

ON THE RUN



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

Orange County, California
May 2009 Issue

Runner of the Month – John Gardiner

By: Jennifer Neff

Congratulations to runner of the month, John Gardiner. John joined the club just over a year ago in April in hopes of finding some fun, fast people that he would enjoy training with. SCRR turned out to be full of these people and he has since made a lot of friends that have inspired and motivated him to train harder.



John grew up in St. Paul, Minnesota and first starting running in his Jr. Year at Tartan High School. Before that, John played tennis and hadn't really thought about running track or cross-country. Fortunately, toward the end of his sophomore year, the students were required to run a mile for gym class. The track coach happened to be there that day and when he saw John run, he asked him to join the team. This requirement to run a mile for gym class sounds like a scouting set up to me but apparently it worked. The following year, John ran with the cross country team in the fall and then juggled tennis and track in the spring, running mainly the 800, 1600 and 3200, with the occasional 4x 400.

Since joining the club, John has focused on racing shorter distances, but he is also a good long distance runner. His first marathon was the 1992 Grandma's in Duluth. With little training and only 17 miles as his longest run, he finished in about 3:20. Since then he has run the Twin Cities Marathon four times and has also run Boston, St. George and Logan for eight total. His PR and coolest trophy (shaped like a moose) came at the Logan Marathon with a time of 2:55.

John's been running with Danny's training group this season and it really shows in his race times. After having not broken

18:00 for a 5k in over 10 years, early this season he posted a 17:52 at the Santa 5K. He has consistently dropped his times from there and most recently completed the Carlsbad 5K in 16:16!



Ben Coyle, John & Greg Jones eating bacon at Carlsbad

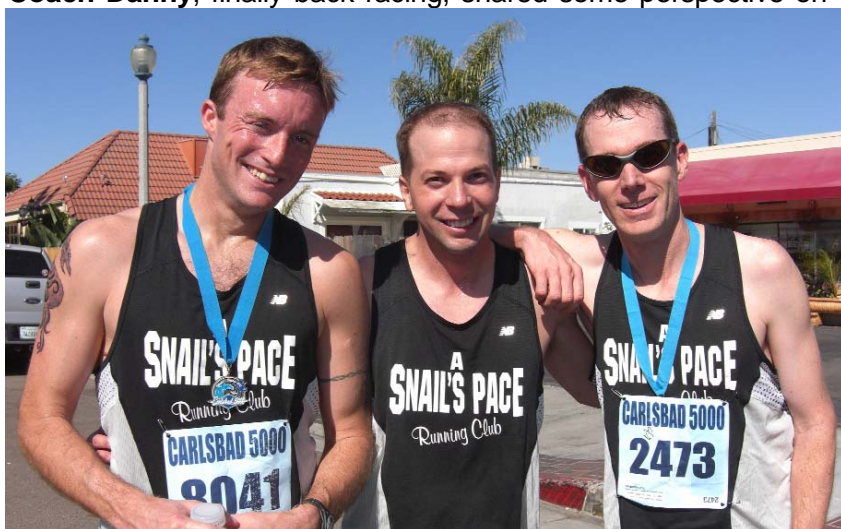
Outside of running, John is an amazing skier. He honed his skills with lots of ice training at Minnesota's Afton "Alps" but after living in Utah for a couple of years, he became a powder snob and now enjoys a lot of backcountry skiing (when you can park your car at the top of a ski area, I don't think Alps should be in the name). He also enjoys climbing, golfing and spending time gardening. John has his PhD in engineering and works as a forensic engineering consultant – just think CSI with less drama.

April Grand Prix Highlights – Fast Carlsbad 5000

By: Linda Hammond

The April club race was the World's Fastest 5k, Carlsbad 5000. In the elite race the men's and women's winning times were 13:19 and 15:38 respectively. However, equally impressive were the performances by the members of South Coast Roadrunners. A few highlights from the race include a one minute PR for **Quang Pham**, a huge PR for **Jennifer Neff** with a sub-20 min performance, and a sub-22 min race for **Noreene Matsuda**. Pre-Boston Marathon **Amy Katz** was in fine form posting her fastest 5k time in about a year. Social co-chair **Kathleen Curley**, when not busy planning our latest party was busy running yet another PR! Before quietly leaving town and relocating to NJ, **Mike Sellers** showed up for one last fast performance. Battling back from injury, **Sherri Ellerby** was 17th overall among the Masters women. Grand Prix leader **Fred Cowles** turned in yet another fast performance. **Brad Wobig** perhaps had the Race of the Day with an amazing sub-17 min race for his fastest time in years. Finally, **John Gardiner** 16:16, **Ben Coyle** 16:29 and **Danny Stein** worked together during their race to turn in amazing performances.

Coach Danny, finally back racing, shared some perspective on Carlsbad before relocating to NYC for his job.



Ben Coyle, Danny Stein and John Gardiner

Danny: As for me, I tribute my time and race to the rest of you guys. I get more excited about your races then about my own by about 10 times. Watching the early races added fuel to my fire and made me more hungry to run fast. I analyze my own workout splits, log, and time trial just as I do each of yours. My calculation pre-race had me at 16:45 on an unbelievable day and on an average day I thought I could slip under 17. I will say that I completely believe that the preparation for a race is equally as important as the race itself. I take racing very serious. I eat right, I get good sleep, I listen to my body...if I

don't feel good on a run the week of a race I cut the run short, and most of all I prepare myself mentally...I don't line up until I know I am ready to give it 100% and do whatever it takes to run fast. For me, treating a race like a workout is like training my mind that running fast does not matter. This is not true of everyone, but I can never workout like I race...if I did I would be hurt all the time and tired in between. So a combination of the adrenaline of the early races and being well prepared allowed me to run beyond my fitness level and finish in 16:28.

Next I interviewed two success stories from Danny's training program. **Vince Lowder** and **Mary Lynch** are training partners and both had PRs at Carlsbad. I asked Vince and Mary to tell us about their training this season.

Linda: Please tell us about your race at Carlsbad.

Vince: This was my fourth Carlsbad 5000. I ran the previous two races while peaking for the Boston Marathon and scored PRs in each. This year's Carlsbad was my first concerted effort at the 5K distance this season (as part of Danny Stein's 5K/10K training program). My PR prior to the race was 18:37; so I targeted an "A" goal of 18:30 or better (my "B" goal was to PR). As part of Danny's program, we ran a 2-mile time trial

two weeks in advance of the run to serve as an indicator of our likely race time. The results suggested a sub-6:00 finish, so I felt that my "B" goal was within reach.

My goal was to go out at a conservative pace and attempt to pick it up at each mile. I ended up running the first mile fast (as usual); but didn't drop too many seconds off the second mile; and ran mile 3 slightly faster than mile 2. I hit the last turn and, buoyed on by the very vocal SCRR crowd, crossed the finish line with an 18:26 to finish 11 seconds better than my last year's PR. After a long cool down, I jumped into women's Masters race to pace my wife, Linda, for about a mile. She finished with her own PR (1.5 minutes) and her very first Top 250 finisher medal. It was a great day to watch the strong SCRR performance and to celebrate with multiple visits to the Beer Garden!

Linda: *How is your training going this season?*

Vince: Danny Stein recommended that I alternate marathon training with short distance training. I took him up on the recommendation following what seemed to be an endless summer/fall/winter marathon season. The training program has gone very well so far. I began the season with a ½ marathon at Palm Springs, missing a PR by less than a minute (marking an unusual start to 5K/10K training?). I followed with a near 1 minute PR in the Coaster Run 10K, and then the 5K PR at Carlsbad. The track training has been challenging, with mostly good weeks and a few difficult weeks. The track work, which I enjoyed during marathon training, is more aggressive than I imagined; but I'm still having a good time with it. Oddly, I'm averaging more weekly mileage than I ever did during marathon training. I look forward to the next few races to see further improvement and to see the impact on my fall/winter marathon goals.

Linda: *What brought you to SCRR?*

Vince: It was the tent that attracted me to SCRR! In the latter half of 2005 a good friend of mine (Brent Bohn) started running with SCRR. I'd join him at local races and drop my bag off at the SCRR tent. The guilt, and inexpensive membership fee, led me to sign up, and I've had a great time ever since. I've met some great friends (and running partners) and have rekindled some great friendships through the program. I've also accomplished numerous goals while driven by Danny's training programs and my various running partners over the past few years; the first of which was to qualify for my first Boston Marathon in 2007.

A few years ago, I encouraged Tom Skane and Mary Lynch to join the club and we've been training together (long and short distance) ever since. The beauty of this club, beyond the social friendships, is that you can always find a team to train with for your next race.



Vince Lowder, Linda Lowder, Mary Lynch and Tom Skane

Mary Lynch is an amazing runner and had a great race at Carlsbad. I asked Mary how her running is going this season.

Linda: *Tell us about your training this season and what brought you to SCRR.*

Mary: I joined the club in February 2007. Prior to that time I was occasionally running with Vince and he was always talking about the club and Danny's training. I could clearly see the improvement in his running and the social aspect of the club sounded great. So, in February 2007 I joined and started regularly running with the club.

This is the first season I have done the 5k/10k training. I always described myself as a strong runner, but not a fast runner. I knew the 5k/10k would be tough for me. Nevertheless, I feel that my training is going great. At the track workouts, I have consistently been hitting my splits. My long runs have been consistently faster than they were during my marathon training. However, before Carlsbad I was not seeing the benefits of training in my race results and was a bit frustrated. A few days before Carlsbad, I asked Danny about strategy for the race. He then explained that I need to line up with more confidence, relax and just run. So, that is exactly what I did. The first mile I held back just a bit. When we started uphill towards the second mile marker I picked it up (hills are one of my strengths). I knew if I could pass people going uphill it would give me some confidence. It worked. After the last turn around, we started heading uphill again. Again, I picked it up. After turning the corner to the finish, I had two girls in my sights and decided I would try to pass both before the finish. I caught the first one pretty quick. I had to give it everything I had to catch the second. I passed her just after the railroad tracks! I was so excited to pass them both, I forgot to look at the clock as I crossed the finish. I also forgot to stop my Garmin. (rookie!) I was sure I had a PR, but wasn't exactly sure of my time. When I learned that it was 20:30, I was thrilled as that was my goal for the season. I have now revamped my goal and am shooting to break 20!

One final note, Mary's husband Tom Skane also had a PR with a sub-22 min time of 21:47!

Thanks runners for sharing your stories. Friendship, support and great coaching are the glue that makes South Coast Roadrunners such a great club. Members of this club really go out of their way to train together, cheer for each other along the race course, and celebrate the race results. As the season comes towards the end, in May our club race is the OC Marathon/ Half and 5k. This will be a peak race for several club members, so come out to race and support the club.

Planning Ahead – Carlsbad 2010

By: Sherri Ellerby

Interested in running the Carlsbad 5000 next year?

If you register in the Groups category by Dec. 31, 2009, it only costs \$25. A South Coast Roadrunner group has already been set up at the Elite Racing website for next year's race. Our group name is SCRR and our password is also SCRR. You can still wait to register with the group after Dec. 31, but the price then bumps up to \$35. Just go to the Carlsbad 5000 website and click on Registration to get added to the coolest running group in California! www.carlsbad5000.com

Carlsbad 5000 Photos

By: Linda Hammond and Sherri Ellerby





Boston Marathon Report

By: Danny Stein

Over the past 6 years I have been Coaching athletes going to Boston, I have analyzed their times and talked to many, many finishers. All agree the course is about 90 seconds slow for elites looking to run sub 2:20, 3 minutes for people looking to go under 3 hours and 5 minutes for athletes looking to run between 3-4 hours. These estimations are on normal, perfect weather days. I will bet if you talk to all the people in the club that have run Boston, the deltas of their Boston times against their PRs will be pretty close to these ranges depending on the time. Now with that said, that does not mean you can't run fast or even PR at Boston...no. What it means is you have to be in PR shape, have good conditions, and run a very smart race to do so!!!!

This year, the conditions were tough...rain drizzled down for most of the race and there was a sharp head wind the entire time. On point to point courses when there is wind one of two outcomes occur... either it is a tailwind and it makes the course very fast or there is a headwind it makes the course very slow. This time, the latter was the case. When you factor in the above fact-based theory with the strong headwind and difficult conditions, it makes the delta about double.

Here is how our group fared...

Sandra Manzano-Straehle - 3:20! - Sandra's PR is on a very flat Chicago course and is 3:18. I felt based upon her training and race times Sandra was in shape to run between 3:10-3:15. On Boston's course, I made a plan for her to shoot for 3:15 if the conditions were great. Based upon the course and wind deltas, Sandra ran better than projected.

Pattie Fasola- Pattie has run some great races this season and based on all her work I projected between 3:15-3:20...factor in being tripped at mile 22, falling down, blood flowing from her knees, elbows, and bruising the rest of her body...she was still able to finish in 3:25...well within the range discussed...

Diane Le- Diane was showing signs of pulling out a double digit PR through mid-season, however, she ran into issues with work the last 3 weeks of the program and as a result could only get in a very little amount of running. Often times, lack of running completely can result in deadlegged and fatigue...your body thinks it is time to rest and instead of feeling good goes the opposite direction. Regardless, Diane still pulled through to finish in 3:46...

Pam Fecher- trained great all season and in every race leading up to Boston exceeded expectations. She said she knew it was not her day when she lined up and confirmed it at mile 10. She battled through it anyway for 16.2 miles and I am proud of her for doing so!

Eric Frome- Eric by far had the race of the day across every person I talked to. He learned from his mistakes last year of going out hard. He held back and found his rhythm heading into the wind and hills from miles 15-21. He was able to maintain pace within 5-10 secs. and come ripping home under pace. He is the only person that I am aware of that had a PR and he desires to celebrate this race for a longtime to come...2:38:24!!!

2:38 at Boston Marathon – Even Pacing was the Key

By: Eric Frome

I was thinking about what went right at Boston this year and one thing that kept coming up was consistent pacing. Danny mentioned it in his article but I thought I would share the compared splits between this year which went well and three years ago, when I was in close to the same physical shape but couldn't hold it together for the last few miles.

What you will find is that even pacing worked a lot better and while the first kilometers of 2006 was relatively even, they resulted in poor time because the early kilometers took too much a toll on my legs for the last 12 K, over the hills and down the other side. It's no surprise that in 2006 when the course record was set, Robert Cheruyot ran basically even or slightly negative splits for the race. My take home lesson for me is to try to run as evenly as possible regardless of how the course profile looks, go out slightly conservative the first 5-10K, and trust my fitness, not how I feel on the starting line - if I had done that I would have run around 1:15:00 for the first half and died.

Editor's Note: Eric did not include his time in the headline, but we thought it should be highlighted! He ran an even, slightly negative split with his first half being 01:19:15 and the second half 01:19:09. His 5K splits were 19:22, 18:25, 18:47, 18:39, 18:24, 18:23, 18:50, 19:26. Congratulations to Eric on an awesome marathon!



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 60 participants of 93 for the 2008-2009 series after 10 races are:

Place	Name	Age Group	Sex	Total Net Pts	Races	Best	Avg	Carlsbad 5000		Knotts Coaster Run	
								Times	Points	Times	Points
1	Fred Cowles	45-49	M	8,016	9	912	891	16:52 5k	896		0
2	David Schiller	45-49	M	7,432	9	857	826	17:38 5k	857	17:57 5k	842
3	Mike Sellers	25-29	M	7,063	9	813	785		0	17:14 5k	778
4	Erika Kotteakos	40-44	F	6,811	9	787	757	20:53 5k	757	44:18 10k	741
5	Ken Atterholt	45-49	M	6,629	10	768	737	19:43 5k	767	42:57 10k	718
6	Jeanie Leitner	60-64	F	6,453	8	845	807	23:23 5k	840	24:14 5k	811
7	Ed Coffey	60-64	M	6,432	9	736	715	23:49 5k	714	23:17 5k	730
8	Orhan Beker	35-39	M	6,402	9	755	711	19:02 5k	714	19:31 5k	696
9	Linda Hammond	40-44	F	6,167	9	706	685	22:50 5k	692	23:05 5k	684
10	Mike Friedl	45-49	M	5,852	8	777	732	19:27 5k	777		0
11	Sue Zihlmann	45-49	F	5,793	7	871	828	19:49 5k	854		0
12	Brad Wobig	40-44	M	5,663	7	839	809	16:57 5k	839	17:06 5k	831

Place	Name	Age Group	Sex	Total Net Pts	Races	Best	Avg	Carlsbad 5000		Knotts Coaster Run	
								Times	Points	Times	Points
13	Mike Gulan	55-59	M	5,418	7	817	774	22:23 5k	720	20:58 5k	768
14	Leilani Rios	25-29	F	5,302	7	805	757	19:54 5k	749	19:54 5k	749
15	Mary Lynch	40-44	F	5,240	7	782	749	20:30 5k	771	42:59 10k	764
16	Tom Skane	45-49	M	5,221	8	683	653	22:38 5k	668	22:13 5k	680
17	Amy Katz	35-39	F	5,168	8	685	646	22:29 5k	685	24:28 5k	629
18	Greg Hanssen	40-44	M	5,124	8	665	641	21:31 5k	661	44:44 10k	650
19	Kathleen Curley	25-29	F	4,764	7	730	681	20:24 5k	730		0
20	Armando Moran	35-39	M	4,727	7	699	675	19:26 5k	699	40:52 10k	692
21	Ben Coyle	30-34	M	4,577	6	818	763	16:30 5k	818		0
22	Noreene Matsuda	45-49	F	4,375	6	775	729	21:49 5k	775	46:00 10k	772
23	Vincent Lowder	40-44	M	4,361	6	771	727	18:26 5k	771	39:32 10k	736
24	Jannay Morrison	40-44	F	4,202	6	741	700	21:21 5k	740	44:19 10k	741
25	Jane Crewe	45-49	F	4,173	6	707	696	24:32 5k	690	50:46 10k	699
26	Brigid Pukszta	40-44	F	3,768	8	496	471	33:25 5k	473	32:27 5k	487
27	Tonson Tong	40-44	M	3,674	5	780	735	18:27 5k	771		0
28	Annette McCall	35-39	F	3,656	5	742	731	20:45 5k	742	20:43 5k	736
29	Quang Pham	40-44	M	3,654	6	690	609	20:37 5k	690	45:18 10k	642
30	Rob Harris	45-49	M	3,548	5	725	710	20:51 5k	725		0
31	Amelia Carchidi	30-34	F	3,511	5	726	702		0	43:43 10k	726
32	Karen Winter	45-49	F	3,279	5	719	656		0	50:51 10k	698
33	John Gardiner	35-39	M	3,203	4	835	801	16:16 5k	835	16:39 5k	816
34	Stacey Dippong	25-29	F	3,174	5	668	635		0		0
35	Sherri Ellerby	40-44	F	3,154	4	815	789	19:27 5k	812		0
36	Eric Frome	25-29	M	3,123	4	797	781		0		0
37	Greg Jones	30-34	M	3,107	4	784	777	17:18 5k	780		0
38	Sandra Manzano-Straehle	40-44	F	3,067	4	789	767	20:16 5k	780	41:37 10k	789
39	Mike Connors	40-44	M	3,037	4	797	759	20:57 5k	679		0
40	Jim Grant	45-49	M	3,011	4	788	753		0		0
41	Matt Hood	35-39	M	2,978	5	664	596		0	42:33 10k	664
42	Kevin MacDonnell	45-49	M	2,949	4	741	737	20:37 5k	733		0
43	Jim Beck	40-44	M	2,849	4	740	712		0		0
44	Jon Resnick	45-49	M	2,832	4	761	708	20:51 5k	725		0
45	Cathy Shargay	50-54	F	2,757	4	703	689	24:52 5k	702		0
46	Beiyi Zheng	45-49	F	2,381	4	637	595		0	55:44 10k	637
47	Michele Philo	25-29	F	2,303	5	478	461		0		0
48	Brent Bohn	40-44	M	2,286	3	782	762		0		0
49	Pete Boisineau	60-64	M	2,265	3	775	755		0		0
50	Lucina Lara	35-39	F	2,249	3	781	750		0	41:00 10k	781
51	Robert Donald	40-44	M	2,129	3	728	710		0	20:00 5k	711
52	Jennifer Walt	45-49	F	1,987	3	699	662		0		0
53	Colleen Jones	30-34	F	1,986	3	696	662		0		0
54	Linda Lowder	40-44	F	1,866	3	638	622	25:10 5k	628		0
55	Liza Svoboda	35-39	F	1,853	3	660	618		0		0
56	Cheryl Smith	25-29	F	1,758	2	881	879		0		0
57	Jan Peters	50-54	F	1,675	3	567	558		0		0
58	Jason Blank	30-34	M	1,563	2	784	782		0		0
59	Jennifer Wilkes	30-34	F	1,555	3	658	518		0		0
60	Jennifer Neff	40-44	F	1,523	2	795	762	19:52 5k	795		0

Summer Fiesta

South Coast Roadrunners Annual Recognition Banquet

Saturday, June 20, 2009
5:00 pm

**This is the event of the year! Reserve your spot
now by submitting your payment.**

SEMI-FORMAL ATTIRE

**Awards, raffle prizes, slide show, food, music
and lots of dancing!**

MENU

**Mexican buffet: Enchiladas, Tacos, rice, beans,
salad, chips/salsa and dessert**

Margarita machine (while it lasts!)

Beer, water and soft drinks also provided.

**Dudes' and Chicks' Pre-party locations
To Be Announced**

Directions

Woodbridge Community
Center
31 Creek Road
Irvine, CA 92618

From the North:
405 South

Exit Jeffrey and turn left
Left on Alton
Right on Creek Rd

From the South:
405 North

Exit Jeffrey and turn right
Left on Alton
Right on Creek Rd

Any questions or if you would
like to volunteer to help with
decorations & clean up,
contact Kathleen

(Kathleen.cuney@gmail.com)
or Stacey

(Staceydippogg@gmail.com)

RSVP by June 4th – Club Meeting Night

\$30 per person payable to SCRR - After June 4th, \$35 through June 13th
Give your checks to Kathleen, Stacey, one of the club officers

South Coast Roadrunners | P.O. Box 4733 | Irvine, CA | 92616

Snail's Pace Stores Celebration

By: Bob Morris

A Snail's Pace Running Shops celebrates 30th Anniversary....

Dedicated to the fitness lifestyle since 1979

The month of May, A Snail's Pace Running Shops will celebrate 30 years of fitting Southern California runners and walkers in footwear. To celebrate our 30th anniversary we are offering a free gift card in the amount of \$19.79 to anyone that spends \$125.00.

Also, each store will be giving away two pairs of running shoes every Saturday with no purchase required. There will be special discounts on shoes and apparel all month, and a special Asics Head to Toe raffle at the end of the month.

A Snail's Pace has won numerous awards including "Best of Southern California" from [Competitor Magazine](#), "50 Best Running Stores in America" for three straight years by The [Running Network](#) and Footwear Intelligence, and "LA's Choice" by [LA Sports and Fitness Magazine](#).

All SCRR members with current membership receive an extra 10% discount on top of our 30th Anniversary discounts.

***Congratulations to the
Numerous SCRR Runners
who PR'ed or had Great Races at the
OC Marathon, Half Marathon and 5K!!
Times, Stories and Photos coming
Next Month***

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

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socaltaxman@cox.net
52 Lakepines, Irvine

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"10% discount for SCRR members"

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ing And Mom and Me Parties Available
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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



MAY	
SUN, 5/3, 6:30 a.m.	OC Marathon and 1/2M, Newport Beach, www.ocmarathon.com
SUN, 5/3, 7:00 a.m.	PCRF Cinco De Mayo ½ M and Reaching for the Cure 5K/10K, Irvine Spectrum, www.pcrf-kids.com
THURS, 5/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 5/23	Mount Wilson Trail Race, 8.6 miles – Sierra Madre, CA
MON, 5/25, 7:30 a.m.	City of Laguna Hills Memorial Day ½ Marathon and 5K, Laguna Hills
MON, 5/25, 7:00 a.m.	LA Marathon XXIV, www.lamarathon.com
SAT, 5/30, 8:00 a.m.	Miles for Melanoma 5K, 300 Laguna Rd., Fullerton, www.active.com
SUN, 5/31	Rock N Roll Marathon, San Diego, www.rnrmarathon.com
JUNE	
THURS, 6/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 6/6, 7:55 a.m.	Corona Del Mar Scenic 5K, www.active.com
SUN, 6/7, 8:00 a.m.	Playa Del Run Huntington Beach, Bolsa Chica State Beach, 5K Run, 1000M swim or Aquathon, www.playadelrun.com
SAT&SUN, 6/6, 6/7 & 6/13	Camp Pendleton Mud Run, (Sold Out) www.active.com
THURS, 6/11, 6:15 p.m.	Peter's Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, Tustin, www.renegaderaceseries.com
SAT, 6/13, 8:00 a.m.	Magic Shoes 5K, CDM High School, Newport Beach, www.magicshoe5k.com
SAT, 6/20	SCRR Annual Banquet – Details on page 10
JULY	
THURS, 7/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 7/4	Woodbridge 5K
SAT, 7/4, 7 a.m.	Surf City Run 5K, 17 th and Main, Huntington Beach, www.surfcityrun.com
SAT, 7/4, 7:30 a.m.	Run through the City of Lake Forest, Lake Forest and Trabuco, www.lf5k.org
THURS, 7/9, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SAT, 7/18, 9:00 a.m.	1st Annual Orange County Mud Run 5K or 10K, Hidden Valley Park (next to Wild Rivers), Irvine, www.ocmudrun.com
SAT, 7/25, 8:00 a.m.	Mission Viejo High School Football/PCRF "On a Mission to Find A Cure 5K", Great Park, Irvine, www.missionfootball.com

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