

ON THE RUN



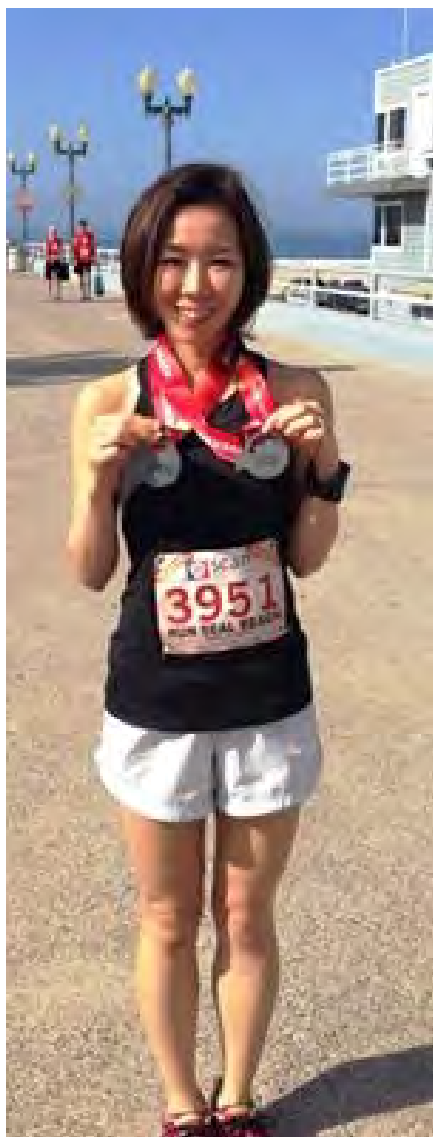
South Coast Roadrunners Running Club
<http://www.roadrunners.org>

Orange County, California
February 2015 Issue

Runner of the Month – Aya Namikawa Kawakami

By: Kirsten Hirneisen

This month's Runner of the Month is Ayako (Aya) Namikawa Kawakami. She ran a fantastic sub-3 hour marathon at California International Marathon (CIM) in December, and we all shared in her excitement and joy! She has run in two other marathons since then – amazing! Her love of running is apparent in this article and we wish her the best of luck in achieving these very cool goals.



What got you started running? Why do you run?

My co-worker said she was running So Cal 5K and I thought I wanted to try it too. This was the trigger of the start of my crazy running. I appreciate that my co-worker let me know. Running is my life even though that 5K was her 1st and last race.

What is the coolest place you have gone for a run?

I can't choose! Every time I go to Saturday run, it is very fun with spectacular views!

What are you training for now? Any upcoming races?

LA Marathon is a PR course for me and I am hoping to go under 2:55.

What is your best running tip?

Running lots of miles and racing.

I started running 3 years ago and I don't have much experience unlike those who have run since high school. I run 60-80 miles per week for endurance. I race 5K and 10K as much as possible for the speed training. I've been racing 4 weeks in a row since Southern California half marathon race, 2 marathons, 1 half marathon and 5K.

What is your favorite pre-race "pump up" song?

I don't listen to music before or during run but when I was running Surf City, the music band was playing "Eye of the Tiger". I felt that I got adrenaline pumping up.

What is your favorite post-run treat?

I always want to get hot coffee after the race. That's my best treat.

When did you join SCRR? What is your favorite part about the club?

I joined August in 2013. SCRR has got my running faster and faster.

What do you do for your job?

I work for a Software Distribution company. My boss is Japanese and he was a US National Judo Champion. He likes people who are very keen on sports. When I finished my first marathon, he decided company would pay for all the registration fees for any race. I guess I am very lucky!

Where are you from originally (if not from the area)? And how did you end up here?

I am from Japan. I came to the USA 10 years ago. First I was in Ashland, OR for 2 years and finished college. Luckily I found a job where I am now.

English is my second language and I sometimes hesitate to talk with people because of imperfect English. Thank you everyone for being kind and patient to have a conversation with me!!

What else do you do for fun/other hobbies?

I like cooking. Japanese food takes a lot of time for preparation and cook, but it is very healthy.



Aya (right)
with Leilani
Rios and Sam
Blackmore
after they
each won their
races at the
Woodbridge
July 4th race.

Do you like to travel? Any upcoming trips planned?

I will go to Boston in April and New York in December, of course, to run a marathon. It's been almost 10 years since I went back to Japan last and I should go sometime soon, hopefully and run Tokyo Marathon.

Where did you meet your husband?

We met through our mutual friends.

What are you looking forward to in the next year?

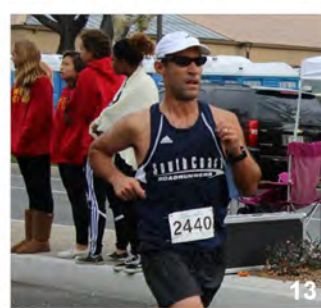
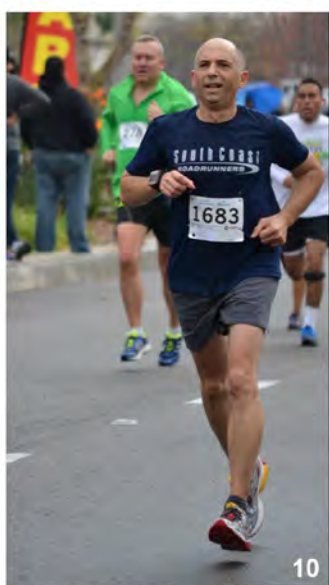
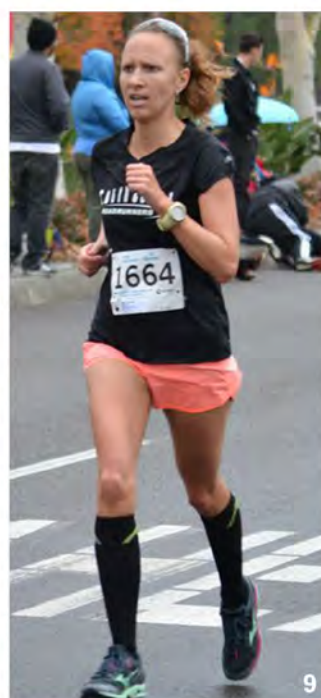
When I say this, people think I am just kidding, but I want to run a marathon under 2:43 which is a qualifying standard for 2016 U.S. Olympic Trials. 2:43 is not easy to achieve and I would not be qualified even if I meet the standards because I am not a US citizen anyways. But I still want to try to go under 2:43.

SCRR Looks Good at the Socal Half/5K

Compiled By: Joanna Pallo, Photos By: Cathy Blakesley, Linda Hammond, Judy Sweet, Mike Gellman



1 Robert Donald 2 South Coast Roadrunners 3 Scott LaRuffa 4 Fred Ayers 5 Chris Johnson and Maylee 6 Daniel Evora 7 Matt Kossoff, Judy Sweet, Lisa Eiler, Cathy Shargay, Ken Atterholt 8 Noreene Matsuda, Mike Connors, Sherri Ellerby 9 Mike Connors



1 Lisa Eiler, Linda Hammond 2 Vicki Ballon, Cathy Blakesley, Jennifer Erickstad 3 Matt Kossoff 4 Aya Namikawa Kawakami 5 Michael Friedl 6 Mike Bertram 7 Jeanie Leitner 8 Vicki Ballon 9 Ingrid Johnson 10 David Bauers 11 Cathy Shargay 12 Ken Atterholt 13 Matt Hood

SCRR Does Great at Socal Half/5K!

By: Linda Hammond

South Coast Roadrunners started off 2015 at the **Southern Cal Half Marathon and 5k**. As usual runners took advantage of our home course and ran some great races! **Alberto Ballon** and many others were excited with their race results. Some age division half marathon winners included: **Bill Prom, Mike Connors, Noreene Matsuda, Jeanie Leitner, Pete Boisineau**, and an age division win for **Sherri Ellerby** in the 5k. **Scott LaRuffa** shared his thoughts about his PR in the half marathon.



Linda: *Congratulations on your PR. Please tell us about your race.*

Scott: Yeah, I PR'd at the SoCal Half Marathon. I had a time of 1:27:06 (PR by almost 3 minutes). This was the first time I ran the SoCal Half and really enjoyed it. I was fortunate enough to have good weather, no aches or pains, and overall I just felt good from the start. I started conservative, but when I realized I felt better than expected, I started to pick up the pace and was able to keep it up. Towards the end, I was happy with my pace when **John Gardiner** started running next to me and encouraged me to run faster....leading to a 6:12 last mile. The extra encouragement wasn't only very appreciated, but gave me the confidence that maybe I can do better on the next race.

Linda: *When did you start running and what brought you to the club?*

Scott: I started running approximately 3 years ago. I was never a runner and couldn't run more than a few miles. I wanted to overcome my dislike for running and prove that I could do it. So I signed up for the **Portland Rock 'n' Roll Half Marathon** (before I ran at all), bought a **Garmin** and new running shoes and got to it. After the race I was hooked. I joined **SCRR** in February 2013 to keep myself motivated, and it was the best thing I've ever

done. I have made great friends and even met my **beautiful wife** in the club.

Linda: *Are you training for any big races?*

Scott: I am planning on running the **OC Marathon** with the hopes of qualifying for **Boston**.

Scott, thanks for sharing your story, and congratulations on your race. Congratulations to members for the **800** point club: **Ken Atterholt, Sherry Ellerby, Bob Morris, Mike Dietz, Jeanie Leitner, Mike Connors, Bill Prom, and Pete Boisineau**. Our Grand Prix leader is **Mike Friedl**, followed by 2) **Ken Atterholt**, 3) **Karine Parry**, 4) **Sherri Ellerby**, and 5) **Bob Morris**. The So Cal Half Marathon and 5k was the 7th race in the Grand Prix series; our March race is the **Brea 8k**. Happy running, see you at the Finish Line!



Do you know “your watts” when cycling? - Carmichael Training Systems Camp

By: Fritz Reimers

Editor's Note: Fritz is a long-term member of SCRR and I was chatting with him recently since he is my financial planner (he has a number of SCRR members as clients). This camp and the use of power meters was so interesting, I asked Fritz to write this article.

I had a good year in 2014 both training for and racing in several triathlons. I also wanted to try something different and stretch my comfort zone in something I had never completed before. I found it in going to a Carmichael Training Systems (CTS) cycling camp last November in Tucson, AZ.

The camp gets you ready to complete the El Tour de Tucson 103-mile which is scheduled every year the weekend before Thanksgiving week. If you want to be treated like a professional cyclist, at least for a week, then this CTS camp might be for you. There were 15 cyclists from all over the country in attendance along with 4 senior level CTS coaches, 2 bike mechanics, a massage therapist (we kept her busy), and a camp director who handled logistics. Chris Carmichael, owner of CTS, is well known for his coaching of Lance Armstrong and other pro cyclists. He was also there to ride with us and provide instruction on climbing, pacing, nutrition and race strategy.

We all stayed at the Starr Pass Marriott Resort, a remote luxury resort nestled in the mountains of Saguaro National Park just west of Tucson. It has its own golf course, tennis courts, pools, shops and restaurants. Not a bad place if you want to bring your spouse or significant other especially if they don't want to ride.

The camp includes 4 lunches and 5 dinners, all nutrition and hydration for the rides, sag wagon and mechanic support, as well as consultation with CTS coaches each day to review your Garmin computer data. Much of the data comes from a power meter that every cyclist is required to have on their bike.



Fritz (second from left) and other riders at the top of a climb.

The first day we climbed Madera Canyon about 30 miles southwest of Tucson. The last 4.5 miles of the climb was an all-out field test to determine our Functional Threshold Power. Basically, it measures how much agony and pain you can withstand for 4.5 miles climbing up a 6-10% grade until you fall off your bike. Then, the coaches divide this Functional Threshold Power output into percentages that create ranges for training zones like recovery, endurance, tempo, steady state and climbing repeat.

We road about 70 miles this day and we felt it bad when we returned to the hotel. Luckily the message therapist was waiting for us.

The second day we climbed Mt .Lemmon Highway, a consistent 6% grade up in the Catalina Mountains above Tucson rising from 2500 to 8500 feet in 25 miles. The third day we made an ascent up to Kitt Peak located about 50 miles west of Tucson where a national atmospheric laboratory and several large telescopes are located. The climb was 12 miles but at a steeper 8 to 10% grade.

Friday was a rest and recovery ride day in preparation for the El Tour de Tucson ride on Saturday. The key to successfully completing a century ride like this is to find a pack of riders that are going your own pace and expend as little energy as possible while going as fast as possible. The entire ride has only 2350 feet of elevation gain. So much of the ride is spent in a pace line or peloton of 50 to 100 cyclists taking turns drafting and leading the group.

This is where knowledge of your power output comes into play. Knowing how much power you can expend for 100 miles without going over your functional threshold power too much is crucial information. My coach told me I should average about 220 watts and not try "to burn too many match sticks" on the hills and on accelerations. You only have so many matches to burn in your body for a race like this and when you are out, you are toast!

As it turned out, I spent most of the 103 miles with two separate groups, took my turn leading the groups, but spent much of my time drafting along at 22 mph. My finishing time for the 103 mile ride was 4 hours 45 minutes.

Like most running or cycling camps, you gain some good friend friendships with your fellow campers and coaches. CTS runs several other cycling camps around the country throughout the year. Check out their website at www.trainright.com.

Treasurer's Report

By: Lisa Eiler

	<u>January</u> <u>2015</u>	<u>December</u> <u>2014</u>	<u>November</u> <u>2014</u>
<i>Total Cash Balance, Beginning</i>	<i>\$ 5,557.04</i>	<i>\$ 5,259.97</i>	<i>\$ 4,399.49</i>
Cash Inflows	1,726.41	765.92	1,302.60
Cash Outflows-First Thursday	343.30	333.43	302.12
Cash Outflows-RRCA Insurance	1,087.00	-	-
Cash Outflows-Social Gatherings	-	135.42	-
Cash Outflows-Other	<u>169.95</u>	<u>-</u>	<u>140.00</u>
<i>Net Change in Cash</i>	<i>126.16</i>	<i>297.07</i>	<i>860.48</i>
<i>Total Cash Balance, Ending</i>	<i><u>\$ 5,683.20</u></i>	<i><u>\$ 5,557.04</u></i>	<i><u>\$ 5,259.97</u></i>

CONGRATULATIONS TO JANUARY MARATHON (and More) RUNNERS!!

Camarillo Marathon, Jan. 4th

Isho Sweet

Avalon 50, 50 miles, Catalina Island, Jan. 10th

Ted Williamson

Mississippi Blues Marathon, Jackson, MS, Jan. 10th

Bridget O'Callaghan-Hay

Carlsbad Marathon, Jan. 18th

Aya Namikawa Kawakami

San Diego 50 Mile Trail Race, Jan. 18th

Matt Kafka

Editor's Note: These marathon+ runners were missed in the last few issues:

Santa Barbara Marathon, Nov. 8th

Vivi Arvilla

The North Face Endurance Challenge, 50 miles, San Francisco, CA, Dec. 6th

Matt Kafka

Honolulu Marathon, Dec. 14th

Doug Niles



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 36 participants out of 92 to date for the 2014-2015 series after 7 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all races will be posted on our web site www.roadrunners.org***

	Name	Age Group	Total Points	Races	Best	Avg	Social Half / 5k		Run for a Claus	
							Times	Points	Times	Points
1	Mike Friedl	50-54	5,791	7	854	827	1:29:13 Half	779	19:14 5k	800
2	Ken Atterholt	50-54	5,732	7	838	819	18:36 5k	827	19:27 5k	791
3	Karine Parry	25-29	5,234	7	781	748	1:28:29 Half	775	20:46 5k	717
4	Sherri Ellerby	50-54	5,184	6	956	864	19:29 5k	876	20:39 5k	826
5	Bob Morris	60-64	5,144	6	891	857	20:11 5k	842	20:39 5k	823
6	Mike Dietz	50-54	4,871	6	862	812	18:48 5k	818	19:56 5k	772
7	Alberto Ballon	35-39	4,657	7	701	665	1:30:28 Half	701	20:50 5k	652
8	David Schiller	50-54	4,657	6	826	776	1:29:24 Half	777	20:16 5k	759
9	Jeanie Leitner	65-69	4,579	6	836	763	1:58:10 Half	836	30:00 5k	709
10	Thomas Fung	50-54	4,515	6	800	753		0	21:57 5k	701
11	Doug Niles	45-49	4,431	6	786	739	1:34:24 Half	721	20:21 5k	725
12	Matt Hood	45-49	4,400	6	789	733	19:51 5k	743	21:09 5k	697
13	Mike Bertram	45-49	4,350	6	762	725	1:33:54 Half	725	20:31 5k	719
14	Daniel Evora-Hahn	25-29	4,259	6	747	710	1:25:41 Half	711	19:40 5k	681
15	Leilani Rios	30-34	4,244	5	869	849		0		0
16	Lillian Bertram	45-49	4,034	6	765	672	1:47:35 Half	684	24:50 5k	654
17	Amy Katz	40-44	4,014	6	695	669	1:47:31 Half	668	23:58 5k	659
18	Matt Kossoff	30-34	3,975	6	708	663	1:27:21 Half	704		0
19	Cathy Shargay	55-59	3,875	6	836	646	2:01:10 Half	686	28:43 5k	645
20	Noreene Matsuda	50-54	3,846	5	788	769	1:38:40 Half	763	22:39 5k	753
21	Vicki Ballon	30-34	3,803	6	650	634	1:44:28 Half	647	24:33 5k	621
22	Aya Kawakami	30-34	3,793	5	785	759	1:27:40 Half	771		0
23	Cathy Blakesley	50-54	3,523	5	742	705		0		0
24	Lisa Eiler	35-39	3,442	6	602	574	2:03:51 Half	573	27:20 5k	563
25	Robert Donald	45-49	3,417	5	726	683	21:53 5k	674	23:43 5k	622
26	Mike Pagalan	30-34	3,327	5	677	665		0	21:18 5k	634
27	Eric Dangott	40-44	3,228	5	689	646		0	21:50 5k	664
28	David Blakesley	70-74	2,940	5	606	588	30:57 5k	582		0
29	Judy Sweet	45-49	2,921	5	619	584	2:00:32 Half	610	26:47 5k	606
30	Jon Resnick	50-54	2,805	4	737	701	21:07 5k	728	21:38 5k	711
31	Greg Hanssen	45-49	2,759	4	710	690	20:47 5k	710	22:00 5k	670
32	Joanna Pallo	30-34	2,548	5	586	510		0	36:51 5k	414
33	Mary Lynch	45-49	2,516	3	880	839		0		0
34	Mike Connors	45-49	2,249	3	835	750	1:21:35 Half	835		0
35	Mike Sellers	35-39	2,230	3	780	743		0		0
36	Pam Galambos	40-44	2,166	3	736	722	1:37:59 Half	733		0

SATURDAY RUNS

ALL RUNS MEET @ 7:45 AM AND BEGIN AT 8 AM

2/7/15 – Lower Aliso Canyon Trail

Leader: Mike Bertram

Location: Woody's Diner (Next to Trader Joe's) - 24321 Avenida De La Carlota, Laguna Hills 92653

Directions: Exit the 5 at El Toro Road and go to the far side of the mall to Oakbrook Village Shopping Center. Woody's is near El Torito and Trader Joe's

About the Run: This is a mildly hilly 10 mile out-and-back run down to Aliso Woods Park. Restrooms and a drinking fountain are available by the baseball diamond near mile 3.5. Extra miles can be added in Aliso Woods (slight modification will be required given parking lot closure) or around the lake at Laguna Niguel Regional Park on the other side of Alicia Parkway.

<http://www.gmap-pedometer.com/?r=5184001>

After the Run: Breakfast at Woody's Diner

2/14/15 – *NEW* Peters Canyon & Irvine Regional Parks

Leaders: Sherri Ellerby & Fred Cowles

Location: Meet at Cedar Grove Park in Tustin. Public restrooms and drinking fountain available at the start. Additional parking within walking distance at Pioneer Middle School.

Directions: From 5 freeway, exit Jamboree and go north 2 miles to Portola Pkwy. Left on Portola, right on Tustin Ranch Road, left on Pioneer Way, right on Pioneer Rd. where you will immediately see the park on the left. Turn left into the driveway.

About the Run: We'll run out along Peters Canyon Trail taking us into Peters Canyon Regional Park. We'll stay on this trail until we get to the corner of Jamboree and Canyon View (roughly 2.7 miles), crossing at the light signal. Then we run along the bike path that parallels Jamboree and leads into the entrance of Irvine Regional Park, which veers off to the right at the end of Jamboree. From there you can do a loop of Irvine Regional Park (approx. 3.3 miles) on paved roads. If you are interested in some dirt trail/hilly options, please let Sherri or Fred know in advance, and we can make sure you get a nice experience.

Ways to add more distance:

- Go around the reservoir on your way back through Peters Canyon.
- Do a long, narrow loop of Santiago Oaks before or after your loop of Irvine Regional Park (roughly 2.5 miles).
- Upon returning to the start in Cedar Grove Park, continue out and back toward the Hicks Canyon Trail as far as you need, which many club members know how to get to via Jamboree Road.

After the Run: John's Place at the corner of Jamboree and Chapman in the Albertson's shopping center.

2/21/15 – UC Irvine Pre-Race Run (Also UCI Farmers Market)

Leader: Sarah Lee

Location: Meet in the parking lot of Trader Joe's and Peet's Coffee at Campus and Stanford in Irvine.

Directions: 405 north or south, exit Culver, head south (towards ocean), turn right on Campus, turn right on Stanford, turn left into the University Town Center shopping center.

About the Run: This is a good warm-up run for the Brea 8K, our club race the following day. Half-mile jog along Campus to the San Diego Creek Trail (runs parallel to University). Run as long or short as you like on the bike path towards Back Bay.

After the Run: Coffee at Peets, other food options available as well (The famous Farmers Market has moved to a different location in Irvine)

2/28/15 – A Snails Pace Run to Cooks Corner and Hoka Shoe Testing

Leader: Bob Morris

Location: A Snail's Pace Running Shop, 24451 Alicia Pkwy, Mission Viejo Directions: Exit the 5 freeway at Alicia Parkway. The store is in the LA Fitness shopping center visible from the freeway.

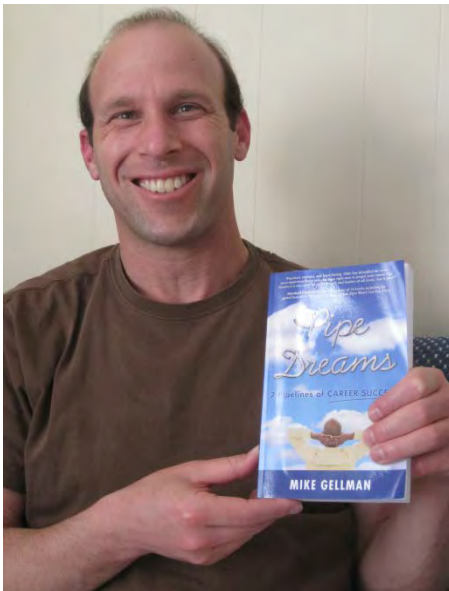
About the Run: Out-and-back course starting at the store to the bike path that goes all the way up to Cook's Corner if you want to do a 16-miler. This run will offer an opportunity to wear-test Hoka shoes as well.

After the Run: Dennys (50 yards from the Store) or Lulu's Creperie Cafe, 24781 Alicia Pkwy, Laguna Hills (near the former ASP Store location, on the Laguna Hills side of the 5 freeway).

SCRR Member/Author: The Power of Vision

By: Mike Gellman

As runners, just about all of us are well aware of the power of setting goals. In fact, some of us even take a moment or two before a race to close our eyes and envision ourselves approaching the finish line with a final kick as we look up at the race clock to see ourselves crossing the line with a new PR. Interestingly, we can apply the same principle to our respective careers. Here's a personal story on how the power of vision applied to my own career.



Before I first began working for the energy industry, I had gone through a challenging three-year period in my career where I kept finding myself in work environments that were abusive and crazy-making. Much of the time I felt like I had lost my bearings, so I set aside some time to take stock of what I really wanted for myself. I ended up writing a two-page narrative describing what type of work I wanted to be doing, the impact it would have on others, what kind of coworkers I would be working with, and how I would experience my work life. I created a vision for my future that included working for a nonprofit, biotech, or consulting firm.

A couple years later, I came across that journal entry. My jaw dropped as I read what I had written. What I had described as what I wanted in my vision was something that I was actually living. Ninety-percent had become a reality without me realizing it. I had never even had utilities on my radar; in fact, I thought they were "boring and bureaucratic." To my amazement, I had landed in a place that was definitely not that — it had the great leadership I wanted, talented colleagues, a creative and collaborative environment, a flexible work schedule, and a compensation package that enabled me to pay the bills and save for my son's and my own future.

What do you see when you close your eyes and concentrate on your personal vision?

Excerpted and adapted from *Pipe Dreams: 7 Pipelines of Career Success*

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SCRR members can receive a 10% discount when they go to my publisher site to purchase the book for themselves or a friend, family member, or co-worker. For the discount, the book must be purchased through the CreateSpace eStore using the discount code provided below. Otherwise, it can be purchased through Amazon or Barnes & Noble.

CreateSpace eStore: <https://wwwcreatespace.com/4750419>

SCRR Discount Code: K8T8ZVJN

Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
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Fax: (949) 234-0326
E-mail: reimersr@stifel.com
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lindsaywilliamsrealestate@gmail.com
714-381-2840

John Loftus, **Certified RRCA Running Coach**
www.runyourpotential.com
949 433-9238
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Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

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Dave@thevideoman.com
www.thevideoman.com

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 to David Schiller at scrr-info@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, Jamboree and 5 Freeway, Irvine, 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 *By: Doug Denniston*



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

Out of Town Races featuring club members highlighted in blue

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

FEBRUARY	
SUN, 2/01, 6:50 a.m.	Surf City Marathon, ½ Marathon Huntington Beach, CA runsurfcity
THURS, 2/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 2/08, 7:00a.m.	Palm Springs ½ Marathon PalmSprings1/2marathon
SUN, 2/08, 7:00a.m.	i-Try 5K & Triathlon – Crown Valley Community Park - Laguna Niguel itryathlon
SAT 2/14, 8:00a.m.	Timberwolf 5K, Northwood High, Irvine Timberwolf5k
SAT 2/14, 8:00a.m.	3 rd Annual Paws Fur Pink 5K – Irvine Regional Park, Orange pawsfurpinkoc
SAT 2/21, 8:30a.m.	OC Chili Winter Trail Run Series – 2 nd Race of 3, O'Neill Park WinterTrailSeries
SUN 2/22, 8:00a.m.	Brea 8K Brea Mall Brea8k
SAT 2/28, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Raceonthebase
MARCH	
THURS 3/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 3/7, 8:00a.m.	OC Heart Walk – Anaheim Stadium 5K - ocheartwalk
SUN 3/8 7:30a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm C8aster Run
SAT 3/14, 8:00a.m.	OC Chili Winter Trail Run Series – Race #3, O'Neill Park WinterTrailSeries
SAT 3/14, 8:00a.m.	Bubble Run 5k – Verizon Wireless Ampitheatre, Irvine bubblerunoc
SAT 3/14, 7:00a.m.	Catalina Island Conservancy Marathon Marathon, 10K, 5K runcatalina
SUN 3/15 7:30a.m.	Los Angeles Marathon lamarathon
SUN 3/15, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB nmsritrun
SUN 3/15, 8:00a.m.	Wine Country Half Marathon, Paso Robles, CA
SAT 3/21, 7:00a.m.	2 nd Annual Semper 5K – Sycamore Park, Anaheim Hills semper5k
SAT 3/21, 7:00a.m.	OC Missions Race 5K, 10K Crossline Comm. Church, Laguna Hills missionsrace
SAT 3/21, 10:00a.m.	Canyonlands Half Marathon, Moab, UT
SAT 3/28, 7:00a.m. & SUN 3/29, 7:00 a.m.	Reaching for the Cure Bike Tour & ½ Marathon, 5K Weekend, Irvine, www.pcrf-kids.org
SUN 3/29, 7:00a.m.	Carlsbad 5000 – Carlsbad, CA carlsbad-5000
APRIL	
THURS 4/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
MON 4/20	Boston Marathon
SAT 4/25, 8:00a.m.	Costa Mesa Community Run 5K/10K, Fairview Park, park at Estancia High School

2014-2015 SCRR CLUB OFFICERS:

President: Stacey Dippong
 Vice-President: David Schiller
 Treasurer: Lisa Eiler
 Secretary: Rob Harris
 Officers At Large: Joanna Pallo,
 Bob Morris, Amy Katz

2014-2015 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Mike and Lillian Bertram
 Grand Prix: Mike Friedl
 Database Manager: Dave Schiller
 Monthly Club Race: Bob Morris
 Webmaster: Daniel Evora-Hahn