

ON THE RUN



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

Orange County, California
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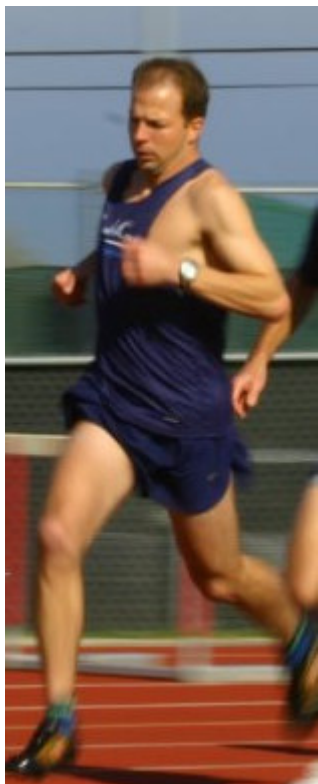
Runner of the Month – Danny Stein

By: Amy Katz

Congratulations to Runner of the Month Danny Stein! It's only fitting that the person who created the award finally receives it himself. Danny has been extremely active in SCRR since first joining. Not only was he President for three years and Vice President before that, he leads the Training Group and has had a very accomplished running career. I asked Danny some questions about his running and coaching experiences.

How did you get into coaching?

I don't think I really ever "got into" coaching. It just sort of happened. I have always had a passion for the sport; it has meant so much to me. Part of that was the impact my coaches have had on my life. They had as much dedication to me and the team as they did to their own running. They made you want to get better and they made it their mission to help you if you were willing to do what they said and put everything you had into it. That influence always made me want to coach someday, but I never really sketched out a plan as to how to start.



When I first moved out here I knew very few people in So Cal. I was out of shape since I had decided to stop running after college for a variety of reasons. I started running with my friend, Spray, after work when I lived with him in Redondo Beach. He was running to get in shape. After I moved to OC, I figured running would be a good way to meet people so I decided to join a running group. I found the Snails Pace Club and started running a couple days a week with them. One day I was invited by a guy named Ken to run with South Coast. I ran with David Schiller and Rob Harris the first night and they just about killed me! I could not wait to get back to Heritage Park.

About the second or third run I met Fred Cowles. He also killed me, but before he took off, he invited me out on Tuesdays to do track work with his coach, John Loeschhorn. I thought it would be fun to add another day to the Wednesday and Thursday nights I was running. I ran about four months with John's group. Then I went over to Cal Coast and ran about two months with them. Both John and Bill Sumner ran the same workouts for all the athletes with no focus on peak races or specific program due to the number of people they were managing. Instead, I thought it would be cool to try to setup a schedule for myself to try to get faster.

(Continued on page 2)



Runner of the Month – Danny Stein (Con't)

By: Amy Katz

I made a schedule and communicated with a couple people in the club who asked about training with me. The Training Group began, which included Fred, Tom Dellner, Brenda Williams, Tim Mara and I. We all followed the plan, and eventually we started getting faster together. Tim and Tom both won the Most Improved Male award. Brenda ran 1:15 in the half marathon and was on her way to qualify for the US Olympic Marathon Trials prior to getting pregnant. Fred ran sub-16:00 for the first time since his early 30s and ended up running 15:40 at Carlsbad that year. I went from 17:00 minutes to 16:05 in one season. After more involvement and more friendships within SCRR, I decided to run for President and offer my help to anyone who wanted it and invite others to join my "program." Molly Donnellan was my VP at the time and offered to help, and from there the rest was history: more members, more interests, more programs, more trial and errors, more PRs!

What do you like most about it?

I like everything about coaching. I love watching people do what they did not think was possible. I like pushing peoples' limits and watching them surpass them, and seeing the smiles of accomplishment at the finish lines. I like learning about people and understanding what drives them. I love watching the competition in workouts and the battles on the race course!

Who are your running inspirations?

Recently, my heroes are the athletes I get to work with who allow me to play a part in their lives and goals. There is nothing more inspiring than someone dedicating so much time and energy to something and they are willing to trust that you are the person to help them succeed and make their investment in time worth while! Every time an athlete in our group crosses the line and reaches a milestone or goal it makes me want to go out and accomplish mine and inspires me to give more of myself to help even more people or dedicate more time to those I'm already helping.

Beside that, my coach, Joan, who everyone hears me mention all the time was my first running hero. The way she approached the sport with her own running, philosophy, dedication, determination, and spirit was simply AWESOME!

What are your running goals for the future? Possibly another go at the marathon?

The major goal I have for myself every season is just to stay healthy. It is hard to train at a high level season after season and continue to improve without getting nagging injuries that cause you to take time off and get slower.

Besides that, I have really stopped thinking about lifetime PRs. I dedicated my life to running in college, and put my soul on the line to run fast. I don't think I have the time, energy or desire to put everything aside like I did back then to run fast in the 10K and below. However, I would be happy to run under a 5-minute pace for a 5K again (15:35). If I can do that, then my next goal would be to enter and run in the US National Cross Country Championships. Lastly, although I was proud of my effort and attempt at my last marathon, I still do feel like I let some people down and I owe it to myself and our group to make another attempt at finishing and running under 2:40 in the marathon. Not sure when yet, but it is on the mind; got to get rid of my achilles problem first.

What is your favorite distance to race?

I love the 5K. I was never fast enough to run well in the mile or below. The 3000K is a great distance, but rarely run. The 10K is a very tough distance: you have to run almost as fast in the 10K as you do in the 5K, but hold it for twice as long. That is a long time for me to suffer! As for the half and the marathon, as I learn to run them better I might like them more.

Mark Your Calendar – CAF Annual Auction/Party!

By: Paula Fell

Wed Aug 15th marks the 8th CAF Annual auction party. Many SCRR members in the past years have enjoyed this event. Last year a few of us were lucky enough to win relay places at the San Diego Triathlon challenge where we competed with all of the amazing challenged athletes, Robin Williams, the guy from JAG, Olympic athletes. We picked the swim but you can pick the run or bike. Others picked up good deals at the silent auction.

When: Wednesday, August 15 (club meeting night) 6:30 pm - 9:30 pm

Where: Hotel Huntington Beach, 7667 Center Drive --at the Beach Blvd exit off the 405 Fwy

Cost: \$25 includes dinner and an entry to the San Diego Triathlon Challenge relay raffle. Sign Up:

www.OCTC.net

Silent auction includes:

- Trip for 2 to Kona, Hawaii (hotel and airfare)
- Training sessions with: Wendy Ingraham, Ian Pyott, Julie Swail, Beth Hibbard, Steve Moreno
- \$500 Gift Certificate to Nordstroms
- Day of Interior Design
- 2 nights at Big Bear Lake cabin
- Various Race Entries
- Gift certificates for services and restaurants
- Triathlon equipment, clothing and nutrition items And more!

Mark Your Calendar – Wine Tasting for Charity at Waters!

By: Jodie Kinney

5th Annual Wine Tasting – Benefiting the Leukemia and Lymphoma Society and American Cancer Society

Date: Tuesday, Aug. 21

Time: 6:00 – 8:00 p.m.

Location: Waters Restaurant, 4615 Barranca Parkway, Irvine

Cost: \$40 donation, proceeds go directly to charity

Appetizers / Raffle Drawing / Silent Auction

Featured Wines: Robert Mondavi, Callaway, Rodney Strong, Blackstone, Tobin James, Clos Du Bois, Kendall Jackson, Ecco Domani, Jekel, Landmark, Grgich Hills, Camelot, J Lohr, Ramos (port) and Tawney (port)

RSVP By Aug. 15th with Jodie Kinney

Routeburn vs. Shadow, A Tail of Two Trails

By: Sandy Draper

(Friend from Snails Pace who often comes to SCRR Saturday Runs)

I recently had a chance to run two different trail races in the space of three weeks. Both races were highly scenic, with challenging courses and excellent race direction. They were also thousands of miles and hemispheres apart, with one race in New Zealand and the other in California.



Sandy and daughter Tasmin
at Shadow

The Routeburn Classic 38k Adventure Run was held on May 12th, 2007, near Queenstown on the South Island of New Zealand. The Routeburn is one of New Zealand's most historic routes and is one of only two tracks with World Heritage Walk status (the other being the Milford Track). The course is rugged and isolated, which means limited support and helicopter rescue if something goes awry. This is a very tough trail, with 1500+ meters of climb, over a mountain pass at the beginning of winter.

The race began at O'dark thirty in the rain. We 225 runners lined up, with all our mandatory gear strapped on, in the drizzle. The gun went off and away we went. The race began with 500m on a paved road to allow for some jockeying for position. After that, it was into the rainforest, past occasional views of Milford Valley, to the foot of a fairly large waterfall. By about a mile into the race, I was stripping off clothes and strapping them on to my already overloaded, double bottle, waist pack. I felt pretty good and enjoyed passing plenty of folks. The first water stop was at 12k, and I do mean water stop. This race had nothing but water at the aid stations. Oh well, I had some gels in my pack, so I kept right on going. The next 12–14k were all climbing, with some very steep grades. All of this was single track, making it a challenge to find spots to pass. My Garmin gave up beeping at me about no satellite signal, so I never knew exactly where I was and how much was left. I was really giving it everything I had and was glad I spent all those early mornings running the hills at El Moro canyon. By the time I reached the summit of Harris Saddle, the sun was overhead and the views were glorious. Surrounded by mountain peaks with a light dusting of snow, and piercingly blue alpine lakes, I felt like Julie Andrews at the start of the Sound of Music (an older, grubbier, sweatier and tougher Julie Andrews of course). By this time I had managed to ingest one cold, congealed GU and probably needed to eat more, but I just couldn't bring myself to even try. The 12k descent was fast and furious. I lost time and was overtaken by others who were much more bold than I going down over rocks and boulders. I amazed myself with the number of instances I narrowly averted twisted

ankles, broken shins, jammed fingers and chipped teeth. I didn't pull out of all my stumbles, but I managed to keep moving without any catastrophic damage. The last water stop came around, so I filled up my two bottles and summoned my last bit of energy. The final 6-8k are fairly flat, on wider trails through rain forest and a series of river crossings on cable bridges. It turns out that if you try to run across a cable bridge, it starts to bounce and sway and actually tries to eject the offending party right off the bridge. That was fun the first time (not), but after that, I slowed down on the bridges and kept a tight grip on the cables. I have to admit, the last 5k seemed endless, but I'm also sure I was in brain fog by then. I finally heard the announcer at the finish line and pulled out the last bit of surge power I had to complete the race in 4:50, 5th in my age group. I immediately found a place to collapse and recover. I felt totally bonked in the best sort of way and was already plotting how I could return to this race in the future and improve my time.

There are definitely cultural differences between New Zealand and the United States. At this race, there were no goody bags at the registration, nothing but water at the aid stations, and the free post race food was a grilled sausage. There were other food items for sale, like soup and juices, but nobody had any oranges, bananas, or sport drinks. The awards ceremony took place that evening at a swanky restaurant in Queenstown, which required a ride up a gondola to reach.

The food at the party made up for the dearth at the finish, and I pigged out along with everybody else. The winners were congratulated (2:58 was the winning time) and there was a raffle with some great prizes from local businesses. To cap off my amazing adventure, I won a free jet boat safari – the value of which exceeded the cost of the race entry. Score!

I learned about this fledgling adventure race from Sue Rudolph at www.amazingrunningtours.com. She had been contacted by Evan, the Race Director, in the hopes of putting together a package tour from the United States. I knew as soon as I heard about it that I wanted to run it because I've been to New Zealand before and always have an excellent time. As it turns out, I was the only person to sign up for the race, so it ended up being just Sue and me. We had a great time in New Zealand, going jet boating, 4-wheeling, and ocean cruising in addition to running the race. I highly recommend this trip to anyone up for a mountain trail adventure.

A mere three weeks later, I found myself at Fish Camp, near the entrance to Yosemite National Park, competing in the Shadow of the Giants ultra marathon. This was my first foray into distances over a regular marathon. This race was reported to be 33.2 miles, although my Garmin lost signal again, so I can't confirm the actual distance other than to say it was really long. The Shadow of the Giants is directed by a great guy named Baz. He's a long time ultra runner with a cool sense of humor. The support along the way was top notch, with numerous aid stations fully stocked with water, Gatorade, and a variety of food items like pretzels and cookies. The race is almost entirely on fire roads, with a couple of miles of single track. The course winds through second growth forest on National Forest land, with a loop through the Nelchina Grove of Sequoia trees.

The race begins and ends at the Green Meadows Outdoor School with a pretty big hill. I had been advised to start the race by walking and using the initial hill to warm up. I got into chatting with a threesome of runners from Bakersfield. They were all spinning and aerobics instructors. As I warmed up and started speeding up, I bid them farewell and began overtaking others. That always feels great, but it was still the beginning of the race, so I didn't want to get too cocky. I hung out for a while with a gal from Texas who had not done this race before, although she had done ultras. After a few miles, I wished her well and picked up the pace again. By about this time I was around 6 miles in and realized I was settling into a steady pace. I was also right on the tail of some guy from the LA Leggers. We struck up a conversation and managed to stay together till the end. His name was Howard and he was an environmental attorney from Santa Monica (although he did not know Sheryl Crow). The miles melted away, with repeated up and down hills. I don't know how much elevation climb there is on this race, but it is well spread out with some steep grades and several flat stretches. I was very comfortable till about the 20-mile mark, when my body began to protest. Nothing too specific, just general complaints like tweaky knees and weak ankles. Howard was also starting to lose a little steam, but somehow we managed to keep pushing onward. On this race, I had sense enough to force myself to keep eating the GU and pretzels, so my energy was holding steady. By this time we had been on the course for almost 6 hours, the sun was blazing down on us and we were pretty much out of current events to talk about. Our running form had degenerated into a sort of shuffle and I'm guessing we were into 10-minute miles. But then we started passing folks who just couldn't sustain that last little bit. By mutual, unspoken consent, we started picking up the pace. We had reached the final descent, so I'm sure that helped, nevertheless, we stopped shuffling and resumed running. At last we reached the road into the Outdoor School and knew we had made it. Howard finished about 25 seconds in front of me and I crossed the line at 6:47:39 (33/80 overall). We both got 2nd in our age groups – not bad for two people who had never done ultras or this particular race.

The post race food included hot soup, all of the leftovers from the aid station, soft drinks and cold beer. The award ceremony was informal and fun, with plenty of raucous jokes and overall goodwill. Again, a raffle of freebies was conducted, although instead of random drawings, the awards were based on the correct answers to obscure trivia questions. If you ever attend this race, just remember to call out Paul McCartney, Elvis or Marlon Brando and you are sure to win something.

So, which race was tougher? No doubt the Routeburn was the more technically challenging course. The winners of that race are not just fit; they are also agile, bold, risk-takers. Shadow is a more cerebral run, in which you can become one with the giant trees. Ok, so that's a little hokey, but you get the idea. Shadow has less than half the participants of the Routeburn, so it's a lot easier to win something. But, Shadow is also full of hills and a lot longer than Routeburn, so it isn't exactly a walk in the park. Ultimately, I think it is a bit like comparing apples and oranges, so I'll just say they are both awesome experiences and I highly encourage others to give them a try.

New Member Highlight

Compiled by: Paula Fell



Hi, my name is **Paul Nienow**, and I am excited to join SCRR. After many years, my friend Mike Friedl has convinced me to join. I am currently training for the New York Marathon in November and am glad to be able to share the training with other runners.

I was born and raised in Orange County, and currently live in North Tustin with my wife, 15 year-old daughter, 12 year-old son, two cats, and a labrador retriever that won't go running with me. My wife has always been a runner, and when our kids were old enough to leave in the house alone, I started running with her. A few years later my obsessive compulsive personality had me running my first marathon – the 2004 Chicago Marathon. I have run a few shorter races each year since then, including last year's Disney Half-Marathon which was very fun.

Other than running, I surf regularly, mountain bike occasionally, and travel as much as I can. In my spare time, I am a CPA with a small firm in Santa Ana.

Congratulations!!

***To Cindy DeMarco for completing
her first 1/2 Ironman Triathlon!
&
to Noreene Matsuda for completing
her first Duathlon***

SATURDAY RUNS

(NEW EARLY START – meet at 6:45 a.m., run at 7:00 unless otherwise noted)

8/4/07, Spyglass Hill

Leader: Amelia Carchidi

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 9 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 E Coast Hwy.

8/11/07, New Members Run & Breakfast

Leader: Jane Crewe

Location: In front of Office Depot, Alton & Jeffrey in the Gelson's/Blockbuster Plaza.

Directions: 405 to Jeffrey, head east toward the Gelson's shopping center.

About the Run: We'll run on the Jeffrey bike path towards the Harvard/Main Streets and toward the Back Bay.

After the Run: Jane will be fixing up eggs while we run ! Get to know some of the new members and some of the old timers. Breakfast afterward poolside. Bring your bathing suit for a dip in the pool or Jacuzzi. Jeffrey & Alton, Left on Royal Oak, Right on Hawkcreek Gate Code: Hit the bottom right button (key symbol) twice and punch in 3818. Make a left. Parking is available around the pool. Donations are appreciated.

8/18/07, Huntington Beach Distance Derby !

Time: 10 Mile Race: 7:00 AM, 5 Mile Race: 8:30 AM

http://active.com/event_detail.cfm?event_id=1433795 SCRR Members receive a discounted entry fee of \$22.50 (reg \$25). **Race entries must be submitted to Bob Morris at a club run or at the Laguna Hills Snails Pace store by August 10th.** Online entries do not qualify for the discount.

8/25/07, Ship to Rail Run

Leader: Sherri Ellerby

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 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!

SPECIAL NOTE: Dana Point has now put up a protective cement barrier along PCH where the unfortunate accidents from the past years have been happening, so now it's a lot safer for runners and cyclists.

After the Run: Lots of great breakfast options at the Harbor.



GRAND PRIX STANDINGS



The Grand Prix is a competition where club members get points for running races selected as the club races-of-the-month. The points are based on each runner's time compared to the world record in that distance for their gender and age group. The program runs from July to June, and the best 9 of 12 scores are used. The top 52 standings (out of 52 participants so far) for the 2007-2008 series after 1 race are:

| Place | Name | Age Group | Total Points | Woodbridge | |
|-------|------------------|-----------|--------------|------------|--------|
| | | | | Times | Points |
| 1 | Danny Stein | 30-34 | 854 | 15:49 5k | 854 |
| 2 | Mike Gulan | 55-59 | 828 | 19:28 5k | 828 |
| 3 | Sue Zihlmann | 40-44 | 821 | 39:59 10k | 821 |
| 4 | David Schiller | 45-49 | 819 | 37:39 10k | 819 |
| 5 | Fred Cowles | 40-44 | 814 | 17:28 5k | 814 |
| 6 | Michael Ewart | 50-54 | 807 | 19:20 5k | 807 |
| 7 | Jeanie Leitner | 55-59 | 798 | 23:14 5k | 798 |
| 8 | Brad Wobig | 35-39 | 787 | 17:16 5k | 787 |
| 9 | Pete Boisineau | 55-59 | 787 | 20:28 5k | 787 |
| 10 | Tonson Tong | 40-44 | 783 | 18:10 5k | 783 |
| 11 | Dan Garcia | 45-49 | 775 | 19:31 5k | 775 |
| 12 | Jason Blank | 30-34 | 770 | 17:32 5k | 770 |
| 13 | Greg Jones | 30-34 | 763 | 17:41 5k | 763 |
| 14 | Victor Celani | 45-49 | 761 | 19:52 5k | 761 |
| 15 | Jodie Kinney | 55-59 | 761 | 24:21 5k | 761 |
| 16 | Mike Connors | 35-39 | 757 | 17:56 5k | 757 |
| 17 | Mike Sellers | 25-29 | 756 | 17:44 5k | 756 |
| 18 | Rob Harris | 45-49 | 751 | 20:07 5k | 751 |
| 19 | Tom Dellner | 40-44 | 749 | 38:49 10k | 749 |
| 20 | Kevin MacDonnell | 45-49 | 744 | 20:19 5k | 744 |
| 21 | Orhan Beker | 30-34 | 737 | 18:19 5k | 737 |
| 22 | Jerry Jefferson | 70-74 | 732 | 24:37 5k | 732 |
| 23 | Paula Fell | 40-44 | 722 | 21:53 5k | 722 |
| 24 | Erika Kotteakos | 35-39 | 721 | 21:21 5k | 721 |
| 25 | Vincent Lowder | 40-44 | 713 | 19:57 5k | 713 |
| 26 | Jon Resnick | 45-49 | 709 | 21:20 5k | 709 |
| 27 | Linda Hammond | 40-44 | 702 | 22:30 5k | 702 |
| 28 | Susan Liu | 30-34 | 682 | 46:32 10k | 682 |
| 29 | Karen Winter | 45-49 | 679 | 24:54 5k | 679 |

| Place | Name | Age Group | Total Points | Woodbridge | |
|-------|---------------------|-----------|--------------|-------------|--------|
| | | | | Times | Points |
| 30 | Ed Coffey | 55-59 | 673 | 23:56 5k | 673 |
| 31 | Jannay Morrison | 40-44 | 672 | 48:51 10k | 672 |
| 32 | Molly Donnellan | 45-49 | 670 | 52:57 10k | 670 |
| 33 | Vicki Niebrzydowski | 20-24 | 669 | 47:32 10k | 669 |
| 34 | Doug Niles | 40-44 | 666 | 43:42 10k | 666 |
| 35 | Jamie Crane | 25-29 | 660 | 22:34 5k | 660 |
| 36 | Jami Brooks | 40-44 | 637 | 51:34 10k | 637 |
| 37 | Adam Wallace | 35-39 | 635 | 44:32 10k | 635 |
| 38 | John Chau | 35-39 | 634 | 44:35 10k | 634 |
| 39 | Steve Franks | 35-39 | 634 | 44:36 10k | 634 |
| 40 | Jim Grant | 45-49 | 627 | 24:07 5k | 627 |
| 41 | Greg Hanssen | 40-44 | 621 | 46:51 10k | 621 |
| 42 | Mike Friedl | 40-44 | 620 | 46:53 10k | 620 |
| 43 | Amata Brooks | 80-84 | 615 | 47:48 5k | 615 |
| 44 | Jennifer Wilkes | 25-29 | 614 | 50:39 10k | 614 |
| 45 | Jerry Lin | 35-39 | 613 | 46:06 10k | 613 |
| 46 | Cathy Shargay | 45-49 | 602 | 28:05 5k | 602 |
| 47 | Robert Michie | 45-49 | 583 | 25:56 5k | 583 |
| 48 | Beiyi Zheng | 40-44 | 579 | 56:44 10k | 579 |
| 49 | Sohrab Mirza | 60-64 | 559 | 1:01:40 10k | 559 |
| 50 | Ken Atterholt | 45-49 | 538 | 28:05 5k | 538 |
| 51 | Brigid Puksztá | 40-44 | 493 | 32:03 5k | 493 |
| 52 | Linda Lowder | 40-44 | 384 | 36:59 5k | 384 |

Runner of the Month – Danny Stein (Con't)

By: Amy Katz

What are your coaching goals for the future? Would you like to make it your career?

I love helping anyone and everyone, but everybody would love to get paid for what they love to do. I love coaching. So, yes, someday I would like to make a career out of coaching. I am fortunate, as I have mentioned, to get to work with the members of our club. I have seen some of the biggest improvements of any runners I have ever been around. We have some of the best Masters runners in the country running under our program. I am working with Kelly Flathers, a US Olympic Qualifier. I helped Fred get the top 10 Masters in the US in duathlons, and the list continues. On the same note, it would be a dream to watch an athlete I coached compete in the Footlocker Championships, or NCAA Championships, or US Championships or the Olympics or all of the above.

Other than that, I have to once again thank the club for all the support over the years. This club has helped me get back into running again and take the steps towards coaching I aspire to do full-time someday. Lastly, I want to thank all of you who allow me to take part in your lives through running. It is very important to me, and I truly hope you get as much out of the sport as I have, and strive to continue to get in the future.

Great Deals From Fellow South Coast Roadrunners...

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

Bob & Jodie Kinney, **Water's Restaurant**
(949) 733-9503, Fax: (949) 733-0147
www.watersrestaurant.com
4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, **A.G. Edwards & Sons, Inc.**
V.P. Investments,
(949) 493-7771, (800) 937-7791
Fax: (949) 493-9505
E-mail : richard.reimers@agedwards.com
26351 Junipero Serra Road, Suite 101,
San Juan Capistrano

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socaltaxman@cox.net
52 Lakepines, Irvine

Dr. Pamela Galambos, DC, BS, **Chiropractor**
Fountain Valley Chiropractic
18430 S. Brookhurst St., Suite 103, Fountain Valley
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"Your health is our priority"

Jonathan Resnick, CPA, **Tax services for businesses**
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www.Jresnickcpa.com
e-mail : Jon@Jresnickcpa.com
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"10% discount for SCRR members"

Jeannie Palermo & Cheryl Bauer, **Keller Williams Realty**
Serving Buyers and Sellers from South Orange County
To South Bay
Jeannie's cell : 310-634-3485, email : j.pal@cox.net
Cheryl's cell : 714-325-3257, luckybauer@yahoo.com
"We will pay ½ the escrow fees for South Coast
Roadrunner clients" www.jpalamo.com

MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**
Office (562) 690-0553 Cellular (562) 714-4166
mark@search4integrity.com
www.search4integrity.com
""We'll pay \$1,000 referral fee for every candidate or
client placement, ask me how it works!"

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.

SCRR CLUB CALENDAR



Club Events in bold font

Check www.raceplace.com or www.active.com for event registration info

| AUGUST | |
|----------------------------|---|
| THU 2nd | Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm |
| THU 9th | <u>Peter's Canyon Summer Trail Run Series</u> |
| THU 16th | <u>Sunset in the Park</u> |
| SAT 18th | CLUB RACE – <u>Huntington Beach Distance Derby</u> |
| SUN 19th | <u>America's Finest City Half</u> |
| SEPTEMBER | |
| SUN 2nd | <u>Disneyland Family Fun Run</u> |
| MON 3rd | <u>RSM 5K</u> |
| MON 3rd | <u>Disneyland Half Marathon</u> |
| THU 6th | Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm |
| SUN 16th | <u>MAUI Marathon</u> |
| SUN 16th | <u>Orange County Heart Walk/5K Run</u> |
| SUN 23rd | <u>Race for the Cure</u> |
| SAT 29th | <u>Huntington Beach Surf n Sand 5K</u> |
| OCTOBER | |
| THU 4th | Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm |
| SAT 6th | St. George Marathon |
| SUN 7th | Chicago Marathon |
| SAT 13th | <u>Harbor Heritage 5K</u> |
| SUN 14th | CLUB RACE - <u>Long Beach Half/Marathon</u> |

2007-2008 SCRR CLUB OFFICERS:

President: Jon Resnick
 Vice-President: Amelia Carchidi
 Treasurer: Sue Zihlmann
 Secretaries: Jannay Morrison/Tonson Tong
 RRCA Liaison: Jannay Morrison
 Webmaster: Mike Reeves
 Social Chairs: Noreene Matsuda/Leilani Rios

2007-2008 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

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Cedar Grove Park, Peter's Canyon on Mondays and Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine on Thursdays at 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**