

# ON THE RUN



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

Orange County, California  
March 2012 Issue

## ***Runner of the Month – Ken Wells***

**By: Danielle Gordanier**

One of the best bits of advice we hear as runners is to stay involved with the running community even when we're nursing injuries and have to drop back on training – maybe helping out at races, being there for other runners, and keeping up with cross-training. It's easier said than done and requires some patience, but many of our SCRR champs are up to the task. Tops on the list this month is Ken Wells, who has been there cheering on his teammates and taking great photos at races, and is now looking forward to making his own comeback this year after a skiing injury took him out of competition for a while. Later in his recovery, he helped teammates train on their long runs in preparation for Surf City, and paced the 1:40 group for the half. Ken is impressively active in other sports, modest about his fitness as a runner, and a lot of fun to run with, as many of us know!



How long have you been running and when did you start running with South Coast Road Runners?

I first started running in preparation for the Kona Triathlon back around 1982 (entry fee was about \$80 and no qualifiers). Working for United Airlines in Denver at the time the total cost for the race was only going to be about \$300. While training for the event a cold front rainstorm caught me and my legs got very cold. I ended up with a locked up knee the next day and could not run again for a year.

I have run through the years to keep my legs in shape for mogul skiing which is my passion, but nothing speedy.

I started running on a more serious note about 2 years ago after watching Dave Parcel smoke a 5K and joined SCRR in October of 2010.

What do you like best about SCRR?

I pretty much like everything about the club and can't wait to join another run or go to one of our spectacular parties. The people in the club are some of the most attractive, intelligent and charismatic people I've ever met inside and out. Our

elite runners are giving of themselves and have helped me to become a better runner, of course they also dish out some serious helpings of pain in the process. Overall it's an extremely exciting deal for a mere \$30.

What was it like pacing at Surf City?

I paced the 1:40 for the third time this year and finished 1:40:01. Donna Mills paced with me and she kept commenting on how much fun it was. Watching people go for a big goal in the course of a couple hours is very interesting.

You normally start with around 40 people and by the end you are down to 3-6. I like to go back and encourage the stragglers that drop off the pace and try to motivate them to keep going; some do and some don't.

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

My goal is to complete a full Ironman in a speedy time like Rob Harris, Ken Atterholt and some of the other (I think "masters" is the PC word) members have done. Running was my weakest sport so I have concentrated on learning how to run and ask our advanced runners for advice. I also like to windsurf (used to go with Jon Resnick 15 years ago), kitesurf, ski, snowboard and surf.

What was your favorite race of the past year?

I really like the Carlsbad 5000 and ran a 19:38 with an injured hamstring. Watching the winners of the race made me feel like giving up the sport on the spot. Good thing they had the beer garden!

What are you looking forward to this year?



Noreene Matsuda and Ken Wells



I am just getting over an IT band injury from skiing in December and was running well before that. My speed is coming back up and I want to get into the 19 minute range for a 5K and try for a 1:30 half; I have paced three halves at 1:40 but never raced one. It would be nice to have a year without an injury to slow things down.

If Ken has been slowed down last year, I can't wait to see how fast he'll become! Thanks for sharing your enthusiasm, Ken, and best of luck to you this year!

***Many Thanks to:***  
***Kevin and Leilani***  
***For Their Fantastic Superbowl Party!***

*Wishing all the best to a new Roadrunner couple:  
Armando Moran and Shiao Huang  
Congratulations on their recent Wedding!*



Photos on Page 4:

Top Row: Armando Moran, Anthony Mejia, Bob Morris and Linda Hammond, and Brad Wobig.

Bottom Row: Noreene Matsuda, Jannay Morrison, Matt Kossoff and Dave Schiller.



# SCRR Looking Good at Brea 8K

Photos From: Mike Sellers and Brad Arshat

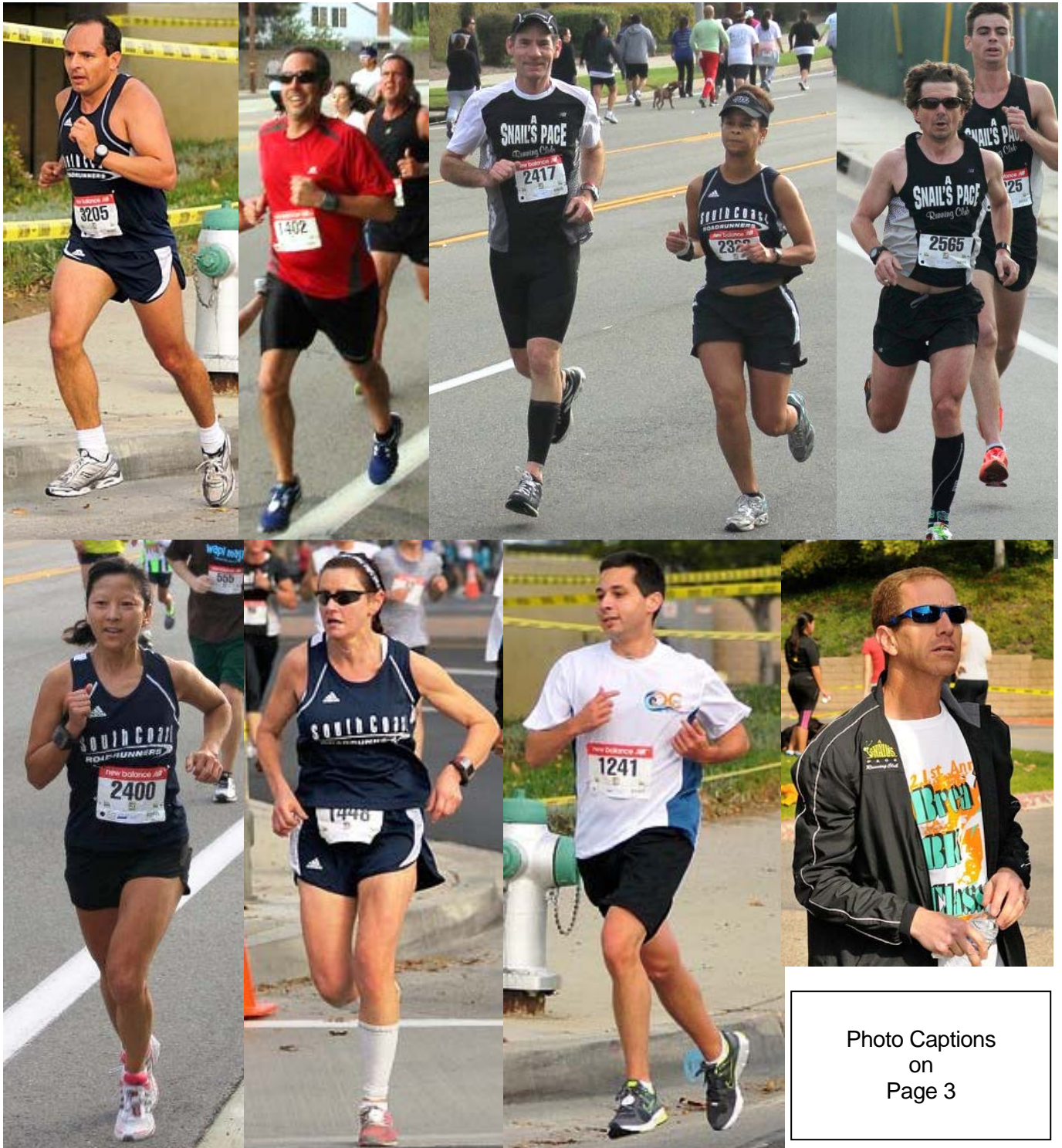


Photo Captions  
on  
Page 3

# **Brea 8K – SCRR Highlights**

**By: Linda Hammond**

Brea (PR) 8K, sums it up. **South Coast Roadrunners** turned in great races and plenty of PRs on the new **Brea 8K** course. Our **Grand Prix** leader **Ken Atterholt** continues to earn the title of “Mr PR” with yet another PR this season! “Mr 900” aka: **Dave Parsel** is back running strong with yet another age division 1<sup>st</sup> place win. Rounding out our top three, **Danielle Gordanier** continues to amaze with a big PR in the 8k. Joining Ken in the 800 point club this month were: **Dave Schiller**, **Leilani Rios**, **Brad Wobig**, **John Gardiner**, **Gary Hefner**, and **Leon Laub**.

With big PRs and age division wins, Leilani and John also led the **Snail's Pace** Open Division Team to a 1<sup>st</sup> place win! Maybe it was new course, maybe it was the reward of serious food awaiting runners at the finish line...South Coast Roadrunners had “good times” at the Brea 8K! Rest, who needs rest! South Coast Roadrunners will be out racing the hills and valleys of Newport Beach at the **Newport-Mesa Spirit Run** the very next weekend. It is a great race that supports our local schools. See you at the **Finish Line**!

## **SATURDAY RUNS**

**All fall and winter runs meet at 7:45, start at 8:00 unless otherwise noted**

### **3/3/12 – Hicks Canyon pre-race run with Mountains to Sea Trail**

**Leader:** Dave Bauers

**Location:** Shopping complex at the corner of Culver and Irvine Blvd. in Northwood in Irvine (see directions). Meet in front of Champagne Bakery.

**Directions:** From the 5 Fwy, exit Culver and head north toward the mountains. Pass Bryan. Turn left on Irvine Blvd, and immediately turn right into the shopping complex. Turn left and park between the Jack in the Box and Champagne French Bakery (the bakery sign is not well marked).

**About the Run:** For everyone racing on Sunday, this is a nice easy run of up to 4.5 miles on Hicks Canyon trail. Others can extend the run by connecting to the Mountains to Sea Trail for additional miles.

**After the run:** Champagne Bakery

### **3/10/12 – Aliso/Wood Canyon Trail Run**

**Leader:** Navid Moshtael

**Location:** Aliso/Wood Canyon Regional Park

**Directions:** The closest cross street is Aliso Creek & Alicia, 0.2 miles away is Awma Road. You can park along the road to avoid paying for parking.

**About the Run:** The basic route is an out-and-back that is a total of 9 miles. The trailhead starts at 1.5 miles. At mile 4.5 you will arrive at a gate that is the turnaround point. There are many other routes available if at you know the area for much longer distances. Note there is no water along the trail so if you plan on running more than 5-6 please be prepared.

**After the Run:** Breakfast at Corner Bakery in the shopping plaza at La Paz and Pacific Park Drive, 27221 La Paz Rd # K Laguna Niguel, CA 92677

### **3/17/12 – Bommer Canyon/Coastal Peak \*NEW\***

**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.

*(Continued on page 10)*



# Racing and Pacing at Surf City

By: Linda Hammond



Although not a club race, a large number of **South Coast Roadrunners** and friends kicked off **Super Bowl Sunday** by running **Surf City Marathon and Half**. PRs were in the air! **Ken Atterholt** had a PR plus won his age division in the half marathon!!! That is an exciting accomplishment in an age division with 542 runners! Others with marathon PRs were: **Danielle Gordanier, Jon Resnick, Matt Kossoff, Lisa Eiler, Azzam Yasseen, Stefani Kochen, and Ted Williamson.** **Armando Moran** had a great marathon, which was a perfect way to celebrate his 40<sup>th</sup> birthday.

Several runners in the club helped out as race pacers in both the half and full marathon. Just a few of the many marathon pacers included **Tonson Tong, Ben Coyle, Lindsay Williams** and even our former club president **Greg Jones!** Over in the half marathon, many raced and many paced. Pacers included: **Amy Katz, Karen Winter, Ken Wells, Eric Dangott, Doug Denniston, Ken Wells, Julia Wu, Jeanene Warren, Pam Galambos** and many more. After the race it was time to head to party central for an awesome Super Bowl party at Leilani's. Good times!

Picture at left: Karen Winter and Amy Katz

Picture below: Armando Moran, Tonson Tong, Linda Hammond, Jeanene Warren and a running friend.



# Race Bandits

Assembled by: Bob Morris

*Rather than writing an article about race bandits I've compiled excerpts from some eloquent articles found online that convey my feelings on the subject. As members of a running club we have certain responsibilities within the running community. Bandit-ing a race sets a poor example.*

## **What is a bandit?** by Wayne Joseph

A person who runs in a race without paying an entry fee and without a running number. Bandits are like shoplifters, they take from the race without really knowing they are doing anything wrong. There are a few people that will walk through a supermarket and snack on the grapes in the produce department or take a cup of coffee and drink it while shopping, never paying for what they have consumed.



The Hilo Marathon spends thousands of dollars getting road closure permits, paying for off duty police officers, providing for aid stations, and more. Those bandits that did not pay for any of these services stole from the race.

Further, when we are at capacity and sell out in the marathon and half marathon that means that we only have enough room on the buses to take people to the starting line that are actually in the race. It also means that supplies at aid stations can only accommodate a certain number of runners. If we allow bandits to run then those that paid to be in the race will be short

changed.

Road Runners Clubs of America, the governing body for many certified and insured races such as the Hilo Marathon, suggest that bandits, when caught, should be banned from all RRCA events for one year the first time and banned for life the second time they are caught.

## **Never bandit a race under any circumstances** by Blaine Moore

Not only is it theft, but it is not safe, either. Races have entrance caps because that is the most number of people that a race can support. Volunteers and race directors only scrape together enough supplies for the number of people that they expect to have to support. Bandits have not signed any sort of liability waiver, and as ridiculous as it sounds the race directors would probably be found liable if the bandit did something stupid like run into a car or trip over a curb.

## **ROAD RACING RULES & ETIQUETTE** by [www.usatf.org/assoc/ok/rrrande.pdf](http://www.usatf.org/assoc/ok/rrrande.pdf)

Some things you may not know...unlike most other athletic events, it is virtually impossible for officials to have complete control over a huge throng of runners in a road race. However, most of those who participate do care enough to cooperate and follow the rules. Some do not. The biggest problem is "bandits" or "turkeys" which is the term given a runner who does not pay an entry fee and runs unofficially. The term "thief" would be more appropriate. These uncaring individuals cause numerous problems for race officials at the start, during and at the finish of a road race.

Still there are those who think that as long as they don't enter the chutes they are no problem. They think they are under no obligation to pay in order to pace a friend or use the race as a training run. They are wrong. They fail to realize that races are for runners, those willing to pay and that most events are also for a charity or non-profit organization. Many races have to pay for the use of city or county streets and therefore, race organizers have every right to dictate who can or cannot be on these streets. Bandits still take advantage of the aid stations, certified course and timing. Many of these same people have the audacity to help themselves to refreshments after the race. Would these same individuals enter a theater or other public event without paying? As a supporter of long distance running and an individual who cares enough to pay their own way, you can help by discouraging this sort of thing.

**Banditing** by Kevin Helliker

The potential number of bandits, meanwhile, keeps growing as races like the ING New York City Marathon sell out faster and faster. About 140,000 runners applied for 62,000 slots. "Anytime it gets harder to get into something, people become more creative," says Richard Finn, spokesman for the New York race.

Some in the running world see little hope of stamping out banditry. "Bandits are like cockroaches and rats—good luck eradicating them," says Ryan Lamppa, media director for Running USA, an industry-supported research agency.

**Out There: An Open Letter To Bandit Runners** by Susan Lacke

Dear Bandit,

How'd you do last weekend? You looked good and strong out there. Really, you dominated. You must be so proud of your performance. After all, not everyone can steal and get away with it. But you, sir...you did it! I am impressed.

I'm sure you really thought being a bandit was justified. Race fees are just exorbitant these days, aren't they? They are outrageous. Then again, why am I telling you? You're the one who was wearing the Ironman shirt and Western States visor while running the race.

Even if you did want to pay, the race was sold out, anyway. Those runners who paid (fools!) certainly didn't mind you joining their ranks. The starting chute was going to be crowded with or without you, and the roads were going to be full of runners. What's one more? Plus, you and I both know that the race didn't *really* need to pay for the barricades and police to block off the roads during the race. It's not like runners can't look both ways before they cross the street. If they get hit, that should be their own fault. What doesn't kill 'em only makes 'em stronger. Am I right? You know I am, buddy.

And the water stations? Oh, puh-*LEASE*! What a joke. You weren't really stealing from the race when you used the aid stations. Everyone knows water's free. The gels and food were probably cheap, too. Besides, you only took two or three...at each aid station. Don't worry about the volunteers who were working those aid stations to raise money for their school groups. They are honored to give up their Sunday morning just for the chance to hand you a cup of water. No, really...I'm sure one of those teenage girls swooned when you ran by.

I bet you're reading this with a smug smile. And if I say that being a bandit is actually stealing from a race and the people who work hard to organize it, you'll retort with a clever "Well...then smack my bum and call me Smokey!" Oh! I can't stop giggling! You're so witty! "Smokey!" Hy-*STER*-ical! I bet everyone wishes they could be as smart as you.

You're so special. You deserve to run all the races you want for free. Other people should pay, sure, but they're different. They're probably running their first half marathon, so this is special. It's an *experience* for them. They're going to go to the expo and get t-shirts and really be enthusiastic about being a part of this race. You just wanted to test your fitness this weekend and see how you compared to other people in your age group. You're different, so the entry rules just don't apply to you. Besides, someone as talented as you really makes the quality of the race better. Without you running, the middle of the pack would certainly have been thinner.

So thanks, Bandit, for reminding us all of how fortunate we are to be in your presence. It's people like you who remind us of who we could be. Whether that's a good thing or bad thing...well, that's in the eye of the beholder.

***Be Ready!***

Upcoming race registrations that sell out fast:

- |                                       |   |
|---------------------------------------|---|
| - CIM Marathon                        | - St George Marathon                      |
| - New York Marathon                   | - Nike Women's Marathon and Half Marathon |
| - Disneyland Half Marathon – sold out | - Camp Pendleton Mud Runs – sold out      |



# SCRR Road Trip



Weekend of March 24 – 25

To: Paso Robles  
For: Half Marathon/5K Race and Wine Touring

#### Race Highlights:

- ½ Marathon Loop Course through Central Coast Vineyards.
- Also has a 5K race
- Male & Female Winners of the Half Marathon WIN THEIR WEIGHT IN WINE!
- After the race take in breathtaking views as you enjoy a complimentary breakfast bar, live music, raffles and the post-race award ceremony.
- <http://www.winecountryruns.com/>



#### Typical SCRR Trip Itinerary:

Drive up on Friday or Saturday via carpools.

Bike ride on Saturday morning.

Meet for Lunch on Saturday.

Wine tasting at 4-6 wineries with designated drivers.

Dinner at a nice Italian restaurant.

Sunday, race and enjoy postrace breakfast and activities.

Back to hotel for showers and check-out.

Tour 4-5 more wineries.

Last year, the race goodie bag had free passes to a Hot Springs

Spa, so we went and enjoyed the outdoor hot tubs.

Dinner and then drive home.

For more info, see Ken Atterholt and Cathy Shargay.

## **SATURDAY RUNS** (Continued from Page 5)

**All fall and winter runs meet at 7:45, start at 8:00 unless otherwise noted**

### **3/17/12 – Bommer Canyon/Coastal Peak \*NEW\***

**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 13 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.

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

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

### **3/24/12 – Lower Aliso Trail**

**Leader:** Greg Hanssen

**Location:** Road Runner Sports by Laguna Hills Mall, 24291 Avenida De La Carlota

**Directions:** Exit the 5 at El Toro Road and go to the far side of the mall to Oakbrook Shopping Center behind Woody's and Trader Joe's.

**About the Run:** This is a mildly hilly 10 mile out-and-back run down to Aliso Woods Park. Restrooms and a drinking fountain are available by the baseball diamond near mile 3.5. Extra miles can be added in Aliso Woods or around the lake on the other side of Alicia Parkway.

<http://www.gmap-pedometer.com/?r=5184001>

**After the Run:** Post-run snacks and refreshments will be provided by Road Runner Sports, then brunch at Woody's Diner by Trader Joe's.

### **3/31/12 – Pre-race Run and Irvine Farmers' Market \*NEW\***

**Leader:** Thomas Fung

**Location:** Meet in the parking lot of Trader Joe's and Peet's Coffee at Campus and Sanford 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 shopping center.

**About the Run:** This is a good warm-up run for the club race the following day. Half-mile jog along Campus to the San Diego Creek Trail (runs parallel to University). Run as long or short as you like on bike path towards Back Bay.

**After the Run:** Food from the Farmers' Market by Steelhead Brewery and coffee from Peet's, 4213 Campus Dr. Irvine, CA 92612



Picture at left:

Bryan and Melanie Dove  
and their baby daughter  
after finishing the Brea 8K.

# ***SCRR Enjoys Palm Springs Weekend***

Photo From: Judy Sweet



Numerous SCRR members were in Palm Springs over the Feb. 11<sup>th</sup>/12 weekend for the biking Century on Saturday and/or the Half Marathon on Sunday. In this photo are Cathy and Dave Blakesley, Judy Sweet, Greg Hanssen, Cathy Shargay, Vicki Ballon and Ken Atterholt.

## **2011-2012 SCRR CLUB OFFICERS:**

President:	Greg Hanssen
Vice-President:	Vicki Ballon
Treasurer:	Angel Cardoza
Secretary:	Stacey Dippong
Social Chair:	Janelle Daniels
Officers At Large:	Matt Hood, Danielle Gordanier, Dave Bauers

## **2011-2012 COMMITTEE CHAIRPERSONS:**

Newsletter:	Cathy Shargay
Weekend Runs:	Noreene Matsuda
Grand Prix:	Mike Friedl
Database Manager:	Dave Schiller
Monthly Club Race:	Bob Morris
Marathon Training Group:	Molly Donnellan
5K/10K Training Group:	Danny Stein
Webmaster:	Mike Reeves





# 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 (out of 77 total) for the 2011-2012 series after 8 races are:

Place	Name	Details						Brea 8K		SoCal H/5K	
		Age Group	Sex	Points	Races	Best	Avg	Times	Pts	Times	Points
1	Ken Atterholt	50-54	6,553	8	6,553	853	819	30:49 8k	828	18:18 5k	853
2	Dave Parsel	55-59	6,275	7	6,275	925	896	30:00 8k	900	18:17 5k	882
3	Danielle Gordanier	40-44	6,268	8	6,268	813	784	33:22 8k	789	1:31:30 H	785
4	Cathy Blakesley	50-54	5,838	8	5,838	760	730	39:22 8k	735	1:49:08 H	730
5	David Schiller	50-54	5,680	7	5,680	828	811	30:50 8k	828	1:22:44 H	823
6	Mike Dietz	45-49	5,672	7	5,672	856	810	33:03 8k	747	18:07 5k	834
7	Greg Hanssen	45-49	5,619	8	5,619	733	702	34:34 8k	714	20:37 5k	733
8	Linda Hammond	45-49	5,112	7	5,112	793	730	39:03 8k	711	1:48:55 H	732
9	Matt Hood	40-44	5,019	7	5,019	749	717	32:37 8k	718	19:40 5k	723
10	Leilani Rios	30-34	5,014	6	5,014	858	836	29:50 8k	825	17:58 5k	849
11	Vicki Ballon	25-29	4,774	7	4,774	697	682	36:30 8k	688	21:23 5k	697
12	Armando Moran	40-44	4,760	7	4,760	724	680	33:19 8k	703	1:35:37 H	663
13	Brad Wobig	40-44	4,718	6	4,718	817	786	28:40 8k	817	18:00 5k	790
14	Cathy Shargay	50-54	4,653	7	4,653	734	665	44:27 8k	651		0
15	Doug Niles	45-49	4,376	6	4,376	759	729	32:32 8k	759	1:30:04 H	756
16	Mike Friedl	45-49	4,268	6	4,268	751	711	33:03 8k	747	20:37 5k	733
17	Matt Kossoff	30-34	4,213	6	4,213	725	702	32:02 8k	706	1:24:48 H	725
18	David Bauers	50-54	4,026	6	4,026	697	671	36:37 8k	697	1:42:52 H	676
19	David Blakesley	65-69	3,998	7	3,998	637	571	1:01:25 8k	483	28:35 5k	637
20	Eric Dangott	35-39	3,812	6	3,812	681	635	36:17 8k	629		0
21	Tonson Tong	45-49	3,710	5	3,710	779	742	32:52 8k	751	1:27:23 H	779
22	Stacey Dippong	30-34	3,583	5	3,583	757	717		0	20:09 5k	757
23	Amy Katz	40-44	3,507	5	3,507	752	701		0	22:11 5k	712
24	John Gardiner	35-39	3,442	4	3,442	888	861	25:57 8k	879	1:11:25 H	888
25	Jeanie Leitner	60-64	3,340	4	3,340	856	835		0		0
26	Gary Hefner	50-54	3,255	4	3,255	828	814	31:13 8k	817		0
27	Greg Blevins	55-59	3,173	5	3,173	686	635	39:22 8k	686	24:06 5k	669
28	Angel Cardoza	45-49	2,987	4	2,987	779	747		0		0
29	Eileen Stephens	45-49	2,985	4	2,985	772	746		0		0
30	Thomas Fung	45-49	2,938	4	2,938	761	735		0		0
31	Pamela Wusthof	55-59	2,821	4	2,821	723	705		0	26:13 5k	707
32	Molly Donnellan	45-49	2,726	4	2,726	689	682		0	24:47 5k	679
33	Dave Flahive	35-39	2,545	4	2,545	697	636		0		0
34	Marisa Gonzalez	40-44	2,527	4	2,527	645	632	43:30 8k	605		0

## Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**  
V.P. Investments  
(949) 234-2343, (866) 886-7593  
Fax: (949) 234-0326  
E-mail: reimersr@stifel.com  
30448 Rancho Viejo Rd., Suite 110  
San Juan Capistrano

John Loftus, **Certified RRCA Running Coach**  
[www.runyourpotential.com](http://www.runyourpotential.com)  
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coach@runyourpotential.com  
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

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[info@amazingtravel.com](mailto:info@amazingtravel.com)  
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18430 S. Brookhurst St., Suite 103, Fountain Valley  
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1831 Orange Ave, Suite A, Costa Mesa, CA 92627  
[www.drkatahdin.com](http://www.drkatahdin.com) [www.athletiZen.com](http://www.athletiZen.com)

Santiago Nomen, **"Tax Preparation at a Fair Price"**  
(714) 838-3587, Fax: (714) 838-2256  
[socaltaxman@cox.net](mailto:socaltaxman@cox.net)  
52 Lakepines, Irvine

### Reminders

Newsletter Contributions: We want your stories, announcements, etc. Please e-mail any newsletter contributions to Cathy Shargay at [Cshargay@cox.net](mailto:Cshargay@cox.net).

SCRR Roster: Send your address, e-mail address, phone number updates and corrections 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

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



MARCH	
<b>THURS 3/1, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN 3/4 7:00a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB <a href="#">nmspiritrun</a>
SAT 3/10 6:30a.m.	Solvang Century Bike Ride <a href="#">solvangrideinfo</a>
SAT 3/10	Catalina Island Marathon <a href="#">catalinaislandmarathon</a>
SAT 3/10 8:30a.m.	OC Chili Winter Trail Run 3 Race Series – Race #2, O'Neill Park <a href="#">WinterTrailSeries</a>
SUN 3/11 7:00a.m.	Dana Point Festival of the Whales Grunion Run 10K, 5K, 1K <a href="#">grunion run</a>
SUN 3/18 7:00a.m.	Los Angeles Marathon <a href="#">lamarathon</a>
SUN 3/18 8:00a.m.	Dove Dash and Pancake Breakfast, Dove Canyon <a href="#">Dove Dash</a>
SUN 3/25 7:00a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm <a href="#">CoasterRun</a>
SUN 3/25 8:00a.m.	Wine Country Half Marathon/5K, Paso Robles
SAT 3/31 9:00a.m.	Spring Break at the Lake – Irvine Lake Mud Run <a href="#">irvinelakemudrun</a>
APRIL	
SUN 4/1 7:00a.m.	Carlsbad 5000 Carlsbad, CA <a href="#">carlsbad5K</a>
<b>THURS 4/5, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 4/7 7:00a.m.	Hollywood ½ Marathon Hollywood, CA <a href="#">hollywoodhalfmarathon</a>
SAT 4/14 7:00a.m.	OC Chili Winter Trail Run 3 Race Series – Race #3, O'Neill Park <a href="#">WinterTrailSeries</a>
MON 4/16 9:00a.m.	116 <sup>th</sup> Boston Marathon <a href="#">boston-marathon</a>
FRI & SAT 4/20 & 4/21	Ragnar Relay, Huntington Beach to San Diego <a href="#">ragnarrelay</a>
SAT 4/28 7:00a.m.	Costa Mesa Community Run 10K (New), 5K, 2K & Pancake Breakfast <a href="#">costamesacommunityrun</a>
SAT 4/28 7:00a.m.	Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA <a href="#">donatelifeoc</a>
SUN 4/29 7:00a.m.	Xterra Malibu Trail Run 22K, 6K <a href="#">trailrace.com/malibu</a>
SUN 4/29	Big Sur Marathon
MAY	
<b>THURS 5/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN 5/6 6:00a.m.	Orange County Marathon, ½ marathon, 5K <a href="#">ocmarathon.com</a>
SUN 5/6 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour <a href="#">reachingforthecure</a>
SAT 5/12 7:00a.m.	Santa Barbara ½ Marathon, Santa Ynez CA <a href="#">runsantaynez.com</a>
SAT 5/19 8:00a.m.	Magic Shoe 5K, CDM High School, Newport Beach
SUN 5/20 7:30a.m.	Santa Monica Classic 5K, 10K Santa Monica <a href="#">santamonicaclassic.com</a>
SAT 5/26 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi <a href="#">mountwilsontrailrace</a>
MON 5/28 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA <a href="#">lagunahillshalfmarathon</a>
JUNE	
<b>THURS, 6/7, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 6/2 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA <a href="#">CDM5K</a>
SAT 6/2 7:30a.m.	Fontana Days ½ Marathon & 5K Fontana, CA <a href="#">Fontana Days Run</a>
SUN 6/3 6:00a.m.	San Diego Rock & Roll Marathon, ½ Marathon <a href="#">SD Rock&amp;Roll</a>
THURS, 6/14, 6:15 p.m.	Peter's Canyon Summer Trail Series Tustin, CA <a href="#">Summer Trail Series</a>
SAT 6/9 8:00a.m.	13 <sup>th</sup> Annual Northgate Anaheim 5K Downtown Anaheim <a href="#">Anaheim 2012</a>
6/2, 6/3, 6/9, 6/10, 6/16	Camp Pendleton Mud Runs, Saturday events sold out
DATE TBD	Southcoast Roadrunners Annual Banquet

By: Doug Denniston