

ON THE RUN



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

Orange County, California
April 2015 Issue

Cool Runs in London and Abu Dhabi

By: Cathy Shargay

On a recent business trip to London and Abu Dhabi, I had a great opportunity to run in some amazing places. Running is such a fun way to see the cities, get fresh air and recover from jet lag!



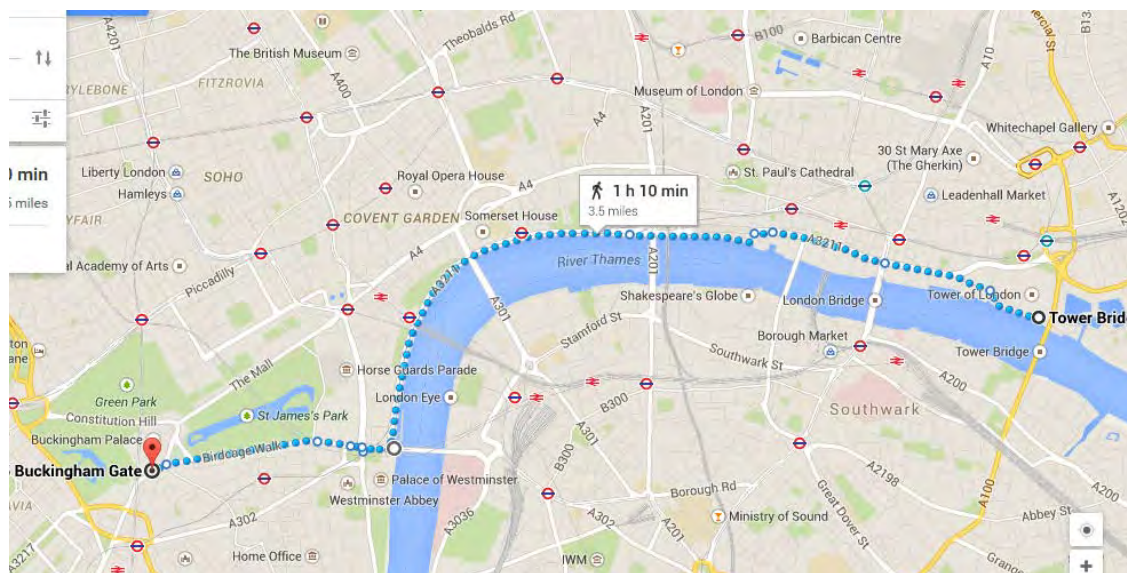
In London, my first run was through the parks – St. James, Green and Hyde Parks. The photo on the left is looking down the Mall towards Buckingham Palace with St. James Park on the left side of the street.

My favorite run was the next day and was along the Thames River from Westminster Bridge to Tower Bridge (shown on the map below). This run goes by many of the classic London sites like Westminster Abbey, Parliament, Big Ben, the London Eye, London Bridge, the Tower of London...

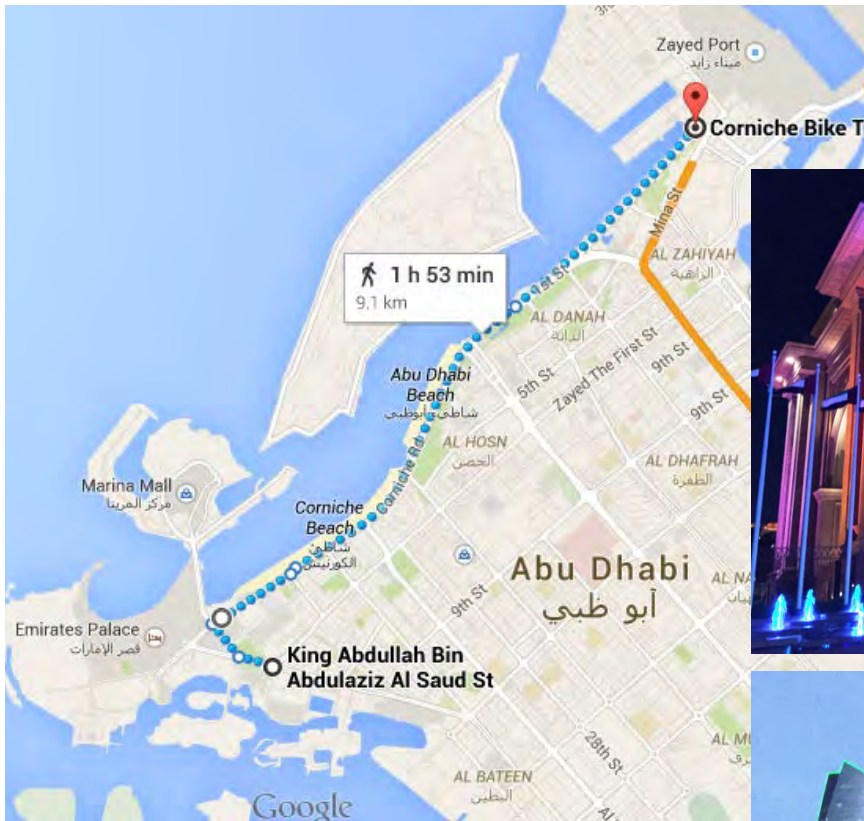
For a third run, I went the opposite direction along the Thames.

In Abu Dhabi, I had only one day with a chance to run in the city, since for most of the two weeks, I was at a plant construction site in the middle of the desert.

The city run was on a beautiful



path along the Arabian Gulf, called the Corniche Bike Trail. In addition to the great beach views, the architecture on the street side of the path was just amazing. There were numerous runners and bikers on the path, mostly dressed in Western workout clothes. I started at 7:40 a.m. and did fine for the 9 km going out, but after that it got hot, so I ran/walked for the return to the hotel. Some of the best sites along the route were the Emirates Palace and the Etihad Towers. The photos on the next page show these buildings lit up in the evening.



SAVE THE DATE

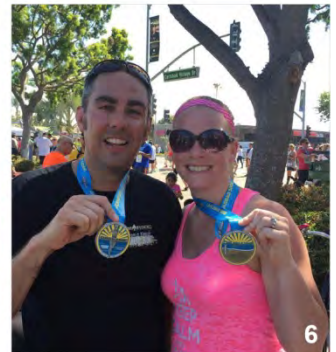
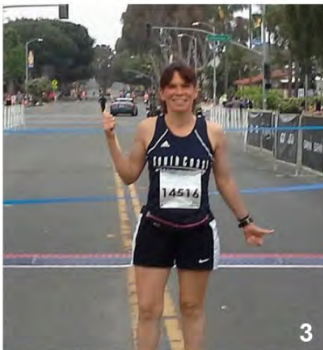
SCRR ANNUAL AWARDS BANQUET – JUNE 13th

One of our Best Parties of the Year!

Details Coming Soon

SCRR Shines at Carlsbad 5000

Compiled By: Joanna Pallo, Photos By: Jennifer Woodson, Judy Sweet, Sherri Ellerby, Anthony Mejia, Derek Godfrey



1 Daniel Evora 2 Noreene Matsuda, Amy Katz, Judy Sweet 3 Judy Sweet 4 Matt Kossoff 5 Fred Ayers 6 Anthony and Christine Mejia 7 Kelcey Kinjo, Aya Namikawa Kawakami, Jennifer Woodson, Michael De Jesus Pagalan, Daniel Evora 8 Carlos Jovel, Derek Godfrey, Fred Ayers 9 Sherri Ellerby

Carlsbad – Awesome Highlights!

By: Linda Hammond

Carlsbad 5000 is always awesome! The day started off with our own **John Gardiner** finishing second overall in the men's Masters race. He scored a whopping **944** points in the **Grand Prix**! The **800+** point club was packed with members: **Ken Atterholt**, **Sherri Ellerby**, **Bob Morris**, **Mike Friedl**, **Mike Dietz**, **Jeanie Leitner**, **Leilani Rios**, **Mike Connors**, **Bill Prom**, **Brad Wobig**, **Ben Coyle**, and **Vince Lowder**. The day ended with the Elite Men's race. **Lawi Lalang** won the men's race in 13:32 seconds. **Bernard Lagat** finished third in 13:41 and set the **Masters World Record** for the road 5k! For the Elite Women, **Genzebe Dibaba** finished in 14:48, two seconds off the world record.

It was a day of firsts, including the first race back for new mom **Joanna Pallo**. I asked Joanne to share some thoughts about her race.

Joanna: Carlsbad 5000 is one of my favorite races. I love that I am able to watch my fellow Roadrunners throughout the day in the many races and see them so



many times throughout the course. **Baby Caleb Pallo** decided to come early enough (born March 12) to not only let me participate in this year's race, but to join me as well. This was the first of what I hope to be many more races with him, as I work on making my running comeback post-baby.

Congratulations Joanna, and thanks for sharing. Carlsbad was the 9th race in the Grand Prix series. Our leader is **Ken Atterholt**, followed by 2) **Sherri Ellerby**, and 3) **Bob Morris**. Our April race is the **Costa Mesa Community Run (5K and 10K)**.

Happy Spring!

See you at the Finish Line!



Catalina Marathon – A Unique Experience!

By: Linda Hammond

After countless stories from Mike Friedl, Molly, Jon Resnick and others about Catalina I decided it was a marathon that I had to experience. There was a cool ferry ride over, a safari bus ride across the island, several buffalo sightings, amazing views, and a night of camping. The marathon course had breath taking views and of course some killers hills. Mike and Jon are truly veterans of this race and shared their thoughts about the race.

Mike Friedl: Even though it was my 15th consecutive Catalina Marathon, the 2015 edition was notable for some firsts:

1. First time I ever came face-to-face with a buffalo – and wait for him to pass before continuing.
2. Hottest Catalina in memory.
3. First time I ever encountered a runner lying on the ground in obvious distress (thankfully ‘only’ dehydration and cramping)
4. First-ever Top-15 finish!

Each edition is unique, but they are all enjoyable for the beauty of the course and spirit and camaraderie of the runners. I’m already looking forward to 2016!



Jon Resnick: This year was my 7th Catalina Marathon and although I had a 21 minute PR this time it was also the first time I really attempted to race the course. 4:14 is considered a good time on the course, especially on a warm day but 4:00 is the standard to shoot for. A sub 4:00 is roughly equivalent to a 3:30 flat road marathon. Having some course knowledge really helped me because the course has over 4,000 feet of climbing and you have to know when to run and when to walk. I walked approximately 75% of the uphill sections and ran all of the downhill and the few flat sections. Going out slow is the key to a fun day since the race starts with a 2.5 mile climb with an average grade of 6% (think steeper than Newport Coast) and I was probably in 375th place out of 426 eventual finishers at the top of the first hill. I slowly worked my way up and I eventually finished in 26th place. I highly recommend this race for anyone looking for a new challenge on a beautiful course.

Interview with Karine Parry

By: Cathy Shargay

March was an exciting month for many runners in the Coaster Run, Catalina, Seal Beach, Newport Spirit Run, L.A. Marathon, Carlsbad 5k and many others! We have Karine Parry here to discuss her performance in the L.A. Marathon on a particularly warm day, her training and how she got into running.



Cathy S: Thank you for discussing your race. How did you choose to run L.A.?

Karine P: The race was definitely exciting! I have lived close to L.A. most of my life. It was great to finally have a chance to be a part of it.

Cathy S: Where does the race start and where does it end again?

Karine P: LA marathon is a point-to-point that starts at Dodger Stadium and

ends in Santa Monica. The logistics of getting to the race were complicated and I had to plan ahead. Stayed overnight in Marina Del Rey, parked my car close to the finish line at Civic Center, and took an early morning shuttle around 5am to the start. If you run this race in the future, make sure you plan ahead.

Cathy S: What motivated you to run this race?

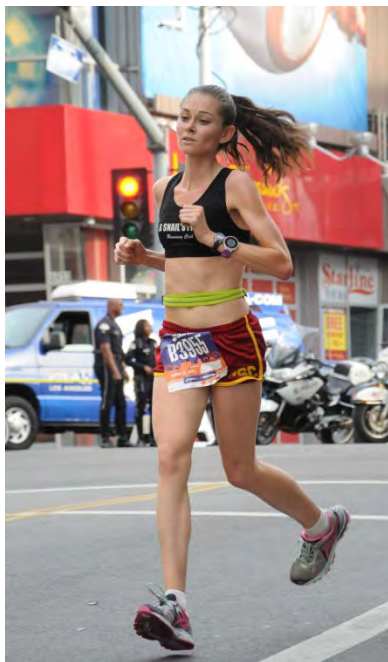
Karine P: I have been in an online graduate Master's program through USC's Marshall School of Business, Master of Management in Library and Information Science, since May of 2013. Finally decided after two years that it would be great to run LA two months before graduation! It was also nice for training for the Boston Marathon in April.

Cathy S: Wow! That is a lot of racing so close together. Have you run marathons close together like this before?

Karine P: No, and it will be my last time running them back-to-back. I wanted to run LA because of my school, and Boston because I qualified, and it is the day before my birthday. It just happened to be that both of these races were a month apart.

Cathy S: Do you think you will have enough energy left to run Boston?

Karine P: My schedule has fluctuated between 60 – 80 miles a week since January. With the exception of the rest weeks following LA, the mileage will be back up there prior to the taper. Some of the weeks have included two-a-day workouts. I will taper 1 week. The training and mileage increase helped me maintain a 7:06 average pace in LA. The workouts also helped me to pr in the Brea 8k and run a strong Carlsbad 5k. Through the 30k mark in LA at least or 20 miles to be exact, the race was strong.



I think I will give it everything I have left in Boston and gladly cross the finish line.

Cathy S: That is an impressive amount of training sounds impressive. Many runners would agree that achieving 80 miles in one week is challenging and something to be proud of. What happened after mile 20? Was it the weather or were you hurt?

Karine P: No, not the weather and no, I was not hurt. I dropped out of the race around mile 21 and did not finish.

Cathy S: Do you have a Boston marathon goal yet?

Karine P: 3:06:10, the estimated finish time LA gave me in the live results if I would have finished the race at that pace.

Cathy S: You have run many races in the past year. In fact, you are currently in the top 5 of SCRR's leader board.

Karine P: I am planning on running all of the SCRR monthly races up through June.

Cathy S: How long have you been running for and what have been some of your favorite races?

Karine P: I started running marathons and half marathons in 2013. Since 2013, I have run 5 complete marathons and many halves, including a pr 3:12:28 in Long Beach Marathon. Many of these races I was inspired to run by others, including Surf City in early 2014 thanks to David Schiller, Casey Letcher and Daniel Evora, with strong support from Thomas Fung and Jamie Giddens of A Snail's Pace (ASP), La Jolla half in 2014 thanks to Sherri Ellerby and Ken Atterholt and many other races, with support from runners, including:

Michael Friedl, Heather Huggins and Fernando Gonzalez of ASP, Mike Bertram, Andrew O'Bannon, Doug Niles, Aya Kawakami and Leilani Rios, to name only a few. Basically, both SCRR and ASP have been awesome support and have really helped me to improve my times. Many of the 10k's and 5k's run in 2014 were for charities and special causes. I was also a pacer for the OC Marathon in 2014 and Surf City half in 2015 thanks to Bob Morris, through ASP...I really enjoy the Dana Point Turkey Trot as a fun race each year!

Cathy S: Did you go to high school and college around here?

Karine P: Yes. My high school is Aliso Niguel, and my undergraduate degree is from UC San Diego.

Cathy S: What do you do for work?

Karine P: You mean other than training and running? :)

I have been a docent/volunteer for the City of Dana Point's Nature Interpretive Center since August of 2013. As a student, it has been part-time unpaid work. The center is great, and educates on environmental stewardship. It was established to protect the endangered Pacific Pocket Mouse and threatened Gnatcatcher. We get lots of kids and families, as well as locals visiting to walk or run the trails. Last summer 2014, I worked as a seasonal security guard for Woodbridge Village Association, in Irvine, and the Festival of the Arts, in Laguna Beach. In past semesters, I have also been a seasonal assistant girls junior varsity cross country coach for Aliso Niguel High School, a bookstore volunteer for the Aliso Viejo Public Library and a private high school tutor.



When I graduate and walk this May, I will be a librarian who still enjoys coaching and educating about environmental protection. I also really enjoy volunteering, sometimes for high school & USATF sanctioned events!

Cathy S: Are you married or in a relationship?

Karine: In a relationship with a man I started dating in November, met through school.

Cathy S: Last couple of questions. What motivated you to first start running?

Karine P: My high school coach, Stacy Middlebrook. Back when she first approached me about distance running, I thought she was joking because I was hardly able to run a mile without getting tired. The first few distance track practices, I stubbornly dragged behind the rest of the group and barely finished. After my freshman track season ended, she came up to me and asked me if I wanted to get serious and be a varsity cross country runner...I then made it to the State Championships in cross country my junior year and ran a 19.11 5k.

Cathy S: Do you have a favorite running motivational quote, song or statement that gets you ready for races?

Karine P: Yes. My favorite quote is: "You run the first part with your head, the second part with your personality and the last part with your heart," favorite song, "The Voice" by Celtic Woman and statement: I LOVE to run!

Cathy S: Thank you so much for your time! We wish you the best with graduation and Boston marathon!

Congratulations to
Joanna and Dustin Pallo
On the birth of their son
Caleb Robert Pallo
March 12, 2015



Treasurer's Report

By: Lisa Eiler

| | <u>March 2015</u> | <u>February 2015</u> | <u>January 2015</u> |
|--|---------------------------|---------------------------|---------------------------|
| <i>Total Cash Balance, Beginning</i> | \$ 4,483.90 | \$ 5,683.20 | \$ 5,557.04 |
| Cash Inflows | 374.31 | 241.37 | 1,726.41 |
| Cash Outflows-First Thursday | 351.21 | 343.30 | 343.30 |
| Cash Outflows-RRCA Insurance | - | - | 1,087.00 |
| Cash Outflows-Social Gatherings | - | 1,047.37 | - |
| Cash Outflows-Other | - | 50.00 | 169.95 |
| <i>Net Change in Cash</i> | 23.10 | (1,199.30) | 126.16 |
| <i>Total Cash Balance, Ending</i> | <u>\$ 4,507.00</u> | <u>\$ 4,483.90</u> | <u>\$ 5,683.20</u> |

CONGRATULATIONS TO MARCH MARATHON (and More) RUNNERS!!

Way Too Cool 50K Cool, CA (near Auburn) Mar. 7th

Matt Kafka

Eric Frome

Catalina Marathon, Mar. 14th

Mike Friedl

Jon Resnick

Linda Hammond

Los Angeles Marathon, Mar. 15th

Marc Owen

Judy Sweet

Aya Namikawa Kawakami

Jenn Walt

Andrew O'Bannon

Jeff Nirtaut

Lisa Maxson Guedes

Eric Dangott

Sandra Wendler Perea

Tobacco Road Marathon, Cary, NC, Mar. 15th

Amelia Vrabel

Editor's Note: This marathon+ runner was missed in the last issue:

Surf City Marathon, Feb. 1st

Amy Katz

Pride is Power, Weakness is Temporary, Strength is Within,
Fear is Irrelevant, Courage is Fuel, Belief is Essential,
Triumph is Ahead...

Boston is Forever!!!

Adidas



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 top 36 participants out of 108 to date for the 2014-2015 series after 9 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all races will be posted on our web site www.roadrunners.org***

| | Name | Age Group | Total Points | Races | Best | Avg | Carlsbad 5000 | | Brea 8K | |
|----|-------------------|-----------|--------------|-------|------|-----|---------------|--------|------------|--------|
| | | | | | | | Times | Points | Times | Points |
| 1 | Ken Atterholt | 55-59 | 7,420 | 9 | 851 | 824 | 19:15 5k | 837 | 31:43 8k | 851 |
| 2 | Sherri Ellerby | 50-54 | 6,914 | 8 | 956 | 864 | 19:44 5k | 865 | 33:26 8k | 865 |
| 3 | Bob Morris | 60-64 | 6,811 | 8 | 891 | 851 | 20:22 5k | 835 | 33:47 8k | 832 |
| 4 | Karine Parry | 25-29 | 6,800 | 9 | 800 | 756 | 19:27 5k | 766 | 31:24 8k | 800 |
| 5 | Mike Friedl | 50-54 | 6,617 | 8 | 854 | 827 | 18:38 5k | 826 | | 0 |
| 6 | Mike Dietz | 50-54 | 6,484 | 8 | 862 | 811 | 19:08 5k | 804 | 31:33 8k | 809 |
| 7 | Jeanie Leitner | 65-69 | 6,225 | 8 | 836 | 778 | 25:42 5k | 827 | 42:44 8k | 819 |
| 8 | Leilani Rios | 35-39 | 5,958 | 7 | 869 | 851 | 18:07 5k | 850 | 30:15 8k | 864 |
| 9 | Alberto Ballon | 35-39 | 5,926 | 9 | 701 | 658 | 20:20 5k | 668 | 37:56 8k | 601 |
| 10 | Mike Bertram | 45-49 | 5,896 | 8 | 777 | 737 | 19:11 5k | 769 | 31:45 8k | 777 |
| 11 | Daniel Evora-Hahn | 25-29 | 5,707 | 8 | 747 | 713 | 18:04 5k | 742 | 31:26 8k | 706 |
| 12 | David Schiller | 50-54 | 5,434 | 7 | 826 | 776 | 19:48 5k | 777 | | 0 |
| 13 | Lillian Bertram | 45-49 | 5,420 | 8 | 765 | 678 | 23:39 5k | 686 | 39:40 8k | 700 |
| 14 | Matt Kossoff | 30-34 | 5,368 | 8 | 708 | 671 | 19:09 5k | 705 | 32:51 8k | 688 |
| 15 | Noreene Matsuda | 50-54 | 5,364 | 7 | 788 | 766 | 22:42 5k | 752 | 37:53 8k | 763 |
| 16 | Amy Katz | 40-44 | 5,290 | 8 | 695 | 661 | 25:16 5k | 625 | 40:26 8k | 651 |
| 17 | Cathy Shargay | 55-59 | 5,284 | 8 | 836 | 661 | 25:48 5k | 718 | 43:41 8k | 691 |
| 18 | Aya Kawakami | 30-34 | 5,278 | 7 | 785 | 754 | 20:16 5k | 752 | 33:34 8k | 733 |
| 19 | Doug Niles | 45-49 | 5,190 | 7 | 786 | 741 | | 0 | 32:30 8k | 759 |
| 20 | Vicki Ballon | 30-34 | 5,040 | 8 | 650 | 630 | 23:39 5k | 645 | 41:32 8k | 592 |
| 21 | Cathy Blakesley | 50-54 | 4,934 | 7 | 742 | 705 | 24:28 5k | 698 | 40:34 8k | 713 |
| 22 | Robert Donald | 45-49 | 4,736 | 7 | 726 | 677 | 21:17 5k | 693 | 39:27 8k | 626 |
| 23 | Mike Pagalan | 30-34 | 4,650 | 7 | 677 | 664 | 20:26 5k | 661 | 34:09 8k | 662 |
| 24 | Eric Dangott | 40-44 | 4,540 | 7 | 689 | 649 | 21:43 5k | 668 | 36:22 8k | 644 |
| 25 | Thomas Fung | 50-54 | 4,515 | 6 | 800 | 753 | | 0 | | 0 |
| 26 | Lisa Eiler | 35-39 | 4,459 | 8 | 602 | 557 | 32:25 5k | 475 | 48:16 8k | 542 |
| 27 | Matt Hood | 45-49 | 4,400 | 6 | 789 | 733 | | 0 | | 0 |
| 28 | Jon Resnick | 50-54 | 4,283 | 6 | 741 | 714 | 20:52 5k | 737 | 34:27 8k | 741 |
| 29 | Greg Hanssen | 45-49 | 4,215 | 6 | 728 | 703 | 20:16 5k | 728 | 33:55 8k | 728 |
| 30 | Judy Sweet | 45-49 | 4,178 | 7 | 634 | 597 | 26:03 5k | 623 | 43:48 8k | 634 |
| 31 | Mike Connors | 45-49 | 3,950 | 5 | 853 | 790 | 17:17 5k | 853 | 29:06 8k | 848 |
| 32 | John Gardiner | 40-44 | 3,610 | 4 | 944 | 903 | 15:22 5k | 944 | 25:53 8k | 905 |
| 33 | David Blakesley | 70-74 | 3,455 | 6 | 606 | 576 | 35:00 5k | 515 | | 0 |
| 34 | Bill Prom | 25-29 | 3,352 | 4 | 856 | 838 | 15:41 5k | 854 | 25:54 8k | 856 |
| 35 | Brad Wobig | 45-49 | 3,296 | 4 | 838 | 824 | 17:56 5k | 822 | 29:28 8k | 838 |
| 36 | Brigid Pukszt | 45-49 | 2,988 | 7 | 450 | 427 | 39:06 5k | 415 | 1:04:19 8k | 431 |

SATURDAY RUNS

ALL RUNS MEET @ 7:45 AM AND BEGIN AT 8 AM

4/4/15 – A Snails Pace Run to Cooks Corner and 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 a 16-miler. This run will offer an opportunity to wear-test Mizuno shoes as well.

After the Run: Denny's (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).

4/11/15 – OC Mix

Leader: Stephanie Wright

Location: Meet outside Paul Mitchell School and OC Mix Farmer's Market on Sunflower Ave., Costa Mesa

Directions: From Irvine, take I-405 North to Harbor Blvd. Right on Harbor. First left on South Coast Drive. First right on Hyland Avenue. OC Mix will be on your left.

About the Run: Flat out-and-back along the Santa Ana River Trail. It's about 12 miles round trip to the beach where there are restrooms, water (and ocean views!). Follow Sunflower until the road ends. Continue straight onto the sidewalk (see yellow dashed line on the path) until you reach the riverbed trail. Check carefully for cyclists before turning left onto the trail. There is water at Moon Park, about a mile from the start of the run. Restrooms and water are at HB State Park, just under 6 miles from the start of the run. Continue on the path toward the HB pier. Run as long or short as you like.

After the Run: Farmer's market, Portola Coffee Lab, Green Leaf, Birdie Smoothies, and many other options are available for breakfast.

4/18/15 – Irvine Meadows (Lake Forest Extension Loop)

Leader: Greg Hanssen

Location: Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604 (same as the Quail Hill run meeting place)...

Directions: From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

About the Run: We'll run out along the bike trail towards the Spectrum and then out to the new Lake Forest road extension behind Irvine Meadows then loop back near Quail Hill. There are options for a 9.5 or 12 mile loop.

After the Run: Starbucks, Big City Bagels, Chronic Tacos and Juice It Up.

4/25/15 – NO SATURDAY RUN DUE TO APRIL SCRR CLUB RACE

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

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

Dave Bauers, **The Video Man**
Professional Video Production
949-795-1610 studio
Dave@thevideoman.com
www.thevideoman.com

Lindsay Williams, **Real Estate Advisor**, bre#: 01959407
Keller Williams Newport Estates
Specializing in Orange County Residential purchases, investment deals, & land development
lindsaywilliamsrealestate@gmail.com
714-381-2840

Judy Sweet - Professional Private Party Bartender
Formal or Informal. Certified in Mixology and California Safety "TIPS" Certified. Has own Bartending Kit.
Call 949-933-0253 or
email Nitelitemusicduo@verizon.net

John Loftus, **Certified RRCA Running Coach**
www.runyourpotential.com
949 433-9238
coach@runyourpotential.com
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

Jonathan Resnick, CPA, **Tax services for businesses**
2152 Dupont Drive, Suite 208, Irvine
949-250-0852 949-752-0153 Fax
www.Jresnickcpa.com
e-mail: Jon@Jresnickcpa.com
"Helping small businesses grow"
2192 Dupont Drive, Suite 208, Irvine
949-250-0852 949-752-0153 Fax

Dave Blakesley, **Realtor**® Lic. 01412995
Coldwell Banker Residential Brokerage
949 768-2396 office, 949 322-0437 mobile
DaveBlakesley@coldwellbanker.com
www.CAmoves.com/Dave.Blakesley
Fine Homes and Condos throughout OC. You'll get my personal attention and the most powerful resources in the industry. Relocating? – I can help nationwide.

Sue Rudolph, **Amazing Running Tours**
Specialist in Marathon Tours Worldwide
(714) 963-5281 (800) 707-0005
www.amazingrunningtours.com
www.amazingadventuretours.com
info@amazingtravel.com
Running, hiking, and cycling tours

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 @ 6:15 p.m.; and Cedar Grove Park, 11385 Pioneer Rd, Tustin, Tustin, (summer location) Mondays @ 6:15 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

| APRIL | |
|-----------------------------|---|
| THURS 4/2, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| SAT 4/4 8:00a.m. | The Rabbit Run 5K – Irvine Valley College, Irvine therabbitrunirvine |
| FRI & SAT 4/10 & 4/11 | Ragnar Relay, Huntington Beach to San Diego ragnarrelaysoutherncalifornia |
| SAT 4/11 6:00a.m. | Hollywood ½ Marathon Hollywood, CA hollywoodhalfmarathon |
| SAT 4/11 8:00a.m. | LA Angels 5K – Anaheim Stadium, Anaheim LAAngels5K |
| SAT 4/11 8:00a.m. | FroYo 5K – Verizon Wireless Amphitheater, Irvine, CA froyo5k |
| SAT 4/18 7:30a.m. | HB Beach Bash, Huntington Beach, CA beachbash |
| MON 4/20 10:00a.m. | 118 th Boston Marathon Bostonmarathon |
| SAT 4/25 7:00a.m. | Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA donatelifeoc |
| SAT 4/25 7:00a.m. | Costa Mesa Community Run – Fairview Park, CM cmcommunityrun |
| MAY | |
| SAT 5/2 8:00a.m. | Tacos & Beer 5K El Dorado Regional Park, Long Beach tacosnbeer5k |
| SUN 5/3 6:00a.m. | Orange County Marathon, Marathon, ½ marathon, 5K OCMarathon |
| THURS 5/7, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| FRI, SAT & SUN 5/8 - 5/10 | Run Disney Tinkerbell Weekend – Disneyland, Anaheim tinkerbellhalf |
| SUN 5/17 | Bay to Breakers 7.2 mi, San Francisco |
| SAT 5/23 7:00a.m. | Sierra Nevada Mt. Wilson Trail Race 8.6mi - Sold Out MountWilsonTrailrace |
| MON 5/25 7:00a.m. | Memorial Day ½ Marathon Laguna Hills, CA LagunaHillshalfmarathon |
| SUN 5/31 6:15a.m. | San Diego Rock & Roll Marathon, SD Rock&Roll |
| JUNE | |
| THURS 6/4, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| SAT 6/6 7:55a.m. | Corona Del Mar Scenic 5K Newport Beach, CA CDM5K |
| SAT 6/6 7:30a.m. | Fontana Days. Marathon & 5K Fontana, CA Fontana Days Run |
| SAT 6/13 8:00a.m. | Downtown Anaheim 5K, Anaheim, CA downtownanaheim5krun |
| SAT 6/13 | South Coast Roadrunners Annual Awards Banquet – Details to Come |
| 6/6, 6/7, 6/13, 6/14 | Camp Pendleton Mud Runs |
| THURS 6/18 6:15 p.m. | Peter's Canyon Summer Trail Run Series #1 Tustin, CA |

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