

ON THE RUN



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

Orange County, California
July 2011 Issue

Runner of the Month – Lindsay Lyon

By: Stacey Dippong

Lindsay Lyon was chosen as the runner of the month for June. She is a newer member of SCRR, and a great person to hang out with! She is super-friendly, and always willing to volunteer to lead Saturday runs, which is much appreciated. Additionally, Lindsay was nice enough to donate several gift certificates to Flemings for the banquet raffle, even though she was unable to make it. Lindsay is quickly becoming quite an accomplished runner, and has not only run marathons already, but recently successfully paced the Surf City marathon – major kudos to her for that!



When did you start running? *3 years ago.*

Why do you run? *Because I love it! It is my release.*

What do you like most about south coast roadrunners? *The people!*

If you race, what is your favorite race distance and why? *Full marathon because of the feeling of accomplishment post-race.*

Are you currently training for anything? How is that going? *Long Beach Full. Training is going great thanks to SCRR.*

Any specific racing stories that you would like to share? *Best experience yet was 2011 Surf City Marathon, where I was a pacer for the first time. Thanks again to SCRR. It was a fabulous experience of teamwork and selflessness.*

Where are you from? *Newport Beach, CA.*

What do you do for a living? *I am the senior events manager for the Patina Group, Orange County.*

What do you like to do in your free time besides running? *Swim, bike, and spend as much time as possible with the hubby.*

Anything exciting happening in your life right now? *Summer is here!!! Time to enjoy the beach!*

SCRR 2011 Awards Banquet

The annual SCRR Awards Banquet was held on June 18, and it was once-again an absolutely fantastic party! Many thanks to the organizers – our Social Chairs **Stacey Dippong** and **Kathleen Curley**. Everyone enjoyed the Mardi Gras theme, and many partiers sported great beads or masks. **Mike Friedl** was again perfect as the emcee and made the evening flow along with wonderful reminiscing, anticipation for who won the awards, awe for the various accomplishments, and great appreciation of the deep camaraderie in the club. **Leilani Rios** provided the music and looked great! **Sherri Ellerby**'s slide show was incredibly creative with photos and videos of nearly everyone in the club all set to music which was a great way to highlight our fun times together. The pre-parties and post-parties added to the day's enjoyments, and a great time was had by all!

2011 SCRR Award Winners

Most improved female runner:	Elyse Shimada
Most improved male runner:	Ross Klein
Ideal runner – Male:	Matt Hood
Ideal runner – Female:	Danielle Gordanier
Volunteer of the year:	Ken Atterholt
President's award:	Amelia Vrabel
Grand Prix winner:	Dave Parsel

2010-2011 Top Twenty Grand Prix Finishers – A Retrospective

By: Linda Hammond

Thank you **Grand Prix** guru **Mike Friedl** for sharing all the stats about the 2010-2011 Grand Prix!!! This year's Grand Prix season was truly one for the record books! In the first 16 Grand Prix seasons, there were twenty 900-point races run by five people (**Fred Cowles** & **Lois Edds** 8 each, **John Loftus** 2, **Jerry Jefferson** and **Sue Zihlmann** 1 each). During the **2010-2011** season alone, there were 15! This season's Grand Prix champion, **Dave Parsel** had ten 900-point races, **Sherri Ellerby** and **John Loftus** both had two, and **Fred Cowles** had one. Dave's 10th 900-point race ensured that for the first time ever, a 900-point race was actually DROPPED from the final scores. The single-race record of **987** points, however, still belongs to Lois. Dave Parsel's **8350**-point season crushed the old single-season record of **8100** points set way back in 1995-1996 by Lois. This season was also the deepest Top 10 ever, all with over 7,000 points.

On the all-time Grand Prix points list, **Ed Coffey** is in first place with 118,130 points and **David Schiller** in second with 117,767. **Bob Morris** and **Mike Friedl** are the only others in the 100,000 point club so far. On the ladies' side, **Cathy Shargay** and **Jeanie Leitner** caught Lois last season for the all-time list. They are separated by 1258 points, 85,878 to 84,620. Lois hasn't run a GP race in 8 seasons and still ranks 8th overall with 73,164 points. Only three people, **Molly Donnellan**, **Tonson Tong** and **Mike Friedl**, have run at least 1 GP race in all 17 seasons.

Here is the list of the **2010-2011 Grand Prix Top 20** and highlights of favorite races of the season. We start off with our **Grand Prix Champion, Dave Parsel**. Congratulations, Dave on an amazing season!



Dave Parsel – Grand Prix Champion

1. **Dave Parsel** My favorite races this season were, the track mile, OCC 5k & Carlsbad. In these races I surpassed realistic expectations, paced correctly, was under control, felt like all cylinders were firing and really enjoyed all 3.

2. **Fred Cowles** My favorite race was probably the Long Beach 5K. The course was a little short, but Mike was nice enough to let us keep the extra GP points!

3. **Sherri Ellerby** I love to race. Period. But I was shocked and thrilled to run 18:25 at the Downtown Anaheim 5K. 919 GP points!! Beat that, Freddy!

4. **Leilani Rios** Favorite race is definitely Downtown Anaheim 5k. I finished my season with this race and did it with a PR!!

5. **David Schiller** My favorite Grand Prix race this year was the Laguna Hills Memorial 5k, because that was the first race in a long time in which I thought I ran strong throughout the entire race. My 17:43 finish time gave me encouragement that I can get below 17:30 again.

6. **Jodie Kinney** My favorite race was the Dove Canyon Dash, I loved the course, the food was great, it

was for a great cause, and as a added bonus we got to meet Pat Boone who's grandson Ryan is recovering from a severe head injury.

7. **Gary Hefner** I have to pick two favorites. I live in Long Beach and I run the half every year. The other is Brea 8k. Perfect distance, great food, and this year it was on my birthday.

8. **Ken Atterholt** Cathy and I made it to every race, and they were all so enjoyable, we had a tough time choosing. The Anaheim 5K was great since it was my first time breaking 19 minutes on a full-length course, and I placed in my age group. We also enjoyed the pancakes, and cheering for all the SCRR members during the awards ceremony.

9. **Jeanie Leitner** I think the Laguna Hills Memorial Day run would have to be my first choice this year. It wasn't about how much I love to run hills, but it was the first 5k I ran this season without pain. It was still a challenging run, but such a nice surprise when I realized my piriformis pain did not kick in. Happy running to all.

10. **Mike Connors** The Southern California Half was my favorite race, since it my first decent half marathon in a while, and I ran it faster than expected. Plus, it allowed me to qualify for the New York Marathon. Yeah!

11. **Danielle Gordanier** I will never forget the Anaheim 5K. It had been my dream since I started running to finish a certified 5K in under 20 minutes. Everyone's encouragement and Tonson's perfect pacing helped get me there! My next goal is to join "the 800 club" - I'm really close now!

12. **Mike Friedl** Last season, my most interesting race was the December race, which I ran the day after running 33 miles from Crystal Cove beach to the top of Saddleback Mountain. My legs were pretty much mush but I'd already missed two races so didn't want to chance missing another. My time wasn't one of my best but it sure beat zero!

13. **Linda Hammond** My favorite race of the season was the Long Beach 5K. I was in peak shape before heading off to Greece for the Athens Marathon and ran my best 5K in about two years.

14. **Steve Kan** My favorite one is Brea 8K race. It was my first time being in Brea and my first ever 8K race. The race was well organized without any parking problems and with plenty of food after the race. Hopefully, I will transfer from Houston back to Southern California early next year, just in time to do it again.

15. **Ed Coffey** It's tempting to say Woodbridge because it's the only race this last 12 months in which I won my age group but it's not. I liked the club mile race at the Laguna Beach High School Track best. Even though I ran an awfully slow time I thoroughly enjoyed the venue, the good fellowship and, most especially, watching my peers run, up closely and personally, some turning in amazing times.

16. **Matt Hood** My favorite Grand Prix race was the track mile. It was fun to focus on speedwork for a while and it had been years since I raced the one-mile distance on the track. It was one of my highest scoring events and I was able to set a new lifetime PR of 5:38!

17. **Cathy Shargay** All the races were fun, but probably my favorite was Carlsbad. It was great to watch Ken's race first - it's really exciting to cheer him on! Then, my race went a bit better than I expected, and I got a medal. After racing, we enjoyed watching the other races and having so many people who had excellent times. The tent is in such a great location, that it is a cool hanging out there.

18. **Armando Moran** My favorite race was the Long Beach 5k, because even when I was out of shape, I was able to win my age group.

19. **Cathy Blakesley** I liked the Southern California Half Marathon in January, which gave me my highest score. Also, I never thought I could run a decent 5K before, but I had a good race at Anaheim so maybe I'll try more of those this year!

20. **Amy Katz** I struggled a lot this past year with low-back and sciatica problems, and most of my races were fairly painful. I finally felt good for the Laguna Hills Memorial 5K, so even though a hilly race would not typically be my favorite, it was the highlight of the Grand Prix season for me. And it was really great having Brad and Sherri cheering for me at various spots along the course.

Thanks runners for sharing your stories, and congratulations on being a part of a historic season. In 17 seasons, 456 people have run 5847 races and scored just over 4 million points. Let's make 2011-2012 another record breaking season and of course give Mike Friedl something to talk about at the 2012 SCRR Recognition Banquet! Here is to a great season of running. See you at the finish line!!

Lots of Banquet Photos on the next three pages!

SCRR Banquet – A Gala Affair!







Photo
Captions on
Page 11



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 final standings of the top 83 participants (out of 94 total) for the 2010-2011 series after 12 races are:

Details								Anaheim		L.H. 1/2M&5K	
Place	Name	Age Group	Sex	Races	Net Points	Best	Net Avg	Times	Points	Times	Points
1	Dave Parsel	55-59	M	12	8,350	950	928	17:23 5k	927	17:22 5k	928
2	Fred Cowles	45-49	M	9	7,933	916	881	16:55 5k	894	17:12 5k	879
3	Sherri Ellerby	45-49	F	9	7,897	914	877	18:26 5k	914		0
4	Leilani Rios	30-34	F	10	7,441	873	827	17:28 5k	873	17:31 5k	871
5	David Schiller	45-49	M	10	7,318	853	813		0	17:43 5k	853
6	Jodie Kinney	60-64	F	9	7,314	824	813	23:50 5k	824	24:12 5k	812
7	Gary Hefner	50-54	M	9	7,305	849	812	18:30 5k	844		0
8	Ken Atterholt	50-54	M	12	7,279	829	809	18:49 5k	829	19:16 5k	810
9	Jeanie Leitner	60-64	F	10	7,197	830	800	23:45 5k	827	24:07 5k	815
10	Mike Connors	40-44	M	9	7,181	831	798		0		0
11	Danielle Gordanier	40-44	F	11	6,868	794	763	19:54 5k	794		0
12	Mike Friedl	45-49	M	9	6,648	763	739	20:02 5k	755	20:33 5k	736
13	Linda Hammond	45-49	F	11	6,561	755	729	22:45 5k	740	2:00:14 H	663
14	Steve Kan	55-59	M	9	6,477	743	720		0		0
15	Ed Coffey	60-64	M	11	6,448	746	716	23:39 5k	719	23:57 5k	710
16	Matt Hood	40-44	M	10	6,384	730	709	20:47 5k	684	20:39 5k	688
17	Cathy Shargay	50-54	F	12	6,255	718	695	25:02 5k	698	25:23 5k	688
18	Armando Moran	35-39	M	10	6,218	708	691	19:19 5k	703		0
19	Cathy Blakesley	50-54	F	9	6,149	721	683	24:38 5k	709	25:39 5k	681
20	Amy Katz	40-44	F	10	6,105	737	678	23:06 5k	684	22:58 5k	688
21	Quang Pham	45-49	M	9	6,027	721	670	20:53 5k	721	20:58 5k	721
22	Greg Hanssen	40-44	M	9	5,983	692	665		0	20:37 5k	690
23	Tonson Tong	40-44	M	8	5,816	772	727	19:53 5k	715	1:39:36 H	636
24	John Gardiner	35-39	M	7	5,686	861	812	15:47 5k	861		0
25	Mike Sellers	30-34	M	7	5,417	807	774		0		0
26	Mike Dietz	45-49	M	6	5,022	870	837		0		0
27	David Bauers	50-54	M	7	4,580	701	654	22:15 5k	701		0
28	Sue Zihlmann	45-49	F	5	4,283	896	857	19:47 5k	851	1:33:11 H	856
29	Elyse Shimada	20-24	F	5	4,240	875	848		0		0
30	Carrie Shargay	16-19	F	5	3,831	842	766		0	22:09 5k	740
31	Rob Harris	50-54	M	5	3,754	775	751		0		0
32	Bill Quinnan	35-39	M	6	3,748	641	625	21:22 5k	636		0
33	Erika Kotteakos	40-44	F	5	3,687	762	737		0		0
34	Carlos Jovel, Jr.	35-39	M	7	3,575	557	511		0	29:47 5k	456
35	John Loftus	50-54	M	4	3,494	928	874		0	1:31:24 H	760
36	Vicki Ballon	25-29	F	5	3,387	709	677		0	21:01 5k	709
37	Matt Kossoff	25-29	M	5	3,288	687	658		0	1:28:54 H	685

Details								Anaheim		L.H. 1/2M&5K	
Place	Name	Age Group	Sex	Races	Net Points	Best	Net Avg	Times	Points	Times	Points
38	Mary Lynch	45-49	F	4	3,189	835	797		0		0
39	Bob Morris	55-59	M	4	3,185	826	796		0	19:42 5k	818
40	Greg Jones	35-39	M	4	3,088	798	772		0		0
41	Jeanene Warren	40-44	F	5	3,020	641	604	24:38 5k	641	1:55:37 H	621
42	Noreene Matsuda	45-49	F	4	2,960	749	740	22:29 5k	749		0
43	Ryan Doss	25-29	M	4	2,918	759	730		0		0
44	Ross Klein	25-29	M	5	2,683	553	537		0	2:00:24 H	506
45	Alejandro Aceves	35-39	M	4	2,372	674	593		0		0
46	Robert Donald	45-49	M	3	2,313	787	771		0		0
47	Ben Coyle	35-39	M	3	2,308	799	769	16:59 5k	799		0
48	Faith Morris	55-59	F	4	2,302	608	576	32:43 5k	566		0
49	Eric Dangott	35-39	M	4	2,227	639	557	21:16 5k	639	2:57:35 H	357
50	Terry Loftus	55-59	M	3	2,223	745	741	21:44 5k	742	21:54 5k	736
51	Orhan Beker	35-39	M	3	2,119	755	706	19:45 5k	688		0
52	Eileen Stephens	45-49	F	3	2,113	736	704	22:52 5k	736		0
53	Jon Resnick	50-54	M	3	2,109	787	703		0		0
54	Robert Thompson	50-54	M	3	1,970	709	657		0	2:04:09 H	560
55	Alberto Ballon	30-34	M	3	1,946	671	649		0		0
56	Amanda Beach	30-34	F	3	1,843	626	614	24:54 5k	612		0
57	Chris Johnson	30-34	M	3	1,819	613	606		0		0
58	Cheryl Smith	30-34	F	2	1,782	897	891		0		0
59	Sabrina Higashi	35-39	F	2	1,606	812	803	18:58 5k	812	19:23 5k	794
60	Eric Frome	30-34	M	2	1,592	812	796		0		0
61	Brad Wobig	40-44	M	2	1,559	812	780		0		0
62	Mike Gulan	60-64	M	2	1,542	783	771	22:24 5k	759		0
63	Thomas Fung	45-49	M	2	1,509	760	755	19:54 5k	760		0
64	Pam Galambos	35-39	F	2	1,496	793	748		0	1:40:51 H	703
65	Kevin MacDonnell	50-54	M	2	1,460	740	730		0		0
66	Angel Cardoza	40-44	M	2	1,450	734	725		0		0
67	Karen Winter	50-54	F	2	1,445	725	723		0		0
68	Wayne Church	60-64	M	2	1,438	746	719		0		0
69	Stacey Dippong	25-29	F	2	1,377	692	689		0	21:46 5k	685
70	Ingrid Johnson	25-29	F	2	1,334	668	667		0		0
71	Elizabeth Bailey	30-34	F	2	1,313	664	657		0		0
72	Ian Price	20-24	M	2	1,304	683	652		0		0
73	Janelle Daniels	30-34	F	3	1,238	461	413	38:21 5k	398	40:17 5k	379
74	Andrea Garreffa Beker	35-39	F	2	1,013	508	507		0		0
75	Vincent Lowder	45-49	M	1	788	788	788		0		0
76	Sandra Manzano-Straehle	40-44	F	1	787	787	787		0		0
77	Tom Dellner	45-49	M	1	765	765	765		0		0
78	Leon Laub	50-54	M	1	756	756	756		0		0
79	Susan Liu	35-39	F	1	729	729	729		0		0
80	Annette McCall	35-39	F	1	722	722	722		0		0
81	Kathleen Curley Monk	25-29	F	1	722	722	722		0		0
82	Linda Lowder	45-49	F	1	707	707	707		0		0
83	Jerry Lin	40-44	M	1	707	707	707		0		0



*SCRR
Team
Runs*

*Tahoe
Marathon
Relay*



Top Photo; From left: Robert Donald, Alberto Ballon, Vicki Ballon, Lisa Eiler, Greg Hanssen, Angel Cardoza and Stacey Dippong.
Bottom Photo: Robert Donald running along Emerald Bay.

SATURDAY RUNS

NEW, NEW, NEW for the summer!!! - All runs meet at 6:45, start at 7:00 unless otherwise noted

7/16/11 – Quail Trail and Bommer Canyon

Leaders: John Gardiner and Jennifer Neff

Location: Starbucks in the Quail Hill Village Center (note the different starting location than the "regular" Quail Hill run).

Directions: To get to Starbucks, take the 405 and exit on Sand Canyon Ave going toward Shady Canyon Dr. Head southwest on Sand Canyon toward Quail Hill. At the traffic circle, take the 2nd exit onto Quail Hill. Turn left on Passage and Starbucks will be on your right (there is an Albertsons in this center).

About the Run: We'll start at the Starbucks at the Quail Hill village center (same start as on the Quail Hill Trail run on your list of Saturday runs). We can run the trail up over Shady Canyon and then head up the new Bommer Canyon trail. People can either do an out and back run or if they go all the way to the top of Bommer Canyon they can loop back around through the top of the ridgeline up there and come down the Quail Hill Trail. Maps will be provided.

After the Run: Starbucks at the Quail Hill shopping center

7/23/11 - Spyglass Hill

Leader: Dave Bauers

Location: Marguerite Ave and Ocean Blvd in Corona Del Mar.

Directions: PCH, West on Marguerite, until it dead-ends on Ocean Blvd.

About the Run: The standard run is a 12 mile hilly loop on roads, but there are many shorter options, as well as beach running available.

After the Run: Bruegger's Bagels and/or Starbucks; they are across the street from each other on the corner of Goldenrod and PCH.

7/30/11 – Hicks Canyon

Leader: Stacey Dippong

Location: Start at shopping complex at corner of Culver and Irvine Blvd in the Northwood section of Irvine.

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

Photos from Pages 5 to 6

Page 5, Top Row: Alberto and Vicki Ballon; Janelle Daniels

Bottom Row: Ross Klein and Elyse Shimada (Most Improved Runners); Danielle Gordanier and Matt Hood (Ideal Runners); Dave Parsel (Grand Prix Winner)

Page 6, Top Row: Top Ten in Grand Prix (see list on Page 8)

Middle Row: Second Ten in Grand Prix, except for Amy Katz who was on a marathon trip

Bottom Row: Danny Stein and Linda Hammond; Armando Moran incognito;

Page 7, Top Row: Cheryl Smith; Sherri Ellerby, Janelle Daniels and Fred Cowles; Eileen Stephens and Jeanene Warren;

Middle Row: Danielle Gordanier, Matt Hood, Stacey Dippong, Angel Cardoza, Vicki Ballon and Greg Hanssen; Linda Hammond and Jeanie Leitner;

Bottom Row: Mike Connors, Kim Connors and Linda Hammond

Great Deals From Fellow South Coast Roadrunners...

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

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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.

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at david.schiller@cox.net.

New Member Night: First Thursday of every month; pacers assigned to all new people, club meeting and pizza.

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Peter's Canyon (Cedar Grove Park), Tustin, 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



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

JULY	
MON, 7/4, 7:15a.m.	Woodbridge 5K & 10K Irvine, CA
MON, 7/4, 8:00a.m.	Surf City 5K Huntington Beach, CA Surfcityrun
MON, 7/4, 7:15a.m.	Freedom Run at the Ranch 5K, 10K Ladera Ranch, CA Run Ladera
MON, 7/4, 7:30a.m.	Healthy Figures Lake Forest 5K Walk/Run, CA www.lakeforest5K.org
THUR, 7/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THUR, 7/7, 6:15p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park
SUN, 7/17	Vineman Half Ironman, Sonoma County, CA
SUN, 7/31, 7:30a.m.	San Francisco Marathon, ½ Marathon, 10K, 5K SFMarathon
AUGUST	
THURS, 8/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS, 8/4, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SUN, 8/21, 7:00 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, www.afchalf.com
SAT, 8/27, 8:00 a.m.	WetnWild 5K Run Walk, Wild Rivers Waterpark, Irvine, www.wetnwild5k.com
SAT, 8/27, 7:30 a.m.	Bulldog, 25K, Malibu Creek State Park www.trailrunevents.com/bd
SUN, 8/28, 7:00 a.m.	USATF Road Mile Championships, El Toro Airfield, Irvine, www.roadmile.org
SEPTEMBER	
THURS, 9/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 9/3, 8:00 a.m.	Kevin Cook Spirit Run 5K, O.C. Great Park, Irvine, www.kevincookspiritrun.org
SUN, 9/4, 6:00 a.m.	Disneyland Half Marathon, Anaheim, www.disneylandhalfmarathon.com
MON, 9/5, 8:00 a.m.	Run to the Top, Mt. Baldy, http://www.run2top.com/info.lasso
SAT, 9/10, 8:00 a.m.	Endure the Bear Trail Run 2011, 50K, 30K, 15K and 5K, www.openairbigbear.com
SAT, 9/17, 7:00 a.m.	Coast Run OC 10K, Huntington Beach (along boardwalk), www.coastrun.com
SUN, 9/25, 7:30 a.m.	Susan Komen Race for the Cure 5K, Newport Beach, www.komenOC.org
OCTOBER	
SAT, 10/1	St. George Marathon, St. George, UT
THURS, 10/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 10/8, 7:00 a.m.	Survive and Thrive 5K, 15991 Armstrong, Tustin, www.surviveandthrivetrailrunwalk.org
SUN, 10/9, 7:00 a.m.	Long Beach Marathon, ½ Marathon, 5K Long Beach, CA LB Marathon
SUN, 10/9,	Chicago Marathon, Chicago, IL ChicagoMarathon
SAT, 10/15, 7:30 a.m.	Chapman Univ. Toyota of Orange, 5K Run/Walk, www.chapman.edu/5K
SUN, 10/16	Nike Women's Marathon, San Francisco
SAT, 10/29, 8:30 a.m.	25th Harbor Heritage 5K Run, Newport Harbor High School, www.harborheritagerun.com
SUN, 10/30	Marine Corps Marathon, Washington, D.C.

2011-2012 SCRR CLUB OFFICERS:

President: Greg Hanssen
 Vice-President: Vicki Ballon
 Treasurer: Stacey Dippong
 Secretary: Angel Cardoza
 Social Chairs: 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 Fiedl
 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