

# ON THE RUN



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

Orange County, California  
March 2011 Issue

## ***Runner of the Month – Vicki Ballon***

**By: Stacey Dippong**

I think that Vicki is one of those runners that really exemplifies what SCRR is all about. She is super-friendly, a regular at all the parties, loves to run (as well as play soccer, cycle, swim, play with fire, etc.), and is overall just a fantastic person. She's pretty laid-back and is up for anything. It's no surprise that this is her second time being chosen as runner of the month! We are fortunate for her and her husband, Alberto, decided to move back to CA after getting married and spending a brief year back in Michigan where she is from.

I thought I'd interview Vicki for this article at Lamppost after a Thursday run in lieu of emailing the typical questions to her that I usually like to ask newer members, as a lot are covered in the prior article that was written the last time she was runner of the month. Check it out – it's a great article!  
[http://www.roadrunners.org/newsletter/pdf/SCRR\\_News\\_2007\\_07.pdf](http://www.roadrunners.org/newsletter/pdf/SCRR_News_2007_07.pdf)

Vicki has run eight marathons and has a goal of running a marathon in each of the 50 states! She's already got Alaska under her belt, as she ran the Anchorage marathon last year. It was her favorite to date, part of the reason being that her family incorporated the marathon in an Alaskan vacation that included an awesome cruise after the marathon. Running, as you may have gathered, is a family affair in the Niebrzydowski-Ballon clan. About a month



ago, in January of this year,

Vicki ran the Houston marathon with Alberto, her brother, and her dad. She enjoyed the course and had overall positive reviews of the marathon, as it was very well run (no pun intended) and organized. Here's a link to a video taken during the marathon: <http://www.youtube.com/watch?v=qyq7fQq-kSg>. Especially impressive is the fact that she finished first out of the four! This is a perfect example of one of the benefits of being an SCRR member – you can get really fast!



Vicki has an Ironman in her sights... she is currently training for the Vineman half-ironman which is coming up this year in June and has plans to do a full ironman sometime next year. Prior to Vineman, she is doing the Mission Viejo triathlon in May. In preparation she has been running, swimming, and biking several times a week. And you all thought marathon training was time consuming!

Vicki and Alberto currently live in Irvine. Vicki is a quality engineer for a company in San Clemente that is developing a new cardiac defibrillator, which is in the clinical trial stage.

Vicki was nice enough to share the below recipe for Blueberry Buckle with everyone, as we all know, runners love to eat! (Recipes may become a regular ROTM feature, after the success of Danielle's energy bar recipe last month!).

### Blueberry Buckle

¼ cup butter	2 tsp. Baking powder	Crumb topping (see below)
¾ cup sugar	½ tsp. salt	
1 egg	½ cup milk	
2 cups sifted flour	2 cups blueberries	



Cream butter, add sugar and beat until light. Add egg and beat well. Add sifted flour, baking powder and milk beating until smooth. Fold in berries. Sprinkle with crumb topping. Bake in greased 9x9x2 pan at 375F for 35 min. Topping: blend ¼ cup soft butter, ½ cup sugar, 1/3 cup flour and ½ teaspoon cinnamon.

## ***Lots of Great Race Times at the Brea 8K***

**By: Linda Hammond; Photos by Danielle Gordanier**

Changing things up from our usual February Super Bowl Sunday Surf City race, this year **South Coast Roadrunners** ran the **Brea 8K Classic**. Hopefully it was just me, but I had to look at a map to find Brea! Pretty sad! It was a hilly course with a nice long downhill for the latter part of the race. Best of all, we were treated to a huge food spread at the end of the race. A very chilly morning warmed up just enough for ideal racing conditions. Here are a few comments about the race from some of our runners.

**Sherri Ellerby:** Last time I raced here was 3 years ago. It was a dark and drizzly morning. 40 degrees and sunny was pretty nice this time around, but 55-60 degrees would have been better. I enjoyed being out there on the course again. The hills are challenging, but I enjoyed them overall because every uphill was balanced out with a downhill. LOVE the downhills!!

**John Gardiner:** I took 1st place in my age group after catching two guys at the right turn into the shopping mall and then outkicking them in the last straightaway. Turns out they were both in my age group. (There was only a 4 second spread from John in first to the third place guy). What a fun race!

**Ross Klein:** Was a great race, a little cold, I had a 6:53 PR from last year!!!

**Noreene Matsuda:** This was my comeback race after a long break from running. I liked the course and it felt great put on my racing shoes again. I was happy to finish in 38:05.

**Jon Resnick:** Perfect weather for a race. I really enjoyed the downhill sections, not so much for the uphill portions.



Thanks runners for sharing your comment. This was the 20<sup>th</sup> anniversary of the race and over 3200 runners came out for the run. The race benefited academics and the arts at Brea Olinda High School through the Instrumental Music and Academic Booster clubs. In March our club race is the **8<sup>th</sup> Annual Dove Dash 5K**. Following the race runners will be treated to a pancake breakfast. Wishing you great runs in March! See you at the Finish Line (eating pancakes)!



## ***SCRR Runs Strong at Surf City M and 1/2M***

**By: Amelia Carchidi**

It may not have been an 'official' club race, but SCRR had some excellent performances at the Surf City Marathon & Half on Superbowl Sunday.

Starting with the Women's Marathon, our own **Sabrina Higashi** took home 3rd place overall with an awesome (PR) time of 3:03:41... **Kathleen Monk** had a solid performance of 3:34:27 for her first race under her new name... also newly married **Elizabeth Rogers** started her first marathon entry with her new name with a PR of 3:35:53. First time marathoner **Lisa Sciariani** cruised into the finish in an amazing time of 3:38:21 - how many people can run a Boston Qualifier for their first marathon?? **Jennifer Walt** posts a solid 4:01:06 for an excellent finish.

In the Men's Marathon, **Ryan Doss** ran another BQ 3:08:27 with **Dave Schiller** right behind in 3:09:26... **Brian Kurnow** ran a PR 3:14:43... **Eric Dangott** ran another PR and continues to improve in 4:07:59...

In the Women's Half Marathon, **Cheryl Smith** takes first overall in 1:17:49... **Mary Lynch** breaks the 1:30 mark for the first time in 1:29:32 for a 2nd place AG finish... **Sue Zihlmann** finishes in 1:31:11 also taking 2nd in her division... **Pam Oliver** speeds in for a time of 1:32:40... **Meleah Shank** has a nice finish of 1:39:08... **Jannay Morrison** runs a solid 1:40:21... **Amanda Beach** came in a solid 1:56:22... **Jeanene Warren** runs an excellent 1:58:03... **Molly Donnellan** on the comeback and gearing up for Catalina with a 1:58:13... **Amy Katz** runs 1:59:15 for a solid finish and on her way to a successful Boston 2011... **Cathy Shargay** also runs a nice 2:05 flat.

In the Men's Half Marathon, **Laurent Vrignaud** and **Ken Atterholt** have the races of the day... Laurent with a PR 1:25:06 and Ken with his first time breaking 1:30 in 1:28:24... **Robert Thompson** runs a new PR in 1:33:42... not far behind is **Matt Kossoff** in 1:34:09 and **Mike Connors** (aka 5150) in 1:34:22... **Mike Friedl** has a nice finish in 1:37:49... **Vince Lowder** runs a solid 1:38:23... **Quang Pham** ran a PR 1:43:36, and last but certainly not least, new member **Dave Flahive** runs 1:50 and change for his first club race. Great job!

And of course... our Pacers. How did they do?

In the Marathon, **Pacer Ben Coyle** ran a nice finish of 3:29:46 to run in the sub 3:30 group... **Pacer Tonson Tong** bringing the ladies into a 3:40 BQ finish in 3:39:22. Ladies, if you want to run the Boston Marathon - find a race where Tonson is pacing!

In the Half Marathon, **Pacer Greg Hanssen** leading the 1:50 pace group posts a 1:49:19 in his first call to pacing duty... **Pacer Armando Moran** leads the 1:58 pace group in 1:57:40... **Pacer Amelia Carchidi** leads the 2:12 pace group in 2:11:50... **Pacer Linda Hammond** leads the 2:18 pace group in 2:17:17... **Pacer Faith Morris** leads the 2:30 pace group in 2:28:57... **Pacer Angel Cardoza** leads the 2:28 pace group in 2:27:57... but **Pacer Ross Klein** wins the perfect pace award by running the 2:28 group in exactly 2:28:00!

Congratulations all!

## SATURDAY RUNS

3/5/11: Stein Training and Coaching Fitness Seminar @ Peter's Canyon/Irvine Park

**Time:** Meet at 7:45, start at 8:00

**Leader:** John Gardiner

**Location:** Cedar Grove Park in Tustin Ranch - Peter's Canyon

**Directions:** 5 Freeway: Exit Jamboree and head east. Left on Tustin Ranch Road. Right on Pioneer. Go straight to Cedar Grove Park (same location as our summer Monday runs)

About the run: The mostly trail run will start by heading up into Peter's Canyon (for a 7 mile loop option) with the option of continuing up into Irvine Regional Park (for 10-15 total miles). Some folks will be meeting at 6:45 to get in about 7 early miles before regrouping with the rest of us at 8:00 AM.

**After the run:** At around 10am an optional fitness seminar in the park by [Dr. Scott Neubauer from Coastal Health and Fitness](#) and [Terry Sedgewick from Train X](#). Stein Coaching and Training group are hosting this event. Scott and Terry will teach us about cross-training, stretching, and drills to add to your running to help build strength and flexibility that can improve your running and prevent injuries.

Post run breakfast at Panera Bread, Jamboree Rd and Irvine Blvd.

A message and background from Coach Danny Stein of Stein Coaching and Training:

I wanted to send out a formal announcement and invitation to a post Saturday long run free clinic the Stein Coaching and Training group are hosting on March 5th. For those of you not familiar with me or our training group, I am a current member and past President of South Coast Roadrunners. I formed an "elite training program" over 8 years ago for recreational to professional runners focused on time oriented running goals and/or those who just simply wanted more structure and direction that a customized training program can provide.

Many of the members of South Coast Roadrunners and A Snails Pace Running Clubs take part in our program. Some names you may recognize are John Gardiner, Mary Lynch, Fred Cowles, Leilani Rios, Kelly Flathers, Cheryl Smith, the Shimada sisters, Sherri Ellerby, Kathleen Monk and many others notable runners in the club...

Our program is high intensity and our goal is to learn about our bodies over the course of each season, train hard, train smart, limit or minimize the risk of injuries, accomplish our goals each season and most of all bank on our success season after season to keep continually improving. The most difficult task of those outlined above is staying healthy while increasing mileage, adding intensity and keeping our bodies feeling young while we continue to get older season after season.

I have done a lot of research, collaborated with some of the top coaches and athletes in the running world, and worked to establish relationships with some of the top resources in the fields of Physical Therapy, Massage Therapy, and Strengthening and Conditioning in the Southern California Area. I have used this knowledge and introduced these resources to my group and into our program to include running specific exercises and techniques such as specific stretches, running drills, cross training (bike, swimming, pool running, yoga, etc.) and strengthening (core and weights). As a result, we have seen not only a reduction in injuries across our groups, but large improvement in performances and times.

Thus, I thought others not presently affiliated with our training group may also be interested in learning more about findings. I have asked two of the top experts in the area, Dr. Scott Neuauer and Terry Sedgewick, to



join the group after the SCRR Saturday Club Run to spend some time discussing some of the suggestions they have to runners for staying healthy, cross training to better support the body while running and improving performance.

Mary Lynch and John Gardiner have first hand experience with our training group and with these two experts. They will also be able to share their experiences and help answer questions from an athlete's perspective. Here is some more information about our two guest speakers.

#### **Dr. Scott Neubauer Brief Background**

Over 15 years of racing, I competed in 9 Ironmans, 12 marathons, dozens of triathlons and mountain bike races, countless road races, and even managed to win a few races. After my years as an athlete, I became a chiropractor, Active Release Technique provider, and Certified Strength and Conditioning Coach. My experiences as an athlete and a doctor help me to treat all of my patients -- from weekend warrior to professional -- more effectively. My goal with all of my patients is to get them healthy, pain free and strong in the shortest time and fewest visits possible.

#### **Terry Sedgewick Brief Background**

I love people, and I find it rewarding when people achieve their goals. This is not work for me – training sessions are dynamic, creative, stimulating, life-altering, body-changing, and they are an opportunity to positively impact someone's life. I have had the opportunity to play and be involved in athletics my whole life, ranging from rugby to triathlons to martial arts. The blessing of being able to attend university has further aided this ever-increasing background, which has made this wheel of diversity well tuned. I used to own a specialty running shoe store in Irvine, CA. I also spent three years in a Physical Therapy office learning and performing return-to-activity exercise and soft tissue techniques. I have been building champions since 1987.

### ***Possible Club Road Trip – Fun for Racers and Fun for Wine Lovers***

**Paso Robles 1/2M and 5K** (1/2M OA Winners win their weight in wine)

Sunday, Apr. 10      [www.winecountryruns.com](http://www.winecountryruns.com)

Beautiful Course, Post-race breakfast and music, Raffle

Itinerary from past trips:

Saturday - Carpool to Paso Robles in morning; Lunch; Wine Tasting for afternoon  
(~4-6 wineries); Pre-race dinner at Italian restaurant

Sunday - Race, Back to hotel for showers and lunch; Wine Tasting for afternoon  
(~4-6 wineries); Dinner and Mechanical Bull

Drive home on Sunday or Monday

If we have about 10 or more people, we can probably hire a van for going to the wineries.  
Otherwise, we can use designated drivers.

For more information: See Cathy Shargay

## 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](mailto:Cshargay@cox.net).

**SCRR Roster:** Send your address, e-mail address, phone number updates and corrections 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, 5 and Jamboree, 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 and Parties are highlighted in orange; Club Runs are highlighted in yellow

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

<b>MARCH</b>	
<b>THUR, 3/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost</b>
SAT, 3/12	Catalina Marathon
SAT, 3/12	Solvang Century
SAT, 3/12, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #2, O'Neill Regional Park, RSM
SUN, 3/13, 7:00 a.m.	Dana Point Grunnon Run 5K and 10K, <a href="http://www.festivalofwhalesgrunionrun.com">www.festivalofwhalesgrunionrun.com</a>
SUN, 3/20	Los Angeles Marathon, Los Angeles CA <a href="http://www.la-marathon.com">LA Marathon</a>
SUN, 3/20, 8:00 a.m.	Dove Dash and Pancake Breakfast, 5K, Dove Canyon and Sycamore Drives – Party after at Leilani Rios'
SUN, 3/27, 7:30 a.m.	Coaster Run 5K and 10K, Knotts Berry Farm, Buena Park
<b>APRIL</b>	
<b>SUN, 4/3, 7:00 a.m.</b>	<b>Carlsbad 5000 Carlsbad, CA 5K <a href="http://www.carlsbad5000.com">Carlsbad5000</a></b>
<b>THUR, 4/7, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost</b>
SUN, 4/10, 9:00 a.m.	Irvine Lake 3.8 Mile Mud Run, <a href="http://www.irvinelakemudrun.com">www.irvinelakemudrun.com</a>
SUN, 4/10	Paso Robles Half Marathon, <a href="http://www.winecountryruns.com">http://www.winecountryruns.com</a>
MON, 4/18 9:00 a.m.	114 <sup>th</sup> Boston Marathon Boston, MA <a href="http://www.bostonmarathon.com">Boston Marathon</a>
FRI-SAT, 4/15-4/16	Ragnar Relay, Huntington Beach to San Diego <a href="http://www.ragnarrelay.com">Ragnar Relay</a>
SAT, 4/16, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #3, O'Neill Regional Park, RSM
SAT, 4/23	Costa Mesa Comm. Run, 5K Trail, Fairview Park <a href="http://www.costamesacommunityrun.com">www.costamesacommunityrun.com</a>
SAT, 4/30, 9:00 a.m.	9 <sup>th</sup> Annual Donate Life 5K, Cal State Fullerton, <a href="http://www.donateliferunwalk.org">www.donateliferunwalk.org</a>
<b>MAY</b>	
SUN, 5/01, 6:00 a.m.	Orange County Marathon, ½ Marathon, 5K Irvine, CA, <a href="http://www.oc-marathon.com">OC Marathon</a>
SUN, 5/01, 7:00 a.m.	PCRF's Cinco de Mayo Half Marathon, 10K/5K, Irving Spectrum, <a href="http://www.pcrf-kids.com">www.pcrf-kids.com</a>
<b>THUR, 5/5, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza</b>
SAT, 5/07 7:00 a.m.	Santa Barbara Wine Country ½ Marathon, SB <a href="http://www.winecountry12marathon.com">WineCountry 1/2 Marathon</a>
SAT, 5/21 8:30 a.m.	Magic Shoes 5K, Newport Beach, <a href="http://www.bookthatevent.com">www.bookthatevent.com</a>
SAT, 5/28 7:30 a.m.	Mount Wilson Trail Race 8.6mi Sierra Madre, CA <a href="http://www.mtwilsontrail.com">Mt.WilsonTrail</a>
MON, 5/30 7:30 a.m.	Memorial Day ½ Marathon Laguna Hills, CA <a href="http://www.memorialday12marathon.com">MemorialDay1/2Marathon</a>
<b>JUNE</b>	
<b>THUR, 6/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT, 6/4 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA <a href="http://www.cdm5k.com">CDM5K</a>
SAT, 6/4	Fontana Days 1/2M and 5K
SAT, 6/11, 8:00a.m.	11 <sup>th</sup> Annual AMICA 5K Anaheim, CA
6/4, 6/5, 6/11, 6/18	Camp Pendleton Mud Runs <a href="http://www.mudruns.com">Mud Runs</a>
<b>SAT, TBD</b>	<b>South Coast Road Runners Annual Banquet</b>

## 2010-2011 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Orhan Beker
Treasurer:	John Gardiner
Secretary:	Tonson Tong
Social Chairs:	Kathleen Monk, Stacey Dippong
Officers At Large:	Stacey Dippong, Bob Morris, Greg Jones

## 2010-2011 COMMITTEE CHAIRPERSONS:

Newsletter:	Cathy Shargay
Weekend Runs:	Amelia Carchidi
Grand Prix:	Mike Friedl
Database Manager:	Dave Schiller
Monthly Club Race:	Bob Morris
Marathon Training Group:	Molly Donnellan
5K/10K Training Group:	Danny Stein
RRCA Liaison:	To be announced
Webmaster:	Mike Reeves