

# ON THE RUN



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

Orange County, California  
January 2012 Issue

## ***Runner of the Month – Dave Parsel***

**By: Danielle Gordanier**

When club president Greg Hanssen announced Dave Parsel as our new Runner of the Month, he spoke of how some members may have heard of him but not had a chance to get to know him. Like many runners, Dave is an independent spirit. When you do get the chance to talk to him, though, he's fun to get to know and full of great stories and good advice.

As a longtime leader in the Grand Prix competition, Dave looks like a born runner with his natural stride and his often-bare feet. However, to my surprise, he said he hadn't run road races at all in his younger years, sticking to short-distance (100 and 220 yards) and long jump in track. He had played on the football team as a wide receiver in high school, and had shown promise, at one point getting a scholarship offer from Redlands College. Asked what made him decide to start distance running, he says, "Two major factors were Frank Shorter's win in 1972 Munich Olympics and breaking his fibula playing football at Orange Coast College." He began training after the cast was removed from his leg. When Dave and I talked over pizza the night he was announced as Runner of the Month, he explained that once he got his strength back, he wanted to get into a sport that he could participate in for a while; football would come to an end, he knew, with or without further injuries, but with running he had a chance at a healthy future as an athlete.

Dave's success in his long-term goal clearly shows when you look at his race results. Now in the late 50's age group, he still runs 5K's in the 17's, 10K's at around 37 minutes – and a lot of them. I asked Dave:

How many races a year do you typically run?

Dave: About 35 a year average 2001-2011, and more in the two decades earlier.

Can you give us an estimated total of how many races you've run in your lifetime?

Dave: Near 1200 seems likely; the most logged in one year was 67 in 1987, which included lots of track and cross country team races along with plenty of the usual road races.

Do you have a favorite race distance?





Dave: No, I like all sorts of courses and distances.

How about a favorite track workout?

Dave: Simplicity is most fun for me, 6-8 x 800 with 400 jog between each, with a couple of miles warm up and cooldown.

I remember Dave saying that in his early distance-running years, inspired by Shorter's marathon win, he and some friends wanted to see if they could run just one 5-minute mile, and found they could. This year at the USATF Road Mile Championships, Dave showed what he's still made of, finishing in 5:05. After that, he finished third overall at the Orange County

10K, ran a 1:25:30 at the Applefest Half-Marathon in New Hampshire, and finished at least a handful of great races since...I can hardly keep up! Meanwhile, he's keeping up with weekly track sessions, encouraging other runners, and bringing us lovely oranges from his own tree. Wishing you many more great years of running, Dave!

## SCRR Annual Holiday Brunch and White Elephant Exchange

Time: Jan. 22  
12 – 4 pm

Location: Pinot Provence  
686 Anton Blvd.  
Costa Mesa, CA 92626

Cost and RSVP: \$30/person to Janelle or any board member by January's club meeting (1/5/12)

Food: Please note your choice of Entree (breakfast or lunch) on your RSVP - Each option includes bread service, an apple and walnut salad, warm chocolate vahlrona bread pudding, coffee and decaf, hot and iced tea, soda and water:

Lunch: Traditional turkey, pommes puree (mashed potatoes), haricot vert (green beans), cranberry & turkey gravy

Breakfast: Provincial egg scramble with roasted cherry tomatoes, Laura Chenel goat cheese & chive butter

White Elephant Gift Exchange: If you would like to participate, bring a wrapped gift (\$20 value)

Pay Online with Paypal at [www.roadrunners.org](http://www.roadrunners.org)



# SCRR Success at Santa Run!

Photos From: Mike Sellers



Top row:  
Amy Katz,  
Angel Cardoza,  
Ingrid Johnson,  
Mike Dietz and  
Cathy Blakesley.

Bottom row:  
Brad Wobig,  
Leilani Rios,  
Matt Hood and  
Anthony Mejia, and  
Greg Hanssen.



# Santa Run - SCRR Highlights

By: Linda Hammond



We ended the year with **Make Room for Santa 5k/ 10k**, our 6<sup>th</sup> race of the season. Not to sound like a broken record, but **South Coast Roadrunners** had great races, PRs and age group wins. While some have great races and PRs, and some even win their age divisions, only an elite few break the finish line tape as the overall winner. So, I give a standing ovation to **Leilani Rios** and **John Gardiner** for being the overall winners in the 5k and **Brad Wobig** for being the overall winner in the 10k! What a thrill! I asked each runner to share a few thoughts about the race.

**Leilani:** This was such a fun race to run. Everyone was dressing up for the holidays. There were lots of SCRR members out to cheer on. It was a wonderful feeling crossing thru that finish line first overall female. Best way to end my season and the year.

**John:** What a fun day at the Make Room for Santa 5k. I've only been the overall winner of a race a couple times previously in my life so it was great to be at the front and then come out with the win. The BJ's gift card and a free pair of Mizuno shoes were a nice bonus.

**Brad:** I won BJ's gift cards, Mizuno shoes and also I will be getting a gift certificate from Snail's Pace for winning a local race, while wearing the Snail uniform. I enjoyed seeing the Snails Pace and SCRR people out cheering for me, as I met them, after the turn around, and near the finish. I appreciated everyone's enthusiasm.

Thanks runners for sharing your stories! Looking back on the season, we have raced the Yale Loop in Woodbridge; flown down the El Toro runway; went Green in a 10k; raced at the beach, the beach- Long Beach; ran away with some dinos, and of course made room for Santa. Six months, six races, where did 2011 go? Fresh off a PR in the 5k at Make Room for Santa, **Ken Atterholt** remains at the top of the pack in the Grand Prix. We start off 2012 at the **Southern Cal Half Marathon/ 5k**. New year, new faster you? Here is to a year of fast times. See you at the Finish Line!

# SCRR Road Trip



Weekend of March 24 - 25

To: Paso Robles  
For: Half Marathon/5K Race and Wine Touring

#### Race Highlights:

- 1/2 Marathon Loop Course through Central Coast Vineyards.
- Also has a 5K race
- Male & Female Winners of the Half Marathon WIN THEIR WEIGHT IN WINE!
- After the race take in breathtaking views as you enjoy a complimentary breakfast bar, live music, raffles and the post-race award ceremony.
- <http://www.winecountryruns.com/>



#### Typical SCRR Trip Itinerary:

Drive up on Friday or Saturday via carpools.

Meet for Lunch on Saturday.

Wine tasting at 4-6 wineries with designated drivers.

Dinner at a nice Italian restaurant.

Sunday, race and enjoy postrace breakfast and activities.

Back to hotel for showers and check-out.

Tour 4-5 more wineries.

Last year, the race goodie bag had free passes to a Hot Springs Spa, so we went and enjoyed the outdoor hot tubs.

Dinner and then drive home.

Details and costs coming soon. For more info, see Ken Atterholt and Cathy Shargay.

# SCRR Members Running Houston M&1/2M

SCRR will have a very strong presence at the Houston Marathon and Half Marathon on Jan. 15. In addition to the group listed below, Cheryl Smith will be racing in the Olympic Qualifier Marathon! Good luck to everyone!

Greg Hanssen - M	Kim Connors – ½ M	Sabrina Higashi – ½ M
Tonson Tong - M	Brad Wobig - M	Vince Lowder - M
Amelia Vrabel - M	Kathleen Curley/Monk – ½ M	Linda Lowder – ½ M
Amy Katz - M	Sandra Manzano-Straehle – ½ M	Quang Pham – M
Noreene Matsuda - M	John Loftus - ½ M	Laurent Vrignaud – ½ M
Stacey Dippong - M	Steve Kan - M	Gary Hefner – ½ M
Mike Connors – M	Molly Donnellan – ½ M	Thomas Fung – ½ M

## Big Baz's 2012 Trail Races

DATE	EVENT	DISTANCE	TOTAL CLIMBS
Jan 7	<b>NEW - 5 RACE Winter Trail Run Series</b>	<b>12K</b>	<b>2,604'</b>
Jan 21		<b>15K</b>	<b>3,502'</b>
Feb 4		<b>18K</b>	<b>4,020'</b>
Feb 18		<b>21K</b>	<b>3,470'</b>
March 3		<b>NEW! 30K</b>	<b>?</b>
April 14	<b>San Juan Trail 50K</b>	<b>50K</b>	<b>6,627'</b>

**Where:** Blue Jay Campground, Cleveland National Forest. Take Ortega Highway (SR 74) inland (east) of San Juan Capistrano about 21 miles from Interstate 5 and turn left at the wooden sign to Los Pinos Camp. The turn will be marked, as will be the 3.5 mile route off Ortega Highway to Blue Jay.

**Start:** All races start at 8:30 AM, following the trail briefing.

**Entry Fee:** **Pre-entry - \$35.00 for the 12k, 15K & 18K RACES; \$45 for the 21K & 30K.** Add \$10 for race day registration. If you enter two or more races, you receive a race series t-shirt. If you **enter and finish** all **five** races, you also receive a special race series sweatshirt. (Extra official race series shirts are available for \$20.) Sign up early as the Forest Service limits entries to **150 runners per race. No refunds.**

**Courses:** Varying looped courses on single-track trails in the Cleveland National Forest between 2,200 and 4,200 feet elevation. Courses are marked with yellow ribbon and white arrows.

**Aid Stations:** Only the 21K & 30K races will have an aid stations ON the course.

**Weather:** Weather is generally clear with temperatures of 50° - 70°. Always magic for running, but come prepared for all possible conditions. Rain or shine - the races will go on.

**Awards:** Overall awards to top three men and woman, age group awards. Plus Baz's magic RAFFLE.

**General Info:** All vehicles must display a day parking permit issued by the U.S. Forest Service \$5 - which you can also purchase at local sports stores). You must park in designated areas only in lower Blue Jay. Parking on right side only on blacktop, no double-parking. Trail briefing before the start with any late changes, come early. Bring a chair, food and drink will be available for all entrants. at the finish line. Go to: <http://www.bigbaztrailraces.com/>

## SATURDAY RUNS

All fall and winter runs meet at 7:45, start at 8:00 unless otherwise noted

### Nellie Gail Run on 01/14/12

**Leader:** Bob Morris

**Location:** A Snail's Pace Running Shop, 24741 Alicia Pkwy., Laguna Hills (at Honali Plaza next to Performance).

**Directions:** If you are heading south on 5, exit Alicia Pkwy right and turn into the first strip mall on your right (Wendy's Restaurant & Chevron Gas Station).

**About the run:** First mile is flat on sidewalk which turns into dirt and woodchip horse trails through Nellie Gail. Mostly rolling hills with a few character builders, and a great vista of the surrounding area. Eight miles round trip, or you can continue further or turn around sooner. Drinking fountain at mile two (and mile 6 coming back), restroom at start and finish.

**After the run:** Post-run snacks and refreshments provided by A Snail's Pace Running Shop, then brunch at the adjacent Lulu's Cafe, which specializes in great crepes!

### Turtle Rock 'n' Ridge \*NEW\* on 01/21/12

**Leader:** Tim Hume

**Location:** Pacific Whey Café, Newport Hills Shopping Center, 2622 San Miguel Drive, Newport Beach

**Directions:** Culver/Bonita Canyon Dr just south of the 73, left onto Prairie Rd. and into the Newport Hills Shopping Center. Pacific Whey is towards the back of the center.

**About the run:** This is a mildly hilly 10 mile run around Turtle Rock and Turtle Ridge. Extra miles can be added around the Harbor View neighborhood or an out and back along the Shady Canyon trail to Quail Hill. You can also avoid the biggest climb and shorten the run a mile by skipping the Turtle Ridge section. There are three drinking fountains (mi 5.5, 6, and 8.5) and two restroom stops (mi 5.5 & 6) available.

**After the run:** [Pacific Whey Cafe](#) in Newport Hills Shopping Center.

### El Moro / Crystal Cove State Park (different start point!) on 01/28/12

**Leader:** Angel Cardoza

**Location:** Top of the El Moro Trail Head. See directions...

**Directions:** From the 405, head south on Culver. Culver will turn into Bonita Canyon. Left on Newport Coast Drive. Left on Park Ridge Park Road. Go all the way up the hill almost to the end of the street. Turn right on East Coastal Park. 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

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#### **2011-2012 SCRR CLUB OFFICERS:**

President:	Greg Hanssen
Vice-President:	Vicki Ballon
Treasurer:	Angel Cardoza
Secretary:	Stacey Dippong
Social Chair:	Janelle Daniels
Officers At Large:	Matt Hood,
	Danielle Gordanier,
	Dave Bauers

#### **2011-2012 COMMITTEE CHAIRPERSONS:**

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



# 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 33 participants (out of 70 total) for the 2011-2012 series after 6 races are:

Place	Name	Details						Santa 5K/10K		Dino Dash	
		Age Group	Sex	Points	Races	Best	Avg	Times	Points	Times	Points
1	Ken Atterholt	50-54	M	4,872	6	839	812	18:36 5k	839	38:43 10k	821
2	Danielle Gordanier	40-44	F	4,694	6	813	782	42:11 10k	778	41:15 10k	796
3	Dave Parsel	55-59	M	4,493	5	925	899	18:22 5k	878		0
4	Cathy Blakesley	50-54	F	4,373	6	760	729	50:14 10k	716	24:04 5k	726
5	Greg Hanssen	45-49	M	4,172	6	731	695	21:17 5k	710	20:41 5k	731
6	Mike Dietz	45-49	M	4,091	5	856	818	18:33 5k	815	18:24 5k	822
7	David Schiller	45-49	M	4,029	5	820	806	38:39 10k	780		0
8	Cathy Shargay	50-54	F	4,002	6	734	667	26:05 5k	670	25:44 5k	679
9	Linda Hammond	45-49	F	3,669	5	793	734	23:59 5k	702		0
10	Matt Hood	40-44	M	3,578	5	749	716	20:29 5k	694	20:37 5k	689
11	Armando Moran	35-39	M	3,394	5	724	679	20:32 5k	661	20:03 5k	678
12	Vicki Ballon	25-29	F	3,389	5	694	678	22:14 5k	670	22:44 5k	655
13	Jeanie Leitner	60-64	F	3,340	4	856	835		0		0
14	Leilani Rios	30-34	F	3,340	4	858	835	18:15 5k	835		0
15	Eric Dangott	35-39	M	3,183	5	681	637	21:49 5k	623		0
16	Brad Wobig	40-44	M	3,111	4	793	778	37:10 10k	783		0
17	Angel Cardoza	45-49	M	2,987	4	779	747	19:48 5k	763	19:24 5k	779
18	Eileen Stephens	45-49	F	2,985	4	772	746		0	48:12 10k	737
19	Thomas Fung	45-49	M	2,938	4	761	735	41:35 10k	725	19:52 5k	761
20	David Blakesley	65-69	M	2,878	5	619	576	29:23 5k	619	34:30 5k	528
21	Doug Niles	45-49	M	2,861	4	742	715	42:46 10k	705	40:37 10k	742
22	Stacey Dippong	30-34	F	2,826	4	727	707		0	20:59 5k	727
23	Amy Katz	40-44	F	2,795	4	752	699	47:59 10k	684		0
24	Mike Friedl	45-49	M	2,788	4	751	697		0	45:13 10k	666
25	Matt Kossoff	30-34	M	2,782	4	710	696	39:58 10k	698	39:20 10k	710
26	David Bauers	50-54	M	2,653	4	676	663	48:38 10k	654	47:03 10k	676
27	Dave Flahive	35-39	M	2,545	4	697	636	23:02 5k	590	21:08 5k	643
28	Gary Hefner	50-54	M	2,438	3	828	813		0		0
29	Mike Gulan	60-64	M	2,257	3	777	752	23:41 5k	718		0
30	Tonson Tong	40-44	M	2,180	3	759	727		0	41:15 10k	705
31	Pamela Wusthof	55-59	F	2,114	3	723	705	26:48 5k	691	26:28 5k	700
32	Molly Donnellan	45-49	F	2,047	3	689	682	51:33 10k	689	52:05 10k	682
33	Greg Blevins	55-59	M	1,927	3	648	642	50:33 10k	642	50:58 10k	637



## 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**  
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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 and corrections 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



Monthly Club Meetings are highlighted in orange; Monthly Club Runs are highlighted in yellow

\*\*\*NEW\*\*\* Out of Town Races featuring club members highlighted in blue

Click on hyperlinks to go directly to race websites for event registration info

JANUARY	
THURS 12/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 1/7, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, <a href="http://www.schalfmarathon.com">www.schalfmarathon.com</a> <a href="http://schalfmarathon.com">schalfmarathon</a>
SUN 1/8, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca <a href="#">SD Resolution Run</a>
SUN 1/8, 5:30 a.m.	Walt Disney World Marathon, FL <a href="#">Disneyworld Marathon</a>
SAT 1/14, 5:00 a.m.	Avalon 50 Buffalo Run, Avalon Catalina <a href="#">Avalon 50 Mile Run</a>
SUN 1/15	Houston Marathon, TX <a href="http://www.chevronhoustonmarathon.com/">http://www.chevronhoustonmarathon.com/</a>
SUN 1/15, 7:13 a.m.	13.1 Los Angeles – Santa Monica, CA <a href="#">13.1 Marathon Los Angeles</a>
SUN 1/15, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ <a href="#">Rock n Roll Arizona</a>
SUN 1/22, 12-4 pm	SCRR Holiday Party, see box on page 2
SUN 1/22, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA <a href="#">Carlsbad Marathon</a>
FEBRUARY	
THURS, 2/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 2/05, 6:50a.m.	Surf City Marathon, ½ Marathon and 5K Huntington Beach <a href="#">runsurfcity</a>
FRI/SAT/SUN, 2/10-2/12	Tour de Palm Springs Century and Palm Springs ½ Marathon <a href="#">tourdepalmsprings</a> <a href="#">palmsprings1/2marathon</a>
SAT 2/11, 8:30a.m.	OC Chili Winter Trail Run 3 Race Series – Race #1, O'Neill Park <a href="#">WinterTrailSeries</a>
SAT 2/18, 8:00a.m.	Timberwolf 5K Run, Northwood High, Irvine <a href="#">timberwolf5k</a>
SAT 2/25, 7:00a.m.	Race On the Base, 5K, 10K, Reverse Triathlon, Los Alamitos, <a href="#">raceonthebase</a>
SUN 2/26, 8:00a.m.	21 <sup>st</sup> Annual Brea 8K, Brea Mall <a href="#">brea8k</a>
MARCH	
THURS 3/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 3/10 6:30a.m.	Solvang Century Bike Ride <a href="#">solvangrideinfo</a>
SAT 3/10	Catalina Island Marathon <a href="#">catalinaislandmarathon</a>
SAT 3/10 8:30a.m.	OC Chili Winter Trail Run 3 Race Series – Race #2, O'Neill Park <a href="#">WinterTrailSeries</a>
SUN 3/11 7:00a.m.	Dana Point Festival of the Whales Grunion Run 10K, 5K, 1K <a href="#">grunion run</a>
SUN 3/18 7:00a.m.	Los Angeles Marathon <a href="#">lamarathon</a>
SUN 3/18 8:00a.m.	Dove Dash and Pancake Breakfast, Dove Canyon <a href="#">Dove Dash</a>
SUN 3/25	Wine Country Half Marathon and 5K, Paso Robles
SUN 3/25 7:00a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm <a href="#">CoasterRun</a>
SAT 3/31 9:00a.m.	Spring Break at the Lake – Irvine Lake Mud Run <a href="#">irvinelakemudrun</a>
APRIL	
SUN 4/1 7:00a.m.	Carlsbad 5000 Carlsbad, CA <a href="#">carlsbad5K</a>
THURS 4/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 4/7 7:00a.m.	Hollywood ½ Marathon Hollywood, CA <a href="#">hollywoodhalfmarathon</a>
SAT 4/14 7:00a.m.	OC Chili Winter Trail Run 3 Race Series – Race #3, O'Neill Park <a href="#">WinterTrailSeries</a>
MON 4/16 9:00a.m.	116 <sup>th</sup> Boston Marathon <a href="#">boston-marathon</a>
FRI & SAT 4/20 & 4/21	Ragnar Relay, Huntington Beach to San Diego <a href="#">ragnarrelay</a>
SAT 4/28 7:00a.m.	Costa Mesa Community Run 10K (New), 5K, 2K & Pancake Breakfast <a href="#">costamesacomunityrun</a>
SAT 4/28 7:00a.m.	Donate Life 5K, 1K, Cal State Fullerton, Fullerton CA <a href="#">donatelifeoc</a>