

# ON THE RUN



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

Orange County, California  
September 2007 Issue

## Runner of the Month – Beiyi Zheng

By: Amy Katz

Congratulations to Runner of the Month, Beiyi Zheng! Ever since Beiyi joined SCRR, she has rarely missed a club race. In fact, she ran in 11 out of the 12 Grand Prix races in the 2006-07 year. She has been getting lots of PRs since she became a Roadrunner in 2006, and she's one of our most enthusiastic members. You might think she's shy and quiet, but once you get to know her you'll see her sharp wit and quick sense of humor. I asked Beiyi a little about her running career.

*How long have you been running, and how did you get started running marathons?*

I started running in February of 2003. I remember I got a postcard from the American Heart Association in January of 2003, saying they have a Train to End Stroke program to teach ordinary people to run a marathon. At the time, my divorce was final, I didn't need to be a parent full-time, and I had actually plenty of time for myself. I wanted to try something new, something I never even dreamed of doing before, and this marathon training was IT! I went to the TES info meeting and signed up. In the next four months, I followed the training plan and did almost all the long runs. In June, I finished my first marathon, Rock 'n Roll San Diego. My time was 5:18:59. I also raised over \$2,800 for AHA.

Looking back, I still can't believe that I actually did it. My daughter was only two years old back then, and it was hard to find time to run a 6 miler during the week.



*What is your favorite race distance? How many marathons have you run and which is your favorite?*

I think my favorite race distance is the half marathon. I've done 7 marathons so far, my lucky 8 is coming up on August 25th, the Park City Marathon. My favorite is Rock 'n Roll San Diego: my first time and my best time all happened there.

*What are your running goals for the future?*

My goal is to qualify Boston before I reach 55. I also want to try running ultras. I registered for the Twin Peaks 50K in February 2008. My goal is to finish in 8 hours.

*What else would you like to share with the club?*

I have 9-year-old son and 6-year-old daughter. They are good kids and they keep me busy when they are with me! I've tried to get them into running. My daughter has potential, but my son only likes golf. I like to travel, so my plan is that every year I will

*(Continued on page 2)*

## ***Runner of the Month – Beiyi Zheng (con't)***

**By: Amy Katz**

pick an out-of-state marathon or ultra race, run the race, and then spend a week so over there. This year is Park City, Utah. Next year is Grand Teton. At this rate it will take me 50 years to finish 50 marathons in 50 states! I better stay healthy. Someday, I will go back to my hometown of Shanghai and run a marathon there.

*What do you like most about being a member of SCRR?*

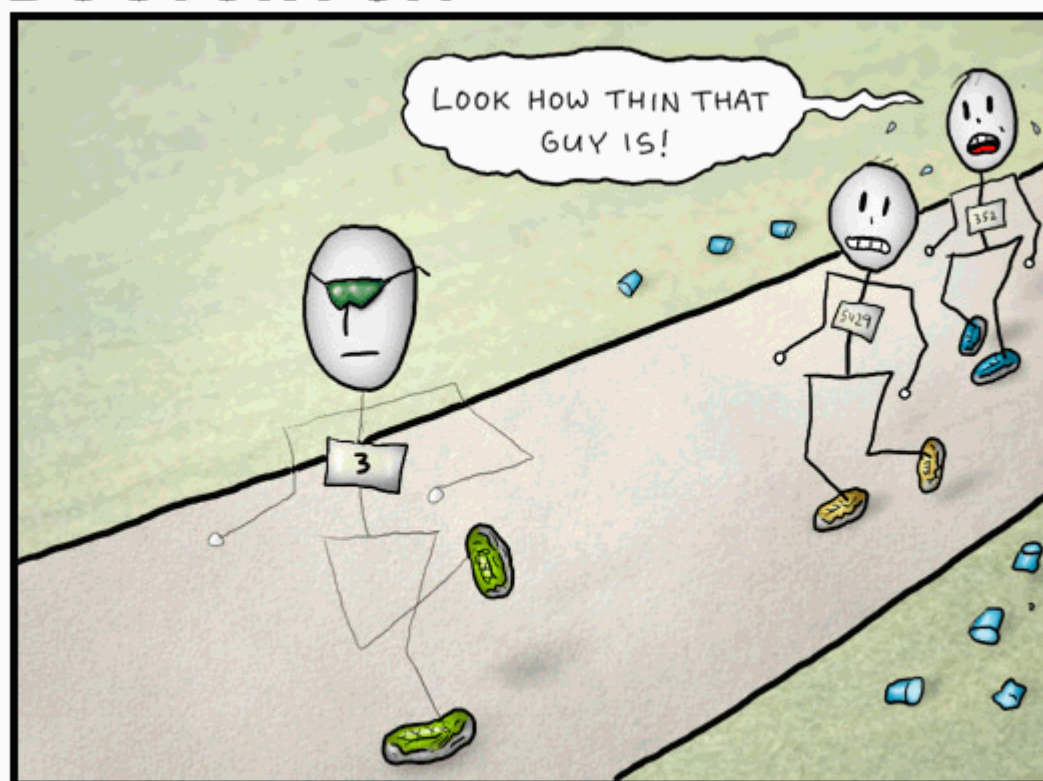
What I like the most is the practical advice I get from Molly and the inspirations I get from other runners.

## ***Comic of the Month***

**Submitted By: Amy Katz**

### **DOCTOR FUN**

6 Sept 2000



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<http://metalab.unc.edu/Dave/drfun.html>

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An elite runner at the Stickman Marathon

## ***Welcome to the World Baby Logan!***

She's here! All 6 lbs, 10 oz of her!

She entered our lives on July 22nd at 11:01pm and has been such a blessing. Here are some photos for ya. Mommie, Daddy, and Logan Jay are doing well.

Thank you for your kind thoughts and prayers for our new family!  
Pam and Jim



Top right:: Baby Logan Jay – what a cutie!

Bottom right: Pam and Logan in the nursery.

Left: Jim holding his new baby girl.



## ***A New Addition to the Friedl Family!***

**By: Molly Donnellan**

Congratulations to Mike, Melissa and Grace Friedl on the new addition to their family. Aug 8th at 10:43 pm, Luke Alan Friedl was born – 8 lbs even, 21-1/2 inches long, brown hair and blue eyes! (8 pounds on 8-8)

Mike says he has nice long arms, legs and fingers - maybe he'll be a hurdler! Mom, Dad and baby are all doing fine. Mike says he won't be at running or pizza tonight, but have a beer for him!

Go to [www.chickeeandmike.com](http://www.chickeeandmike.com) to see lots of great photos.



**Congratulations to:**  
***Sherri Ellerby***

**for Placing Third Overall Female in the  
Disneyland 1/2 Marathon on Sep.3!!!**

# SCRR Beach Bonfire

Saturday, September 8, 2007  
530pm

Come join us for some end of Summer fun!!!

Beach games, maybe a limbo contest!!!  
Listen to some great beach music!!

Location: Huntington Beach State Park. The party will be at a fire pit near lifeguard tower #2. South of Brookhurst and north of the Santa Ana river. Look for club canopy and tiki torches.

Parking: \$10 per car. Carpooling is recommended.

What to bring: We would like volunteers to bring:

Firewood, Ice, Salads  
Side dishes, Cookies  
and other yummy munchies.

Water and Sodas will be provided by SCRR. Sorry, alcohol is not allowed on the beach.

Please email Noreene Matsuda at [noreene@cox.net](mailto:noreene@cox.net) or Leilani Rios at [leilanirios@cox.net](mailto:leilanirios@cox.net) to let us know what you would like to bring. We will also pass around a sign-up sheet at the next club meeting on September 6.



## ***Fun Times at Hood To Coast***

**By: Vicki Niebrzydowski**

"Masters of the OC" finished in 24:29:43, averaging a 7:28 pace overall. We came in 131st out of 1,034 teams.... There were seven SCRR Runners: **Jannay Morrison, Vince Lowder, Linda DeStefano, Noreen Matsuda, Myself, John Chau and Sue Zihlman**...rounded out by Dave Kobrine and Habib Torfi from Cal Coast, Rick from Snails Pace and Patty Walker. Since we only had 11 runners, a few lucky ones got to run a fourth leg....Sue gave us a strong finish, running her 3rd and 4th legs in the last section.

This was my first time running the race....and wow what an experience!!! We started Fri night at 6:45pm. We got up and had breakfast, relaxed a bit and then headed over to the gigantic grocery store (Fred Meyer's) to load the vans up with food. The place was packed with hundreds of teams in their decorated vans. It happened to be the exchange point for Leg 6-7, when Van 1 handed off the torch to Van 2, so there were runners going by from the teams that had started earlier in the morning. Each van grabbed a shopping cart and we went down the aisles throwing in any of the food that we might want during the run...sandwiches, cookies, candy, chips, fruit, yogurt, trail mix, gatorade, water, etc... We grabbed some lunch, decorated our vans, and then Van 1 headed up to Mt. Hood. Van 2 stayed behind...they still had over 8 hours until they would start running....so apparently they hit up the movies - Borne Ultimatum.

The drive to the top was very scenic, must have been great running the first few legs and enjoying the scenery...although Jannay said the downhill running was bad...but the 2 waterfalls she saw on the way down made her forget the pain for a few minutes :-). She had an elevation drop of I believe 2000 feet over the course of the 4-5 miles. Jannay finished strong, handed off the slap bracelet (our baton!) to Vince, who proceeded down the mountain running really great. I believe he finished his first leg averaging just



From left: Norene Matsuda, Habib Torfi, Sue Zihlmann, Linda DeStefano, Patty Walker (in front), Dave Kobrine, John Chau, Vicki Niebrzydowski, Vince Lowder, Rick Spandikow, Jannay Morrison.

over a 6 min pace. Linda went next...a short leg where she surprised us by finishing so quick. Noreen had to go running over as we heard "Team 16" being yelled over and over again by the volunteers. By this time it was starting to get dark out. We were all required to run with reflective vests and flashlights. We all got out of the van to cheer on our finishing runners and send the next runner off...then it was off to the next stop. We tried to cheer the runner on as we passed them up, but as Linda knows, we sometimes missed one ;-) We made up for missing her on her last leg though! The teams were pretty spread out at this point, we hadn't caught up to any of the slower teams and the faster teams had already passed us.

Eric Frome flew by us during the 2nd leg! He had started 15 min behind us....we cheered him on! I believe it was during this leg we transported one of the Bucknell teammates to his leg because one of their members had gotten really dizzy and weak after his leg and the van had stayed there with him. The team was hitch-hiking to their next exchange point. Luckily, everyone on our team made it through all of their legs. Anyway....back to Noreen. Noreen finished her first leg running great and handed off to Dave. I had the next leg, leg 6. This was one of the longest legs, just under 7.5 miles. It was so nice, running in the middle of the night (it was about 10 pm), it was dark and cool, and no one really around. I had 2 people pass me and those were the only people I saw the entire time. It was a mostly downhill leg, but had some uphill too....I felt really good and had way too much energy at the end ;-) Although after about 10 min of walking back to the van, the legs started to tighten up again and I was afraid it'd be a long night in front of me. That was the best I had felt running in a long while. I ran just under a 7:30 pace and was pretty happy with that.

At that point we handed off to the other van...and Sue or John will have to fill you in on their legs. We drove to our first "hotel" for the night, underneath the bridge in Portland. We got our first nights sleep on some nice comfy park benches out by the river. Well some of us got some sleep anyway. I think I slept maybe about 1-2 hrs. Vince wasn't able to sleep at all. The next exchange was interesting, as Patty was handing off to Jannay (they had never met)...and no one else had made it out there. Van 1 was back on and Van 2 was off to their first nap.

Okay....the rest of this is going to be condensed as I have to leave to make it to the run tonight ;-) In a way I was glad to have the last leg in my van because it gave me some time to loosen up after napping... but it was also tough watching everyone finishing and being on break for a while when I still had to run! My last 2 legs were just over a 4 miler and just over a 5 miler.... I finished the first in about a 7:45 pace (it was uphill)...and the 2nd I cruised in at about a 7:15 pace (downhill). That last downhill took a huge toll on the quads, but it was fun. I finally had a few people out there to pass (Roadkill ;-)) and actually ran into someone that used to run for SCRR ( I wore my jersey for this leg ). It was a very scenic, curvy road and I was able to run on the dirt shoulder most of the way. There was one guy that had intentions of passing me, and we ran together for about a 1/2 mile to a mile, but we got to an uphill and I left him in the dust ;-) hah I was glad to be done.... we headed over to the nearby liquor store and got our post race beer as Van 2 finished it off for us. It started to rain a bit toward the end, but that didn't stop us. Then it was off to the beach to the beer/wine garden and to see Sue finish.

Overall, it was an awesome experience, so much fun... Despite being short one runner (three people had to run an extra leg), we finished in 24 hours and 29 minutes, our average pace was 7:28, we placed 2nd in the mixed masters division, and 131st out of 1,034 teams. Everyone ran well and most of all had a great time. If anyone has the opportunity to do it, I'd definitely recommend it. It all seems like a dream now, we were go go go the entire time, trying to get from exchange to exchange, to the nap places, eating, running, chatting..... and then you're done...tired and exhausted, but you feel great!

## **AMY'S POST-RUN RESTAURANT REVIEW**

By: Amy Katz

### **Alice's Breakfast in the Park**

6622 Lakeview Dr  
Huntington Beach, CA 92648  
(714) 848-0690

Jon, Brad, and I came here for breakfast after our long run in Huntington Beach on July 28th, and I'm definitely coming back! It was a little hard to find from the directions we had printed out online, but it was well worth the search.

We got there around 10:30, so we had to wait about 10 minutes for a table. The restaurant is very eclectic, to say the least. It's the end of July, but the Christmas decorations were still out. It's a small place but they pack in quite a few tables, and you can also order take-out and eat on a park bench. There are ducks running around everywhere around the building next to the lake, and the restaurant sells bags of seed to feed them. It's a popular attraction with children and adults alike! There were also three big geese running around honking.



Okay, now for the food...it was really delicious. The cinnamon roll was the best I've ever had in my life! I got the mini size with my breakfast in place of toast, but next time I'm going for the full-sized version. It was incredibly moist and smothered in thick, gooey icing and sprinkled with walnuts. Heavenly! I also had scrambled eggs, which could have been cooked a little more thoroughly, and I really enjoyed the home fries. They were really like thick, home-made potato chips. My companions also enjoyed their breakfasts of the Park Scramble with cheese and chilies, and huevos rancheros. We all cleaned our plates. I also had an iced tea that was fresh-brewed with a wedge of lemon.

All in all, a great place for breakfast or lunch in a unique setting. Make sure you bring cash because they don't take credit or debit cards. Also kind of charming, the restroom is called the "Water Closet".

## **CONGRATULATIONS!!!**

*To GREG HANSSEN and LINDA HAMMOND*

*As the Training Program Highlighted Runners of the Month*

*Greg for the Marathon Program and Linda for the 5K/10K Program*



## SATURDAY RUNS

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

### **9/1/07 Run to Cook's Corner**

**Time:** Meet at 6:45, start at 7:00

**Leader:** Greg Hanssen

**Location:** Snails Pace running store off I-5 and Alicia. From the 5 exit Alicia towards the ocean, turn right into shopping center behind Wendy's. SP is in the back corner of the center.

**Directions:** Mapquest "Snails Pace" Laguna Woods to get exact directions.

**About the run:** For most, an out and back up the Aliso bike trail towards Cooks Corner 8-18 miles.

St. George marathoners will get a double dose of downhill and will carpool up towards Cooks for a 15-19 mile run down, up then down again to Snails...the 'downhill' run.

**After the run:** It's a Grind coffee shop near Snails Pace.

### **9/8/07 Huntington Beach – Bonfire Day !**

**Time:** Meet at 6:45, start at 7:00

**Leader:** Orhan Beker

**Location:** Meet underneath the Huntington Pier on the bike path next to the Ocean. There is metered parking on the streets and paid parking in the parking lot and garage.

**Directions:** Mapquest "Chimayo" Huntington Beach to get exact directions to the Pier.

**About the Run:** There will be several options including a shortened three Piers version heading toward Newport or running along the Pacific Shoreline Marathon and 1/2 marathon courses.

**After the Run:** SCRR Annual Bonfire at 5:30 p.m.!!!

### **9/15/07 3 Piers Run**

**Time:** Meet at 6:45, start at 7:00.

**Leader:** Amelia Carchidi

**Location:** We start at the base of the Newport Beach pier. Arrive early very to try and find street parking or bring quarters for the meters. There is a change machine to get quarters for the meters.

**Directions:** Mapquest "Charlie's Chili" Newport Beach to get exact directions.

**About the Run:** 5.75 miles south to the Wedge and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back or turn back sooner and shorten your run.

**After the Run:** Bring a towel to take a quick dip and head over to Charlie's Chili near the base of the pier.

### **9/22/07 Hicks Canyon/Peter's Canyon**

**Time:** Meet at 6:45, start at 7:00.

**Leader:** Paula Fell

**Location:** Meet at the corner of Culver and Irvine Center Drive.

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

**About the Run:** We run the Hicks Canyon trail to Peter's Canyon, then a loop (or two) in Peter's Canyon. With one loop at PC – 14 miles, two loops – 21 miles. Go out and back for less. This is a great training run with a combination on/off road...great for those preparing for Long Beach or a fall marathon !

**After the Run:** Champagne Bakery. Now we're talking tasty food.

### **9/29/07 Grand Prix Race – ~~Huntington Beach Surf 'n Sand 5k, Huntington Beach~~ To Be Announced!!!**

**Time:** **To Be Announced**



## 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 68 standings (out of 76 participants so far) for the 2007-2008 series after 2 races are:

Place	Name	Age Group	Total Points	Races	Avg	HB Distance Derby		Woodbridge	
						Times	Points	Times	Points
1	Sue Zihlmann	40-44	1,674	2	837	1:05:46 10 mi.	853	39:59 10k	821
2	David Schiller	45-49	1,660	2	830	1:02:15 10 mi.	841	37:39 10k	819
3	Jeanie Leitner	60-64	1,648	2	824	40:25 5 mi.	850	23:14 5k	798
4	Mike Gulan	55-59	1,626	2	813	34:03 5 mi.	798	19:28 5k	828
5	Fred Cowles	40-44	1,621	2	811	29:12 5 mi.	807	17:28 5k	814
6	Brad Wobig	35-39	1,562	2	781	1:01:31 10 mi.	775	17:16 5k	787
7	Mike Connors	40-44	1,551	2	776	29:39 5 mi.	794	17:56 5k	757
8	Pete Boisineau	55-59	1,545	2	773	1:11:50 10 mi.	758	20:28 5k	787
9	Jason Blank	30-34	1,544	2	772	29:23 5 mi.	774	17:32 5k	770
10	Tonson Tong	40-44	1,533	2	767	1:06:07 10 mi.	750	18:10 5k	783
11	Mary Lynch	40-44	1,515	2	758	1:13:23 10 mi.	764	21:02 5k	751
12	Greg Jones	30-34	1,498	2	749	1:04:06 10 mi.	735	17:41 5k	763
13	Dan Garcia	45-49	1,497	2	749	34:22 5 mi.	722	19:31 5k	775
14	Mike Sellers	25-29	1,482	2	741	30:43 5 mi.	726	17:44 5k	756
15	Tom Dellner	40-44	1,482	2	741	1:07:38 10 mi.	733	38:49 10k	749
16	Orhan Beker	30-34	1,471	2	736	30:59 5 mi.	734	18:19 5k	737
17	Kevin MacDonnell	45-49	1,462	2	731	34:34 5 mi.	718	20:19 5k	744
18	Jon Resnick	45-49	1,451	2	726	33:28 5 mi.	742	21:20 5k	709
19	Erika Kotteakos	35-39	1,441	2	721	36:32 5 mi.	720	21:21 5k	721
20	Paula Fell	40-44	1,431	2	716	37:20 5 mi.	709	21:53 5k	722
21	Rob Harris	45-49	1,428	2	714	1:17:20 10 mi.	677	20:07 5k	751
22	Linda Hammond	40-44	1,407	2	704	37:33 5 mi.	705	22:30 5k	702
23	Ed Coffey	60-64	1,380	2	690	40:00 5 mi.	707	23:56 5k	673
24	Jannay Morrison	40-44	1,358	2	679	1:21:43 10 mi.	686	48:51 10k	672
25	Jamie Crane	25-29	1,323	2	662	38:06 5 mi.	663	22:34 5k	660
26	Vicki Niebrzydowski	20-24	1,290	2	645	1:23:26 10 mi.	621	47:32 10k	669
27	Liza Svoboda	35-39	1,288	2	644	1:23:43 10 mi.	652	50:19 10k	636
28	John Chau	35-39	1,275	2	638	35:47 5 mi.	641	44:35 10k	634
29	Bei Yi Zheng	40-44	1,089	2	545	1:50:02 10 mi.	510	56:44 10k	579
30	Jim Grant	45-49	1,024	2	512	38:07 5 mi.	397	24:07 5k	627

Place	Name	Age Group	Total Points	Races	Avg	HB Distance Derby		Woodbridge	
						Times	Points	Times	Points
31	Brigid Pukszta	40-44	944	2	472	58:40 5 mi.	451	32:03 5k	493
32	Danny Stein	30-34	854	1	854		0	15:49 5k	854
33	Bob Morris	55-59	812	1	812	1:07:03 10 mi.	812		0
34	Michael Ewart	50-54	807	1	807		0	19:20 5k	807
35	Eric Frome	25-29	788	1	788	28:18 5 mi.	788		0
36	Ben Coyle	30-34	784	1	784	1:00:05 10 mi.	784		0
37	Victor Celani	45-49	761	1	761		0	19:52 5k	761
38	Jodie Kinney	55-59	761	1	761		0	24:21 5k	761
39	Leilani Rios	25-29	761	1	761	33:11 5 mi.	761		0
40	Brent Bohn	40-44	754	1	754	31:14 5 mi.	754		0
41	Lucina Lara	35-39	750	1	750	1:12:49 10 mi.	750		0
42	Michael Reeves	30-34	736	1	736	30:53 5 mi.	736		0
43	Jerry Jefferson	70-74	732	1	732		0	24:37 5k	732
44	Debbie Taege	30-34	724	1	724	1:12:25 10 mi.	724		0
45	Sandra Manzano-Straehle	35-39	723	1	723	1:15:33 10 mi.	723		0
46	Vincent Lowder	40-44	713	1	713		0	19:57 5k	713
47	Sabrina Higashi	30-34	699	1	699	35:23 5 mi.	699		0
48	Jane Crewe	45-49	691	1	691	40:25 5 mi.	691		0
49	Annette McCall	30-34	690	1	690	1:15:58 10 mi.	690		0
50	Susan Liu	30-34	682	1	682		0	46:32 10k	682
51	David Litvak	40-44	681	1	681	1:12:48 10 mi.	681		0
52	Karen Winter	45-49	679	1	679		0	24:54 5k	679
53	Jennifer Walt	40-44	677	1	677	1:22:49 10 mi.	677		0
54	Molly Donnellan	45-49	670	1	670		0	52:57 10k	670
55	Doug Niles	40-44	666	1	666		0	43:42 10k	666
56	Noreene Matsuda	40-44	665	1	665	39:49 5 mi.	665		0
57	Amy Katz	35-39	661	1	661	1:22:38 10 mi.	661		0
58	Thomas Fung	40-44	659	1	659	1:15:13 10 mi.	659		0
59	Elizabeth Bailey	25-29	658	1	658	1:19:49 10 mi.	658		0
60	Amelia Carchidi	30-34	642	1	642	1:21:44 10 mi.	642		0
61	Jami Brooks	40-44	637	1	637		0	51:34 10k	637
62	Adam Wallace	35-39	635	1	635		0	44:32 10k	635
63	Steve Franks	35-39	634	1	634		0	44:36 10k	634
64	Greg Hanssen	40-44	621	1	621		0	46:51 10k	621
65	Mike Friedl	40-44	620	1	620		0	46:53 10k	620
66	Amata Brooks	80-84	615	1	615		0	47:48 5k	615
67	Jennifer Wilkes	25-29	614	1	614		0	50:39 10k	614
68	Jerry Lin	35-39	613	1	613		0	46:06 10k	613



## 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](http://www.watersrestaurant.com)  
4625 Barranca Pkwy, Irvine

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"We will pay ½ the escrow fees for South Coast  
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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 and corrections to David Schiller at [scrr-info@cox.net](mailto:scrr-info@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](http://www.raceplace.com) or [www.active.com](http://www.active.com) for event registration info

SEPTEMBER	
MON 3 <sup>rd</sup>	<b>Disneyland Half Marathon</b>
THU 6 <sup>th</sup>	Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm
SUN 16 <sup>th</sup>	<b>Maui Marathon</b>
SUN 16 <sup>th</sup>	<b>Orange County Heart Walk/5K Run</b>
SUN 23 <sup>rd</sup>	<b>Race for the Cure</b>
SAT 29 <sup>th</sup>	<b>Huntington Beach Surf n Sand 5K – this is on the sand; probably won't be our club race. Stay tuned!!!!</b>
OCTOBER	
THU 4 <sup>th</sup>	Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm
SAT 6 <sup>th</sup>	St. George Marathon, Utah
SUN 7 <sup>th</sup>	Chicago Marathon
SAT 13 <sup>th</sup>	<b>Harbor Heritage 5K</b>
SUN 14 <sup>th</sup>	<b>Long Beach Half/Marathon– Club Race</b>
NOVEMBER	
THU 1 <sup>st</sup>	Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm
SUN, 4 <sup>th</sup>	Dinosaur Dash XVI 5 and 10K, Tustin
SUN, 4 <sup>th</sup>	ING New York Marathon, New York City
SUN, 4 <sup>th</sup>	Santa Clarita Marathon
SAT, 17 <sup>th</sup>	Catalina Eco Marathon
THURS, 22 <sup>nd</sup>	Dana Point Turkey Trot, 5 and 10K

## 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: David 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 Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine. Thursdays @ 6 p.m., several courses 3 to 9+ miles! Mondays at Peter's Canyon (thru September) @ 6 p.m. 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**