

ON THE RUN



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

Orange County, California
November 2010 Issue

Runner of the Month – Ken Atterholt

By: Cathy Shargay



Ken was Runner of the Month about three years ago, but he definitely is deserving again with many new running achievements and numerous volunteer activities for the club. Ken has become a club “old-timer” and loves the support and camaraderie, and the many great friends he’s met. He tries to help out in any way he can, and recently this includes fixing the broken and somewhat dangerous club tent by ordering new parts from the supplier and replacing the broken parts. We don’t need to use duct tape now to set up the tent!

He is one of the regulars for bringing the tent to races. But another way he tries to help is by running with new people whenever he

sees a need, making sure they don’t get lost, and making them feel welcomed into the club. He enjoys supporting and encouraging his fellow runners, and enjoys hearing about and cheering for the great successes of other club members. He was extremely honored to receive the SCRR Ideal Male Runner of the Year award at the last banquet.

For background on Ken, the last article highlighted Ken’s amazing 3:16 time at 2007 St. George Marathon which he had just run. He achieved his major goal of qualifying for Boston. He had also been steadily improving in the 5K and had recently broken 21 minutes, and in that article, reported that his new goal was to break 20 minutes.

Ken started running and joined Roadrunners in Jan. 2004, when he and I started dating. Before running, Ken’s primary



athletic activity was cycling. He was a bike commuter for years (up to 25 miles), had rode in many centuries - including Solvang Century for about 10 years in a row - and went on numerous bike tours in great places like Napa and the San Juan Islands. He was also an avid hiker and backpacker, with multi-week trips in Alaska, Jasper, Alberta, Bowern Lakes, British Columbia and the Ely Boundary Waters. Snorkeling in the Caribbean and scuba diving were some of his other passions. Ken and I have an amazing amount of similar interests and enjoy running, biking, swimming, skiing, hiking, camping and backpacking together.

In the last three years, Ken has really progressed in running. He achieved his 5K goal initially with 19:44 at the 2008 Woodbridge July 4th 5K, and numerous times since with the fastest time on a non-short course being 19:04 at the 2010 Anaheim Downtown 5K (maybe next will be breaking 19 minutes??). At last month's Grand Prix race at Long Beach, he set a new half marathon PR of 1:33:17, and at next month's Turkey Trot, he is hoping to set a 10K PR. Ken is amazingly good at uphill running and enjoys (???!!) the Run to the Top at Mt. Baldy on Labor Day. It is an incredibly tough ~7-8 mile trail race going from about 6000' elevation up to 10,000'. He PR'd there this year with 1:43.

Ken enjoys the marathons more now as trips with friends, instead of striving for faster times (he can rest on his laurels). He's done seven marathons, and especially enjoyed Boston in 2008 and 2010, which were both years when 20+ SCRR members went. We met friends for going to the Expo, all our meals, at the finish, for fun post-race parties and for touring Boston – it was great! Another favorite for Ken has been the club weekend trips to the Paso Robles Half Marathon, and he really enjoys the winery tours which the group does as part of the weekend.

But Ken's biggest athletic achievement of these last three years, was completing a full Ironman in Jun. 2010!!! The idea probably started from the weekly swimming and biking workouts we do as cross-training with **Greg Hanssen** and other friends from the club, and from frequently talking to **Rob Harris** and **Jim Beck** about their Ironman experiences. Ken and Greg decided in Jun. 2009 to register for the Jun. 2010 Coeur D'Alene, Idaho Ironman (it sells out a year in advance). They trained together, researched all the tips about doing an Ironman and did many long, multi-sport training days. By Feb., they were doing a run after every ride, and soon after, Ken got a new wet suit and they upgraded their bikes. They were doing a century every month just for training. By Jun., they were ready!

The Ironman was such a focus for Ken during this year that it was very appropriate when **Orhan Beker** brought an amazing Ironman cake (made by his wife **Andrea**) to Ken's 50th birthday party in Feb. It was very clever and creative, and Ken was very honored.



The Ironman trip started out great, as Ken enjoyed the 3 days it took to drive there, and seeing some beautiful scenery in especially Montana and Idaho. The race was on Sunday, but the athletes had mandatory meetings on Friday and Saturday. I flew up to meet him the day before the race. Race day had perfect weather, and everything went great for both Ken and Greg. Ken's 2.4 mile swim was relatively fast, and he was smiling from about halfway through the 112 mile bike for the rest of the race, since he knew he made the cutoff times and was feeling good enough to at least be able to finish. He had one flat tire on the ride, but Ken is a pro at changing tubes, so that probably only cost him 10-15 minutes. The run was two loops of an out-and-back course, which he said broke the marathon up into nice, manage-able segments, so even though he needed some walk breaks, he did as well as he had hoped. He was in great shape at the end and had a quick recovery, and can be very proud of a 14:04 finish for his first Ironman. He plans to get a tattoo of the Ironman symbol, as even though he probably never considered any other tattoo, this was such a major achievement, he earned it!!
(Continued on page 6)

Long Beach Spotlight on Cathy Blakesley

By: Linda Hammond

In the month of October, **South Coast Roadrunners** headed to the beach for the **Long Beach Marathon, Half Marathon and 5K**. Great weather and a great turnout resulted in a morning filled with some great races. New member **Cathy Blakesley** had a wonderful race in the half marathon. I asked her to share her thoughts about her race and training this season.

Linda: *Congratulations on your PR in the Long Beach Half Marathon. How did you like the race?*

Cathy: This was my second half-marathon and I enjoyed it! The course was good. I had trouble getting to the start, though, and had to start 2 waves behind where I should have been. So I had a lot of trouble especially in the first mile needing to pass people. Other than that it was great, and I beat my previous race time by 10 minutes!

Linda: *When did you start running and what brought you to the club?*

Cathy: I ran in high school & college, but started having so many injuries that I gave up on it. I have always worked out, but no more running until about a year ago, after I hurt my knee on the Stairmaster. I found that the only thing that didn't hurt was to run on the treadmill! Then a friend talked me into trying a 10K last February, and I was hooked again! I found SCRR online & ran with the group for the first time in June. It seemed like I was too slow for the club, but **Ken Atterholt** and **Cathy Shargay** really encouraged me. I'm very glad I stuck with it, since I have met so many great people in SCRR!

Linda: *Is there an upcoming big race that you are training for?*

Cathy: I ran the **Rock & Roll LA Half Marathon** the weekend after Long Beach and had a 3 minute PR! And no, I am not doing one every weekend! I haven't entered any more races at this point, but I'm starting to think about trying a marathon!



Cathy's husband **Dave** also runs with the club and often just comes out to the cheer Cathy on. Dave shared a few thoughts about running with the club.

Dave: I'm just along for the ride - general conditioning. I've enjoyed running off and on as an adult (my first mile was in the Army), but thanks to the encouragement of the Fri swim enthusiasts (**Cathy, Ken, Greg**, et al) I discovered ocean swimming. Love that! I also dusted off the old road bike and logged a few fun miles on the bike trails. If I can ever get swim, bike and run going at the same time, I'll try a tri.

Cathy and Dave, welcome to the club and thanks for being such enthusiastic new members. Long Beach was the 4th race in the Grand Prix series and **Dave Parsel** continues to lead the pack. In November we gobble up some miles on

Thanksgiving Day at the **Dana Point Turkey Trot**. See you at the finish line!

SCRR Rocks at Long Beach Marathon!

By: Amelia Carchidi

Sunday, October 17th, was another great day for the SCRR Crew at the Long Beach Marathon, Half Marathon, and 5K. We had several members that made it out for the full marathon. **David Schiller** cruised into the finish with a time of 3:14:59... New member **Matt Kossoff** saw the benefits of training with our group as he posted a 40+ minute (!) PR in 3:30:18... **Mike Reeves** ran his last race as a resident of Southern Cal (at least for awhile) in 3:30:50... also leaving us with her bf **Lucina Lara** ran a solid 3:36:27... and **Quang Pham** ran a 4:05:18 in preparation for the NYC Marathon in just a few weeks. **Phyllis Tsang** who has run a number of Saturday runs with SCRR just completed her first marathon at Long Beach finishing 4:35:05.

In the half, **Tonson Tong** posted a great time for a "training run" just one week after the Chicago Marathon in 1:27:49... **Gary Hefner** finished strong in 1:29:20... **Ken Atterholt** achieved a PR running a solid 1:33:17... **Rob Harris** finished well under goal pace in 1:33:59... a visiting club relative and super speedy **Carlos Jovel Sr** ran a fast 1:36:00... **Danny Garcia** ran a nice 1:40:56... **Anthony Mejia** posted I believe his second fastest half in 1:41:24... a big PR for **Steve Kan** in 1:45:37... and **Carlos Jovel** on his way to a successful marathon in Santa Barbara, finishing in 2:06:31.

Susan Hopkey and **Danielle Gordanier** took top spots for the women in the club with 1:25:22 and 1:37:19... the first half marathon and an exceptional time for new member **Lisa Sciariani** in 1:41:44... **Elizabeth (Bailey) Rogers** finished strong her first race married in 1:44:03... **Heather Wade** continues to get faster and faster, finishing in 1:45:55... **Meleah Shank** ran a solid race before the NYC Marathon in 1:48:06... another new member **Kate Urschel** ran her first half marathon in an excellent time of 1:55:32... **Cathy Blakesley** broke the 2 hour mark, finishing well under in a nice 1:56:32... **Cathy Shargay** ran 2:03:42 and **Amy Katz** is back on the scene finishing the half in 2:25:28 and collecting her SECOND California Dreamin' series medal!

SCRR truly dominated the 5K with several age group and overall winners. For the men, **Fred Cowles** finished 3rd overall and won the M45-49 in a time of 16:30... **Mike Sellers** took the top spot in M30-34 in a time of 16:44... **Mike Connors** placed 2nd in the M40-44 with a fast 17:06... **Mike Dietz** took the 2nd spot in the M45-49 in a fast time of 17:23... **Armando Moran** won the M35-39 in a time of 19:24... and **Matt Hood** ran a solid PR finishing in 19:29.

For the women, **Elyse Shimada** won the race overall as well as the W20-24 in a smoking time of 17:25 with **Leilani Rios** right behind her finishing in 18:12, 2nd overall and the top spot in W30-34... **Sherri Ellerby** also on the comeback trail took 2nd in the W45-49 in a fast 18:34... **Mary Lynch** won the W40-44 in a very fast (PR?) 18:55... **Erika Kotteakos** took 3rd in the W40-44 in a time of 20:58... and **Linda Hammond** ran one of her best 5Ks in recent times with a solid 22:34.





*Congratulations
to*

Matt Kossoff

3:30:18 at

Long Beach
Marathon!

40 minute PR!

Matt (left) with Tonson Tong



Photo Captions:

Previous Page:

Elizabeth Rogers, Erika Kotteakos, Sherri
Ellerby, Elyce Shimada, Leilani Rios, Mary
Lynch and Armando Moran.

Left: Cathy Shargay with California
Dreamin' Series Medal

Right: Armando Moran

Photos by Linda Hammond



Try Something New?? – Vineman Ironman 70.3

By: Greg Hanssen

If you're looking to TRI something different next year, come join our group for the Vineman 70.3 half Ironman triathlon July 17, 2011 in Northern California. You know you can run 13.1 miles! Now you've got 9 months to prepare to swim 1.2 miles and ride the bike for 56 miles.

The point-to-point event begins at Johnson's Beach in Guerneville and the swim is in the dammed Russian River. The bike route takes entrants past hundreds of vineyards and dozens of wineries. The run has sections which run off-road, right along the grape vines. The course is a tour of Sonoma County's beautiful wine country.

So far, the list of people possibly interested in going includes **Angel Cardoza, Chris and Ingrid Johnson, Vicki Ballon, Sherri Ellerby, Nancy Goedecker, Robert Donald, Cathy Shargay, Greg Jones, Brad Wobig, and myself.** Ken Atterholt plans to come on the trip and be a one-man support crew for us. Most of us will probably drive up leaving early on Friday and returning on Monday (it's about a nine hour drive). We'll probably stay in hotels in or around Windsor or Santa Rosa.

For swim and bike training, if you'd like to join us for our Tuesday or Friday night pool swims or our casual Sunday lunch bike rides, please e-mail greghanssen@gmail.com. Race registration opens on Nov. 1, 2010, and is at: http://www.vineman.com/Vineman_Ironman_70_3.htm



Runner of the Month – Ken Atterholt (con't)

Ken is originally from Ohio and came to California for an internship with Disney during his college years. He has a degree in Electrical Engineering and is now an independent consultant specializing in embedded controllers. He and Orhan work together at Western Digital.

Ken and I especially love the National Parks and have taken trips to the Grand Canyon, Yosemite, Zion, Bryce, Banff and Jasper. After taking Ken on about four winter ski vacations in a row with crazy blizzards, for the last two we have gone to the Florida Keys/Everglades, and to St. Croix since Ken loves tropical islands. Ken comes on some of my business trips and we've had three great trips to Europe. They were to Italy (with Valentine's Day in Venice), Spain/Belgium and Holland/France. Ah, running together along the Seine!! What great memories with many more to come!!

Save the Date!!

Dan and Teleia Templin's

SCRR Wine and Cheese Party

Nov. 20

Details to Come!

Get ready for Big Baz's 2011 trail races

(<http://www.bigbaztrailraces.com/>)

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2011	<u>Jan 8</u>	Winter Trail Run Series (If you haven't done a trail race before, click Beginner's Page)	12K	2,604'
	<u>Jan 22</u>		15K	3,502'
	<u>Feb 5</u>		18K	4,020'
	<u>Feb 19</u>		21K	3,470'
	Mar 5	San Juan Trail 50K	50K	6,627'
	Jun 4	Shadow of the Giants 50K	50K+	5,923'

*Many Thanks to the Gracious Hosts of
Last Month's Parties:*

Rob and Cindi Harris – Octoberfest Party

Bob and Faith Morris – Halloween Party

Great Deals From Fellow South Coast Roadrunners...

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

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

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
949 433-9238
coach@runyourpotential.com
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

Jonathan Resnick, CPA, **Tax services for businesses**
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Reminders

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

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at david.schiller@cox.net.

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

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Sports Authority, 5 and Jamboree, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

MONTHLY CLUB RACE: For more information: log on to www.roadrunners.org or see a Club Officer.

MONTHLY CLUB MEETINGS: 1st Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

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

SCRR CLUB CALENDAR



Monthly Club Meetings and Parties are highlighted in orange; Club Runs are highlighted in yellow

NEW Out of Town Races featuring club members highlighted in blue

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

NOVEMBER	
THURS, 11/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 11/6	Santa Barbara Marathon – Amanda Beach, Ben Coyle, Greg Hanssen, Dan Templin, Carlos Jovel, Kathleen Moon
SUN, 11/7	Fresno Marathon – Chris and Ingrid Johnson, Cathy Shargay
SUN, 11/7	ING New York City Marathon – Tonson Tong, Amelia Carchidi, Quang Pham
SUN, 11/7, 7:00 a.m.	Dinosaur Dash & Cycle Tour, 5K, 10K, & 50K Bike Tour Tustin CA DinoDash
THURS, 11/25, 7:00 a.m.	Dana Point Turkey Trot 5K, 10K Dana Point, CA TurkeyTrot
THURS, 11/25, 7:00 a.m.	Oceanside Turkey Trot 5K, Kids 1 Mile Oceanside, CA OceansideTurkeyTrot
DECEMBER	
THURS, 12/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SUN, 12/5, 6:15 a.m.	Las Vegas Rock 'n Roll Marathon, ½ Marathon 6:15 a.m. Las Vegas Marathon
SUN, 12/5	California International Marathon, Sacramento, CA
SUN, 12/12	Tucson Marathon
SUN, 12/12, 8:00 a.m.	L.A. County ½ Marathon, 10K, 5K, Kids Run & ½ Marathon In-line Skate – Pomona, CA 6:00 a.m. http://www.runlacounty.com/home
SUN, 12/12, 8:00 a.m.	Xterra Crystal Cove Trail 17K – Laguna Beach, CA CrystalCoveTrailRace
SUN, 12/12, 7:45 a.m.	Make Room for Santa – 5K, 10K & Kids Run – Irvine, CA MakeRoom4Santa
JANUARY	
THUR, 1/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SAT, 1/8, 8:00 a.m.	Southern California ½ Marathon, 5K Irvine, CA
SUN, 1/9, 7:13 a.m.	13.1 Los Angeles – Santa Monica, CA
SUN, 1/16, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ
SAT, 1/22, 9:00 a.m.	Buffalo Run ½ Marathon and 5K, Avalon Catalina Island
SUN, 1/23, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA
FEBRUARY	
THUR, 2/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SUN, 2/06, 6:50 a.m.	Surf City Marathon, ½ Marathon and 5K Huntington Beach, CA
SAT/SUN, 2/12 and 2/13	Tour de Palm Springs Century and Palm Springs ½ Marathon
SAT, 2/12, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #1, O'Neill Regional Park, RSM
SAT, 2/19	Timberwolf 5K, Northwood High, Irvine
SAT, 2/26, 7:00 a.m.	Run the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Naval Base

2010-2011 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Orhan Beker
Treasurer:	John Gardiner
Secretary:	Tonson Tong
Social Chairs:	Kathleen Monk, Stacey Dippong
Officers At Large:	Stacey Dippong, Bob Morris, Greg Jones

2010-2011 COMMITTEE CHAIRPERSONS:

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