

ON THE RUN



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

Orange County, California
September 2010 Issue

Runner of the Month – Dave Schiller

By: Stacey Dippong

David is a longtime member of the club, the resident “rocket scientist,” who most newer members know well as the membership coordinator - the guy who sends out the club’s monthly emails. David was chosen as runner of the month because of his many contributions to our club over the years as well as his great sense of humor, positive attitude, and willingness to talk about running and life at any time. He has actually won every award that the club presents at the annual banquet (volunteer of the year, president’s award, most improved, first place grand prix, and the ideal runner).



The Schiller family at Yosemite in July 2008

When did you start running? *When I was 31 (1993). For several years before then, my father-in-law would always ask me if I wanted to run the Redondo Beach Super Bowl 10k with him and every year I’d have an excuse not to: typically a Super Bowl party and/or my birthday. One year I decided to try it, so I a couple months beforehand I tried running around Mile Square Park, which was right across from our townhouse. After a mile I would get a side-cramp and had to walk. The same thing happened the next day. Soon I was able to run 2 miles without a cramp and then eventually I made it all 4 miles around the park. I ran most of the 10k with Mary Ann’s twin brother who ran at a 10-minute pace.*

It was fun. I ran another 10k the following month at just over 7-minute pace and I was totally hooked.

How did you find out about SCRR and what do you like most about the club? *For a few years I always ran either by myself (had long lunches to do this when I was a grad student at UCI) or pushing our oldest daughter (born 1994) in a jog stroller. I met the club one night when I was at Heritage Park umpiring softball to make extra money. Once I started running with the club, my race times improved significantly. Mike Friedl was leading track workouts on Tuesday nights, and I also joined Rob Harris, Dolly Ginter and others who were hammering it (6:15-6:30 pace) on Thursdays. But besides helping me get faster, the thing I like the most about the club is the friendships and encouragement I see across a wide range of abilities. Because I think the common bond with our running is not the level of performance but the level of enjoyment. People share in others’ excitement about a PR or just finishing a race no matter what the distance, no matter what the time.*

Why do you run? *Like most people I have 3 reasons: (1) a nice break from life’s responsibilities, (2) the friendships I’ve made with fellow runners, (3) the fun of racing and striving to reach a goal (doesn’t always have to be a PR). Over more recent years, the fourth reason of liking to stay in shape has changed to a*

desire to beat back Father Time. I have this crazy illusion that if I can keep running fairly competitively (which is becoming more and more of a relative term), I won't ever grow old. Pretty funny, huh? I think my next and possibly last racing goal will be to break 3 hours in a marathon after I turn 50 (Jan 2012).

What is your favorite race distance and why? *I like the half marathon because it can be run at a fast pace without nearly as much fear of blowing up as in a marathon. Like the marathon, you're running slower than lactic acid threshold pace (which is typically around a 10-mile race pace), but you won't get so depleted of glycogen that you finish your last few miles walking like Frankenstein.*

Are you currently training for anything? How is that going? *Between having hernia surgery in December 2009 and just getting older, my races during the past year have been disappointing. So I've been training hard for the upcoming Long Beach Marathon. I like to get in 4-6 20-mile runs 3-15 weeks before the marathon. I think it's also important to gradually get to the point where you can throw in some miles at or close to your marathon goal pace during miles 10-16 of your long run, when your legs are tired. I know some books state that you should run your long runs 1.5-2 min/mile slower than your marathon goal pace, but I don't believe that's a good idea. In fact, I like what Mike Friedl says, which is "if you can't run at or close to your marathon goal pace for a 16-mile training run, how are you going to do it for 26.2?" So I compromise a little and try to run my 20-milers about 30 sec/mile slower than marathon goal pace.*

Any specific racing stories that you would like to share? *One of my favorite racing memories was winning the HB 4th of July Jog Stroller 5k (yes, a race just for jog strollers) in 1998 when Jenny was 18 months old. I ran 18:00 flat and just barely beat Beano from Snail's Pace who borrowed a kid to run it. I (OK, actually Jenny) also won the Woodbridge 10k the following two years in 37:46 and 37:13 again pushing Jenny in the jog stroller. That race was a lot less competitive back then, so in 1999 I had time to stop once when she threw her sippy cup out of the stroller, only to see it roll down a storm drain. Other memorable racing moments were the first 2 times I broke 3 hours in a marathon (LA and NY 1998), because in both races my gun time was 3:00:00; my 1:18:00 half marathon at So Cal Half in 2005, because I had a crazy day when clicking off roughly 6:00 miles felt easy enough that I was able to run 17:50 for the last 5k; and my 2:51:15 PR in Chicago in 2003 – not just for the race but for the great time my wife and I had in the city afterwards.*



Dave and Jenny at 2000 Race

Where are you from? *I grew up in the SF Valley (Sherman Oaks). It actually snowed there when I was born.*

What do you do for a living? *I'm a Senior Manager in charge of the X-37B Orbital Test Vehicle Thermal Protection System at Boeing in Huntington Beach.*

What do you like to do in your free time besides running? *Work and our two teenage daughters (Melissa, 16, and Jenny, 13) keep Mary Ann and I pretty busy, so besides running I like to drink wine in my free time. Is that a hobby or with two teenagers, a necessity?*

Anything exciting happening in your life right now? *Work is going to get exciting for me early next year, when X-37B (an unmanned space plane) returns to earth. That's when the Thermal Protection System that my team designed, built and installed gets put to the test. This is the biggest advance in aerospace since the Shuttle and perhaps a thousand jobs including my own will be at stake...but no pressure.*

SCRR One Mile Race – Success!

By: Linda Hammond

In August we headed to the track for the **South Coast Roadrunners Track One Mile Race!** First place overall with a time of 4:50.8 was **Eric Frome**. The first place female overall of SCRR members was **Carrie Shargay** with a time of 5:37.8. Clocking in at 5:04.8, **Dave Parsel** scored an amazing **927** points and is our current leader in the **Grand Prix**. I asked Dave to share his thoughts about running.

Linda: *Congratulations on your mile race! How did you like doing the track one mile race?*

Dave: Thanks Linda, I really liked the track race held in the beautiful Laguna Beach High School Stadium. Was thrilled to surpass not only my expectation, also that of the experts which seem to fairly accurately predict a wide variety of distances based on current results of different distances raced. Here's a link to McMillan Running Calculator, <http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm> These charts aren't perfect to the second for everyone at every distance but come awfully close most of the time given similar course types & similar conditions during various races & distances. Fun to use to compare & plan for training, setting realistic goals, knowing the pace needed to attain the goal(s), all right there, simple & plain.

Linda: *How long have you been running, and why do you often run barefoot?*

Dave: As is the case of the great majority of people, I started running as soon I could, probably to & from my parents & brothers. I ran mostly barefoot then too in the house & out. We'd race to & from our friend's houses, up & down the street, to the stop sign or corner or street light. We'd be walking in a big group to go play football in a nearby lot & somebody would yell "last one there is a rotten egg" & we'd all take off in a full sprint, laughing, jostling, blocking, holding one another back, at least until it was clear who was going to be last & be ready for him to yell "first one takes the last one's place". First organized races were on the playground at school then ran in Park & Recreation track meets. We played pick up football year round, touch, flag & tackle, in the street, yard, vacant lot, parks & beaches, almost always playing barefoot. I still remember my 1st experience with "truth in advertising". The TV slogan was "run faster & jump higher

wearing **Red Ball Jets**. I loved those shoes & seemed to be able run fast & jump high wearing them compared to others (cowboy boots?), but when there was a real need for speed, off came the shoes, barefoot was fastest! August 1978 was the 1st time doing a 10k barefoot and my 1st Marathon was A Winter's Breeze in '81. I still run quite a bit barefoot simply because I like it.



Linda: *Why did you decide to join SCRR?*

Dave: Have enjoyed running with various members of SCRR going back a couple of decades & more often in the last 5 or 6 years. I felt it was finally time to officially join in on all the fun.

Linda: *Is there a peak race that you are training for?*

Dave: This Sept. 25th will be the 12th year in a row of going back to New Hampshire to visit family and friends and run the Applefest Half Marathon. It is always amazing to see the New England fall colors.

Thanks Dave for sharing your story. It is not too often that you race a mile and then you are done! More often in a race you think, okay one mile down, ____ to go! As you near the end of a marathon the great thrill is that glorious final mile! Well in September we run one mile, plus a few more as we race the **Orange Coast College Cross County 5K**. This is just like being back in high school, running a mile on the track and doing cross county races! See you at the finish line!

SCRR One Mile Race Results

4:50.8 Eric Frome
4:58.1 Fred Cowles
4:59.0 John Loftus
5:04.8 Dave Parsel
5:07.2 Greg Jones
5:12.8 Mike Connors
5:18.9 Tonson Tong
5:20.5 Ryan Doss
5:24.0 David Schiller
5:27.8 Brad Wobig
5:29.1 Susan Hopkey
5:32.2 Ian Price
5:35.1 Gary Hefner
5:37.8 Carrie Shargay
5:38.9 Matt Hood

5:45.0 Ken Atterholt
5:46.1 John Gardiner
5:46.3 Orhan Beker
5:48.7 Sherri Ellerby
5:49.2 Mike Friedl
5:55.1 Alex Aceves
5:56.3 Matt Kassoff
5:56.9 Armando Moran
5:58.5 Danielle Gordanier
6:00.4 Rob Harris
6:07.9 Kevin MacDonnell
6:09.9 Greg Hanssen
6:15.1 Quang Pham
6:19.2 Chris Johnson
6:21.2 Erika Kotteakos

6:25.5 Ingrid Johnson
6:28.3 Steve Kan
6:28.7 Amy Katz
6:39.5 Wayne Church
6:47.6 Linda Hammond
6:50.7 Dave Bauers
6:54.5 Ed Coffey
7:11.3 Carlos Jovel
7:15.3 Jodie Kinney
7:18.1 Karen Winter
7:19.2 Cathy Shargay
7:25.2 Jeanie Leitner
7:57.5 Gonzalo
8:43.8 Andrea Garreffa-Beker
9:25.6 Julian Beker

CONGRATULATIONS TO

***Kathleen Curley and
Jared Monk***

***On their August 14th
Wedding!!***



SCRR One Mile Race – Photo Gallery

By: Linda Hammond



Top Row: Greg Hanssen and Mike Friedl; Eric Frome; Matt Hood and Sherri Ellerby.

Bottom Photo: Linda Hammond, Jodie Kinney, Jeanie Leitner, Cathy Shargay, Carrie Shargay, Erica Kotteakos and Sabrina Higashi

SATURDAY RUNS

Note: Run start times are **7:00 a.m.** (for the summer) unless indicated otherwise.

9/4/10, Quail Hill

Leader: Amelia Carchidi

Location: Starbucks – Corner of Alton & E. Yale Loop, Irvine (same location as Turtle Rock 'N Java run)

Directions: From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn Left and then Right into parking lot. Starbucks is between Ralphs and Sav-On.

About the Run: We will take the “new and improved” route out Jeffrey and across the freeway over the Jeffrey bridge. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into new exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. You can also do an out and back along the trail. There is water on the trail but it is recommended to bring some just in case.

After the Run: Starbucks, Big City Bagels, and Juice It Up.

9/11/10, Aliso/Wood Canyon

Leader: Stacey Dippong

Location: Aliso/Wood Canyons in Laguna Niguel (near corner of Aliso Creek and Alicia). Meet across from church in dirt parking lot on Awma Rd.

Directions: From Irvine, take 5 south. Exit at Alicia Parkway and head south. Turn right on Awma Rd, which is just past Aliso Creek Road.

About the Run: Out-and-back or loop course, 6-14 miles. Mainly dirt trails. At the right turn onto the dirt (by the outhouses) continue parallel to the road on single track Meadows Trail. After 1/2 mile, trail turns right and starts switchbacks up to the top of the ridge – great views of the ocean at the top. Go right, trail winds behind a few houses, and then hits Alta Vista road. Run on road about 2 miles to Top of the World, continue down West Ridge Trail. Can return to church via Mathis, Lynx or Cholla trails. Bring water. The Mathis Trail version is about 9 miles.

After the Run: Corner Bakery in the Henry's shopping center.

9/18/10, Club Race for Sep. – Orange Coast Cross Country Challenge

9/25/10, Jim Grant Memorial Run

Leader: Jerry Lin

Location: Alton Athletic Park parking lot. Directly across the street from Woodbridge High School. On corner of West Yale Loop and Alton.

Directions: From South Orange County: Take 5 North to 405 North, exit Culver Blvd. Turn RIGHT on Culver. Turn RIGHT on Alton. Turn LEFT on West Yale Loop. Parking lot on immediate Left side.

From North OC: Take 405 South. Exit Culver Blvd. Turn LEFT on Culver. Turn RIGHT on Alton. Turn LEFT on West Yale Loop. Parking lot on immediate Left side.

About the Run: This is a very special run to honor our friend Jim Grant as this was his last run before his passing in late September 2009. Run starts at parking lot and heads up West Yale Loop briefly before we turn left onto the paved (Mountains to Sea) trail. Distance can range from a few miles to 14 miles out and back. There is a bathroom and drinking fountain at the start and there are drinking fountains along the run every 2-3 miles. It's about 3 miles out to Boomers (at Michelson), 5 miles out to drinking fountain just past UC Irvine, 6 miles to the rock (Vista Point), and 7 miles to stop light at Jamboree past Corona Del Mar High School.

After the Run: Starbucks at the shopping center on the corner of Culver Blvd and Alton for after the run!



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 46 participants (out of 57 total) for the 2010-2011 series after 2 races are:

								Track Mile		Woodbridge	
	Name	Age Group	Sex	Total Points	Races	Best	Avg	Times	Points	Times	Points
1	Dave Parsel	55-59	M	1,835	2	927	918	05:04.8	927	17:45 5k	908
2	Fred Cowles	45-49	M	1,734	2	875	867	04:58.1	859	17:17 5k	875
3	Sherri Ellerby	45-49	F	1,722	2	883	861	05:48.7	883	20:04 5k	839
4	Carrie Shargay	16-19	F	1,657	2	842	829	05:37.8	815	19:59 5k	842
5	Jeanie Leitner	60-64	F	1,633	2	830	817	07:25.2	803	23:40 5k	830
6	David Schiller	45-49	M	1,624	2	834	812	05:24.0	790	18:08 5k	834
7	Eric Frome	25-29	M	1,592	2	812	796	04:50.8	780	34:14 10k	812
8	Mike Connors	40-44	M	1,582	2	799	791	05:12.8	783	17:48 5k	799
9	Ken Atterholt	50-54	M	1,581	2	813	791	05:45.0	768	19:11 5k	813
10	Brad Wobig	40-44	M	1,559	2	812	780	05:27.8	747	17:30 5k	812
11	Greg Jones	35-39	M	1,546	2	784	773	05:07.2	762	17:20 5k	784
12	Tonson Tong	40-44	M	1,503	2	768	752	05:18.9	768	39:33 10k	735
13	Danielle Gordanier	35-39	F	1,492	2	750	746	05:58.5	742	42:41 10k	750
14	Linda Hammond	45-49	F	1,486	2	755	743	06:47.6	755	23:02 5k	731
15	Erika Kotteakos	40-44	F	1,465	2	751	733	06:21.2	751	45:58 10k	714
16	Steve Kan	55-59	M	1,456	2	728	728	06:28.3	728	22:08 5k	728
17	Karen Winter	50-54	F	1,445	2	725	723	07:18.1	720	24:06 5k	725
18	Ed Coffey	60-64	M	1,439	2	720	720	06:54.5	719	23:37 5k	720
19	Amy Katz	40-44	F	1,439	2	737	720	06:28.7	737	21:56 5k	702
20	Wayne Church	60-64	M	1,438	2	746	719	06:39.5	746	24:35 5k	692
21	Orhan Beker	35-39	M	1,431	2	755	716	05:46.3	676	18:00 5k	755
22	Cathy Shargay	50-54	F	1,426	2	718	713	07:19.2	718	24:40 5k	708
23	Armando Moran	35-39	M	1,341	2	685	671	05:56.9	656	19:49 5k	685
24	Ingrid Johnson	25-29	F	1,334	2	668	667	06:25.5	666	22:19 5k	668
25	Quang Pham	45-49	M	1,322	2	683	661	06:15.1	683	47:10 10k	639
26	Ian Price	20-24	M	1,304	2	683	652	05:32.2	683	21:47 5k	621
27	David Bauers	45-49	M	1,229	2	624	615	06:50.7	624	49:47 10k	605
28	Chris Johnson	25-29	M	1,207	2	609	604	06:19.2	598	22:01 5k	609
29	Matt Hood	40-44	M	1,175	2	723	588	05:38.9	723	31:29 5k	452
30	Carlos Jovel, Jr.	35-39	M	1,082	2	543	541	07:11.3	543	25:12 5k	539
31	Andrea Garreffa Beker	35-39	F	1,013	2	508	507	08:43.8	508	30:28 5k	505
32	John Loftus	50-54	M	886	1	886	886	04:59.0	886		0
33	Jodie Kinney	60-64	F	821	1	821	821	07:15.3	821		0
34	Gary Hefner	50-54	M	791	1	791	791	05:35.1	791		0
35	Vincent Lowder	40-44	M	788	1	788	788		0	18:03 5k	788
36	Mary Lynch	40-44	F	778	1	778	778		0	20:18 5k	778
37	Leilani Rios	30-34	F	773	1	773	773		0	19:44 5k	773
38	Mike Sellers	30-34	M	769	1	769	769		0	17:34 5k	769
39	Ben Coyle	35-39	M	749	1	749	749		0	37:44 10k	749
40	Noreene Matsuda	45-49	F	747	1	747	747		0	47:30 10k	747
41	Rob Harris	50-54	M	735	1	735	735	06:00.4	735		0
42	Mike Friedl	45-49	M	733	1	733	733	05:49.2	733		0
43	Susan Liu	35-39	F	729	1	729	729		0	21:08 5k	729
44	Kevin MacDonnell	50-54	M	720	1	720	720	06:07.9	720		0
45	Ryan Doss	20-24	M	708	1	708	708	05:20.5	708		0
46	John Gardiner	35-39	M	676	1	676	676	05:46.1	676		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.

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 Peters 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

NEW Out of Town Races featuring club members highlighted in blue

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

By: Doug Denniston

SEPTEMBER	
THURS, 9/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 9/4, 7:00 a.m.	Disneyland Family Fun Run 5K, Anaheim Disney Family 5K
SAT, 9/4, 7:00 a.m.	Kevin Cook Spirit Run 5K, Fountain Valley http://www.kevincookspiritrn.org/index/Home.html
SUN, 9/5, 6:00 a.m.	Disneyland Half Marathon, Anaheim Disneyland Half Marathon
MON, 9/6	Run to the Top, Mt. Baldy
SAT, 9/11, 8:00 a.m.	Heartbreak Ridge ½ Marathon, Camp Pendleton HeartbreakRidge1/2
SUN, 9/12, 7:30 a.m.	Santa Monica 5000, Santa Monica CA SantaMonica5000
SAT, 9/18, 8:00 a.m.	Orange Coast Cross Country Challenge, Fairview Park, Costa Mesa
SUN, 9/26, 7:30 a.m.	Susan Komen Race for the Cure 5K, Newport Beach, Race for the Cure
OCTOBER	
SAT, 10/2, 7:00 a.m.	24th Harbor Heritage Run, Newport Harbor
SAT, 10/2, 8:00 a.m.	Rough Fit – Rubber Boot Race, Old Town Tustin, Tustin CA RoughFitBootRace
SAT, 10/2	St. George Marathon, St. George, UT
SUN, 10/3, 7:45 a.m.	11th Anniversary Lupus Race for Life, La Mirada, LupusRace4Life
THURS, 10/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 10/10, 7:30a.m. (CDT)	Chicago Marathon, Chicago, IL ChicagoMarathon
SUN, 10/17, 7:00 a.m.	Magic Mountain Triathlon, Castaic Lake, CA MagicMountainTriathlon
SUN, 10/17, 7:00 a.m.	Long Beach Marathon, ½ Marathon, 5K Long Beach, CA LB Marathon
SAT, 10/23, 7:00 a.m.	Huntington Beach Distance Derby, 10mi., 5mi. & Kids Run, HBDistanceDerby
SUN, 10/31, 7:30 a.m.	L.A. Cancer Challenge, LA V.A. Grounds 10K, 5K LA Cancer Challenge
SUN, 10/31, 7:30 a.m.	2500 th Anniversary Athens Marathon, Greece
NOVEMBER	
THURS, 11/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 11/7	ING New York City Marathon
SUN, 11/17, 7:00 a.m.	Dinosaur Dash & Cycle Tour, 5K, 10K, & 50K Bike Tour Tustin CA DinoDash
SUN, 11/14, 8:00 a.m.	Run for Her Cancer Run 5K Pan Pacific Park, Los Angeles Run4Her
THURS, 11/25, 7:00 a.m.	Dana Point Turkey Trot 5K, 10K Dana Point, CA TurkeyTrot
THURS, 11/25, 7:00 a.m.	Oceanside Turkey Trot 5K, Kids 1 Mile Oceanside, CA OceansideTurkeyTrot
SAT, 11/27 7:00 a.m.	San Dimas Turkey Trot 10K, 5K Kids Run San DimasTurkeyTrot
	Club Race to be determined

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:	Jannay Morrison
Webmaster:	Mike Reeves