	
MARCH		
THUR, 3/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza	
SAT, 3/13, 8:00 a.m.	Six Tunnels ½ Marathon, 5K - Las Vegas, NV	
	(Stacey Dippong, Noreene Matsuda, Kathleen Curley, Amelia Carchidi)	
SUN, 3/14, 8:00 a.m.	XTERRA Black Mountain Trail Run 5K, 15K - Black Mountain Regional Park – San Diego, CA	
SAT, 3/20, 8:15 a.m.	Pasadena Triathlon and 5K - Rose Bowl, Pasadena CA	
SUN, 3/21, 7:00 a.m.	Newport Beach Spirit Run 10K, 5K, Kids Run – Newport Beach, CA	
SUN, 3/21, 7:20 a.m.	XXV Los Angeles Marathon, Los Angeles CA	

2009-2010 SCRR CLUB OFFICERS:

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

Leilani Rios, Greg Hanssen

2009-2010 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