

ON THE RUN



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

Orange County, California
May 2015 Issue

Runner of the Month – Marc Owen

By: Kirsten Hirneisen



Marc's running story- Marc got his start running while in the Marine Corps. Running started as a New Year's Resolution where he started running three times a week and was up to running 11-13 miles at a time. After the Marine Corps, Marc started running again 5 years ago, starting slowly with a ½ mile, and building up his mileage through perseverance. Marc started running with the South Coast Road Runners on the Saturday club runs via the Snail's Pace Group. Marc found the club through the Snail's Pace group which got him to attend the combined SCRR/ASP Saturday run. For a while was only running with the group on Saturday.

Four years ago, he ran his first half-marathon, the Laguna Hills Half and since then he's run 6 marathons and 25 half-marathons. Marc has also been "streaking" and has run for over 470 days with a new current minimum of a 5K a day. His goal for 2015 is to run over 2500 miles. If you've been watching Marc run and paying attention to his times, you might have noticed that all this running is really paying off for him as he's set a personal record in every distance this past year. His 5K time has improved by 5 minutes from a 25 min 5K to a 20 min 5K. Marc has his eyes set on some upcoming races including the OC Half-Marathon, the Laguna Hills Half-Marathon, the Camp Pendleton Mud Run and the San Francisco Full Marathon.

Some of Marc's favorites:

- Race: Laguna Hills Half-Marathon. This was his first half, it's a tough course and it supports the Marine Corps. The NYC Marathon and Marine Corps Marathon are also favorites.
- Saturday Club Run: Spyglass hill with the "WTF/Mega Loop".
- Running Advice: Run with friends
- Running Music: anything with a heavy beat

Marc's life outside of running - Marc grew up in Michigan, south of Flint and north of Detroit. He made his way to Southern California by way of the Marine Corps when he was stationed here between 1991 and 1997. Marc is a math teacher of 7th and 8th grade, a position he's held for the last 11 years. Marc recently helped chaperone a school trip to Greece and Italy. Of course he kept his running going through the travels and ran by the Coliseum in Rome, around Zeus' temple in Greece, the original Olympic stadium in Greece and along the Mediterranean Sea. Allegedly the students were going

to get up early to run with him on this trip, but never made it out of bed in time. During the trip Marc also got to taste some delicious food including great lasagna in Italy and lamb in Greece. Marc also holds a second degree black belt in karate is an avid reader. He also enjoys movies and of course, math.



Marc (center back row) enjoying running with friends on a 2014 Hood to Coast relay team!

Treasurer's Report

By: Lisa Eiler

	<u>April 2015</u>	<u>March 2015</u>	<u>February 2015</u>
<i>Total Cash Balance, Beginning</i>	\$ 4,507.00	\$ 4,483.90	\$ 5,683.20
Cash Inflows	390.96	374.31	241.37
Cash Outflows-First Thursday	383.91	351.21	343.30
Cash Outflows-Social Gatherings	-	-	1,047.37
Cash Outflows-Other	<u>80.00</u>	<u>-</u>	<u>50.00</u>
<i>Net Change in Cash</i>	(72.95)	23.10	(1,199.30)
<i>Total Cash Balance, Ending</i>	<u>\$ 4,434.05</u>	<u>\$ 4,507.00</u>	<u>\$ 4,483.90</u>

Boston Marathon: A Race to Remember

By: Karine Parry

"The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon." Fred Lebow, New York City Marathon co-founder

Many distance runners enjoy the excitement of the marathon because it gives them the opportunity to reach the pinnacle of their athletic abilities and experience the challenge of a competitive, painfully fulfilling and exciting long distance race. For many distance runners, that ultimate peak of their training is achieving the Boston Marathon qualifying standard and having a chance to run one of the longest-run, competitive and historical marathon races in the world. On



Daniel Evora, Leilani Rios and Andrew O'Bannon running together at the marathon

April 20, 2015, running the Boston marathon 2015 was just what a handful of South Coast Roadrunners and A Snail's Pace competitors did. For some participants, Boston is about the level of community support offered, bringing people together and experiencing the encouragement and history of the race. "My wife qualified to run, so I am going in 2016 to support her, and run my 2nd Boston!" said **Mike Bertram**, a 2015 Boston Marathon finisher. Other runners trained with their close neighborhood friends, "I ran with my training buddy **Matt Hood** for most of the race," said **David Schiller**. Perhaps they were reliving the old competition up the Newton Hills and Heartbreak, where two elite runners made course history by establishing the Heartbreak Hill name. It is between the 16-21 mile marks where the body experiences a glycogen loss and many marathon runners have to slow down due to the marathon wall. For some contenders, Boston is an opportunity to add another strong performance to the list of their marathon accomplishments. **Andrew O'Bannon**, who ended up in the medical tent at the end with hypothermia after giving it his all, finished the race strong in 2:52:47 and **Daniel Evora-Hahn** ran a solid 2:50:53 PR, but had to

stand on the steam vents coming out of the street at the end for added warmth. These two competitive and solid marathon runners shared about how they battled the challenges of the

course to come out on top, despite the challenges. Boston Marathon 2015 was rainy, windy and cold, especially for runners coming from the warmer parts of Southern California.

Strategy in racing may sometimes be just what runners look forward to. For some Boston competitors, the race is an opportunity to take on the hills and run negative splits through to the end. "I think you and I were the only two runners to have had negative splits" said **Michael Friedl**, whose fourth Boston was his fastest in 3:10:54, as he was congratulating **Karine Parry** on her Boston finish at 3:11:37. "It was so amazing to have energy left going up the hills and then be able to finish strong after cresting Heartbreak," added **Karine**, a first time Boston Marathon runner excited about achieving a marathon PR. Other runners were thrilled to have experienced the marathon and enjoy the entire adventure "I did not necessarily have a time goal going in, so I was able to enjoy the magic and excitement of Boston especially in the final miles," said **Cathy Shargay**, while "the hotel arrangements in the city were to my satisfaction, as the race is so well organized, and I had a good time in Boston," said **Jeanie Leitner**. Both runners had an opportunity to really experience the heart of Boston and the level of community support offered to the athletes. While few people achieved

their goals due to the weather, some runners had amazing performances and came out on top despite, as **Noreene Matsuda** achieved a 3:38:41, **Aya Namikawa Kawakami** ran a 3:09:55 and **Leilani Rios** ran a 3:01:03, times that many would be happy to achieve in their dreams.

The Boston Marathon is a point-to-point race, 26 miles, 385 yards to be exact, that begins in the little town of Hopkinton, runs through Ashland, Framingham, Natick, Wellesley, Newton and Brookline, and finishes in Boston. Each part of the course is known for something, from the down hills in the beginning up through Natick, to the girls' college that cheers on runners at Wellesley, to the rolling Newton hills, to the fast Brookline home stretch, onto the Boston straight away finish line, in the city. The marathon footrace dates back to the 1896 inaugural marathon in the Olympic games, and was inspired by Greek foot-soldier Pheidippides, who was sent from the plains of Marathon to Athens to announce victory in 490 BC and collapsed and died immediately after delivering the news. Early marathons varied in distance from 22-27 miles, mostly settling at 26 miles. The distance was changed to what it is today in the 1908 Olympic Games in London, because the start was moved up 385 yards so the king and queen could watch from their balcony at Windsor Castle. The first Boston Marathon was run the following year, 1897. The race is run on a Monday, Patriot's Day, recognizing the start of the Revolutionary War and keeping it consistently on the 3rd Monday in April each year, known by locals as "Marathon Monday". Women started running the Boston marathon in the 60's with Roberta Gibb hiding in the bushes before the start and Kathrine Switzer entering as "K. Switzer" to hide her gender and become the first woman to officially wear a bib in the race. Heartbreak Hill at mile 21 was so named as a result of the 1936 race between John A. "Johnny" Kelley and Ellison "Tarzan" Brown, where Kelly patted Brown on the shoulder as he passed. This gesture reinvigorated Brown, who surged to repass Kelley. Brown won the race and broke Kelley's heart in the process.

The Boston Marathon is one of six World Marathon Majors, a series including: New York, Chicago, Berlin, London and Tokyo, so named because of the high level of competition. The community comes together in an almost unparalleled fashion for Boston, however, and makes the race the most widely viewed sporting event in New England, by collecting support from six cities around Boston, volunteers who have to apply in advance to be accepted, and locals who know their state's history and spirit of their race. "I enjoy watching Boston each year; they used to let us out of school early on Marathon Monday just to watch the race," said a local at the Legal Seafood restaurant in downtown Boston two nights before the race. The spirit and magic of Boston is hard to compare to, and it is really something to experience, suggested **Sherri Ellerby** of South Coast Roadrunners, who provided support leading up to the race as a previous Boston participant. Wellesley College is the scream tunnel, where women cheer on runners and offer kisses, a sound heard a mile away. "I remember getting to that point in the course and hearing a male runner behind our group tell the guys to look sharp for the girls, and girls in the race moving to the left to let the guys move to the right where the girls were," said **Karine Parry**. The history of the race is truly felt each step of the way.

Boston is also perhaps about remembering what is important. The unfortunate events of 2013's explosions near the finish line only made the race stronger and more popular. That year, the bombings occurred about 200 yards apart on Boylston Street. Boston was then remembered the next year and entrants, who finished at least half the race in 2013 and could not finish the remainder due to the unfortunate events, were given automatic entry into Boston 2014. "I remember training for the Boston Marathon and getting so excited that I finally qualified to run it barely, and then receiving a letter that I would have to wait a year because of all the entrants who had been given automatic entry in 2014," said Kelly, a runner from Ohio on the bus ride over to the Boston Marathon 2015 start. Tragedy has a way of bringing people together.

Whether it is a blistering warm day or freezing cold and rainy experience, the Boston Marathon carries on each year as a tradition to the sport. The Red Sox have a history of playing their ball game at Fenway park, and then heading over to cheer on their solitary long distance brothers and sisters, in the last few hardest miles. Spectators, volunteers and participants together know how incredible it is to train for months, sometimes years, in the hopes of just being a part of the overall pre-race, race and post-race celebration.

Boston leaves no runner alone; in the last few miles, there is not a fence or spectator spot left open. While there are many variables that can influence the marathon, the training leading up to the race and the outcome once there, competitors take the challenge year-after-year and travel the steps that so many of their kind have before. When asked why they do it though, distance runners usually say something inspiring about how running a marathon allows them to feel like they can go anywhere and accomplish anything.

Editor's Note: A list of the SCRR members who ran this Boston Marathon is shown on page 9

SCRR Conquers at Costa Mesa 5K/10K

Compiled By: Joanna Pallo, Photos By: Dave Blakesley



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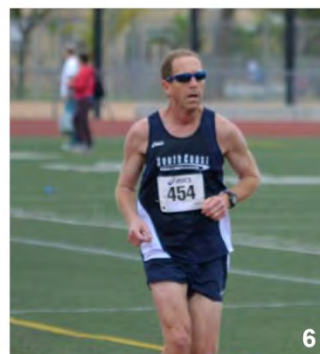
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1 Michael Friedl 2 Jeanie Leitner, Mary Lynch, Sherri Ellerby, Ingrid Johnson, Cathy Shargay, Cathy Blakesley, Melissa Snyder, Lillian Bertram, Michael Friedl, Jennifer Woodson, Amy Katz, Alberto Ballon. 3 Ken Atterholt 4 Mike Dietz 5 Greg Hanssen 6 David Schiller 7 Cathy Shargay, Judy Sweet, Jeanie Leitner 8 Cathy Blakesley 9 Eric Dangott



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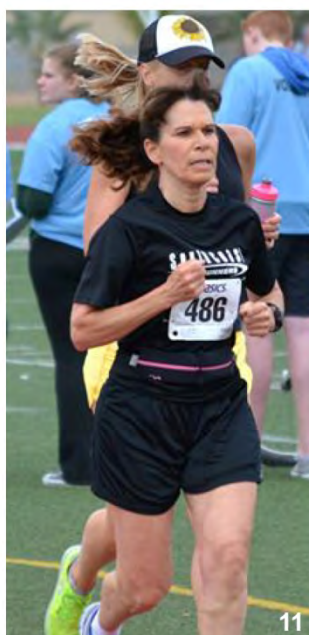
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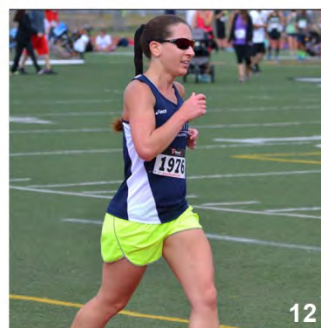
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1 Matt Hood 2 Melissa Snyder 3 Robert Donald 4 Lillian Bertram 5 Amy Katz 6 Cathy Shargay 7 Alberto Ballon 8 David Schiller Karine Perry 9 Jeanie Leitner 10 Doug Niles 11 Judy Sweet 12 Jennifer Woodson 13 Lillian Bertram, Jeanie Leitner, Cathy Blakesley, Judy Sweet, Cathy Shargay, Amy Katz

Costa Mesa Community Run Highlights!

By: Linda Hammond

Congratulations to **South Coast Roadrunners** for a day of great races at the **Costa Mesa Community Run**. Age division winners in the 5k included: **Lillian Bertram, Jeanie Leitner, Mike Connors, Mike Friedl, and Ken Atterholt**. Age division winners in the 10k included: **Mary Lynch, Pete Boisineau, and Doug Niles**. There were also a few PRs out there, including one for **Alberto Ballon**. This month, Doug Niles shares his thoughts about his race.



Linda: *Congratulations on your race. Was it also a PR?*

Doug: Good question...I think so?? I ran 39:39 at Seal Beach 10k last year (April 2014), before that you'd have to go back 10+ years...

Linda: *Tell us about your race.*

Doug: Got there early enough to see **Ken** and **Cathy** put up the SCCR tent; they have that down to a science...I jogged a little of the course before the race trying to figure out where the 10k split off from the 5k route...went back and talked to other people at the tent, then found a big group of SCCR members lining up just to the left of the start line (David, Matt, Karine, Jeanie, Mike...) and joined them. My pace was decent to start but the aforementioned group left me behind by mile 1. It was interesting to watch the 5k runners turn left at 2.25 miles to run up the dirt trail hill and realize that the 10k would end up there later on. From the split with the 5k runners to where we rejoined the 5k route (miles 2.25 to somewhere around 4.5) there were four of us running within 50 meters of each other. I saw more volunteers and people walking their dogs than runners. I rejoined the 5k route and knew I had a decent chance to be under 40 minutes as I saw 32 on my watch. I was happy that I was able to run up the hill and still feel good, then pushed the pace to the finish. I don't remember the last time I was in a race that went from trail, to grass, to track all within a mile. My watch said 39:16, Official results 39:15 :)

Linda: *What is your next big race?*

Doug: Define big race? My current schedule not including SCCR races: May 3, Orange County Half; May 9-10, Pixie Challenge (10k on Saturday, Half on Sunday); May 25, Memorial Day Half; July 26, San Francisco Marathon; August 23, Santa Rosa Half; Sept 6, Disneyland Half; Oct 11, Long Beach Half; Oct 18, Humboldt Marathon; Nov 1, New York Marathon.

Okay Doug, looks like you will be busy! The **Costa Mesa Community Run** was the tenth race in the **Grand Prix** series. In May we race the **OC Marathon, Half and 5k!** Spring has sprung! See you at the Finish Line!



CONGRATULATIONS TO APRIL MARATHON (and More) RUNNERS!!

American River 50 Miles, CA (near Sacramento) Apr. 4th

Matt Kafka

Leona Divide 50K, (near Lake Hughes, CA) Apr. 18th

Avery Lewis

Boston Marathon, Apr. 20th

Aya Namikawa Kawakami

Ted Williamson

Mike Bertram

Matt Hood

Cathy Shargay

Michael Friedl

Daniel Evora

Karine Parry

Andrew O'Bannon

John Loftus

Leilani Rios

David Schiller

Jeanie Lietner

Ken Wells

Jannay Morrison Oiknine

Noreene Matsuda

Kentucky Derby Marathon, Louisville, KY, Apr. 25th

Tonson Tong

The runners who did OC Marathon will be listed in next month's newsletter!

Best Marathon Spectator Signs

- Your legs will forgive you...eventually."
- "Don't stop -- people are watching."
- "Worst Parade Ever"
- "Chafe now...brag forever."
- "That's not sweat, it's your fat cells crying."
- "You've got stamina! Call me!"
- "Toenails are for sissies."
- "Hurry up, we're missing brunch"
- "Pain now...beer later."
- "I'm sure it seemed like a good idea 4 months ago."
- "Smile if you're not wearing underwear"
- "This is a lot of work for a free banana"
- "Staying up all night making this sign was hard, too."



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 36 participants out of 109 to date for the 2014-2015 series after 11 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 races will be posted on our web site www.roadrunners.org***

	Name	Age Group	Total Points	Races	Best	Avg	Costa Mesa 5K/10K		Carlsbad 5000	
							Times	Points	Times	Points
1	Sherri Ellerby	50-54	9	7,728	956	859		0	20:57.9 5k	814
2	Bob Morris	60-64	9	7,660	891	851	20:01 5k	849		0
3	Ken Atterholt	55-59	11	7,486	851	832	19:01 5k	848	19:41.6 5k	818
4	Mike Friedl	50-54	10	7,470	854	830	18:25 5k	835	19:18.3 5k	797
5	Mike Dietz	50-54	10	7,272	862	808	1:45:51 Half	657	19:32.0 5k	788
6	Jeanie Leitner	65-69	10	7,030	836	781	2:02:46 Half	805	35:23.0 5k	601
7	Karine Parry	25-29	11	6,825	800	758	1:34:42 Half	724	20:04.2 5k	742
8	Leilani Rios	35-39	8	6,808	869	851	18:07 5k	850		0
9	Doug Niles	45-49	9	6,722	786	747	1:28:24 Half	770	39:15.8 10k	762
10	Mike Bertram	45-49	10	6,621	777	736	3:34:37 Full	638	20:21.1 5k	725
11	Daniel Evora	25-29	9	6,461	754	718	1:20:50 Half	754		0
12	David Schiller	50-54	9	6,329	826	703	1:39:38 Half	154	20:46.0 5k	741
13	Cathy Blakesley	50-54	9	6,325	742	703	23:52 5k	715	25:14.0 5k	676
14	Cathy Shargay	55-59	10	6,288	836	699	25:26 5k	729	26:34.8 5k	697
15	Lillian Bertram	45-49	10	6,131	765	681	3:59:06 Full	631	24:27.1 5k	664
16	Matt Kossoff	30-34	9	6,074	708	675	1:27:03 Half	706		0
17	Robert Donald	45-49	9	6,042	726	671	22:08 5k	666	23:02.8 5k	640
18	Alberto Ballon	35-39	10	6,000	701	667		0	41:50.8 10k	675
19	Aya Kawakami	30-34	8	6,000	785	750	1:33:38 Half	722		0
20	Mike Pagalan	30-34	9	5,983	677	665	19:58 5k	676	20:32.3 5k	657
21	Amy Katz	40-44	10	5,903	695	656	1:57:31 Half	611	25:47.7 5k	613
22	Eric Dangott	40-44	9	5,708	689	634	4:24:50 Full	505	21:52.1 5k	663
23	Matt Hood	45-49	8	5,703	789	713	1:46:07 Half	642	22:18.8 5k	661
24	Vicki Ballon	30-34	9	5,656	650	628		0	51:30.3 10k	616
25	Greg Hanssen	45-49	8	5,641	733	705	20:07 5k	733	21:17.9 5k	693
26	Mike Connors	45-49	7	5,578	853	797	2:52:35 Full	794	17:40.7 5k	834
27	Noreene Matsuda	50-54	7	5,364	788	766		0		0
28	Judy Sweet	45-49	9	5,290	634	588	4:46:12 Full	527	27:44.4 5k	585
29	Lisa Eiler	35-39	9	4,807	602	534		0	44:13.7 5k	348
30	Thomas Fung	50-54	6	4,515	800	753		0		0
31	Jon Resnick	50-54	6	4,283	741	714		0		0
32	Bill Prom	25-29	5	4,153	856	831	2:38:35 Full	801		0
33	Brad Wobig	45-49	5	4,135	839	827	1:21:11 Half	839		0
34	Joanna Pallo	30-34	8	3,655	586	457	36:38 5k	416	35:59.0 5k	424
35	John Gardiner	40-44	4	3,610	944	903		0		0
36	David Blakesley	70-74	6	3,455	606	576		0		0

SATURDAY RUNS

ALL RUNS MEET @ 7:45 AM AND BEGIN AT 8 AM

5/9 – Jeffrey Open Space Trail (aka JOST)/Hicks Loop Trail

Leader: Greg Hanssen

Location: Starbucks, 14061 Jeffrey Rd, Irvine

Directions: From the 5, go north on Jeffrey and take the 2nd left into the shopping center just before Trabuco. Starbucks is on the corner of Jeffrey and Trabuco.

About the Run: For those looking for a shorter run, enjoy 2-7 miles out and back along the newly opened Jeffrey Open Space Trail. For a 12 mile loop we'll go up the new J.O.S.T. to Portola to catch the Hicks trail down and around to the Walnut trail and back to J.O.S.T at Sand Canyon.

After the Run: Starbucks, Juice it up or Baskin Robbins.

5/16 – Back Bay Classic

Leader: Derek Godfrey

Location: Corner of Eastbluff and Back Bay Drive

Directions: Take Jamboree Exit off the 405—head South; go about 2 miles; Right on Eastbluff; go 0.2 miles - park on the right; we begin running at Back Bay Drive.

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 (NEW Option): Moulin French Bistro – 1000 N. Bristol St. (on Bristol just past Dove St.), Newport Beach. Or, Starbucks (located closer to Jamboree), about 500 feet from Moulin.

5/23 – Turtle Rock ‘N’ Java

Leaders: Matt Hood (possibly Dave Schiller as well depending on travel schedule)

Location: Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604 (same meeting place as the Quail Hill and LF Extension Loop runs)

Directions: From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

About the Run: 10 miles easy paced, hilly run around Turtle Rock. Catch a buzz at the top of Ridgeline (drinks provided by David and Matt) and then again back at Starbucks. Alternative 7 mile run: Starbucks to top of Ridgeline to Starbucks (skipping the Turtle Rock loop after the top of Ridgeline).

After the Run: Starbucks, Big City Bagels, Chronic Tacos and Juice It Up.

5/30 – Turtle Rock Two Timer (NEW**)**

Leader: Jon Resnick

Location: University High School (corner of Campus/Culver in Irvine). Meet in the parking lot on the Campus Drive side of the school.

Directions: From 405 Freeway, exit Culver, proceed south on Culver about 1.5 Miles, then left on Campus and left on Paseo Montoya into the school

About the Run: There are 2 options to choose from:

- Road Option

The road/path run is an out and back that will head up and around Turtle Rock Drive then turn left onto Sunny Hill before entering the Shady Canyon bike path heading back towards Quail Hill. You can continue to run on the bike path for approximately ½ mile to the 5 mile mark and then return back.

- Trail Option

Jon will lead a 9 mile hilly trail run through the trails of Turtle Rock. Most of the trail sections are smooth dirt but some of the sections are steep, rocky and slippery so trail shoes are recommended but not required. It is recommended to carry a bottle of water since there are no fountains along the trails.

After the Run: Java Bakery Café at the University Park Center located at Culver & Michelson

Great Deals From Fellow South Coast Roadrunners...

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

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E-mail: reimersr@stifel.com
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Running, hiking, and cycling tours

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 @ 6:15 p.m.; and Cedar Grove Park, 11385 Pioneer Rd, Tustin, Tustin, (summer location) Mondays @ 6:15 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

MAY	
SAT 5/2 8:00a.m.	Tacos & Beer 5K El Dorado Regional Park, Long Beach tacosnbeer5k
SUN 5/3 6:00a.m.	Orange County Marathon, Marathon, ½ marathon, 5K OCMarathon
SUN 5/3	Colorado Marathon, Fort Collins, CO
THURS 5/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
FRI, SAT & SUN 5/8 - 5/10	Run Disney Tinkerbell Weekend – Disneyland, Anaheim tinkerbellhalf
SUN 5/17	Bay to Breakers 7.2 mi, San Francisco
SAT 5/23 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi - Sold Out MountWilsonTrailrace
SUN 5/24	Mountains2Beach Marathon, Ojai, CA
MON 5/25 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA LagunaHillshalfmarathon
SUN 5/31 6:15a.m.	San Diego Rock & Roll Marathon, SD Rock&Roll
JUNE	
THURS 6/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 6/6 7:55a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT 6/6 7:30a.m.	Fontana Days. Half Marathon & 5K Fontana, CA Fontana Days Run
SAT 6/13 8:00a.m.	Downtown Anaheim 5K, Anaheim, CA downtownanaheim5krun
SAT 6/13	South Coast Roadrunners Annual Awards Banquet – Details on page 8
6/6, 6/7, 6/13, 6/14	Camp Pendleton Mud Runs
THURS 6/18 6:15 p.m.	Peter's Canyon Summer Trail Run Series #1 Tustin, CA
JULY	
THURS, 7/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 7/4 7:15 a.m.	Woodbridge Village Community 5k, 10K
SAT 7/4 8:00a.m.	Surf City 5K Huntington Beach, surfcityrun
SAT 7/4 7:30 a.m.	Lake Forest Firecracker 5K, Lake Forest, http://www.lakeforest5k.org/
SAT 7/4 7:00 a.m.	6 th Annual Freedom Run at the Ranch, 10K, 5K, Ladera Ranch runladera.com
SAT 7/4 7:30 a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca ymca run in the park
THURS 7/9 6:15 p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA renegaderaceseries
SUN 7/12 6:00 a.m.	Ironman 70.3 Vineman Triathlon Sonoma County, CA vineman.com
SAT 7/26 7:00 a.m.	City of Cypress 5K, 10K, Cypress, CA
SUN 7/26 6:00 a.m.	The San Francisco Marathon San Francisco, CA thesfmarathon

2014-2015 SCRR CLUB OFFICERS:

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

2014-2015 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Mike and Lillian Bertram
 Grand Prix: Mike Friedl
 Database Manager: Dave Schiller
 Monthly Club Race: Bob Morris
 Webmaster: Daniel Evora-Hahn