

ON THE RUN



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

Orange County, California
September 2012 Issue

Runner of the Month – Greg Hanssen

By: Robert Donald, Vicki Ballon and Cathy Shargay

We have so many “Greg Stories” that we could have filled pages. Greg is very dedicated to SCRR and to running, so he was an excellent choice for Runner of the Month. He just finished two busy, successful years of being the club president, and was the Ideal Male Runner of 2009. Greg has been the organizer (or instigator) of many “road trips” where groups from the club did fun events – such as the Lake Tahoe Relay, Vineman Half Ironman, Grand Canyon Rim to Rim to Rim hike and Austria Ironman this past July. He is a regular at the yearly group weekend in Palm Springs for the half marathon and biking century, and at the

Friday night ocean swims. He is a great friend, and we appreciate all the fun, exciting, fantastic experiences we have together!



Cool Greg Stories

It's true, Greg Hanssen is a Hollywood celebrity, with an IMDb page to prove it. If you know Greg you are a mere two degrees from Kevin Bacon. Greg, you see, starred in the who-done-it “Who Killed the Electric Car” which was narrated by Martin Sheen, who was in “JFK” with Kevin Bacon. Greg's costar in the film was Baywatch Babe Alexandra Paul. It is a shame that the wildly passionate and intensely romantic love scenes were cut from the film's final version, but apparently necessary to retain the PG rating. It has been said that Greg and Martin had remarkable chemistry.

Greg owns a house in Tahoe, and hosts groups to participate in races, skiing and/or parties. During one gathering which was around New Year's Eve, first there was a mysterious 24-hour

flu bug that hit one person after another (Ken was the first, and got sick on the way there). Since the group was also snowed in for some of the days by a raging blizzard, at least those on the sick beds didn't miss out on good ski days. There was a lot of nervousness on whether the roads would be open to drive home, and the group was happy to see good weather on the morning of the drive. Everyone made it safely out of Tahoe (in three separate cars), but then after a few hours, the news spread that the 5 Freeway was closed in Southern California at the Grapevine due to more snow! Greg picked the smart route of heading west from the 5 through Paso Robles and down the coast. The rest of us tried going through Lancaster and Palmdale, and hit terrible traffic, icy roads and snow in Santa Clarita. This added many hours to the drive, and

everyone was very relieved to hear that each group made it home safely. The time spent at Greg's place is always great fun with shared meals, games and movies. Other high points are going for hikes through the beautiful snowy forests, and get bruised and battered going sledding!

- One of Greg's Facebook profile pictures is him jumping and waving on the beautiful bridge while running Big Sur Marathon
- Greg has done two Ironman races in gorgeous locations – in Coeur d'Alene, Idaho and in Austria
- Greg has done Lake Tahoe's 3 days of races (swimming, biking around the lake which is 72 miles, and a marathon) and in a different year, this was his first marathon.

Greg Run until You Drop Moments

For many of Greg's races, especially when he is going for a PR, he will "give it his all" and have absolutely no energy left at the end of the race. At the Woodbridge July 4th 5K a few years ago, he started staggering sideways just about 30 yards from the finish. We were all yelling "go that way", and he was able to make it to the finish line. Once he recovered, Greg was ecstatic about his time. An added bonus was that **Mike Connors** caught it all on video-tape!

Greg had a similar experience at the Coeur D'Alene Ironman. Just after he finished, he was staggering and the race volunteers grabbed him so he didn't fall down, and they whisked him into the medical tent. He spent half an hour there, but recovered once they gave him some food and drinks.

Boston Marathon 2012 was another case where Greg was "spent" at the end. It was very hot, and so as soon as Greg finished, the main thing he wanted to do was lie down in shade. But as soon as he laid down his legs started cramping. Luckily, Lisa **Sciarani** was there and she helped by raising his legs, getting drinks and eventually helping him walk again.

Greg's Odd Nutritional Practices

Nutrition is an important element of any runner's fitness regimen and Greg has a unique diet. There are several axioms by which he lives. First of all, nothing green passes his lips. Second, if at first it doesn't taste good, add more Chulula. Also, Chocolate is a food group and French fries are a vegetable. It is no surprise that his nutritional plan for his first Ironman was unconventional. It was his plan to eat a full burrito during the first transition from swim to bike. While this plan took 27 minutes to execute, it provided him the necessary fuel to finish. Pre-race nutrition is particularly important, so it was of no great surprise when Greg announced at 10:00 pm two nights before his second Ironman - while a conventional athlete would be trying to get as much sleep as possible - that he was going down to the corner store to see what kind of chocolate they had for his supper. Again, the plan was a success as he finished the Ironman in spite of 95 degree heat and intense humidity.

Greg's favorite foods include pizza, Chili and Rice, Chulula and Chocolate Milk. Greg's version of the Beer Mile is the chocolate milk mile, and his night time snack is chocolate and milk.



Greg on a camping/hiking trip to the Sierras with a group of Roadrunners.

Robert: Having responded to the call of nature Greg returns to the group with a renewed bounce in his step. Vicki: Greg coming out of the meadow in the Sierras wondering why he had soaked feet after he had the brilliant idea to walk across the meadow... after hearing Angel read the definition of a meadow: an area of low-lying grassland, especially a marshy one near a river.

Greg the Calculator

As a typical Engineer, Greg loves to study data to look for trends and make predictions. Some examples are studying the Boston Marathon entries and predicting how much above the qualifying times runners will need to be in order to get in, or all the splits and transition times needed to make the cutoffs in triathlons, or what finish time he will need in order to get more points than **Stacey Dippong** in the SCRR Grand Prix (a friendly competition). We decided to get some data on Greg to predict his trends, and based on his continually-improving Grand Prix results shown at the right, we expect a 740 net average this year!

Grand Prix Year	Best Points	Avg. Points
2003-4	572	539
2004-5	575	555
2005-6	592	570
2006-7	640	598
2007-8	644	621
2008-9	665	640
2009-10	688	643
2010-11	721	670
2011-12	757	714

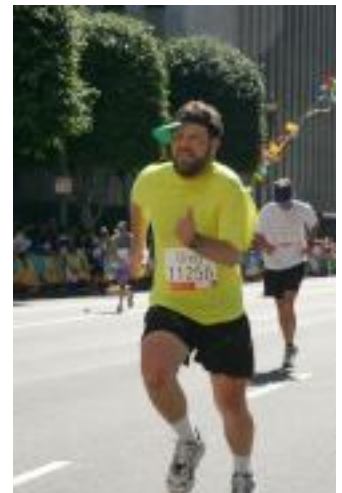
Greg's "Unique Trademarks"

When Greg first joined the club, he had a unique beard and mustache. They

gave him a Teddy bear look. It was a significant change in his appearance when he decided to shave them off.

At that time, Greg ran almost all his races, including some of his first marathons, wearing a flimsy plastic visor, that he would wear on whichever side of this head provided the most sun blockage. **Amelia Vrabel** decided that the visor had gone long past its useful life (it was starting to look pretty tacky) and bought Greg a nice visor from Boston marathon.

The photo at the left shows Greg with Marlyss, at San Francisco Marathon 2004, while the picture at the right, is from his hot, hot, hot, Los Angeles Marathon, from the same year.



Greg had a very freaky, unique injury that sadly occurred just days before he was to run St. George Marathon in 2006. He was houseboating with his family on Lake Powell, and a rock fell off a cliff, and hit him on the legs as he was sitting on the boat. His legs were severely swollen and bruised, but not broken. The picture on the next page shows the amazing distance that the rock fell – Greg was both extremely unlucky to get hit and injured, but he was also lucky that it wasn't worse.



Greg and Sue DeLong at St. George

Photo at left: See the houseboat in the bottom center, and the rock on the cliff above. Photo below: Greg skiing in his "cool" warm hat, mini skis and smile.

Other Interesting

Greg is an avid skier. They are shown skiing together.

Politics is one of Greg's interests. He is a Democrat, but has diverse views.



Greg is an all-round committed environmentalist. He drives a hybrid car and was one of the first people in town to get solar panels on his roof. This is another topic where Greg can give you the latest data, economics and advice.

USATF One Mile Highlights!

By: Linda Hammond

We ended the month of August with the **USATF Road Mile Championships** on the El Toro runway. This is our second year of including this race in our **Grand Prix** series and it has become a club favorite. **Wayne Jones** Chair, USATF Southern California Open Athletics came to our August club meeting and thanked us for our continued support of the mile race. The race had a huge **South Coast Roadrunners** presence: SCRR parking volunteers to direct you, SCRR runners racing, and

SCRR members cheering and taking pictures. Chat around the **Otter Pops** cooler (thanks **Mike Connors**) was all about fast times and PRs. The team spirit was great! For runners it was a chance to improve their time from last year time, and for some it was their first mile since physical fitness tests in high school! Two members have shared their thoughts about their PRs in the mile!

Anna Osgood joined the club with her husband **Paul** almost a year ago and had this to say about her race.

Linda: *Congratulations on a PR in the mile, tell us about your race.*

Anna: I am at the start line and the gun goes off; all I can think of is RUN!! I felt positively spent after crossing that finish line, and knew that I ran as hard as I could.

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



Anna Osgood (far right) celebrates after the races with Jeanie Leitner, Amanda Beach and Jennifer Erickstad.

Anna: Early 2010, my husband and I started a **Couch to 5k** program. Once you can run 2 miles without stopping, it's hard not to go farther...faster. When you love doing something, you want to be around people who do the same.

Linda: *Do you have a running goal this season?*

Anna: I have to take it easy for a while, but my plan is to drop 1 minute off my pace, start doing more hill sprints, and cross training.

Thanks Anna, your running enthusiasm is great! **Thomas Fung** was happy about his mile PR and shared some thoughts about his race.

Thomas: I never ran a mile race before.

Unfortunately, I didn't get in any track workout to figure out how fast or slow my mile pace should be. I was running "1 min X 8" repeats with my workout buddy **David Schiller** once a week for speed workouts. My Garmin tells me that my repeats on dirt or asphalt trails are only 5:50s to 6:00 mile. So, I was a little apprehensive about starting my mile race faster than 5:50. Race day weather condition was ideal. Sunny, clear blue skies with no wind and temperature in the high 60's. An easy warm up to the starting line with **Ken A.** calmed my nerves. I survey the Masters' heat participants, see many familiar SCRR faces, and know I'm with some fast companies. The starting gun goes off and the pack shot out off the line. My first half is controlled with around 85 sec average. I felt strong on the second half running in the pack with **Ken A.**, **Armando** and **Bob M.** They pulled me in with negative 2nd half split and I finished the race at **5:25:8**. Yes! A PR! The mile race was a good experience. Lessons learned: Dirt trail repeats are just as good but remember its 5-10 sec slower than track; race with friends, it will help your pace and your confidence in finishing strong; slower first half will allow a strong finish equals good race experience. I look forward to another mile race plus another PR.



Thanks runners for sharing your stories. The sub- 4 minute mile is amazing. The mile race is truly something special and now we all know exactly how fast we can actually run a mile! Congratulations to our age division winners: **Jennifer Neff**, **Jeanie Leitner**, and **Bob Morris**, our elite racers, and everyone who turned out and zoomed down the runway at full speed. This was our second race of the Grand Prix series and **John Gardiner** has raced into first in the standings! Our September race is the **Anaheim Beer Run 5k**, don't worry beer is optional. See you at the Finish Line!

Photos from USATF One Mile Race

By: Mike Sellers, Eileen Stephens, and Cathy Blakesley



Top Row from left: Linda Hammond, Steve Kan, Mike Friedl and Dave Schiller; Robert Donald; Ben Coyle. Bottom Row: Carlos Jovel; Mike Gulan; Eric Dangott, Molly Donnellan; Jenn Neff.



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 57 participants for the 2012-2013 series after 2 races are (if your results are missing, please contact Mike Friedl, our Grand Prix Master):

Place	Name	Age Group	Total Points	Races	Best Points	Avg Points	USATF Mile		Woodbridge 5/10K	
							Times	Points	Times	Points
1	John Gardiner	35-39	1,739	2	886	870	04:24.2	886	15:56 5k	853
2	David Schiller	50-54	1,704	2	857	852	05:12.9	847	18:12 5k	857
3	Leilani Rios	30-34	1,682	2	849	841	05:08.0	833	17:58 5k	849
4	Mike Connors	45-49	1,678	2	881	839	04:50.6	881	36:29 10k	797
5	Jennifer Neff	40-44	1,605	2	823	803	05:47.8	823	20:13 5k	782
6	Brad Wobig	40-44	1,604	2	812	802	05:01.8	812	36:43 10k	792
7	Mike Gulan	60-64	1,600	2	815	800	06:06.1	815	21:39 5k	785
8	Tonson Tong	45-49	1,600	2	831	800	05:08.2	831	19:39 5k	769
9	Ken Atterholt	50-54	1,598	2	819	799	05:23.4	819	40:49 10k	779
10	Jeanie Leitner	65-69	1,597	2	857	799	07:18.9	857	26:34 5k	740
11	Ben Coyle	35-39	1,595	2	798	798	04:53.6	797	35:24 10k	798
12	Thomas Fung	45-49	1,546	2	786	773	05:25.8	786	19:54 5k	760
13	Steve Kan	55-59	1,477	2	761	739	06:11.6	761	22:31 5k	716
14	Stacey Dippong	30-34	1,471	2	751	736	05:56.6	720	20:18 5k	751
15	Mike Dietz	45-49	1,430	2	844	715	05:03.4	844	25:49 5k	586
16	Matt Kossoff	30-34	1,419	2	714	710	05:17.8	714	39:36 10k	705
17	Cathy Shargay	50-54	1,411	2	746	706	07:02.8	746	26:17 5k	665
18	Molly Donnellan	50-54	1,388	2	698	694	07:32.0	698	25:19 5k	690
19	Mike Gellman	40-44	1,342	2	728	671	05:36.4	728	47:22 10k	614
20	Jennifer Erickstad	30-34	1,274	2	651	637	06:51.9	623	23:25 5k	651
21	Eric Dangott	35-39	1,245	2	646	623	06:02.6	646	47:13 10k	599
22	Amanda Beach	30-34	1,224	2	619	612	07:04.5	605	24:39 5k	619
23	Carlos Jovel, Jr.	35-39	1,116	2	582	558	06:42.0	582	25:26 5k	534
24	Mary Lynch	45-49	847	1	847	847		0	41:54 10k	847
25	Ken Wells	50-54	834	1	834	834	05:17.9	834		0
26	Jennifer Walt	45-49	799	1	799	799	06:25.3	799		0
27	Leon Laub	55-59	798	1	798	798	05:54.1	798		0
28	Nolan Walt	0-8	797	1	797	797	07:16.4	797		0
29	Noreene Matsuda	45-49	788	1	788	788	06:30.4	788		0
30	Mike Friedl	45-49	769	1	769	769	05:33.2	769		0
31	Mark Merlo	30-34	764	1	764	764	04:57.2	764		0

Place	Name	Age Group	Total Points	Races	Best Points	Avg Points	USATF Mile		Woodbridge 5/10K	
							Times	Points	Times	Points
32	Linda Hammond	45-49	763	1	763	763	06:43.1	763		0
33	Armando Moran	40-44	753	1	753	753	05:25.3	753		0
34	Robert Donald	45-49	750	1	750	750	05:41.3	750		0
35	Greg Hanssen	45-49	748	1	748	748	05:42.5	748		0
36	Ingrid Johnson	25-29	742	1	742	742	05:45.8	742		0
37	Annette McCall	35-39	736	1	736	736		0	20:55 5k	736
38	Doug Niles	45-49	735	1	735	735		0	41:00 10k	735
39	Jerry Lin	40-44	732	1	732	732		0	19:25 5k	732
40	Elyse Shimada	20-24	729	1	729	729		0	20:53 5k	729
41	Cathy Blakesley	50-54	728	1	728	728		0	24:00 5k	728
42	Susan Liu	35-39	722	1	722	722		0	21:20 5k	722
43	David Bauers	50-54	716	1	716	716	06:10.0	716		0
44	Matt Hood	40-44	706	1	706	706		0	20:08 5k	706
45	Ashley Merlo	30-34	704	1	704	704	06:04.5	704		0
46	Vicki Ballon	25-29	702	1	702	702	06:05.8	702		0
47	Esteban Rojas	30-34	696	1	696	696		0	40:05 10k	696
48	Jan Twisk	45-49	682	1	682	682		0	22:09 5k	682
49	Quang Pham	45-49	673	1	673	673		0	22:27 5k	673
50	Conrad Walt	10-12	669	1	669	669	07:00.9	669		0
51	Greg Blevins	55-59	643	1	643	643		0	50:30 10k	643
52	Jane Crewe	50-54	622	1	622	622		0	57:49 10k	622
53	Julia Wu	40-44	573	1	573	573		0	57:17 10k	573
54	Paul Osgood	40-44	556	1	556	556	07:20.7	556		0
55	Jon Resnick	50-54	550	1	550	550		0	57:50 10k	550
56	Brigid Puksza	45-49	539	1	539	539	09:30.5	539		0
57	Anna Osgood	35-39	537	1	537	537	08:15.4	537		0

SATURDAY RUNS

PLEASE NOTE 7 AM START TIME THROUGH THE SUMMER! Meet at 6:45 AM, run at 7 AM

9/8/12 – Quail Hill

Leader: Dave Flahive

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.

SATURDAY RUNS (Continued)

9/15/12 – Beckman

Leader: Sherri Ellerby

Location: Park at the Beckman High School parking lot near the track, near the intersection of Culver and Bryan Ave. 3588 Bryan Avenue Irvine, CA 92602

Directions: 5 Freeway to Culver, left on Bryan and left into the Beckman parking lot.

About the Run: This 14-mile course covers familiar bike paths and trails. It is partly out and back, with a nice loop around Peter's Canyon Regional Park in the middle. We will turn left on Bryan and hop on the far side of the bike path. After 1 mile, go under and up onto Irvine Blvd. Turn right on Irvine and run over the toll road and catch the path that parallels the far side of the toll road. This dirt path takes you out to Jamboree for a couple of miles. Left on Portola, right on Tustin Ranch Road, then left on Pioneer Way. This path continues across the street along Cedar Grove Park. From there you will run to the lake and loop around it, then make your way back to Beckman. Need many more miles? Add on by using the Mountains to Sea bike path, heading toward Back Bay. Or for some challenging hills, continue on Jamboree into Irvine Regional Park and Santiago Oaks. Need less miles - turn around sooner! ;-)

After the Run: Breakfast at Champagne French Bakery Cafe on Irvine Blvd and Culver.

9/22/12 – Club Race – Beer Run 5K, Anaheim

9/29/12 – Jim Grant Memorial Run

Leader: Jerry Lin

Location: Meet in the Centerstone Plaza parking lot which is adjacent to the Mountain to Sea running/bike path on the other side of the running path and riverbed, opposite Mark Daily Park (formerly Alton Athletic Park). Click the Google Map link below. DO NOT park at Alton Athletic Park. We ran into over-congested parking issues the past two years due to softball/soccer tournaments at the park. Restrooms are available at Alton Athletic Park.

Directions: From South OC: 405 North, exit Culver Blvd. Turn RIGHT on Culver, RIGHT on Alton and LEFT on West Yale Loop. After passing Mark Daily/Alton Athletic Park, Centerstone Plaza is on your immediate left. Park adjacent to the bike trail.

From North OC: 405 South, exit Culver Blvd. Turn LEFT on Culver, RIGHT on Alton and LEFT on West Yale Loop. After passing Mark Daily/Alton Athletic Park, Centerstone Plaza is on your immediate left. Park adjacent to the bike trail.

[https://maps.google.com/maps?q=alton+athletic+park&hl=en&ll=33.68105,-](https://maps.google.com/maps?q=alton+athletic+park&hl=en&ll=33.68105,-117.808521&spn=0.004261,0.008583&sll=37.297016,-121.817413&sspn=0.737403,1.674042&hq=alton+athletic+park&t=h&z=18&source=gplus-ogsb)

[117.808521&spn=0.004261,0.008583&sll=37.297016,-](https://maps.google.com/maps?q=alton+athletic+park&hl=en&ll=33.68105,-117.808521&spn=0.004261,0.008583&sll=37.297016,-121.817413&sspn=0.737403,1.674042&hq=alton+athletic+park&t=h&z=18&source=gplus-ogsb)

[121.817413&sspn=0.737403,1.674042&hq=alton+athletic+park&t=h&z=18&source=gplus-ogsb](https://maps.google.com/maps?q=alton+athletic+park&hl=en&ll=33.68105,-117.808521&spn=0.004261,0.008583&sll=37.297016,-121.817413&sspn=0.737403,1.674042&hq=alton+athletic+park&t=h&z=18&source=gplus-ogsb)

About the Run: This is a very special run to honor our friend Jim Grant as this was his last run before his passing in late September 2009. This is an out-and-back flat run that can extend 18+ miles. The run starts on the Mountain to Sea Trail at West Yale Loop and heads towards UC Irvine and Back Bay. First turnaround point (2 miles) is at Bill Barber Memorial Park (baseball fields on the left). Drinking fountain and restrooms are available here. The 5 mile mark is just past UCI near the intersection of University and California, before the 73 Toll Road/MacArthur overpass. Drinking fountain is also available here. The 6 mile mark is at Eastbluff and Back Bay Drive (Vista Point). Run another mile to CDM High School for restrooms/water (7 mile mark). Or, for a longer run starting from Vista Point, you can continue down the Back Bay path all the way to Jamboree for a total of about 9.25 miles. Roundtrip out to Jamboree and back will be a little over 18 miles.

After the Run: Starbucks at the shopping center on the corner of Culver and Alton - 3995 Alton Parkway, Irvine, CA 92606. The Grant family will be there to meet and greet all runners!

SCRR Meeting Minutes - August 2012

SCRR continues to grow with more new members joining us at the August club meeting.

Sherri Ellerby gave an update on club member **Bill Quinnan**, who was struck by a car while running in a crosswalk near his home. Bill wrote: *I've got at least a couple more weeks before I can put any weight on my foot, so I'm either using a wheelchair or a walker for now, but things seem to be progressing as expected. The family is taking great care of me in the meantime!* **Matt Hood** organized a meal schedule to help Bill and his family during the early stages of his recovery. A sign-up sheet was passed around for anyone that wanted to volunteer.

The Third Annual Salt Creek Stampede, organized by **Bob Morris**, is on August 12. SCRR club members were invited to this 6-mile time handicapped race. Thank you, Bob!

Our annual Bonfire luau party will be August 18 at the North Lake Beach Club at Woodbridge Lake. Hawaiian plate lunch style will be catered by Sakurai Grill. Members are welcome to bring desserts. This is always a fun event.

Mike Friedl explained how the Grand Prix works and how it is scored. He also announced the top 20. **David Schiller** is in first place after the Woodbridge 4th of July 5K/10K, our first club race of the season.

Wayne Jones (from USATF) announced the USATF 1 Mile Road Race on August 26. This is also our club race. He gave out prizes to several members that ran the race last year. Anyone that would to volunteer to direct traffic and parking before the race will get a free race entry.

Club members in attendance voted for the December club race. The winner was the Make Room for Santa 5K/10K on December 15.

Greg Hanssen was announced as Runner of the Month. Well-deserved after recently finishing the Ironman in Austria and serving as our president for two years!

Noreene Matsuda - Club Secretary

Guy Poncy Memorial 5K and 3K offer full day of fun at Knott's Berry Farm

Have a day of exercise and amusement at Knott's Berry Farm beginning at **7:30 a.m. (for 5K start) Saturday, Sept. 8, 2012** to benefit Orange Lutheran High School's cross country teams.

Start by running a 5K or 3K through Knott's Berry Farm and Soak City in Buena Park. Then enter the park and enjoy the rest of the day riding the Boomerang and other roller coasters, strolling through Camp Snoopy or grabbing a famous Mrs. Knott's chicken dinner.

Race participants and spectators who sign up through the race site get up to 40 percent off tickets to Knott's as well as FREE parking for those arriving before 8 a.m. (a \$15 savings).

See **OLU5K.com** for map, registration form, discount tickets and entry fees, including a race T-shirt.

The Guy Poncy Memorial 5K and 3K race is named as a tribute to OLu's late track coach and the former Sheriff's Academy commander who died in 2008, while training for the arduous law enforcement Baker to Las Vegas run.

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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E-mail: reimersr@stifel.com
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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 *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



SEPTEMBER	
THURS, 9/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 9/8 7:00a.m.	Guy Poncy Memorial 5K, 3K Knott's Berry Farm – Buena Park OLu5K
SAT 9/8 8:30a.m.	Heartbreak Ridge ½ Marathon – Camp Pendleton camppendletonraces.com/heartbreakridge
SAT 9/22 7:00a.m.	Anaheim's OC Fest of Ales Beer Run 5K Anaheim, Ca BeerRun5k
SUN 9/23 7:30a.m.	Komen Orange County Race for the Cure – Newport Beach, CA komenoc.org
OCTOBER	
THURS, 10/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 10/6 6:45a.m.	St. George Marathon St. George, Utah stgeorgemarathon
SAT 10/6 7:30a.m.	Chapman University 5K, Orange, CA Chapman.edu/5k
SUN 10/7 7:00a.m.	ICB Long Beach Marathon, ½ Marathon, Run Forrest Run 5K RunLongBeach
SUN 10/7 7:30a.m.	BA Chicago Marathon Chicago, Ill ChicagoMarathon
SAT 10/13 8:30a.m.	26 th Harbor Heritage Run Newport Beach, CA HarborHeritageRun
SUN 10/14 7:30a.m.	Nike Women's Marathon San Francisco, CA Nikerunningwomensmarathon2012
SUN 10/28 8:00a.m.	Marine Corps Marathon, Washington DC MarineMarathon
SUN 10/28 7:00a.m.	LA Halloween Rock & Roll ½ Marathon Los Angeles, CA LArunrockroll
NOVEMBER	
THURS, 11/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 11/3 7:00 a.m.	Run Love 5K, 10K Woodbridge Lake – Irvine ***\$10 off registration with coupon "runclublove" for all SCRR RunLove5K10K
SUN, 11/4, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/4, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon www.runfresno.com
SUN, 11/4, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash
SAT, 11/10, 7:15 a.m.	Santa Barbara Marathon www.sbimarathon.com
SUN, 11/11, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
THURS, 11/22, 7:00 a.m.	Oceanside Turkey Trot http://www.osideturkeytrot.com/
THURS, 11/22, 7:00 a.m.	Dana Point Turkey Trot http://www.turkeytrot.com/
DECEMBER	
SAT. 12/1, 3:00 p.m.	Las Vegas Rock 'n Roll Marathon, ½ Marathon RuntheStripatNight
SUN. 12/2, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathon
THURS, 12/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN. 12/9, 7:30 a.m.	Tucson Marathon, ½ Marathon Tucson, AZ Tucson Marathon
SUN. 12/9, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach - CrystalCoveTrailRace
SUN. 12/9, 8:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca Holiday Half Marathon
SAT. 12/15, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine RenegadeSantaRun
SUN. 12/23, 8:30 a.m.	Winter Solstice Christmas Tree Run Long Beach, CA WinterSolsticeRun
WED. 12/26, 7:30 a.m.	Operation Jack Marathon, ½ M Dockweiler Beach – LA OperationJackMarathon

2012-2013 SCRR CLUB OFFICERS:

President: Sherri Ellerby
Vice-President: Leilani Rios
Treasurer: Eric Dangott
Secretary: Noreene Matsuda
Officers At Large: Cathy Blakesley,
Matt Hood, Dave Bauers

2012-2013 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
Weekend Runs: Noreene Matsuda
Grand Prix: Mike Friedl
Database Manager: Dave Schiller
Monthly Club Race: Bob Morris
Webmaster: Mike Reeves