

ON THE RUN



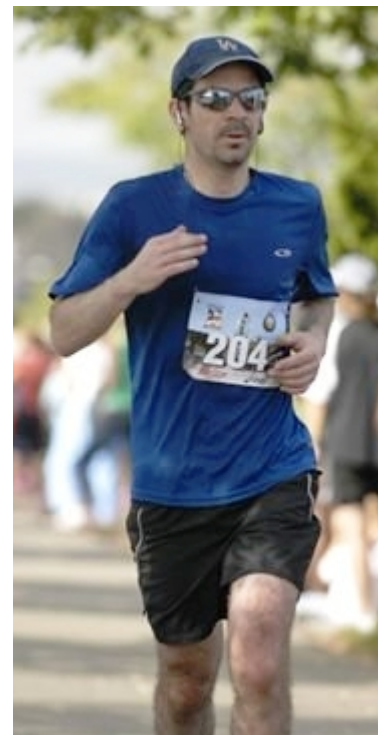
South Coast Roadrunners Running Club
<http://www.roadrunners.org>

Orange County, California
November 2011 Issue

Runner of the Month – Eric Dangott

By: Danielle Gordanier

This month's Runner of the Month is Eric Dangott, an enthusiastic athlete, volunteer, friend, and competitor who exemplifies what the spirit of running is about! Like most athletes who are fairly new to the sport, he is enjoyable to talk to about the challenge and contentment running brings to our lives. Eric volunteered as a pacer in the Laguna Hills Memorial Day Half Marathon and a parking director at the USATF Road Mile, and recently participated in the National MS Society Bike MS Bay to Bay Tour, raising a good sum of money for a great cause. Eric is modest about his ability to complete a century bike ride on fairly little training and seems to thrive on new challenges. Never without a sense of fun, he even found time to put on a brilliant Two-Face costume for Leilani's SCRR Halloween party. I caught up with Eric between the Bay to Bay and his next challenge, a 50K, his longest race so far.



When did you start running and why?

I was never a runner, or active in any sports. About 5 years ago, joined the gym, and began using the treadmill during my workouts. Enjoyed it and decided I should enter a race, so in 2008 I signed up for the Newport Beach Spirit Run 10k. Did okay. Signed up for the Laguna Hills Half Marathon, and without training properly, beat my 2 hour goal. A year later, signed up for the Half marathon again, and without proper training (I could only run so much and so far on a treadmill) smashed my time by over 8 minutes! Realized that I liked this running thing and wanted to get myself into a more regular regiment. Remembered an acquaintance, Julie Amster, ran, and asked her how she trained. She told me about South Coast Road Runners. I showed up at Sports Authority the first Monday of October, 2009, and my legs haven't stopped moving much since.

I run to be better than myself. A quote that captures that sentiment a bit better: "Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability." (John Wooden)

What were your most memorable races?

Two races are most memorable for me. One was the 2009 Laguna Hills Half Marathon. I was struggling, and began to walk at mile 12. A guy running by reached out, tapped me on the side and said, "No time to walk." I paced off him the final mile, helping me to the new PR, and even beating my stretch goal. The second race was



the 2010 Downtown Anaheim 5k. After the race I e-mailed a friend: "Ran my 1st 5k yesterday. And, as FB can tell you, finished in 21:09. A great time for me! And it wasn't a surprise - I expected it. It's a small way that I finally believe in myself."

What's next for you?

Right now I'm counting down to the Fresno Two Cities Ultra Marathon (50k), on November 6.

What do you like best about South Coast Road Runners?

The club is amazing! I'm an Orange County native, but often feel that I should be living somewhere else. SCRR has become a supportive family, giving me a meaningful anchor that I don't want to leave.

Thanks, Eric! Sounds like the sky's the limit for you. Best of luck at Fresno and in the future!

**Many Thanks to our Gracious
October Party Hosts:**

Octoberfest – Matt and Dawn Hood, Oct. 22

Halloween Party – Leilani Rios, Oct. 29

Congratulations to All the SCRR

Full Marathoners at Long Beach:

Angel Cardoza

Jeanene Warner

Dave Flahive

Judy Sweet

Jeanie Leitner

SCRR Successes at L.B. Marathon!

By: Linda Hammond

The **South Coast Roadrunners** started off the month strong racing the **Long Beach Marathon, Half Marathon** and **5K**! The race offered a scenic and fast course! **John Loftus** zoomed to a half marathon PR with a time of 1:14:51, scoring 929 Grand Prix points! Our current leader **Dave Parsel** zoomed in the 5K to a time of 17:39 and was first in his division. He scored 913 points, thus maintaining his 900 point GP average for the season! Second in the Grand Prix, **Jeanie Leitner** ran an awesome time of 3:47:35 in the full marathon and was second place in her division. She said that it was her fastest time in years! We all want to wish Jeanie all the best as she recovers from her recent foot injury. Third in the Grand Prix, **Dave Schiller** was third in his division in the 5K with a time of 1:23:50. Congratulations to everyone in the club! It was a day full of great racing times! I asked **Dave Flahive** and **Bill Quinnan** to share their thoughts about the race.

Linda: *Congratulations on your awesome marathon! How big was your PR? How did you do it?*

Dave: Thanks, I ended up with a 3:34, which is 30 minutes faster than my previous PR at the San Diego in June. The course at Long Beach and the weather were perfect that day, and that helped me run a good race. As for preparation, running consistently with the club 3 times a week was key. I also added in cardio / weight workouts and running on the off nights which made a big difference too. Oh, and of course the positive motivation from the group!



Dave Flahive



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

Dave: I was a track and cross country runner back in high school and after that only ran a few miles here and there. After moving from the Midwest to CA in May 2010, I started running more for exercise because the weather was great. In early Jan a friend recommended that I join a running club, so I found SCRR on the internet and came to my first run in Feb 2011. I really enjoyed the group and starting running regularly.

Linda: *What is your next big racing goal?*

Dave: Well my big goal is to run Boston in 2013 or 14, and I will try to qualify at St. George next fall. Wow....would have never thought that I would be saying that a year ago!

Congratulations Dave! Truly not many people can say that they had a 30 minute marathon PR! Awesome!

Dave and Eileen Stephens at Leilani's Halloween Party

Linda: *What did you think of the race?*

Bill: It was one of my favorite races so far. The course was beautiful, the weather was perfect, and I thought the race was well organized, especially given the number of participants. That they had computer terminals out so runners could look up their official times immediately after the race was a really nice touch. I would have been happy with any time under 1:40, so I was ecstatic to finish in 1:37:43

Linda: *When did you start running?*

Bill: I ran cross-country and long-distance track in high school, but not very well. I finished dead last in nearly every race. I stopped running for a few years, but picked it up again in my mid-twenties to try to lose weight – maybe 15 miles a week, and mostly on a treadmill. Six years ago, I decided to participate in the Tustin Dinosaur Dash 10-K and began increasing my mileage to prepare for it. I spent less time on the treadmill, began running in places like Back Bay and, for the first time, found myself actually enjoying running. My goal for the Dino Dash that year had been to run an 8-minute pace or better. I shocked myself by running a 44:10, a 7:07 pace. Since then, the Dino Dash has been like an annual check-up for me.

Linda: *What brought you to the club?*

Bill: At the Dino Dash, I couldn't help noticing the mutual support that runners in various clubs gave each other. I looked up a few local clubs online and ran with a couple of them, but I liked the people in SCRR a lot, and the range of serious to more recreational runners within the club.



Bill Quinlan with L.B. medal



Linda: *Is there any coming race that you are looking forward to?*

Bill: Of course I will be running the Dinosaur Dash again. I have no immediate plans after that. – I plan to work on increasing my endurance over the next year.

Bill, congratulations on your race. Thanks for going **GREEN** and carpooling to the race, too!

Thanks runners for sharing your stories. Our November race is the Dino Dash in Tustin. The race supports the local school system. This is a really fun race with truly the best trophies! Run really, really fast and win a one of a kind DINO! See you at the FINISH LINE!

Bill in his cool Halloween costume!

Annual SCRR Wine & Cheese Party!

Where: Dan Templin's Place

When: Saturday, November 12th; 7 PM 'til
whenever

What to bring: A bottle of your favorite
wine and an appetizer or dessert.

Dress: Nice casual

Note: Carpooling is encouraged because
parking may be problematic.

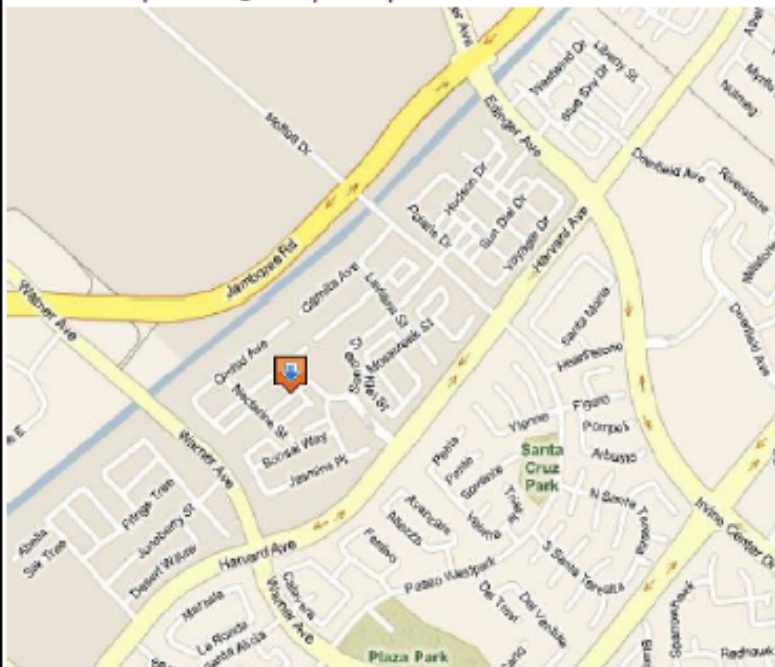


Directions

- Exit I-5 at Jamboree. If you were heading south, turn right. If you were heading north, turn left.
- Stay to the right toward Walnut/Edinger
- Turn left onto Edinger.
- Turn right on Harvard.
- Turn right on Columbus Grove.
- Turn Left onto Sonora (at club house)
- Fourth house on the right.

15525 Sonora St
Tustin, CA 92782
(949) 861-2058

See you there!



SATURDAY RUNS

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

11/5/11 – Corner Bakery

Leader: Armando Moran

Location: Meet in the parking lot of the Corner Bakery at 17575 Harvard Ave. - Main and Harvard in Irvine.

Directions: 405 north or south, exit Jamboree, head north (towards mountains), turn right on Main Street, turn right on Harvard, turn right into shopping center.

About the Run: This is a good warm-up run for the club race the following day. Run as long or short as you like on the bike path towards Back Bay.

After the Run: Corner Bakery

11/12/11 - Ship to Rail

Leader: Mike Connors

Location: Dana Point Ocean Institute near the "Pilgrim" sailing ship -- 24200 Dana Point Harbor Drive

Directions: From PCH: 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.

From the 5 freeway: Take the 5 freeway south. Take exit 79 to merge onto CA-1 N/PCH toward PCH. Turn left on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute.

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 San Clemente Pier. You can also add on 2 or 4 more miles by including the island in the harbor, and 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: "The Brig" at the Harbor

11/19/11 - Hicks Canyon and Orchard Hills

Leaders: Ken Atterholt and Cathy Shargay

Location: Meet at Panera Bread / Starbucks in the Woodbury Shopping Center at Sand Canyon and Irvine Blvd. (Panera's is adjacent to L.A. Fitness)

Directions: From the 5 Freeway, exit Jeffrey and head for the mountains. Make a right on Irvine Blvd. In less than a mile, turn right into the Woodbury Shopping Center. Park near Panera's.

About the Run: We'll run along Irvine Blvd. to Jeffrey to Portola. Down Hicks Canyon trail to the river. Right along the river trail back up to Portola (then right again). Left on Culver which turns into Orchard Hills and makes a two mile loop back to Portola. Continue on Portola back to Jeffrey and back to the start. This is about 10.5 miles, and there are many options for shorter or longer runs. We'll have maps.

After the Run: Breakfast and coffee at Panera's

11/26/11 - Hicks Canyon

Leader: Vicki Ballon

Location: Start at shopping complex at corner of Culver and Irvine Blvd in the Northwood section of Irvine. Meet in front of Champagne Bakery - 3901 Irvine Blvd. Irvine, CA 92602.

Directions: From the 5 freeway, exit Culver and head north toward the mountains. Pass Bryan. Make Left on Irvine Blvd and immediately make a right into the shopping complex. Turn left and park between the Jack in the Box and the Champagne French Bakery (the bakery sign is not well marked).

About the Run: We'll run slightly uphill along the Hicks Canyon paved bike and dirt trail to Portola and into Peter's Canyon. The full loop, including Peter's Canyon, is about 14 miles. For those wanting to run shorter, you can do an out and back along the bike path. Those wanting longer, take an extra loop around Peter's (extra 5 miles).

After the Run: Champagne Bakery

Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**
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(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
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San Juan Capistrano

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coach@runyourpotential.com
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socaltaxman@cox.net
52 Lakepines, Irvine

Reminders

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

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at david.schiller@cox.net.

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

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and 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

NEW Out of Town Races featuring club members highlighted in blue

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

NOVEMBER	
THURS, 11/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 11/6, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/6, 7:00 a.m.	Fresno Marathon & ½ Marathon www.runfresno.com
SUN, 11/6, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash2011
SAT, 11/12, 7:15 a.m.	Santa Barbara Marathon www.sbim Marathon.com
SUN, 11/13, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
THURS, 11/24, 7:00 a.m.	Oceanside Turkey Trot www.osideturkeytrot.com
THURS, 11/24, 7:00 a.m.	Dana Point Turkey Trot www.turkeytrot.com
DECEMBER	
THURS, 12/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 12/3, 8:00 a.m.	Inaugural Run for a Claus – Costa Mesa Fairgrounds runforaclaus.com
SUN, 12/4, 4:00 p.m.	Las Vegas Marathon & ½ Marathon Las Vegas Marathon
SUN, 12/4, 6:00 a.m.	California International Marathon CA INT Marathon
SAT, 12/10, 7:45 a.m.	Make Room for Santa 10K, 5K, Kids run Hicks Canyon MakeRoom4Santa
SUN 12/11 8am & 12noon	XTerra Crystal Cove Trail Run 5K & 15K http://www.trailrace.com/
SUN 12/11 8:00 a.m.	Holiday Half Marathon Fairplex in Pomona http://runholidayhalf.com/
SUN 12/18 8:00 a.m.	Winter Solstice Xmas Tree 5mi run Long Beach Winter Solstice Run
JANUARY	
THURS, 1/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 1/7, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, www.schalfmarathon.com schalfmarathon
SUN, 1/8, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SUN, 1/8, 5:30 a.m.	Walt Disney World Marathon, FL Disneyworld Marathon
SUN, 1/15	Houston Marathon, TX http://www.chevronhoustonmarathon.com/
SUN, 1/15, 7:13 a.m.	13.1 Los Angeles – Santa Monica, CA 13.1 Marathon Los Angeles
SUN, 1/15, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ Rock n Roll Arizona
SUN, 1/22, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon
TBD	Buffalo Run ½ Marathon and 5K, Avalon Catalina

2011-2012 SCRR CLUB OFFICERS:

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

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