

ON THE RUN



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

Orange County, California
January 2007 Issue

Runner of the Month – Eric Frome

By: Brad Wobig and Amy Katz



Brad and Eric at Boston '06

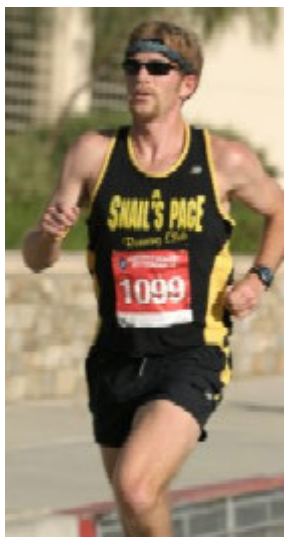
Congratulations to Eric Frome for being selected December's Runner of the Month! Eric is one of the most accomplished runners in South Coast Roadrunners. He enjoys racing all distances and particularly excels in the marathon. This past October, Eric ran an amazing time of 2:39 in Chicago for a new PR. His goals in the future include bettering that time and hopefully qualifying for the Olympic Trials someday. His next marathon will be Boston in April 2007.

But Eric was not chosen Runner of the Month simply because he's fast. It's also what he gives back to the club that makes him stand out from the crowd. A regular at most of the Thursday runs and pizza at Lamppost afterwards, Eric is easily approachable and loves answering any questions that members have, whether they are novices or advanced runners with dozens of marathons under their belts. At the October club meeting, Eric was part of a panel of

accomplished marathoners who answered questions pertaining to the upcoming fall marathons. It was easy to see that Eric is very well read when it comes to training and racing, and he is very enthusiastic when it comes to offering advice.

Eric shares his passion for running with his family, as well. His father is also an accomplished marathoner, and his younger brother Gavin can be seen at many of the local races. Eric enjoys the 8-to-5 grind working for his family business at Frome Investments, a commercial real estate company. Eric works part time at A Snails Pace in Laguna Hills. Eric spends his few non-running/working hours playing guitar, cooking and tipping back a few cold ones with his friends.

It's easy to see why Eric is a huge asset to the running club. With running a hundred miles every week, and pushing himself in workouts with his teammates, it seems almost inevitable that he will certainly reach his goals. Mahalo, Eric!



SOUTH COAST CLASSIC 5K/10K
Costa Mesa, California
September 18, 1988

Seabrook
Photography

An Unforgettable Experience

By: Sohrab Mirza

The Ing New York City marathon is one of the five Major Marathons in the world. This event is held every year in New York on the first Sunday in November. This year, more than 38,300 runners participated in the Marathon. I was one of them.

Since this was my first Marathon, I did not know what to expect. The night before the Marathon I did not sleep well. I kept on thinking of what it would be like to actually run in this world class event. By 5:30 a.m. on November 5th, I was in the taxi heading to the New York Public Library to catch the bus that would take me to the starting line in Staten Island. Crowds of people were lining up to board one of the 700 buses that were reserved for the runners. And when I saw the crowds, I was at ease.

I was assigned to the Orange Corral where I met up with Michelle (another SCRR member) and her friends. The race started on time at 10:10. It was great to see all these world class runners at the starting line including Lance Armstrong. The sun was out and the race time temperature was somewhere in the mid 40's.

A moment after the race started, a group of singers started singing NEW YORK, NEW YORK and pretty soon 38,300 people joined in. As we started to run, I felt very relaxed and tried to soak everything in. Crossing the Verazano Narrows Bridge into Brooklyn was a breeze. The crowd support was tremendous. Everone yelling and cheering you on. I had my name printed on my shirt and that helped.

I talked to a lot of people and took lots of pictures along the way. Pretty soon I found myself at 13.1 miles. I was feeling pretty good then and I thought that running the New York Marathon seemed easy. After all, I was trained by two famous coaches viz. Molly and Danny. And I had religiously followed their training program, so how could I fail? Then came the long bridge at miles 15 and 16 which was a little boring (no crowds to cheer you on). But then as I turned left on to First Avenue in Manhattan, the roar of the crowds was deafening. "This is what it feels like when Marathon runners enter the Olympic Stadium as they finish their Marathon" I thought. The run along First Avenue is a LONG ways and now at mile 20, the fatigue starts to creep in. But I am thinking that it's only 6 more miles to go.

But these 6 miles were the toughest, for me. As I jogged along mile 21, then mile 22 it seemed that the miles were getting longer and longer. Or then maybe I was slowing down. Finally at Mile 23 I felt a sharp pain in my left knee joint and my left hip joint. So I started to walk, and the pain subsided. I continued walking as the crowd kept on pushing me. "Go, Sohrab, Go". But Sohrab could only walk. Now I was determined to finish and sad because the run was coming to an end. As emotion overtook me I thought to myself, "This is what its like to be finishing the New York City Marathon". After a while, I started a slow jog and felt better. As I passed Mile 25, I knew I was getting close to the finish line. All of a sudden, the mile markers turned to yard markers. 800 yards to go, 400 yards, 200 yards, 100 yards and finally, the finish line. I was elated to cross that finish line. I had accomplished my goal. I had conquered the Marathon. As someone placed the medal around my neck, all the pain seemed to go away. It was a tremendous feeling that is hard to describe.

I was finally able to do something which I did not think was possible. I would like to encourage each and every one of you to run in the New York City Marathon. It is AN UNFORGETTABLE EXPERIENCE.

I would like to take this opportunity to thank Molly and Danny for their coaching and to thank the following for their continuous encouragement and support. Thank you Amelia, Amy, Paula, Sue Zihlmann, Sue Randolph, Molly II & Bob, Ann, Michelle, Jami, Yossi, Nancy, Noreene, Leilani, Jon, Grace, Lucina, Mike Antrim, Adam, Beiyi, Eric, Bob & the Mrs., Rob & Cindy, Mike & Kathy, Jeff & Marissa, Bob & Jodie, Judy, Sarah, Ken & Cathy, Natalie, Carolyn, Sherri, Sabrina, Mark, Laura, Jane, Greg, Dan, Sue, Mike Gulan, Mike Connors, Dave, Brad, Tonson, Erika, Liz, Vicky, Paul, Pam & Jim, Jim Grant, Ed, Jennifer and all the members of South Coast Roadrunners. Happy Holidays and keep on running.

Amazing Race Highlights

By: Danny Stein

We have several great performances this Dec. 9-10 weekend. **Sue Zihlmann** rounded out her PR pursuit across *every distance* this weekend with a 3:06 marathon PR at a very windy Tucson course. She seemed very pleased. She said she was feeling good and on pace for sub 3 hours through most of the race, however, she had to battle a head wind for the last several miles and eventually it just got too tough. Regardless, she had PR's in the 5K, 5 mile, 10K, 1/2 marathon and marathon this Summer/Fall season.

Additionally, we also had **Mike Reeves** run another sub 3 hour marathon this weekend in windy conditions at Vegas. Congrats to him. Lastly, I had an update from soon-to-be training group member **Gloria Roberts** that she had over a minute PR in the 10K this weekend.

SATURDAY RUNS (All starting at 8 am this month)

1/6/07 Corner Bakery Run (Pre-race for those running the OC Marathon, Half, or 5K on 1/7)

Location: Corner Bakery at the intersection on Main St. and Harvard Ave. in Irvine.

Directions: From the 405 Fwy exit Jamboree and go north. Turn right on Main, and right into the shopping center.

About the Run: Out-and-back on the bike path as far as you want to go.

After the Run: Corner Bakery, of course!

1/13/07 Peter's Canyon

Location: Cedar Grove Park, Tustin

Directions: 5 Freeway, exit Jamboree, head east. Left on Tustin Ranch Road, right on Pioneer, go straight to Cedar Grove Park.

About the Run: Distance will be up to 22 miles on trails with a few hills. There is some water along the way, but it would be a good idea to carry water, too. Out and back options let you run a shorter distance.

After the Run: Champagne Bakery, Northpark Plaza, Irvine Boulevard and Culver.

1/20/07, Turtle Rock N Java (meet in front of Starbucks, Alton and E. Yale Loop) – see website for details.

Leader: David Schiller

1/27/07, Pacific Shoreline Course Preview - 1st Part of Course

Leader: Danny Stein

Location: Meet below the Huntington Beach pier where the Distance Derby starts.

About the run: An easy 10 miles along the first part of the marathon course.

After the run: Breakfast somewhere on Main St., TBD.

AMY'S ADVICE:

Everything You Always Wanted to Know about Runners but Were Afraid to Ask

By: Amy Katz

DEAR AMY: My New Years' resolution is to lose a few pounds and eat healthier. I've heard that vegetarians have an easier time staying healthy and maintaining their weight. I am thinking about cutting out meat and maybe dairy, but I'm worried about getting enough of protein.

JUNK FOOD JUNKIE

DEAR JUNKIE: That's a great resolution which I'm sure many of us share. I personally haven't eaten red meat in almost 20 years, and I don't eat dairy since I'm lactose intolerant. I decided to ask fellow runner Steve Franks his views on running and vegetarianism. Here's what he has to say:

"More and more, people are choosing a diet that is vegetarian (meat-free), vegan (free of all animal products, including eggs and dairy), or mostly vegetarian in the hope that this lifestyle will help them stay trim and healthy. Many wish to reduce environmental impacts (it takes over ten times the land, water and energy to produce meat as grains) and are concerned about the treatment of animals in modern factory farms. Personally, I have been basically vegan for 12 years and a runner for 21 years, so I have long been interested in nutrition, exercise and health. I have heard many people like our reader question whether a vegetarian diet is actually healthy, especially for athletes. After researching the subject, here is what I found out.

"The American Dietetic Association (ADA) conducted an extensive review of all published studies and concluded that a vegetarian diet can provide adequate nutrition, provided a healthy and varied diet is followed. Additionally, vegetarian diets have been associated with reduced weight, cholesterol, blood pressure and risk of such problems as heart disease and colon cancer. So vegetarian diets can be great for the average person, but what about athletes? Several published studies on this topic reach the conclusion that even for elite and endurance athletes, vegetarian diets can satisfy all nutritional needs. All athletes, and especially vegetarians, should make sure that they are getting sufficient carbohydrates, protein, iron, calcium and vitamins. While taking supplements is one way to address this issue, the better thing to do is just make sure you are eating plenty of a variety of whole grains, beans, soy products, nuts, vegetables and fruits. Fortified breads, soy milk, and products like nutritional yeast are good for making sure that you get enough B12, which is especially important for vegans. But as long as you are eating a healthy and varied diet, you don't need to be overly concerned with combining foods or trying to get lots of extra protein.

"So vegetarian diets can be sufficient for athletes, but is there any evidence that these diets can boost athletic performance? While there are few studies on this so far, evidence to date suggests that vegetarian diets do not provide any additional performance enhancements over non-vegetarian diets with similar caloric content and nutrition. However, vegetarian diets generally fit the profile of those recommended for athletes (high in carbohydrates, low in saturated fats) and so switching to this type of diet could result in increased energy and endurance as well as additional health benefits mentioned previously. However, diet alone will not magically increase performance; adequate training is necessary here.

"If your New Years' resolution is to be healthier and reduce your environmental impact, consider trying a vegetarian diet. Even becoming partly vegetarian or reducing your meat intake can have many benefits. Like long distance running, being vegetarian takes some discipline, planning and commitment. But combining a good diet with running and other exercise is the ideal path to optimal health."

Well, Junkie, I hope you've learned as much as I have. Like Steve says, it's not an all-or-nothing decision, and little changes can make a big difference.

Email your questions to Amy Katz at amyk262@hotmail.com.

Continued on Page 10 with Recommended Reading on healthy diets

COOKS CORNER

By: Noreene Matsuda

HOLIDAY GNOCCHI

Submitted By: Steve Franks

This dish is a vegan version of an Italian favorite made from potato dumplings known as gnocchi. It is high in protein (beans and nuts), iron (nuts and chard), calcium (chard) and vitamins and contains plenty of carbs from the gnocchi for energy. Also, the lemon juice provides vitamin C and increases iron absorption. It is colorful and satisfying and especially appropriate for the holidays. Enjoy this tasty dish as a start to a healthful new year!

Ingredients:

- 1 pound potato gnocchi (available frozen or fresh in the Italian food section of grocery stores)
- 1 large bunch red swiss chard
- 1/4 cup walnut halves
- 2 tbsp marinated sun dried tomatoes (julienned)
- 1/2 cup canned white beans, rinsed and drained (cannellini, navy, etc.)
- 4 bulbs fresh garlic
- 4 tbsp extra virgin olive oil
- 1 slice fresh lemon



Directions:

Thoroughly wash the chard. Chop one inch off of the bottom stem and discard. Chop the stems and leaves and keep separate. Toast the walnuts in an oven or toaster oven. Set aside.

Mince the garlic. In a cast iron pan, sauté the garlic in the olive oil on medium-low heat.

Add the sun dried tomatoes, walnuts and beans. Stir. Add the juice from the lemon slice and a bit of water if needed.

Add the chopped chard stems. Cook on medium-low heat for about 3 minutes.

Add the chopped chard leaves. Cook on low heat for about 5 more minutes. Turn off pan or leave on very low heat.

Bring a very large pot full of water with a pinch of salt and a few drops of olive oil to a full boil. Add the gnocchi. It cooks very fast and will be done in a couple of minutes. When the gnocchi float, they are done.

Serve the chard over the gnocchi. Add a bit more lemon juice, olive oil, salt and pepper to taste. You can optionally also sprinkle on a bit of nutritional yeast (available at health food stores), parmesan or soy parmesan cheese.

COME TO THE ANNUAL SCRR POST-HOLIDAY PARTY!

WHEN: Monday, January 15, 2007 (Martin Luther King Day)
5:30 PM - cocktails and appetizers 6:30 PM - dinner

WHERE: Waters Restaurant - owned by SCRR members Bob and Jodie Kinney
4615 Barranca Parkway, Irvine
949-733-9503 www.watersrestaurant.com

DIRECTIONS: From the 5 Freeway southbound: Exit Culver Drive - turn right onto Culver Drive. Left at Barranca Parkway. Left at Lake Street. Take first right into Waters parking lot.

From the 405 Freeway southbound: Exit Culver Drive - turn left onto Culver Drive. Right at Barranca Parkway. Left at Lake Street. Take first right into Waters parking lot.

MENU: Appetizers, salad, choice of entrée - flat iron steak, white fish or vegetarian pasta, dessert, coffee and tea.
Full bar available (soft drinks and alcoholic beverages are not included with the price of dinner).

PRICE: \$21 per person - includes food, tax and gratuity. Cash and checks are acceptable. Make your check payable to **WATERS RESTAURANT**.

ATTIRE: Nice casual.

WHITE ELEPHANT GIFT EXCHANGE: If you would like to participate, bring a wrapped gift worth ~\$20.
The gift exchange is optional, but this is what makes it fun!

RSVP: Due to limited space, we can only accommodate up to 70 people. Payment in advance is required. Reserve your spot by giving your money to Noreene Matsuda, Leilani Rios or Sue Zihlmann by Thursday, January 4, 2007 (club meeting night), and please let us know which entrée you would like for dinner.

QUESTIONS? Please contact Noreene at noreene@cox.net, or Leilani at leilanirios@cox.net.

This is the holiday party that shouldn't be missed! See you there!

Grand Prix Commentary

By: Mike Friedl

The Turkey Trot and the Southern California Half & 5k were only a week apart, so lots of changes jostled the leader board. **Leilani Rios** took over the lead from **Mike Gulan**, who missed both races and dropped out of the Top 20. Leilani's post-collegiate PR of 19:03 nearly put her into the 800-point club. The Turkey Trot saw **Jerry Jefferson** become only the third member of the 900 point club, with his 902 score in the 10k. That stunning performance marks him an immediate threat to win this year - if he runs enough races!

Sue Zihlman is having a fantastic season and brought home her best of 867 with an 18:13 clocking in the So Cal 5k. Through 6 races, Sue has the highest average. **Danny Stein** and **Eric Frome** are also averaging over 800. Lurking in 35th place is former champ **Fred Cowles**. Fred has missed three races but his per-race average is second only to Sue. If he runs the rest of the races it could get very interesting.

Kudos to all of the fast times at both races. Of particular note is **Sherri Ellerby** breaking 1:30 in the Half in a big way, finishing in 1:27:46 and to **Brigid Puksta** with her excellent PR in the 5k. And of course coach Danny's fine debut in the Half. Great job, everyone!

Note: If you ran a Grand Prix race and your time is missing or incorrect, please notify Mike Friedl at mfriedl@cox.net. Also, the times at the So Cal half were adjusted for the extra 0.2, and for the 5k messed up start.



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 top 46 standings (out of 93 participants so far) for the 2006-2007 series after 6 races are:

Place	Name	Age Group	Total Points	Races	Avg	So Cal Half		Turkey Trot	
						Times	Points	Times	Points
1	Leilani Rios	25-29	4,556	6	759	19:03 5k	794	19:41 5k	769
2	Jannay Morrison	40-44	4,267	6	711	1:39:01 Half	747	49:22 10k	665
3	Sue Zihlmann	40-44	4,173	5	835	18:13 5k	867	39:01 10k	842
4	Danny Stein	30-34	4,066	5	813	1:16:51 Half	800	15:58 5k	846
5	Eric Frome	25-29	4,028	5	806	16:02 5k	836	33:41 10k	825
6	Cisco Rubalcava	30-34	3,973	5	795	16:40 5k	810	35:49 10k	779
7	Ed Coffey	55-59	3,961	6	660	23:00 5k	701	23:40 5k	681
8	Jeanie Leitner	55-59	3,901	5	780	1:51:05 Half	749	23:20 5k	794
9	Tom Dellner	40-44	3,869	5	774	1:26:20 Half	755	37:44 10k	784
10	Brad Wobig	35-39	3,834	5	767	1:22:01 Half	773	37:10 10k	761

Place	Name	Age Group	Total Points	Races	Avg	So Cal Half		Turkey Trot	
						Times	Points	Times	Points
11	Jane Crewe	45-49	3,661	5	732	23:07 5k	745	48:05 10k	748
12	Dorie Smith	75-79	3,546	5	709	36:15 5k	753	39:16 5k	695
13	Mike Friedl	40-44	3,541	5	708	18:53 5k	753	42:39 10k	694
14	Vincent Lowder	40-44	3,500	5	700	1:36:55 Half	673	43:26 10k	682
15	Cathy Shargay	45-49	3,411	5	682	1:53:47 Half	701	25:26 5k	678
16	Beiyi Zheng	40-44	3,337	6	556	2:15:37 Half	545	58:59 10k	557
17	Jerry Jefferson	70-74	3,277	4	819		0	45:38 10k	902
18	Sherri Ellerby	40-44	3,191	4	798	1:27:46 Half	843	40:00 10k	821
19	David Schiller	40-44	3,161	4	790		0	35:57 10k	823
20	Jim Grant	45-49	3,151	4	788	19:13 5k	787	41:27 10k	744
21	Mike Gulan	55-59	3,115	4	779		0		0
22	Ken Atterholt	45-49	3,093	5	619	20:28 5k	739	25:26 5k	594
23	Bob Morris	50-54	3,056	4	764		0	43:51 10k	725
24	Daniel Templin	30-34	3,047	5	609		0	43:11 10k	646
25	Pete Boisineau	55-59	3,004	4	751	1:33:21 Half	754	44:27 10k	730
26	Michael Reeves	30-34	2,966	4	742	1:21:53 Half	751	37:12 10k	750
27	Amy Katz	35-39	2,960	5	592	49:17 5k	312		0
28	Lucina Lara	35-39	2,907	4	727		0	44:08 10k	725
29	Tonson Tong	35-39	2,899	4	725	1:27:10 Half	727		0
30	Mike Connors	35-39	2,876	4	719		0	55:42 10k	507
31	Erika Kotteakos	35-39	2,778	4	695	21:37 5k	712		0
32	Thomas Fung	40-44	2,774	4	694	1:33:00 Half	701	41:38 10k	711
33	Paul Avedian	40-44	2,492	4	623		0	46:22 10k	638
34	Brigid Puksza	40-44	2,489	5	498	29:39 5k	533	31:13 5k	506
35	Fred Cowles	40-44	2,488	3	829	17:02 5k	835	17:52 5k	796
36	Faith Morris	50-54	2,399	4	600		0	59:22 10k	606
37	Annette McCall	30-34	2,303	3	768	19:16 5k	799	42:25 10k	754
38	Pam Galambos	30-34	2,291	3	764		0	42:17 10k	757
39	Brent Bohn	40-44	2,207	3	736		0	43:26 10k	682
40	Rob Harris	45-49	2,190	3	730		0	20:08 5k	751
41	Noreene Matsuda	40-44	2,182	3	727		0		0
42	Mike Sellers	25-29	2,157	3	719	18:03 5k	742	18:41 5k	717
43	Jim Oliver	35-39	2,074	3	691		0	20:01 5k	679
44	Steve Franks	35-39	2,063	3	688		0		0
45	Joe Yu	40-44	2,059	3	686		0		0
46	Vicki Niebrzydowski	20-24	1,971	3	657		0	46:45 10k	680

Great Deals From Fellow South Coast Roadrunners...

(Editor's Note: Advertising from current SCRR members is free of charge. We have eliminated scanned business cards to reduce space and file size)

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
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To South Bay
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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: \$25, Family: \$40. 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



JANUARY	
THUR, 1/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 1/7, 7 a.m.	OC Marathon, Half Marathon and 5K, www.ocmarathon.com
MON, 1/15, 5:30 p.m.	Club Post-Holiday Party, Waters Restaurant
SUN, 1/21, 7 a.m.	Carlsbad Marathon and Half Marathon, www.carlsbadmarathon.com
FEBRUARY	
THUR, 2/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 2/4, 7 a.m.	Pacific Shoreline Marathon, Half Marathon and 5K, www.psmarathon.com
SUN, 2/4	Post Marathon Superbowl Party – details to come
MARCH	
SUN, 3/4, 8 a.m.	Los Angeles Marathon, www.lamarathon.com
SUN, 3/4	Napa Valley Marathon, www.napavalleyymarathon.com
THUR, 3/8, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
APRIL	
SUN, 4/1, Varies	Carlsbad 5000, Carlsbad, www.eliteracing.com
THURS, 4/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
MON, 4/16	Boston Marathon

2006-2007 SCRR CLUB OFFICERS:

President: Danny Stein
 Vice-President: Jon Resnick
 Treasurer: Sue Zihlmann
 Secretaries: Molly Regan/Amelia Carchidi
 RRCA Liaison: Jannay Morrison
 Webmaster: Amy Katz
 Social Chairs: Noreene Matsuda/Leilani Rios

2006-2007 COMMITTEE CHAIRPERSONS:

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

AMY'S ADVICE: Junk Food Junkie (Con't)

Continued from page 5:

Recommended Reading

Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth. John Robbins. H. J. Kramer, Tiburon, CA, 1998 (Reprint edition)

Fast Food Nation: The Dark Side of the All-American Meal. Eric Schlosser. Boston, Houghton Mifflin, 2001. (Now a movie, too!)

The Vegetarian Sports Nutrition Guide: Peak Performance for Everyone From Beginners to Gold Medalists. Lisa Dorfman. Wiley, New York, 2000.