

ON THE RUN



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

Orange County, California
August 2008 Issue

Runner of the Month – Kathleen Curley

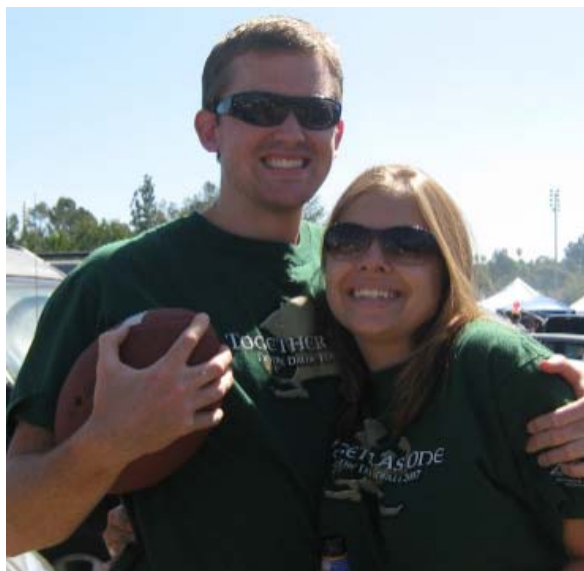
By: Amy Katz and Amelia Carchidi

Congratulations to this month's Runner of the Month Kathleen Curley! Kathleen is one of the youngest members of South Coast Roadrunners at 25 years old, and she is originally from the Bay Area. She moved to Orange County a few years ago after graduating from Notre Dame.

Kathleen, who works at Fluor with fellow Roadrunners Cathy Shargay and Laura Bullock, joined the club last fall with the aspiration of running her first marathon. On the way, she ran PRs in the 10K and Half Marathon, and had an amazing performance in her first marathon at San Diego Rock 'n' Roll with a time of 3:54, running a negative split by over 6 minutes!



Kathleen and fellow SCRR Heather Okala at the SD Rock-n-Roll marathon



Kathleen and boyfriend Jared at the Notre Dame versus UCLA football game

Kathleen has been very active in the club since becoming a member last

year. She has led some Saturday runs, and she has volunteered to be Social Co-Chair for the 2008-09 year. She is very friendly, so if you don't already know Kathleen, be sure to introduce yourself at the next club run!

We asked Kathleen a little about her running and upcoming goals, including running the New York Marathon.

Did you run in high school or college?

"I was on the swim team in high school and I remember our coach would torture us if we had a bad practice by making us run 1 mile around the track. The whole team would practically collapse after being forced to do that. In college I started to run more frequently as I joined the Notre Dame women's boxing team and we would run laps inside the basketball arena everyday before practice. Since the winters were so long in Indiana, I would try and run as much as I could outside when

the weather warmed up. However, I never did any long distance running until I graduated and moved out to Orange County. After about a month of just working, I started getting

Runner of the Month – Kathleen Curley (Con't)

By: Amy Katz and Amelia Carchidi

anxious for another way to spend my time that didn't involve sitting at a computer. I decided to train for a half marathon and never imagined that in 2 years, I would be training for my 2nd marathon!"

What is your goal for the New York Marathon?

"I was thrilled with my first marathon time at San Diego. While the competitive streak in me wants to improve that time, I also am really looking forward to just experiencing the NYC Marathon. My Dad is from New York and a lot of my family lives out there (including my brother) so it is a special place for me. I've heard so many good things about the race that I want to focus more on "taking it all in" rather than only keeping an eye on my time. What really helped me prepare for San Diego was doing a lot of my long runs on hills (thanks to Amelia and Stacey!) so I definitely will still be incorporating that into my training for NYC."

Good luck, Kathleen, and congratulations on all your accomplishments! As Runner of the Month, Kathleen will get a free entry into the next club race of her choice.

President's Letter

By: Amelia Carchidi

It was great to see so many South Coast Roadrunners out in uniform at the Woodbridge 4th of July races. As expected, we had many great results! Several folks put it all on the line (some REALLY put it out on the line) and came through with big PRs for the day. Even some of our future SCRRs ran the kids race and did amazing. We have some future track stars in our group.

Besides our own races and training, we have a lot of exciting events going on this month. House party, pool party, bonfire, and of course the Olympics! There is a lot going on but hopefully that will make it easier for everyone to participate in something and to meet some new people in the club.

I want to extend a special thanks to all our volunteers. We would not have such a jam-packed summer full of both running and social activities without these guys and all their hard work. So please remember to thank them for all their efforts. And if any of you new members would like to get more involved, please don't be shy. We would love to have you on board! Happy Running!



SCRR BEACH BONFIRE AND BBQ!

COMING IN AUGUST

WATCH FOR DETAILS!

SCRR Road Trip to the Olympic Trials

By: David Litvak

It's hard to think of anything better than Hayward Field and U.S. track and field, but when it's the Olympic trials and a raucous crowd of 20,000 plus every day, now you've got something really amazing. Danny, Eric, and I made the pilgrimage to Eugene at the end of June for eight incredible days. We started off by drafting a fantasy team of athletes for each event and then we headed out to watch some great track.

But it was much more than just watching the best U.S. talents from the distance of bleachers. We immersed ourselves in the experience. We ran on the same streets and trails, shopped at the same stores, and hoisted a beer or two (we did this several times) in triumph (or defeat) as these unbelievable athletes. And when we went to the stadium there was an excitement and anticipation of each day's events that grew from the time you went through security and reached a fever pitch each day and didn't let up until it was all over. Then the next day it happened again.

There were many memorable experiences:

Day 1: We ran into the eventual 800m women's silver medalist Alice Schmidt on the street just beyond Hayward Field. She was my pick for the fantasy draft in that race so in addition to the usual "good luck", I let her know that I was counting on her to come through for me. The 800m prelims and 5000m men's semis were first, but the crown piece was the women's 10K final. This started at 9:20 PM as did many of the major long-distance races. One would think that there would be a certain mundaneness to watching 20-odd laps around the track, but as we learned would be the case for all of the races, each pass of the runners was greeted by a rising wave of yelling, clapping, and stomping from the full house. It reached a crescendo for the last two laps where favorites Flanagan and Goucher did not let us down and Amy Begley arguably ran her best race ever, coming in third.



Alice Schmidt

Days 2 and 3: Mostly preliminary races these days, but a few notable things. First we sat next to Nick Symmonds family and they thought it was pretty cool that I had Nick as one of my fantasy draftees. Our "own" Christine Babcock and Jordan Hassay moved along in the 1500m. Tyson Gay showed that he was the fastest (albeit wind-aided) human being recorded on the planet EVER. The raw speed and power was awe-inspiring. Patton, Gay, Dix in the 100m--think about it and enough said. We also saw the beginnings of another trend that continued throughout the trials and that was that falling guaranteed you a spot in the next race and that it was clear that Nike was calling the shots. Witness Nicole Teter and others falling in the 800m and later AJ Acosta in the 1500m prelims and making it to the next round and Adam Goucher dropping out of the 5000m (Day 4) to run the 10000m (Day 6) ahead of other runners on the "list."



Day 4: The gems here were the men's 5000m finals and more so the men's 800m finals. In the 5000m, Bernard Lagat demonstrated his dominance in the first of two events. We thought that a good Nike slogan for him would be "I sit. I kick. I win." The best however was the three Oregon boys (Symmonds, Wheating, and Smith) coming across in the 800m with Smith diving at the end to edge favorite Khadevis Robinson out. The diving at the tape was another trend started on this day and continued by Hooker in the women's 200m finals (Day 8). The 800m was one of four races where the crowd reached a deafening fever pitch; the other three were the women's 1500m semis with Hassay rolling on people at the end, Galen Rupp (Oregon homeboy) finishing 2nd in the 10000m, and favorite celebs Kara and Shalane in the 5000m. This is the day I started begging and cajoling the winning athletes into signing my programs as they did their victory laps--even Lagat's plead that he had to go tuck his kid in bed fell on

my deaf ears and he

SCRR Road Trip to the Olympic Trials (Con't)

could not escape until I got his autograph. We met Symmonds, Smith, Chris Solinsky and Jonathan Riley out at the bar that night. The women were all over Symmonds--not so much for Steiner (sorry). Eric bought shotputter Christian Cantwell a beer or two (one for each pinky finger). The man is enormous and probably thought Eric was a small child or perhaps a pet.

Rest days: Then we rested for 2 days...meaning we drank a lot of beer. We also ran up to Pre's rock. This, as many of you know, is on top of a big hill and not easy to get to but altogether fitting that you have to run to overcome something (the hill) and when you get there you are winded, tired, thrilled, and a little sad. I left my Livestrong bracelet on the rock. During this time, we also harassed the white taco guy in his little 2-ft wide hut (that I think he schlepped on his back everyday) at 2AM (nightly) for being under qualified (of wrong ethnicity?) at preparing Mexican food and we cultivated our alternate personalities: T-rex, The Operator, and Taco Boy--don't ask. All of the bars knew the SCRR, for better or worse, by way of us and we invited many to come visit and run with us. We'll see if Amy Hastings, both fast and polite, ever shows up.

Day 5: 400m finals: Sanya Richards and LaShawn Merritt were so thrilled by their wins that they both practically sprinted their victory laps with Merritt not even stopping at the finish line. Anna Willard showed off her new pink hair and kicked butt in the 3000m steeple, crushing everybody in the field really and making it look easy too.

Day 6: This was the day for the women's 5000m and men's 10000m finals. It's pretty obvious that America loves Kara and Shalane and they did not disappoint although Shalane looked tired. Jen Rhines ran a smart race and got a spot on the team. Abdi Abdirahman (AKA "the black cactus") was very funny in the 10000m, winning and then running half way around the track to take a dip in the steeple pit while the other runners (unfortunately Meb and Dan Browne) were still finishing. He was thrilled as he went around again after the race, hamming it up as only Abdi can do. Galen Rupp finished 2nd and was the conquering hero and Jorge Torres finished out the field.

Day7: Somewhat slow day. Tyson Gay tumbled down the track like he was doing cartwheels injuring himself in the 200m quarters. We'll see what bearing that has on the 100m in Beijing. Anthony Famiglietti acted like a rock star, winning the 3000m steeple and jumping in the crowd afterwards--long-haired, bearded fast-running freak--that he is. We went out later with the self-acclaimed world's fastest and currently uncontested 100m race-walker, Nate Shopay, a regular contributor to Flotrack running blog website.



Kara and Shalane

Day 8: This was the culmination of the whole trip. We took in two great races with the men's and women's 1500m. Shannon Rowbury formerly of Duke crushed the field for the women, raising Danny to speculate that she might be juicing. I think he was just jealous. Jordan Hassay had a respectable showing. In the men's race, we were wondering which Alan Webb would show up and it was in fact 2008 sucky Webb instead of 2007 awesome Webb. Later in the evening, witnessed personally by Eric who bought Alan a beer, Lopez Lamong (who got the third spot on the 1500m team) showed up with his possey in a limo at one of the local watering holes while Alan was crying in his beer. Another great race was the women's 100m hurdles with Lolo Jones charging down the track. She is FIT and FAST (and hot--I mean pleasing to the senses in a sporty kind of way--and hot).

***CONGRATULATIONS FOR ACHIEVING MILESTONE PR'S
At the Woodbridge July 4th 5K***

***Greg Hanssen – 21:22
Ken Atterholt – 19:41***

Great Performances at the Woodbridge July 4th 5K

By: Linda Hammond

As a new feature for the newsletter each month I will be highlighting a few runners from the Grand Prix Race. In this inaugural article I will be highlighting three very special runners. The first runner that I would like to highlight is Fred Cowles. Fred scored 902 points in the first Grand Prix Race of the new 2008-2009 season. To put this accomplishment into perspective, I talked to Grand Prix guru Mike Friedl. According to Mike, in the almost 15 years of Grand Prix competition over 4,500 races have been scored and the 900-point barrier has only been broken 13 times by 3 runners: Jerry Jefferson (one time-902), Fred Cowles (4 times- 912 best), and Lois Edds (8 times- 987 BEST)!! In fact Lois AVERAGED 900 points per race in the 95-96 season! I know that some people in this club like to egg on the Masters runners about their high scores. The Grand Prix is calculated by dividing your time by the American Road Record and multiplying by 1000. So if you are fast enough in YOUR age category you too can join these elite three in our club! Enough said, on to the interviews!

Linda: First off, congratulations on your 900+ Grand Prix race. What is your secret for staying fast as a Masters runner?

Fred: I've had to make a few adjustments to my training program in order to avoid injuries in the past few years. Your body needs more recovery time between hard workouts, so you have to allow for that. I had to stop doing the Thursday night tempo runs specifically for that reason, but I have added some cross training (cycling) that seems to be helping my fitness level quite a bit.

Linda: Are you doing Danny's training program? If so, how has it helped you?

Fred: Yes, I've been training with Danny since he moved to California many years ago. He's been a great training partner and coach. My goal in 2002 was to break 16:00 for 5K as a Masters runner, so I trained with Danny and a few others in the club for that entire year. In the spring of 2003, I ran 15:40 at Carlsbad, 15:48 at CDM, and several other races in the high 15:00's. I couldn't have run that fast without Danny's help. He laid out a good plan of speedwork and long runs.

Linda: Are you racing faster with your Asics shoes that I had Ryan Hall autograph at the USATF Cross Country Championships?



Fred: Yes, the shoe with the autograph is noticeably faster than the other one. Maybe you can get Deena Kastor to sign the other shoe to make a balanced pair?

The next runner that I will highlight is Orhan Becker. At the Woodbridge 5K Orhan won his age group, so I asked him a few questions.

Linda: Congratulations on winning your age group, what was your strategy?

Orhan: I did 5K in 18:47, 30secs slower than last year, which means that age group win is simpler when you just switch age groups and leave Jason and Greg behind... My strategy was to follow Sherri as long as I could and not even look at my Garmin, but she didn't race. So that went down the drain.

Linda: We had a huge SCRR turnout. Did that help you during your race?

Orhan: At the start Leilani warned me about the race being only 15 seconds away and woke me up, and as I was trying to get the other people's attention we heard the horn. In that rush, I took off and did the first mile in 5:40! Big mistake,



Great Performances at the Woodbridge July 4th 5K (Con't)

By: Linda Hammond

the rest was simple misery and trying to survive. This year I didn't have the pull from Leilani in the last mile, so that hurt.

So from Orhan's story, it is clear having the huge SCRR turnout does help. Whether SCRR members were in the races or cheering from the sidelines, we had tons of team spirit at the Woodbridge race.

The final runner that I would like to highlight is perhaps one of the youngest runners in the club, Orhan's three year old son Julian. Julian did the 1 mile race at Woodbridge and won his age group: "3 and under" in a 12 minute run! I interviewed proud papa Orhan and he said of Julian, "he didn't stop once!" Mike Friedl was not sure how to score a three year old, but we both agreed that it was an amazing accomplishment. According to Orhan apparently another accomplishment this time was not stopping at the SCRR tent crying during the middle of the race to pick up his favorite balloon, like he did at the 2007 Corona Del Mar Dolphin Dash! Julian's other race was Woodbridge in 2007, where he took some walk breaks.

Thanks runners for sharing your stories. I look forward to tales from our next Grand Prix race, Sunset in the Park in Huntington Beach.



Beiyi's First Ultramarathon

By: Noreene Matsuda



Beiyi Zheng ran her first ultramarathon, the Bishop High Sierra 50K, finishing in 9:30. She endured a 4,000 foot climb to the highest peak on the course at 8,400 feet in the first half of the race, and survived the 100+ degree heat. She reported feeling great at the finish.

Jerry Jefferson – In Memoriam

By: Noreene Matsuda and Jim Engel

There are very few people we will ever know in our lifetime that we can call a true legend. Jerry Jefferson was one of them.

We lost our friend Jerry on the morning of June 7th at the “Top of the World” at Aliso Woods. He was on a routine Saturday morning run with our friends Bill, Kathy and Laura. After running only two and a half miles, Jerry dropped to the ground and could not be revived. He died of a heart attack at the age of 75.

Jerry was a talented senior masters runner clocking 63 seconds in the 400m at age 64. At 70, he ran a 22:17 5K, a national 5K division III record in the US Corporate Athletic Association for his age group which still stands today. Jerry either won or finished in the top three in his age group in many local races. He was the first SCRR member ever to score over 900 points in the Grand Prix; his 45:38 in the Turkey Trot 10K earned him 902 points. He was a pacer for the OC Marathon and he ran his 3:58 marathon PR sometime within the past 10 years. His last marathon was at Catalina in March.



Jerry giving a thumbs-up at Mile 23 at the Catalina Marathon

Not only was Jerry a talented runner, he was a very avid cyclist. After joining the Bicycle Club of Irvine in 2002, he won the coveted Broken Crank Award by logging in 5,972 miles on his bike in one year. That's an average of 16 miles a day for at least an hour a day. His most notable century ride which he did twice was the “Ride Around the Bear” in Big Bear, one of the top 10 most difficult century rides in the US.

Running and cycling just wasn't enough for Jerry. He loved to hike, but not just any hike. In 2003, he hiked Mt. Whitney as a “day hike”, and he made it to the summit at 14,497 feet. Within the past several years, he also did Half Dome at Yosemite and other local mountain hikes. His last hike was to the 9,400 foot peak at Mt. Baden-Powell four weeks before he passed away.



We will always remember the fun times with Jerry. In Yosemite, half way up the cables at Half Dome (an extremely steep granite face which could result in a precipitous fall), we were 'outside' of the pair of cables that allows you to pull yourself up the last part. Jerry raised both hands up in the air and yelled over to our friend Leann, "Look, Leann! No hands!" Jerry got quite a scolding from Leann for doing that.

When Jerry entered the lottery for the St. George Marathon in 2005, he was the only one in our group that didn't get in. He emailed the race director and mentioned that he was 72 years old and did not know if he would still be alive the following year. After a lot of begging and pleading, the race director conceded. Jerry ended up finishing in 4:14 and placed 2nd in his age group.

As an OC Marathon pacer one year, Jerry decided he needed something warm to wear at the start. He rummaged through a bag full

Jerry Jefferson – In Memoriam (Con't)

By: Noreene Matsuda and Jim Engel

of old clothing in his garage and found a bright pink bathrobe that his wife Loretta was planning to donate. Jerry wore the pink bathrobe to the starting line, so the runners in his 4:30 pace group would be able to find him. It worked!

Jerry's death was attributed to heart disease. This was a guy that ran, biked and hiked thousands of miles, and never mentioned anything about the typical heart attack symptoms. The only thing he ever complained about was shortness of breath and feeling tired after runs. But this was after riding 30 to 40 miles on Friday and running 12 to 15 miles on Saturday. This was normal for Jerry. According to his doctors, he had a genetic heart problem and if he hadn't been so active, he would have died years earlier. A normal stress test would not have detected it; a specialized scan would have been required. In a way, it is a relief to know that his active lifestyle extended his life.

Jerry personified what most of us strive for—peace, happiness, and a good life. He was blessed with a loving family and many good friends, and he did what he loved to do. He was an incredible human being, a great inspiration, and a true gift to all of us. We will always consider ourselves one of Jerry's kids. We will miss our dear friend very much.

OCTri Club

Silent Auction Benefiting Challenged Athletes Foundation (CAF)

Dinner, Inspiration Sports Speakers

Lots of Cool Items to Bid On

Registration for Non-members: \$30 by Aug. 1 and \$35 after

When: Tuesday, Aug. 26, 6:30 to 10:00 pm

Where: Laguna Hills Community Center

2555 Alicia Parkway, Irvine

Website: http://www.octriclub.com/content.aspx?page_id=87&club_id=688220&item_id=52169

Many SCRR Members typically attend this event and
have a great time while benefiting a wonderful charity!

SATURDAY RUNS

(NOTE: EARLY START – meet at 6:45 a.m., run at 7:00 unless otherwise noted)

8/2/08, Tribute to the Olympics in Orange County

Leader: Amelia Carchidi

Location: Bagels & Brew – 23052 Alicia Parkway, Mission Viejo

Directions: From Irvine, drive south on I-5. Take the Alicia Parkway exit and head east. Turn into the Olympiad Plaza shopping center just before Olympiad Parkway.

About the Run: In preparation for the start of the 2008 Olympic Games on 8/8/08, we will run the Olympic Road Cycling course from the XXIII Olympic Games which brought the Olympics to Orange County on July 29, 1984. (Note: actual Olympic cyclists raced multiple laps around this course; since we are running, we will only do one.) The loop course is hilly and features the famous climbs up Vista del Lago and La Paz. The loop is 9.85 miles; however, there is a shortcut to make the run about 5.5 miles. Those wanting to extend their run may add a lap (or two) around Lake Mission Viejo. Each lap is approximately 3.3 miles.

<http://sanoodi.com/route/southcoastroadrunners/163425/1984-olympic-road-cycling-course/>

After the Run: Bagels & Brew in Mission Viejo.



8/9/08, Orchard Hills/Hicks Canyon

Leader: Greg Hanssen

Location: Peet's Coffee – 3927 Portola Parkway, Irvine

Directions: Take Culver north all the way to Portola, left on Portola, right into the shopping center. Near Peet's Coffee.

About the Run: 6.5 mile loop or 9 mile loop with up to 8 additional out and back (17 total).

After the Run: Peet's coffee and/or Zov's bistro.

8/16/08, Leilani's Neighborhood Run

Leader: Leilani Rios

Location: Intersection of Bungalow and Gentry in Irvine

Directions: Take either the 5 or 405 to Jeffrey and head east (inland). Turn right at Long Meadow, left at Vintage, and left at Gentry. We will meet at the small park at the intersection of Buffalo and Gentry.

About the Run: We will start a new run from Leilani's neighborhood into Hicks and Peters Canyon. You can do up to 21 miles by running the entire Peter's Canyon loop.

After the Run: Leilani will announce the venue at the run.

8/23/08, O'Neill Park

Leader: Vicki Niebrzydowski

Location: Scott's Donuts and Bagels – 29941 Aventura, RSM

Directions: *Via 5 Freeway:* Take 5 Freeway South to Oso exit. Head east on Oso. Make a Left on Antonio. Drive 3.5 miles, and then take a Left at Avenida Empresa. Turn left into the shopping center right after Aventura (looks more like industrial buildings).

Via Toll Road: Take 5 Freeway South to CA-133N. Take CA-241 S toward Santa Margarita. Take the Santa Margarita Pkwy exit and turn left. Turn left at Avenida Empresa. Turn right into the shopping center (looks more like industrial buildings).

About the Run: The semi-loop, semi-out and back route takes you through some of O'Neill Regional Park and down the Arroyo Trabuco trail of the beautiful Arroyo Trabuco Wilderness for a total of around 12 miles. There are options to add on or subtract as you like. Maps will be available at the run. The course is mostly trail running, but there are some portions that are bike paths. Bring your

(Continued on page 11)



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 49 participants (so far) for the 2008-2009 series after 1 race are:

Place	Name	Age Group	Total Points	Woodbridge July 4 th Time	Points	American Record
1	Fred Cowles	45-49	902	16:45 5k	902	0:15:07
2	David Schiller	45-49	820	37:36 10k	820	0:30:50
3	Mike Gulan	55-59	817	19:44 5k	817	0:16:07
4	Jeanie Leitner	60-64	816	24:04 5k	816	0:19:39
5	Sue Zihlmann	40-44	807	40:41 10k	807	0:32:50
6	Brad Wobig	40-44	802	17:43 5k	802	0:14:13
7	Mike Connors	40-44	793	17:56 5k	793	0:14:13
8	Greg Jones	30-34	784	17:13 5k	784	0:13:30
9	Jason Blank	30-34	784	17:13 5k	784	0:13:30
10	Mike Sellers	25-29	781	17:10 5k	781	0:13:24
11	Tonson Tong	40-44	780	18:14 5k	780	0:14:13
12	Ken Atterholt	45-49	768	19:41 5k	768	0:15:07
13	Brent Bohn	40-44	766	37:57 10k	766	0:29:05
14	Pete Boisineau	55-59	750	43:16 10k	750	0:32:27
15	Kevin MacDonnell	45-49	741	20:24 5k	741	0:15:07
16	Jim Beck	40-44	740	19:13 5k	740	0:14:13
17	Mary Lynch	40-44	738	21:25 5k	738	0:15:48
18	Sandra Manzano-Straehle	35-39	736	20:55 5k	736	0:15:24
19	Orhan Beker	30-34	721	18:44 5k	721	0:13:30
20	Amelia Carchidi	30-34	715	21:19 5k	715	0:15:15
21	Michael Ewart	50-54	711	44:42 10k	711	0:31:48
22	Molly Donnellan	45-49	709	50:06 10k	709	0:35:30
23	Jerry Lin	35-39	706	19:15 5k	706	0:13:35
24	Mike Friedl	40-44	705	20:10 5k	705	0:14:13
25	Noreene Matsuda	40-44	704	22:26 5k	704	0:15:48
26	Simon Gudina	35-39	703	40:14 10k	703	0:28:16
27	Linda Hammond	40-44	699	22:36 5k	699	0:15:48
28	Colleen Jones	30-34	696	21:54 5k	696	0:15:15
29	Jared Lessard	25-29	690	40:16 10k	690	0:27:48
30	Vincent Lowder	40-44	688	42:15 10k	688	0:29:05
31	Jennifer Whyte	35-39	688	46:32 10k	688	0:32:01
32	Jim Grant	45-49	687	44:54 10k	687	0:30:50
33	Amy Katz	35-39	668	47:56 10k	668	0:32:01
34	Greg Hanssen	40-44	665	21:22 5k	665	0:14:13

Place	Name	Age Group	Total Points	Woodbridge July 4 th Time	Points	American Record
35	Kathleen Curley	25-29	663	46:55 10k	663	0:31:06
36	Adam Wallace	35-39	662	42:41 10k	662	0:28:16
37	Stacey Dippong	25-29	659	22:36 5k	659	0:14:54
38	Vicki Niebrzydowski	25-29	659	22:36 5k	659	0:14:54
39	Jennifer Wilkes	25-29	658	47:17 10k	658	0:31:06
40	Bryan Chu	20-24	652	20:46 5k	652	0:13:32
41	Terry Purdy	50-54	650	24:01 5k	650	0:15:36
42	Rudy Carrion	35-39	641	44:05 10k	641	0:28:16
43	Quang Pham	40-44	639	22:15 5k	639	0:14:13
44	Tom Skane	45-49	635	48:32 10k	635	0:30:50
45	George Knowles	30-34	619	45:04 10k	619	0:27:55
46	Sohrab Mirza	65-69	615	29:50 5k	615	0:18:21
47	Liza Svoboda	35-39	600	25:40 5k	600	0:15:24
48	Melissa Schiller	13-15	494	34:04 5k	494	0:16:49
49	Jodie Kinney	55-59	455	40:44 5k	455	0:18:32

SATURDAY RUNS

(Continued from page 9)

own water, there will be water available at the 2 mile or after about 10 miles depends on the direction we decide to start in. If there's been any recent rainfall, beware that you might get your feet a little wet.

After the Run: Scott's Donuts and Bagels (starting point). They have a selection of breakfast sandwiches, as well as larger breakfasts...and of course Donuts and Bagels. It has indoor and outdoor seating available.

8/30/08, Quail Hill

Leader: Amelia Carchidi

Location: Starbucks – Corner of Alton & E. Yale Loop, Irvine (same location as Turtle Rock 'N Java run)

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: We will take the "new and improved" route out Jeffrey and across the freeway over the Jeffrey bridge. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into new exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. You can also do an out and back along the trail. There is water on the trail but it is recommended to bring some since it can be warm.

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

Great Deals From Fellow South Coast Roadrunners...

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

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.

V.P. Investments,

(949) 493-7771, (800) 937-7791

Fax: (949) 493-9505

E-mail: richard.reimers@agedwards.com

26351 Junipero Serra Road, Suite 101,

San Juan Capistrano

Santiago Nomen, "Tax Preparation at a Fair Price"

(714) 838-3587, Fax: (714) 838-2256

socaltaxman@cox.net

52 Lakepines, Irvine

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"

Jonathan Resnick, CPA, Tax services for businesses

2192 Dupont Drive, Suite 208, Irvine

949-250-0852 949-752-0153 Fax

www.JResnickcpa.com

e-mail: Jon@JResnickcpa.com

"Helping small businesses grow"

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

Steve Lowe, Swedish Asian Autoservice

Independent Volvo, Toyota & Nissan

Specialist Since 1980)

(714) 972-1216, Fax: (714) 543-8946

www.swedishasian.com

800 South Grand Ave., Santa Ana

"10% discount for SCRR members"

Colleen Jones, Tupperware Consultant

Direct and Party-based Sales

Custom Kitchens, Girls' Night Out, Healthy Entertain-

ing And Mom and Me Parties Available

949-419-6889 www.my.tupperware.com/colleencjones

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!"

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: \$30, Family: \$45. 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



AUGUST	
THURS, 8/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
THURS, 8/7, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SUN, 8/17, 7:00 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, www.afchalf.com
THURS, 8/21, 6:00 p.m.	Sunset in the Park, 2.8 and 4.8 mi, Central Park west, Huntington Beach, CA. Located between Goldenwest & Edwards, Ellis & Slater Streets, www.nealand.com/finishline/
SAT, 8/23, 6:30 a.m.	Bulldog, 50K and 25K, Malibu Creek State Park
SAT, 8/30, 8:00 a.m.	Cook Spirit Run, 5K, Mile Square Park, Fountain Valley, www.kevincookspirirun.org
SUN, 8/30	Disneyland Half Marathon and 5K, www.disneylandhalfmarathon.com
SEPTEMBER	
MON, 9/1, 8 a.m.	Run to the Top, Mount Baldy
THU, 9/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 9/6	Big Bear Marathon, ½ M, 5K and Bike Tour, www.hbteevents.com
SUN 9/7	Team Cameron 5K, Laguna Niguel Regional Park, www.outdoorfitnessonline.org
SAT, 9/27, 4 p.m.	Huntington Beach Surf and Sand 5K, north side of pier, www.active.com
SUN, 9/28, 7:30 a.m.	Race for the Cure 5K, Fashion Island, www.komenoc.org
OCTOBER	
THURS, 10/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 10/4	St. George Marathon
SAT, 10/4, 7:30 a.m.	Chapman University Toyota of Orange 5K, www.Chapman.edu/5K
SAT, 10/11, 8 a.m.	Harbor Heritage Run 5K, Newport Harbor H.S., 600 Irvine Ave, www.harborheritagerun.com
SUN, 10/12	Long Beach Marathon, ½ M, 5K and Bike Tour, www.runlongbeach.com
SAT, 10/18, 7 a.m.	Huntington Beach Distance Derby, 10 and 5 miles, H.B. pier, www.active.com

2008-2009 SCRR CLUB OFFICERS:

President:	Amelia Carchidi
Vice-President:	Greg Jones
Treasurer:	Orhan Beker
Secretary:	Tonson Tong
Social Chairs:	Kathleen Curley, Stacey Dippong
Officers At Large:	Noreene Matsuda, Leilani Rios

2008-2009 COMMITTEE CHAIRPERSONS:

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