

# ON THE RUN



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

Orange County, California  
April 2013 Issue

## *Runner of the Month – Eileen Stephens*

By: Doug Denniston

Eileen Stephens has been selected as our current Runner of the Month. This is Eileen's second time being selected, and this time Eileen says, "This came as a complete shock." Eileen told me she was listening to Sherri describe the ROM, and then she was confused because Sherri said her name. "Wait, what???"

I haven't been running!" was her reaction. Eileen did say, "There's an upside to being injured. I was able to cheer folks on, take pics and help out." Eileen suffered an injury that has persisted and caused her to miss nearly the entire last year. She was still out there cheering for runners, taking pictures, helping set-up, or support the team in any way she could. This year it may not have been Eileen's road races that earned her ROM honors, but instead it was all the "above and beyond" she does for the club.



I had the opportunity to sit down with Eileen over breakfast at Panera (which coincidentally was the day before she ran the 15K Chocolate Run in San Diego...hopefully her injured days are behind her) and interview her for this article. As our interview concluded I felt I knew Eileen so much better. I learned of her love for trail runs, but most importantly I understood her mental toughness. I had finished my questions and was ready to leave, but Eileen asked me to add one more thing. She feels that running is: "the battle over the mind" and "mentally stimulating". "It is mind over muscles", she tells me as we are leaving. I walked away thinking..."isn't that the truth." Congratulations Eileen on a well-deserved honor.

**When did you start running and why?** I started running back in 1996, as a way to exercise my husky, Dakota. She needed to run 2x/day for 30 minutes, but back then I was working hard just to get in one 30 minute jog every day. Then came my 80 lb. baby, Chinook. She loved running, but boy could she drag me if she saw a cat cross our path!

**When did you join SCRR and how did you find out about the club?** In May 2010 my sister-in-law encouraged me to do the OC ½ Marathon with her. After that I was looking for people to run with and had heard about a group that ran in the Woodbridge area. Then in November 2010, while I was at a bible study group I met Stacey's mom, who asked me if I ran and then connected us. I found out that the Thursday runs were just across the street from where I was living at the time.

**Are you training for anything right now?** Yes, but not for any specific race. I am training to get back into running form and speed that I had prior to my injury. As a matter of fact, the Spirit Run was my first race since Carlsbad last year. I would just like to get my body back into race condition.

**Where is your favorite Saturday club run?** I really enjoy the Aliso Viejo Trail Run. It makes you feel like you're in another world, when you leave the road and head up the trail. I also like running in Peter's Canyon, especially in the springtime when everything is so green.

**Do you have a favorite club race and distance?** The 5K and half marathons. I love the Carlsbad 5000. Carlsbad is such a great town and all the locals come out to cheer for the runners. The course is such that you feel like you are always running by the club tent. Not to mention the Beer Garden! Although, in 2011, I missed the beer because I thought everyone in the club would sign up for the 25K being 'these are runners!' as I did, and by the time I finished running they were already tearing down the beer tent. ;-(

**Do you have any races that interest you?** The Dipsea race in northern Ca. It is supposed to be one of the coolest trail races around. (\*\*I had to do some research here, and this is what I found out\*\*) [The Dipsea Race:](#) First run in 1905, the Dipsea is the oldest trail race in America. It is run every year on the second Sunday in June. The scenic 7.4 mile course from Mill Valley to Stinson Beach is considered to be one of the most beautiful courses in the world. The stairs and steep trails make it a grueling and treacherous race. And its unique handicapping system has made winners of men and women of all ages. Because of its beauty and challenge, it is a very popular event, and because of safety and environmental concerns the number of runners is limited to about 1,500. While racers enter from all over the world, the Dipsea is primarily a Northern California event and the entry process is tilted slightly to favor local contestants. I also have interest in duathlons when I get a road bike.

**What is the coolest place you've gone for a run?** It was early in the morning in Napa Valley, in the vineyards, and there was a thin layer of mist in the air. The smell of the grapes from the vines was amazing. The surroundings were so peaceful and I felt like I was the only person in the valley when I was out there.



Dave Flahive and Eileen

**What were the worst running conditions or worst experience you've had?** In 2011, I was in the Ragnar Relay, and my first leg was a hilly 6 miler in Corona. That year we had an unseasonably hot spring and the temperature on my leg was 100 degrees. I felt like I was going to burn up. I blew through my Cytomax and was seriously overheating. For the first time in my life I had serious doubts of making it, but, my mind kept telling me to keep going and push through. I finished my leg and recovered. By the time my third leg arrived we were in Mission Bay around 8am, and I felt great, the weather and views were amazing, not to mention running through crowds of people on the boardwalk...loved that portion of the race.

**Do you like to listen to music when you run?** I do not run with music. The music in my head is the sound of rhythmic breathing...hard.

**What do you do for your job?** I work on the business side of healthcare on the chargemaster, dealing with federal regulations and compliance.

**Where were you from originally and when did you move to SoCal?** I was born in Tokyo, a military brat, of an Air Force serviceman. At two, I moved to Wichita Falls, Texas. After I graduated from the university I moved to California in 1988.

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## ***SCRR's Paso Robles Road Trip – What a Great Weekend!***

**By: Cathy Shargay**

The club has organized group to go to the Paso Robles Wine Country 1/2 M for many years – my first trip was 2007 – and every year has both repeats of old favorite traditions and some new experiences. Every trip has been fantastic, and this year continued the streak. Some of the unique activities this year resulted from Paso's ZinFest being the same weekend.

Fourteen people went this year, with 8 of us staying in a beautiful, VRBO house in a great location which Lisa Eiler organized, and 6 staying at hotels. On Friday night, most went to a party at Tobin James winery. It had four bands in different tents and areas, and each had a different musical style. There were also lots of gourmet food stations and of course, lots of wine tasting. We walked around sampling, chatting and listening to the music. The energy and atmosphere were great!

Saturday started with a bike ride for anyone who wanted to get up early. We had perfect weather and almost carless roads through the vineyards and oak trees on the rolling hills. The views were amazing, as we biked about 30 miles on up Adelaida Canyon and Peachy Canyon roads.

After lunch at the Hunter Ridge golf course (a tradition), we went to four wineries that were new for most of us – Eberle, EOS, Penman Springs and Rio Seco. For dinner, the entire group went to a nice café, Berry Hill, in downtown Paso.



But the absolutely coolest story from this trip is that Sue Zihlmann was first woman overall in the Half Marathon, and won her weight in wine. Ken Atterholt paced her for about 8 miles, as they had planned this strategy the day before. After Ken backed off, Sue kept her pace and finished in 1:27:29. The winners stand on a huge beam scale, and they add wine to the other side until the beam is balanced. The nice race directors let Sue wear a heavy coat and she won about 4 ½ cases – this year it was all J.Lohr wine.

Many people in our group placed including Ken who was 1<sup>st</sup> in his AG. Lisa Eiler ran the 5K, even though her baby's due date was only 10

days away! She said she "held back" from passing people near the finish, so they wouldn't be totally discouraged by being passed by the pregnant woman. Both Ken and Robert Donald won wine in the race's raffle. We all enjoyed the post race food (breakfast burritos) and getting wine glasses instead of medals. After showering, we were off to more wineries. We went to Grey Wolf since that was a favorite from last year (and the non-drinkers get to hear Robert play the piano). Then we went to Niner and Kenneth Volk. For our last stop, we decided to show Kirsten Hirneisen Tobin James, since she hadn't been there before - and it lived up to all the rave reviews.

It was such a fun weekend, people are looking for different races, concerts or other excuses to have another group road trip to the Paso area. We'll probably go again for the half marathon next year, and hope you can make it!



## ***Photos from SCRR's Paso Robles Road Trip***

**By: Stacey Dippong and Lisa Eiler**



## ***Joanna and the Pasadena Tri***

**By: Janelle Daniels**



Meet Joanna Pallo. She joined South Coast Road Runners last September (2012) because she wanted to train for a half marathon she had signed up for the following January. However, when she came to her first SCRR club meeting and met people who had done Iron Man and nearly 100 marathons, she changed her goal to a triathlon.

On a beautiful Saturday morning, March 23, 2013 she accomplished that goal doing the Pasadena Triathlon Reverse Sprint: 5k run, 15k bike, and 150 meter swim (in that order).

### **What was the highlight of your race?**

The fact that I didn't die. I knew I wasn't totally prepared and that it would be hard, but I just went out and tried so I would know what to expect for next time. I PR'd in the bike portion!

### **What part did you feel you were best at?**

The running. I've been running since Jr. High, or since I was seven if you count soccer. Because of that I knew running would be my strong point.

### **Will you do another? If so, where do you feel you could improve most?**

Yes, swimming. There's always room for improvement in biking. Also, I didn't know how much energy I should give for the run (to save up for the bike and swim after); now I know I could give more there, too.

### **Tell me about yourself.**

I'm married; I met my husband, Dustin Pallo, about 7 years ago while working in retail during college. He's not a runner at all, but plays hockey. He was much more excited about my triathlon training because he understands biking more than running. Every time I say, "I'm going to go for a ride," he checks out my bike (the tires, computer, etc.) and will even load it in my car for me without my asking.

When we aren't practicing our respective sports, we spend a lot of time with family, we go to the movies, and I don't think we will ever be too old for Disneyland--where you will find this cool brick.



Joanna is also a graphic designer and designed our amazing Annual Banquet Flyer (on page 12). Great job, Joanna!





## ... from Doug's Garden

By: Doug Denniston

As many of you know, my vegetable garden is a true passion of mine. I love spring and the planting season that it brings. The prides of my garden every year are my tomatoes. Now, by no means do I consider myself an expert when it comes to growing tomatoes (or any other veggies for that matter), however I have learned a few things along the journey. Since so many members of the club have expressed an interest, and asked me many questions, I thought it might be kind of nice to put what I have learned into a series of articles. This will be the first in that series and I call it:

### Tomato 101

**Seeds or Seedlings?** This is a popular question and honestly it all comes down to personal preference. I **prefer seedlings**. I also will only buy my seedlings from the Arboretum at CSU Fullerton during the Monster Tomato & Pepper Plant sale held every March on the last weekend of winter (that's 3/15 – 3/17 this year). I like their plants for two reasons. **First**, the plants are germinated in a controlled environment. This makes for a healthier early root system. **Second**, I love the tremendous variety (over 200 different tomatoes & peppers) offered each year at the sale. p.s. I'm a member too.

If you do choose to plant from seed, I recommend soaking them overnight in a wet paper towel. Be sure to plant the seeds the next day in small starter pots. When you seedlings have sprouted and are about 1 – 2" tall, you want to transplant them into quart size pots.



\*\*\*\*You can buy seedlings in many different size pots; most are usually sold in pint/quart size pots. **I think the smaller size plant the better. Why?** The larger the plant, the more roots it has grown and tangled roots in a small pot do not make for a healthy root system.

**What next???** Let your seedling grow in a quart size pot until it is about 4-8" tall, with a few different branches and some leaves. Then transplant it into either a larger pot (preferably 2 gallon) or the ground. When you transplant, this is very important, bury your plant, literally. Bury all of the roots, and all of the green except the very tip of the plant and the top leaves. Every bit of the green you bury will add to and become part of the root system. More roots = healthier plant. Don't worry about burying the plant, it will grow back just fine, as long as some green is above ground.

Last thing, large tomatoes such as Beefsteaks mean large plants and should be spaced 2' apart. Smaller tomatoes, such as Roma or cherries can be planted 12" to 18" apart.

Good luck with your planting, and look for Tomatoes 102 next month. ;-)

## Ask Les Cargo ...

### *Are those minimalist shoes any good?*

It depends on who you talk to. Some runners believe minimalist shoes are the solutions to all their running injury problems, while others say they actually cause injuries. There is no concrete evidence that says minimal shoes will reduce injury, but the “barefoot” running craze has caught the attention of the major running shoe manufacturers, influencing a trend of lighter weight shoes with a lower heel drop. Generally speaking, runners with smaller, leaner bodies who are midfoot and forefoot strikers have an easier time going the minimal route, while bigger runners and extreme heel strikers may have a harder time adapting to these shoes. The key for any runner checking out minimal shoes is to ease into them gradually. They should be considered as a training tool, a supplemental shoe used for specific workouts (short, in the beginning), not something you can just switch over to as your daily go to mileage shoe.

Before deciding if “less is more” for you, go to A Snail's Pace where they have a good selection of minimal shoes and where their staff knows all the pros and cons of minimal shoes. They are not on commission and will help you make the right choice.



Send your running and racing questions to Les Cargo via his literary agent: [bob.morris@asnailspace.net](mailto:bob.morris@asnailspace.net).



## ***Runner of the Month – Eileen Stephens***

**By: Doug Denniston**

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**Any other hobbies or interests?** I enjoy spending time with family and friends. My niece and nephew keep me entertained, especially with their sporting events. I do like to travel, went to Europe when I was 19, and would like to go back and visit central/southern Italy, Ireland, and Germany to name a few. I really enjoy baking/cooking/entertaining. I'm an outdoors person, so anything with camping, hiking, fishing, skiing, golfing (I'm really bad), sleeping in tents when there are grizzlies out (even though I don't get much sleep)...thrills me. ☺

## ***Catalina Marathon – Grueling but Gorgeous!***

**By: Mike Friedl**

The **2013 Catalina Marathon** is in the books, and as usual, several SCRR members turned up for the annual pilgrimage across the island. March 9<sup>th</sup> dawned blustery but clear, easing fears of a mud-fest that would have been ensured if it had rained as predicted. The day was bright, cool and breezy, leaving runners to feast on the stunning vistas greeting them at nearly every turn.

The super-challenging course is not for PRs or BQs, owing to the steep and frequent hills and uneven terrain. But the race has proven highly addictive for many SCRR members who return every year. Not to be outdone by the veterans, first timer **Gary Hefner** paced the SCRR crew in a fine 4:12:21. Gary was followed by **Rob Harris** in 4:23:53, who completed his 8th Catalina. **Jonathan Resnick** took time out from tax season to return to Catalina and finished in 5:12:21.



Bringing up the rear was **Mike Friedl**, who was intent on earning his 13<sup>th</sup> consecutive finisher's medal, January knee surgery notwithstanding. Fearing he would go too fast and take reckless chances on his knee, **Melissa Friedl** elected to accompany him on the trek across the island, essentially as his chaperone. And while 7:42:36 is nobody's idea of a fast time, Mike completed his 40<sup>th</sup> marathon no worse for wear.

"It's my favorite weekend of the year, I didn't want to miss out and break my streak" exclaimed Mike, "I had a great time hiking with Melissa, but I'm already looking forward to next year and being fit!"



## ***SCRR Rocks at the Coaster Run!***

**By: Linda Hammond**

The month of March brought the **South Coast Roadrunners** to Knotts Berry Farms for the **Coaster Run**. The 5k and 10k racers ran around the roller coasters and were rewarded at the finish with a slice of boysenberry pie. The high score for the club was a **920** point 10k for **Sue Zihlmann**. Sue was the 1<sup>st</sup> place female overall in the 10k! **Stephanie Shimada** and **Pam Galambos** placed 2<sup>nd</sup> and 3<sup>rd</sup> overall in the 10k and 1<sup>st</sup> place in their age divisions. For the men, **Matt Kossoff** placed 1<sup>st</sup> in this age division in the 10k.

In the 5k, **Leilani Rios** and **Jeanie Leitner** placed 1<sup>st</sup> in their age divisions. 5k age division winners for the men were: **Eric Dangott**, **Kelcey Kinjo**, **Ken Atterholt**, **Brad Wobig**, and **Bob Morris**. After nine races, here is how things stand. **Jeanie** is in 1<sup>st</sup> place overall, but leads **Leilani** by ONLY **1 point!!!** After a 900+ point score at Coaster Run, **Bob** has the highest average **Grand Prix** score overall and is in 3<sup>rd</sup> place! **Thomas Fung** placed second in his age division, scored his first 800+ points race, and is currently in 4<sup>th</sup> place. Finally, **Brad** scored his first 900+ point race at Coaster Run and is in 5<sup>th</sup> place.

Congratulations Roadrunners! In April, we're head down the coast for **Carlsbad 5000**. Prepare for a day full of great races. See you at the Finish Line!

*Congratulations to the SCRR Members Who Ran  
L.A. Marathon, March 17<sup>th</sup>*

Jeff Nirtaut

Eric Dangott

Faith Morris

Linda Hammond

Jenn Walt

## ***PARTIES, PARTIES, PARTIES***

Many Thanks to:

***Leilani Rios and Kevin Wilson***

for hosting a club pool party on March 30<sup>th</sup>

Great food, great people, great fun...

## SCRR Spotlight Photos from Coaster Run 5K/10K

Photos From: Cathy Blakesley



Top Row:

Dave Bauers,  
Joanna Pallo,  
Steve Kan,  
Judy Sweet and  
Jeanie Leitner.

Bottom Row:

Shoshanna  
Kramer,  
Eric Dangott,  
Shauna Wickham  
and  
Matt Kossoff.



# 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 29 participants out of 87 for the 2012-2013 series after 9 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all 8 races are on our web site [www.roadrunners.org](http://www.roadrunners.org)***

	Name	Age Group	Total Points	Races	Best	Avg	Coaster Run 5K/10K		Brea 8K	
							Times	Points	Times	Points
1	Jeanie Leitner	65-69	7,624	9	886	847	24:38 5k	863	41:36 8k	841
2	Leilani Rios	30-34	7,623	9	890	847	17:08 5k	890	29:26 8k	836
3	Bob Morris	60-64	6,985	8	912	873	18:50 5k	903	33:00 8k	852
4	Thomas Fung	45-49	6,904	9	801	767	18:53 5k	801	33:08 8k	745
5	Brad Wobig	45-49	6,610	8	905	826	16:42 5k	905	28:23 8k	870
6	David Schiller	50-54	6,451	8	857	806	18:34 5k	840	31:41 8k	805
7	Greg Hanssen	45-49	5,950	8	767	744	19:42 5k	767	33:18 8k	741
8	Matt Kossoff	30-34	5,561	8	736	695	38:45 10k	721		0
9	Mike Gulan	60-64	5,532	7	815	790		0		0
10	Ben Coyle	35-39	5,526	7	798	789		0	28:46 8k	793
11	Stacey Dippong	30-34	4,986	7	751	712		0		0
12	Ken Atterholt	50-54	4,911	6	877	819	17:48 5k	877	31:26 8k	812
13	Cathy Shargay	50-54	4,847	7	746	692	24:18 5k	719	43:35 8k	663
14	Tonson Tong	45-49	4,737	6	831	790		0	31:31 8k	783
15	David Bauers	50-54	4,713	7	716	673	45:53 10k	693	37:38 8k	678
16	Kelcey Kinjo	40-44	4,646	7	716	664	19:51 5k	716	34:46 8k	674
17	Noreene Matsuda	45-49	4,546	6	788	758		0	36:57 8k	751
18	Mike Gellman	40-44	4,359	7	728	623	29:38 5k	480	37:12 8k	629
19	Eric Dangott	35-39	4,331	7	649	619	20:56 5k	649	36:56 8k	618
20	Joanna Pallo	25-29	4,280	7	641	611	48:29 10k	641	41:06 8k	611
21	Molly Donnellan	50-54	4,072	6	698	679		0	42:14 8k	685
22	Carlos Jovel, Jr.	35-39	3,718	7	582	531		0		0
23	Jennifer Erickstad	30-34	3,649	6	651	608		0		0
24	Doug Niles	45-49	3,576	5	736	715		0		0
25	Steve Kan	55-59	3,569	5	761	714	23:40 5k	681		0
26	John Gardiner	40-44	3,552	4	910	888		0		0
27	Linda Hammond	45-49	3,499	5	763	700		0		0
28	Paul Osgood	40-44	3,461	7	556	494	56:34 10k	514	46:56 8k	499
29	Vicki Ballon	30-34	3,307	5	702	661		0		0





*One Night in*  
**HAVANA**

*Semi Formal*

**2013 Annual SCRR Banquet**

**\$30**  
*per person*

**Saturday, June 22, 2013**

*join us from 5 pm until 10 pm*  
*at the Woodbridge Community Center • 31 Creek Road, Irvine*

MCs: Mike Friedl and Matt Hood • DJ and Dancing courtesy of Kevin & Leilani

**Food:** Plantain Chicken with a Jamaican Rum Sauce, Mango Spinach Salad, Lemon Saffron Black Beans, Sweet Potato, Carrot and Coconut Milk Casserole, bread, and an assortment of gourmet desserts

**Drinks:** Margaritas, beer, and mojitos, along with water and soft drinks

*rsvp & pay by June 15 (checks made out to SCRR) • Contact Stacey Dippong [staceydippong@gmail.com](mailto:staceydippong@gmail.com)*

To donate raffle prizes, please contact Stacey Dippong at [staceydippong@gmail.com](mailto:staceydippong@gmail.com)

## SATURDAY RUNS

**PLEASE NOTE 8 AM START TIME! Meet at 7:45 AM, run at 8 AM**

### **Pre-race run at UCI and Irvine Farmers' Market - 04/06/13**

**Leader:** Greg Hanssen

**Location:** Meet in the parking lot of Trader Joe's and Peet's Coffee at Campus and Stanford in Irvine.

**Directions:** 405 north or south, exit Culver, head south (towards ocean), turn right on Campus, turn right on Sanford, turn left into the University Town Center shopping center.

**About the run:** This is a good, short warm-up run for the Brea 8k the following day. We'll run over the bridge to the UCI campus for laps around the one mile main campus ring. For folks looking for more than 3-5 miles, a half-mile jog along Campus takes you to the San Diego Creek Trail along University where you can run towards and along the Back Bay.

**After the run:** Food from the farmers' market and coffee at Peet's, 4213 Campus Dr.

### **Back Bay Classic - 04/13/13**

**Leader:** Matt Kossoff

**Location:** Corner of Eastbluff and Back Bay Drive.

**Directions:** Take Jamboree Exit off the 405; Head West, Go about 2 miles, Turn Right on Eastbluff. Go 0.2 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, 1000 North Bristol St., Suite 30

### **Ship to Rail - 04/20/13**

**Leader:** Jeanie Leitner

**Location:** Dana Point Ocean Institute near the "Pilgrim" sailing ship, 24200 Dana Point Harbor Drive Dana Point, CA.

**Directions:** From the 5 freeway: Take the 5 freeway south. Take exit 79 to merge onto CA-1 N/PCH toward PCH. Turn left on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute. Plenty of free parking is available.

**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

### **Quail Hill on 04/27/13**

**Leader:** Matt Hood

**Location:** Starbucks at the corner of Alton & E. Yale Loop, 5365-B Alton Parkway, Irvine 92604

**Directions:** From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

**About the run:** We will head out on Jeffrey and take the bridge over the freeway. 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 the exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. The standard loop is 12 miles. 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, Chronic Tacos and Juice It Up.

## SCRR Meeting Minutes - March 2013

Seven new members introduced themselves and mentioned their training goals and races.

**Eric Dangott** reported approximated \$5,100 in our account.

Daylight Savings Time begins Sunday, March 10. Beginning April 1, the Monday night will be at Peters Canyon. Meet at Cedar Grove Park. There is additional parking across the street at the elementary school. On Thursday, April 4, we will switch to the summer route. Both runs start at 6:15 pm.

**Stacey Dippong** provided details about our annual recognition banquet on June 22. The theme will be Havana Nights. Dinner will be provided by Jay's Catering, and we will have a keg, margarita machine. Once again, **Kevin Wilson** and **Leilani Rios** have volunteered to DJ, and **Mike Friedl** and **Matt Hood** will be our MC's. See Stacey if you would like to donate a raffle prize and/or volunteer to help set up and decorate the morning of the banquet.

Our next club race is the Coaster Run 5K/10K on Sunday, March 10. Both races start at 7:30 am. Remember to set your clocks forward one hour on Saturday night.

Our April club race is the Carlsbad 5000. If you haven't registered yet, go to RaceGrader.com, and enter promo code RACEGRADER to get \$10 off. This may be the last chance to sign up with a discount. **Bob Morris** announced the club is invited to the Snail's Pace breakfast at the Snail's tent (adjacent to the SCRR tent) at the race. **Sherri Ellerby** asked to make sure your club membership is current in order to participate. **David Schiller** will include your membership expiration date with the next newsletter as a reminder.

**Mike Friedl** announced the top 20 in the Grand Prix after eight races. **Brad Wobig** is now in fifth place, **Thomas Fung** and **Bob Morris** have moved up to third and fourth. Only 28 points separate **Leilani Rios** and **Jeanie Leitner** who is in first place.

The club voted for the Fourth of July Woodbridge 5K/10K as our July club race. Registration fees to be announced. The other races up for vote were the Surf City 5K, Run in the Parks 5K, and City of Cypress 5K/10K.

### RACE RESULTS:

<b>Robyn Scott</b>	Spirit Run 5K	37:10 PR
<b>Stacey Dippong</b>	IMS Arizona Marathon	3:19:59 PR
<b>Leilani Rios</b>	Brea 8K	29:26 PR
<b>Sue Rudolph</b>	Race on the Base Reverse Triathlon	3 <sup>rd</sup> AG
<b>Vicki Ballon</b>	New Orleans Rock 'n' Roll Marathon sub-4 hour marathon experience	Shared her dad's new PR and first
<b>Mike Bertram</b>	Maui Half Marathon (Sept. 2012)	1:34:08 PR

Congratulations to our Runner of the Month, **Eileen Stephens**!

Noreene Matsuda – club secretary



## 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 to David Schiller at [david.schiller@cox.net](mailto:david.schiller@cox.net).

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

### CLUB INFORMATION

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

**MONTHLY CLUB RACE:** For more information: log on to [www.roadrunners.org](http://www.roadrunners.org) or see a Club Officer.

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

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

# SCRR CLUB CALENDAR *By: Doug Denniston*

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



APRIL	
<b>THURS 4/4, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 4/6 6:00a.m.	Hollywood ½ Marathon Hollywood, CA <a href="#">Hollywoodhalfmarathon</a>
<b>SUN 4/7 7:00a.m.</b>	<b>Carlsbad 5000 Carlsbad, CA <a href="#">Carlsbad5000</a></b>
SAT 4/13 8:30a.m.	OC Chili Winter Trail Run Series – Race #3, O'Neill Reg. Park <a href="#">Wintertrailseries3</a>
<b>MON 4/15 10:00a.m.</b>	<b>116<sup>th</sup> Boston Marathon <a href="#">Bostonmarathon</a></b>
FRI & SAT 4/19 & 4/20	Ragnar Relay, Huntington Beach to San Diego <a href="#">ragnarrelaysoutherncalifornia</a>
SAT 4/27 7:00a.m.	Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA <a href="#">donatelifeoc</a>
MAY	
<b>THURS 5/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN 5/5 6:00a.m.	Orange County Marathon, ½ marathon, 5K <a href="#">OCMarathon</a>
SAT & SUN 5/4 5/5 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour <a href="#">ReachingfortheCure</a> ***Bike Tour is on Saturday
<b>SAT 5/11 7:00a.m.</b>	<b>Santa Barbara Wine Country ½ Marathon, Santa Ynez CA <a href="#">WineCountry1/2</a></b>
<b>SUN 5/19 7:00a.m.</b>	<b>Magic Shoe 5K Corona Del Mar HS, Newport Beach <a href="#">MagicShoe5k</a></b>
SAT 5/25 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi <a href="#">MountWilsonTrailrace</a>
MON 5/27 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA <a href="#">LagunaHillshalfmarathon</a>
JUNE	
SAT 6/1 7:55a.m.	Corona Del Mar Scenic 5K Newport Beach, CA <a href="#">CDM5K</a>
SAT 6/1 7:30a.m.	Fontana Days ½ Marathon & 5K Fontana, CA <a href="#">Fontana Days Run</a>
SUN 6/2 6:15a.m.	San Diego Rock & Roll Marathon, ½ Marathon <a href="#">SD Rock&amp;Roll</a>
<b>THURS, 6/6, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
<b>SAT 6/8 8:00a.m.</b>	<b>Downtown Anaheim 5K, Anaheim, CA <a href="#">downtownanaheim5krun</a></b>
6/1, 6/2, 6/8, 6/9, 6/15	Camp Pendleton Mud Runs, Saturday events sold out
SUN 6/16 6:00a.m.	The San Francisco Marathon San Francisco, CA <a href="#">thesfmarathon</a>
THURS 6/20 6:15 p.m.	Peter's Canyon Summer Trail Series Tustin, CA <a href="#">Summer Trail Series</a>
SAT 6/22	South Coast Roadrunners Annual Awards Banquet
JULY	
<b>THURS 7/4 7:15a.m.</b>	<b>Woodbridge Village Community 5k, 10K</b>
THURS 7/4 8:00a.m.	Surf City 5K Huntington Beach, <a href="#">surfcityrun</a>
THURS 7/4 7:00a.m.	6 <sup>th</sup> Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run <a href="#">runladera.com</a>
THURS 7/4 7:30a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca <a href="#">ymca run in the park</a>
<b>THURS, TBD, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN 7/7 8:00a.m.	Carlsbad Triathlon Carlsbad, CA <a href="#">Carlsbad Triathlon</a>
THURS 7/11 6:15p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA <a href="#">renegaderaceseries</a>
SUN 7/14 6:00a.m.	Ironman 70.3 Vineman Triathlon Sonoma County, CA <a href="#">vineman.com</a>
SAT 7/27 7:00a.m.	City of Cypress 5K, 10K, Kids Run Cypress, CA <a href="#">cypress5k10k</a>

## 2012-2013 SCRR CLUB OFFICERS:

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

## 2012-2013 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay  
 Weekend Runs: Noreene Matsuda  
 Grand Prix: Mike Friedl  
 Database Manager: Dave Schiller  
 Monthly Club Race: Bob Morris  
 Webmaster: Mike Reeves