

ON THE RUN



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

Orange County, California
November 2014 Issue

Runner of the Month – Jon Resnick

By: Kirsten Hirneisen



The runner of the month is Jon Resnick. Jon is a past SCRR president, and has recently traveled to Turkey with some South Coast Roadrunners to run the Istanbul marathon and to see the amazing sights! Jon just ran a marathon in Utah that went very well and qualified him for 2015 Boston. He also leads an unofficial club run around the Back Bay in December to see the boat parade in Newport for the holidays. Unfortunately, I was unable to meet with Jon this month, so we did the tried and true question/answer email exchange.

Running

What got you started on running, when, where, etc?

Jon: I got started running sprints and hurdles in the 6th grade and moved up to the half mile in 9th grade. I was absolutely horrible in all other sports and I followed a friend who joined junior high track. My high school best for the half mile was 2:10.

What has been your favorite race and why?

My favorite races are the Boston Marathon and the Catalina Marathon. I've run both of those races six times. I enjoy Boston because of the great crowd support and I get the opportunity to visit family in Boston. The Catalina Marathon is a favorite for the great scenery.

What is the coolest place you've gone

for a run?

Greg Hanssen and I shared a run through a place called Pigeon Canyon in Cappadocia during our November 2013 trip to Turkey. Cappadocia is known for its carved out sandstone rock formations that were used as homes by early Christians. I took a nice picture of Greg running in the canyon so just make believe it's me.

What are you training for now and how is it going?

I'm in between seasons at the moment having just run the Top of Utah Marathon last month but I'll start training





Andrew, O'Bannon, Andrea Denmon and Jon enjoying post race celebrations

seriously in January for the Transrockies 120 mile six day stage race scheduled for next August in the Colorado Rockies that travels from Buena Vista to Beaver Creek.

Do you have any races that interest you?

I've run most of the big name US marathons so I'm ready to start looking at international races. I am planning on running Comrades, the 56 mile road race in South Africa in 2016 along with Roadrunner Ted Williamson.

What are your current running goals?

My only goal is to be running or hiking when I'm seventy five like my friend Doug. I don't care how fast I'll be able to go.

What is your best running tip?

Wear a light when running at night. Maybe it's just due to age but I can't see that well at night anymore so I always run at night with my trusty Petzl rechargeable headlamp.

(Note from the author: this is a solid tip)

Why do you run?

Here's the short answer to the question of why I run. My mind is always busy and running calms me down. If I was growing up now I'd probably be diagnosed as having AMP (Ants in My Pants) and drugged up.

Do you have any favorite music you run to? Taylor Swift. Stop laughing.

What are some of the best features of the club for you?

The opportunity to have so many new runners to regale with my stories and training advice.

Any other hobbies or interests?

I'm a docent for the Irvine Conservancy and I lead occasional trail runs through the new park land that were recently deeded over to the County of Orange. You can find a list of all the Conservancy activities at www.letsqooutside.org

Where were you from originally and when did you move to SoCal?

I grew up in Glen Cove, Long Island a town of 30,000 and I moved to San Diego in November 1988. I spend a year in San Diego and then moved up to Newport Beach and I've been in OC since then.

Where did you go to college? I graduated from SUNY Binghamton the same university that Molly Donnellan attended.

Congratulations John on being Runner of the Month, and good luck in Boston 2015!



Jon in Turkey



Wine & CHEESE

PARTY



Kindly Hosted By
Sherri Ellerby & Fred Cowles

S A T U R D A Y
NOVEMBER 8
at 6:00PM in the evening

6504 E Normandie Circle
Orange, CA 92869

Gate access required

RSVP to Sherri by **November 7**
by Email, Facebook, or Personally



CONGRATULATIONS TO OCTOBER MARATHON (and More) RUNNERS!!

St. George Marathon, Utah, Oct. 4th

Dave Flahive

Portland Marathon, Oct. 5th

Sarah Lee

Long Beach Marathon, Oct. 12th

Andrew O'Bannon

Mike Bertram

Karine Parry

Jeff Nirtaut

Fernando Gonzales

Karen Winter

Paige Newman

Dave Schiller

Lillian Bertram

Aya Namikawa

Eric Dangott

Andrea Denmon

Time Hume

Judy Sweet

Chicago Marathon, Oct. 12th

Ted Williamson

Sandra Manzano-Straehle

Tonson Tong

Bill Prom

Isaac Oh

Humboldt Marathon, Oct. 19th

Doug Niles

Marine Corps Marathon, Oct. 26th

Mary Lynch

Mark Owen

Alanna Brown

Tom Skane

Melissa Snyder

Vince Lowder

Long Beach SCRR Highlights!

By: Linda Hammond



Our October club race was **Long Beach Marathon, Half and 5k**. Congratulations to all the **South Coast Roadrunners** for finishing strong. Just a few highlights include a PR for **Karine Parry** in the marathon, and several great races in the half and 5k. **Bob Morris** had an age division win in the 5k and shared his thoughts about his race.

Linda: *Congratulations on your age division win in the 5k. Please tell us about your race.*

Bob: The 5K went out fast with **Mike Friedl** setting the pace that the rest of us SCRR's gauged our effort. I didn't have **Thomas Fung** to chase after but I could feel **Mike Pagalan** breathing down my neck which spurred me on the later part of the race.

Linda: *Race day was also your anniversary; tell us how you and **Faith** met.*

Bob: We first met through **A Snail's Pace Running Club**. I was living in Huntington Beach at the time and a member of the Fountain Valley Chapter while Faith was from the Laguna Hills Chapter. We both are heavily involved with **Kids Run OC** at her school. It's a great program put on by the **OC Marathon** for elementary

and middle school kids every year culminating with a one mile race the day before the marathon in May.

Linda: *What is your next big race?*

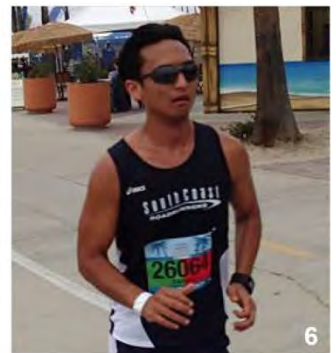
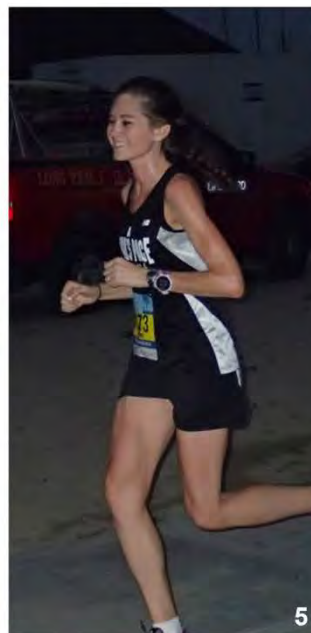
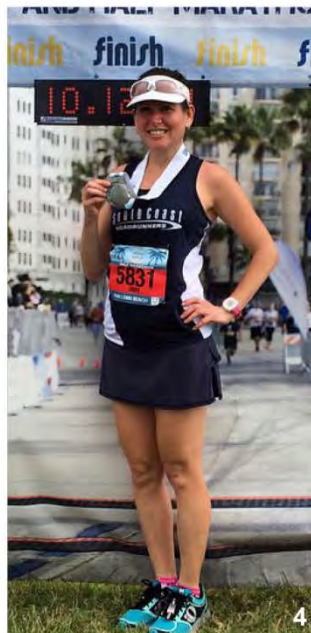
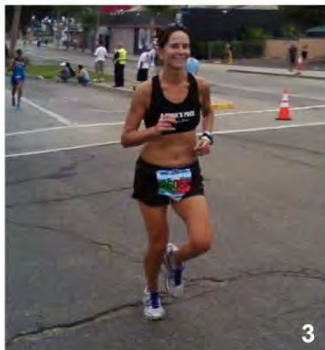
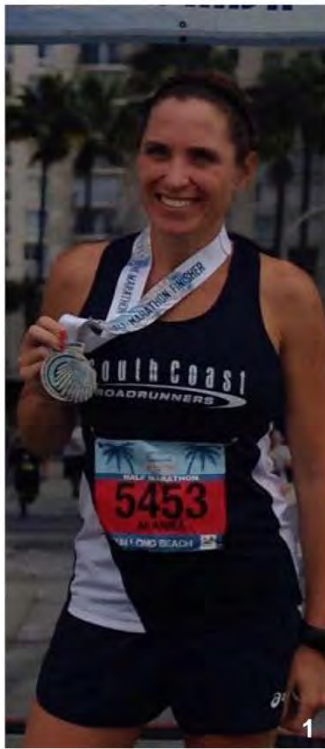
Bob: World Masters Athletics Outdoor Track and Field Championships, August, 2015, Lyon, France where I will run the 800 and 1500.

Thanks Bob for sharing your story! Looks like in October you and Faith had some Halloween fun too! The members of the 800+ point club at Long Beach were: **Leilani**, **Mike Friedl**, **Ken Atterholt**, **Bob Morris**, and **Mike Dietz**. Long Beach was the fourth race in the **Grand Prix** series. Leilani is in first place followed by: 2) **Mike Friedl**, 3) **Ken Atterholt**, 4) **Thomas Fung**, 5) **Karine Parry**, 6) **Daniel Evora-Hahn**, 7) **Cathy Blakesley**, 8) **Alberto Ballon**, 9) **Matt Kossoff**, and 10) **Bob Morris**. Our November race is the Dino Dash. See you at the Finish Line!

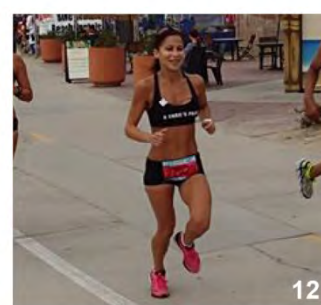
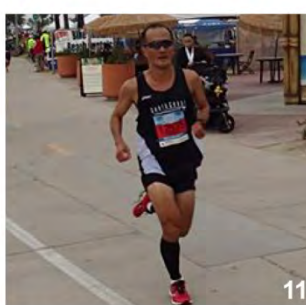
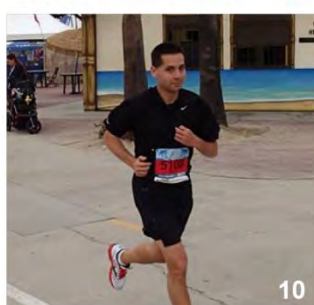
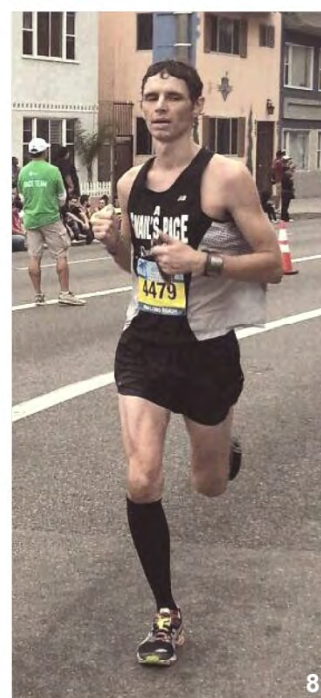
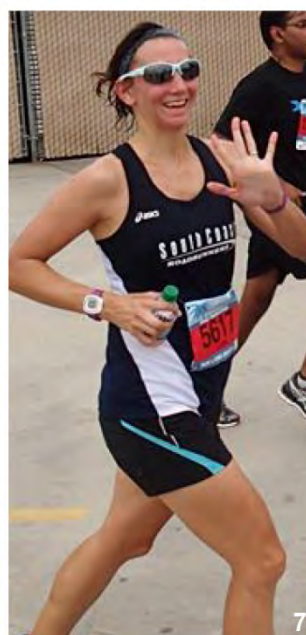
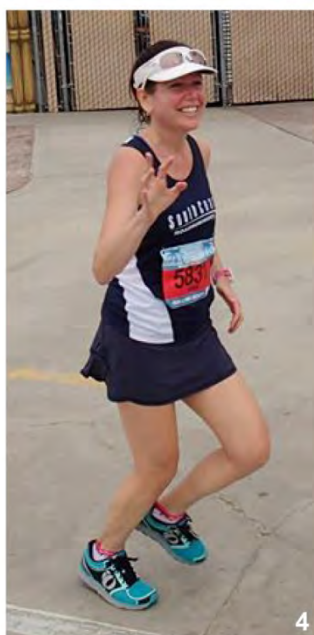
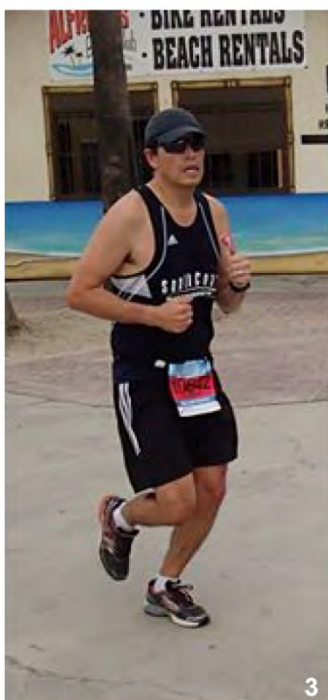


SCRR Shines at Long Beach

Compiled By: Joanna Pallo, Photos By: Amy Katz, Judy Sweet and Kevin Wilson



1 Alanna Brown 2 Sarah Lee, Jennifer Woodson, Melissa Snyder, Tim Hume, Judy Sweet, Ken Atterholt, Cathy Shargay, Andrew O'Bannon, Cathy Blakesley, Dave Blakesley 3 Sherri Ellerby 4 Amy Katz 5 Karine Perry 6 Daniel Evora 7 Cathy Blakesley, Judy Sweet, Cathy Shargay 8 Mike Dietz, Matt Hood, Bob Morris, Michael De Jesus Pagalan, Michael Friedl 9 Bob Morris



1 Lillian Bertram, Alanna Brown, Mike Bertram, Carlos Jovel, Marc Owen, Fred Ayers, Joanna Pallo 2 Jenny & David Schiller 3 Alberto Ballon 4 Amy Katz 5 Joanna Pallo, Carlos Jovel 6 Chris, Ingrid, and Baby Maylee Johnson 7 Lisa Eiler 8 Andrew O'Bannon 9 Michael De Jesus Pagalan, Daniel Evora 10 Matt Kossoff 11 Thomas Fung 12 Leilani Rios

The Huntsman World Senior Games

By: Bob Morris

Last month I went up to St. George, Utah, not to run the marathon, but to participate in the Huntsman World Senior Games. This two week event drew over 10,000 entrants and has a strict qualifying standard – you must be at least 50 years old to participate.

27 sports are offered; ranging from archery to bowling, golf, horseshoes, mountain bike cycling, pickleball, and other geriatric “sports”. There are also three road races; 5k, 10k and half marathon but I chose some track events which were held over three days; the 3000, 800, 1500 and 400.



While the level of competition is not on par with the USATF Masters Track & Field Championships, Huntsman still draws athletes from across the country as well as some overseas competitors. In my age group I came away with three gold medals in the 3000, 800, 1500. The 400 was another story where I finished dismal fifth.

Whether you ran track in high school or college, or never at all, this is something worth checking out. www.seniorgames.net It's quite inspiring watching athletes in their 90's out there competing and giving their all.



SATURDAY RUNS

NEW CHANGE - ALL RUNS MEET @ 7:45 AM AND BEGIN AT 8 AM - Except for 11/1

11/1/14 – Back Bay Pre-Race Run with a “French Twist”

Leader: Matt Hood

Starting time: Meet @ 6:45 a.m., run will begin @ 7 a.m.

Location: Moulin Bistro, 1000 Bristol St. North, Newport Beach, CA

Directions: Take Jamboree Exit off the 405—head South; go about 2 miles; Right on Bristol. Moulin is located on the right side of the Rd., just past Dove St.

About the Run: This is a good warm-up for the Dino Dash (our November Club Race) the following day. The “standard” loop is 10.5 miles. You can extend the run along the bike path or shorten the run by going 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). HOWEVER, you may wish to shorten this run a bit for the special breakfast described below:

After the Run: As some of you may have heard, our friend, fellow runner and proprietor Laurent Vignaud opened this new French Restaurant, Moulin Bistro & Café (moulinbistro.com) in late September of this year. To introduce us to his restaurant, he has kindly offered to host breakfast for us beginning at 8 a.m.! No RSVP required, just come to the run, then show up for breakfast, and you'll get fed a delicious catered French Breakfast courtesy of Laurent!

11/8/14 – A Snail's Pace Run to Cook's Corner & Mizuno Shoe Testing

Leader: Bob Morris

Location: A Snail's Pace Running Shop, 24451 Alicia Pkwy, Mission Viejo **Directions:** Exit the 5 freeway at Alicia Parkway. The store is in the LA Fitness shopping center visible from the freeway.

About the Run: Out-and-back course starting at the store to the bike path that goes all the way up to Cook's Corner if you want to do an 18-miler.

After the Run: Dennys (50 yards from the Store) or Lulu's Creperie Cafe, 24781 Alicia Pkwy, Laguna Hills (near the former ASP Store location, on the Laguna Hills side of the 5 freeway).

11/15/14 – Spyglass Hill

Leader: Dave Bauers

Location: Marguerite Ave and Ocean Blvd in Corona Del Mar...

Directions: PCH, west on Marguerite (towards ocean), until it dead-ends on Ocean Blvd.

About the Run: The standard run is a 12 mile hilly loop on roads, but there are many shorter options (as well as a somewhat longer 18 mile loop for the hard core crowd), and also beach running available.

After the Run: Bruegger's Bagels and/or Starbucks, across the street from each other on the corner of Goldenrod and PCH - 2743 East Coast Highway, Corona Del Mar 92625

11/22/14 – 3 Piers “Kegs & Eggs”

Leader: Derek Godfrey

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 “Sharkeez Newport Beach” 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.

After the Run: We enjoy the best deal in town at Sharkeez for breakfast!! For about \$5, you get French toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

SATURDAY RUNS (continued)

11/29/14 – Drew's Lunch Run

Leader: Andrew O'Bannon

Location: 8 Goodyear Irvine, CA 92618

Directions/Parking: From 405/5 South: Take the Bake Pkwy exit LEFT/EAST from the 5/405 Freeway. Make a LEFT onto Jeronimo and then the next immediate RIGHT onto Goodyear. Enter the 3rd entrance on your RIGHT which is 8 Goodyear and you should see my big red beat up Toyota 4Runner and other runners as well.

About the Run: This is an out-and-back run where any distance can be achieved all the way up to 12+ miles. Click the link below to Strava for an exact view of the run. The run starts on the Serrano Creek Trail at Bake and Toledo Way. The trail heads in a NE direction into the Whiting Ranch area. There are restrooms and water fountains at Etnies Skatepark, 4 miles into the run. Unfortunately there are NO facilities at the start of the run, so please come prepared.
<http://app.strava.com/activities/45085136>

After the Run: Bagels & Brew at the corner of Lake Forest Drive and Serrano Road – 21771 Lake Forest Dr #100, Lake Forest 92630

Treasurer's Report

By: Lisa Eiler

Treasurer's Report-Newsletter	<u>September</u>	<u>August</u>	<u>July</u>
Total Cash Balance, Beginning	4,553.37	4,960.79	7,818.28
Cash Inflows	505.85	341.69	3,317.54
Cash Outflows-First Thursday	307.85	340.53	298.77
Cash Outflows-RRCA Insurance	-	-	-
Cash Outflows-Banquet	-	-	2,711.26
Cash Outflows-Uniforms	-	-	3,115.00
Cash Outflows-Social Gatherings	338.82	383.58	
Cash Outflows-Other	<u>-</u>	<u>25.00</u>	<u>50.00</u>
Net Change in Cash	(140.82)	(407.42)	(2,857.49)
Total Cash Balance, Ending	<u>4,412.55</u>	<u>4,553.37</u>	<u>4,960.79</u>

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

Great Deals From Fellow South Coast Roadrunners...

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

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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 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, Jamboree and 5 Freeway, Irvine, 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

NOVEMBER	
SUN, 11/2, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/2, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon www.runfresno.com
SUN, 11/2, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash
THURS, 11/6 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 11/8, 7:15 a.m.	Santa Barbara Marathon www.sbimarathon.com
SAT, 11/8	SCRR Wine and Cheese Party, details to com
SAT, 11/15	Canyon City Marathon, Azusa, CA
SUN, 11/16, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
SUN 11/16 4:30 p.m.	Las Vegas Marathon, ½ Marathon runrocknrolllas-vegas
SUN 11/16	Surfers Point Marathon, Ventura, CA
THURS, 11/27, 7:00 a.m.	Dana Point Turkey Trot http://www.turkeytrot.com/
DECEMBER	
THURS, 12/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 12/6	Run for a Claus, Irvine, CA, www.runforaclaus.com
SUN, 12/7, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathon http://runcim.org
SUN, 12/7, 7:00 a.m.	Tucson Marathon, ½ Marathon Tucson, AZ Tucson Marathon tucsonmarathon
SUN, 12/7, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach – crystalcovetrailrun
SUN, 12/14, 7:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca Holiday Half Marathon
SAT, 12/13, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine RenegadeSantaRun
FRI, 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 very flat course, and best of all it is for a great cause.***
JANUARY	
THURS, 1/8, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 1/10, 7:30 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SAT, 1/10, 7:30 a.m.	Kaiser Permanente SC ½ Marathon, 5K, Woodbridge shopping center, Irvine, schalfmarathon.com
SUN, 1/11, 5:30 a.m.	Walt Disney World Marathon, FL Disneyworld Marathon
SUN, 1/18, 7:50 a.m.	Arizona Rock 'n Roll Marathon, ½ Marathon Rock n Roll Arizona
SUN, 1/18, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon
SAT, 1/24, 8:00 a.m.	OC Chili Winter Trail Run Series – 1 st Race of 3, O'Neill Park ocwintertrailrunseries2015
FEBRUARY	
SUN, 2/01, 6:50 a.m.	Surf City Marathon, ½ Marathon Huntington Beach, CA runsurfcity
THURS, 2/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 2/14 & SUN 2/15	Tour de Palm Springs Century and Palm Springs ½ Marathon tourdepalmsprings & PalmSprings1/2marathon
SUN 2/15, 8:00a.m.	Timberwolf 5K, Northwood High, Irvine Timberwolf5k
SAT 2/21, 8:30a.m.	OC Chili Winter Trail Run Series – 2 nd Race of 3, O'Neill Park occhiliwintertrailrun2015
SUN 2/22, 8:00a.m.	Brea 8K Brea Mall Brea8k
SAT 2/28, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Raceonthebase