

ON THE RUN



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

Orange County, California
November 2012 Issue

Runner of the Month – Lisa Eiler

By: Doug Denniston

Is there anything we love better after a good Thursday night run than sitting down over a pizza, salad, and beer with our running friends? We enjoy the camaraderie and get to know our running friends just a little bit better. This was my exact scenario as I interviewed our current Runner of the Month: **Lisa Eiler**. I have to admit I was a bit concerned about us being able to find a quiet corner where we could conduct the interview without distraction. Did we find a quiet corner? No, of course not. Instead we proceeded to do the ROM interview at a long, party table surrounded by club members. Who knew this would actually turn out to be the best environment? The comfortable setting, and insightful comments from a few club members sitting close by, equals easily one of favorite interviews to date.

Lisa is from Minnesota originally. In high school and college Lisa was not very interested in athletics, but was more interested in music. She graduated high school, and attended a small all women's school for college; St. Catherine's University (aka St. Kate's). At St. Kate's Lisa first majored in music, but then decided to major in accounting. After St. Kate's Lisa lived and worked in the Minneapolis/St. Paul area and then moved to Oregon. After a year in Portland, Lisa moved to Eugene, Oregon to attend the University of Oregon for her graduate work. She received her graduate degrees in Accounting and currently works as an Associate Professor at Cal State Fullerton. While studying at Oregon, Lisa met Isho who she married in September 2010. Lisa and Isho first moved to Orange County in 2009. They left in 2011 to move closer to family then returned to stay in August of this year.



Lisa lives with her husband Isho in Irvine. This is her first time being selected as Runner of the Month. Here is the dialogue of our interview. My questions (in bold) are followed by Lisa's answers. ***Special thanks to those club members who added their quick wit, humor and banter to the interview (you know who you are), I am very grateful to all of you.

When and where did you start running? I started running in Eugene during graduate school. My landlord/Department Chair/friend is a runner and would always schedule a run for us on Saturday

mornings. She turned me into a runner. We would often run to a little breakfast nook where her husband would meet us and we'd enjoy breakfast by the wood stove. **Were you a willing participant in those runs?** I always wanted to be a runner, but it was a struggle at first. But when the Dept. Chair "invites" you for a run, you don't feel like you can say "No, thanks." Just kidding! I thoroughly enjoyed the company and listening to her stories (I couldn't talk and run at first because it was a struggle to keep up!). Her consistency and persistence made running finally stick for me and I'm sure appreciative!



When did you join SCRR and how did you find out about the club? In January 2011, I Googled and found the club. I think I met Cathy Shargay first. I couldn't really keep up with anyone so I got to know everybody over pizza....and beer.

What has been your favorite race and why? Oh easily, the Fueled by Fine Wine ½ marathon. This race is in Oregon (Portland area). It's a pretty new race and the course has changed each year as you run THROUGH, not just near neighborhood vineyards. It is a difficult course (you will not PR) but will totally enjoy it. The after-party is hosted by lots of local wineries and you sample all the wines while eating chocolate covered strawberries, cheese, and bread. The race is in mid-July and the weather is perfect.

Do you have a favorite club race and distance? I don't really have a favorite club race because I haven't run enough of the club races, but my favorite distance is a ½ marathon.

Have you ever run Boston? No. Would you like too? Oh sure, a pie in the sky dream that is. Yeah. Yeah. I would love too.

What is your favorite Saturday club run? Three Piers Kegs 'n Eggs run at Newport pier – the beach, water, restrooms, and a cool marine layer – that is the best. Add in a sub \$5 breakfast with all you can drink Mimosas, whew. The Newport Back Bay is a close second.

What is the coolest place you've gone for a run? Running in Paris this summer was cool, but I also really love Silver Falls State Park in Oregon. You can run gorgeous trails past 10 different waterfalls (a few waterfalls you even get to run underneath). The park is filled with pine trees, rolling hills, and all the sounds of nature during the summer. I'd go back anytime I visit Oregon.

Are you training for anything right now? Childbirth. Just kidding (kind of). The marathon of a lifetime. I'm due at the end of March. **Are you going to find out the gender of your baby?** No. We've decided we're not going to find out.

What were the worst running conditions, or worst race experiences you've ever had? A torrential downpour at the EWEB ½ marathon in Eugene. It was my first half marathon and I had water squirting, literally squirting, large amounts out the front and sides of my shoes with each stride. It was a straight downpour, and it was comical how wet it was.

Do you have any favorite music you run to? I don't usually run to music. ***Thanks to Isho, for telling me about Lisa's running mix. ***The Boo-Ya-Ya Run Fast mix.



Lisa (center) at the 2011 Lake Tahoe Relay with Robert Donald, Alberto Ballon, Vicki Ballon, Greg Hanssen, Angel Cardoza and Stacey Dippong.

Any other hobbies or interests? Mostly I enjoy hanging out with Isho and friends. I love music of all kinds and enjoy going to concerts. Also, I enjoy baking (and eating!) any baked goods. One of our favorite cakes is a chocolate cake that I make with Rogue Hazelnut Stout. It's frosted with cream cheese frosting you put on the top to resemble the foam on top of a beer. It's a recipe from the New York Times. I'm also a big fan of the Minnesota Twins; today is 25 years to the day they won their first World Series. Oh, and I love the Oregon Ducks.

Congratulations Lisa, on being SCRR Runner of

the Month for October! Thanks SCRR being such a great group of people! I've enjoyed getting to know everyone and feel constantly inspired by each of you!

OCTOBER MARATHON HIGHLIGHTS:

Long Beach Marathon:

Andrew O'Bannon – 3:00:59 – 3rd in AG
 Lindsay Williams – 3:43:21
 Brian Kurnow – 3:10:08
 Amy Katz – 4:13:00

Chicago Marathon

John Loftus 2:44:43 - 4th in AG
 Sandra Manzano-Straehle – 3:25:46
 Laurent Vrignaud – 2:55:30
 Tonson Tong 2:58:28
 Jeff Nirtaut – 2:59:39

St. George Marathon:

Dave Flahive - 3 :02 :01 (PR by 32 minutes)
 Bruce Bauers - 3:23:19 (PR by 13 minutes)
 Maria Fong - 3:50:19 (PR)

Nike's Women's Marathon:

Jeanie Leitner - 4:04:21 – 1st in AG

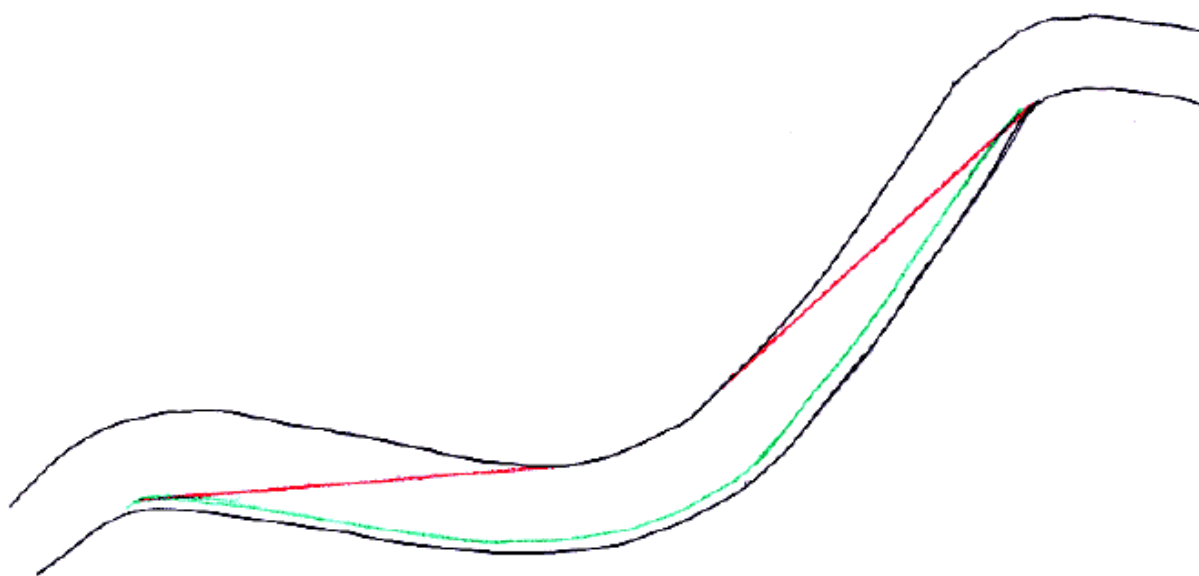
Ask Les Cargo

How can I improve my race times?

The obvious answer is to just run faster. However, there are other ways of improving your race times which are not based on effort, the simplest being "run the tangents".

For those of you who slept through your geometry classes at school Wikipedia states that the **tangent line** (or simply the **tangent**) to a plane curve at a given point is the straight line that "just touches" the curve at that point. In other words; the shortest distance between any two points is a straight line. This doesn't mean cutting the corners. You want to stay within the course markers to run the shortest but still "legal" distance of the race.

So during a race hug the inside of the curves and run a straight line between each curve as shown by the red line in the diagram below. Don't add more distance to your race by staying to the middle or outside of the race path curves (see green line).



This applies to all races, 5Ks up through marathons and beyond, (but not the USATF Road Mile).

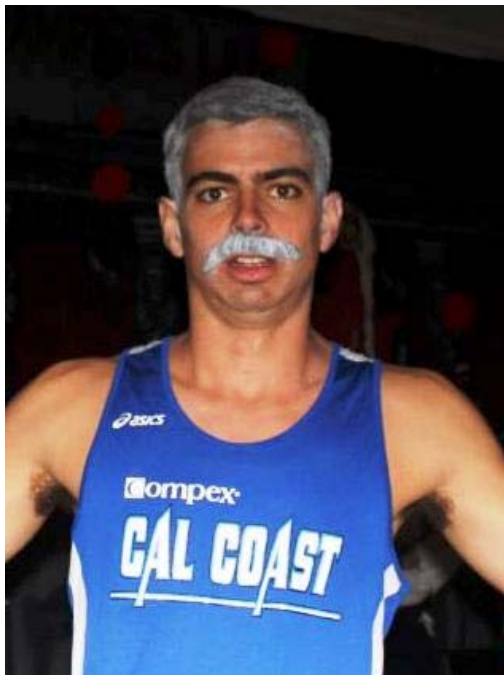
Send your running questions to Les Cargo via his literary agent at bob.morris@asnailspace.net.



Leilani and Kevin's Awesome Halloween Party

Photos By: Noreene Matsuda







SCRR High Points from Long Beach

By: Linda Hammond

South Coast Roadrunners had many great performances at the **Long International Marathon, Half and 5k**. **Leilani** was second female overall in the 5k and age division winners included **Alberto Ballon, Thomas Fung, Bob Morris** and **Molly Donnellan**. **Jeanie Leitner** had an age division win in the half marathon and we had several exciting races in the full marathon.

In the marathon **Andrew O'Bannon** ran 3:00:59 and was second in his age division and had this to say about his race: **Andrew:** I've been with SCRR for a year now and enjoy the group a lot. I was looking for a better time at Long Beach but am happy with my 3:01, 21st overall, and 2nd in my age group. I also had an awesome ½ at Disneyland in September with a time of 1:18 and 9th place overall and 2nd in my age division.

This month's Runner of the Month **Lisa Eiler** completed the **Beach Series**, having run **Surf City, OC**, and **Long Beach Half Marathon**. Lisa shared a few thoughts about her running.

Linda: *Congrats on your half. How did you like the race?*

Lisa: Thanks, Linda! Actually, this last half marathon was my worst race since I joined SCRR. I don't thrive in sunny, humid weather and Long Beach turned out to be a really sunny, humid day, with temperatures a little out of my comfort zone. I was happy to finish and tried to just enjoy hanging out with the SCRR crew at the end.

Linda: *What was your favorite race of the "Beach Series"?*

Lisa: I think I like **Surf City** the best. It's well attended by the community and having people out on the course really boosts my spirits. The only downside of Surf City is having that Beach Boys song stuck in my head for a week before and a week after the race.

Linda: *How long have you been running?*

Lisa: I've been running since I started grad school, so about 9 years or so. I stopped and started running before grad school, but running in Eugene, Oregon was a lot of fun. I was stoked when I ran my first 10K in 2005 - I never believed I would run that far! I'm really thankful that running is a part of my life. I started running with the club in January of 2011. I joined the club shortly afterwards. I can't always keep up with a lot of the speedsters in the group, but I really enjoy getting to know people before and after the runs, and at pizza and breakfast, of course!

Linda: *Didn't you move to Oregon? Welcome back!*



Lisa: My husband, **Isho**, and I moved back to Oregon in 2011, but we still tried to come down to California for a few visits to see friends. Somehow, we managed to time quite a few visits to make it to lots of SCRR parties! It was great to see the crew and to get in some fun miles during those visits, too.

Thanks runners for sharing your stories. After the 4th race of the **Grand Prix** series our leader is **Leilani Rios**, followed by **Jeanie Leitner**, **Mike Gulan**, **Thomas Fung**, and **Stacey Dippong**. In November we support our local schools at the **Dino Dash**. See you at the **Finish Line**!



Group shots at the tent after Long Beach with lots of smiling faces. Top photo from left: Steve Kan, Alberto Ballon, Thomas Fung, Vicki Ballon, Lisa Eiler, Noreene Matsuda and Angel Cardosa. Photo on right: Angel Cardoza, Alberto Ballon, Vicki Ballon and Lisa Eiler.





Annual SCRR Wine & Cheese Party!

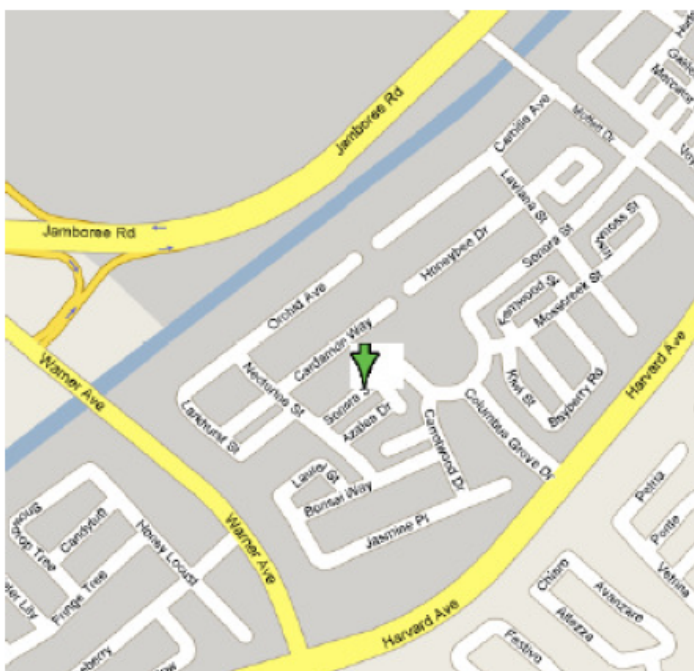
Where: Dan Templin's Place

When: Saturday, November 10th; 6 PM 'til whenever

What to bring: A bottle of your favorite wine and an appetizer or dessert.

Dress: Nice casual

Note: Carpooling is encouraged because parking may be problematic.



Directions

- Exit I-5 at Jamboree. If you were heading south, turn left. If you were heading north, turn right.
- Stay to the right toward Walnut/Edinger
- Turn left onto Edinger.
- Turn right on Harvard.
- Turn right on Columbus Grove.
- Turn Left onto Sonora (at club house)
- Fourth house on the right.

15525 Sonora St
Tustin, CA 92782
(949) 861-2058

See you there!



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 32 out of 59 participants for the 2012-2013 series after 4 races are:

	Name	Age Group	Total Points	Races	Best	Avg	Long Beach		Beer Run 5k	
							Times	Points	Times	Points
1	Leilani Rios	30-34	3,391	4	866	848	17:37 5k	866	18:41 5k	843
2	Jeanie Leitner	65-69	3,319	4	863	830	1:54:30 Half	863	23:59 5k	859
3	Mike Gulan	60-64	3,139	4	815	785	21:35 5k	788	21:56 5k	751
4	Thomas Fung	45-49	3,087	4	786	772	19:30 5k	775	20:24 5k	766
5	Stacey Dippong	30-34	2,810	4	751	703	1:37:27 Half	693	22:52 5k	646
6	Matt Kossoff	30-34	2,732	4	736	683	3:37:35 Full	577	18:57 5k	736
7	Mike Connors	45-49	2,518	3	881	839		0	18:36 5k	840
8	Brad Wobig	40-44	2,389	3	812	796		0	18:43 5k	785
9	David Schiller	50-54	2,379	3	857	793	3:41:06 Full	675		0
10	Ben Coyle	35-39	2,374	3	798	791		0	16:54 5k	779
11	Mike Dietz	45-49	2,259	3	844	753		0	18:50 5k	829
12	Greg Hanssen	45-49	2,200	3	748	733	1:35:43 Half	711	20:25 5k	741
13	Carlos Jovel, Jr.	35-39	2,179	4	582	545	2:02:17 Half	518	24:08 5k	545
14	Cathy Shargay	50-54	2,072	3	746	691		0	25:36 5k	661
15	Molly Donnellan	50-54	2,068	3	698	689	25:41 5k	680		0
16	Vicki Ballon	25-29	1,989	3	702	663	22:42 5k	656	22:53 5k	631
17	Jennifer Erickstad	30-34	1,917	3	651	639	23:42 5k	643		0
18	Amanda Beach	30-34	1,852	3	628	617		0	23:31 5k	628
19	Eric Dangott	35-39	1,827	3	646	609	1:48:55 Half	582		0
20	John Gardiner	40-44	1,739	2	886	870		0		0
21	Bob Morris	60-64	1,710	2	875	855	19:26 5k	875	21:02 5k	835
22	Jennifer Neff	40-44	1,605	2	823	803		0		0
23	Tonson Tong	45-49	1,600	2	831	800		0		0
24	Ken Atterholt	50-54	1,598	2	819	799		0		0
25	Noreene Matsuda	45-49	1,527	2	788	764	1:47:52 Half	739		0
26	Mike Friedl	45-49	1,493	2	769	747	20:53 5k	724		0
27	Steve Kan	55-59	1,477	2	761	739		0		0
28	Armando Moran	40-44	1,477	2	753	739		0	20:17 5k	724
29	Linda Hammond	45-49	1,445	2	763	723		0	23:55 5k	682
30	Doug Niles	45-49	1,438	2	735	719	1:36:48 Half	703		0
31	David Bauers	50-54	1,397	2	716	699		0	22:11 5k	681
32	Esteban Rojas	30-34	1,377	2	696	689		0	20:28 5k	681

SATURDAY RUNS

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

11/3/12 – Corner Bakery Pre-race Run

Leaders: Armando Morán and Shiao Huang

Location: Meet in the parking lot of the Corner Bakery at Main & Harvard in Irvine.

Directions: 405 north or south, exit Jamboree, head north (toward the mountains). Turn right on Main Street, right on Harvard, and right into shopping center.

About the Run: This is a good warm-up run for the club race the following day. Run as long or short as you like on the bike path toward Back Bay.

After the Run: Corner Bakery, 17575 Harvard Ave., Irvine, CA 92614

11/10/12 – Nellie Gail Run

Leader: Bob Morris

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

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!

11/17/12 – 3 Piers "Keg and Eggs"

Leader: Ted Williamson

Location: We start at the base of the Newport Beach pier. Arrive early to find street parking or bring change for the meters.

Directions: 5 freeway to the 55 south, follow signs to Newport Beach pier. (Mapquest "Baja Sharkeez Newport Beach" for exact directions) 114 McFadden Place, Newport Beach, CA 92663.

About the Run: 5.75 miles to the Breakers and back to Newport pier, then another 11.1 miles to Huntington Beach pier and back.

After the Run: We enjoy the best deal in town at Baja Sharkeez for breakfast!! For less than \$5, you get French toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

11/24/12 – Spyglass Hill

Leader: Dave Bauers

Location: Marguerite Ave and Ocean Blvd in Corona Del Mar.

Directions: PCH, West on Marguerite, until it dead-ends on Ocean Blvd.

About the Run: The standard run is a 12 mile hilly loop on roads, but there are many shorter options, as well as beach running available.

After the Run: Bruegger's Bagels and/or Starbucks; they are across the street from each other on the corner of Goldenrod and PCH - 2743 East Coast Highway, Corona Del Mar, CA 92625

SCRR Meeting Minutes - October 2012

Our VP **Leilani Rios** ran the club meeting in the absence of our president **Sherri Ellerby**.

Six newcomers introduced themselves. Half of them were new to Orange County.

On September 24, our Monday night run moved from Peter's Canyon to Hicks Canyon. We meet in front of the Sports Authority at the Irvine Marketplace at 6:15. Saturday runs will start at 8am beginning October 6. Due to Thursday Night NFL games ending after 8:30pm, our regular Lamppost Pizza location is unable to accommodate us on meeting nights through December. Pizza will be served at the Lamppost Pizza on Barranca and East Yale Loop (maps were handed out) after the meeting. This location has reserved a section of the restaurant for the club. They offer a 15% discount on food.

Eric Dangott announced our account balance was approximately \$4,700 at the end of September.

Rob Harris will host the annual Oktoberfest party on Saturday, October 13, starting at 7pm. Brats and sauerkraut will be served. Bring your favorite beer and something to share. **David Schiller** will email the party flyer to the club. **Leilani Rios** and **Kevin Wilson** will host a Halloween party on Saturday, October 27. An invitation to this adults only event is posted on Facebook. **Leilani** may send out an Evite as well. A taco bar and full bar will be provided. Optional: Bring a side dish to share. There will also be a DJ, photo booth and Crystal Skull Head Vodka will be awarded for the best costumes in six categories.

The Wine and Cheese party is on Saturday, November 10, hosted by **Dan and Teleia Templin**. The party flyer will be sent out shortly. **Janelle Daniels** volunteered to be our social chair. She also shared a photo of Julie Culley whom she met recently. Julie competed in the 5,000m at the Olympics Games in London.

Bob Morris announced an Asics event on Monday, October 8, at the Snail's Pace in Laguna Hills store. The new GT2000 model will be introduced. The fun run starts at 6pm and a taco bar will be provided after the run.

Paul Osgood talked about his new stint as a radio talk show host on KUCI 88.9. His show is called Off the Couch and airs live on Wednesdays from 8 to 9am. His goal is to help motivate people to become more interested in exercise and to discuss different types of sports, e.g. train for a 5K or triathlon, or cross-talk on martial arts such as Muay Thai and Jiu-Jitsu. If anyone has a chance to listen to his show, he would appreciate any feedback.

Mike Friedl explained how the Grand Prix works and announced the top 20. After three races, the top three are: (1) **Leilani Rios**, (2) **Mike Connors** and (3) **Jeanie Leitner**. Our next club race is the Long Beach Marathon, Half Marathon and 5K on Sunday, October 7. Six people that were present at the meeting will be running the full marathon. **Katy Keely-Weinhold** will host a pre-race dinner and provide accommodations at her home the night before the race to anyone interested.

The Brea 8K was voted as our February club race. Registration is currently \$30 and there is a \$5 discount with a USATF membership. **Bob Morris** will keep us posted on a discount on the entry fee.

Congratulations to **Eric Dangott** and **Jennifer Erickstad** for finishing the Mission Bay Triathlon in San Diego. This was Eric's first triathlon attempt. He gave kudos to Jennifer who kept him motivated during the entire race.

Our Runner of the Month was **Lisa Eiler**. Welcome home, Lisa!

Noreene Matsuda - Club Secretary

Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
30448 Rancho Viejo Rd., Suite 110
San Juan Capistrano

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

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

Reminders

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

SCRR Roster: Send your address, e-mail address, phone number updates 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, 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.

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



NOVEMBER	
THURS, 11/1, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 11/3 7:00 a.m.	Run Love 5K, 10K Woodbridge Lake – Irvine ***\$10 off registration with coupon “runclublove” for all SCRR RunLove5K10K
SUN, 11/4, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/4, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon www.runfresno.com
SUN, 11/4, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash
SAT, 11/10, 3:00 p.m.	Light the Way 5K, Rancho Santa Margarita, http://lighttheway5k-eorg.eventbrite.com/
SAT, 11/10, 7:15 a.m.	Santa Barbara Marathon www.sbimarathon.com
SUN, 11/11, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
THURS, 11/22, 7:00 a.m.	Oceanside Turkey Trot http://www.osideturkeytrot.com/
THURS, 11/22, 7:00 a.m.	Dana Point Turkey Trot http://www.turkeytrot.com/
DECEMBER	
SAT. 12/1, 3:00 p.m.	Las Vegas Rock ‘n Roll Marathon, ½ Marathon RuntheStripatNight
SUN. 12/2, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathon
THURS, 12/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN. 12/9, 7:30 a.m.	Tucson Marathon, ½ Marathon Tucson, AZ Tucson Marathon
SUN. 12/9, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach - CrystalCoveTrailRace
SUN. 12/9, 8:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca Holiday Half Marathon
SAT. 12/15, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine RenegadeSantaRun
SUN. 12/23, 8:30 a.m.	Winter Solstice Christmas Tree Run Long Beach, CA WinterSolsticeRun
WED. 12/26, 7:30 a.m.	Operation Jack Marathon, ½ Marathon Dockweiler State Beach – Los Angeles OperationJackMarathon
JANUARY	
THURS, 1/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 1/6, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca SD Resolution Run
SAT, 1/12, 8:00 a.m.	Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, schalfmarathon
SUN, 1/13, 5:00 a.m.	Walt Disney World Marathon, FL Disneyworld Marathon
SUN, 1/13, 7:00 a.m.	13.1 Los Angeles – Santa Monica, CA 13.1 Marathon Los Angeles
SUN, 1/20, 7:00 a.m.	Rock ‘n Roll Arizona – Phoenix, AZ Rock n Roll Arizona
SUN, 1/27, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon

2012-2013 SCRR CLUB OFFICERS:

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

2012-2013 COMMITTEE CHAIRPERSONS:

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