

ON THE RUN



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

Orange County, California
June 2012 Issue

Runner of the Month – Armando Moran

By: Doug Denniston

I had a chance to sit down with Armando this month and get to know our SCRR Runner of the Month just a little bit better. I hope this article helps you get to know him more too. This is Armando's first time being selected as ROM and by the time you finish reading this, I'm sure you'll agree with me that he certainly deserves it.

Armando grew up in Mexico City, Mexico. He attended an average middle-class school studying both Spanish and English throughout elementary school. He says, "I was never very good at English in elementary school, and then in about the 3rd grade something just clicked, and I started to get it." Armando played organized soccer growing up, but never really considered himself to be athletic. He graduated from Monterrey Institute of Technology (Instituto Tecnológico y de Estudios Superiores de Monterrey) in Mexico City. While earning his graduate degrees from the same school, he attended some classes from Carnegie Mellon and Texas A&M, where he improved his English skills. He was recruited during the 90's dot.com "boom", and came to California for work. Armando currently works as a Senior Consultant Software Developer for Neudesic in Irvine.



My favorite part of our interview was the story behind Armando's recent marriage. Armando says that he and Shiao-Wen, his new wife, were Facebook friends. Shiao-Wen read one of his posts about running and asked him to go running one day. I asked Armando if that led to dates, and he told me "according to Shiao we have never been on a date. That's probably because she had to ask me out."

Here are Armando's responses to my interview questions:

When did you join SCRR and how did you find out about the club? I

met Tonson at the CDM 5K in the summer of 2008, and he told me about the club, and invited me to come out for a run.

What has been your favorite race and why? That would be the 2010 OC Marathon. I was aiming for a BQ and ran a 3:13 (PR) thanks to help from Sandra, Orhan, and Mike Reeves. Also, this year while pacing Surf City Marathon with Tonson, everyone in our group sang "Happy Birthday" (Feb. 5th) to me at about mile 10. That was pretty cool.

Runner of the Month – Armando Moran

You went to Boston in 2011; would you like to go back? I would like to go back and redeem myself. I was



Tonson Tong and Armando at a Roadrunner banquet

hoping to run about 3:10. I was on pace until mi. 13 when I started getting knee pain, and had to walk/jog the rest of the way, and finished in 4:11. *****Armando offered me this advice***** When you go to Boston for the first time beware of the rolling hills and don't open your stride too much on the downhills, it could lead to knee pain like he experienced.

Where is your favorite club run, or the coolest place you've gone for a run? I really enjoy running at El Morro. I once tried to run on Mt. Whitney @ 14,000 feet.

Wow, how did that go? Were you able to run? No, not by any stretch of the imagination. I tried hiking & jogging but had to stop due to a headache.

Are you training for anything right now?

No, not training for any particular race or distance, I'm just trying to improve my 5K time (current PR is 18:56 @ Magic Shoe).

What were the worst running conditions, or worst race experiences you've ever had? Well, physically that would be my first race, a 10K in Jan. 2008, mainly because I was 25 lbs. heavier. I was running with a friend, and was able to keep her pace until mile 3 easily. I kept on pace at mile 4, but after that I couldn't keep the pace. Another race that comes to mind is the 2009 Turkey Trot 10K had that horrible rain storm. Besides my first 10K, that was my worst time in the 10K race. In Dec. 2009 I had knee trouble around mi. 21 of the Las Vegas Marathon.

Do you have any favorite music you run to? I don't usually listen to anything unless I'm running alone, and then I listen to sports radio. **Soccer?** Yes.

Any other hobbies or interests? I really enjoy spending time with my wife, and going hiking with her. We enjoy hiking in El Morro. We've also visited Anza Borrego and are visiting Death Valley this memorial weekend.



Congratulations to the SCRR Members who ran

O.C. Marathon - on May 6th!

Tim Hume

Tonson Tong

Lindsay Lyons

Linda Hammond

Marissa Hindman

Eric Dangott

Dave Schiller

Doug Niles

Julia Wu

Fargo Marathon - on May 19th!

Lisa Eiler

Shadow of the Giants 50K – on June 2nd!

Jeanene Warren

Karen Winter

S.D. Rock 'n' Roll Marathon - on June 3rd!

Brian Kurnow

Esteban Rojas

Stephanie Shimada

Tonson Tong

Ted Williamson



Magic Shoe 5K Highlights

By: Linda Hammond

For our May club race **South Coast Roadrunners** had magic in their feet for the **Magic Shoe 5k**. The **800 point club** was quite crowded this month with: **Leilani Rios** (high score of the day 875 points), **Ken Atterholt**, **Dave Schiller**, **Mike Dietz**, **Mary Lynch**, **Leon Laub**, **Ben Coyle**, **Ken Wells**, **Vince Lowder**, and **Mike Connors**. A few **PRs** of the day were run in by **Ken Atterholt** (club tent man/ super volunteer), **Greg Hanssen** (Mr President), and **Armando Moran** (Runner of the Month). Looks like the **PRs** show one thing, be good to South Coast Roadrunners and the running gods will be good to you!!!

The Magic Shoe 5k race benefited the **Cynthia Holcomb Magic Shoe Foundation**. Through this foundation over 23,000 pairs of shoes have been donated to those in need. Magic Shoe was the 11th race of the **Grand Prix** series, and **Dave Parsel** is our leader. However, **Ken Atterholt** and **Cathy Blakesley** get a **GOLD** Star for perfect attendance; they are the only runners who have completed all 11 races! One more race and then guru master **Mike Friedl** can rest for the season! In the month of June we finish up the season with the **Downtown Anaheim 5k**! June gloom won't stop me from seeing you at the Finish Line!

Racing and Pacing in May

By: Linda Hammond



A big Shout Out to runners from **South Coast Roadrunners** and **A Snail's Pace** for pacing the **OC Marathon and Half Marathon** and the **Laguna Hills Memorial Day Half Marathon**. A big thanks to **Ross Klein** and **Bob Morris** for coordinating the pacing teams. In addition to the pacers we also had some racers. Congratulations to all for successful marathons, half marathons, and 5k's in May!



SCRR has Great Times at Magic Shoe 5K

Photos By: Dave Blakesley



Top Row from Left:

Mike Friedl, Dave Schiller,
Steve Kan and Vicki Ballon.

Bottom Row from Left:

Cathy Blakesley, Ben Coyle
and Thomas Fung.

Rim2Rim2Rim

By: Greg Hanssen

Back in October 2009, Jon Resnick and I (along with Sue Rudolph and some of Jon's Trailheadz buddies) hiked down to the Colorado River from the South Rim of the Grand Canyon and back in a day. The spectacular 16 mile round trip journey 4600 feet down the South Kaibab trail and back up Bright Angel inspired us to think bigger thoughts... Rim to Rim to Rim! But not like those crazies who attempt the 45 mile trip in a single day, no we would be much more civilized, spending the night on the opposite side feeling (in theory) refreshed and ready for the return hike on day 2.



Jon took the lead on this and booked rooms for Memorial Day weekend 2012. Jon's plan was to hike South to North on Memorial Day then North to South on Tuesday. I had discussed making the two day trip with Vicki and Alberto Ballon, but we decided for scheduling reasons it made more sense to go North to South on Sunday then South to North on Memorial day. Cathy Shargay and Ken Atterholt decided to join the party but would spend the weekend at the North rim hiking part way down the canyon and along the rim. Angel Cardoza joined our hiking party and Vicki booked a camp site at the North rim for Saturday night.

Our whole group arrived at the North rim just before sunset on Saturday right around the same time Jon's gang reached the South Rim. The weather called for a low of 23 degrees at the North rim but the four of us were plenty warm in Vicki's gigantic tent. Ken and Cathy were no doubt comfy at the North Rim Lodge.

We all met at 6 at the campground and by 6:30 we were making our way down the North Kaibab trail starting at 8250 feet. At 0.7 miles, still in our cold weather gear, we stopped for some photos at Coconino point. From here the trail dropped precipitously out of the lush forest and down into the many white and red colored rock layers below. Before long we were at the Supai tunnel and then a bridge (this would take much more time coming back on day 2!) Soon the temperature had risen enough for us to shed our jackets and we were hiking at times IN the rock that had been blasted out of the sides of the canyon by the Conservation Corps in the 30s. We paused at Roaring Springs (literally a waterfall shooting strait out of the rock) and noted that due to some plumbing issues, fresh water would not be available at several spots



along the North Kaibab trail. Perhaps not a big issue in the cool morning on the way down but something to take very seriously for the return trip on day 2 when temps would be in the high 80s.

Most of the North Kaibab elevation is lost quickly and we found ourselves in the warmth of the wide open side canyon making our way past Cottonwood Campground. At about 8 miles we took a detour to Ribbon Falls for a refreshing break (more literally for some of us). The top of the waterfall hit a semi hollow mound of rock and moss half way down. A fellow hiker told us that you could climb inside the moss structure and look out a little window literally inside the waterfall. It didn't take long for Ken to strip down and take the plunge into the pool of water and wade into the "tunnel" under the waterfall. After proudly sticking his head out of the hole about 10 feet up and returning safely to dry land, Angel took it upon himself to do the same. Vicki on the other hand being immune to peer pressure (who am I kidding..) decided she couldn't let the boys have all the fun and soon took her turn inside the waterfall. Cathy, Alberto and I opted not to get wet.



We said our goodbyes and Ken and Cathy made their way back up to the North rim where they'd spend the rest of the time checking out the sights from various points above 8000ft. Vicki, Alberto, Angel and I made our way into the "box" where the canyon narrows for 4-5 miles before opening up at Phantom Ranch near the Colorado river, 5800ft below the North Rim. This was all taking longer than we anticipated and it was getting warm. I don't know that anyone was looking forward to the 4600ft climb to the South Rim let alone the return trip! After resting at the ranch and then dipping our feet in the mighty Colorado, we crossed the long foot bridge and started making our way up. In 2009 this section had taken me about 4 hours and we were starting soon after 3:30 so there was no time to delay. Our hiking speed ascending wasn't all that different from our descent, roughly 2mph. The late afternoon gave us plenty of refreshing shadows as we slowly but steadily made our way up the steep Bright Angel trail. Water at Indian Garden about halfway helped us stay hydrated (we also were able to fill up at Phantom Ranch). As the sun got lower and lower

we blasted past the "3 mile" rest area and "1.5 mile" rest area and kept climbing. Just under a mile from the top, Jon and his group were waiting just around a corner to meet us and escort us back up! We all pushed to the top by 8pm just as it was getting dark, narrowly avoiding the need for our flashlights. We were all starving and went straight for the pizza place (of course). After that, a long hot shower was appreciated by all and we had just barely enough time for 5 hours of sleep at the Yavapai Lodge before we'd be making our way for the 4:30am shuttle out to the South Kaibab trail.

Vicki had been suffering from some nasty blisters (late application of mole skin helped, but was a little too late) and was concerned about a pain in her achilles (as well as the heat forecast for Monday!) When I knocked on her door soon after 4am with more moleskin in hand, I was half expecting her to be in her PJs, opting to take the shuttle back rather than hike. But no, always the trooper, she was ready to go! Jon gave us all rides to the shuttle in the morning (as well as giving us fresh clothes the night before and taking our laundry! Awesome). At 4:45am the 8 of us (4 in Jon's group, including 73 year old Doug who would likely beat all of us up to the North Rim) were on the trail heading back down.

The South Kaibab trail is much more exposed than the North Kaibab or Bright Angel, so as the sun rose we were all treated to an amazing display! A few miles down we paused at a rest stop then Vicki, Alberto, Angel, Jon and I proceeded as Jon's other friends blasted ahead of us. At a few points we caught glimpses of the river and near the bottom had to stop for a mule train bringing trash up the hill from Phantom Ranch (that's why the menu is so limited at the canteen!) At the bottom we passed through a tunnel in the rock that opened up to the Kaibab bridge passing over the Colorado River. We quickly shuffled over to Phantom where I stopped for a snack but the others fearing the impending heat opted to keep moving. I had a nice quiet walk through the solitude of the "box" canyon and chatted with several other occasional hikers as we passed each other. A shortcut near Ribbon falls provided me a good excuse to dip my feet into the stream. A bit up the trail at Cottonwood I regrouped with everyone and we all made our way up towards Roaring Springs together, trying to get out of the heat.

At Roaring Springs we took a nice long rest knowing that while we still had thousands of feet to climb, we had beat the heat and didn't have too many more miles to go. Jon and I pressed ahead before Vicki, Alberto and Angel, and made our way up the steeper sections to the bridge and Supai Tunnel where we got our first water refill since Phantom Ranch. After everyone had reached Supai, I decided I'd try to cover the last 2 miles in time to finish this day in 12 hours. Just shy of 4:45pm I found myself back up at 8250 feet and



went straight to Vicki and Alberto's car to get out of these *#%@ shoes! Within another 20 minutes or so everyone else popped out at the trailhead and we all drove back to the lodge to find Ken and Cathy, where cool cervezas would be waiting. After relaxing on their porch at the lodge and taking turns in the little (but perfectly warm and refreshing) shower, we walked to the main lodge building for dinner. Just before dinner we caught part of a ranger talk on "Death at Grand Canyon". Back in 2009, a sign at the trailhead about Margaret Bradley (a 24yr old sub 3 hour marathoner who died in the canyon on a hot day after making some terrible choices) really got my attention. By 8:15 all ten of us were seated (unfortunately not together) at the fancy main lodge dining hall. While the rest retired to their rooms at the North Lodge, Vicki, Alberto, Angel and I hit the road and found a cabin at Jacob Lake just outside of the park to grab some shut eye before making the trek back to SoCal while Jon and his group made the North to South hike. Vicki dropped me in Vegas and I had a chance to catch up with my Dad for a few hours before Ken and Cathy came through and gave me a lift back home.

I think everyone was amazed at how well this entire adventure was pulled off! What an amazing experience! The clothing exchange helped our group and Jon's, the timing went just right, the temperatures were manageable, the views were extraordinary and the feet were really sore! What a great way to spend a long weekend and what a great group of people to spend it with!



A NIGHT AT THE AWARDS



SCRR Annual Awards and Celebration Banquet

Saturday, June 16th, 6 – 9:30 pm

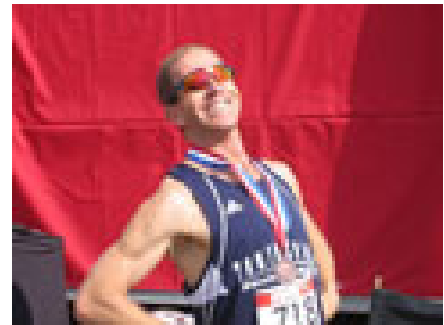
Woodbridge Village Community Center
31 Creek Road, Irvine

Food: Catered Dinner

Drinks: Soft drinks, water, beer, wine, and margarita's provided

Cost: \$30 per person - due by June 7th

Attire: Semi-formal, or for fun dress to impress wearing your most gaudy costume jewelry and craziest ties or bow ties.



Music, Dancing, Awards, Raffle and much more...

\$30/person can be paid via Paypal on the SCRR website: www.roadrunners.org, or by cash or check to Angel or Janelle

SATURDAY RUNS

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

6/9/12 – Anaheim 5K - Club Race of the Month

6/16/12 – Quail Hill

Leader: Amelia Vrabel

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

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

About the Run: We will head out on Jeffrey and take the bridge over the freeway. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into the exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. The standard loop is 12 miles. You can also do an out and back along the trail. There is water on the trail, but it is recommended to bring some, just in case.

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

6/23/12 – Back Bay Classic

Leader: Matt Kossoff

Location: Corner of Eastbluff and Back Bay Drive.

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

About the Run: The “standard” loop is 10.5 miles. You can extend the run along the bike path or shorten the run by making it out and back as far as you like. Water is available at several points along the way (~miles 3.5, 5, 7 along the “standard” loop).

After the Run: Starbucks on Bristol and Jamboree - 1000 North Bristol St. Suite 30, Newport Beach

6/30/12 – Aliso Creek Trail

Leaders: Cathy Shargay and Ken Atterholt

Location: Laguna Hills Community Center, 25555 Alicia Parkway, Laguna Hills, CA 92653

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 12 miles out and back on the Aliso Creek bike trail and through Laguna Niguel Regional Park.

After the Run: Latte Da Bagelry & Grill, 25461 Alicia Parkway, Suite A, Laguna Hills 92653

2011-2012 SCRR CLUB OFFICERS:

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

2011-2012 COMMITTEE CHAIRPERSONS:

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



GRAND PRIX STANDINGS



The Grand Prix is a competition where club members get points for running races selected as the club races-of-the-month. The points are based on each runner's time compared to the world record in that distance for their gender and age group. The program runs from July to June, and the best 9 of 12 scores are used. The standings of the top 33 participants (out of 82 total) for the 2011-2012 series after 11 races are:

Place	Name	Details			Net Points	Best	Net Avg	Magic Shoe 5k		Carlsbad 5000	
		Age Group	Sex	Races				Times	Pts	Times	Points
1	Dave Parsel	55-59	M	9	7,975	925	886		0	18:38 5k	865
2	Leilani Rios	30-34	F	9	7,588	875	843	17:26 5k	875	17:53 5k	853
3	Ken Atterholt	50-54	M	11	7,483	853	831	18:17 5k	853	18:55 5k	825
4	David Schiller	50-54	M	10	7,417	858	824	18:10 5k	858	18:45 5k	832
5	Mike Dietz	45-49	M	10	7,351	856	817	18:35 5k	814	18:34 5k	814
6	Danielle Gordanier	40-44	F	9	7,039	813	782		0		0
7	Cathy Blakesley	50-54	F	11	6,612	760	735	24:01 5k	727	23:47 5k	734
8	Mike Friedl	45-49	M	9	6,595	781	733	19:33 5k	773	19:22 5k	781
9	Linda Hammond	45-49	F	9	6,514	793	724		0	23:35 5k	714
10	Matt Hood	40-44	M	10	6,474	749	719	19:48 5k	718	19:45 5k	720
11	Greg Hanssen	45-49	M	10	6,442	745	716	20:17 5k	745	20:40 5k	731
12	Armando Moran	40-44	M	10	6,343	751	705	18:56 5k	751	19:09 5k	742
13	Brad Wobig	40-44	M	8	6,336	818	792		0	17:23 5k	818
14	Vicki Ballon	25-29	F	10	6,147	697	683	22:36 5k	659	21:33 5k	691
15	Cathy Shargay	50-54	F	10	6,069	734	674	25:14 5k	692	24:56 5k	701
16	Matt Kossoff	30-34	M	9	5,968	725	663	19:04 5k	708	18:59 5k	711
17	Doug Niles	45-49	M	8	5,848	759	731	20:15 5k	746		0
18	Stacey Dippong	30-34	F	8	5,705	757	713	21:02 5k	725	21:36 5k	706
19	Eric Dangott	35-39	M	9	5,668	681	630	21:40 5k	627	21:55 5k	620
20	David Bauers	50-54	M	8	5,403	701	675	22:14 5k	701		0
21	Tonson Tong	45-49	M	7	5,303	827	758	19:44 5k	766	18:17 5k	827
22	Thomas Fung	45-49	M	7	5,221	785	746	19:16 5k	785	19:32 5k	774
23	David Blakesley	65-69	M	9	5,091	637	566		0	35:23 5k	514
24	Greg Blevins	55-59	M	7	4,566	714	652	22:34 5k	714		0
25	John Gardiner	35-39	M	5	4,310	888	862		0	15:39 5k	868
26	Gary Hefner	50-54	M	5	4,080	828	816		0	18:54 5k	825
27	Amy Katz	40-44	F	6	4,040	752	673		0	29:38 5k	533
28	Alberto Ballon	35-39	M	6	3,830	715	638	20:02 5k	678	20:09 5k	674
29	Noreene Matsuda	45-49	F	5	3,801	783	760	21:56 5k	767	22:16 5k	756
30	Eileen Stephens	45-49	F	5	3,696	772	739		0	23:41 5k	711
31	Jannay Morrison	45-49	F	5	3,547	797	709	37:42 5k	447		0
32	Mary Lynch	45-49	F	4	3,409	866	852	19:49 5k	850	20:14 5k	832
33	Jeanie Leitner	60-64	F	4	3,340	856	835		0		0

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 to David Schiller at david.schiller@cox.net.

New Member Night: First Thursday of every month; pacers assigned to all new people, club meeting and pizza.

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Sports Authority, Tustin Market Place, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

MONTHLY CLUB RACE: For more information: log on to www.roadrunners.org or see a Club Officer.

MONTHLY CLUB MEETINGS: 1st Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

MEMBERSHIP DUES: Single: \$30, Family: \$45. Make your check payable to **South Coast Roadrunners**

SCRR CLUB CALENDAR

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

Out of Town Races featuring club members highlighted in blue

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



JUNE	
THURS, 6/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 6/2 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT 6/2 7:30a.m.	Fontana Days ½ Marathon & 5K Fontana, CA Fontana Days Run
SUN 6/3 6:00a.m.	San Diego Rock & Roll Marathon, ½ Marathon SD Rock&Roll
THURS, 6/14, 6:15p.m.	Peter's Canyon Summer Trail Series Tustin, CA Summer Trail Series
SAT 6/9 8:00a.m.	13th Annual Northgate Anaheim 5K Downtown Anaheim Anaheim 2012
6/2, 6/3, 6/9, 6/10, 6/16	Camp Pendleton Mud Runs, Saturday events sold out
SAT, 6/16	South Coast Roadrunners Annual Banquet
JULY	
WED 7/4 7:15a.m.	Woodbridge Village Community 5k, 10K
WED 7/4 8:00a.m.	Surf City 5K Huntington Beach, surfcityrun
WED 7/4 7:00a.m.	6 th Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run runladera.com
WED 7/4 7:30a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca ymca run in the park
THURS, 7/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 7/8 8:00a.m.	Carlsbad Triathlon Carlsbad, CA Carlsbad Triathlon
THURS 7/12 6:15p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA renegaderaceseries
SUN 7/15 6:00a.m.	Ironman 70.3 Vineman Triathlon Sonoma County, CA vineman.com
SAT 7/28 7:00a.m.	City of Cypress 5K, 10K, Kids Run Cypress, CA cypress5k10k
SUN 7/29 8:00a.m.	15 th Annual OCTC Pancake 5K Costa Mesa, CA octcpancake5k
SUN 7/29 6:00a.m.	The San Francisco Marathon San Francisco, CA thesfmarathon
AUGUST	
THURS, 8/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS 8/2 6:15p.m.	Peter's Canyon Summer Trail Series #3 Tustin, CA renegaderaceseries
SAT 8/4 7:30a.m.	Camp Pendleton Sprint Triathlon – MCAS Pendleton camppendletonraces.com/sprinttri
SAT 8/18 7:30a.m.	7 th Annual Kevin Cook Spirit Run – Irvine, CA kevincookspiritrun
WED 8/22 5:45p.m.	Into the Wild Trail 8K – Irvine, CA intothewildoctrailrun
SUN 8/19 7:00a.m.	America's Finest Half Marathon, San Diego, CA AmericasFinestHalf
SAT 8/25 6:00a.m.	Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA trailrunevents.com/bulldog
SUN 8/26 7:00a.m.	USATF Road Mile Championships – Irvine, CA roadmile.org
SEPTEMBER	
THURS, 9/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 9/1 6:45a.m.	Disneyland Family Fun 5K (SOLD OUT)
SUN 9/2 5:45a.m.	Disneyland ½ Marathon (SOLD OUT)
MON 9/3 8:00a.m.	47 th Run to the Top of Mt. Baldy – Mt. Baldy CA run2top.com
SAT 9/8 8:30a.m.	Heartbreak Ridge ½ Marathon – Camp Pendleton camppendletonraces.com/heartbreakridge
SUN 9/23 7:30a.m.	Komen Orange County Race for the Cure – Newport Beach, CA komenoc.org

By: Doug Denniston