

# ON THE RUN



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

Orange County, California  
December 2012 Issue

## ***Runner of the Month – Ingrid Johnson***

**By: Doug Denniston**

Ingrid Johnson is our Runner of the Month for November. Ingrid grew up in a military family. She moved every 2 -5 years and lived across the United States. Her family even lived in Germany from the time she was 5 – 7 years old. During high school Ingrid lived in Iowa. After high school she attended the University of Iowa and studied Clinical Lab Science. After graduation she worked in Iowa as a medical technician. That's when she heard about the job of a perfusionist. Ingrid wanted to know more about the position so she went and observed an open-heart procedure. She was fascinated so she decided to go back to school and train for this new job. She studied at Midwestern University in Phoenix and now works here in Orange County doing the job that fascinated her that day in the operating room. Congratulations Ingrid for being chosen Runner of the Month.



**When did you start running and where?** I started running in 8<sup>th</sup> grade when I went out for middle school track. Then a friend signed me up for the cross country team freshman year of high school. First day of practice I ran two miles and thought I was going to die but I stuck with it. I continued running cross country throughout high school, and then continued running for fitness and fun during college.

**When did you join SCRR and how did you find out about the club?** I joined SCRR in the fall of 2009. My boss' wife was in a running club so I decided to google running clubs in Irvine and found SCRR. The first people I met were Amelia and Cathy who I ran with that day.

**What has been your favorite race and why?** Surf City Half because I have PR'd there twice. I also love the scenery.

**Do you have a favorite club race and distance?** Make Room for Santa 5k because of the free pizookies! Favorite race distance is 5k or ½ marathon.

**Where is your favorite Saturday club run?** 3 Piers! It's a flat run with a great breakfast & mimosas waiting at the finish.

**What is the coolest place you've gone for a run?** Park City, Utah. I was training for a marathon at the time and was vacationing in Salt Lake City so I had to get a run in. I opted for the hills and nature. The beautiful trails made the altitude difference and the hills seem less intense.

**Are you training for anything right now?** I'm training for a holiday sprint triathlon this Dec. in the Phoenix area, and the Surf City Half in Feb. The half marathon training is going really well so far. I'm shooting for another PR, fingers crossed everything goes well on race day.

**Any other hobbies or interests?** When I'm not at work or running you can find me at the mall, with my husband or friends, and of course taking my pup to the dog park. I enjoy a good Saturday or Sunday of football and beer also.

**What do you do for your job?** I'm a perfusionist. I run the heart lung machine during open heart surgery. I work at 6 different hospitals in Orange County and for numerous surgeons. I take call 50% of the time which can derail my training once in a while.

**Where were you from originally and when did you move to SoCal?** I say I'm from Iowa because that was the last place I lived but I grew up an ARMY brat so I've lived all over the world. I moved to SoCal shortly after Chris and I were married because I was offered a job here.

**Where did you meet your husband?** Chris and I met while I was in graduate school at a bowling alley in Phoenix. We were both in league bowling and our teams played each other 2 weeks in a row. Chris was too nervous to ask me for my phone number but his mom had given me her business card. I emailed her and she set us up. The rest is history☺



## ***Save the Dates***

### **For These SCRR Road Trips**

Palm Springs Century and Half Marathon	Feb. 8-10
Paso Robles Half Marathon and Wine Tasting Trip	Mar. 15-17
Istanbul Marathon	Nov. 17

# Ask Les Cargo

## Drafting

Race cars drivers do it, speed skaters do it, even cyclists do it (when it's legal), so why don't runners take advantage of drafting to improve their race times?

Actually, most runners instinctually do draft other runners – (run directly behind them, or tucked behind just off their shoulder), especially when there is a strong headwind. By reducing wind resistance you also reduce energy expenditure and apply psychological pressure to the person in front of you. By exploiting the leader's slipstream you feel being pulled along, while the leader may feel they are doing all of the work. It can become a waiting game where you (the hunter) can select the optimal moment to make your move on the leader (your prey). Of course, the leader may be anticipating your move and have another gear to counter with. That's why it is important to pass someone fairly quickly with confidence rather than trying to just drift by them. They will usually pick up their pace to try and fight you off unless you look stronger and fresher as you go by them.



Are there disadvantages to drafting? Yes, when you get behind someone running slower than your desired pace, or if they are not running the tangents of the course, or if it's hot weather and you lose the "air conditioning" effect of running in clear air. And, keep in mind some people don't like being drafted off of. You'll pick up their negative vibe soon if they don't like it.

Lastly, there can be a fine line between drafting and sandbagging, but that's another topic for another article.

So at your next race pick and choose your opportunities to draft off someone, and send your running and racing questions to Les Cargo via my literary agent: [bob.morris@asnailspace.net](mailto:bob.morris@asnailspace.net).





## ***Dino Dash Highlights!***

**By: Linda Hammond**

The month of November kicked off with Roadrunners chasing dinosaurs! Our club race was the **Dino Dash** and our age division winners were: **Doug Niles, John Gardiner** and **Sherri Ellerby** in the 10K and **Jeanie Leitner, Leilani Rios** and **Bob Morris** in the 5K. **Doug Denniston** and **Vince Lowder** traded running shoes for bikes and did the Dino Dash bike ride. It was a good day to be **DOUG**, so I asked birthday boy **Doug Niles** and cyclist **Doug Denniston** to share their thoughts about their Dino Dash day!

**Linda:** *Tell us about your race.*

**Doug N:** My race went well, better than I expected, knowing the course from last year's race helped out. I had run a marathon two weeks earlier and was not sure what to expect. It was a surprise to win my age group. With the race being on my birthday it was a good birthday present.

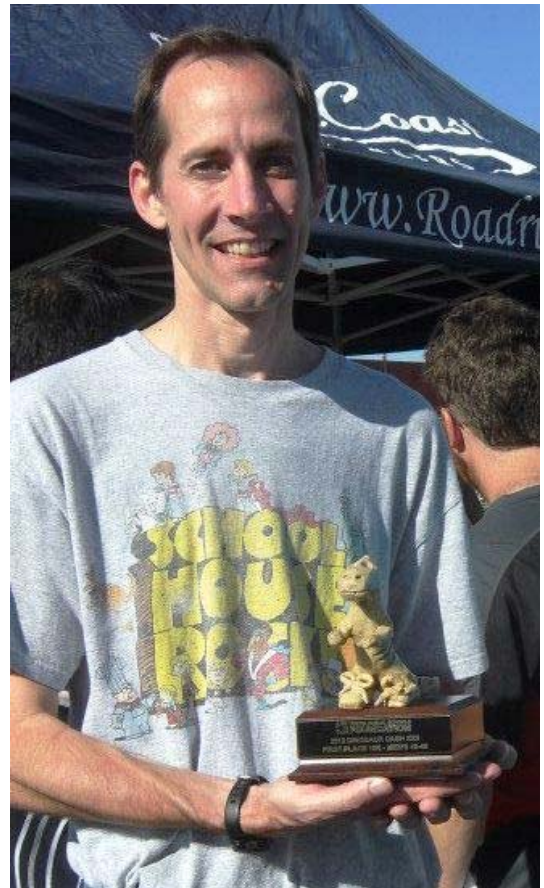
**Linda:** *How long have you been running and what brought you to the club*

**Doug N:** I have been running since I was a kid, but nothing organized until high school. I ran track for four years, my coach convinced me to run cross-county my junior/senior years to stay in shape for track season.

The "Elvis's" were one of the reasons I started running with the club. I had seen SCRR running on Saturdays from Heritage Park, but back then there were two groups that met there. If you were outside and around that area, you couldn't miss a couple hundred people running down to University and back. Image this – it's your second marathon (Los Angeles), you and 20,000 of your closest friends have started the race. About four miles in you notice a person by the side of the road holding on to a modified baby stroller that has a big picture of Elvis on the front of it with Elvis music playing from behind the picture (at that point of the race there were not too many spectators, anybody playing music was going to get noticed). Fast forward a couple of miles and you start hearing Elvis music behind you, but this music is not fading away it's actually getting louder. By mile nine the music had caught up to me. I looked over to see five gentlemen, each of them running while in a full length white collared jumpsuit, complete with a hair wig and gold chains or five Elvis's. One of them was pushing the stroller. They left me behind by mile eleven, the music faded away by mile twelve and you tell yourself you have a good story to tell your friends later on. Now back to the Saturday runs...over the next couple of months I would run with the groups and found out about the Thursday runs. It was on one of the Thursday runs about halfway out that someone mentioned the Elvis group and the next race they were going to run. I told them my LA marathon story and got to meet the whole group after the run. Through them I was introduced to SCRR. I've been with SCRR ever since.

**Linda:** *What is your next big race?*

**Doug N:** The plan is to run the **Southern California Half Marathon** on Jan 12<sup>th</sup>, the **Rose Bowl Half** on Jan 27<sup>th</sup> and the **Surf City Half** Feb 3<sup>rd</sup>.



Thanks Doug N!

**Linda:** *Doug D please tell us about your bike race. How long was it?*

**Doug D:** The bike ride was not a road race, but was a bike tour (basically just a ride) through Santiago Canyon. The ride was 32 miles, and is a slight modification of the Santiago Canyon Loop. It is quite hilly and challenging for any beginner but definitely a good workout.



**Linda:** *We know that you run, when and why did you start cycling?*

**Doug D:** I have a next door neighbor who teaches a spin class a few days a week, and had been trying for years to get me out riding with him. I finally agreed about 8 months ago to try a ride, and really enjoyed it. During the spring and early summer, I started riding about 3 days a week. I was able to increase my workout days from 3/x a week (running) to 6/x a week. Shortly thereafter **Cathy Shargay** took me out for a few rides and introduced me to some serious workouts.

**Linda:** *What is your next big race running or cycling?*

century (64 mi.) and although I finished, I learned I still had a great deal of training left to do before I was ready for another one of those. On December 26, I will do the **Operation Jack – Train 4 Autism** ½ marathon. I was inspired by **John Loftus & Matt Hood**'s stories from last year, so I fundraised this year and am looking forward to that.

**Doug D:** In late September I did my first real bike race. It was a metric

Thanks DOUGS for sharing your stories! **Dino Dash** was the 5<sup>th</sup> race in the **Grand Prix** series. Congratulations to **John Gardiner** and **Sherri Ellerby** for **900+** point races. Our Grand Prix leader is **Leilani Rios**, followed by **Jeanie Leitner**, **Mike Gulan**, **Thomas Fong**, and **Stacey Dippong**. In December we will **Make Room for Santa**, so don't be naughty and have a good race. See you at the **Finish Line**!

## NOVEMBER IRONMAN AND MARATHON HIGHLIGHTS:

### Arizona Ironman:

Jim Beck – 11:24:12

Rob Harris – 12:21:03

Vince Lowder – 12:40:28

### Malibu Marathon:

Eric Dangott – 4:29:10 (Pacer)

Cathy Shargay – 4:32:31



## ***SCRR Shines at the Tustin Dino Dash***

Photos From: Linda Hammond and Carlos Jovel







Page 6: Sherri Ellerby, Leilani Rios, and Jeanie Leitner; John Gardiner; Bob Morris; and Dustin and Joanna Pallo. Page 7: Noreene Matsuda; Stefani Kochen; Carlos Jovel and Joanna Pallo; Brian Kurnow, Esteban Rojas, Janelle Daniels and Linda Hammond.



## **SCRR Post-Holiday Party**

### **Dinner & White Elephant Gift Exchange**

**When: Sunday, January 20, 2013**

**6:00 – 10:00 pm**

**Where: BJ's Restaurant and Brewery Patio**

**Tustin Marketplace**

**13130 Jamboree Rd, Irvine**

**RSVP: \$20 per person by January's club meeting (1/3/13)**

Pay online: [www.roadrunners.org](http://www.roadrunners.org), or cash or check payable to SCRR given to Janelle or any board member by 1/3/13. Price includes unlimited soft drinks and buffet with eight pizza, two pasta, and two salad options. And, of course—Pizookies! Plenty of vegetarian and meat offerings!





# 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 71 participants, so far, for the 2012-2013 series after 5 races are shown below.

***Mike Friedl, our Grand Prix originator and database master, would like everyone in the club to look for any omissions or mistakes (the full Grand Prix results for all 5 races are on the web site [www.roadrunners.org](http://www.roadrunners.org)). For example, Mike just found out that Bob Morris' results were missing from the USATF One Mile Race in August – and Bob got 912 points, his highest ever and the highest of anyone so far in the 2012-2013 season!! He especially wants to be sure that the newer club members are included. Please report any comments to Mike or a club officer.***

	Name	Age Group	Total Points	Races	Best	Avg	Dino Dash		Long Beach	
							Times	Points	Times	Points
1	Leilani Rios	30-34	4,243	5	866	849	17:54 5k	852	17:37 5k	866
2	Jeanie Leitner	65-69	4,177	5	863	835	24:47 5k	858	1:54:30 Half	863
3	Mike Gulan	60-64	3,914	5	815	783	21:56 5k	775	21:35 5k	788
4	Thomas Fung	45-49	3,843	5	786	769	19:59 5k	756	19:30 5k	775
5	Stacey Dippong	30-34	3,547	5	751	709	43:44 10k	737	1:37:27 Half	693
6	Bob Morris	60-64	3,476	4	912	869	19:55 5k	854	19:26 5k	875
7	Matt Kossoff	30-34	3,435	5	736	687	40:19 10k	703	3:37:35 Full	577
8	Mike Connors	45-49	3,301	4	881	825	19:19 5k	783		0
9	David Schiller	50-54	3,196	4	857	799	39:31 5k	817	3:41:06 Full	675
10	Brad Wobig	40-44	3,188	4	812	797	36:58 10k	799		0
11	Ben Coyle	35-39	3,152	4	798	788	17:27 5k	778		0
12	Mike Dietz	45-49	3,024	4	844	756	19:46 5k	765		0
13	Greg Hanssen	45-49	2,948	4	748	737	20:13 5k	748	1:35:43 Half	711
14	David Bauers	50-54	2,721	4	716	680	47:40 10k	677	1:47:29 Half	647
15	Carlos Jovel, Jr.	35-39	2,702	5	582	540	25:59 5k	523	2:02:17 Half	518
16	John Gardiner	40-44	2,642	3	903	881	32:41 10k	903		0
17	Jennifer Erickstad	30-34	2,523	4	651	631	25:10 5k	606	23:42 5k	643
18	Eric Dangott	35-39	2,449	4	646	612	46:09 10k	622	1:48:55 Half	582
19	Tonson Tong	45-49	2,365	3	831	788	19:46 5k	765		0
20	Noreene Matsuda	45-49	2,261	3	788	754	22:57 5k	734	1:47:52 Half	739
21	Armando Moran	40-44	2,183	3	753	728	20:09 5k	706		0
22	Doug Niles	45-49	2,174	3	736	725	41:35.5 10k	736	1:36:48 Half	703
23	Linda Hammond	45-49	2,120	3	763	707	24:56 5k	675		0
24	Esteban Rojas	30-34	2,084	3	707	695	40:05 10k	707		0
25	Cathy Shargay	50-54	2,072	3	746	691		0		0
26	Molly Donnellan	50-54	2,068	3	698	689		0	25:41 5k	680

	Name	Age Group	Total Points	Races	Best	Avg	Dino Dash		Long Beach	
							Times	Points	Times	Points
27	Mike Gellman	40-44	1,999	3	728	666	44:59 10k	657		0
28	Vicki Ballon	25-29	1,989	3	702	663		0	22:42 5k	656
29	Greg Blevins	55-59	1,957	3	681	652	48:22 10k	681	1:51:09 Half	633
30	Kelcey Kinjo	40-44	1,933	3	658	644	45:35 10k	648	1:41:04 Half	627
31	Joanna Pallo	25-29	1,861	3	635	620	50:57 10k	620	23:28 5k	635
32	Amanda Beach	30-34	1,852	3	628	617		0		0
33	Than Duong	35-39	1,715	4	492	429	30:26 5k	446	2:58:39 Half	355
34	Jennifer Neff	40-44	1,605	2	823	803		0		0
35	Ken Atterholt	50-54	1,598	2	819	799		0		0
36	Angel Cardoza	45-49	1,532	2	771	766	19:36 5k	771	19:52 5k	761
37	Mike Friedl	45-49	1,493	2	769	747		0	20:53 5k	724
38	Steve Kan	55-59	1,477	2	761	739		0		0
39	Ingrid Johnson	25-29	1,460	2	742	730	20:44 5k	718		0
40	Paul Osgood	40-44	1,440	3	556	480	29:08 5k	488		0
41	Brigid Pukszta	45-49	1,431	3	539	477	37:25 5k	450		0
42	Brian Kurnow	30-34	1,368	2	707	684	40:05 10k	707	3:10:08 Full	661
43	Anna Osgood	40-44	1,313	3	537	438	56:54 5k	278		0
44	Alberto Ballon	35-39	1,286	2	671	643		0	20:14 5k	671
45	Lisa Eiler	30-34	1,142	2	607	571	53:05 5k	607	2:06:11 Half	535
46	Sherri Ellerby	45-49	903	1	903	903	39:55 10k	903		0
47	Mary Lynch	45-49	847	1	847	847		0		0
48	Ken Wells	50-54	834	1	834	834		0		0
49	Jennifer Walt	45-49	799	1	799	799		0		0
50	Nolan Walt	0-8	797	1	797	797		0		0
51	Mark Merlo	30-34	764	1	764	764		0		0
52	Robert Donald	45-49	750	1	750	750		0		0
53	Vincent Lowder	45-49	745	1	745	745		0	1:31:21 Half	745
54	Gary Hefner	50-54	743	1	743	743		0	1:33:31 Half	743
55	Jerry Lin	40-44	732	1	732	732		0		0
56	Cathy Blakesley	50-54	728	1	728	728		0		0
57	Matt Hood	40-44	706	1	706	706		0		0
58	Ashley Merlo	30-34	704	1	704	704		0		0
59	Andrew O'Bannon	25-29	702	1	702	702		0	3:00:59 Full	702
60	Linda Lowder	45-49	689	1	689	689	52:21 10k	689		0
61	Quang Pham	45-49	673	1	673	673		0		0
62	Ryan Hawkins	30-34	672	1	672	672	20:05 5k	672		0
63	Conrad Walt	10-12	669	1	669	669		0		0
64	Lindsay Williams	30-34	625	1	625	625		0	3:43:21 Full	625
65	Jane Crewe	50-54	622	1	622	622		0		0
66	Amy Katz	40-44	588	1	588	588		0	4:13:00 Full	588
67	Julia Wu	40-44	573	1	573	573		0		0
68	Jon Resnick	50-54	550	1	550	550		0		0
69	Anthony Mejia	30-34	544	1	544	544		0		0
70	David Blakesley	65-69	525	1	525	525	34:40 5k	525		0
71	Janelle Daniels	30-34	383	1	383	383	39:50 5k	383		0



## **SATURDAY RUNS**

**PLEASE NOTE 8 AM START TIME! Meet at 7:45 AM, run at 8 AM**

### **12/8/12 – Lower Aliso Trail**

**Leader:** Robert Donald

**Location:** Road Runner Sports by Laguna Hills Mall (24291 Avenida De La Carlota)

**Directions:** Exit the 5 at El Toro Road and go to the far side of the mall to Oakbrook Shopping Center behind Woody's and Trader Joe's.

**About the Run:** This is a mildly hilly 10 mile out-and-back run down to Aliso Woods Park. Restrooms and a drinking fountain are available by the baseball diamond near mile 3.5. Extra miles can be added in Aliso Woods or around the lake at Laguna Niguel Regional Park on the other side of Alicia Parkway.  
<http://www.gmap-pedometer.com/?r=5184001>

**After the Run:** Post-run snacks and refreshments will be provided by Road Runner Sports, then brunch at Woody's Diner by Trader Joe's.

### **12/15/12 – Club Race – Make Room for Santa, Hick's Canyon, Irvine**

### **12/22/12 – El Moro**

**Leader:** Angel Cardoza

**Directions:** From the 405, head south on Culver. Culver will turn into Bonita Canyon. Left on Newport Coast Drive. Left on Park Ridge and go all the way up the hill almost to the end of the street. Turn right on East Coastal Park. Coastal Peak Park will be on your right. Meet in the parking lot adjacent to the restrooms or park along the street.

**About the Run:** We will head out toward the trailhead at the end of the Park Ridge cul-de-sac. Mix of trails and paved paths (Crystal Cove if you want to add on) that offers a view of the coastal bluff vegetation and wildlife. Ten mile loop (or do an out-and-back for less miles). Bring water.

**After the Run:** Pacific Whey Café in the Promenade Shopping Center, 7962 East Pacific Coast Highway, Newport Beach, CA 92657

### **12/29/12 – Ship to Rail**

**Leader:** Jennifer Erickstad

**Location:** Dana Point Ocean Institute

**Directions:** From PCH in Dana Point, turn onto Golden Lantern toward the ocean. At the bottom of the hill, turn right on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute. Parking is all around. We'll meet at the end of DPH Drive, near the "Pilgrim" sailing ship and the little pier in Dana Point Harbor.

**About the Run:** This is an out-and-back flat run that covers a portion of the "Turkey Trot" course. First turnaround point is at the end of the parking lot just past the San Clemente Metrolink Station. Total distance is about 10.6 miles. Shorter options are available. For a 12.8 mile run, continue running along the footpath to the next turnaround point, the San Clemente Pier. For those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. If you're doing a 20-miler, you could continue along the path that goes beyond the San Clemente Pier then turnaround when necessary. Bring water, although several drinking fountains are located along the way. Lots of restrooms!

**After the Run:** "The Brig" at the Harbor

## Our Local Snail's Pace Store Has Moved!

The Laguna Hills Snail's Pace Store has moved a short distance to just across the 5 Freeway. It is now the Mission Viejo Snail's Pace. Here is some info from their web site:

**CELEBRATING**  
**A Snail's Pace Mission Viejo!**  
*Visit our new store for weekly fun runs and a great selection of the latest footwear and running apparel.*

**GRAND OPENING SWEEPSTAKES**

**FIRST PRIZE** Weekend trip to the Surf City Marathon  
 Includes two race entries and a deluxe oceanfront suite for two nights

**SECOND PRIZE** iPad 3

**THIRD PRIZE** 10 Winners: A Pair of Running Shoes

Enter to win at any A Snail's Pace Running Shop. No purchase required.  
 Drawing to be held January 23, 2013. Winners will be notified by email.

**A SNAIL'S PACE** Since 1979 **RUNNING SHOP**  
 24451 Alicia Parkway  
 Mission Viejo, CA  
 (949) 707-1460

**50th Anniversary** 2006 2007 2008 2009 2010 2011 2012

The old store will be open until about Jan. 31, with closeout sales:

A Snail's Pace Closeout, 24741 Alicia Parkway, Laguna Hills. 949-707-5980

## Big Baz's upcoming 2013 Trail Races

Go to the web site <http://www.bigbaztrailraces.com/>  
 for race information, registration and course maps.

**The forest service limits the number of runners to 150. Sign up early!**

YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2013	<u>Jan 5</u>	<b>5 RACE</b>	12K	2,604'
	<u>Jan 19</u>	<b>Winter Trail Run Series</b> (If you haven't done a trail race before, click <a href="#"><u>Beginner's Page</u></a> )	15K	3,502'
	<u>Feb 2</u>		18K	4,020'
	<u>Feb 16</u>		21K	3,470'
	<u>March 2</u>		30K	3,174'
	<u>March 16</u>		50K	6,627'



## SCRR Meeting Minutes - November 2012

One of several newcomers that introduced themselves was a former SCRR president, **You-lin Shaw-Kingery**. **Sherri Ellerby** reminded everyone that club members get a 10% discount at A Snail's Pace and Sports Authority.

Once again, pizza will be at the Lamppost on Barranca and West Yale Loop after the meeting. The "upstairs" section will be reserved for the club.

**Eric Dangott** announced our account balance was \$4,900, and our PayPal balance was \$300.

A big thank you went out to **Rob Harris** for hosting the Oktoberfest party, and to **Kevin Wilson** and **Leilani Rios** for hosting the Halloween party.

More parties!

November 10 – The Wine and Cheese party hosted by **Dan and Teleia Templin**

January 20 – Post-holiday party at BJ's in the Tustin Marketplace. White elephant gift exchange will be included in the festivities. Price to be determined and PayPal will be set up for payment.

February 3 – **Tonson Tong's** 100<sup>th</sup> marathon celebration after the Surf City USA Marathon. Place and time to be determined. The Super Bowl party was suggested.

Volunteers are needed at the Saddleback Marathon on Saturday, November 3. Race director Baz will offer a free entry to one of the upcoming Winter Trail Series races for volunteering. **Molly Donnellan** also gave a brief description of the challenging course.

**Greg Hanssen** explained how he was hit by a car after dark last week. He is fine, but emphasized how important it is to be seen by drivers while running on the road. Make sure to wear light colored clothing, reflective gear, a headlamp, blinky lights, etc.

Our next club race is the Dino Dash on November 4. Bib numbers and race T-shirts can be picked up at Dick's Sporting Goods at the Tustin Marketplace on Friday and Saturday. Food court tickets will be available for \$5 each. Make sure you turn your clock back an hour on Saturday night.

**Mike Friedl** announced the top 20 after four races. **Mike Gulan** is now in third place after coming back from an injury. **Jeanie Leitner** has moved up to second place after recovering from a big injury, and **Leilani Rios** is still holding on to first place.

The Coaster Run 5K/10K on March 10, was voted as our club race. At this time, the registration fee is \$27 for the 5K, and \$35 for the 10K. **Bob Morris** is working on getting us a discount. Finishers will receive a Snoopy medal and a slice of boysenberry pie as a post-race treat. Two other races up for vote were the Spirit Run 5K/10K and Homeless Children 5K.

So far we have voted for club races through March. Make Room for Santa 5K/10K is on December 9, Southern California Half/5K is on January 12, and the Brea 8K is on February 24.

Race results: **Doug Denniston** ran three half marathons and rode a metric century within six weeks, and ran a PR at the Los Angeles Rock 'n' Roll Half Marathon. **Judy Sweet** finished the Long Beach Marathon in 5:29. **Jeanie Leitner** won her age group at the Nike Women's Marathon and beat her time from 2007 on the same course.

Congratulations to our Runner of the Month, **Ingrid Johnson**!

Noreene Matsuda – Club Secretary

## Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**  
V.P. Investments  
(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](http://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](http://www.Jresnickcpa.com)  
e-mail: [Jon@Jresnickcpa.com](mailto:Jon@Jresnickcpa.com)  
"Helping small businesses grow"  
2192 Dupont Drive, Suite 208, Irvine  
949-250-0852 949-752-0153 Fax

Navid Moshtael, Esq., **Law Services**  
10 Truman, Suite 100, Irvine  
(949)231-1300  
Dedicated to providing, at a reasonable cost, family law services, including mediation, divorce, legal separation, paternity and litigation.

Sue Rudolph, **Amazing Running Tours**  
Specialist in Marathon Tours Worldwide  
(714) 963-5281 (800) 707-0005  
[www.amazingrunningtours.com](http://www.amazingrunningtours.com)  
[www.amazingadventuretours.com](http://www.amazingadventuretours.com)  
[info@amazingtravel.com](mailto: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"

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

Evie Katahdin, ND, MSOM, Lac  
**AthletiZen: Natural Sports Medicine**  
Naturopathic Doctor and Licensed Acupuncturist  
(949) 574-4978  
1831 Orange Ave, Suite A, Costa Mesa, CA 92627  
[www.drkatahdin.com](http://www.drkatahdin.com) [www.athletiZen.com](http://www.athletiZen.com)

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

### Reminders

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

SCRR Roster: Send your address, e-mail address, phone number updates to David Schiller at [david.schiller@cox.net](mailto: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, Thursdays @ 6 p.m. and Sports Authority, Tustin Market Place, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website [www.roadrunners.org](http://www.roadrunners.org).

**MONTHLY CLUB RACE:** For more information: log on to [www.roadrunners.org](http://www.roadrunners.org) or see a Club Officer.

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> 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



DECEMBER	
<b>THURS, 12/6, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN. 12/9, 7:30 a.m.	Tucson Marathon, ½ Marathon Tucson, AZ <a href="#">Tucson Marathon</a>
SUN. 12/9, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach - <a href="#">CrystalCoveTrailRace</a>
SUN. 12/9, 8:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca <a href="#">Holiday Half Marathon</a>
<b>SAT. 12/15, 8:00 a.m.</b>	<b>Make Room for Santa 5K, 10K Hicks Canyon – Irvine <a href="#">RenegadeSantaRun</a></b>
SUN. 12/23, 8:30 a.m.	Winter Solstice Christmas Tree Run Long Beach, CA <a href="#">WinterSolsticeRun</a>
WED. 12/26, 7:30 a.m.	Operation Jack Marathon, ½ Marathon Dockweiler State Beach – Los Angeles <a href="#">OperationJackMarathon</a>
JANUARY	
<b>THURS, 1/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN, 1/6, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca <a href="#">SD Resolution Run</a>
<b>SAT, 1/12, 8:00 a.m.</b>	<b>Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, <a href="#">schalfmarathon</a></b>
SUN, 1/13, 5:00 a.m.	Walt Disney World Marathon, FL <a href="#">Disneyworld Marathon</a>
SUN, 1/13, 7:00 a.m.	13.1 Los Angeles – Santa Monica, CA <a href="#">13.1 Marathon Los Angeles</a>
SUN, 1/20, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ <a href="#">Rock n Roll Arizona</a>
SUN, 1/27, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA <a href="#">Carlsbad Marathon</a>
FEBRUARY	
<b>SUN, 2/03, 6:50 a.m.</b>	<b>Surf City Marathon, ½ Marathon Huntington Beach, CA <a href="#">runsurfcity</a></b>
<b>THURS, 2/7, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT/SUN, 2/09 & 2/10	Tour de Palm Springs Century and Palm Springs ½ Marathon <a href="#">tourdepalmsprings</a> & <a href="#">PalmSprings1/2marathon</a>
SAT 2/09, 8:30a.m.	OC Chili Winter Trail Run Series – 1 <sup>st</sup> Race of 3, O'Neill Park <a href="#">WinterTrailSeries</a>
SAT 2/16, 7:00a.m.	Timberwolf 5K, Northwood High, Irvine <a href="#">Timberwolf5k</a>
SUN 2/17, 7:30a.m.	Pasadena Rock 'n' Roll ½ Marathon Pasadena, CA <a href="#">runrocknrollpasadena</a>
SAT 2/23, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos <a href="#">Raceonthebase</a>
<b>SUN 2/24, 8:00a.m.</b>	<b>Brea 8K Brea Mall <a href="#">Brea8k</a></b>
MARCH	
SUN, 3/03, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB <a href="#">nmspiritrun</a>
<b>THURS 3/7, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT 3/09, 7:45a.m.	Dana Point Grunion Run 5K, 10K Dana Point Harbor <a href="#">festivalofwhalesgrunionrun</a>
SAT 3/09, 7:00a.m.	Catalina Island Conservancy Marathon <a href="#">runcatalina</a>
<b>SUN 3/10 7:30a.m.</b>	<b>Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm <a href="#">Coaster Run</a></b>
SAT 3/16, 8:00a.m.	OC Chili Winter Trail Run 3 Race Series – Race #2, O'Neill Regional Park <a href="#">ocwintertrailrun</a>
SUN 3/17 7:30a.m.	Los Angeles Marathon <a href="#">lamarathon</a>

## 2012-2013 SCRR CLUB OFFICERS:

President: Sherri Ellerby  
 Vice-President: Leilani Rios  
 Treasurer: Eric Dangott  
 Secretary: Noreene Matsuda  
 Officers At Large: Cathy Blakesley,  
 Matt Hood, Dave Bauers

## 2012-2013 COMMITTEE CHAIRPERSONS:

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