

# ON THE RUN



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

Orange County, California  
September 2011 Issue

## ***Runner of the Month – Doug Denniston***

**By: Danielle Gordanier**



I knew the hardest thing about interviewing Runner of the Month Doug Denniston would be fitting all his interesting input into one newsletter article. This guy has been around. He moved all over the U.S. as a military kid, went to high school in the Philippines, and headed for California when he started college at Cal State Fullerton. He switched careers from Grocery store manager to elementary teacher in his 30's, confirming his wife's prediction that he belonged with the young kids, despite his original plans to teach high school math. "I guess I'm a lot a kid at heart," he admits.

I caught up with Doug at the Corner Bakery for lunch on the last day before the start of fall classes at Greenville Elementary. I recall running with him a few times over a year ago when I was new to the club. The first thing that strikes you about him is his open youthful enthusiasm for everything he does, especially running and fitness, which he discovered just a few years ago when he decided to take charge of his health. "I was approaching 50 and I wasn't on a good path. I did an outdoor boot camp, and from there I started running," he says. He cites a serious history of adult diabetes and high blood pressure on both sides of his family. "My mom recently passed away this summer, in June, after many, many battles and a long time in and out of the hospital. A lot of my mom's problems were due to weight, diet and lack of exercise. I wanted to set a better example for my daughter. My wife and I have been committed to it."

Doug began his commitment by diving into a tough boot camp. Asked how far he could run in the beginning, he tells me frankly, "Not 50 yards without feeling like I was dying. Actually, the first night I went on a run, we came back, and, well, I got rid of a lot of poisons out of my system after my first run, best way I can say it. I remember the very first time I ran my first uninterrupted mile, with just jogging, and that was just the most satisfying, greatest feeling ever." As he continued his efforts, 50 pounds came off, his health improved, and he developed a love for running.

His success story is not without its snags. "In November 2009, I broke a 30-minute 5K for the first time and then by January 2010 my body broke down, I got injured, came back too soon probably, fractured my foot. I was out for a couple months, and then my wife got sick. I really didn't come to any club runs or club races for a good nine months. This year in May I did the OC Half [in 2:47:55], just walk-jogged it, had my best half-marathon, and I've been pretty much healthy ever since. I'm going to just take a slow road back and make sure I stay healthy."

Along his planned road to health, Doug hopes to do all 12 club races this year, and he's already got his sights set on Long Beach as his next half-marathon, followed by Surf City and again the OC Half. In 2013, he's hoping for a full marathon. "I'll turn 50 next July and I'm thinking that the following year at OC, I don't care if it takes me seven hours, but I'd like just to do one, just to cross the finish line...I don't know if I'll be ready for it or not, but that's my goal. I'm going to try training for it. I know that's a long time out, but on my horizon."



If all this training, a family, a career and a prizewinning vegetable garden weren't enough, this year Doug found a new role in for Kids Run the OC, a program that promotes fitness through a series of games and workouts, guiding kids through the equivalent of a marathon of activity, ending with a mile race at the OC Marathon Kids' Run. He had hoped for at least 40 kids to cross the finish line at the OC, but there was no stopping his energetic leadership. Other kids would watch as he coached his own outdoor boot camp at recess, guiding the kids through lunges and drills. "Don't just stand around watching. Come work out with us," he'd say. Word spread, and the pile of applications grew to over 200. "I've got to say, I've put in hundreds of hours between doing all of the applications and collecting money, but it was all worth it." Some grown-ups noticed, too, and caught the spirit. "Two of the girls in running camp are teachers and are now going to start the program at their school this year. I think that's awesome."



One first-grader captured Doug's attention from the start. "His teacher came to me and said, 'I don't think he should be in the marathon...he's overweight, he's chubby and I'm afraid he's going to hurt himself.' I said, 'Okay. Let him come to training. I'll keep an eye on him.' So I did. I have to admit Anthony was a little overweight, but one of the great things in the marathon training program is they give you a whole nutrition component. During the course of the training, Anthony did all the nutrition challenges, tried all the new fruits and vegetables that he was asked to try, gave up drinking soda for Lent...Whenever we would do the exercises, little Anthony was a little uncoordinated and he was definitely the slowest runner. He was always at the back. I had my buddy Brett lead the runners in the run and I always stayed at the back running with Anthony. He would want to walk and I'd be like, 'No, let's just jog slowly, slow steps.' We controlled his breathing. When he needed to walk, I let him walk. By the time the 16 weeks of training was over, we were in a final week and my buddy Anthony sees me at a parent meeting - 'Mr. D, Mr. D! Check it out, I got muscles!' and he turns around and flexes his calf, and sure enough he had toned calf muscles." Anthony's newfound muscles and confidence cumulated at the OC Kids' Run, where Anthony jogged his first complete mile without stopping, high-fiving the entire crowd at the straightaway behind the Pacific Ampitheatre, bringing the run to a glorious finish and even capturing the attention of an OC Register reporter. "He was just so proud telling his story of training and running. I know he's going to sign up for the marathon team again this year. It's the greatest. I wouldn't trade that feeling for anything."

Doug had successfully taught his students that winning is about progress, not about coming in first. "I told them, 'It doesn't matter, you will be out there cheering for your teammates, if they are the last one on the course, you stand there and clap them across the finish line, because if it's you, you're going to want somebody there doing it for you.' There was great camaraderie." He adds, "I want all the South Coast Road Runners to be at the finish line cheering...next time!"

Doug credits the Road Runners for a lot of his motivation. "I love the club. I love the people in the club. It doesn't matter how long you're gone... to see the looks on their faces, it's just great fellowship, great friendship." He mentions Jeanene,



who first encouraged him to join when they met at a 10K; Amelia, who welcomed him; Janelle, who runs with him; Brad, who cheered him on at one of his first club races; and others. It seems he wants to leave no one and nothing out in giving credit for his success and his great comeback – his family, his friends, even his titanium bracelet - when it seems clear that the real secret to his success is his great spirit. I can't hide a smile. Just then, Doug notes wryly, "It's interesting that the club made me Runner of the Month both times just after I did the barbecue." Now I have to laugh. We do love food, and that guacamole can't be beat. He promises to share the recipe, and gives his wife the credit for both the recipe and for getting him to like guacamole. (See recipe on page 5)

As I found out when making salsa verde from Doug's homegrown tomatillos, the real secret to any recipe is fresh ingredients. I have to ask him how he finds time for a garden in all this, but just like his other passions in life, he feels it gives back more than it demands. "My garden

is my pride and joy...After a rough day or after a night run in the summer, I'd go and spend an hour just in my garden watering, checking, trimming, picking...that's my release."

May all good things in your life continue to grow, Doug, with your love and care! Congratulations!



# ***USATF One Mile Highlights!***

**By: Linda Hammond**

At the August club meeting we received a personal invitation from **Wayne Jones**, Chair of USATF Southern California Open Athletics, to come out and run the **USATF Road Mile Championships**. The race offered a unique opportunity to race a straight mile down the runway at El Toro Airfield. A morning of hot weather resulted in some smoking fast race times. Runner of the Month, **Doug Denniston**, tried out race walking and came away with his first age group medal ever!

In the elite races, we were represented by **Dave Parsel**, **Brad Wobig**, **Mike Dietz**, **Leilani Rios**, and **Danielle Gordanier**. Danielle, along with **Dave Blakesley**, **Eric Dangott**, and others volunteered with parking before the race and went on to have PRs, age division wins, and overall great races. **Cathy Blakesley** surpassed her goal of a sub-7 minute mile and earned her first age division award ever. Everyone seemed happy with their races. Perhaps this race will become a **South Coast Roadrunners** annual tradition! A big thanks to **Eileen Stephens**, **Jennifer Neff**, **Doug Denniston**, **Lisa Eiler** and others for taking some great shots of the races.

Two races down this season and **Grand Prix** leader **Dave Parsel** maintains his 900 point average. In September we leave the runway and race down PCH for the **Orange County Coast 10K**. See you at the Finish Line!



# ***Pictures from USATF Road Mile Championship***

By: Linda Hammond



Photo  
Captions  
on Page  
5



## ***Doug & Shaleen Denniston's Famous Guacamole***

### Ingredients:

5 avocados, chopped in large cubes (save the seed because it keeps the guac from turning brown)

5 tomatoes, chopped (romas or other firm tomatoes are best)

½ to ¾ sweet white onion, chopped fine

1 bunch cilantro, chopped very fine

2-4 jalapenos (depending on heat desired) chopped fine

2 juicy limes, squeezed

Garlic salt to taste (a couple of sprinkles is good)

For best results, start cilantro in an electric chopper. When chopped, add cut jalapenos and continue chopping until jalapenos are chopped, but not minced. Put in bowl and add other ingredients. Stir just a few times, and then chill. Serve chilled.

Many Thanks to  
***Janelle Daniels – Our Social Chair***

For a Great Luau Bonfire at Woodbridge Lake  
Another *Fun, Fun, Fun* Party!!

Pictures Page 4:

Top Row: Brad Wobig and Amy Katz; Linda Hammond; Bob Morris

Middle Row: Doug Denniston, Linda Hammond, Danielle Gordanier, Vicki Ballon, Jeanie Leitner, Cathy Blakesley and Cathy Shargay.

Bottom Row: Lisa Eiler and Noreene Matsuda; Jenn Neff and Leilani Rios.

# ***Boston 2012 Registration – Be Ready!***

**From: [www.baa.org](http://www.baa.org)**

Beginning with the 2012 Boston Marathon, a more systematic and performance-based process will be employed for Boston Marathon registration. For the 2012 Boston Marathon, registration will begin on Monday, September 12 at 10:00 (ET) and will close on Friday, September 23 (5:00 p.m.)

The qualifying times for the 2012 Boston Marathon won't change from recent years, but the new registration process will accommodate those who are the fastest qualifiers first.

Registration will occur on a “rolling admission” schedule, beginning with the fastest qualifiers. During this first week of registration, applicants will be notified as they are accepted and their qualifying performance verified.

Once the registration window is closed, the fastest runners in relation to the qualifying standard to their age/gender will be entered into the race once their times are verified. The entry fee for the 2012 Boston Marathon is \$150 USD for United States residents, and \$200 USD for international residents. The field size for the 2012 Boston Marathon will not represent a significant increase from recent years.

<b>DATE</b>	<b>REGISTRATION OPENS FOR RUNNERS WITH TIMES...</b>
First Week:	
September 12, 2011 - 10:00 a.m. (ET)	20 min., 00sec. or faster than their qualifying time (based on age/gender)
September 14, 2011 - 10:00 a.m. (ET)	10 min., 00 sec. or faster than their qualifying time (based on age/gender)
September 16, 2011 - 10:00 a.m. (ET)	5 min., 00 sec. or faster than their qualifying time (based on age/gender)
Second Week:	
September 19, 2011 - 10:00 a.m. (ET)	All Qualified Runners
September 23, 2011 - 5:00 p.m. (ET)	Registration closes for qualified applicants

If the field size is not reached after the first week and additional space remains, then registration will open to all qualifiers at the beginning of Week Two (September 19) and those who have met the qualifying standards by any amount of time will be able to apply for entry. The application process will remain open for the entire week, closing on Friday, September 23. At the conclusion of Week Two, those who are the fastest among the pool of applicants in their age and gender will be accepted. Accepted athletes will be notified by September 28.

If space remains available after this two week process, registration will remain open to any qualifier on a first come, first served basis until the maximum field size is reached.

For the 2013 Boston Marathon, qualifying times are more stringent, and must be run on or after September 24, 2011. Like the 2012 registration process, the acceptance of official race entrants will be based on qualifying times, with the fastest qualifiers (in relation to the qualifying time for their age and gender) being accepted first until the race is full. All qualifying times are subject to review and verification.



# 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 47 participants (out of 47 total) for the 2011-2012 series after 2 races are:

Place	Name	Details		Total Points	Races	Best	Avg	USATF Mile		Woodbridge 4th	
		Age Group	Sex					Times	Points	Times	Points
1	Dave Parsel	55-59	M	1,826	2	925	913	05:05.5	925	17:53 5k	901
2	Jeanie Leitner	60-64	F	1,661	2	833	831	07:08.9	833	23:44 5k	828
3	Gary Hefner	50-54	M	1,656	2	828	828	05:20.3	828	18:51 5k	828
4	David Schiller	45-49	M	1,640	2	820	820	05:12.3	820	18:26 5k	820
5	Ken Atterholt	50-54	M	1,605	2	819	803	05:23.7	819	40:29 5k	786
6	Danielle Gordanier	40-44	F	1,584	2	813	792	05:52.0	813	42:35 10k	771
7	Brad Wobig	40-44	M	1,557	2	793	779	05:09.0	793	18:36 5k	764
8	Mike Gulan	60-64	M	1,539	2	777	770	06:23.8	777	22:18 5k	762
9	Linda Hammond	45-49	F	1,526	2	793	763	06:28.1	793	22:58 5k	733
10	Matt Hood	40-44	M	1,475	2	749	738	05:27.3	749	19:35 5k	726
11	Cathy Blakesley	50-54	F	1,460	2	760	730	06:55.2	760	24:58 5k	700
12	Armando Moran	35-39	M	1,425	2	724	713	05:23.4	724	19:23 5k	701
13	Alberto Ballon	35-39	M	1,409	2	715	705	05:27.6	715	19:34 5k	694
14	Ed Coffey	60-64	M	1,395	2	704	698	07:03.7	704	24:37 5k	691
15	Vicki Ballon	25-29	F	1,388	2	694	694	06:09.6	694	44:48 10k	694
16	Cathy Shargay	50-54	F	1,369	2	734	685	07:10.0	734	56:39 10k	635
17	Greg Hanssen	40-44	M	1,341	2	688	671	05:56.0	688	44:33 10k	653
18	Eric Dangott	35-39	M	1,270	2	681	635	05:44.0	681	48:00 10k	589
19	Doug Denniston	45-49	M	846	2	477	423	11:33.5	369	31:40 5k	477
20	John Gardiner	35-39	M	835	1	835	835		0	33:52 10k	835
21	Mike Dietz	45-49	M	833	1	833	833	05:07.4	833		0
22	Leilani Rios	30-34	F	820	1	820	820	05:13.2	820		0
23	Jennifer Neff	40-44	F	767	1	767	767		0	20:36 5k	767
24	Sandra Manzano-Straehle	40-44	F	760	1	760	760	06:16.9	760		0
25	Rob Harris	50-54	M	757	1	757	757		0	20:37 5k	757
26	Amelia Carchidi	35-39	F	757	1	757	757		0	42:16 10k	757
27	Amy Katz	40-44	F	752	1	752	752	06:20.6	752		0
28	Mike Friedl	45-49	M	751	1	751	751	05:40.9	751		0
29	Thomas Fung	45-49	M	745	1	745	745		0	20:17 5k	745
30	Noreene Matsuda	45-49	F	743	1	743	743		0	22:40 5k	743
31	Susan Liu	35-39	F	729	1	729	729		0	21:07 5k	729
32	Eileen Stephens	45-49	F	724	1	724	724		0	49:03 10k	724
33	Angel Cardoza	40-44	M	724	1	724	724	05:38.3	724		0
34	Pamela Wusthof	55-59	F	723	1	723	723		0	25:39 5k	723
35	Tonson Tong	40-44	M	716	1	716	716		0	40:38 10k	716
36	Steve Kan	55-59	M	713	1	713	713		0	22:37 5k	713

Place	Name	Details						USATF Mile		Woodbridge 4th	
		Age Group	Sex	Races	Points	Best	Avg	Times	Points	Times	Points
37	Orhan Beker	35-39	M	705	1	705	705		0	19:16 5k	705
38	Stacey Dippong	30-34	F	704	1	704	704		0	45:06 5k	704
39	Dave Flahive	35-39	M	697	1	697	697	05:36.1	697		0
40	Kevin MacDonnell	50-54	M	691	1	691	691		0	22:35 5k	691
41	Doug Niles	40-44	M	691	1	691	691		0	42:07 10k	691
42	Matt Kossoff	30-34	M	690	1	690	690	05:28.7	690		0
43	Jon Resnick	50-54	M	678	1	678	678		0	23:01 5k	678
44	Adriana Simon	45-49	F	660	1	660	660		0	53:45 10k	660
45	David Bauers	50-54	M	651	1	651	651		0	48:53 10k	651
46	David Blakesley	65-69	M	604	1	604	604	08:37.3	604		0
47	Bill Quinnan	35-39	M	601	1	601	601		0	22:36 5k	601

## ***Packet Pickup for Next Club Race Mandatory on Friday, July 16th***

### **Coast Run 10K – Sep. 17<sup>th</sup>, Huntington Beach**

**Packet Pickup:** Mandatory Packet Pickup Friday 9/16 at [Road Runner Sports](#) Costa Mesa. 1835 Newport Blvd. Costa Mesa, CA 92627 from 11am - 8pm.

**Event Date & Time::** Saturday, September 17, 2011 @ 7:00 AM

**Start Location:** Huntington Beach Boardwalk - 315 Pacific Coast Hwy Huntington Beach, CA @ Twin Dolphin Drive (Across from the Hilton Hotel)



Green 10k Runs are small competitive races designed to inspire healthier lifestyles and raise awareness of environmental issues. The beautiful race courses are selected to increase appreciation for the earth's natural environment. Each event is limited to 500 participants to provide runners a more personal experience without getting "lost in the crowd" of large events.

*Our runs include Cash Prizes for Top 3 Males & Top 3 Females in Competitive Division. Plus Age Division Prizes and Eco-Friendly, Biodegradable Ribbons for All Finishers. Participants are encouraged to wear green and everyone receives a custom Plant-A-Tree Kit rather than a t-shirt.*



## SATURDAY RUNS

**For the summer - All runs meet at 6:45, start at 7:00 unless otherwise noted**

### **9/3/11 – Crystal Cove Loop**

**Leader:** Bill Quinnan

**Directions:** PCH, west on Marguerite toward the ocean, until it dead-ends on Ocean Blvd.

**About the Run:** This 13 mile loop starts on Ocean Blvd. and Marguerite Ave. in CDM (the same place as the Spyglass Hill loop). However, the loop follows PCH eastward for about one mile before connecting to the Crystal Cove Trail. After following the trail for about 2.2 miles, it crosses PCH at Reef Point Drive and continues heading eastward, turning left after about a quarter mile onto the road that leads past the park headquarters to the No-Name Ridge (aka "Pacific Ridge" trail. The course follows the No-Name Ridge trail to the top at Ridge Park Road. (There is a park with a water fountain on Ridge Park and Coastal Peak.) It then follows Ridge Park to San Juan Hills Road and San Juan Hills to Marguerite, which leads back to the start. A map is available at <http://www.mapmyrun.com/routes/view/42847830>. Although there are at least a couple of water stops along the way, bringing water is recommended.

**After the Run:** Bruegger's Bagels on PCH and Goldenrod Ave. - 2743 East Coast Highway, Corona Del Mar,

### **9/10/11 - Back Bay Classic**

**Leader:** Carlos Jovel

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

**Directions:** Take Jamboree Exit off the 405—head west. Go about 2 miles; turn right on Eastbluff. Go .2 miles - park on the right. We begin running at Back Bay Drive, also known as the monument.

**About the Run:** The "standard" loop is 10.5 miles. You can extend the run along the bike path or shorten the run by making it out and back as far as you like. Water is available at several points along the way (~miles 3.5, 5, 7 along the "standard" loop).

**After the Run:** Starbucks on Bristol and Jamboree - 1000 North Bristol St., Suite 30, Newport Beach, 92660

### **9/17/11 – CLUB RACE: Orange County Coast 10K      Start time: 7 AM**

**Location:** Start/finish at the beach at Huntington Beach near the pedestrian bridge just north of Beach blvd (same location as Surf City expo)

**Course:** The course runs south along the beach and up along the Santa Ana river trail to the 3.1 mile turn around, then back again. Chip timed.

**Registration:** Online registration is already filled for this race, however there is a special entry form just for SCRR members. If you are paid member, check your email that was sent with the August newsletter.

### **9/24/11 - Jim Grant Memorial Run**

**Leader:** Jerry Lin

**Location:** Alton Athletic Park parking lot, directly across the street from Woodbridge High School on the corner of West Yale Loop and Alton.

**Directions:** From 405 on Culver, Turn RIGHT on Alton. Turn LEFT on West Yale Loop. Parking lot is on immediate left side.

**About the Run:** This is a very special run to honor our friend Jim Grant as this was his last run before his passing in late September 2009. The run starts at the parking lot and heads up West Yale Loop before we turn left onto the paved river trail. Distance can range from a few miles to 14 out and back. There is a restroom and drinking fountain at the start, and more drinking fountains every 2-3 miles. It's about 3 miles out to Boomers (at Michelson), 5 miles out to the drinking fountain just past UC Irvine, 6 miles to the rock (Vista Point), and 7 miles to the traffic signal at Jamboree past CDM High School.

**After the Run:** Starbucks at the shopping center on the corner of Culver and Alton - 3995 Alton Parkway.

## 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)  
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**  
2192 Dupont Drive, Suite 208, Irvine  
949-250-0852 949-752-0153 Fax  
[www.JResnickcpa.com](http://www.JResnickcpa.com)  
e-mail: [Jon@JResnickcpa.com](mailto:Jon@JResnickcpa.com)  
"Helping small businesses grow"  
2192 Dupont Drive, Suite 208, Irvine  
949-250-0852 949-752-0153 Fax

Navid Moshtael, Esq., **Law Services**  
10 Truman, Suite 100, Irvine  
(949)231-1300  
Dedicated to providing, at a reasonable cost, family law services, including mediation, divorce, legal separation, paternity and litigation.

Sue Rudolph, **Amazing Running Tours**  
Specialist in Marathon Tours Worldwide  
(714) 963-5281 (800) 707-0005  
[www.amazingrunningtours.com](http://www.amazingrunningtours.com)  
[www.amazingadventuretours.com](http://www.amazingadventuretours.com)  
[info@amazingtravel.com](mailto:info@amazingtravel.com)  
Running, hiking, and cycling tours

Dr. Pamela Galambos, DC, BS, **Chiropractor**  
Fountain Valley Chiropractic  
18430 S. Brookhurst St., Suite 103, Fountain Valley  
(714) 963-7432  
"Your health is our priority"

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

Evie Katahdin, ND, MSOM, LAc  
**AthletiZen: Natural Sports Medicine**  
Naturopathic Doctor and Licensed Acupuncturist  
(949) 574-4978  
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 Peter's Canyon (Cedar Grove Park), Tustin, 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  
Click on hyperlinks to go directly to race websites for event registration info

SEPTEMBER	
<b>THURS, 9/1, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT, 9/3, 6:45 a.m.	Disneyland Family Fun Run 5K, Anaheim
SAT, 9/3, 8:00 a.m.	Kevin Cook Spirit Run 5K Great Park Irvine, <a href="http://kevincookspiritrn.org">kevincookspiritrn.org</a>
SUN, 9/4, 6:00 a.m.	Disneyland Half Marathon, Anaheim
MON, 9/5, 8:00a.m.	Run to the Top, Mt. Baldy <a href="http://www.run2top.com">www.run2top.com</a>
SAT, 9/10, 8:00 a.m.	Endure the Bear Trail Run, 50K, 30K, 15K, and 5K <a href="http://endurebear">endurebear</a>
SAT, 9/10, 8:00 a.m.	Heartbreak Ridge ½ Marathon, Camp Pendleton <a href="http://www.camppendletonraces.com/half">www.camppendletonraces.com/half</a>
<b>SAT, 9/17, 7:30 a.m.</b>	<b>Coast Run OC 10K Huntington Beach, CA <a href="http://www.coastrun.com">www.coastrun.com</a></b>
SUN, 9/25, 7:30 a.m.	Susan Komen Race for the Cure 5K, Newport Beach, <a href="http://www.komenoc.org">www.komenoc.org</a>
OCTOBER	
SAT, 10/1, 7:00 a.m.	St. George's Marathon, St. George, Utah <a href="http://www.stgeorgemarathon.com">www.stgeorgemarathon.com</a>
<b>THURS, 10/6, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT, 10/8, 7:00 a.m.	Survive and Thrive 5K Tustin, CA <a href="http://www.surviveandthrivrunwalk.org">www.surviveandthrivrunwalk.org</a>
<b>SUN, 10/9, 7:00 a.m.</b>	<b>Long Beach Marathon, ½ Marathon, 5K Long Beach, CA <a href="http://runlongbeach.com">runlongbeach.com</a></b>
SUN, 10/9	Chicago Marathon, <a href="http://www.chicagomarathon.com">www.chicagomarathon.com</a>
<b>SAT, 10/15, 7:30 a.m.</b>	<b>Chapman University Toyota of Orange, 5K Run/Walk <a href="http://www.chapman.edu/5K">www.chapman.edu/5K</a></b>
SUN, 10/16, 7:30 a.m.	Nike Women's Marathon, San Francisco CA <a href="http://women'smarathon2011">women'smarathon2011</a>
SAT, 10/29, 7:30 a.m.	24th Harbor Heritage Run, Newport Harbor <a href="http://harborheritagerun.com">harborheritagerun.com</a>
SUN, 10/30, 7:30 a.m.	Marine Corps Marathon, Washington DC <a href="http://www.marinemarathon.com">www.marinemarathon.com</a>
NOVEMBER	
<b>THURS, 11/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN, 11/6, 6:00 a.m.	ING New York City Marathon <a href="http://www.ingnycmarathon.org">www.ingnycmarathon.org</a>
SUN, 11/6, 7:00 a.m.	Fresno Marathon & ½ Marathon <a href="http://www.runfresno.com">www.runfresno.com</a>
SUN, 11/6, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA <a href="http://Dinodash2011">Dinodash2011</a>
SUN, 11/6, 7:00 a.m.	Surf City Beach Derby, 10K and 10Mi, Huntington Beach, <a href="http://www.beachderby.com">www.beachderby.com</a>
SAT, 11/12, 7:15 a.m.	Santa Barbara Marathon <a href="http://www.sbimarathon.com">www.sbimarathon.com</a>
SUN, 11/13, 7:00 a.m.	Malibu International Marathon Malibu, CA <a href="http://www.malibuintmarathon.com">www.malibuintmarathon.com</a>
THURS, 11/24, 7:00 a.m.	Oceanside Turkey Trot <a href="http://www.osideturkeytrot.com">www.osideturkeytrot.com</a>
THURS, 11/24, 7:00 a.m.	Dana Point Turkey Trot <a href="http://www.turkeytrot.com">www.turkeytrot.com</a>
DECEMBER	
<b>THURS, 12/1, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT, 12/3, 8:00 a.m.	Inaugural Run for a Claus – Costa Mesa Fairgrounds <a href="http://runforaclaus.com">runforaclaus.com</a>
SUN, 12/4, 4:00 p.m.	Las Vegas Marathon & ½ Marathon <a href="http://Las Vegas Marathon">Las Vegas Marathon</a>
SUN, 12/4, 6:00 a.m.	California International Marathon <a href="http://CA INT Marathon">CA INT Marathon</a>
SAT, 12/10, 7:45 a.m.	Make Room for Santa 10K, 5K, Kids run Hicks Canyon <a href="http://MakeRoom4Santa">MakeRoom4Santa</a>
SUN 12/11 8am&12noon	XTerra Crystal Cove Trail Run 5K & 15K <a href="http://www.trailrace.com/">http://www.trailrace.com/</a>
SUN 12/11 8:00 a.m.	Holiday Half Marathon Fairplex in Pomona <a href="http://runholidayhalf.com/">http://runholidayhalf.com/</a>
SUN 12/18 8:00 a.m.	Winter Solstice Xmas Tree 5mi run Long Beach <a href="http://Winter Solstice Run">Winter Solstice Run</a>

## 2011-2012 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Vicki Ballon
Treasurer:	Stacey Dippong
Secretary:	Angel Cardoza
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