

# ON THE RUN



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

Orange County, California  
May 2010 Issue

## ***Runner of the Month – Sandra Manzano-Straehle***

**By: Stacey Dippong**

Sandra is the runner of the month for May. She is a talented runner, coming off a 5<sup>th</sup> place overall female (2<sup>nd</sup> masters) finish in the OC 5k. Sandra is one of the regular friendly faces at the SCRR runs always encouraging those with her to run fast. I think that a lot of us are able to relate to her inspiring answers in response to the questions below, giving those of us who aren't as fast ☺ a chance to get to know her better.

Congratulations Sandra!



### **When did you start running?**

I never did any sports in my life. Can you believe it? As a child, my parents realized I had a gift for languages and I focused on learning several languages such as French, German and English for many years. I wrote several important certificates for each language. I would not go outside and play sports like the rest of the children did. I actually would spend lots of time taking private lessons and becoming proficient in foreign languages. Playing a sport just was not part of my family's agenda.

It was only after I started working in litigation that I started running. I could not handle the stress at work. I would think about work all the time: at the office, at home or even worse I would dream about work. I drove myself crazy and I drove everybody around me crazy!

I started running by myself a few miles here and there. I tried a couple of running groups because I really enjoyed running with other people. None of them compared to SCRR. SCRR was the right fit me. I have been so lucky to come across SCRR!

### **Why do you run?**

I read somewhere: ""The obsession with running is really an obsession with the potential for more and more life."-George Sheehan

I am addicted to the challenge of pushing myself to places I have never been. I have never liked when somebody told me there is something I cannot do. I think running is not only a physical but ultimately a mental challenge. The mind has to be strong...

I love to go outside and have an exclusive moment for myself. I can put all my thoughts in order and enjoy being with myself. I do my recovery runs in Aliso Viejo Wilderness Park. I enjoy seeing wild animals and nature...Did I tell you I almost crashed into a deer a while ago? I think he was more scared than I was! I have been chased by coyotes....I have never run so fast in my entire life! And once I almost stepped onto a snake...not a good idea!

However, I must also say that I love running with people. It means so much for me when I can stay with the group. Running with SCRR can be intimidating at first. Once you leave your ego at home and are willing to learn from each runner from the club, life will be good!

### **What do you like most about south coast roadrunners?**

I love the Camaraderie! We help each other. We are so happy when we see people achieving their goals. The people who ran today the 5K and Half Marathon at the OC Marathon went to help the marathon runners. I saw Leilani who previously had won her race, helping Matt during the last part of the marathon. Greg Jones was the pacer for the 3:20 so he certainly is an awesome pacer and was pulling Matt all along to secure his BQ! Super Fast John Gardiner was pacing speedy Sabrina at the end of her race...and Orhan, Mike Reeves and I were running with Armando the last part of his marathon. Armando had an incredible race! And I am so happy for him. (See photo on page 12). John Loftus came by so fast that I did not even recognize him...

I love the fact that the club is very social...all the parties are a must and I am looking forward the upcoming banquet!

### **What is your favorite race distance and why?**

This is a very difficult question. I have done several races and several distances. I could say that there is nothing like crossing the finish line in a marathon. The sense of accomplishment together with exhaustion is hard to describe. I have a lot of respect for the distance. It has humbled me many times. For some unknown reason I keep coming back.

I have this love/hatred relationship with the 5K. It is so intense and so full of pain. I am just starting to let my fear go and accept the fact that 5K's unavoidably have to hurt...I think I am on the right track but I still have a long way to go...

10K's in my opinion is the most difficult distance to race. You try to go as fast as in a 5K but the distance is double! So, people can really "hit the wall" around mile 3 and guess what you still have 3 more to go *at that pace!*

Half Marathons are hard. The distance is challenging enough and the pace is fast. The only good thing about half marathons is that it does not take the same amount of time to recover from them like in a marathon!



**You have quite an active family - your daughter runs and your husband cycles. How is your daughter liking running in high school? Does your husband cycle for fun, or is he part of a racing team or club similar to SCRR?**

Bernd loves riding the bike. He is sort of like an ultra-cyclist. A 100 mile ride is just the general rule for him. I think the distance he enjoys the most are the double centuries with thousands of feet to climb! The harder the better, Bernd also has training partners and trains with a group down in San Clemente. I like to ride with his group on Sundays when I am just in base training. I have gotten into so much trouble when I try to keep up with the running and the cycling group! I guess I am not invincible ☺

I usually don't have too much left for the Sunday bike ride when we incorporate workouts to our running schedule. I have learned (the hard way!) that rest is more important than pushing myself on the bike on my rest day even if it is cross training.

Lisa is a freshman at JSerra and with that being said she just finished her first track and field season. She had an IT band injury in the middle of the season so she was a little disappointed. She is incredibly fast for her age. I think she is a sprinter. She enjoys cross country a lot. I am looking forward seeing her progress during the next season. Go Lions!

## ***SCRR Reflections on Boston Marathon!***

**Compiled By: Linda Hammond**

For many runners a Boston Qualifier is a lifetime goal. Several members of South Coast Roadrunners were out in full force to run the 114<sup>th</sup> Boston Marathon. I asked everyone to share a few thoughts about their Boston Marathon experience.

**Cathy and Ken:** Ken and I ran the entire marathon together and really enjoyed the great sites and cheering spectators that took your mind off running and made it much easier. When we were at about mile 22, I saw that I could make my "stretch goal" of 4:05, so we picked up the pace a bit. It was nice to finish a marathon feeling strong! Another very special part of the weekend was joining other Roadrunners for some great meals, the Expo, the fun post-marathon party at Bar 10 - and going up the 294 steps of the Bunker Hill monument on the day after the marathon!

**Orhan:** I had a bad day when everything about the day was so perfect, but managed to finish. The trip was excellent, spent time with good friends and made new ones. Now I'll have to qualify again and do-over as soon as possible.

**Kathleen:** Boston was a great experience! I had a great race considering I never really felt "comfortable" with my pace the entire time - until the last mile. With a mile to go, I saw that to break 3:30 I would have to run under an 8min pace for the last mile. All of a sudden, that became my goal and nothing can describe the feeling as I approached the finish line and saw my time was definitely under 3:30. It was so fun having so many people from SCRR there as well. I think it really enhances any race experience having the club around.

**Amelia:** I first ran the Boston Marathon back in 2000 and few years ago I made it my goal to re-qualify for the 2010 race. Despite some sickness, injury, and business travel that sidetracked my training about 4-6 weeks prior to Boston, I had an amazing experience and was happy to finish feeling good. I'll be back... and hopefully before another 10 years is up!

**Annette:** The last time I ran Boston was six years ago, and I didn't remember the energy quite as high as it was this year. The crowds were fantastic, the weather was perfect, and there were sooooo many South Coast Roadrunners. I was tired going into the race, but I couldn't have had a better time running the race. I ran with Tom Skane and Noreene for around 19 miles and had so much fun enjoying the experience with other running club members. It is such an honor being at this race, so it really didn't matter to me what my time was crossing the line.

**Amy:** My fifth consecutive Boston Marathon was less than ideal since I came down with a stomach flu the night before, but I was determined to get my medal and managed to cross the finish line in 5:18:02 by walking most of the race. I was very thankful to all the spectators who were still out on the course cheering for everyone. I'll be back again next year!

**Stacey:** This was my first Boston marathon. Overall it was a great experience from the time that I started training for it (with awesome training partners and a great coach) until the day after when I flew back home. Unfortunately my time was not what I was hoping for due to some unanticipated blisters, but I plan to run it again in a few years so that I can fully experience the awesome crowds from the Newton hills to Boston College and down Beacon street to the finish (without hopefully limping in pain)!

**Vince:** I was excited to run my third Boston Marathon (and 10<sup>th</sup> marathon overall). I had my best training season so far, with huge PRs in the half marathon and 5K distances and was looking to do so again in the marathon. I finished with a 3:07 after fading over the last 5 miles, not my "A" goal, but good enough for a marathon PR! I had a wonderful time with fellow SCRR runners and best friends on the trip and look forward to a 5K/10K fall season and to running Boston again in 2012.

**Jon:** I had a good running day at Boston. I was able to maintain an easy pace for the first half and I felt strong after taking my first gel at mile 15. This was my 3rd Boston Marathon and the first time I ran the whole way up heartbreak hill although I slowed to 10 minute pace. My goal was to shoot for 3:45 if I was having a good day and the weather cooperated and I hit my target. I'm looking forward to going back again next year.

**Mike:** This was my second Boston -- my first was the 100th in '96, so it was exciting to be back after so many years. I had hoped to re-qualify for Boston next year and was on pace to do so as I crested Heartbreak, but I ran into a lot of trouble on the downhills into the city and missed it by quite a bit. Still, miles 23 through 25 notwithstanding, it was a great experience and I hope to qualify later this year so I can do it again.

**Brent:** I had a terrific time in Boston with a very large and enthusiast contingent of SCRR members. Because of injuries and my hectic travel schedule, my goal was to run between 3:05 and 3:10 on an average of 35 miles per week. Although significantly more painful than I had anticipated, I was able to pull this off (barely). This was the second time I have run Boston (the first in 2005), and I hope to go back every 5 or so years to keep the experience fresh and special.

**Noreene:** Once again the Boston Marathon was an epic experience, and it is still my favorite race of all time. Besides the excitement of running Boston, the best part was having a great group of training buddies to share all the memories. I will definitely go back and do it again!

**Karen:** Boston was great! I battled a sore throat and sore left quad during the race, but was happy to still run a qualifying time for next year! The last few marathons I've run (Catalina, Big Sur) were without spectators, so to have the energy from the crowds along the course, and especially at the end, was amazing. You can't help but feel like a superstar coming down the home stretch. Looking forward to running it again next year!

**Tom:** This was my first Boston and it turned out to be everything I had hoped it would be, a fun day on a fun course with friends and family. It helped a lot to run most of the race with Annette, Noreene and Jennifer, who helped keep a good pace that allowed me to finish with a great time.

**Mary:** I had a 12 minute PR for this course and was very happy with my race. Most people will think I am crazy, but I thought it was a bit hot and I think that affected me in the last few miles. However, I love this race and I am sure will be back in Boston again soon.

**Linda:** I was thrilled to be back for my second Boston Marathon. A pain in my right quad before mile ten resulted in constant stretching and walk breaks, most notably when I used an elderly man for balance while I stretched my quad at some point during the Newton hills. I was happy to finish with a BQ at Boston!

**Eric, Gavin and Jeffrey Frome:** Truly a family affair Eric along with his brother and dad ran the marathon. There are some excellent running genes in this family. Eric finished with a time of 2:44:30, his brother Gavin in 2:58:07 and his dad Jeffrey in 3:37:06

**Elizabeth:** It was great seeing Elizabeth out there for the marathon. Elizabeth had some injuries this season, but still finished strong. A Boston Marathon finish is always a great finish!

## ***SCRR and Friends at Boston Marathon!***

**By: Amelia Carchidi**

This was probably one of the largest turnouts for SCRR and friends at the 114th Boston Marathon, held Monday, April 19, 2010. As usual, we had quite a few highlights and remarkable finishes and full teams for all categories.



Starting with the Women's Open Team, super fast **Kathleen Curley** continues to show she is a force to be reckoned with as she cruised over the line in 3:29:36. **Annette McCall** had no trouble recovering from a recent 50K with a finish of 3:48:19. Our Boston College alumni **Stacey Dippong** broke her previous history of finishing "on the tens" sliding in this time in 3:49:56. **Amelia Carchidi** made a comeback to Boston after 10 years and some challenging training weeks in the home stretch to finish in 3:50:45. **Elizabeth Bailey** finished strong in 4:02:21, and our champion **Amy Katz** battled not only some prior injuries in the last few weeks but also a bout of stomach flu... but persevered toward the finish line to collect her 5th in a row Boston Marathon finishers medal in 5:18:02.

The Womens Masters Team was equally impressive. This team was led by **Mary Lynch** with a smoking fast time of 3:18:34. **Noreene Matsuda** also had a phenomenal race, battling through some injuries during the season to finish in 3:38:35. **Linda Hammond** ran a strong Boston Marathon in 3:51:06. **Karen Winter** had a great day finishing in 4:04:51, and **Cathy Shargay** had an excellent finish in 4:05:25.

The Mens Open Team is so difficult just to qualify that we were so happy to have a full team this year. These men should be especially commended just for getting here. Once again **Eric Frome** did not disappoint finishing in a very fast time of 2:44:30. His younger brother (Junior Junior?) **Gavin Frome** is following in his brother's footsteps with a time of 2:58:07. Another once Boston student **Orhan Beker** returned to the town of his student life and finished his first official Boston Marathon in 3:58:55.

Last but not least, in the Mens Masters, we had another strong team. **Vince Lowder** led the way in a very impressive time of 3:07:06. **Brent Bohn** was right behind in a time of 3:08:59. **Jeffrey Frome**, father of Eric and Gavin, finished in 3:37:06. Our hockey star **Tom Skane** had a great day finishing in 3:39:23. **Jon Resnick** ran a solid 3:45:04 (with nearly perfectly even splits!). **Mike Dietz** had a good run in 3:46:31, and **Ken Atterholt** made it another long run training for his upcoming IronMan, with a strong finish in 4:05:24.

Other friends of SCRR not registered with the teams include **Kelly Flathers** who ran an impressive performance finishing in a time of 2:46:53. **Elyse Shimada** had a big PR in only her second marathon running 3:05:17 (and a 3 minute negative split!). **Diane Le** also had a solid finish in a time of 3:51:37. **Berkley Cameron**, who recently moved from Wisconsin finished in 3:53:10. **Pam Fecher** had a great race finishing in 3:54:01.

All in all it was an excellent day for our runners and I am sure many will return to Hopkinton to do it all again next year. Who else will join them?? :)

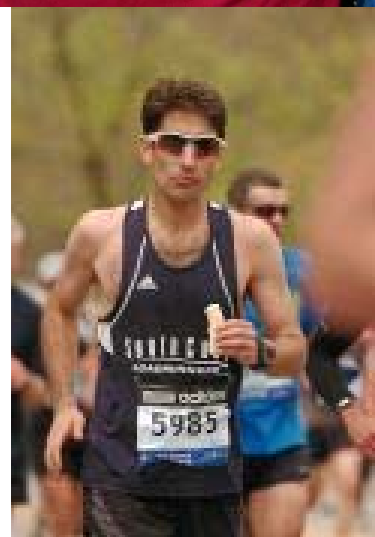


## ***Boston Marathon Photos!***

**By: Many SCRR Members**







## ***Grand Prix Highlights – Ken Joins 800 Club!***

**By: Linda Hammond**

For the month of April the **South Coast Roadrunners** headed south for the world's fastest 5k, the **Carlsbad 5000**. This year was the 25<sup>th</sup> anniversary of the race. The wonderful thing about Carlsbad 5000 is that you get to race against your peers. Only the top 250 in each race get a medal, so that is always something to strive for. Among the top 250 in the Men's Masters race was **Ken Atterholt**. Ken had a great race and scored his first 800 point Grand Prix race. I asked Ken about his race and his training this season.



**Linda:** *Congratulations on your 800 point race at Carlsbad. How did you like the race?*

**Ken:** Carlsbad is one of my favorite 5K's, and I've been able to PR there a number of times. The course is good for me with the slight uphill in the middle and then a downhill finish. 2004 was the first year I ran and I did not get one of the medals, so that became a major goal, and I was very happy to get one the next year and every year since. It is also helpful that the Men's Masters race is first, because then I can relax and enjoy spectating all the other races. The great weather and party-atmosphere at the club tent also make this one of the best races.

**Linda:** *How long have you been running and what brought you to the club?*

**Ken:** I started coming to the club and pretty much started running when I started dating **Cathy Shargay** in Dec. 2003. I was more of a cyclist before, but someone had challenged me to run LA Marathon in 2004, so it was perfect timing to start training with Cathy. We ran the marathon together and had a great time. Now, I've done 7 marathons. The club has been great for the camaraderie, support, running partners and parties!

**Linda:** *Just back from Boston and now gearing up for the Ironman, how is the training going?*

**Ken:** Good and bad! I feel like I am in really good shape (for me) and currently have no injuries, but I've been very busy with work, so I've not had the time that is really needed for training for an Ironman. **Greg Hanssen** has been very helpful in encouraging and prodding me to get out for some long runs, rides or bricks. We have a tough biking century coming up called Cruising the Conejo. At this point, I think I'll be able to finish the Ironman, but it won't be pretty.

Thanks Ken for sharing your story. After ten club races, only three runners have completed them all: **John Gardiner** (our current leader), **Mike Connors**, and **Ed Coffey**. The May Grand Prix race is the OC Marathon, Half Marathon and 5k. Okay we already know the results, but let's pretend we don't and look forward to reading about them in the June newsletter! See you at the races!

## ***Running Quote of the Month***

***A Runner's Three Favorite Words:***

***I Finished Boston!***



*Race on over...*  
*Ladies & Gentlemen, place your bets on the most exciting 2 minutes in sports!*  
*(aka purchase raffle tix for \$1 a ticket)...*

## ***2010 Annual SCRR Banquet: A Night at the Track***

**When: June 19, 2010 @ 5:30 pm; \$\$ due by June 12**

**Where: Churchill Downs, formerly known as the Woodbridge Community Center (31 Creek Road, Irvine)**

**Attire: Semi formal**

**Food: Southern BBQ from Lucille's, including salad, biscuits, brisket, chicken, ribs, pulled pork, coleslaw, vegetables, grits, sweet potatoes, and dessert!**

**Drinks: Soft drinks, water, beer, wine, liquor, and of course *Mint Juleps* will be provided.**

**Entertainment: DJ Karl**

**Track announcer/MC: Mike Friedl**

**Cost: \$30 per person**

**Raffle prizes:** If you would like to donate a raffle prize, please contact Leilani Rios, [leilanirios@gmail.com](mailto:leilanirios@gmail.com)

**To RSVP and pay by JUNE 12 (Checks made out to SCRR), contact Stacey Dippong ([stacedippong@gmail.com](mailto:stacedippong@gmail.com)) or Kathleen Curley ([kathleen.curley@gmail.com](mailto:kathleen.curley@gmail.com))**

## **Carlsbad 5000 Race Report**

**By: Amelia Carchidi**

April 11, 2010

We had an incredible turnout for the Carlsbad 5000 and once again some excellent performances by our team.

The Men's 40+ race kicked things off with **John Loftus** running 17:25 and proving he is back. **Fred Cowles** who has unfortunately not run enough races to make a run for the GP title ran a blazing fast 17:32. **Vince Lowder** ran right on his heels for a finish of 17:41. **Brad Wobig** was not far behind, finishing in 17:48.

Our marathon man **Tonson Tong** had a nice performance just weeks after the LA Marathon to finish in 18:17, and new SCRR member **Mike Dietz** ran a nice 18:38. **Bob Morris** proved a force to be reckoned with for the GP title, finishing in 19:13, and **Ken Atterholt**, getting fit for his upcoming IronMan, finished in 19:27. **Mike Connors** made a run for his comeback sliding in under the 20 minute barrier at 19:54.

Our IronMan **Rob Harris** had a smooth race finishing in 20:15 with **Mike Friedl** and **Kevin MacDonnell** finishing on his heels in 20:21 and 20:26, respectively. **Jon Resnick** cruised in at 22:58. **Steve Kan** ran 23 minutes flat, and **Ed Coffey** finished strong in 24:40.

In the Womens 40+ race, we had another set of blazing finishes. **Mary Lynch** led the masters ladies in a speedy time of 19:58. **Sue Zihlmann** also had a fast finish in 20:07. **Erika Kotteakos** and **Sherri Ellerby** were not far behind, running a fast 20:45 and 20:53, respectively.

**Noreene Matsuda** had a strong race, finishing in 22:52 with fellow Boston ladies **Linda Hammond** and **Cathy Shargay** right behind in 23:21 and 23:47. **Jeanie Leitner** ran a quick 24:06 followed by **Linda Lowder** in 24:22. **Faith Morris** finished strong in 28 flat.

Just like the masters, we had some incredible performances in the sub-masters 30+ and under 30 races.

Starting with the men's 30-39, **John Gardiner**, current GP leader, ran a smoking fast 15:51. President **Greg Jones** ran a fast 17:33 (did we mention he ran 35 miles only 2 weeks earlier?) and **Ben Coyle** finished well in 17:59. **Orhan Beker** had a strong showing finishing in 18:13, and **Armando Moran** finished strong in 19:13.

In the women's 30-39, **Leilani Rios** and **Pam Galambos** finished together in 19:27. **Amy Katz** had a strong finish in 22:50, and bride-to-be **Janelle Cabassa** ran her last race as a Cabassa in 32:57.

The men's under 30 race had a strong showing by **Eric Frome** finishing in a blazing fast 16:03.

The women's under 30 had a fast showing by **Kate Accardo**, who took 3rd place in the W20-24 division in 17:50, but the race of the day definitely belonged to **Kathleen Curley** running a huge PR a week before her first Boston Marathon and finishing in 19:32.

Great job to all our runners!!



## ***Pictures from a Perfect Day at Carlsbad!***

**By: Orhan Beker**







## ***OC Marathon Preview!***



Fellow SCRR members pace Armando Moran (second from left) into the finish at OC Marathon. Armando finished with a Boston-qualifying 3:13:04. Running with him are Orhan Beker, Mike Reeves and Sandra Manzano-Straehle.

**There will be articles and many more OC Marathon photos in the next newsletter.**

## **SATURDAY RUNS**

### **5/8/10, Aliso Creek**

Time: Meet at 7:45 AM. Start at 8:00 AM

Leader: Erika Kotteakos

Location: Laguna Hills Community Center

Directions: From the 5 Freeway, get off at Alicia Parkway and head south. After you pass Paseo de Valencia, make a right turn into the community center parking lot.

About the Run: The run is about a 12-mile out and back on the Aliso Creek Trail bike path and through the Laguna Niguel Regional Park.

After the Run: Bruegger's Bagels in the Town Center.

### **5/15/10, Glenn Ranch**

Time: Meet at 7:45 AM. Start at 8:00 AM

Leader: Greg Hanssen

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.

### **5/22/10, Back Bay**

Time: Meet at 7:45 AM. Start at 8:00 AM

Leader: Al Gonzalez

Location: Corner of Eastbluff and Back Bay Drive.

Directions: Take Jamboree Exit off the 405—head West; go about 2 miles; Right on Eastbluff; go .2 miles - park on the right; we begin running at Back Bay Drive.

About the Run: The "standard" loop is 10.5 miles. You can extend the run along the bike path or shorten the run by making it out and back as far as you like. Water is available at several points along the way (~miles 3.5, 5, 7 along the "standard" loop).

After the Run: Starbucks on Bristol and Jamboree.

### **5/29/10, Ship to Rail**

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

Leader: Amelia Carchidi

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 that will cover a portion of the "Turkey Trot" course. First turnaround point is at the end of the parking lot just past the San Clemente Metrolink Station. Total distance is about 10.6 miles. Shorter options are available. For a 12.8 mile run, continue running along the footpath to the 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.



# 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 75 participants (out of 106 so far) for the 2009-2010 series after 10 races are:

Place	Name	Age Group	Sex	Races	Net Points	Best	Net Avg	Carlsbad 5K		Brea 8K	
								Times	Points	Times	Points
1	John Gardiner	35-39	M	10	7547	866	839	15:51 5k	857	26:32 8k	860
2	David Schiller	45-49	M	9	7400	867	822		0	30:21 8k	813
3	Mike Connors	40-44	M	10	7119	814	791	19:54 5k	714	28:57 8k	809
4	Mike Friedl	45-49	M	9	6678	781	742	20:21 5k	743	34:41 8k	712
5	Bob Morris	55-59	M	8	6641	866	830	19:13 5k	839	31:31 8k	857
6	Linda Hammond	45-49	F	9	6552	761	728	23:21 5k	721		0
7	Ed Coffey	60-64	M	10	6526	734	725	24:40 5k	689	38:55 8k	722
8	Ken Atterholt	50-54	M	9	6514	802	724	19:27 5k	802	34:13 8k	746
9	Jeanie Leitner	60-64	F	8	6440	833	805	24:06 5k	815	41:02 8k	833
10	Cathy Shargay	50-54	F	9	6374	734	708	23:47 5k	734	42:45 8k	676
11	Armando Moran	35-39	M	9	6236	711	693	19:13 5k	707	33:18 8k	685
12	Matt Hood	40-44	M	9	6168	704	685		0	33:15 8k	704
13	Noreene Matsuda	45-49	F	8	6042	800	755	22:52 5k	736		0
14	Leilani Rios	30-34	F	8	6026	784	753	19:27 5k	784		0
15	Eric Frome	25-29	M	7	5744	846	821	16:03 5k	835		0
16	Steve Kan	55-59	M	8	5558	729	695	23:00 5k	701		0
17	Brad Wobig	40-44	M	7	5432	841	776	17:48 5k	799	37:55 8k	618
18	Amy Katz	35-39	F	8	5252	690	657	22:50 5k	674	37:55 8k	690
19	Greg Hanssen	40-44	M	8	5075	661	634		0	35:37 8k	657
20	Orhan Beker	35-39	M	7	5067	749	724	18:13 5k	746	31:59 8k	713
21	Ben Coyle	35-39	M	6	4506	790	751	17:59 5k	755	29:23 8k	777
22	Tonson Tong	40-44	M	6	4455	778	743	18:17 5k	778		0
23	Elizabeth Bailey	30-34	F	6	4033	679	672		0		0
24	Greg Jones	35-39	M	5	3820	815	764	17:33 5k	774		0
25	Thomas Fung	45-49	M	5	3670	748	734		0		0
26	Kathleen Curley	25-29	F	5	3642	763	728	19:32 5k	763		0
27	Erika Kotteakos	40-44	F	5	3477	761	695	20:45 5k	761		0
28	Sue Zihlmann	45-49	F	4	3474	918	869	20:07 5k	837	32:16 8k	860
29	Karen Winter	50-54	F	5	3452	707	690		0		0
30	Jon Resnick	45-49	M	5	3427	750	685	22:58 5k	658		0
31	Kate Accardo	20-24	F	4	3300	857	825	17:50 5k	854	29:54 8k	857



Place	Name	Age Group	Sex	Races	Net Points	Best	Net Avg	Carlsbad 5K		Brea 8K	
								Times	Points	Place	Name
32	James Chandler	25-29	M	6	3283	582	547		0	40:57 8k	542
33	Janelle Cabassa	30-34	F	7	3027	463	432	32:57 5k	463	58:05 8k	424
34	Faith Morris	50-54	F	6	2938	624	490	28:00 5k	624	54:43 8k	528
35	Annette McCall	35-39	F	4	2933	766	733		0		0
36	Cris Barkmeier	35-39	M	4	2876	744	719		0		0
37	Pamela Wusthof	55-59	F	4	2782	708	696		0		0
38	Amelia Carchidi	30-34	F	4	2700	734	675		0		0
39	Fred Cowles	45-49	M	3	2577	879	859	17:32 5k	862		0
40	Doug Denniston	45-49	M	5	2459	496	492		0		0
41	Pam Galambos	35-39	F	3	2414	817	805	19:27 5k	792	32:00 8k	817
42	Mary Lynch	40-44	F	3	2340	791	780	19:58 5k	791		0
43	Mike Dietz	45-49	M	3	2340	811	780	18:38 5k	811	31:40 8k	779
44	Vincent Lowder	40-44	M	3	2298	804	766	17:41 5k	804		0
45	Sandra Manzano-Straehle	40-44	F	3	2259	768	753		0		0
46	Mike Gulan	60-64	M	3	2230	768	743		0		0
47	Ryan Doss	20-24	M	3	2228	750	743		0		0
48	Kevin MacDonnell	50-54	M	3	2218	763	739	20:26 5k	763		0
49	Rob Harris	50-54	M	3	2193	770	731	20:15 5k	770		0
50	Jeanene Warren	40-44	F	4	2158	576	540		0	45:39 8k	576
51	Carrie Shargay	15-18	F	3	2128	738	709		0		0
52	Linda Lowder	45-49	F	3	2049	715	683	24:22 5k	691		0
53	Quang Pham	45-49	M	3	1971	685	657		0		0
54	Bryan Chu	25-29	M	3	1963	661	654		0		0
55	Kevin Michaels	40-44	M	3	1930	693	643		0		0
56	Alejandro Aceves	30-34	M	3	1858	640	619		0		0
57	John Loftus	50-54	M	2	1830	934	915	17:25 5k	896		0
58	Bill Quinnan	35-39	M	3	1824	624	608		0		0
59	Pat Copps	55-59	M	2	1682	850	841		0	31:45 8k	850
60	Julia Wu	40-44	F	3	1635	549	545		0		0
61	Sherri Ellerby	45-49	F	2	1611	806	806	20:53 5k	806		0
62	Carlos Jovel, Jr.	35-39	M	3	1598	568	533		0		0
63	Kathleen Litvak	40-44	F	2	1582	808	791		0		0
64	Jodie Kinney	60-64	F	2	1541	781	771		0		0
65	Laura Bullock	35-39	F	2	1529	777	765		0		0
66	Michelle Philo	30-34	F	3	1427	512	476		0		0
67	Susan Liu	35-39	F	2	1405	717	703		0		0
68	Colleen Jones	30-34	F	2	1395	704	698		0		0
69	Jan Twisk	45-49	M	2	1381	716	691		0		0
70	Terry Purdy	50-54	M	2	1355	682	678		0		0
71	Stacey Dippong	25-29	F	2	1347	682	674		0		0
72	Jennifer Whyte	35-39	F	2	1305	654	653		0		0
73	Allison Baker	20-24	F	2	1297	653	649		0		0
74	Jane Crewe	45-49	F	2	1293	683	647		0		0
75	Amanda Beach	30-34	F	2	1269	648	635		0		0

## 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.  
Mondays & Thursdays @ 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

\*\*\*NEW\*\*\* Out of Town Races featuring club members highlighted in blue

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

<b>MAY</b>	
<b>SUN, 5/02, 6:30 a.m.</b>	<b>Orange County Marathon, ½ Marathon, 5K Irvine, CA</b> <a href="#"><u>OC Marathon</u></a>
<b>THUR, 5/6, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza</b>
SAT, 05/08 7:30a.m.	XTERRA Malibu Creek Trail Run, 22K, 6K Malibu, CA <a href="#"><u>Xterra Malibu</u></a>
SAT, 05/08 7:30a.m.	Santa Barbara Wine Country ½ Marathon, SB <a href="#"><u>WineCountry 1/2 Marathon</u></a>
SUN, 5/16, 7:30 a.m.	Santa Monica Classic 5K, 10K Santa Monica, CA <a href="#"><u>SantaMonicaClassic</u></a>
SAT, 05/22 8:00a.m.	Miles for Melanoma 5K, Fullerton, CA <a href="#"><u>Miles4MelanomaFullerton</u></a>
SAT, 05/29 7:30a.m.	Mount Wilson Trail Race 8.6mi Sierra Madre, CA <a href="#"><u>Mt.WilsonTrail</u></a>
Mon, 05/31 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA <a href="#"><u>MemorialDay1/2Marathon</u></a>
<b>JUNE</b>	
<b>THUR, 6/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza</b>
SAT, 06/05 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA <a href="#"><u>CDM5K</u></a>
SUN, 6/06, 8:00 a.m.	Playa Del Run – 5K Huntington Beach, H.B., CA <a href="#"><u>PlayaDelRun</u></a>
THUR, 6/10, 6:15p.m.	Peter's Canyon Summer Trail Series 5mi Trail Run Tustin, CA <a href="#"><u>SummTrailSeries#1</u></a>
<b>SAT, 06/12, 8:00a.m.</b>	<b>11<sup>th</sup> Annual AMICA 5K Anaheim, CA</b> <a href="#"><u>11th AMICA 5k</u></a>
6/5, 6/6, 6/12, 6/19	Camp Pendleton Mud Runs (sold out) <a href="#"><u>Mud Runs</u></a> (Doug Denniston, Sue Jones, Edward Nichols)
<b>SAT, 06/19 5:30p.m.</b>	<b>South Coast Road Runners Annual Banquet</b>
SAT, 6/26	Coeur d'Alene Ironman Triathlon (Idaho) (Greg Hanssen, Ken Atterholt)
<b>JULY</b>	
<b>THUR, 7/1, 7:30p.m.</b>	<b>Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza</b>
SAT, 7/3, 7:30a.m.	H.B. Stars & Stripes Marathon, ½ Marathon Huntington Beach <b>***SOLD OUT***</b>
<b>SUN, 7/4, 7:15a.m.</b>	<b>Woodbridge 5K &amp; 10K Irvine, CA</b>
SUN, 7/4, 8:00a.m.	Surf City 5K Huntington Beach, CA <a href="#"><u>Surfcityrun</u></a>
SUN, 7/4, 7:15a.m.	Freedom Run at the Ranch 5K, 10K Ladera Ranch, CA <a href="#"><u>Run Ladera</u></a>
SUN, 7/4, 7:30a.m.	Healthy Figures Lake Forest 5K Walk/Run, CA <a href="#"><u>LakeForest 5K</u></a>
Thur, 7/8, 6:15p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, <a href="#"><u>renegaderaceseries</u></a>
SAT, 7/10, 8:00a.m.	Broadwalk 4mi Run 4mi. Hollywood, CA <a href="#"><u>Broadwalk</u></a>
SUN, 7/11, 7:30a.m.	Keep L.A. Running Playa Del Rey Los Angeles, CA <a href="#"><u>Keep LA Running</u></a>
SUN, 7/11, 7:30a.m.	MOVRun Malibu Sunrise 4-Miler, Malibu, CA <a href="http://malibu.movfitness.com/"><u>http://malibu.movfitness.com/</u></a>
SUN, 7/25, 7:30a.m.	San Francisco Marathon, ½ Marathon, 10K, 5K S.F., CA <a href="#"><u>SFMarathon</u></a>

## 2009-2010 SCRR CLUB OFFICERS:

President:	Greg Jones
Vice-President:	Brad Wobig
Treasurer:	Orhan Beker
Secretary:	Tonson Tong
Social Chairs:	Kathleen Curley, Stacey Dippong
Officers At Large:	Noreene Matsuda, Leilani Rios, Greg Hanssen

## 2009-2010 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:	Jannay Morrison
Webmaster:	Mike Reeves