

ON THE RUN



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

Orange County, California
December 2006 Issue

Runner of the Month – Heather Wilkins

By: Sue DeLong



Heather Wilkins has been a member of SCRR since April 2005. During this time she has run 5Ks, 10Ks, numerous half marathons, and two marathons. Heather was a running prodigy beginning in elementary school and continuing as a sprinter in high school and then on the UCLA Track Team. She joined SCRR to help properly train for and complete one marathon. Since joining the club, she has had a PR in every race at every distance. The training program has been instrumental in accomplishing and surpassing her running goals (Thank you Danny and Molly). Her favorite races are the Pacific Shoreline Half Marathon and the Disneyland Half Marathon where she had a PR of 1:48. Her marathon PR of 3:54 was at St. George in October. This was 30 minutes faster than her first marathon attempt. She has come a long way from one lap around the track when she ran the 400 meters to 104 laps around the track for a marathon!

Running is a part of her life and lifestyle. Besides the stress relief and social aspects of running in a club, she likes to compete in races because they allow her to work towards a goal and follow a schedule. Her future races include the Turkey Trot 10K, Vegas Half Marathon, Pacific Shoreline Half Marathon, and possibly the Eugene Marathon, however this is still in negotiations with Greg Hanssen and Jami Connolly. Heather was all set to be a "one and done" marathoner but now she is looking at a third one.

She has been married to her high school sweetheart for the past six years. She is a Client Service Manager for a PR firm in Irvine while her husband is a lawyer in Newport Beach. They have one yellow lab named Heidi and another one named Reese that is will be arriving just in time for Christmas.

Heather uses Pilates to cross train as well as long walks with her dog.

She has been a volunteer with the SCRR Newsletter "*On the Run*" since she joined the club.

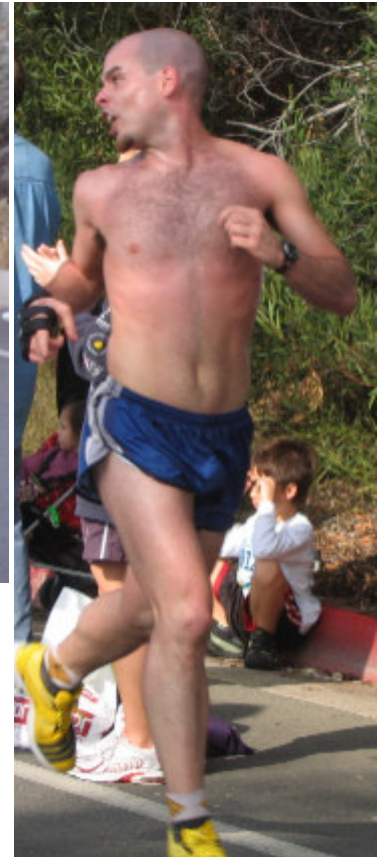
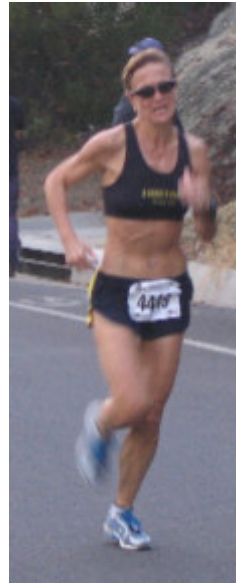
Congratulations to:

Sohrab Mirza

First Marathon - New York – 5:42!!

Dana Point Turkey Trot

Photos By: Mark Hayakawa



Clockwise from left: Leilani Rios, Mike Friedl, Sue Zihlmann, Mike Reeves, Ken Atterholt, Cathy Shargay, Laura Bullock, Tonson Tong, Marissa Hindman and Jane Crewe.



COME TO THE ANNUAL SCRR POST-HOLIDAY PARTY!

WHEN: Monday, January 15, 2007 (Martin Luther King Day)
5:30 PM - cocktails and appetizers 6:30 PM - dinner

WHERE: Waters Restaurant - owned by SCRR members Bob and Jodie Kinney
4615 Barranca Parkway, Irvine
949-733-9503 www.watersrestaurant.com

DIRECTIONS: From the 5 Freeway southbound: Exit Culver Drive - turn right onto Culver Drive. Left at Barranca Parkway. Left at Lake Street. Take first right into Waters parking lot.

From the 405 Freeway southbound: Exit Culver Drive - turn left onto Culver Drive. Right at Barranca Parkway. Left at Lake Street. Take first right into Waters parking lot.

MENU: Appetizers, salad, choice of entrée - flat iron steak, white fish or vegetarian pasta, dessert, coffee and tea.
Full bar available (soft drinks and alcoholic beverages are not included with the price of dinner).

PRICE: \$21 per person - includes food, tax and gratuity. Cash and checks are acceptable. Make your check payable to **WATERS RESTAURANT**.

ATTIRE: Nice casual.

WHITE ELEPHANT GIFT EXCHANGE: If you would like to participate, bring a wrapped gift worth ~\$20. The gift exchange is optional, but this is what makes it fun!

RSVP: Due to limited space, we can only accommodate up to 70 people. Payment in advance is required. Reserve your spot by giving your money to Noreene Matsuda, Leilani Rios or Sue Zihlmann by Thursday, January 4, 2007 (club meeting night), and please let us know which entrée you would like for dinner.

QUESTIONS? Please contact Noreene at noreene@cox.net, or Leilani at leilanirios@cox.net.

This is the holiday party that shouldn't be missed! See you there!

AMY'S ADVICE:

Everything You Always Wanted to Know about Runners but Were Afraid to Ask

By: Amy Katz

DEAR AMY: I heard you broke the humerus bone in your shoulder when you fell in the Turkey Trot. Sherri Ellerby broke her foot a few months back, and she has come back stronger than ever. How did she do it?

ACCIDENT PRONE

DEAR ACCIDENT PRONE: Yes, I did have a bad fall and suffered a fractured shoulder. To answer your question about Sherri's amazing comeback, let's hear what she has to say.

"In a nutshell I did the following things:

1. *Followed my doctor's orders.*
2. *Started taking vitamins/minerals and other nutritional supplements 3 times a day.*
3. *Stayed disciplined about easy runs on soft surfaces only during first month of running.*
4. *Cross training, cross training, cross training!*
5. *8 weeks off = fresh legs for training and racing.*

"First of all, I was fortunate to be referred a good doctor and I followed all his directions precisely in regard to the healing process and how long I had to wait until I could try running again. There was no running for 8 weeks. I eased into short walks after 6 weeks.

"My very first run was 3 X 5 minutes of jogging on the sand at low tide with 2 minute walk breaks in between. Then we left for Yosemite and Santa Barbara where I continued the 3 X 5's, as well as hiking. Once we were home again, I added pool running, spin class and most of my stability and strengthening exercises. At the end of four weeks I was up to a continuous 45 minute run. Three weeks later I ran the Disneyland Half Marathon with no heavy training, thinking I would just jog-walk it. But every mile I felt better than I thought I would and ended up finishing that race in 1:42.

"Several of my running friends now know that I changed my training about a year ago when I was preparing for the Boston Marathon. The big change – I now only run 3 days a week. When I'm training for a specific race, all my runs are quality runs. I cross train on all the other days. On some days I have double workouts, such as a spin class in the morning and my run in the evening.

"In August I was feeling fat from 8 weeks off and eating way too much while on vacation, so I became more disciplined about nutrition. The number one thing I did was stopped grazing and eating all day long, especially my big weakness: sugary snacks. I let myself get hungry each day. I eat protein at every meal and in most of my snacks when I can. I continued my vitamin/mineral habit and added flax oil and evening primrose oil supplements. But I still eat dark chocolate. I'm not eliminating that!

"I have written down all my workouts since I broke my foot in a log book. If you ever want the nitty-gritty details, I am happy to share them with anyone. There's only one thing I have yet to master: getting enough sleep each night. Once I get that under control, maybe I can finally beat Sue Zihlmann!

"Wishing you a strong recovery period, Amy. You'll have the freshest legs in the club at the end of January."

That's some good advice from Sherri that even people who haven't broken any bones could learn from!

Email your questions to Amy Katz at amyk262@hotmail.com.

SATURDAY RUNS (All starting at 8 am this month)

12/9/06, Quail Hill

Leader: TBA

Location: Starbucks - Corner of Alton & E. Yale Loop, Irvine

Directions: From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn Left and then Right into parking lot. Starbucks is between Ralphs and Sav-On.

About the run: Proceed along the bike trail to Sand Canyon. Exit the trail onto Sand Canyon and run west across freeway and onto the new Quail Hill Trail. The trail has both dirt and paved options as it climbs up into new exclusive portion of Turtle Rock. An out and back is a total of 10 miles. You can easily add on extra miles along the bike trail before or after climbing Quail Hill. There are two water fountains on the trail.

After the run: Starbucks, Big City Bagels, and Juice It Up.

12/10/06, Sunday Run El Moro (Crystal Cove) Run

Leader: Danny Stein

Location: Turn right at Reef Point Drive just South of the Crystal Cove Promenade Shopping Center on PCH then head towards the south section of the parking lot off, From Irvine: south on Culver, will turn into Bonita Canyon. Left on Newport Coast Dr. Left on PCH. Go down PCH about 1 mile and turn right at Reef Point Drive.

About the run: Mix of trail and paved paths that offers a view of the coastal bluff vegetation and wildlife. 10 mile loop (or do an out-and-back for less miles). There are restroom facilities with outdoor showers next to the parking lot. The run typically starts before parking fees are required, but bring some \$ just in case. Bring water.

After the run: Pacific Whey Café located in the Crystal Cove Promenade.

12/16/06, 2nd Half of Pacific Shoreline Course

Leader: David Schiller

Location: Meet below the Huntington Beach pier where the Distance Derby starts.

About the run: We'll run the last 15 miles or so of the marathon course. Some drinking fountains and restrooms along the course. Arrive early for a chance at free street parking or bring \$ for beach lots.

After the run: Breakfast somewhere on Main St., TBD.

12/23/06, Newport Beach Three Pier Run

Time: 8:00 start

Leader: TBA

Location: We start at the base of the Newport Beach pier. Arrive early to try and find street parking or bring quarters for the meters. There is a change machine to obtain quarters for the parking meters.

About the run: 5.75 miles south to the Wedge and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back or turn back sooner and shorten your run.

Water: There are several water fountains and bathrooms along the way.

After the run: Bring a towel and take a quick dip in the ocean (if you dare) and head over to Charlie's Chili near the base of the pier.

12/30/06, Amelia's Birthday Run

Time: 8:00 start

Leader: Amelia Carchidi

Location: We will meet on the bike path at the intersection of Los Alisos and Muirlands in Mission Viejo. Parking is available at Los Alisos Intermediate school or along Los Alisos.

Directions: From Irvine, take the 5 Freeway south to El Toro exit. Head east toward the mountains. Turn right on Muirlands. The school is just past Los Alisos drive at 25171 Moor Avenue in Mission Viejo.

About the Run: The run will be on the northeast end of the Aliso Creek bike path heading out towards Cooks Corner, up to about 15 miles, if you go out and back the entire way. The first half is slightly uphill, while the second half is slightly downhill.

After the Run: Potluck brunch at Amelia's house, a few miles up the hill just off Los Alisos/Melinda in RSM. Bring a dish to share. Amelia will have tea, coffee, and juice and will provide directions at the run.

COOKS CORNER

By: Noreene Matsuda

Season's eatings, everyone! The holidays are upon us. Here are recipes from two of our gourmet cooks. Try them out at your next holiday soiree.

ROAST TURKEY WITH PROSCIUTTO-HAZELNUT CRUST

from Williams Selyem Winery

Submitted by: David Schiller

Encrusting a roast turkey in a flavored butter mixture is a great way to add flavor and seal in the juices. This recipe, which I got from a Northern California winery, is easy to make. Use a food processor to chop the hazelnuts and prosciutto. You'll have most of your forearm between the turkey skin and the turkey meat when you spread on the butter. Fun!

Don't forget to lightly tent the turkey with foil after it's cooked for about 2 hours. You shouldn't need to baste the turkey more than once (twice at the most). Every time you open the oven door, you're going to add 10-15 minutes to the cooking time of 15-20 minutes per pound. Instead of putting stuffing inside the turkey, I put in one navel orange sliced in eighths, a couple of bay leaves, and salt and pepper.

3 sticks unsalted butter, room temperature
6 tablespoons chopped hazelnuts
1 ½ tablespoons sherry wine vinegar
1 tablespoon chopped fresh thyme (or use dried)
2 ½ teaspoons crushed black peppercorns

1 ½ garlic cloves, minced
¾ teaspoons salt
9 ounces thinly sliced prosciutto, chopped
3 green onions, chopped

Place butter in large bowl. Mix hazelnuts, vinegar, thyme, crushed pepper, garlic, and salt. Mix in prosciutto and green onions.

Starting at neck end of turkey, slide hand between skin and breast, thigh, and leg meat to loosen skin. Spread one-half of the prosciutto butter over turkey meat under skin. Spread the other half of the prosciutto butter over outside of turkey.

Roast turkey at 325°F uncovered for 1 ½ hours, then tent turkey with foil and continue cooking until thermometer inserted into thickest part of thigh registers 175°F. Note: Williams Selyem recipe also includes a gravy base and things to put inside the turkey, but I only follow the above prosciutto-hazelnut crust.



JAMI'S REINDEER BALLS

Submitted by: Jami Brooks

You may have gotten to try these at the Wine & Cheese party ... if there were any left. Yum!

1 cup peanut butter
1 jar marshmallow creme
1 1/2 cups Rice Krispies

1 1/2 cups semisweet chocolate chips
4 teaspoons shortening

In large bowl combine peanut butter and marshmallow creme; add cereal, stir.

In small bowl combine chocolate chips and shortening. Microwave 1-2 minutes until chips are melted. Roll cereal mixture into 1-inch balls; dip in chocolate. Place on waxed paper. Refrigerate until set.

San Diego Tri Raises \$1 Million for Challenged Athletes

Submitted by: Paula Fell

San Diego, Calif. – There was little room for fear, pre-conceptions or nay-sayers at the 13th Annual Semptra Energy San Diego Triathlon Challenge held on Nov. 5 at La Jolla Cove in San Diego California. Instead, it was a day that recognized heroes, rewarded perseverance, and realized dreams. Between the San Diego Triathlon Challenge (SDTC), the Frog's Fitness Tour de Cove and the QUALCOMM Million Dollar Challenge, almost \$2.5 million was raised – including \$1,031,227 at the SDTC alone – which will be used to provide funding, equipment and program activities to physically challenged athletes. Just as importantly, at the event, more than 100 physically challenged swam, biked and ran alongside 550 able-bodied athletes and once again showed the world that they, too, are athletes.

"It was an amazing day, with wall-to-wall emotion and triumph," said Jeffrey Essakow, CAF's President. "Each year we think we've reached the pinnacle of what this event can be. Then, the next year, it surpasses all our expectations and blows us away."

The day began with athlete introductions at 7 am, where each participating challenged athlete was introduced and saluted by the crowd. This was followed by a special presentation featuring three young athletes who are determined to let nothing stand in the way of their desire to stay competitive: Ford Sutter – who lost his leg to cancer and his home to Katrina, Craig Hutto – who lost his leg as the result of a shark attack last year in Florida, and Erica Davis – who became a paraplegic after cavernous hemangionoma (resulting from a burst blood vessel) at the T-8 level of her spinal column. The trio was recognized with a banner featuring their likenesses. Then, Erica was surprised with the gift of a racing wheelchair, presented by seven-time Olympic medalist Amanda Beard.

Following that moving presentation, Oscar-winner Robin Williams presented 20 American soldiers who served in Iraq and Afghanistan – and suffered permanent injuries – with custom CAF cycling jerseys, donated by TriWest Healthcare Alliance. The soldiers were brought to the event thanks to CAF's Operation Rebound, a program that puts CAF's more than a decade of experience to work on behalf of American heroes who have suffered permanent injuries while defending our freedom. All but two of the soldiers participated in the SDTC as swimmers, bikers or runners.

"The SDTC is a critical event for our recovering veterans," said U.S. Army Maj. David Rozelle, who lost his lower left leg during Operation Iraqi Freedom and acts as the inspirational leader of Operation Rebound. "It is one of the few times that patients from the three military amputee care centers – Walter Reed Army Medical, Brooke Army Medical and Balboa Naval Hospitals – can get together and become part of a community of accomplished physically challenged athletes, sharing successes and other information that will help them get back into sports ... and into life."

After the 8 am swim start, Amanda Beard led the pack out of the water, completing the 1.2 mile swim in a blazing 19:54, followed closely by triathlon legend Scott Tinley and double-above-knee amputee Rudy Garcia-Tolson, who met teammate Robin Williams in the transition chute for a quick tag. Robin was soon off on the bike, but the day was just getting started.

An hour later, things got underway at the Frog's Fitness Tour de Cove – a 100-bike, five-hour spinathon overlooking the Pacific Ocean. The spinners would soon be rocking to the sounds of Atomic Groove and the dance moves of the AG Fly Girlz (it was the first time that the event featured a live band.) But first, it was time to recognize the reason that all were there – to raise money and help physically challenged athletes "get into the game."

The Tour de Cove spinners were introduced to a number of young athletes who have been helped by CAF, including Brendan Driscoll, an eight-year-old above-knee amputee from Massachusetts who recently received a running prosthetic from CAF after being denied one by his insurance company. Special thanks were given to Ossur North America and Hanger Prosthetics, who made Brendan's dream of being able to run with his classmates a reality.

Soon afterwards, Brendan showed off his running skills at the CAF Physically Challenged Kids' Run, as he paced a pack of eight amputees under the age of 10 on a romp around the race venue. All these future stars crossed the finish line and received medals to loud cheers and applause from the crowd.

While all the day's presentations were memorable what goes on behind the scenes is what makes the SDTC unique. The event builds a community of like-minded people who share their experiences and expertise, and often, it is the unplanned interaction that occurs between athletes that can make a real difference. For example, Jennifer Theodore, who lost both her legs after contracting viral meningitis earlier this year, came all the way from Orlando, Fla. to be an observer – feeling that she wasn't yet ready to be a participant. Then, she met Melanie Benn, who lost both arms at the elbow and both legs through the knee due to the same affliction. Melanie, a multi-time Paralympic medalist in swimming, convinced Jennifer to do at least portion of the swim. They ended up swimming the entire 1.2 miles together.

At 1:30 pm, riders from the QUALCOMM Million Dollar Challenge, who rode 640-miles from San Francisco to San Diego to raise funds for CAF, were responsible for another emotional moment



when they arrived at the SDTC finish line. Forming a tunnel of bikes, they served as an honor guard for the five challenged athletes participating challenged athletes – including two who did the entire ride on handcycles – and one injured comrade to pass through. Collectively, the QUALCOMM MDC's 95 riders raised more than \$1.2 million that will provide seed money for a new CAF headquarters facility.

At the closing awards barbeque, CAF was able to thank the fundraisers, donors and sponsors who made this incredible day a reality. Also, award winners Heather LaCasse and Colleen Blackmore (Jim MacLaren Award), Jon Beeson (Semptra Energy Trailblazer Award) and Tricia Downing (Most Inspirational Challenged Athlete Award) were recognized, as well as this year's top fundraisers and Ironman World Triathlon Championship slot-winners: Bobby Bostic and Jeff Johnson.

"We are so very grateful to all who make this day possible," said Virginia Tinley, Executive Director of the Challenged Athletes Foundation. "Without our sponsors, fundraisers and donors, we simply wouldn't be able to put on this magical event, which truly changes the lives of physically challenged athletes."

The day ended with a beautiful sunset Southwest of the Cove. You can be sure however, that the sun will not soon set on the incredible memories created at the 13th Annual Semptra Energy San Diego Triathlon Challenge.

Mark your calendars! The 14th Annual San Diego Triathlon Challenge is set for Sunday, October 28, 2007. Registration opens in January 2007.

Goodie Bags on Steroids

By: Paula Fell

November 5th marked the 20th Annual San Diego Triathlon Challenge at La Jolla Cove, San Diego. Noted as more of an event than a race, this event is the flagship fundraiser for the Challenged Athletes Foundation. Five relay teams were entered from the OC Tri club August CAF fundraiser.

Participants in the 1.2m swim, 56 mile bike or 13.1 mile run included 100 challenged athletes. Many were members of Operation Rebound, which provides post-rehabilitation support and mentoring to American soldiers and veterans who have suffered permanent physical injuries as a result of the recent conflicts in Iraq and Afghanistan.

Some of the challenged athletes in the swim leg were triple or quadruple amputees, or paraplegics. I was amazed at how they had found a way to endure a mile long rough water swim, using a variety of contraptions and a ton of heart.

During the day there were kids races and the Tour De Cove (a giant size spin class by the ocean) to keep everyone entertained.

Also on hand were the celebs such as David James Elliot, Amanda Beard and huge CAF supporter Robin Williams. We cheered especially loudly for him as he came in on the bike.

Now, how's this for a goodie bag:

- Nike Jet Stream running shoes
- CAF red dri-fit long sleeve top
- CAF blue dri-fit short sleeve top
- CAF hooded fleece
- 2 pairs running socks
- Nike workout bag
- CAF Running hat
- CAF Stretchy shoelaces
- Towel
- Pack of GU
- Energy shots
- Swim goggles
- Body Glide
- 2 Specialized valve tubes
- Water bottles
- Spray on sunscreen
- First Aid kit
- Lip balm
- And of course the usual suspects.....
an EClif bar and a bunch of paper!!

Thanks to those SCRR members who raced, volunteered, or came to the August fundraiser. See you next year!

Please visit www.challengedathletes.org

Great Deals From Fellow South Coast Roadrunners...

(Editor's Note: Advertising from current SCRR members is free of charge. We have eliminated scanned business cards to reduce space and file size)

Bob & Jodie Kinney, **Water's Restaurant**
(949) 733-9503, Fax: (949) 733-0147
www.watersrestaurant.com
4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, **A.G. Edwards & Sons, Inc.**
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Fax: (949) 493-9505
E-mail: richard.reimers@agedwards.com
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"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: \$25, Family: \$40. Make your check payable to **South Coast Roadrunners**

SCRR CLUB CALENDAR

Club Events in bold font

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



DECEMBER	
SAT, 12/2, 8 a.m.	Southern California Half Marathon and 5K, Irvine, www.active.com
SUN, 12/3, 7 a.m.	California International Marathon, Sacramento, www.active.com
THUR, 12/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 12/10, 6 a.m.	Las Vegas Half Marathon and Marathon, www.active.com
SUN, 12/10, 7:30 a.m.	Tucson Marathon, Oracle, AZ, www.active.com
JANUARY	
THUR, 1/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 1/7, 7 a.m.	OC Marathon, Half Marathon and 5K, www.ocmarathon.com
MON, 1/15, 5:30 p.m.	Club Post-Holiday Party, Waters Restaurant
SUN, 1/21, 7 a.m.	Carlsbad Marathon and Half Marathon, www.carlsbadmarathon.com
FEBRUARY	
THUR, 2/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 2/4, 7 a.m.	Pacific Shoreline Marathon, Half Marathon and 5K, www.psmarathon.com
SUN, 2/4	Post Marathon Superbowl Party – details to come
MARCH	
SUN, 3/4, 8 a.m.	Los Angeles Marathon, www.lamarathon.com
SUN, 3/4	Napa Valley Marathon, www.napavalleyymarathon.com
THUR, 3/8, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza

2006-2007 SCRR CLUB OFFICERS:

President: Danny Stein
 Vice-President: Jon Resnick
 Treasurer: Sue Zihlmann
 Secretaries: Molly Regan/Amelia Carchidi
 RRCA Liaison: Jannay Morrison
 Webmaster: Amy Katz
 Social Chairs: Noreene Matsuda/Leilani Rios

2006-2007 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Jon Resnick
 Grand Prix: Mike Friedl
 Database Manager: Dave Schiller
 Monthly Club Race: Bob Morris
 Marathon Training Group: Molly Donnellan
 5K/10K Training Group: Danny Stein

Many Thanks to Mike and Melissa Friedl
 for hosting the recent Wine and Cheese party!

A great time was had by all!