

ON THE RUN



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

Orange County, California
August 2012 Issue

Runner of the Month – Kevin Wilson

By: Leilani Rios



When did you join SCRR and how did you find out about the club?

I joined about 4 years ago, however, have been familiar with the club since 2005 when Leilani joined the club.

What do you do for your job?

I own and operate a couple of technology/investment companies specializing in developing intellectual properties for the consumer and telecommunications electronics industries. I also on occasion produce concerts or live sporting events.

Why do you run?

I live an active lifestyle and participate in a wide variety of sports requiring a high level of fitness. Running not only is the best way to maintain a high level of fitness it is also fun and rewarding.

What were the worst running conditions, or worst race experiences you've ever had?

I did a xterra tri several years ago and the swim in the lake was so cold I couldn't feel my feet until half way through the bike ride.

Are you training for anything right now?



I would like to be more competitive in a sprint triathlon and am trying to improve my 5k run time.

What else do you do for fun or fitness besides run?

Mountain and road biking, jet skiing, tennis, ice hockey, basketball and chase Elsa and Greta around.

What do you like best about SCRR?

The people, as everyone is truly kind and genuine.

What are some of your other hobbies/ interests?

I enjoy racing karts and race my Porsche in SCCA, POC, and PCA racing events



Leilani and Kevin's 4th Annual Pool Party!

By: Leilani Rios

It started off on a very cool summer morning, perfect conditions for a run. Other years have been a scorcher. The sun started warming up just at the perfect time, when everyone was done with the run and ready to jump in the pool. I wanted to give a big thank you to Jenn, Mary, Elyse, Anna, Paul, and Cathy for helping out. I really appreciate it. Thank you Fred and Sherri for the water and gatorade and everyone else that brought goodies and helped out. It was a success!!



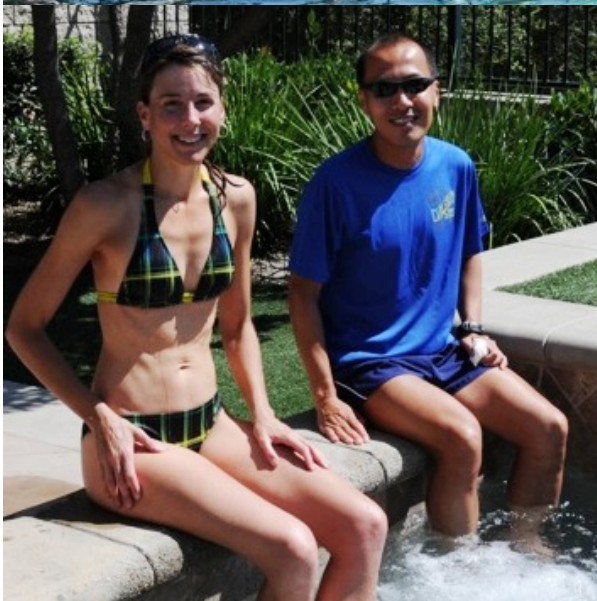
2012-2013 SCRR CLUB OFFICERS:

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

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Weekend Runs:	Noreene Matsuda
Grand Prix:	Mike Friedl
Database Manager:	Dave Schiller
Monthly Club Race:	Bob Morris
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Leilani and Kevin's 4th Annual Pool Party Photos!



Woodbridge July 4th 5K/10K Highlights!

By: Linda Hammond

What a way to kick off the season at the **Woodbridge 4th of July 5k/10k** race! The fireworks of the 4th of July were truly in celebration of the new **Grand Prix** season starting off with a BANG! **South Coast Roadrunners** didn't just have PRs and age division wins, we were the overall winners in both the 5k and the 10k races! Here are a few words from the top of the winner's podium:

Overall Winner 5k (women) - Leilani Rios: I love running the Woodbridge 4th of July race...It's a perfect way to start Independence Day and a good excuse to stuff your face afterwards. We've worked hard and deserve it!!! It also was amazing to cross that finish line in first place. GO SCRR!!

Overall Winner 5k - John Gardiner: Great start to the new Grand Prix season! I always love running this race on the familiar streets of Woodbridge and we had lots of stellar performances by the club as usual.

Overall Winner 10k - Ben Coyle: I'm glad John did the 5K! Very cool to cross the line 1st...bit weird and made for a nervous race worrying about getting passed but mostly Very Cool.



In the 10k we actually took the top three spots! Congratulations **Mike Connors** (2nd overall) and **Brad Wobig** (3rd overall).

Dave Schiller starts off the season as our Grand Prix leader! Thanks runners and congratulations on a great start to the new season. It is summertime and we are all feeling that Olympic Spirit! **Noreene** helped us kick off the Olympic season by leading us in a Saturday run "Tribute to the Olympics"

where we ran the 1984 Summer Olympics cycling course. **Lisa, Isho, Jen** and **John** met up with **Danny Stein** and **Eric Frome** at the Track and Field Olympic Trials in Eugene Oregon.

We are now getting ready for our August race, the **USATF Road Mile Championships**. We are perhaps getting in some speed work on the track and dreaming about our Olympic moment. See you at the finish line...your **GOLD** Medal is waiting!

Photos from Woodbridge July 4th 5K/10K

By: Cathy Blakesley and Amy Katz



2012 Track and Field Olympic Trials

By: Jennifer Neff and Lisa Eiler

Eugene, Oregon is proudly known as Track Town USA. The home of legendary coaches and athletes, Eugene is a runner's paradise. The town once again played host to this year's Olympic Track Trials and although in 2008, runners and spectators could not escape the heat, this year, they could not escape the rain.

One of our favorite highlights of the trials was definitely the men's 10,000 meters final. In the pouring rain, Galen Rupp set a new meet record, Matt Tegenkamp came in second, and Dathan Ritzenheim finished third, finally meeting his goal of making the Olympic team. In the women's 10,000 Shalane Flanagan slowed the pace mid-race to allow her teammate Lisa Uhl to tie her shoe and catch back up to the pack. Amy Hastings won the race, and although Natosha Rogers finished second, she fell short of the "A" standard, so Lisa Uhl, having finished fourth, made the team.

The 5,000 meter races were also incredible. Galen Rupp and Bernard Lagat sprinted to the finish, but it was Rupp, the former Oregon Duck, who in addition to winning the race, broke the 40-year old Olympic Trials record set by none other than Steve Prefontaine. Lopez Lomong finished in third. In the women's 5,000 meter race, Julia Lucas held an impressive lead for a significant part of the race, but eventually conceded her lead to Julie Cuddle, who went on to win the race, and Molly Huddle, who finished second. Running on an empty tank, Lucas could not hold onto the third. Kim Conley not only obtained the "A" standard by .21 seconds, but also edged out Lucas by .04 seconds. It was an unbelievable finish!

We also enjoyed watching the many field events, including the women's high jump. Amy Acuff secured her fifth trip to the Olympics, Brigetta Barrett broke the collegiate record and came in second, and Chaunte Lowe finished first. It was fun to watch the future of track and field athletes compete, especially 15 year-old Gabrielle Williams who cleared 6-2¼, tying the girls high school record. We also got to watch a dramatic performance in the men's discus by Lance Brooks. As all of Hayward field turned their attention and their clapping to the discus, on his final throw of the meet, Brooks obtained the "A" standard and won the trials. Exciting!

Last, but not least, Ashton Eaton set the world record for the men's decathlon with 9,039 points. Eaton, a native of La Pine, Oregon, and University of Oregon graduate, showed the hometown Hayward Field crowd what a "duck-athlete" he is.

Off the track, legends such as Joan Benoit Samuelson, Jackie Joyner-Kersey, and Dick Fosbury were on hand to receive recognition and congratulate athletes on the podium. When it came time to recognize Carl Lewis for his accomplishments and contributions to the sport, we were all notified that it was his birthday. What came next? The entire crowd at Hayward Field sang "Happy Birthday" to Carl.



Overall, the trials were a blast, despite the less than epic weather. It was also great to see long-time SCRR members now living in Portland (Eric Frome) and Washington DC area (Danny Stein). Thanks to Eric & Lisa for showing us some great Oregon trails!



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 34 participants for the 2012-2013 series after 1 race are:

Woodbridge							
Place	Name	Age Group	Sex	Total Points	Races	Times	Points
1	David Schiller	50-54	M	857	1	18:12 5k	857
2	John Gardiner	35-39	M	853	1	15:56 5k	853
3	Leilani Rios	30-34	F	849	1	17:58 5k	849
4	Mary Lynch	45-49	F	847	1	41:54 10k	847
5	Ben Coyle	35-39	M	798	1	35:24 10k	798
6	Mike Connors	40-44	M	797	1	36:29 10k	797
7	Brad Wobig	40-44	M	792	1	36:43 10k	792
8	Jennifer Neff	40-44	F	782	1	20:13 5k	782
9	Ken Atterholt	50-54	M	779	1	40:49 10k	779
10	Tonson Tong	45-49	M	769	1	19:39 5k	769
11	Thomas Fung	45-49	M	760	1	19:54 5k	760
12	Stacey Dippong	30-34	F	751	1	20:18 5k	751
13	Jeanie Leitner	60-64	F	740	1	26:34 5k	740
14	Annette McCall	35-39	F	736	1	20:55 5k	736
15	Doug Niles	45-49	M	735	1	41:00 10k	735
16	Jerry Lin	40-44	M	732	1	19:25 5k	732
17	Elyse Shimada	20-24	F	729	1	20:53 5k	729
18	Cathy Blakesley	50-54	F	728	1	24:00 5k	728
19	Susan Liu	35-39	F	722	1	21:20 5k	722
20	Steve Kan	55-59	M	716	1	22:31 5k	716
21	Matt Hood	40-44	M	706	1	20:08 5k	706
22	Matt Kossoff	30-34	M	705	1	39:36 10k	705
23	Molly Donnellan	50-54	F	690	1	25:19 5k	690
24	Jan Twisk	45-49	M	682	1	22:09 5k	682
25	Quang Pham	45-49	M	673	1	22:27 5k	673
26	Cathy Shargay	50-54	F	665	1	26:17 5k	665
27	Greg Blevins	55-59	M	643	1	50:30 10k	643
28	Jane Crewe	50-54	F	622	1	57:49 10k	622
29	Amanda Beach	30-34	F	619	1	24:39 5k	619
30	Eric Dangott	35-39	M	599	1	47:13 10k	599
31	Mike Dietz	45-49	M	586	1	25:49 5k	586
32	Julia Wu	40-44	F	573	1	57:17 10k	573
33	Jon Resnick	50-54	M	550	1	57:50 10k	550
34	Carlos Jovel, Jr.	35-39	M	534	1	25:26 5k	534

SATURDAY RUNS

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

8/4/12 – Cook's Corner

Leader: Stacey Dippong

Location: Cook's Corner, 19152 Santiago Canyon Rd., Trabuco Canyon

Directions: Take the 5 freeway, exit El Toro. Continue east on El Toro toward the mountains about 7.5 miles. Cook's Corner is on your right at the corner of Live Oak Canyon. Park in the dirt lot on Live Oak or in the parking lot just past Cook's.

About the Run: There are two options: Out and back on the Aliso Creek bike trail (paved) or nearby dirt trails.

After the Run: Cook's Corner

8/11/12 – Bommer Canyon/Coastal Peak *TAKE 2*

Leader: Tim Hume

Location: Pacific Whey Cafe in Newport Hills Shopping Center, 2622 San Miguel Drive, Newport Beach.

Directions: Culver/Bonita Canyon Drive, just south of the 73, left onto Prairie Rd. and into the Newport Hills Shopping Center. Pacific Whey is towards the back of the center.

About the Run: This run is 14 miles and has a hill that is about 2.5 miles long. After a fairly flat 1.5 mi, it is a 2.5 mi climb up to Coastal Peak Park. Then it goes under the 73 and down through Bommer Canyon. It finishes by going up, along, and down Turtle Ridge. There are lots of places that have water and a restroom. There are options to make the run shorter or longer. I will bring maps.

<http://www.mapmyrun.com/routes/view/67175048/>

After the Run: Pacific Whey Cafe in Newport Hills Shopping Center. <http://pacificwheycfe.com/>

8/18/12 – Ship to Rail

Leader: Ted Williamson

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: NEW! RJ's Café at 25001 Dana Point Harbor Drive, across the street from The Brig.

<http://www.rjscafe.com/>

8/25/12 – Corner Bakery Pre-race Run

Leaders: Armando Morán and Shiao Huang

Location: Meet in the parking lot of the Corner Bakery at Main & Harvard in Irvine.

Directions: 405 north or south, exit Jamboree, head north (toward the mountains). Turn right on Main Street, right on Harvard, and right into shopping center

About the Run: This is a good warm-up run for the club race the following day. Run as long or short as you like on the bike path toward Back Bay.

After the Run: Corner Bakery, 17575 Harvard Ave., Irvine, CA 92614

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.

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

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

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Sports Authority, Tustin Market Place, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

MONTHLY CLUB RACE: For more information: log on to www.roadrunners.org or see a Club Officer.

MONTHLY CLUB MEETINGS: 1st Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

MEMBERSHIP DUES: Single: \$30, Family: \$45. Make your check payable to **South Coast Roadrunners**

SCRR CLUB CALENDAR

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



AUGUST	
THURS, 8/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS 8/2 6:15p.m.	Peter's Canyon Summer Trail Series #3 Tustin, CA renegaderaceseries
SAT 8/4 7:30a.m.	Camp Pendleton Sprint Triathlon – MCAS Pendleton camppendletonraces.com/sprinttri
SAT 8/18 7:30a.m.	7 th Annual Kevin Cook Spirit Run – Irvine, CA kevincookspiritrn
WED 8/22 5:45p.m.	Into the Wild Trail 8K – Irvine, CA intothewildoctrailrun
SUN 8/19 7:00a.m.	America's Finest Half Marathon, San Diego, CA AmericasFinestHalf
SAT 8/25 6:00a.m.	Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA trailrunevents.com/bulldog
SUN 8/26 7:00a.m.	USATF Road Mile Championships – Irvine, CA roadmile.org
SEPTEMBER	
THURS, 9/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 9/1 6:45a.m.	Disneyland Family Fun 5K (SOLD OUT)
SUN 9/2 5:45a.m.	Disneyland ½ Marathon (SOLD OUT)
MON 9/3 8:00a.m.	47 th Run to the Top of Mt. Baldy – Mt. Baldy CA run2top.com
SAT 9/8 8:30a.m.	Heartbreak Ridge ½ Marathon – Camp Pendleton camppendletonraces.com/heartbreakridge
SAT 9/22 7:00a.m.	Anaheim's OC Fest of Ales Beer Run 5K Anaheim, Ca BeerRun5k
SUN 9/23 7:30a.m.	Komen Orange County Race for the Cure – Newport Beach, CA komenoc.org
OCTOBER	
THURS, 10/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 10/6 6:45a.m.	St. George Marathon St. George, Utah stgeorgemarathon
SAT 10/6 7:30a.m.	Chapman University 5K, Orange, CA Chapman.edu/5k
SUN 10/7 7:00a.m.	ICB Long Beach Marathon, ½ Marathon, Run Forrest Run 5K RunLongBeach
SUN 10/7 7:30a.m.	BA Chicago Marathon Chicago, Ill ChicagoMarathon
SAT 10/13 8:30a.m.	26 th Harbor Heritage Run Newport Beach, CA HarborHeritageRun
SUN 10/14 7:30a.m.	Nike Women's Marathon San Francisco, CA Nikerunningwomensmarathon2012
SUN 10/28 8:00a.m.	Marine Corps Marathon, Washington DC MarineMarathon
SUN 10/28 7:00a.m.	LA Rock & Roll ½ Marathon Los Angeles, CA LArunrocknroll
NOVEMBER	
THURS, 11/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 11/4, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/4, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon www.runfresno.com
SUN, 11/4, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash
SAT, 11/10, 7:15 a.m.	Santa Barbara Marathon www.sbimarathon.com
SUN, 11/11, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
THURS, 11/22, 7:00 a.m.	Oceanside Turkey Trot http://www.osideturkeytrot.com/
THURS, 11/22, 7:00 a.m.	Dana Point Turkey Trot http://www.turkeytrot.com/

By: Doug Denniston