

ON THE RUN



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

Orange County, California
September 2013 Issue

Runner of the Month – Sherri Ellerby

By: Doug Denniston

Congratulations to Sherri Ellerby on being selected as our Runner of the Month for August. This is Sherri's 3rd selection as ROM, and she is now one of the "long-time" active members, having actively run with the club since 1995. Sherri has served the club in so many ways, but most recently as president. During the year I



watched Sherri on many occasions and realized what an incredible ambassador for our club she truly is. Sherri greeted all new runners and made them all feel welcome. She handled the board meetings and monthly club meetings with professionalism. And, she showed up to kick-off many of the weekly runs, even during a time when she was injured or unable to run. I had the opportunity to sit down with Sherri recently (in my classroom, while I was setting up before school started, which was pretty cool because we are both teachers) and discuss her presidency, her house, and her recent running.

What were some of the happiest moments of your term as presidency? Definitely the Dino Dash race in November 2012. (Sherri ran a

sub 40 - 10K, coming in at 39:53). I won my women's age group, and felt incredible about my run. 2nd, the purchase of my new house in the spring. And finally, the fact that I was able to run injury free after recovering from a stress fracture early in my presidency.

Was this the first time you served as president and do you have any tips for club members who may be thinking about running for president? Yes. You should be a comfortable speaker because it is a bit intimidating leading the meetings. So being a comfortable public speaker and making sure everyone can hear you helps. I think being a teacher helped me.

You seemed to handle the club and board meetings with ease. What was your secret? I wanted to lead meetings from the perspective of a group. I have always thought it was important to let everyone have a voice, and give opinions. I would email everyone on the board, collective perspectives, lead discussions and then work to make group decisions to help lead the club.

What is something that surprised you as president? I found many new people just coming up to me to introduce themselves and getting to know them. Then I would see them again, and find it very difficult to remember names. I wish people could wear name badges. That would help.

What challenged you as president? I found that picking the Runner of the Month was very challenging. There is an overwhelming number of runners in our club and as president I felt a sense of responsibility when it came to picking the monthly runner.

What was most difficult for you as president? As president you want everyone to be happy in the club. Unfortunately, no matter how hard you try; you are never going to make everyone happy with any decision you make. Also, having to contact / respond to various business emails from people who want us to promote their products. I mean we are just a non-profit social club that wants to run and get together for good times, not promote outside businesses.

What has been going on with you since the end of your term? It has been an absolutely amazing summer. The last school year was very difficult, and the escrow process was sometimes very daunting. My presidency ended, the school year ended, and escrow finally closed in June. With school and the escrow process behind me, it was as if two gigantic monkeys had been lifted off my back and it felt great. I remember being so excited the day I got the keys to my house. I kept staring at them, and I even took a picture of them in my hand. The purchase of "my big girl house", as I like to call it, is just amazing. I am also blessed to have the world's greatest handyman (Fred) who has been working constantly on the house. I am just loving life....spending the summer running, riding my bike, swimming and enjoying it all injury free. I'm even #1 in the Grand Prix right now!!!

Sherri, here are some memories and praises from a few of our club members:

All I can say is that over all of the years that I have known Sherri, we have run together, ridden bikes together, swam together, been injured and pool ran together and I cannot remember a time that she did not have a smile and great attitude. Sherri always inspires and supports everyone. I'm proud to have her as a friend! - **Rob Harris**

When I think about the running club, I immediately think of Sherri. Some of my fondest running memories are the races we did together at Disneyland, Walt Disney World, and Boston. Even though Sherri is much faster than most people, she is very humble and never forgets to ask others about their races and seems just as excited about their accomplishments as her own. - **Amy Katz**

One of my first memories of getting to know Sherri was back in 2007 soon after I first joined the club. We carpooled home from the Long Beach half marathon which was my first half marathon. I was really inspired talking to her, hearing about her recent incredible races including wins at the La Jolla and Disney Half Marathons. At the time, I thought that I'd never be able to run with her because she was so fast, but with a lot of encourage from her, six years later, I can finally now run side-by-side with her on training runs once in a while. Races, however - forget about it! - **Stacey**

I coached Sherri for a number of seasons and during the time I worked with her she accomplished some amazing things. Sherri was always a talented runner, but had never really worked with a coach to help give her a little more structure and guidance to get her to the next level. I was thrilled to have been given that opportunity.

Her first goal was to break 18:45 for 5K, and she quickly accomplished that. Her next goal was to break 18:30 and that happened a couple races after 18:45 was surpassed. Sherri then set her sites on running a fast 1/2 marathon where she lowered her PR by several minutes and was the overall winner twice at the La





Jolla 1/2 Marathon. Sherri turned 40 and many expected her to slow down. Instead Sherri went on to run PRs in every distance including breaking 18 minutes in the 5K and 1:25 in the half marathon. She was the overall winner at a number of local races including the Corona Del Mar 5K, where I was fortunate enough to share the winner's podium with her. I won the overall race and Sherri was the top female finisher.

Eventually Sherri realized that not only was she one of the top female runners in the OC area, but after she beat CeCi St. Geme, a former US Olympian, in a race she soon learned she was one of the top Master female runners in the country. She got ranked in Track and Field News magazine as one of the Top Female Master runners and followed that up by going to Charlotte, NC (my home town) and finishing in the top 10 in the US XC Masters National Championship race.

Overall I am not sure who had more fun and enjoyment with all of Sherri's accomplishments..... me or her... Nonetheless, it was an experience I hope neither of us will forget. - **Danny**

Sherri winning the La Jolla Half Marathon!

Thanks for a Great Brunch and Pool Party

Leilani Rios and Kevin Wilson

On Saturday, August 3rd After the Sat. Morning Run

CONGRATULATIONS!!!!

Josh Proffitt

First Marathon - Santa Rosa, Aug. 25th - 3:52!

Congratulations to:

Joanna Pallo

For winning the Dana Point Turkey Trot medal design competition!

Let's all run the race to get one of Joanna's medals!

SCRR'S OWN ONE MILE TRACK RACE

Photos Compiled By: Joanna Pallo



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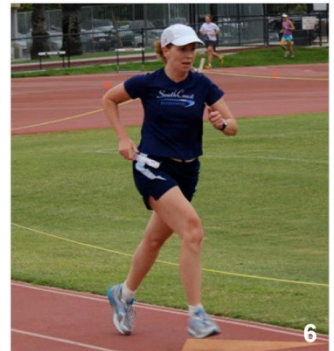
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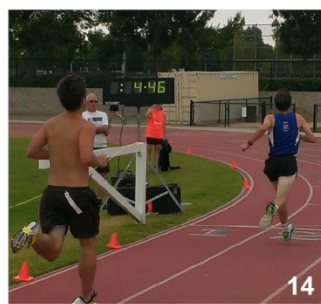
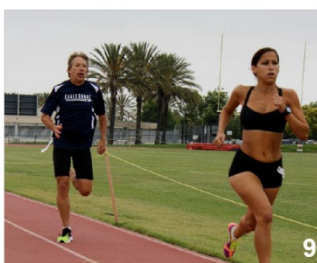
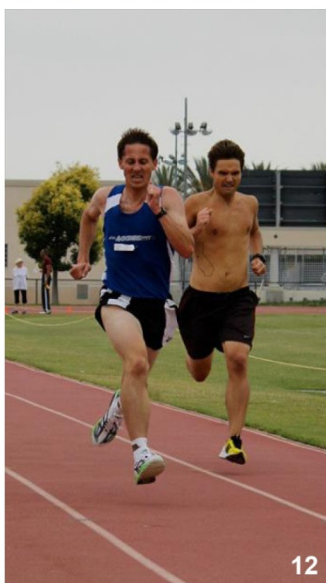


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1 Cathy Blakesley 2 The South Coast Road Runners 3 Lisa Eiler and Baby Mason 4 Fred ayers 5 Judy Sweet 6 Molly Donnellan 7 Wave 2 8 Wave 2 9 Greg Hanssen



1 Noreen Matsuda, Greg Hanssen 2 Kirsten Hirneisenm Linda Hammond, Amanda Beach 3 Lucas Agricola pacing Avery Lewis 4 Wave 2 5 Lisa Eiler, Mike Gulan 6 Wave 3 7 Eric Dangott, Carlos Jovel 8 Alberto Ballon, Joshua Proffitt, Robert Donald 9 Ken Alterhault, Leilani Rios 10 Mike Friedl, Anthony Mejia, Ken Alterhault 11 Matt Hood, David Bauers 12 Lucas Agricola, Matt 13 Wave 4



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 86 participants for the 2013-2014 series after 2 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all 10 races are on our web site www.roadrunners.org***

	Name	Age Group	Races	Total Points	Best	Avg	SCRR Mile		Woodbridge 4th	
							Times	Points	Times	Points
1	Sherri Ellerby	45-49	2	1726	903	863	05:40.7	903	19:44 5k	823
2	Jeanie Leitner	65-69	2	1659	854	830	07:47.5	805	24:55 5k	854
3	Leilani Rios	30-34	2	1608	836	804	05:32.7	772	18:14 5k	836
4	Lucas Agricola	30-34	2	1607	818	804	04:47.5	789	16:30 5k	818
5	Ken Atterholt	50-54	2	1600	802	800	05:32.2	798	39:39 10k	802
6	David Schiller	50-54	2	1598	823	799	05:42.1	775	18:41 5k	823
7	Ken Wells	50-54	2	1589	805	795	05:29.0	805	40:34 10k	784
8	Mike Gulan	60-64	2	1513	767	757	06:29.0	767	22:48 5k	746
9	Mike Friedl	45-49	2	1504	757	752	05:38.5	757	19:44 5k	747
10	Doug Niles	45-49	2	1494	754	747	05:39.7	754	40:27 10k	740
11	Noreene Matsuda	45-49	2	1486	750	743	06:50.3	750	47:10 10k	736
12	Don Smith	65-69	2	1428	718	714	07:15.1	718	25:38 5k	710
13	Stacey Dippong	30-34	2	1422	740	711	06:16.6	682	20:36 5k	740
14	Steve Kan	55-59	2	1406	704	703	06:42.8	702	22:54 5k	704
15	Robert Donald	45-49	2	1401	715	701	05:58.4	715	21:31 5k	686
16	Cathy Shargay	50-54	2	1396	733	698	07:10.6	733	25:44 5k	663
17	Linda Hammond	45-49	2	1387	719	694	07:08.2	719	24:19 5k	668
18	Vicki Ballon	30-34	2	1368	701	684	06:24.6	667	21:45 10k	701
19	Matt Hood	40-44	2	1345	721	673	06:32.8	624	20:06 5k	721
20	Greg Blevins	55-59	2	1316	695	658	06:47.0	695	52:15 10k	621
21	Anthony Mejia	35-39	2	1297	665	649	05:51.9	665	21:30 5k	632
22	Greg Hanssen	45-49	2	1294	679	647	06:17.0	679	48:39 10k	615
23	David Bauers	50-54	2	1289	673	645	06:33.7	673	51:36 10k	616
24	Judy Sweet	45-49	2	1286	659	643	07:46.7	659	25:53 5k	627
25	Isho Tama-Sweet	40-44	2	1281	707	641	05:46.6	707	25:16 5k	574
26	Mike Pagalan	25-29	2	1274	640	637	05:57.9	634	20:56 5k	640
27	Lisa Eiler	35-39	2	1255	646	628	06:51.6	646	25:16 5k	609
28	Stefani Kochen	25-29	2	1247	639	624	07:02.0	608	48:38 10k	639
29	Daniel Evora-Hahn	25-29	2	1247	643	624	05:53.0	643	22:11 5k	604
30	Kirsten Hirneisen	25-29	2	1229	629	615	06:48.0	629	51:52 10k	600
31	Alberto Ballon	35-39	2	1223	658	612	05:55.9	658	50:02 10k	565

	Name	Age Group	Races	Total Points	Best	Avg	SCRR Mile		Woodbridge 4th	
							Times	Points	Times	Points
32	Joanna Pallo	30-34	2	1219	620	610	07:08.7	599	24:36 5k	620
33	Joshua Proffitt	30-34	2	1216	637	608	05:56.4	637	48:13 10k	579
34	Orhan Beker	35-39	2	1172	663	586	07:39.7	509	20:30 5k	663
35	Andrea Garreffa Beker	40-44	2	1141	595	571	08:01.4	595	28:55 5k	546
36	Todd Fujimoto	35-39	2	1131	587	566	06:38.9	587	51:58 10k	544
37	Carlos Jovel Jr.	35-39	2	1129	574	565	06:48.0	574	24:28 5k	555
38	Fred Ayers	35-39	2	1001	512	501	07:37.1	512	27:46 5k	489
39	Sylvia Yeung	30-34	2	992	510	496	08:52.1	482	29:53 5k	510
40	Brigid Puksza	45-49	2	918	494	459	10:23.2	494	38:18 5k	424
41	Brad Wobig	45-49	1	833	833	833		0	17:43 5k	833
42	John Gardiner	40-44	1	832	832	832	04:54.5	832		0
43	Dave Parsel	55-59	1	827	827	827	05:41.9	827		0
44	Matt Swaney	30-34	1	791	791	791	04:46.7	791		0
45	Pat Copps	55-59	1	781	781	781	06:02.0	781		0
46	Bill Prom	25-29	1	772	772	772	04:54.1	772		0
47	Sam Blackmar	20-24	1	767	767	767		0	17:39 5k	767
48	Gary Hefner	50-54	1	764	764	764		0	20:08 5k	764
49	Ben Coyle	35-39	1	755	755	755	05:10.0	755		0
50	Thomas Fung	45-49	1	748	748	748	05:42.5	748		0
51	Ingrid Johnson	30-34	1	746	746	746	05:44.1	746		0
52	Julian Beker	0-8	1	744	744	744	07:39.3	744		0
53	Matthew Kadowaki	35-39	1	743	743	743	05:15.2	743		0
54	Mike Dietz	45-49	1	738	738	738		0	19:59 5k	738
55	Mike Bertram	40-44	1	734	734	734		0	19:46 5k	734
56	Vincent Lowder	45-49	1	730	730	730		0	20:12 5k	730
57	Sophia Beker	0-8	1	723	723	723	08:12.7	723		0
58	Rob Harris	50-54	1	722	722	722		0	21:18 5k	722
59	Susan Liu	35-39	1	713	713	713		0	44:55 10k	713
60	Keven Williams	30-34	1	713	713	713	05:18.1	713		0
61	Scott LaRuffa	40-44	1	711	711	711	05:44.4	711		0
62	Matt Kossoff	30-34	1	709	709	709		0	39:23 10k	709
63	S. Manzano-Straehle	40-44	1	709	709	709		0	22:17 5k	709
64	Eileen Stephens	45-49	1	705	705	705		0	23:01 5k	705
65	Dave Flahive	35-39	1	704	704	704		0	19:18 5k	704
66	Jay Harker	45-49	1	702	702	702	06:04.8	702		0
67	Molly Donnellan	50-54	1	700	700	700	07:30.8	700		0
68	Kevin MacDonnell	50-54	1	697	697	697		0	22:04 5k	697
69	Sue Rudolph	60-64	1	696	696	696		0	27:24 5k	696
70	Amy Katz	40-44	1	678	678	678		0	23:19 5k	678
71	Kelcey Kinjo	40-44	1	676	676	676		0	43:50 10k	676
72	Adam Webb	25-29	1	658	658	658	05:44.7	658		0
73	Alanna Brown	30-34	1	658	658	658	06:29.9	658		0

	Name	Age Group	Races	Total Points	Best	Avg	SCRR Mile		Woodbridge 4th	
							Times	Points	Times	Points
74	Lillian Bertram	45-49	1	622	622	622		0	26:06 5k	622
75	Amanda Beach	30-34	1	613	613	613	06:59.0	613		0
76	Ryan Hawkins	30-34	1	612	612	612	06:10.6	612		0
77	Jennifer Woodson	25-29	1	604	604	604	07:05.3	604		0
78	Emily Moeller	25-29	1	602	602	602	07:06.4	602		0
79	Andria Denmon	25-29	1	601	601	601	07:07.0	601		0
80	Cathy Blakesley	50-54	1	590	590	590	08:54.6	590		0
81	Eric Dangott	35-39	1	575	575	575	06:47.3	575		0
82	David Blakesley	65-69	1	540	540	540	09:38.0	540		0
83	Claire Puksza	13-15	1	502	502	502	09:27.4	502		0
84	Sourabh Jain	25-29	1	485	485	485	07:47.5	485		0
85	Doug Denniston	50-54	1	467	467	467		0	32:55 5k	467
86	Janelle Daniels	30-34	1	435	435	435	09:50.3	435		0

Nifty Fifty Beer Mile Results

By: Mike Friedl

Results:

1. Sam Blackmar - 14 oz Whole Milk (Yuck) - 7:15.3
2. Lucas Agricola - Moosehead - 7:39.3 - Beer Mile Champ - 12th fastest Beer Mile of 2013
3. Mike "Birthday Boy" Friedl - 7:45.8 - Beck's - WR for Becks; 9th fastest 50+ Beer Mile all conditions; 3rd fastest performer following Kingston Rules - Running in spikes for the first time in years.
4. Juan Gardenero - 7:51.4 - Moosehead - 1:19 PR, but still 0-2 vs Mike.
5. Greg Hanssen - Chocolate Milk (Yuck) 8:19.7
6. Angel Cardoza - Beck's - 8:22.5 - still club record holder
7. Jennifer Neff - Moosehead & Coors - 9:08.3 - 2nd fastest female Beer Mile of 2013
8. Carlos Jovel - Beck's - 10:07.1 - New WR for "Clydesdale" Division - Extra style points for the warmup beer.
9. Mike "Re-Coyle" Connors - 16:38 - Just Wow.

Happily for spectators, no Penalty Laps were assessed. Thanks everyone for rolling with the punches and getting my 50's off to a great start!

Info from www.beermile.com: The most common format of the beer mile requires a single participant to drink a full-sized beer, run a quarter mile, then repeat the process three times. This results in the consumption of four beers and the running of four quarter miles (hence the beer mile). The entire process is timed. The total time is often used as a measuring stick of competency.

SCRR Mile Race – Exciting Finishes!

By: Linda Hammond

The month of August was a time to head to the track for the **SCRR Mile**. **South Coast Roadrunners** lined up for four separate heats and clocked some very fast times on the track. The highest **Grand Prix** score was **903 points** for **Sherri Ellerby**, our Grand Prix leader. In the 800 point club we had: **Jeanie Leitner**, **Ken Wells**, **John Gardiner**, and **Dave Parsel**. The fastest mile of the day was run by **Matt Swaney** with a time of **4:46.7**. Matt shared his thoughts about his race and training this season.



Linda: *Congratulations! Please tell us about your race.*

Matt: A few weeks before the race my goal was to run near or under 5 minutes. Two Thursdays beforehand I ran a workout during the Thursday run and 400m on the track in 67 without going all out. So I readjusted my goals to definitely run under 5 and hopefully under my high school freshman PR of 4:47. I planned to go out in 70-72 seconds. Given my lack of workouts I wanted to run the first half easier and finish well rather than go out too hard.

I went through the first 409m in 72, which was perfect, but I slowed and ran a 74, I think, for the next 400m. **Bill Prom** went by me which was great because it woke me up a little and he swept me along. Since I was now over half way and knew that the next lap was the last, I started picking it up and felt good. I think I ran a 72 for the 3rd lap and passed Bill near the end of it. I saw that we were catching **Lucas Agricola**, which gave me the fire to go hard. I'm usually a good pacer and have a good last

lap, so like chasing after people at the end. I wasn't sure I could catch Lucas or if he'd just sprint away when I got close, but I was able to catch him in the home stretch and kept pushing to get under **4:47**, which I did, just barely. I probably could have gone out a little harder and run a little faster, but that's part of racing- it's rarely perfect and you learn from it for the next time.

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

Matt: I ran in high school (Ventura) and in college at Cal Poly San Luis Obispo. We moved to Orange County in 2010 and I knew about SCRR but my knee had started to hurt and it kept coming back. I didn't let myself come out until a year ago when I finally let myself run 4 miles all at once (without forcing myself to walk) for the first time in something like 9 months. I wasn't able to go on Thursdays during the school year, so I went on Mondays and on some Saturdays, once I was finally able to run far enough to make it worth it.

Linda: *Are you training for anything?*

Matt: I am a high school teacher now and have just started assistant coaching. With coaching I don't know what my running will look like this fall, so I don't have any plans yet. This was my first race since the 2009 **LA Marathon**, and my first





race under 5k since high school. I'm just happy to be running 3 or 4 days a week and finally to a point where I can even think about racing again.

Thanks Matt for sharing your story and congratulations on your mile PR! The SCRR Mile was the second race in the Grand Prix season. **Sherri** is in 1st, followed by: **Jeanie Leitner**, **Leilani Rios**, **Lucas Agricola**, and **Ken Atterholt**. In September we make a dash at the **Dove Dash**. Get ready to run! See you at the **Finish Line**!

Matt with his wife Michelle and son Timothy

Ask Les Cargo ...

How can I beat the heat during summer runs?

As most distance runners soon find out it's tough to run in hot weather, especially if you throw in some high humidity. Dehydration becomes a bigger problem during the summer so it is important to drink fluids before, during and after your workout, especially if it's 30 minutes or longer. Using a hydration belt with multiple bottles is great for longer runs because some can be filled with a sports drink, not just water, to avoid over-hydrating (hyponatremia) which can be just as dangerous as not drinking enough. Just be sure not to grab the wrong bottle when pouring it over your head to cool down.



Wear moisture wicking apparel, not cotton to stay cooler and avoid chaffing. You want something that promotes quicker, cooler evaporation such as the polyester blend fabrics used in technical running apparel, not cotton which absorbs and retains moisture like a towel. Even with technical apparel some of us still need to use BodyGlide or other anti-chaffing products during the summer months.

If you have a choice run in the mornings or evenings when it is cooler. Ease into your warmer weather workouts with shorter runs so your body can gradually acclimate to the increased temperatures.

Everyone handles the heat differently so listen to your body and use common sense to stay cool.



Send your running and racing questions to Les Cargo via his literary agent: bob.morris@asnailspace.net.

SATURDAY RUNS

PLEASE NOTE 7 AM START TIME THROUGH SEP 21! Meet at 6:45 AM, runs starts at 7 AM.

9/7/13 – Back Bay Classic

Leader: Ted Williamson

Location: Corner of Eastbluff and Back Bay Drive.

Directions: Take Jamboree Exit off the 405—head west; go about 2 miles, 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.

9/14/13 – Lower Aliso Trail

Leader: Greg Hanssen

Location: Woody’s Diner - 24321 Avenida De La Carlota, Laguna Hills 92653

Directions: Exit the 5 at El Toro Road and go to the far side of the mall to Oakbrook Villiage Shopping Center. Woody’s is near El Torito.

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 at Laguna Niguel Regional Park on the other side of Alicia Parkway.

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

After the Run: Breakfast at Woody's Diner

9/21/13 – Jim Grant’s Memorial Run

Leader: Jerry Lin

Location: Centerstone Plaza is adjacent to the Mountain to Sea running/bike path on the other side of the running path and riverbed, opposite Mark Daily Athletic Field. Please do not park here! We have experienced parking issues in the past, due to softball/soccer tournaments at the park. Restrooms are available at park.

Directions: From Culver Blvd. Turn on Alton (towards Yale) and left on West Yale Loop. After passing Mark Daily Park, Centerstone Plaza is on your immediate left. Park adjacent to the bike trail.

<https://maps.google.com/maps?q=Centerstone+Plaza+Shopping+Center,+Irvine,+CA&hl=en&ie=UTF-8&ei=ViwOUoztMaed2gXwLYHwDw&ved=0CAoQAUoAg>

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. This is an out-and-back flat run that can extend 18+ miles. The run starts on the Mountain to Sea Trail at West Yale Loop and heads towards UC Irvine and Back Bay. First turnaround point (2 miles) is at Bill Barber Memorial Park (baseball fields on the left). Drinking fountain and restrooms are available here. The 5 mile mark is just past UCI near the intersection of University and California, before the 73 Toll Road/MacArthur overpass. Drinking fountain is also available here. The 6 mile mark is at Eastbluff and Back Bay Drive (Vista Point). Run another mile to CDM High School for restrooms/water (7 mile mark). For a longer run starting from Vista Point, you can continue down the Back Bay path all the way to Jamboree for 9.25 miles. Roundtrip to Jamboree and back will be a little over 18 miles.

After the Run: Starbucks at the shopping center on the corner of Culver and Alton - 3995 Alton Parkway, Irvine, CA 92606. The Grant family will be there to meet and greet all runners!

STARTING 9/28/13 - MEET AT 7:45, RUN STARTS AT 8 AM!

9/28/13 – Corner Bakery Pre-race Run

Leaders: Armando Morán, Shiao Huang and Julian

Location: Corner Bakery parking lot at Main and Harvard - 17575 Harvard Ave. Irvine, 92614

Directions: 405 north or south, exit Jamboree, head north (towards mountains). Turn right on Main Street, right on Harvard, and right into shopping center.

About the Run: This is a good warm-up run for the club race the following day. Run as long or short as you like on the bike path towards Back Bay.

After the Run: Corner Bakery

August Meeting Minutes

By: Rob Harris

Board Members in attendance: Stacey Dippong, David Schiler, Lisa Eiler, Rob Harris

New Members were introduced and greeted including: Michael, Kelsey, Matt, Paul and Stacy

The Grand Prix Race of the Month was selected for November-Dinosaur Dash in Tustin

A reminder about the SCRR track mile at Beckman High School was made

A reminder about ordering club uniforms with the monthly deadline of 8-7-13 for this month

The upcoming Saturday runs were promoted including the next run hosted by Leilani Rios

Joanna gave an update on the SCRR Bonfire scheduled for 8-17-13 at the South Lake in Woodbridge

David Schiller promoted the Cismontane Brewing run on 8-18-13

A reminder about the "Chocolate Run" truck coming to the Thursday run was made

Mike Friedl offered a stellar update of the SCRR Grand Prix standings including a first race count of 58 participants. Jeannie Leitner was in first place, Leilani Rios in second and Brad Wobig in third.

Bob Morris talked about the "Salt Creek Stampede" handicap race to be held on 8-25-13 with awards and pool party at the Morris Estate following the run

The Runner of the Month, Sherri Ellerby was announced.

Treasurer's Report from Lisa Eiler	<u>July</u>	<u>August</u>
<i>Total Cash Balance, Beginning</i>	<i>8,618.61</i>	<i>6,079.10</i>
Cash Inflows	420.52	1,226.68
Cash Outflows-Banquet	2,623.12	338.71
Cash Outflows-Other	<u>345.84</u>	<u>858.56</u>
<i>Net Change in Cash</i>	<i>(2,548.44)</i>	<i>29.31</i>
<i>Total Cash Balance, Ending</i>	<i><u>6,079.10</u></i>	<i><u>6,108.41</u></i>



THE NEWEST AND GREATEST RUNNING NATION!

MEMBERSHIP BENEFITS

- **Thank you gift upon enrollment**
At the store during the month after you enroll
- **Birthday gift**
At the store during the month of your birthday
- **Free shipping on all purchases**
- **A \$5 discount on enrollment in A Snail's Pace Running Academy**
Enter code "RA\$5" on your application
- **A \$5 discount for enrollment in A Snail's Pace Running Club**
Enter code "RC\$5" on your application
- **Race entry discounts from our Southern California race partners**
See Snail Nation at ASnailsPace.net
- **Complimentary video of your running form when you attend a Good Form Running Clinic**
See Good Form Running at ASnailsPace.net
- **Monthly newsletters with special promotions and offers**

Benefits subject to change, so always check your most recent Snail Nation Bulletin.

Snail Nation is a new loyalty program for our awesome customers. SN is loaded with special membership benefits including a welcome gift, birthday gift, special promotions, race discounts, and a really cool newsletter. It's easy to join Snail Nation--just go to www.asnailspace.net/SnailNationSignup.html and complete the entry form. There are no costs to you. Join today and get in on all the fun! (FYI, the \$5 Club discount code is for new members only.) – Bob Morris

Thanks to our Social Chair

Joanna Pallo

For a very fun Beach Bonfire Party on Aug. 18th!

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
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Fax: (949) 234-0326
E-mail: reimersr@stifel.com

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San Juan Capistrano

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Fine Homes and Condos throughout OC. You'll get my personal attention and the most powerful resources in the industry. Relocating? – I can help nationwide.

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 to David Schiller at scrr-info@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.

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 By: Doug Denniston

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



SEPTEMBER	
THURS, 9/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 9/7, 7-10:00a.m.	Endure the Bear Trail Runs 50K, 30K, 15K, 5K – Big Bear CA endurebear ***The race director has offered our club a 10% discount*** code = RACEGRADER
SUN 9/8 8:00a.m.	Hero's Run 5K – Ladera Ranch, CA
SAT 9/21 7:00a.m.	Anaheim's OC Fest of Ales 2 nd Annual Beer Run 5K Anaheim, Ca BeerRun5k
SUN 9/22 7:30a.m.	Komen Orange County Race for the Cure – Newport Beach, CA ko2enoc.org
SUN 9/29 8:00a.m.	13 th Annual Dove Dash 5K / 10K – Dove Canyon, CA DoveDash5K10K
OCTOBER	
THURS 10/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 10/5 6:45a.m.	St. George Marathon St. George, Utah stgeorgemarathon
SAT 10/5 7:30a.m.	Chapman University 5K, Orange, CA Chapman.edu/5k
SUN 10/13 7:00a.m.	ICB Long Beach Marathon, ½ Marathon, Run Forrest Run 5K RunLongBeach
SUN 10/13 7:30a.m.	BA Chicago Marathon Chicago, Ill ChicagoMarathon
SUN 10/20 6:30a.m.	Nike Women's Marathon San Francisco, CA Nikerunningwomensmarathon2012
SUN 10/27 8:00a.m.	Marine Corps Marathon, Washington DC MarineMarathon
SUN 10/27 7:00a.m.	LA Halloween Rock & Roll ½ Marathon Los Angeles, CA LArunrockroll
SUN 10/27 8:00a.m.	Huntington Distance Derby 10mi./10K/5K – Huntington Beach, CA surfcity10
NOVEMBER	
SAT 11/2 7:00 a.m.	Run Love 5K, 10K Woodbridge Lake – Irvine ***\$10 off registration with coupon "runclublove" for all SCRR RunLove5K10K
SUN 11/3, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/3, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon www.runfresno.com
SUN 11/3, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash
THURS 11/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 11/9, 7:15 a.m.	Santa Barbara Marathon www.sbmarathon.com
SUN 11/10, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
SUN 11/17	Istanbul Marathon
SAT 11/22, 8:30 a.m.	26 th Harbor Heritage Run Newport Beach, CA HarborHeritageRun
THURS 11/28, 7:00 am	Oceanside Turkey Trot http://www.osideturkeytrot.com/
THURS 11/28, 7:00 am	Dana Point Turkey Trot http://www.turkeytrot.com/
DECEMBER	
SUN. 12/8, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathon
THURS, 12/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN. 12/8, 7:00 a.m.	Tuscon Marathon, ½ Marathon Tuscon, AZ Tucson Marathon
SUN. 12/8, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach - CrystalCoveTrailRace
SUN. 12/15, 8:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca Holiday Half Marathon
SAT. 12/14, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine RenegadeSantaRun
SUN. 12/22, 8:30 a.m.	Winter Solstice Christmas Tree Run Long Beach, CA longbeachwintersolsticechristmasrun2013
THUR. 12/26, 7:30 a.m.	Operation Jack Marathon, ½ Marathon Dockweiler State Beach – Los Angeles OperationJackMarathon ***This is easily one of the cheapest races around. It is very well organized, a relatively flat course, and best of all it is for a great cause.***

2013-2014 SCRR CLUB OFFICERS:

President: Stacey Dippong
 Vice-President: David Schiller
 Treasurer: Lisa Eiler
 Secretary: Rob Harris
 Officers At Large: Joanna Pallo,
 Bob Morris, Mike Dietz

2013-2014 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Noreene Matsuda
 Grand Prix: Mike Friedl
 Database Manager: David Schiller
 Monthly Club Race: Bob Morris
 Webmaster: Mike Reeves