

ON THE RUN



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

Orange County, California
December 2009 Issue

Runner of the Month – Teleia Templin

By: Stacey Dippong

Teleia was chosen as runner of the month for November. She is a newer runner who occasionally participates in shorter-distance races. She is also one of the most gracious hostesses that SCRR has, holding the annual wine & cheese party at her and Dan's beautiful house in Tustin, as well as other parties throughout the year.



When did you start running? *I don't know if I'd say that I have "started running" yet, but I began attempting to run on and off when I started dating Dan about 3 years ago.*

Do you have any goals or upcoming races? *I'm planning on doing the 5K again on the wine trip.*

You did the ET midnight 10k, right? How was that? *ET 10K was an experience---I will never do anything like that again, but I ran really well for me.*

Where are you from? *Redlands CA.*

How did you meet Dan? *We met on Chemistry.com and then ended up going on a first date at the Claim Jumper in San Bernardino. After a few more dates I ended up going with him to Catalina for his first Catalina marathon. That was interesting. It was my first running event and it definitely left an impression. I had to wake up at 4AM to drive him to the boat that takes them to the starting line and then when Dan finished he was basically crippled the rest of the day and spent most of the time in bed the rest of the weekend.*

What do you do for a living? *I'm a Physician Assistant specializing in Dermatology and a Licensed Esthetician. I own and operate a Medspa in Riverside called Skinenhancements. I perform cosmetic procedures such as botox, juvederm, restylane, microdermabrasion, laser rejuvenation, laser hair removal and more.*



What do you like to do in your free time?
Take the dogs for a walk, watch QVC, take a yoga class, shop, surf the net, further decorate our house.

Anything exciting happening in your life right now? *My business, Skinhancements, has just recently opened and is still in the grand opening stage which is very exciting.*

Dan and Teleia at the last SCRR Banquet

Thanks to Dan and Teleia Templin!
For hosting the
November Wine and Cheese Party –
A Great Time Was Had By All!

Save the Dates!!

Leilani Rios' Birthday Party – 80's Theme – Jan. 16

SCRR Holiday Party – In Jan. - Date TBA

Details to Come!

Get a free SCRR License Plate Holder!

See Brad Wobig or Orhan Beker

Gift from Ed Coffey – Thanks Ed!

GRAND PRIX HIGHLIGHTS – H.B. DISTANCE DERBY

By: Linda Hammond

The month of November brought **South Coast Roadrunners** to Tustin for the **Dino Dash**. The race benefited the Tustin Unified School District. The team was out in full force and everyone gave it their all. Truly this race has the coolest winner's trophies, dinosaurs uniquely designed by the kids of the Tustin Unified School District. Recipients of the Dino awards were: **Leilani Rios** and **David Schiller** in the 10k, and **John Gardiner**, and **Bob Morris** in the 5k. However, in some races the greatest reward is simply the ability to run the race in the first place. This month I would like to share the running story of **Faith Morris**. Some people might know Faith as Mrs. Bob Morris, but Faith very much has her own very inspiring story.



Linda: *Faith, you ran 32:03 at Dino Dash, but there is so much more to the story. Please tell us what you have overcome.*

Faith: I was diagnosed with my second case of breast cancer last November after three years of being cancer-free. I had surgery in April, followed by six doses of chemotherapy. I tried to keep up my running for awhile, but discovered that the side effects from chemotherapy were increased in direct proportion to the amount of physical activity in which I engaged. I ran/walked the Aztlan 5k in July the same day as a chemo treatment and paid dearly, so I curtailed all running after that. It was painful but necessary; running is such a part of my life, both from the physical and mental relief it provides, but also because so much of my social life revolves around running; doing races, meeting friends for runs, etc. My last chemo session was September 10th. The first time I tried running after that, I could barely run for two minutes without an even longer walk break. However, little by little, I increased the amount of time that I could run relative to walk breaks. When I did the Long Beach 5k on October 11th, I hadn't run more than 5 minutes without a walk break, so my goal was just to do a little more than that. However, I was able to run all 3.1 miles (slowly!) without any walk breaks in 35:00 flat. I was as elated by that accomplishment as I was by my marathon PR set several years ago! Doing 32:03 at the Dino Dash was another breakthrough for me - it has given me the confidence that I will regain my strength and be able to run as well (if not better!) than before!



Linda: *Wow, talk about the positive effects of running! When did you first start running and what brought you to South Coast Roadrunners?*

Faith: I began running in 1998 after having back surgery. There is nothing like being physically unable to move to make you crave it. Fortunately, my back surgeon was into sports medicine and gave me the go-ahead to try running - just a little - to start. My very first run ever was one mile - it almost killed me! Except for a few bumps in the road since, I haven't stopped! I moved to Orange County about 15 years ago and got involved with **A Snail's Pace**. Since the two clubs share so many members in common, I found that I already knew many Roadrunners, so it was just a natural extension to be a member of both clubs. With my job as an

elementary school principal, it's hard for me to make the week day evening runs, but I try to show up for as many races (and social events!) as I can.

Linda: *You mentioned accomplishing a marathon earlier, what are your thoughts about completing one now after all that you have been through?*

Faith: I have completed 19 marathons: LA, Honolulu, Long Beach, Pacific Shoreline, Marine Corps, Chicago, NYC (3X) and Catalina (10X). Being in shape to do so is my definition of being "back to normal". My goal is to run a spring marathon in 2010; then I can really feel that I have put this latest hurdle behind me. I am hoping to get an entry into Boston, which is, as many marathoners believe, the holy grail of marathons, but barring that, I may do the new LA Marathon course, which sounds much more appealing than what I did when I did LA back in 1996. LA may even be more fitting for this purpose, as it was my very first marathon.



Wow Faith, thank you so much for sharing your amazing story. Running truly is a blessing on so many levels! This holiday season we all truly need to give thanks. We have completed five races in the Grand Prix series and Dave Schiller continues to lead. Can anyone catch him? There are seven races left this season. What will your top nine races be? Our December Grand Prix race is **Make Room for Santa**, so get out your jingle bells and elf shoes...okay maybe wait and wear the elf shoes after the race! See you at the races!

Race Results – Marathon Season Continues!

Nike Women's Marathon (San Francisco)

Noreene Matsuda 3:29:37 (BQ, 2nd in AG)

Nike Women's Half Marathon

Jannay Morrison 1:43:32

New York Marathon

Brent Bohn 3:12:15 (BQ)

Vince Lowder 3:13:42 (BQ)

Stacey Dippong 3:50:47

Jeannie Leitner 3:52:13 (BQ)

Tom Skane 3:55:34

Mary Lynch 3:56:50

Fresno Marathon

Jon Resnick 3:30:35 (BQ)

FACTS AND FIGURES ABOUT BOSTON QUALIFIERS

Excerpted From: <http://mysite.verizon.net/jim2wr/id202.html>

From time to time, questions arise on running forums concerning qualifying for the Boston Marathon. Questions such as:

- What percentage of U.S. marathon finishers produce a Boston Marathon qualifying (BQ) time?
- Are the qualification standards easier for women than for men?
- Are they easier for older age divisions than for younger divisions?
- Which races are more likely to produce a Boston qualification (BQ) performance?

In an attempt to shed some light on answers to some of these questions and bring some reality to the subject, as well as to satisfy my personal curiosity, I researched and compiled BQ data from almost 2/3 of the marathons run in the U.S. in 2006, 2007, and 2008 as listed on Marathonguide.com.

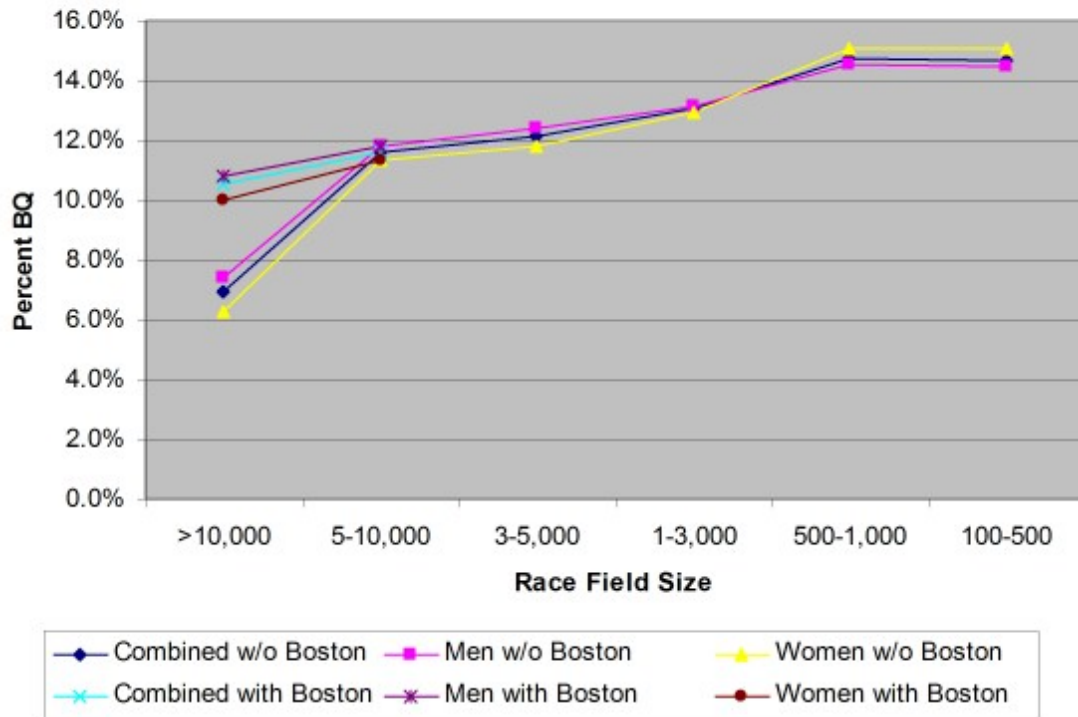
Marathon	Finishers	# BQ	% BQ
Boston	20,653.7	7,749.3	37.5%
Bay State	858.7	292.7	34.1%
Mohawk-Hudson River	483.3	161.3	33.4%
Inland Trail	150.0	44.5	29.7%
Last Chance for Boston	129.3	36.0	27.8%
California International	4,571.7	1,216.3	26.6%
Tucson	1,054.0	275.7	26.2%
Newport	613.0	152.0	24.8%
Tallahassee	147.7	36.3	24.6%
Run for the Red Mountain	388.0	95.0	24.5%
Wineglass	526.7	128.3	24.4%
Steamtown	1,644.0	399.0	24.3%
Clarence Demar	254.3	60.3	23.7%
Skagit Flats	173.7	40.7	23.4%
Ridge To Bridge	97.3	22.3	22.9%
B&A Trail	212.7	48.7	22.9%
Foot Traffic Flat	114.0	26.0	22.8%
Ohio River Road RR Club	116.3	26.3	22.6%
St. George	4,894.3	1,091.3	22.3%
North Central Railroad Trail	366.3	81.7	22.3%
Grand Rapids	1,149.0	251.0	21.8%
Green Mountain	206.0	45.0	21.8%
Hyannis	345.0	74.7	21.6%
Rails to Trails	171.0	37.0	21.6%
City of Trees	189.7	39.7	20.9%
Johnstown	102.0	21.0	20.6%
Glass City	284.0	57.0	20.1%

Table 1. Races with a 3-year average BQ rate greater than 20%

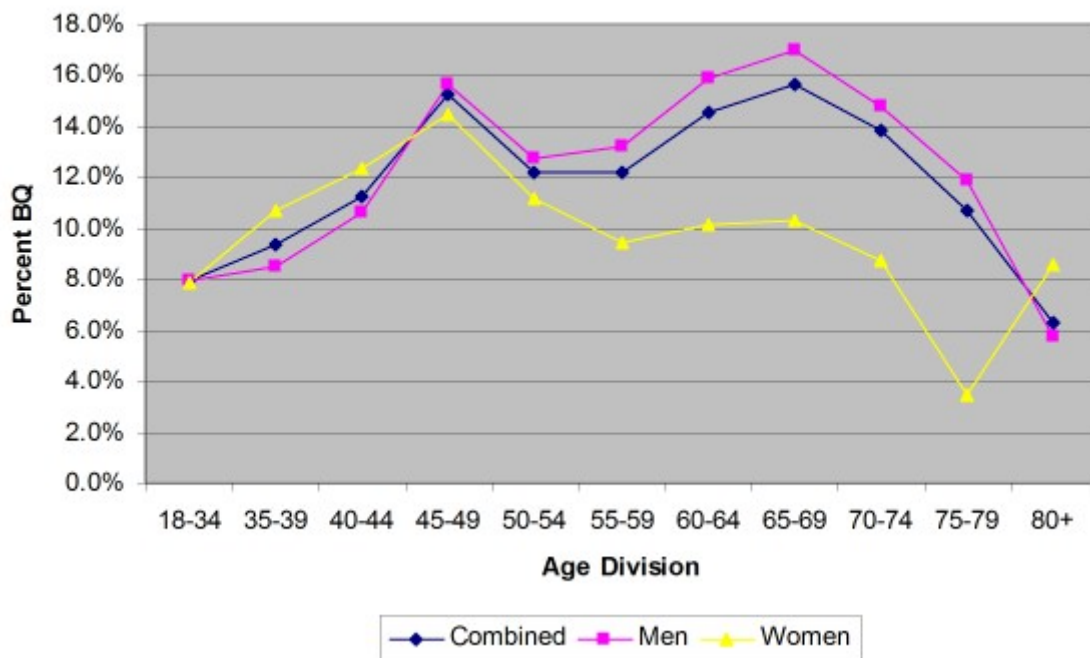
		Combined		Men		Women		
10,000+ Finishers (8 races)		Finishers	% BQ	Finishers	% BQ	Finishers	% BQ	
1	3	New York City	38,089.7	12.0%	25518.0	11.6%	12571.7	12.8%
2	3	Chicago	29,998.3	8.5%	17200.0	8.6%	12798.3	8.3%
3	3	Honolulu	21,777.0	2.8%	11382.0	3.5%	10395.0	2.1%
4	3	Boston	20,653.7	37.5%	12475.7	36.1%	8178.0	39.6%
5	3	Marine Corps	19,936.7	5.9%	12159.0	5.6%	7777.7	6.5%
6	3	Los Angeles	18,669.0	2.7%	11438.0	3.0%	7231.0	2.1%
7	3	Rock N' Roll (San Diego)	15,783.3	6.2%	7475.7	8.5%	8307.7	4.2%
8	3	Disney	11,386.3	3.4%	5904.0	3.6%	5482.3	3.1%
Subtotal with Boston		176,294.0	10.5%	103552.3	10.8%	72741.7	10.0%	
Subtotal without Boston		155,640.3	6.9%	91076.7	7.4%	64563.7	6.3%	

Table 2. BQ Statistics from Marathons with >10,000 Finishers

3-Year average % BQ by Race Size



Percent BQ by Age Division, Excluding Boston



Conclusions

I think it is pretty clear that the current BQ standards accomplish their intended purposes. They present a challenge to runners of both genders and all ages who aspire to running Boston while also producing demographic distribution in the Boston Marathon that is reasonably representative of the American running community.

The split between the average number of men and women finishers in the 2006-08 Boston Marathons was 60.4%/39.6% compared to Marathonguide.com's estimate of 60.5%/39.5% and Running USA's estimate of 60/40% for all American marathon finishers.

Age distribution is weighted somewhat toward the older runner ... 55.6% of Boston finishers were masters runners compared to Running USA's estimate of 46% of total American marathon finishers (and 46.2% in this 3-year project). If any fine tuning of Boston's standards could be justified it would be to tighten the standards of masters men and relax them a bit for masters women.

A Snail's Pace Running Shops Named Top 50 Best Running Stores in America

Press Release: Nov. 20, 2009 - With over 500 running stores across the US, A Snail's Pace Running Shops is honored to be named one of Top 50 Best Running Stores in America. The announcement was made at an awards ceremony organized by Competitor Magazine on Nov. 11, 2009 during The Running Event, the largest convention for running specialty stores held in Austin, TX.

The nomination and voting was handled wholly independent of Competitor Magazine and was coordinated by Formula4Media, which provides research and analysis in the sports retail industry. The process consisted of a year-long evaluation, including "secret shoppers", customer feedback, and vendor relations.

"We're honored to be part of the top running specialty stores and want to sincerely thank our loyal customers whom provide great energy and support for our stores" said Dave Reynolds, co-owner of A Snail's Pace.

Established in 1979, A Snail's Pace offers a complete line of shoes and clothing for running, walking and fitness workouts. Each store carries a wide selection of the latest athletic footwear from major brands including Adidas, Asics, Brooks, Mizuno, Saucony, Nike and New Balance, along with trend-leading sports apparel. A Snail's Pace has stores in Fountain Valley, Brea, Laguna Hills and Pasadena.

A Snail's Pace supports the local communities, sponsors a 600 member running club, and offers training classes in A Snail's Pace Running Academy. For more information, please visit www.ASnailsPace.net. This is the fourth consecutive year ASP has won this award!

Get ready for Big Baz's 2010 trail races (<http://www.bigbaztrailraces.com/>)

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2010	<u>Jan 9</u>	Winter Trail Run Series (If you haven't done a trail race before, click <u>Beginner's Page</u>)	12K	2,604'
	<u>Jan 23</u>		15K	3,502'
	<u>Feb 6</u>		18K	4,020'
	<u>Feb 20</u>		21K	3,470'
	Mar 6	San Juan Trail 50K	50K	6,627'
	Jun 5	Shadow of the Giants 50K	50K+	5,923'

Dino Dash Photos

By: Linda Hammond



Clockwise from upper left::

Jon Resnick, Doug Denniston,
Steve Kan and Armando Moran.
Amy Katz and Jenn Whyte.
Thomas Fung and Mike Gulan.
Karen Winters, Dave Schiller and
Erika Kotteakos.
Linda Hammond and Amy Katz.
Leilani Rios.





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 for the top 33 of the 80 participants for the 2009-2010 series after 5 races are:

Place	Name	Details		Total Points	Races			Dino Dash		H.B. Dist. Derby	
		Age Group	Sex			Best	Avg	Times	Points	Times	Points
1	David Schiller	45-49	M	4230	5	867	846	37:11 10k	810	1:00:56 10 mi.	859
2	John Gardiner	35-39	M	4151	5	866	830	15:31 5k	845	26:30 5 mi.	866
3	Mike Connors	40-44	M	3948	5	814	790	17:23 5k	790	29:33 5 mi.	797
4	Ed Coffey	60-64	M	3643	5	732	729	22:36 5k	726	38:49 5 mi.	729
5	Linda Hammond	45-49	F	3625	5	749	725	21:56 5k	741	38:05 5 mi.	733
6	Armando Moran	35-39	M	3495	5	711	699	39:53 10k	709	1:08:39 10 mi.	694
7	Steve Kan	50-54	M	3458	5	702	692	46:54 10k	678	37:14 5 mi.	689
8	Matt Hood	40-44	M	3431	5	703	686	19:54 5k	690	33:39 5 mi.	700
9	Brad Wobig	40-44	M	3304	4	841	826	36:27 10k	798		0
10	Eric Frome	25-29	M	3248	4	836	812	33:41 10k	825	55:16 10 mi.	836
11	Greg Hanssen	40-44	M	3210	5	661	642	20:46 5k	661	1:19:31 10 mi.	623
12	Leilani Rios	25-29	F	3052	4	776	763	41:06 10k	757		0
13	Ken Atterholt	45-49	M	3029	4	771	757	19:12 5k	760	1:11:12 10 mi.	735
14	Mike Friedl	45-49	M	2996	4	777	749	42:15 10k	713	33:07 5 mi.	750
15	Noreene Matsuda	45-49	F	2971	4	778	743	21:32 5k	755		0
16	Cathy Shargay	50-54	F	2862	4	728	716	23:23 5k	721	1:25:10 10 mi.	728
17	Karen Winter	50-54	F	2783	4	707	696	51:24 10k	699	41:09 5 mi.	707
18	Jeanie Leitner	60-64	F	2408	3	817	803		0	1:23:34 10 mi.	817
19	Bob Morris	55-59	M	2394	3	820	798	18:59 5k	820	1:09:50 10 mi.	779
20	Tonson Tong	40-44	M	2294	3	772	765		0	1:04:12 10 mi.	772
21	Sandra Manzano-Straehle	40-44	F	2259	3	768	753	20:32 5k	743	35:24 5 mi.	748
22	Thomas Fung	45-49	M	2204	3	748	735	41:59 10k	718		0
23	Janelle Cabassa	30-34	F	2140	5	449	428	33:04 5k	445	59:58 5 mi.	413
24	Orhan Beker	35-39	M	2133	3	740	711	18:25 5k	712	33:43 5 mi.	681
25	Elizabeth Bailey	30-34	F	2014	3	679	671	46:46 10k	679		0
26	Amy Katz	35-39	F	1973	3	672	658	23:22 5k	636	39:09 5 mi.	672
27	Kevin Michaels	40-44	M	1930	3	693	643		0		0
28	Ben Coyle	35-39	M	1571	2	790	786		0		0
29	Greg Jones	35-39	M	1538	2	784	769		0	1:00:46 10 mi.	784
30	Laura Bullock	30-34	F	1529	2	777	765		0		0
31	Annette McCall	35-39	F	1511	2	766	756		0		0
32	Ryan Doss	20-24	M	1478	2	740	739	37:47 10k	740		0
33	Doug Denniston	45-49	M	1476	3	496	492	29:46 5k	490		0

Great Deals From Fellow South Coast Roadrunners...

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

Bob & Jodie Kinney, **Water's Restaurant**
(949) 733-9503, Fax: (949) 733-0147
www.watersrestaurant.com
4625 Barranca Pkwy, 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**
2192 Dupont Drive, Suite 208, Irvine
949-250-0852 949-752-0153 Fax
www.JResnickcpa.com
e-mail: Jon@JResnickcpa.com
"Helping small businesses grow"

Sue Rudolph, **Amazing Running Tours**
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www.amazingrunningtours.com
www.amazingadventuretours.com
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"

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

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

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.
Mondays & Thursdays @ 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 are highlighted in orange; Monthly Club Runs are highlighted in yellow

Check www.raceplace.com or www.active.com for event registration info

DECEMBER	
THURS, 12/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SUN, 12/6, 6:15 a.m.	Las Vegas Rock 'n Roll Marathon, ½ Marathon 6:15 a.m. Las Vegas Marathon
SUN, 12/6	California International Marathon, Sacramento, CA
SUN, 12/13	Tucson Marathon
SUN, 12/13, 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
SAT, 12/12, 3:00 p.m.	Xterra Crystal Cove Trail 5K – Laguna Beach, CA The 5K portion was moved from Sun morning to Sat afternoon to minimize impact to the park and trails.
SUN, 12/13, 8:00 a.m.	Xterra Crystal Cove Trail 17K – Laguna Beach, CA CrystalCoveTrailRace
SUN, 12/13, 7:15 a.m.	Make Room for Santa – 5K, 10K & Kids Run – Tustin, CA MakeRoom4Santa
JANUARY	
THURS, 1/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SAT, 1/9, 8:00 a.m.	Southern California ½ Marathon, 5K Irvine, CA SC 1/2 Marathon
SAT, 1/9, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SUN, 1/10, 8:00 a.m.	XDURO – Boney Mountain 6K, 21K– Thousand Oaks, CA XDuro Boney Mountain
SUN, 1/10, 7:13 a.m.	13.1 Los Angeles – Santa Monica, CA 13.1 Marathon Los Angeles
SUN, 1/17, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ Rock n Roll Arizona
SUN, 1/24, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon
FEBRUARY	
THURS, 2/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SUN, 2/07, 6:50 a.m.	Surf City Marathon, ½ Marathon and 5K Huntington Beach, CA RunSurfCity
SAT, 2/13, 8:30 a.m.	OC Chili Winter Race Series, 5mi. O'Neil Regional Park OC Winter Series
SAT, 2/13, 8:30 a.m.	Twin Peaks Ultra Marathon, Corona CA Twin Peaks 50/50
SUN, 2/14	Palm Springs ½ Marathon
SAT, 2/27, 7:00 a.m.	Buffalo Run ½ Marathon, Avalon Catalina Island Buffalo Run
SAT, 2/27, 7:00 a.m.	5K, 10K, Reverse Triathlon, Los Alamitos Naval Base Race on the Base
SUN, 2/28, 8:00 a.m.	Brea 8K, Brea Mall, Brea CA*** (This will be the March Grand Prix Race) Brea 8K

2009-2010 SCRR CLUB OFFICERS:

President:	Greg Jones
Vice-President:	Brad Wobig
Treasurer:	Orhan Beker
Secretary:	Tonson Tong
Social Chairs:	Kathleen Curley, Stacey Dippong
Officers At Large:	Noreene Matsuda, Leilani Rios, Greg Hanssen

2009-2010 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