

ON THE RUN



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

Orange County, California
February 2011 Issue

Runner of the Month – Danielle Gordanier

By: Stacey Dippong

Danielle Gordanier was chosen as the January Runner of The Month for a number of reasons. She is very personable and friendly, and a great baker! She was nice enough to share one of her prize-winning recipes below. Danielle is also proof that you do not need to have a background in running (i.e. high school or college) to become fast. Her story is inspiring – she started not being able to run more than a few minutes at a time, and has now become one of the fastest women in our club! Watch out Grand Prix contenders!

Where are you from and how long have you been in Orange County?

I was born in River Falls, WI, and lived most of my life near the Twin Cities. On New Year's Day 2010, I left the St. Paul icebox and moved to Irvine for a fresh start. I had my first group run with SCRR on January 6, 2010, and on January 6, 2011 was named Runner of the Month! I'm glad they didn't make me give a speech. I was so surprised to be given the honor and felt so good that I almost started to cry!

Tell me about your "road" to becoming a runner.



I was never considered an athlete as a kid. When we did the fitness tests in high school, I couldn't run the mile under 10 minutes. The other kids made fun of the way I ran. In my 20's I walked, biked and did yoga, but I never thought running was for me. Around the

time I turned 35, I was under a lot of stress, and my usual gentle exercises weren't providing any relief. A lot of people who start running later in life say they just felt an overwhelming need to do something to save their health and their sanity, an urge to reclaim their youthful energy. Running became that remedy!

I was living in State College, Pennsylvania at the time I started. I set out on secluded trails every other day in sweats and sneakers; I didn't know what running shoes were. At first I could only jog for a couple minutes before I was out of breath. At the end of the day I ached in places I didn't even know I had muscles, but I felt so much better, and it quickly got easier.

A young friend found out I'd been running and begged me to register for a 5K with her. We investigated the Nittany Valley Running Club and found there were no runners there at our level, so we begged the president to start a beginner's group. He liked the idea and it really took off. After a few months, we were leading the beginner's pack, helping others



run their first race too. My favorite thing is still encouraging beginners, fueling their enthusiasm, watching them improve so quickly. Some of them end up quite a bit faster than I am!

After I moved back to Minnesota, the cold winter drove me to the indoor track. I loved doing hard track workouts, but I pushed too hard and ignored ominous pains in my right upper thigh and groin until the severity forced me to stop. An MRI report seemed to confirm my worst fears: A hip labral tear, among other problems. I thought I'd never run again. I saw a specialist who didn't think it was that grave, but said he'd rather see me be a swimmer or a biker. So I did what any runner would do and found another doctor, but I did learn to swim. That was even harder than learning to run, since I had to overcome a slight fear of the water and poor coordination as well as a lack of any background in the sport. Eventually it all worked out, though. I started an aggressive program of strength training to build up my glutes and hip muscles, kept cross-training, carefully started running again, and came out a stronger runner. I stayed on the scene through volunteering at races, encouraged by a friend who directs a race series in St. Paul.

It's been an awesome road and I've met a lot of amazing people along the way - people who have overcome major injuries and illnesses, much bigger challenges than mine, and stayed positive and active. Some of the best are right here in our club. I wish there was space to go on about all of them. Inspiration is everywhere.

What is the most memorable race you have ever run?

My second half-marathon, the 2008 Monster Half-Marathon in Minneapolis. It's a Halloween race and a lot of people wear costumes. When the start gun went off, I was IN the porta-potty frantically adjusting my little black tutu. Seconds later I burst out of there and dashed for the start. I had to pass everyone - people walking costumed dogs, girls in feather boas, old men in capes, a couple of guys in dreadlocks in a painted cardboard box going as the Jamaican bobsled team, Elvis's, they all went by in a blur. Further toward the front, I stopped seeing costumes, and spectators started cheering for me because I was one of the first costumed runners. Guys started working hard to pass me, not wanting to be outrun by a ballerina. I finished in about 1:39.

What's your favorite thing about SCRR?

As far as I know, SCRR is the best running club in the country. I couldn't believe how many people showed up for my first Thursday night run! Making friends in a new town is always hard, but a great running club makes it easier. The SCRRs are especially enthusiastic and supportive of each other. I've always had someone to run with, whether I wanted to run 7-minute miles or just a careful recovery jog. I've always had people cheering for me at the finish line. And we have the most carefully calculated Grand Prix competition, of course. I have no doubt all of this helped me run faster - I give the club a lot of credit for getting me off a long performance plateau. I've set PRs in every distance, from the mile to the half marathon, since I've been here. I've seen some of my teammates improve dramatically, too, and there's nothing better than celebrating our PRs together. I'm always trying to convince new people to join.

What is your favorite race distance and why?

My favorites continue to be 10K and 10 milers! I'm not sure why, but the Huntington Beach Distance Derby 10-miler (1:11:08) and the Make Room for Santa 10K (42:11) were not only my best races of 2010 performance-wise, they were by far the most fun. I wish we'd see more races at these classic distances.

Are any marathons in your future?

No plans at this time, but I'm sure someday someone will talk me into it.

What do you do for work?

I'm a medical transcriptionist and I work from home. My job has made it a little easier to move from city to city, and I learn a lot, but there's a lot of sitting and it's very solitary - another reason why it's important for me to get out and run with people. *(Continued on Page 5)*



SCRR Women Compete in USATF Club XC Nationals

By: Sherri Ellerby

On December 9, 2010, eight California Runner Girls boarded flights to Charlotte, North Carolina for the USATF Club XC National Championships. Most of us had been training specifically for this race to be the peak of our training season. Leilani Rios and Elyse Shimada made up part of a 5-member open women's team. It also included Kelly Flathers and Donna Mills, both of whom are seen from time to time running with SCRR.



Mary Lynch, Erika Kotteakos, and myself were the three members of the women's masters team. Coach Danny Stein put together our training plans, and as the days and weeks built up to our big race across the country, we were very excited and ready to race.

On Friday afternoon all eight of us gathered at McAlpine Park for an easy run at the race site to preview the course. Danny Stein currently resides in Virginia, but flew down to North Carolina to coach us in person for the big event. He shared his expertise with us since he had personally run many races on this course being the native Tarheel that

he is. It was a great course. Wide dirt trails through trees and grassy portions. There was only one short, steep hill on the two-loop 6K course. Nothing like the long, gnarly hills of Aliso Woods Canyon or Spyglass. Kind of a fun diversion on a flat, fast cross country course. Jogging through the course and talking race strategy with the girls was one of my favorite moments of the weekend because I felt like I was truly part of a team – one of the things I have desired ever since I tried out for sports in junior high and never made the cut.

Race day was Saturday, December 11. The women's masters race started off the 4-event day of running clubs competing for the national cross country title. The temperature at the start was probably in the high 40s, which for me is freezing. Mary graciously agreed to wear the singlet instead of just a sports bra. That was our only difficult team decision. USATF rules strictly state that our race tops must be identical. Notice I'm wearing the most clothes and Mary has her singlet tucked under her sports bra. Erika was in between, not needing the beanie for additional warmth. Our masters team tackled the course and finished in the top half of the results being the 7th team overall out of 16 teams.



The open women's race was another matter altogether. Our team



had to deal with some wickedly fast runners. As we watched the younger women fly by, we wondered when we would see our girls. The lead women ran the first mile in 5:10! When Kelly Flathers is in the middle of the race pack, you know there are some serious competitors out there. Elyse was not far behind her. All five women ran faster times than we did in the masters. They were tough! When all was said and done, the open women's team placed 22nd out of 29 teams (and Elyse placed ahead of Kelly – wow!)

Practically the moment we finished our races, we were talking about doing it again next year. It was incredibly fun! Participating at a national level was so special and memorable. We were already craving to achieve that “high” again. We would love to have more women (and men!) join us in on December 10, 2011, in Seattle, Washington where the next USATF National Club Cross Country Championships will take place at the Jefferson Park Golf Course. Men run a 10K and women do a 6K. Seriously consider putting it on your race calendars.



Top row: Mary Lynch, Sherri Ellerby, Erika Kotteakos
 Middle row: Open women's team with Coach Danny Stein, Leilani Rios
 Bottom row: Elyse Shimada, celebrating the race in style

Dan and Teleia Templin's Super Bowl Party

Sunday, Feb. 6th 3-9 pm

15525 Sonora Street

Tustin, CA

Come join our annual party and relax following the Surf City races!

Runner of the Month – Danielle Gordanier (con't)

When you are not working or running what do you like to do in your free time?

On my days off, after running, swimming, spinning or kickboxing class, often I'll just check a book out from the library, go to the beach or the park and read. All my shoes have sand in them. I love to cook! I love food a little bit too much. I try to focus on foods that are both delicious and nutritious. Most days I cook things that can be thrown together quickly - vegetable stews with African or Indian spices, stir-fries, tacos, roasted veggies and fish.

I've won more in cash and prizes for baking than for road racing. When I won a sponsored contest at the 2009 Minnesota State Fair with my cherry-almond energy bars, I got to be on Twin Cities Live TV show to do a cooking demonstration. I kept adjusting the recipe until I worked out something with a good balance of nutrition and taste. It saves money and you get to choose what you put in them.

In keeping with the spirit of sharing healthful information, here is my energy bar recipe!

Danielle's Cherry Almond Energy Bars Recipe

Start with:

1 cup chopped dates (you can get these at some health food stores coated in oat flour, or at regular stores coated in dextrose. Or you can chop your own - medjool dates are preferable, but any kind will do)
2 tablespoons maple syrup
1/2 cup nut butter (I like Blue Diamond chunky almond butter)

Microwave on high for about a minute, and mash to a nice sticky puree. I use my Braun hand blender.

Mix in:

1/3 cup chopped nuts, pepitas, or sunflower seeds, whatever you like
3/4 to 1 cup dried fruit, chopped (cherries, currants, apricots especially good - Sun Maid Fruit Bits works pretty well)
1 cup oats
1 cup dry cereal (Corn flakes works well; most crisp or flake-type cereal works)

Sprinkle some quick oats and flaxseed in the bottom of a 9 x 9 glass pan. Now you're going to get messy.

Mix everything up thoroughly. Don't worry about crushing some of the cereal. Feel free to use your hands. The mixture will be a bit sticky. If it's way too thick, you can add a tablespoon or two of juice, or if it's way too sticky, a bit more oats. Press the mixture down into the pan, and sprinkle more oats and some flaxseed on top. The coating makes them less sticky without drying them out. Cut into squares. Wrap in foil and store in the freezer for later.

SCRR Holiday Party at BJ's

Photos By: Sherri Ellerby



Photo Captions on Page 9



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 33 participants (out of 74 total) for the 2010-2011 series after 7 races are:

Details								Santa 5K/10K		Turkey Trot	
	Name	Age Group	Sex	Total Points	Races	Best	Avg	Times	Points	Times	Points
1	Dave Parsel	55-59	M	6353	7	950	908	18:00 5k	896	17:55 5k	900
2	David Schiller	45-49	M	5586	7	837	798	1:26:40 Half	786	38:40 10k	779
3	Mike Connors	40-44	M	5570	7	831	796	1:23:40 Half	758	17:37 5k	807
4	Ken Atterholt	50-54	M	5494	7	813	758	19:18 5k	808	19:35 5k	797
5	Fred Cowles	45-49	M	5311	6	916	885	16:55 5k	894		0
6	Danielle Gordanier	35-39	F	5210	7	759	744	1:35:28 Half	743	42:11 10k	759
7	Linda Hammond	45-49	F	5106	7	755	729	1:49:17 Half	730	23:25 5k	719
8	Steve Kan	55-59	M	5003	7	743	715	21:42 5k	743	45:45 10k	709
9	Gary Hefner	50-54	M	4804	6	846	801	1:30:19 Half	769	18:26 5k	846
10	Cathy Shargay	50-54	F	4792	7	718	685	2:00:09 Half	663	24:49 5k	704
11	Armando Moran	35-39	M	4767	7	700	681	1:30:50 Half	698	40:38 10k	696
12	Mike Sellers	30-34	M	4646	6	807	774	17:31 5k	771	17:49 5k	758
13	Sherri Ellerby	45-49	F	4403	5	907	881	19:15 5k	875		0
14	Ed Coffey	60-64	M	4301	6	746	717		0	24:26 5k	696
15	Jeanie Leitner	60-64	F	4049	5	830	810		0	24:43 5k	795
16	Jodie Kinney	60-64	F	4036	5	821	807	24:29 5k	803	49:21 10k	817
17	Matt Hood	40-44	M	4024	6	730	671	19:51 5k	716	20:20 5k	699
18	Leilani Rios	30-34	F	4010	5	838	802	19:04 5k	800		0
19	Amy Katz	40-44	F	3881	6	737	647	23:03 5k	686	24:35 5k	643
20	Erika Kotteakos	40-44	F	3687	5	762	737		0		0
21	Mike Friedl	45-49	M	3680	5	763	736	1:34:39 Half	719	21:14 5k	712
22	Elyse Shimada	20-24	F	3379	4	875	845	18:13 5k	836		0
23	Mike Dietz	45-49	M	3349	4	870	837	18:07 5k	835	18:02 5k	838
24	Greg Hanssen	40-44	M	3347	5	692	669	21:08 5k	673		0
25	David Bauers	50-54	M	3210	5	663	642	1:45:06 Half	661	47:58 10k	663
26	Mary Lynch	40-44	F	3189	4	835	797	20:02 5k	789		0
27	John Gardiner	35-39	M	3111	4	838	778	1:15:55 Half	835	17:50 5k	762
28	Carrie Shargay	16-19	F	3091	4	842	773	1:51:00 Half	668	21:23 5k	766
29	Rob Harris	50-54	M	3013	4	775	753		0	20:07 5k	775
30	Tonson Tong	40-44	M	2968	4	768	742	1:25:21 Half	743		0
31	Ryan Doss	25-29	M	2918	4	759	730	1:27:43 Half	694	17:50 5k	759
32	Quang Pham	45-49	M	2517	4	683	629	1:53:51 Half	598		0
33	Bill Quinnan	35-39	M	2503	4	641	626		0	44:04 10k	641

SATURDAY RUNS

All runs meet at 7:45 a.m. and Start at 8:00 a.m.

02/05/11, Back Bay Classic

Leader: TBD

Location: Corner of Eastbluff and Back Bay Drive.

Directions: Take Jamboree Exit off the 405 - head West; go about 2 miles; Right on Eastbluff; go .2 miles - park on the right; we begin running at Back Bay Drive.

About the run: The "standard" loop is 10.5 miles. You can extend the run along the bike path or shorten the run by making it out and back as far as you like. Water is available at several points along the way (~miles 3.5, 5, 7 along the "standard" loop).

After the run: Starbucks on Bristol and Jamboree.

02/12/11, Baja Sharkeez – Three Piers Run

Leader: Dave Bauers

Location: We start at the base of the Newport Beach pier. Arrive early (O.K., very early) to find street parking or bring change for the meters.

Directions: 5 Freeway to 55-South, follow signs to Newport Beach Pier. (Mapquest "Sharkeez Newport Beach" for exact directions)

About the Run: We enjoy the best deal in town at Sharkeez for breakfast!! Just \$3.75 gets you french toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

02/19/11, To Be Announced on web site and Facebook

02/27/11 (Sunday), Club race – Brea 8K

Possible Club Road Trip – Fun for Racers and Fun for Wine Lovers

Paso Robles 1/2M and 5K (1/2M OA Winners win their weight in wine)

Sunday, Apr. 10 www.winecountryruns.com

Beautiful Course, Post-race breakfast and music, Raffle

Itinerary from past trips:

Saturday - Carpool to Paso Robles in morning; Lunch; Wine Tasting for afternoon
(~4-6 wineries); Pre-race dinner at Italian restaurant

Sunday - Race, Back to hotel for showers and lunch; Wine Tasting for afternoon
(~4-6 wineries); Dinner and Mechanical Bull

Drive home on Sunday or Monday

If we have about 10 or more people, we can probably hire a van for going to the wineries.
Otherwise, we can use designated drivers.

For more information: See Cathy Shargay

SCRR Rocks at SoCal Half Marathon/5K

By: Linda Hammond

South Coast Roadrunners started off 2011 by running the **Southern California Half Marathon and 5K** in Irvine. Charitable partners for the race were **Team Kids** and **Raise Foundation**. The mission of **Team Kids** is to inspire and empower young people to become resilient and responsible citizens with a passion for community service. The program serves Elementary, Middle School and High School students from Orange County; programs focus on poverty, hunger, literacy, and the environment. The mission of the **Raise Foundation** is to stop the cycle of child abuse through education, advocacy, community collaboration, and comprehensive services. The race was a great opportunity to support the local community.

In the half marathon **John Gardiner** and **Sue Zihlmann** had over 800 point races and 1st place age division wins. In the 5K race, members of the 800 point club were **Dave Parsel**, **Ken Atterholt**, **Fred Cowles**, **Sherri Ellerby**, **Jodie Kinney**, **Leilani Rios**, **Elyse Shimada**, and **Mike Dietz**. Our current Grand Prix leader Dave Parsel had a 1st place age division win as did Jodie Kinney, Sherri Ellerby, Mary Lynch, Leilani Rios, and Elyse Shimada.

In February our race is the **20th Annual Brea 8K Classic**. Since the 8K is not a common race distance, this will be an opportunity for plenty of PRs. See you in Brea and see you at the Finish Line!

Big Baz's 2011 trail races (http://www.bigbaztrailraces.com/)				
YEAR	DATE	EVENT	DISTANCE	TOTAL CLIMBS
2011	<u>Jan 8</u>	Winter Trail Run Series (If you haven't done a trail race before, click <u>Beginner's Page</u>)	12K	2,604'
	<u>Jan 22</u>		15K	3,502'
	<u>Feb 5</u>		18K	4,020'
	<u>Feb 19</u>		21K	3,470'
	Mar 5	San Juan Trail 50K	50K	6,627'
	Jun 4	Shadow of the Giants 50K	50K+	5,923'

Picture Captions from Page 6:

Clockwise from Top Left:

- 1) Group shot with Matt Kossoff and Dave Blakesley on left and Orhan Beker, Cathy Blakesley, Angel Cardoza and Angel's friend Katie on right.
- 2) Teleia Templin opening a unique gift.
- 3) Kevin MacDonnell after breaking the classic White Elephant gift (this gift returns year after year, and actually no one knows when it broke)
- 4) Stacey Dippong and Kathleen Monk – our great Social Chairs and the party organizers
- 5) Leilani Rios and Noreene Matsuda about to eat dessert!

Great Deals From Fellow South Coast Roadrunners...

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

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

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.

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

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"

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!"

Evie Katahdin, ND, MSOM, LAc
AthletiZen: Natural Sports Medicine
Naturopathic Doctor and Licensed Acupuncturist
(949) 574-4978
1831 Orange Ave, Suite A, Costa Mesa, CA 92627
www.drkatahdin.com www.athletiZen.com

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, Thursdays @ 6 p.m. and Sports Authority, 5 and Jamboree, 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



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

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

FEBRUARY	
THUR, 2/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SUN, 2/06, 6:50 a.m.	Surf City Marathon, ½ Marathon and 5K Huntington Beach, CA
SUN, 2/06	Superbowl Party at Dan and Teleia Templin's
SAT/SUN, 2/12 and 2/13	Tour de Palm Springs Century and Palm Springs ½ Marathon
SAT, 2/12, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #1, O'Neill Regional Park, RSM
SAT, 2/19	Timberwolf 5K, Northwood High, Irvine
SAT, 2/26, 7:00 a.m.	Run the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Naval Base
SUN, 2/27, 8:00 a.m.	Brea 8K, Brea Mall, 57 Freeway and Imperial
MARCH	
THUR, 3/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SAT, 3/12	Catalina Marathon
SAT, 3/12	Solvang Century
SAT, 3/12, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #2, O'Neill Regional Park, RSM
SUN, 3/13, 7:00 a.m.	Dana Point Grununion Run 5K and 10K, www.festivalofwhalesgrununionrun.com
SUN, 3/20	Los Angeles Marathon, Los Angeles CA LA Marathon
SUN, 3/20, 8:00 a.m.	Dove Dash and Pancake Breakfast, 5K, Dove Canyon and Sycamore Drives
SUN, 3/27, 7:30 a.m.	Coaster Run 5K and 10K, Knotts Berry Farm, Buena Park
APRIL	
SUN, 4/3, 7:00 a.m.	Carlsbad 5000 Carlsbad, CA 5K Carlsbad5000
THUR, 4/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost
SUN, 4/10, 9:00 a.m.	Irvine Lake 3.8 Mile Mud Run, www.irvinelakemudrun.com
SUN, 4/10	Paso Robles Half Marathon, http://www.winecountryruns.com
MON, 4/18 9:00 a.m.	114 th Boston Marathon Boston, MA Boston Marathon
FRI-SAT, 4/15-4/16	Ragnar Relay, Huntington Beach to San Diego Ragnar Relay
SAT, 4/16, 8:30 a.m.	OC Chili Winter Trail Run Series - Race #3, O'Neill Regional Park, RSM
SAT, 4/23	Costa Mesa Comm. Run, 5K Trail, Fairview Park www.costamesacommunityrun.com
SAT, 4/30, 9:00 a.m.	9 th Annual Donate Life 5K, Cal State Fullerton, www.donateliferunwalk.org
MAY	
SUN, 5/01, 6:00 a.m.	Orange County Marathon, ½ Marathon, 5K Irvine, CA, OC Marathon
SUN, 5/01, 7:00 a.m.	PCRF's Cinco de Mayo Half Marathon, 10K/5K, Irving Spectrum, www.pcrf-kids.com
THUR, 5/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SAT, 05/07 7:00 a.m.	Santa Barbara Wine Country ½ Marathon, SB WineCountry 1/2 Marathon
SAT, 05/21 8:30 a.m.	Magic Shoes 5K, Newport Beach, www.bookthatevent.com
SAT, 05/28 7:30 a.m.	Mount Wilson Trail Race 8.6mi Sierra Madre, CA Mt.WilsonTrail
MON, 05/30 7:30 a.m.	Memorial Day ½ Marathon Laguna Hills, CA MemorialDay1/2Marathon

2010-2011 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Orhan Beker
Treasurer:	John Gardiner
Secretary:	Tonson Tong
Social Chairs:	Kathleen Monk, Stacey Dippong
Officers At Large:	Stacey Dippong, Bob Morris, Greg Jones

2010-2011 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:	To be announced
Webmaster:	Mike Reeves