

# ON THE RUN



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

Orange County, California  
April 2012 Issue

## ***Runner of the Month – Jannay Morrison***

**By: Danielle Gordanier**

The South Coast Roadrunners now have great-looking business cards and postcards to grab the attention of potential new members, thanks in part to long-time member Jannay Morrison. Jannay's help, dedication and great attitude make her a natural choice for runner of the month. As I found out one gloomy Saturday, even on the rare day when we have gloomy weather, she'll still likely get out and enjoy a good run. Like a lot of us, she's pretty busy, trying to balance work, running, friends, and pets. I asked her some questions about what she's been up to lately.



Jannay Morrison and Noreene Matsuda

**First of all... how did the Spirit Run go for you? What did you think of the course?**

Liked the spirit run. I had a good race and thrilled to place 2nd in AG (I'm sure due to the fact there were a lot of women from our club who didn't run it....uh, like Noreene!) My favorite part is meeting all the dogs that took part in the races. That was just awesome.

**How long have you been running and how long have you been a member of South Coast Road Runners?**

Been running since 1997 and been a member of SCRR since 2006.

**Are you training for anything else currently?**

Not anything at the moment. Just trying to get back into shape. I would love to do an international marathon at some point.

**What is your favorite race distance?**

I have run all kinds of distances and I don't have a particular favorite. I wish I had Tonson's drive to run marathons, but once a year seems like enough for me. I like any distance, especially if I can keep up with Noreene.

**Why do you run?**

Stress reliever. If I didn't run, I'm sure I would be much more difficult to live with (according to my husband). I really like our running club. We have a great group of incredibly talented athletes who are sociable and fun. That is not always easy to find. Trust me, I looked.

Running helps me problem solve. I'm constantly having to come up with fresh creative -- whether it's an ad campaign, product launch, messaging. Sometimes the answer comes to me while running and other times after. Running can remove many of "noise" that constantly chatters in our minds and allows us to focus on a particular problem or topic.

The best reason for running is I get to meet lots of people with their dogs. While I don't always remember a person's name, I do remember the dog.

### What else has been keeping you busy besides running?

Design projects for non-profits/charity. Enjoy fundraising for various running events, especially the ASPCA. I ran the Rock and Roll Half marathon last October for the ASPCA, and that was amazing. Great support plus team members from all over the country...all with same passion as me saving animals and running (really, what is better than that?)

I'm also the unofficial running/fitness expert at work. I used to be a certified fitness trainer at Golds' Gym so between that and running, there isn't a day that goes by when someone doesn't have a health/fitness/running question. It's rewarding helping other people get out there and become healthier humans. I'm very proud of my little sister, Arielle. Just a few years ago, she ran the Race for Santa with me and last year she finished the Nike Women's marathon. I got to help train her and her friends and pace her through her a half marathon.

### What's your favorite post-run treat?

I love this question...my favorite post run treat is taking a nap with Dexter (my dog). He is an expert cuddler and napper. Best way to recover from those long runs.

As with all our runners of the month, I've felt privileged to get to know Jannay. Maybe one day, as she suggested, we'll have team uniforms for dogs, so that our four-legged running partners can represent! Now that would be the best attention-getter of all!





# SCRR Shines at Spirit Run

By: Linda Hammond

In the month of March, **South Coast Roadrunners** raced around Fashion Island at the **Spirit Run 5K and 10K**. **John Loftus** had a 900+ point race and had an age division win in the 10K. **Brad Wobig** and **Dave Parsel** were in the 800+ club and had age division wins in the 10K. In the 5K, **Ken Atterholt** (also in the 800+ club), **Ben Coyle**, and **Dave Blakesley** had age division wins. However the **Golden Shoes of the Day** were **Leilani Rios** for her overall win in the 5K and **Danielle Gordanier** for age division wins in BOTH the 5K and the 10K races! I asked Leilani and Danielle to share a few thoughts about their races.

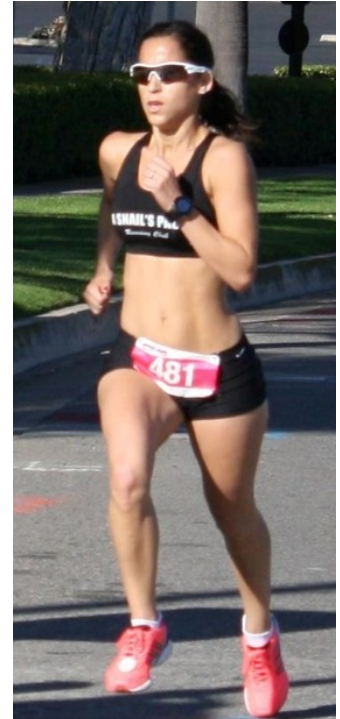
**Leilani:** It was such a beautiful day...had a great 5k warm-up cheering for the 10kers. Felt really good and strong going up the hilly sections during the race. There were quite a few girls that went out really quick in the first mile (5:25), but I knew what to expect from running the course for a warm up. Sure enough all of those girls came back to me and I pulled away and never looked back!! Tough course but enjoyed the spa gift certificate for my overall win. It was an awesome feeling...just wish they had tape for me to break...haha.

**Danielle:** I knew it was too soon to race again after the **Surf City Marathon**, but I couldn't resist the challenge. The last time I had run a 10K/5K double-header was at the "**Victory Days**" races in Minneapolis in September 2008. It seemed like a long uphill climb, but I still beat my previous 15K PR by almost two minutes. I was pretty tired going into the 5K, but the pressure was off by then. I won two one-hour massages for winning my age group in both the 10K and 5K, and a pedicure for being third woman overall in the combined 15K. By then, I really needed the massages for my tired hamstrings, and the pedicure made my marathoner's toenails presentable again. As usual, what I'll remember most is my teammates cheering and how much fun it was! SCRR has given me so many great memories. I sure will miss you guys!



Danielle Gordanier

**Ken Atterholt**, **Dave Parsel** is second, and **Danielle Gordanier** is third! There are only three races left this season! In April we cruise south to the **World Famous Carlsbad 5000**. It will be a day of fast races....see you at the Finish Line!



Leilani Rios



Cathy and Dave Blakesley

# ***Another Fun SCRR Road Trip – Paso Robles***

Photos From: Mike Sellers



## Photo captions:

Top row: Eileen Stephens; Mike Sellers, Eileen Stephens, Jenn Neff and John Gardiner; Vicki and Alberto Ballon;

Middle row: Eileen Stephens and Mike Sellers; Jenn Neff, Lisa Eiler, Cathy Blakesley, Cathy Shargay and Eileen Stephens;

Bottom row: Ken Atterholt, Cathy Shargay, Matt Kossoff, Jenn Neff, John Gardiner and Mike Sellers.





# ***A NIGHT AT THE AWARDS***



## **SCRR Annual Awards and Celebration Banquet**

Saturday, June 16<sup>th</sup>, 6 – 9:30 pm

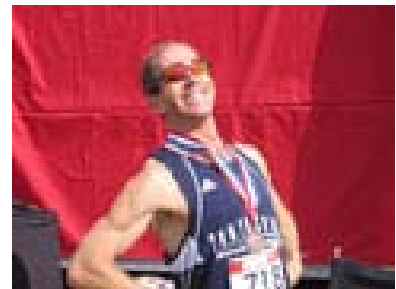
Woodbridge Village Community Center  
31 Creek Road, Irvine

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](http://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

### 4/7/12 – Last Part of the OC Marathon Course

Leader: Tim Hume

**Location:** Upper Newport Bay Nature Preserve at 2301 University Drive, Newport Beach 92660

**Directions:** This is on the other side of the Back Bay from our normal Back Bay run, at the intersection of Irvine Ave and University Drive. Note that Irvine Ave is the same road as Campus Drive and that this part of University Drive is the same road as Del Mar Ave and Fair Drive.

**About the Run:** This run is an out-and-back, mostly along the end of the OC Marathon course. You can go as far as you'd like and then turn around. I haven't run this route, so I don't know how much there is in terms of water and restrooms. Be prepared to have little to no access to facilities along the run.

<http://www.mapmyrun.com/routes/view/70661360/>

For reference, here is the OC Marathon course map: <http://g.co/maps/mf349>

**After the Run:** Starbucks & Bruegger's Bagels at MacArthur & Campus, 4678 Campus Drive, Newport Beach

### 4/14/12 – Hicks Canyon

Leader: Stacey Dippong

**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

### 4/21/12 – Ship to Rail

Leader: Sabrina Higashi

Leader: Sabrina Higashi

**Location:** Dana Point Ocean Institute

**Directions:** From PCH in Dana Point, 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. Parking is all around. We'll meet at the end of DPH Drive, near the "Pilgrim" sailing ship and the little pier in Dana Point Harbor.

**About the Run:** This is an out and back flat run. 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 next turnaround point, the San Clemente Pier. For those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. 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.

### 4/28/12 – Glenn Ranch

Leader: Noreene Matsuda

Leader: Noreene Matsuda

**Location:** Meet at L.A. Fitness at the corner of Portola and El Toro Road in Lake Forest.

**Directions:** Take the El Toro exit off the 5 and head toward the hills. Portola is about 5-6 miles up.

**About the Run:** The run is a loop headed toward Glenn Ranch and into the foothills. Wonderful hill training (builds strength!!).

**After the Run:** Coffee shop in the same shopping center.

*Congratulations to the SCRR Members who ran*

**L.A. Marathon!**

Jeff Nirtaut and Judy Sweet

*Congratulations to the SCRR Members who ran*

**Oxy Track Meet!**

John Gardiner and Leilani Rios

*Congratulations to SCRR Member*

**Stefani Kochen**

On Completing Oceanside Half Ironman Triathlon

**– her first!**

Good Bye and Good Luck to SCRR Members who are Moving Away:

*Danielle Gordanier*

*Bryan Dove*

We wish you the best, but we're sorry to see you go!



# 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 78 total) for the 2011-2012 series after 9 races are:

Place	Name	Details				Spirit Run 5/10K				Brea 8K	
		Age Group	Sex	Points	Races	Best	Avg	Times	Pts	Times	Points
1	Ken Atterholt	50-54	M	7391	9	853	821	18:37 5k	838	30:49 8k	828
2	Dave Parsel	55-59	M	7110	8	925	889	38:52 10k	835	30:00 8k	900
3	Danielle Gordanier	40-44	F	7039	9	813	782	42:35 10k	771	33:22 8k	789
4	Cathy Blakesley	50-54	F	6567	9	760	730	23:58 5k	729	39:22 8k	735
5	David Schiller	50-54	M	6507	8	828	813	18:52 5k	827	30:50 8k	828
6	Mike Dietz	45-49	M	6470	8	856	809	18:57 5k	798	33:03 8k	747
7	Leilani Rios	30-34	F	5860	7	858	837	18:01 5k	846	29:50 8k	825
8	Linda Hammond	45-49	F	5800	8	793	725	24:29 5k	688	39:03 8k	711
9	Matt Hood	40-44	M	5725	8	749	716	20:09 5k	706	32:37 8k	718
10	Greg Hanssen	45-49	M	5619	8	733	702		0	34:34 8k	714
11	Brad Wobig	40-44	M	5518	7	817	788	36:21 10k	800	28:40 8k	817
12	Armando Moran	40-44	M	5480	8	724	685	19:44 5k	720	33:19 8k	703
13	Vicki Ballon	25-29	F	5452	8	697	682	21:59 5k	678	36:30 8k	688
14	Cathy Shargay	50-54	F	5308	8	734	664	26:41 5k	655	44:27 8k	651
15	Doug Niles	45-49	M	5102	7	759	729	41:31 10k	726	32:32 8k	759
16	Mike Friedl	45-49	M	5041	7	773	720	19:34 5k	773	33:03 8k	747
17	Matt Kossoff	30-34	M	4907	7	725	701	40:13 10k	694	32:02 8k	706
18	David Bauers	50-54	M	4702	7	697	672	47:04 10k	676	36:37 8k	697
19	David Blakesley	65-69	M	4577	8	637	572	31:27 5k	579	1:01:25 8k	483
20	Eric Dangott	35-39	M	4421	7	681	632	46:23 10k	609	36:17 8k	629
21	Stacey Dippong	30-34	F	4274	6	757	712	45:55 10k	691		0
22	Greg Blevins	55-59	M	3852	6	686	642	23:45 5k	679	39:22 8k	686
23	Tonson Tong	45-49	M	3710	5	779	742		0	32:52 8k	751
24	Thomas Fung	45-49	M	3662	5	761	732	41:38 10k	724		0
25	Amy Katz	40-44	F	3507	5	752	701		0		0
26	John Gardiner	35-39	M	3442	4	888	861		0	25:57 8k	879
27	Jeanie Leitner	60-64	F	3340	4	856	835		0		0
28	Gary Hefner	50-54	M	3255	4	828	814		0	31:13 8k	817
29	Marisa Gonzalez	40-44	F	3135	5	645	627	26:00 5k	608	43:30 8k	605
30	Jannay Morrison	45-49	F	3100	4	797	775	44:32 10k	797	35:43 8k	777
31	Angel Cardoza	45-49	M	2987	4	779	747		0		0
32	Eileen Stephens	45-49	F	2985	4	772	746		0		0
33	Jennifer Erickstad	30-34	F	2906	5	614	581	26:17 5k	580	43:08 8k	570



## Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**  
V.P. Investments  
(949) 234-2343, (866) 886-7593  
Fax: (949) 234-0326  
E-mail: reimersr@stifel.com  
30448 Rancho Viejo Rd., Suite 110  
San Juan Capistrano

John Loftus, **Certified RRCA Running Coach**  
[www.runyourpotential.com](http://www.runyourpotential.com)  
949 433-9238  
coach@runyourpotential.com  
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Santiago Nomen, **"Tax Preparation at a Fair Price"**  
(714) 838-3587, Fax: (714) 838-2256  
[socaltaxman@cox.net](mailto: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](mailto:Cshargay@cox.net).

SCRR Roster: Send your address, e-mail address, phone number updates to David Schiller at [david.schiller@cox.net](mailto: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](http://www.roadrunners.org).

**MONTHLY CLUB RACE:** For more information: log on to [www.roadrunners.org](http://www.roadrunners.org) or see a Club Officer.

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> 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



APRIL	
SUN 4/1 7:00a.m.	Carlsbad 5000 Carlsbad, CA <a href="#">carlsbad5K</a>
<b>THURS 4/5, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 4/7 7:00a.m.	Hollywood ½ Marathon Hollywood, CA <a href="#">hollywoodhalfmarathon</a>
SAT 4/14 7:00a.m.	OC Chili Winter Trail Run 3 Race Series – Race #3, O'Neill Park <a href="#">WinterTrailSeries</a>
MON 4/16 9:00a.m.	116 <sup>th</sup> Boston Marathon <a href="#">boston-marathon</a>
FRI & SAT 4/20 & 4/21	Ragnar Relay, Huntington Beach to San Diego <a href="#">ragnarrelay</a>
SAT 4/28 7:00a.m.	Costa Mesa Community Run 10K (New), 5K, 2K & Pancake Breakfast <a href="#">costamesacomunityrun</a>
SAT 4/28 7:00a.m.	Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA <a href="#">donatelifeoc</a>
SUN 4/29 7:00a.m.	Xterra Malibu Trail Run 22K, 6K <a href="#">trailrace.com/malibu</a>
SUN 4/29	Big Sur Marathon
MAY	
<b>THURS 5/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN 5/6 6:00a.m.	Orange County Marathon, ½ marathon, 5K <a href="#">ocmarathon.com</a>
SUN 5/6 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour <a href="#">reachingforthecure</a>
SAT 5/12 7:00a.m.	Santa Barbara ½ Marathon, Santa Ynez CA <a href="#">runsantaynez.com</a>
SAT 5/19 8:00a.m.	Magic Shoe 5K, CDM High School, Newport Beach
SUN 5/20 7:30a.m.	Santa Monica Classic 5K, 10K Santa Monica <a href="#">santamonicaclassic.com</a>
SAT 5/26 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi <a href="#">mountwilsontrailrace</a>
MON 5/28 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA <a href="#">lagunahillshalfmarathon</a>
JUNE	
<b>THURS, 6/7, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 6/2 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA <a href="#">CDM5K</a>
SAT 6/2 7:30a.m.	Fontana Days ½ Marathon & 5K Fontana, CA <a href="#">Fontana Days Run</a>
SUN 6/3 6:00a.m.	San Diego Rock & Roll Marathon, ½ Marathon <a href="#">SD Rock&amp;Roll</a>
THURS, 6/14, 6:15 p.m.	Peter's Canyon Summer Trail Series Tustin, CA <a href="#">Summer Trail Series</a>
SAT 6/9 8:00a.m.	13 <sup>th</sup> Annual Northgate Anaheim 5K Downtown Anaheim <a href="#">Anaheim 2012</a>
6/2, 6/3, 6/9, 6/10, 6/16	Camp Pendleton Mud Runs, Saturday events sold out
<b>SAT, 6/16</b>	<b>Southcoast Roadrunners Annual Banquet</b>

By: Doug Denniston

## 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:	Dave Schiller
Monthly Club Race:	Bob Morris
Marathon Training Group:	Molly Donnellan
5K/10K Training Group:	Danny Stein
Webmaster:	Mike Reeves