ON THE RUN

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

Orange County, California
October 2009 Issue

In Memory of Our Friend – Jim Grant

In honor of Jim Grant, here is a selection of the articles about him and by him during his years in the club. They express what an inspiration and great running friend that Jim was to us and how much the club meant to him.

New Member Profile - Aug. 2003



Grew up in Long Beach, started running again about 1 1/2 years ago after not running since college days.

Works for Ernst and Young. Married with 3 children, 15 and 20 year old girls and an 18 year old boy.

Proudest running achievement: recent 5k p.r. of 19'24" at Bastille Day 5k in Irvine

Current Training/Goals: Using the Roadrunner "Coach" Danny Stein method of training for Long Beach Marathon, hoping for a Boston Qualifier of 3'20" or better

Non-running Hobbies: Collector and reader of Mormon history doctrine.

My First Marathon - By Jim Grant - Nov. 2003

It was an absolutely gorgeous day in Long Beach. The kind of day you take your family to the beach. The sun shone bright with no overcast at all. No problem seeing the Queen Mary or even Catalina on this day. Of course there was other business at hand like figuring out how to run 26.2 miles in the heat.

My initial strategy was to try to find a 3hr 10min "pace team". I didn't see any pace teams at all. I figured I guess now's the time to find out if the Danny Stein's Tuesday pace workout really works. It worked perfectly. I ran the first mile in 7:08 and the second mile in 7:07.

In the back of my mind I was thinking it would be very difficult to run the last part of the race on pace, since I knew it would only get hotter. Therefore, I decided to pick up the pace knowing full well I might pay the price

later. I ended up averaging 7 minute pace for 14 miles (97:44). During mile 15, I felt a sharp pain in might right heel and Achilles, so I slowed down considerably in 7:38. Fortunately, the pain subsided and I ran mile 16 in 6:56 (112:18 total).

After mile 16, the sun really heated up. The course goes on to Second Street, Studebaker, Palos Verdes, and Atherton. No trees, no shade, and very hot. My time at mile 20 was 143:05 (slowing down but still under goal pace of 145). Once off of Atherton, the course heads back toward the ocean after going around a golf course. There were some trees, some shade, and some nice scenery, but also the bear or wall or whatever it is that makes your legs feel like jello.

My final time was 3hrs 14min 5sec, so the last 10K was 51min. All things considered, I was very happy with my time and my experience.

My story would not be complete without thanking SCRR. I joined the club in April and have felt welcomed and part of the group from day one. The SCRR support at the race was phenomenal. Rob Harris because of injuries was unable to run the race, but he was all over the course on his bike cheering me on. My wife and daughter along with my cousin were on Atherton (around mile 20) providing much needed support. Brad was on Park Avenue (around mile 22) providing words of encouragement. He couldn't stop my legs from feeling like jello, but he certainly gave me a lift. Tim Mara ran (jogged?) the last part of the race with me which was a tremendous help. I also heard familiar voices throughout the race even though I did not see

them (Tonson around mile 4, Molly and others at the finish). Cathy was at the finish taking pictures. I can't imagine the pictures being very flattering, but I did notice myself picking up the pace a bit for the camera.

I also want to thank Danny Stein for preparing me for this event. I don't know why his program works, but it does. He has been extremely patient with me and so have the other members of the training group. I had no idea when I joined the club that I would have this service available to me. It's obvious to me and I hope to Danny that I would not have run near as well as I did without his help.

Thank You - By Jim Grant - Jun. 2005

I am honored to be selected runner of the month. SCRR has literally changed my life, so it is a bit humbling to be recognized in this manner. SCRR members have also made me feel welcome from the first day I met with the club. Here are a few examples:

March 8, 2003 – This is the first day I met with the club after searching it out on the web. This was a Saturday run hosted by Pete Boisineau at Aliso Woods Canyon. Somehow I hooked up with Mike Friedl. (This was before Mike went into stealth training.) Thankfully, Mike did all the talking as I was huffing and puffing and eating his dust. Besides Mike and Pete, I felt very



Jim at CDM 5K - Jun. 06

welcomed by the rest of the club as well, and I knew I had found a great group to join.

July 29, 2003 – My first run with the Danny Stein training group. A Tuesday run at Peter's Canyon. I was supposed to do fartlek while the rest of the group was suppose to be on a casual run. It did not take long for Danny, Fred, Tom, and Ian to lose me on the ridges. To my surprise, they were all waiting for me at the end of the ridges. Danny proceeded to tell me that they weren't really waiting for me, but that they just needed a rest. He was just trying to make feel good after being totally humiliated. It worked.

October 12, 2003 – The Long Beach Marathon. To have Rob Harris at several points on the course and Brad Wobig at the 20 mile mark was huge. Not to mention Molly, Tonson, and others that I could hear even though I couldn't see.

September 12, 2004 – The Orange Coast College Track Meet. Sometimes it just doesn't seem right for you to tell your own story. Someone else has to tell it for you. Molly Donnellan is that someone else. I had one of my most fun races with the club even though I lost the race. I didn't think I could brag to anyone except Danny. It turns out that Molly did my bragging for me in a message posted the next day on the SCRR Training web site.

I have been with the club for just over two years now. It is impossible for me to express how much my life has changed as a result. Thank you to everyone who has made me feel welcome and part of the group.

St. George Marathon Highlights – By Danny Stein - Oct. 2006

Jim Grant - 02:56:22...I made the prediction that Jim was capable on a perfect day to run sub 3 hours for the marathon. Well, Jim proved me right. Jim prepared well, trained hard, put a race plan together and executed perfectly. He said he only saw his splits at the mile marker and the half marathon marker in the first half of the race. However, he knew what pace felt like based on all the miles in the middle of his long runs at marathon race pace. He ran through the 1/2 at almost exactly 7 min. pace. He knew the course was downhill the second half and he slowly increased his pace. He reached the 20-mile marker and did the mental calculations to figure out he needed a 42-minute 10K to break his ultimate goal of sub 3. He put the hammer down pressing redline, but not breaking himself to cross the line in an unbelievable time of 2:56:22 becoming a member of a very elite 3 hour marathon club! This was well over a 10 minute PR!



Jim and his wife Chris at the Jan. 2009 SCRR Holiday Party

The memorial celebration of Jim Grant's life will be on Saturday, October 3 at 11:00 a.m. at the Church of Jesus Christ of Latter-Day Saints in Irvine. Address is below:

Church Of Jesus Christ Of LDS 23 Lake Rd, Irvine, CA 92604 Phone: (949) 786-0210

In lieu of flowers - donations are being collected by SCRR to fund a charitable gift in Jim's name to encourage disadvantaged runners. Details are still being worked out, but bring your check payable to SCRR. Jim would have really appreciated this.

RSM 5K Grand Prix Highlights

By: Linda Hammond

What a great way to kick off Labor Day, running the Rancho Santa Margarita 5k! The club was out in full force and left collecting almost all the age group medals! New club member **John Luftus** was fifth overall and first in his age group with a time of 16:42! His race scored a whopping **934** points! **Lois Edds** is the only member of the club to ever score higher in the Grand Prix. Long time club member **Bob Morris** had a great race! He is getting back to racing and is off to a great start. Bob finished first in his age group. I asked him a few questions about his training.

Linda: Congratulations on your race at RSM 5k. What was your race strategy?

Bob: I've been rehabbing an injury and wanted to use the race as a speed workout and to gauge my 5k fitness level.

Linda: How long have you been running?

Bob: I've been running since Jr. High School where I had an excellent cross country and track coach who instilled some good work ethics for the young lads at Edgewood Jr. High School in West Covina. During my high school years I moved up to Big Bear where they didn't have a cross country team and the track program was an after thought. By my senior year I was looking for new challenges and wanted to go out for the golf team instead of track, but was persuaded to stick with it and upon graduating received an athletic scholarship to Azusa Pacific College where I ran cross country and track all four years.

Linda: What brought you to South Coast Roadrunners and A Snail's Pace?

Bob: I joined A Snail's Pace in Fountain Valley 16 years ago to get back into shape. Many Snailers were also members of this other club down in Irvine that ran on Thursday nights, so a year later I joined South Coast Roadrunners as well.

Linda: How is your training going this season?

Bob: I'm building up my base because I want to find a Boston qualifier in December. It's a slow process because I don't want to re-injure myself.

Linda: What big race this year will highlight your season?

Bob: I'm planning on pacing my wife at Boston in April and gradually get back to scoring higher in the Grand Prix Series.

Thanks Bob for sharing your story. Bob always helps to get us race discounts and keeps us connected with our club sponsor **A Snail's Pace**. RSM 5k was the third race of the Grand Prix series and **David Schiller** continues to lead the pack. We have nine races to go. In October our club race is the Huntington Beach Distance Derby.

On a final note...in the month of September we lost a member of the South Coast Roadrunners family, **Jim Grant**. I like many members of the club have fond memories of seeing Jim at club runs and at Grand Prix races. **Mike Friedl** shared his thoughts about Jim:



Jim Grant was a fixture in the Top20 since the 2003-2004 Grand Prix season, peaking with a fifth place finish that year. He was in the top 15 in points scored from the period from that season through last year. Jim was a member of the 800 point club, logging a whopping 851 at the RSM 5k in 2005.

He entered the 50-54 age group in June and had been training ell, W logging 50 mile weeks with regularity, doing long runs with Jerry Lin and Victor Celani. whom he had planned to pace at St. George. He hadn't run a Grand Prix this race season, but from the looks of his training, we had every reason to believe he would have been a force to be reckoned with.

The day before he died, Jim ran 18 miles with his Saturday crew. His passing is a reminder that we are not invincible, even



Jim and Jerry Lin

though we can do things that "mere mortals" cannot do.



Jim Grant's legacy in the running community should be one of great friendship, fierce competition and a love of running that knew no bounds. Jim was a power runner who didn't sneak up on you. If you were close to him near the end of a race he could make you eat some pain, but after the finish line there was more back-slapping than chest-beating. He was just a great guy who will be sorely missed by all who knew him.

From left: Linda Hammond, Jim, Amy Katz and Sherri Ellerby

Races on the Military Bases – a Unique Experience

By: Doug Denniston

I'm sure everyone in the club knows how blessed we are to live in an area where the climate is right for athletic events all year long. In the Southland, we are blessed with more premiere running events, triathlons, and bike races than any other area of the country. Even though I am still a novice, and relatively new to these sporting events I can say that the military hosts some of the best events for their participants.

Many of you have run the Mud Run at Camp Pendleton and are familiar with the Pendleton race series. Events include a dualthlon, bike race, marathon, triathlon, the mud runs, and others. All of the events are, well planned, organized and include great support staff. Each is hosted to raise money which supports the base or the military families in some way. But, Camp Pendleton is not the only military station we have close by that hosts an event. Every February at the Los Alamitos Joint Training Base, you can run a 5K/10K, or skate a 10K, and this year they added a reverse sprint triathlon. The day includes something for everyone, and just like Pendleton the day is extremely well organized.

This last month the Marine Corps Recruiting Depot in San Diego held its 9th Annual Boot Camp Challenge. The race was a nearly 3 mile course through the base, and across the depot's obstacle course. This is the same obstacle course marines run when doing their basic training. Unfortunately, we didn't get to climb all the obstacles on the obstacle course. It's was a good thing too, because I doubt I could have finished the race if we had. Besides climbing hay bales, you are hurdling telephone poles, crawling through sand, climbing walls, and running through fox holes. You certainly do use many more muscles than you do when you are just running. The most unique thing about this event is the "encouragement" that all race participants get from the more than 30 drill instructors spaced along the course. These instructors use all their years of training and motivational skills to "keep you moving" through the course. Too much fun!

The next time you are considering entering an event; please consider one of the military institutions and their race events. Not only will you be supporting our troops and their families, but you are sure to have a great time as well. See you on the trail. ;-)

Coming Soon

SCRR Octoberfest Party

Details to Come!

Greg Hanssen's Three Day Triathlon at Lake Tahoe

By: Cathy Shargay

The web site for the Lake Tahoe Triathlon and Marathon lists the amazing collection of different events occurring over three days:

"The Lake Tahoe Triathlon is a one of a kind event with Kayaking or Swimming on Friday; choice of



cycling distances on Saturday; and a choice of runs on Sunday. And any of our triathlon events can be run a la carte or as a designer Triathlon. Just take your choice of any three, except for the Triple Marathon.

"All the runs are point to point and scenic from start to finish. The Marathon, 20 Miler, and Half are run along the west shore of Lake Tahoe and include challenging hills around spectacular Emerald Bay. The 10K which begins at Inspiration Point over looking Emerald Bay is a very scenic 99% downhill run. The beauty of Lake Tahoe will take your breath away even if the runs don't!

"If you are tough enough, try our **3-Day Tahoe Triple Marathon**. The Tahoe Triple will measure your heart and desire with 3 different marathons in 3 days run on Friday, Saturday and Sunday, covering the whole lake and 2 states."

Greg decided to get some great training in for his Ironman triathlon next year as he did the 2 mile swim on Friday, the 72 mile bike race around the entire lake on Saturday and the marathon on Sunday. He did great especially at the marathon which has some steep, long, killer uphills, was after a tough bike ride just the day before and is at altitude. His time was 4:06 and he was fourth in his age group.

Ken and I joined Greg for the 72 mile bike event, and Stacey Dippong ran the Half Marathon. Stacey won a special shirt by being one of the top 25 female finishers. We all stayed at Greg's house in north Lake Tahoe, and enjoyed swimming, running and the great scenery!



SATURDAY RUNS

All runs meet at 7:45 a.m. and start at 8:00 a.m. unless shown otherwise.

10/3/09, 3 Pier "Kegs & Eggs"

Time: Meet at 6:45 AM, start at 7:00 AM

Leader: Kathleen Curley

Location: We start at the base of the Newport Beach pier. Arrive early (O.K., very early) to try and find

street parking or bring change for the meters.

Directions: 5 Freeway to 55-South, follow signs to Newport Beach Pier. (Mapquest "Charlie's Chili" for

exact directions)

About the Run: 5.75 miles to the Breakers and back to N.B. pier and then another 11.10 miles to

Huntington Beach pier and back. Then we enjoy the best deal in town at Sharkeez for breakfast!!

10/10/09, Corner Bakery

Leader: Noreene Matsuda

Location: Meet in the parking lot of the Corner Bakery at Main & Harvard in Irvine.

Directions: 405 north or south, exit Jamboree, head North (towards mountains), turn right on Main Street,

turn right on Harvard, turn right into shopping center.

About the Run: Run as long or as short as you like on the bike path. This is a good warmup for the Long

Beach Marathon races on Sunday. Also the perfect place for bikes, roller blades and baby joggers!

After the Run: Corner Bakery.

10/17/09, Beckman

Leader: Sherri Ellerby

Location: Park at the Beckman High School parking lot near the track, near the intersection of Culver and

Bryan Ave. 3588 Bryan Avenue Irvine, CA 92602

Directions: 5 Freeway to Culver, left on Bryan and left into the Beckman parking lot.

About the Run: This 14-mile course covers familiar bike paths and trails. It is partly out and back, with a nice loop around Peter's Canyon Regional Park in the middle. We'll turn left on Bryan and hop on the far side of the bike path. 1 mile later, go under and up onto Irvine Blvd. Turn right on Irvine and run over the toll road and catch the path that parallels the far side of the toll road. That dirt path takes you out to Jamboree for a couple of miles. Left on Portola, right on Tustin Ranch Road, then left on Pioneer Way. This path continues across the street along Cedar Grove Park. From there you will run to the lake and loop around it, then make your way back to Beckman. Need many more miles? - add on by using the Mountains to Sea bike path, heading toward Back Bay; or for some challenging hills, continue on Jamboree into Irvine Regional Park. Fred knows some tortuous hills there.

Need less miles - turn around sooner! :-)

After the Run: Breakfast at Champagne French Bakery Cafe on Irvine Blvd and Culver.

10/31/09, Corona Del Mar Halloween Run

Leader: Greg Hanssen

Location: Marguerite Ave and Ocean Blvd in Corona Del Mar (same as start of Spyglass run).

Directions: PCH, West on Marguerite, until it dead-ends on Ocean Blvd.

About the Run: We'll run a shorter out and back along PCH as a warmup for the Dino Dash. It's Halloween

so come in costume!!

After the Run: Bruegger's Bagels and/or Starbucks; they are across the street from each other on the

corner of Goldenrod and PCH.

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

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Fax: (949) 234-0326 E-mail: reimersr@stifel.com 30448 Rancho Viejo Rd., Suite 110

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Reminders

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

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

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

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine. 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

OCTOBER	
THURS, 10/01, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
FRI, 10/2, 7:00 a.m.	Live Fit 5K Run, Anaheim Marriott, Anaheim LiveFit5K
SAT, 10/3 8:00 a.m.	23 rd Harbor Heritage Run, Newport Harbor <u>Harborheritagerun</u>
SAT, 10/3, 8:00 a.m.	Rough-Fit Rubber Boot Race (2K)– Old Town Tustin, RoughFitRubberBootRace
SAT, 10/3	St. George Marathon, St. George, Utah
SAT, 10/3, 8:00 a.m.	Magic Mountain Man Triathlon & 5K, Castaic Lake, MagicMountainManTriathlon
SUN, 10/4, 7:45 a.m.	10 th Anniversary Lupus Race for Life, La Mirada, <u>LupusRaceforLife</u>
SUN, 10/11, 7:00 a.m.	25 th Annual Long Beach City Marathon, Half Marathon, 5K, <u>LongBeachMarathon</u>
SUN, 10/11	Chicago Marathon
SAT, 10/17, 8:00 a.m.	Eastvale Cares Family 5K, Corona, Eastvale5K
SAT, 10/24, 7:00 a.m.	Huntington Beach Distance Derby, 10mi., 5mi. & Kids Run, HBDistanceDerby
SUN, 10/25 7:30 a.m.	L.A. Cancer Challenge 2009, Los Angeles, <u>LACancerChallenge</u>
NOVEMBER	
SUN, 11/1, 9:00 a.m.	ING New York City Marathon
SUN, 11/1, 7:15 a.m.	Ralphs & Food 4 Less Dinosaur Dash XIX 5k & 10K , Tustin Marketplace
	<u>DinosaurDash</u>
THURS, 11/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SUN, 11/8, 7:00 a.m.	2 nd Annual Race for Research - Dockweiler State Beach, LA RaceforResearch
SUN, 11/8, 7:00 a.m.	Mission Inn Run, ½ Marathon, 10K, 5K – Riverside, CA MissionInnMuseumRun
SUN, 11/15, 7:00 a.m.	Run for Her Cancer Run 5K – Pan Pacific Park, Los Angeles RunforHer
THURS, 11/26, 7:00 a.m.	Dana Point Turkey Trot – Dana Point Harbor <u>Turkeytrot.com</u>
THURS, 11/26, 7:15 a.m.	Oceanside Turkey Trot – Oceanside, CA Osideturkeytrot.com
SAT, 11/28, 8:00 a.m.	San Dimas Turkey Trot 5K, 10K & Kids Run – San Dimas, CA SanDimasTurkeyTrot
DECEMBER	
THURS, 12/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 12/6	Las Vegas Marathon
SUN, 12/6	California International Marathon, Sacramento, CA
SUN, 12/13	Tucson Marathon
SUN, 12/13, 7:45 a.m.	Make Room for Santa, 5K and 10K, Hicks Canyon Elementary School, Irvine
SUN, 12/13, 8:00 a.m.	XTERRA Crystal Cove Trail Run, 5K and 15K, www.trailrace.com

2008-2009 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

2008-2009 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