

ON THE RUN



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

Orange County, California
May 2007 Issue

Runner of the Month – Kathleen Litvak **Interview Style**



Kathleen joined Roadrunners in just the last year, but is already a very active member and is getting faster and faster with every race. She and her husband David were brought to the club by Jim Oliver. Kathleen was fast when she arrived and ran a 19:07 at the Turkey Trot last November. She had an awesome day at the OC Marathon, running a 1:28:22 PR in the 1/2M and placing in her age group. Since then, she has focused on 5K's with a target of peaking in late June and with Carlsbad being one of the key races.

Opening day of the racing season came and Kathleen shined! She ran an 18:21 at Carlsbad which was a huge PR!

Kathleen and David have also been active in the club social events. They have hosted two parties. One was the BBQ after the Track 5K and the other was to watch the NCAA finals basketball game. Both parties were a great time with good turnouts, fantastic food and great hospitality. Kathleen and David also came on the club road trip to Paso Robles. The primary events were touring the wineries and running in the 1/2M, but Kathleen added to the fun by "meeting the challenge" at one of the group dinners. Somehow she was dared to eat six bowls of spicy beans in less than two minutes! The timers got their watches ready and she was off to the cheers of the crowd. Soon, another race was won.

Kathleen is busy outside of running too, as she has three school-age kids and many other responsibilities and interests. The rest of the article is her responses to interview questions.

I'm going to start by saying thanks to Danny for starting my spring season with my all time 5K PR of 18:21 at Carlsbad. My intention was to hopefully take another minute off that by peaking in late June, but we'll see how well I can keep things going cross training on the bike and swimming. If not, a new season is around the corner. How does a coach get a 39 year old like me to run faster than I ever have in my life?? He is excited to work with anyone who wants to work hard. Rob Harris will tell you when I first came to running club a year ago, I was running 20 miles a week and couldn't even keep up for more than 2 miles with Danny, Rob and the likes on their warm-up crew. I'd drop off after 2 miles, regroup and try to make another hard effort for a total of 6 miles. It took me awhile to get to know those folks up front because I had to first be able to keep up in order to have some time to visit with them during the run since I never made any of the social outings or pizza. Danny would step in every now and then with some words to let me know I needed to change things, but would also let me know that he thought it was a worthwhile endeavor for me. He would mention the same thing over the course of many months hoping one time it'd sink in. It was always sinking in...it just took some extra choreography in my life to figure out how and where to fit it in. It's amazing how just a few little words of encouragement and knowing someone believes in you can make a difference at any age in a person's life-no matter how successful and confident one is in all the other areas of their life. I also find tremendous fun and camaraderie in fitting into a sub-training group. Mike Reeves and Mike Sellers are such committed teammates. In all those long runs they'd turn back for me after the effort and we'd run back in together. Mike Reeves definitely put some extra strain on his muscles by pacing me at Carlsbad after he had just enough time to tighten up from his own race and he was good natured about peanut-section comments from a fare number of wise-cracker, spectators during my race. If you don't have time to read the rest, I wanted to make sure you at least read this far for motivation!! Thanks guys!

I was raised on a working farm on a lake in a small town in Michigan, and went to grade school and high school in Indiana just across the street from Notre Dame. When I was in 6th grade my older cousin took me for a 3 mile run around the lake on which I grew up. I fell in love with running that day! Later the same day she took
(Con't on Page 9)

Boston Marathon Report

By: Amy Katz



Amy and Jane after the finish with their medals, blankets and warm clothes!

I love Boston. It's not just the marathon that I love, although it's more of a love/hate relationship I have with the hills of Newton and the pounding down hills. I love the history and tradition, and more than anything I love the people of Boston. This includes the spectators who are more than happy to stand out in the wind and rain to cheer me on, but also my fellow marathoners. I am in awe of the Boston marathoners.

I know I belong on the course because I've qualified twice for Boston, and the second time I didn't even need the extra 5 minutes granted me due to my age. But Boston really puts you in your place. These are some of the fastest, fittest people I've ever seen, regardless of their ages. I may have completed 21 marathons to date, but I still have not conquered Boston.

But that's what I love about running. There is always the next challenge, and it doesn't matter how long it takes me to reach my goals, I will keep trying. As long as I can qualify for Boston, I will be back to the city I love and the race that tempts me again and again.



Amy, Jane, Sue DeLong's Dad Jim, and Sue heading to the start.

Roadrunners' Women's Team:

Lucy Lara	3:18
Jane Crewe	3:54
Jannay Morrison	4:01
Linda DeStefano	4:09
Amy Katz	4:26

Sue DeLong	4:42
Carmel Vrabel	5:24

Roadrunners' Men's Team:

Eric Frome	2:45
Vince Lowder	3:18
Victor Celani	3:26
Mike Antrim	4:00
Ray Vrabel	5:24

Also special mention to Mike Reeves 2:51 and Kelly Flathers 2:43 Olympic trials qualifier and 9th American woman (not officially on the team results) !!!

My Boston Experience

By: Mike Antrim

First: congratulations to all the others who ran Boston. I'm amazed at some of the great times from other SCRR members especially considering the nasty conditions. Since the group dinner that Amy arranged the night before the race, I did not see anyone on race day or during the race, so again, great job to all.

Second: thanks to all the support before and after the race from many of the SCRR members--emails, etc. I would especially like to thank Danny for providing the support and coaching. Even though I was not able to run with the training group much, I did follow Danny's plan pretty closely (started just before Thanksgiving) --doing most of the track workouts by myself, getting in all the tempos, long runs, etc. I am completely convinced that a specific plan is necessary, at least for me.

Account of Boston experience: This was my first Boston marathon and fourth marathon overall. I qualified last year at OC: 3 hr 35 min --qualifying standard for my age group is 3 hr 45 min (55 years old). Anyway, my original goal going in was to run Boston at about 3:45, but due to nagging injury (plantar/arch) problems, thought 3:45-3:50 would be okay. Then with the weather, I just decided that I would try to run better than 4:00. Well, my official time was indeed 4:00. I was pretty upset not to break 4:00 (even though my Garmin and second watch showed 3:59:19 !).

Most Boston veterans in our club warned not to go out too fast during the downhill and I did hold back, trying to not go much under my goal pace on the downhills. I'm sure the wind slowed me down, it was pretty steady and gusty at times; but after a while I just kind of got used to it. In spite of the conditions, I actually "enjoyed" the first half of the race--going through the countryside, the small quaint towns, and the awesome crowds--especially the Wesley girls! (I could hear them screaming long before I reached them). My pace was slow compared to my other marathons, but was pretty hard to really figure where I should be, considering the hills/downhills.

Well, once I got to the real hills, I tried to keep a steady pace, but was in a lot of pain from the foot problem and quads. I lost a lot of time on the uphill, but was able to pick up some on the downhills. Following heartbreak hill around mile 22, there is a significant downhill and it was there that I got my first actual cramp in my quads. I've never had this experience during a race--scared me a bit and slowed me up, but ran through it and gradually the cramping became less, but the quad pain was still there (much more than I've experienced in my other marathons). Well, at mile 23, I still figured I would only need to finish at about 8 min pace and be in at about 3:50-3:55; I thought this would be no problem. However, just after mile 24 began, I got a severe cramp in my right hamstring. It actually shut me down for a minute or so as I tried to hobble on. Again, I've never had cramping problems in a race, so I'm not sure if it may have been weather (wet-cold-wind) related or just the hills/downhills. Could also be that I'm just an old guy! Again, the cramping let up a bit and was able to continue at a fairly slow pace for the last 2 miles, but was not able to push these last level/downhills due to the cramping. I'm usually able to hammer the last mile or so, but not this time.

Anyway, overall it was a great, if painful experience. As noted above, the historic course and the crowds were awesome. My wife and I were in Boston for the week and saw a lot of sites. Saw the Red Sox--Angels game at Fenway on Friday (going to Fenway was on my life's-to-do-list!)



Mike Reeves finishing Boston in 2:51 – photo from the Boston Herald!

My First Big Win

By: Sherri Ellerby

Today I ran my favorite half marathon: the La Jolla Half Marathon. It was the first half I ever did in 1996. Now I have an unbelievable reason to love it even more. Today I was the overall female winner. I finished the challenging hilly course in 1:28:58. My goals were to break 1:30 and to be in the top 3 female masters. I secretly hoped to be the number one master, but with my recent calf problem, I felt I shouldn't let myself latch onto that possibility too tightly. But to be the #1 female OA? A shocking surprise!

It was one of those days when my body seemed to be completely ready to run a strong and steady race. My first indication occurred after I wrapped my calf in athletic tape and took a warm-up jog around the parking lot. "I feel amazingly springy and ready to run," I thought to myself. I was able to get a spot up close at the start and the runners were not crammed in an uncomfortable anxious pack. I felt relaxed and excited to start. Luckily, La Jolla prides itself on starting on time every year, so there were no annoying delays.



I took off at a strong pace, hoping that it wasn't too fast. Soon I passed a young woman and gained on another female competitor. We ran the first mile together, with her getting ahead of me a little. Then we ran a slight uphill and I easily caught her. Hmmm. Maybe she's weak on the hills. That could be a good sign. By now I'm noticing a race volunteer on a bike and he keeps hovering near me and this other girl. I just assumed he was there to monitor the runners and make sure there is a smooth start. But he keeps sticking with us. He can't be who I think he is. Is this the cyclist that stays with the lead woman? By the time I reach mile 1, I somehow figure out that he is. By the end of mile 2, I start to pass the other girl. Of course, this makes me nervous. Was this a crazy maneuver so early in the race? I hold on to my pace, checking in with myself on how I feel. Mile 1 - 6:38, Mile 2 - 6:40.

From here on out I maintain my lead. At times I think there's got to be some woman who's going to run a very smart race and eventually pass me. There has to be! This is the La Jolla Half Marathon. A big race of 4500 runners with women who are ALWAYS faster than I am. But then I tell myself, "YOU are the lead woman Sherri. Now get moving!" I continue to click off strong splits. I know Torrey Pines is coming up. I think I'll just go as fast as I can and put some time in the bank to make up for the killer hills to come. Mile 3 - 6:35, Mile 4 - 6:59, Mile 5 - 6:12.

All this time the cyclist assigned to the lead woman gives me encouragement and pumps up the crowd as I run by. "Lead woman coming through! Let's hear it for her." Strangers snap my photo - mostly women. Huge smiles and loud cheers come from the female spectators. Men cheer too, but the women seem truly happy to see me.

Only once during the race did I turn around to see if there was a female on my tail. I turn my head to the left during an uphill curve of Torrey Pines. No woman. Or was that man in the blue tank top a woman? Oh well. I'm not going to look back anymore. Just keep pumping your arms, Sherri, and get up this hill. Several times I was tempted to ask my cyclist escort how far back was the second woman. But I hold my



tongue. You don't really want to know. Keep running. Keep running. I complete the steepest mile, mile 6, in 8:20.

The miles seem to fly by from miles 8-11. I run mile 11 in 6:12! Spectators continue to yell out, "You're the first female!" Around mile 10 I begin to believe I really might win this race. Who should I call first as soon as get my hands on my cell phone? Will I get to meet Bob Babbitt? But I know I shouldn't jump the gun. For all I know someone could have been reeling me in for the last couple of miles. It wasn't until I hit the final downhill just before mile 13 that I knew I had won. The crowd's cheering was deafening. I can't stop smiling. My legs go even faster now. I easily throw up my hands in victory as I cross the finish line.

I can't believe it. I just won the La Jolla Half Marathon, my favorite half marathon.

To top off this wonderful race, I had the company of good friends from South Coast Roadrunners to share it with afterwards: Pete Boisineau, Erika, Greg H., Jamie C., Ravi, Jon, Eric, Debbie and Annette were all there.

Support our new sponsor Widmer!



SATURDAY RUNS

5/5/07 Club Race: Run the Block of Orange 5K. See Club web site or www.active.com for details.

5/12/07, 3-Pier Run

Time: Meet at 7:45, start at 8:00.

Location: We start at the base of the Newport Beach pier. Arrive early very to try and find street parking or bring quarters for the meters. There is a change machine to get quarters for the meters.

Directions: 5 Freeway to 55-South, follow signs to Newport Beach Pier. (Mapquest "Charlie's Chili")

About the Run: 5.75 miles south to the Wedge and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back or turn back sooner and shorten your run.

Water: There are water fountains along the way if you like warm tap water.

After the run: Bring a towel and take a quick dip in the ocean and head over to Charlie's Chili near the base of the pier.

5/19/07, Spyglass

Time: Meet at 7:45. Start at 8:00.

Leader: Amelia Carchidi

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 9 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 E Coast Hwy.

5/26/07 Pete's Famous Ocean View Run (Aliso Summit Trail)

Time: Meet at 7:45, start at 8:00

Leader: Jon Resnick

Location: Ridgeview Park

Directions: From Irvine, take 5 south. Exit at Alicia Parkway and head south. Drive past Awma Rd, which is just past Aliso Creek Road. Turn right on Highlands Ave. then right again on Ridgeview. Park on the street adjacent to the small park.

About the run: It's an out and back total of 10 miles. Beautiful ocean views.

After the run: Corner Bakery, 27221 La Paz Rd (at Pacific Park Dr.), Laguna Niguel. It's in the Henry's shopping center.

IMPORTANT NOTICE!

NEW LOCATION FOR MONDAY NIGHT RUNS

During the months of **May through Sep.**, Monday night runs are moving to **Peter's Canyon** (Cedar Grove Park entrance). There were many reasons, but primarily people wanted trails and variety in their runs each week. Peter's Canyon is still very close to Heritage Park and we felt it would accommodate the current views of the members as well as provide us another feature to attract new members.

Directions: Jamboree (north or east off the 5), Left on Tustin Ranch Road, Right on Pioneer Way,
Right on Pioneer Road, first left into park

AMY'S ADVICE:

Everything You Always Wanted to Know about Runners but Were Afraid to Ask

By: Amy Katz

DEAR AMY: How can using a heart-rate monitor help my training and racing?

GADGET CHALLENGED

DEAR GADGET CHALLENGED: Since I know virtually nothing about heart-rate monitors and have never used one myself, I asked my friend Jon Resnick to answer your question. I'm sure you'll find his answer very helpful. Here's what Jon had to say:

"Some of you have been asking me about how I've used heart rate monitor training to improve over the past year. What I've actually been doing is "low" heart rate training as popularized by Phil Maffetone in his book titled The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness. I've also used some of the concepts from John L. Parker's book Heart Monitor Training for the Complete Idiot. I'll try to summarize the concepts in a concise manner but I recommend reading both of these books which are available on amazon.com or the library if you prefer. Another great resource created by Jessie Leitner is his FAQ Q&A available at <http://formationflier.spaces.live.com/>. Jessie is a participant on the Cool Running listserv and a Maffetone disciple along with being an endurance fanatic. Jessie has run a 3:12 marathon and does no speed work at all.

"The basic premise is that an endurance athlete should maximize aerobic capacity before focusing on VO2Max and Lactate threshold. Translated to English this means you should build endurance before speed. Although we tend to think of 5k's as speed events, racing a 5k is actually an endurance event at least compared to the 100 yard dash. Dr. Maffetone suggests using a formula of 180 minus your age to obtain a base training max heart rate and to then run as many miles as possible under that max rate. There are many other recommended formulas to calculate an aerobic training zone that fall between 65% and 80% of maximum heart rate but this one is the simplest and you don't need to know your actual maximum heart rate.

"Here's what I discovered. By running at a slower pace my runs were more enjoyable and I finished my runs feeling refreshed rather than tired. I also noticed that I didn't have as many sore spots the next day. In the past, it seems like I always had some injury or another going on. Of course, it took some patience in order to run at a heart rate of 135. For me each 5 beats per minute equates to roughly 20 seconds per mile. Three years ago I ran mostly at a heart rate of 145 and during last fall I stayed under 135 on all non-workout days. At first I found this slow running to be somewhat boring but after three months I noticed my pace at 135 dropped a minute from 9:40 to 8:40. Prior to Sept 1, 2006 I had only run over 50 miles in a week three times all in February and March of 2006 since I started running in 1999 yet I was able to average 50 miles a week for the five months leading up to my taper for the Pacific Shoreline Marathon. In the past, I believed that running more miles would surely lead to injury but I discovered that easy miles are easy on the body. For me there is a significant reduction in wear and tear by running just 30 seconds per mile slower. I also ran mostly on dirt paths or dirt trails to reduce impact. On all non-workout days I ran at a recovery pace.

"Bob Glover in his book The Competitive Runner's Handbook calculates training paces as follows. Base pace is 10k pace plus 90 seconds and recovery pace is 10k pace plus 2 minutes. If you add an extra 30-40 seconds on to those numbers you should be pretty close to low heart rate training ranges and you don't need to use a heart rate monitor. So Bob would have me running at 8 min. pace everyday which I think is too fast. Coincidentally, if you go to www.runnersworld.com and create a training program for a 40 minute 10k they will also have you running daily runs at just over 8 minute pace. My typical everyday pace even at my peak in January was only 8:30 to 9:00 at an average heart rate of 130 to 135.

"For the period after Sept 1, 2006 through my 1:32 (7:02 avg. pace) half marathon on Dec 2, 2006 I did three hill repeat workouts and four track workouts, two slower tempo runs at 7:25ish pace (25 seconds over half marathon pace) plus the Dino Dash 10k at 6:55 pace and the Turkey Trot at 7:20 pace. The 1:32 was a five minute PR for me. I attribute my improvement to the additional easy miles rather than a belated blossoming of my limited natural talent. I continued this training through December and followed up with a 40:00 minute 10k at Paramount in early January of this year a 77 second PR over my 41:17 in March 2004 on 35 miles per week plus workouts.

"The downside of low heart rate training is that it is not time efficient compared to multi-pace training. In order to reap the benefits you need to get up to at least 40 miles per week although 50 to 60 are better especially for marathoners. When

you start getting over 50 miles and add in a once per week workout and weekly long runs the slower pace doesn't feel so slow due to the cumulative training fatigue.

"I have two more tips that I've found very helpful from Dr. Maffetone's book. I start my runs very slowly sometimes even walking and I even take walk breaks during my runs. After sitting in my office all day this longer warm-up really helps me enjoy my runs as I slowly loosen up and work into my pace. My first half mile is usually at close to 10 minute pace. You may notice that I'm always close to or the last one out of the parking lot on Thursday night.

"I also factor in my work life stress into my training program. Dr. Maffetone points out that running actually stresses the body and when added to work/life stress our bodies can get overwhelmed resulting in injury and illness. Why didn't I think of that myself? Although we want to believe that running reduces our stress it actually adds stress to our bodies. This means if I'm tired or unusually stressed out I'll shorten or skip a workout or do an easy run instead. Sometimes I'll just take the day or two off."

Email your questions to Amy Katz at amyk262@hotmail.com.

COOKS CORNER

By: Noreene Matsuda

CHICKEN GYROS with YOGURT SAUCE

Submitted by: Erika Kotteakos

1 pound boneless/skinless chicken, cubed
3 tablespoons olive oil
1 tablespoon dried oregano leaves
1/2 teaspoon salt
1 large white onion, thinly sliced
6 pieces of pita bread
2 tomatoes, chopped
2 cups shredded lettuce

2 cups plain fat-free yogurt
1 cucumber, skinned and finely chopped
1 or 2 cloves garlic, finely chopped
1/2 teaspoon salt

Prepare sauce by mixing together yogurt, cucumber, garlic and salt. Keep cool in refrigerator. In a large bowl, mix together olive oil, oregano and salt. Add chicken and mix till evenly coated. Cook chicken in a preheated skillet (best NOT to use one with a nonstick surface) until done (golden brown). Remove chicken from skillet.



Add sliced onion to skillet and cook till golden brown. (It may be necessary to add a splash of olive oil.) Add chicken back to skillet, then stir and cook chicken/onion mixture for a couple minutes.

Spread a few spoonfuls of yogurt sauce on pita, then add the chicken and onions. Top with shredded lettuce, tomato....and more sauce, if you'd like. ENJOY!!

Runner of the Month – Kathleen Litvak (Con't from Page 1)

me to a running store to buy my first pair of running shoes. It's a great memory. Of course, outside of playing Bloody Murder at midnight, I didn't run again until I ran an 800m race in 7th grade at the South Bend Grade School City Meet. I ran a 2:40 and it felt great. Did the same thing same time a year later in 8th grade. In the fall of my freshman year after the XC season had already begun, someone suggested I join and I did. I had such a great time. It was a burden on my parents because we lived in Michigan and had a carpool with another family over to Indiana to go to school. That meant my mom had to make that long drive back over everyday to pick me up after practice. So when spring track came around, the answer was NO. I wasn't allowed to run. The next 3 years I was allowed to participate in both because January of Sophomore year I got my drivers license and could drive myself. Really I had a great time running in high school, we had a recent Notre Dame grad and his 2 roomies (one a recent ND grad and runner and the other a ND student who refused to run for ND but used to run unattached in their XC races and invitationals and would win everytime-it just used to crack us up-we'd watch these races from our 2nd floor classroom windows across the street from the ND golf course). It was pretty funny to say the least. We only ran about 20 miles a week-but some of it was fairly challenging-like the races!! We had track workouts on Mon and Wed, easy Tue and would do tempo on Thur. Race Sat and run a few miles on Sun. At the time, I thought I was working hard! Track is where I did the best. The 800m was what I raced the most. We had no divisions so it made it fairly competitive. The coach used to make me run the 300m hurdles all the time and it was right before the 800m, which I loved-he was killing me with that. He'd say, "Kathleen, you have to be a team player and you can score us points here." Let me not tell you what I was thinking! Humorously enough, in 1985 I held the South Bend City Meet record in the 300m hurdles. The meet is early in the season so a 48.0 was enough to do it. Every year the South Bend Tribune publishes the winning times and the current record holders. As of about 1995, I was still the 300m record holder. I called yesterday to see what's up with that record-haven't heard back. Somewhere along the way I popped off a 46.7 sec for 300m hurdles for our school record-not sure if that still stands. I also ran a 5:17 mile once in April of my Senior year. I think I should've tried running that a few more times. I ran the 800m a couple times in the state finals in Indianapolis at IUPUI's beautiful new track they had laid for the Pan Am Games a couple years prior. I had been running 2:19/2:20's in April, 2:17's in May, and in mid June ran a 2:16 the night before in the prelims and it felt easy-just ran fast enough to assure a spot in the finals and was easily in shape to run 2:13 in heavier competition. The winner ran a 2:10, 2nd was 2:12 (a girl I always ran with) and I never looked up at the clock as I finished in the back of the pack. At the 200m, I was told to back it off-I was sitting on the shoulder of the leader and it was thought we were going out too quick. I backed off into fifth but it just mentally killed me. I never looked up at the clock when I finished the race, knew I didn't medal, headed straight off the track and took my last walk with my coach in silence across the grassy field, nodded, and parted ways at the road. I spent the summer running 9 miles a week and when I arrived at University of Michigan as a Freshman in 1986, I walked on to the XC team. By February I had a stress fracture in my foot. I kept eating like I was running and went from 130 lbs. to 148lbs. I never even realized it until I was in my brothers wedding in May and the dress I had been fit into in February didn't fit anymore! I had to leave the reception early because I couldn't breathe and was splitting the seams! Over the summer I did my usual 9 miles a week and returned in September still carrying 8-10 extra lbs. That year they loaded all the girls up in the back of this huge truck and drove us out the Ann Arbor Golf Course. We raced a 5K and the top 9 finishers traveled. Guess who just squeaked out 9th-yours truly, Chubby. My good friend didn't show up to watch the trial because he said he was so afraid I wouldn't make it with my "new" body!! I never made much of myself in collegiate running. I was a little to myself, didn't really have the maturity to do it without being hand-held and simply didn't realize what I was letting go. I just wandered away from it and busied myself with other things. That winter I did join the Ski Team-now there's an unorthodox group if there ever was one!

I graduated in 3 years in 1989 with a Bachelors in Economics and took my first job at Morgan Stanley in New York. Holy moly was that exciting! In 1992 I moved to Chicago and with 2 other friends, UNsuccessfully tried to start up a bar in Lincoln Park. It was called South Beach-I'm sure no one has ever heard of it. 6 months in that smoky environment and I had full blown pneumonia. I decided it was time to get another job in banking and then go back to school. I had just started a job in the Chicago Board of Trade when I met David on St. Patty's Day 1993. By April, we decided to move to Oakland, CA together where he'd be starting his residency training in June. We married that October of 1993. His med school buddies told him he was crazy to settle down-that he should work the doctor thing with the chicks for awhile first! I then took a job with Montgomery Securities in SF (later bought out by Nations Bank). I worked in retail security sales until April 1996 when I had my first son, Emmett. I've been a stay-at-home mom ever since. I always knew that when I'd have kids, I wanted to be at home. I loved being a kid and coming home from school to see my mom everyday-she was always there with a wonderful snack and ready and interested to listen about my day. I am so blessed that Dave has always supported me in that endeavor. It's the most special opportunity to get to be part of your child's life-to have the time to connect with them and hang out with them everyday is truly precious. Over the course of Dave's 9 years of training, we did a lot of moving around and had 2 more kids in the process, Audrey in 1998 and Lily in 2001. Dave supported a family of

Runner of the Month – Kathleen Litvak (Con't from Page 9)

five living in California on a resident/fellows salary for 6 of those years of training-way to go Dave! We landed here a few years ago and plan to raise our family right where we are. We are so happy here-life is good, warm and sunny.

Now that Lily is in kindergarten until 11:30 everyday, I've been able to run more regularly. I have lots of goals I am excited about. I plan to revisit the mile-doesn't that sound like fun!! So for now, the mile to the half-marathon-I'm excited about all of them. The marathon someday when Dave's and my training converges! One race I look forward to I thought would be a couple years down the road but might be sooner than I think-would be maybe a half marathon where Dave and I are head to head with ½ mile to go and we're just gutting it out trying to beat each other-I think that will be really fun!!

Other interests: tae kwon do (our whole family does that-my son and I are working on our second degree together and I've actually been merced in a sparring match...), water skiing, snow skiing, scuba diving, skate boarding, volunteering at the kids school and church, reading when I can steal the moment, Cub Master and den leader for my son's den and pack, Patrol Advisor for Emmett's Boy Scout Patrol Unit, Audrey's Girl Scout leader and plan to be Lily's Brownie leader, coaching little kids sports.

Things I'd like to do: learn to do a hand spring, front flip and a back flip (so I can do that and break a board on the way over-that'd be cool), ski barefoot (I'm going for that one this summer!), Ski the banana at Creste Butte with my best friend from grade school, do the Solano Triathalon this July, Get a group of SCRR to go this August on a 4 day adventure run point to point with the clothes on our backs, a compass and an extra set of clothes and a sleeping bag on our backs, Travel to Italy with Dave's family and eventually take the kids all over, Start a BSA co-ed venture crew when my kids are 14-18 years old.

Thanks to Jim Oliver for bringing me to SCRR and thanks to Dave and the kids for not minding cruddy dinners on Tuesday and Thursday evenings after running. Thanks to Danny for his kindness, his countless hours of coaching, for running with us, especially the Tues night track workouts and for believing in me. I love being a part of our team!!

Come to SCRR's Luau Party!

WHEN

Saturday, May 12, 2007

Cocktails 5:30pm

Dinner served at 6:00pm

Hula Dancers start at 6:45pm

LOCATION

Craig Leventhal's kauhale (home)

22921 Cavanaugh Road

Lake Forest, CA 92630

949.768.1959

COST

\$20 per person. Includes food and beverages.

Give checks to Sue Zihlmann at our club meeting on 5/3/07.

MENU

- **Entrees – Kalua Pork, Honey Pineapple Chicken**
- **Side dishes – Hawaiian Chicken Salad, Chop Chae Noodles, Steamed Rice, Potato Macaroni & Krab Salad, Broccoli Medley, Kim Chee**
- **Beer, soft drink and water**

ENTERTAINMENT - Hula dancers and lessons!

Contact noreene@cox.net , leilanirios@cox.net or mark@search4integrity.com

Grand Prix Commentary

By: Mike Friedl

The tenth race really shook up the top of the leaderboard.

Sue Zihlmann, who had been stalking early leader Leilani Rios for months, has now taken the lead, and will do her best to hold off hard-charging **David Schiller** and resurgent Danny Stein over the last two races. Sue's 19:10 5k at Carlsbad earned her 824 points, just below her 827 point average. With two races to run, Danny and David are averaging 820 points per race.

Moving up in the top ten were **Eric Frome**, **Cisco Rubalcava**, and **Brad Wobig**, respectively. Leilani ran her tenth race, and was able to drop her weakest score so far, but still slipped to 5th place, just ahead of David's year-leading 871 point outburst.

Other races to note are **Sherri Ellerby's** near PR and **Kathleen Litvak's** HUGE PR. They landed 843 and 839 points respectively. If she continues to improve, Kathleen will do some real damage when she becomes a Master next January.

Overall, 40 SCRR members scored at Carlsbad. It was a great day to race on a fast course and cheer your friends. The May race is the [Run the Block of Orange](#) on May 5th. 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 top 61 standings (out of 119 participants so far) for the 2006-2007 series after 10 races are:

Place	Name	Age Group	Races	Net Points	Best	Net Avg	Carlsbad		Track 5000	
							Times	Points	Times	Points
1	Sue Zihlmann	40-44	9	7,443	867	827	19:10 5k	824	19:22 5k	816
2	Eric Frome	25-29	9	7,262	839	807	17:02 5k	787	15:58 5k	839
3	Cisco Rubalcava	30-34	9	7,190	810	799	16:59 5k	795	16:45 5k	806
4	Brad Wobig	35-39	9	6,979	798	775	17:35 5k	773	17:20 5k	784
5	Leilani Rios	25-29	10	6,890	794	766	19:46 5k	766	19:41 5k	769
6	David Schiller	45-49	8	6,558	871	820	17:21 5k	871	17:32 5k	862
7	Jane Crewe	45-49	9	6,557	756	729	22:48 5k	756	25:24 5k	678
8	Jannay Morrison	40-44	9	6,409	769	712	23:16 5k	679	22:46 5k	694
9	Erika Kotteakos	35-39	9	6,313	731	701	21:32 5k	715	21:50 5k	705
10	Jeanie Leitner	55-59	8	6,193	797	774	23:16 5k	797		0
11	Ed Coffey	55-59	9	5,998	701	666	23:50 5k	676	23:24 5k	689
12	Danny Stein	30-34	7	5,737	848	820	15:55 5k	848	16:24 5k	823
13	Mike Friedl	40-44	8	5,718	754	715	18:52 5k	754		0
14	Amy Katz	35-39	9	5,650	707	628	22:30 5k	684	22:18 5k	691
15	Vincent Lowder	40-44	8	5,641	745	705	19:05 5k	745		0

Place	Name	Age Group	Races	Net Points	Best	Net Avg	Carlsbad		Track 5000	
							Times	Points	Times	Points
16	Thomas Fung	40-44	8	5,591	727	699	19:33 5k	727	20:22 5k	698
17	Ken Atterholt	45-49	9	5,552	748	617	20:12 5k	748	26:37 5k	568
18	Mike Gulan	55-59	7	5,442	804	777	20:25 5k	789		0
19	Cathy Shargay	45-49	8	5,397	701	675		0	26:37 5k	647
20	Victor Celani	45-49	7	5,322	791	760	19:06 5k	791	19:36 5k	771
21	Michael Reeves	30-34	7	5,221	763	746	17:42 5k	763	17:52 5k	756
22	Rob Harris	45-49	7	5,124	751	732	20:16 5k	746	20:07 5k	751
23	Mike Sellers	25-29	7	5,041	742	720	18:08 5k	739	18:42 5k	717
24	Beiyl Zheng	40-44	9	4,976	577	553	27:24 5k	577		0
25	Dorie Smith	75-79	7	4,971	753	710		0		0
26	Daniel Templin	30-34	8	4,962	677	620		0	19:57 5k	677
27	Kathleen Litvak	35-39	6	4,921	839	820	18:21 5k	839	18:54 5k	815
28	Tonson Tong	40-44	7	4,911	763	702		0	18:38 5k	763
29	Sherri Ellerby	40-44	6	4,889	855	815	18:44 5k	843		0
30	Jerry Jefferson	70-74	6	4,595	902	766		0		0
31	Brent Bohn	40-44	6	4,493	793	749	17:56 5k	793		0
32	Brigid Puksza	40-44	9	4,463	533	496	31:43 5k	498	31:59 5k	494
33	Faith Morris	50-54	7	4,258	677	608	25:49 5k	677		0
34	Fred Cowles	40-44	5	4,136	857	827		0		0
35	Tom Dellner	40-44	5	3,869	784	774		0		0
36	Bob Morris	50-54	5	3,824	793	765	20:19 5k	768		0
37	Annette McCall	30-34	5	3,822	799	764	19:28 5k	791		0
38	Pete Boisineau	55-59	5	3,762	783	752		0		0
39	Sandra Manzano-Straehle	35-39	5	3,525	721	705		0		0
40	Amelia Carchidi	30-34	5	3,241	684	648	22:31 5k	684		0
41	Jim Grant	45-49	4	3,151	814	788		0		0
42	Paul Avedian	40-44	5	2,974	638	595		0		0
43	Lucina Lara	35-39	4	2,907	761	727		0		0
44	Mike Connors	35-39	4	2,876	802	719		0		0
45	Jon Resnick	45-49	4	2,785	740	696	22:53 5k	661		0
46	Joe Yu	40-44	4	2,712	708	678	21:46 5k	653		0
47	Orhan Beker	30-34	4	2,686	709	672	19:02 5k	709	20:56 5k	645
48	Steve Franks	35-39	4	2,680	690	670		0		0
49	Vicki Niebrzydowski	20-24	4	2,623	680	656	23:21 5k	652		0
50	Sue DeLong	35-39	4	2,540	667	635		0		0
51	Noreene Matsuda	40-44	4	2,524	756	631		0		0
52	Jami Brooks	35-39	4	2,524	663	631		0		0
53	Cindy DeMarco	40-44	3	2,384	829	795		0		0
54	MaryAnne Mejia	35-39	4	2,370	729	593		0		0
55	Elizabeth Mastro	35-39	4	2,348	628	587		0		0
56	Pam Galambos	30-34	3	2,291	779	764		0		0
57	Greg Jones	30-34	3	2,230	781	743	17:39 5k	765		0
58	Laura Weissert	45-49	3	2,144	771	715		0		0
59	Debbie Taege	30-34	3	2,130	746	710	20:38 5k	746		0
60	Jim Oliver	35-39	3	2,074	707	691		0		0
61	Pamela Wusthof	50-54	3	1,971	669	657		0		0

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"

Colleen Jones, Tupperware Consultant
Direct and Party-based Sales
Custom Kitchens, Girls' Night Out, Healthy Entertaining
And Mom and Me Parties Available
949-419-6889 or www.my.tupperware.com/colleencjones

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"

Jeannie Palermo & Cheryl Bauer, **Keller Williams Realty**
Serving Buyers and Sellers from South Orange County
To South Bay
Jeannie's cell: 310-634-3485, email: j.pal@cox.net
Cheryl's cell: 714-325-3257, luckybauer@yahoo.com
"We will pay ½ the escrow fees for South Coast
Roadrunner clients" www.jpalamo.com

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.

SCRR CLUB CALENDAR



Club Events in bold font

Check www.raceplace.com or www.active.com for event registration info

MAY	
THURS, 5/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 5/5, 8 a.m.	Run Around the Block 5K – Orange, CA, each winner gets PUMA shoes
SUN, 5/6, 7:45 a.m.	Reaching for the Cure 10K – Irvine Spectrum, www.pcrf-kids.com
SAT, 5/12	SCRR Luau Party – flier on page 10
SAT, 5/12, 8 a.m.	Race for a Life 5K/10K, Fairview Park, Costa Mesa, www.projectcuddle.org
SAT, 5/26, 7:30 a.m.	Mount Wilson Trail Race, 8.6 miles – Sierra Madre, CA
MON, 5/28, 7 a.m.	Saddleback Memorial ½ Marathon and 5K, Laguna Hills, www.active.com
MON, 5/28	Post race part at Bob and Faith Morris' – details to come
JUNE	
SAT, 6/2, 8 a.m.	Corona Del Mar 5K, www.active.com
SUN, 6/3, 6:30 a.m.	Rock N Roll Marathon, San Diego, www.rnrmarathon.com
SUN, 6/3, 8:00 a.m.	Playa Del Run Huntington Beach, Bolsa Chica State Beach, 5K Run, 1000M swim or Aquathon, www.playadelrun.com
THURS, 6/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 6/9, 8 a.m.	Anaheim Downtown 5K, www.active.com
SAT, 6/9	Huntington Beach Pier Swim
SAT&SUN, 6/9, 10&16, 9am	Camp Pendleton Mud Run, www.active.com
SAT, 6/16	SCRR Annual Banquet – Details to come
JULY	
WED, 7/4	Woodbridge 5K
WED, 7/4, 7 a.m.	Surf City Run 5K, Huntington Beach, www.surfcityrun.com
THURS, 7/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SUN, 7/15, 8:30 a.m.	Bastille Day 5K, Irvine Spectrum, www.make-u-fit.net
SUN, 7/29	San Francisco Marathon

2006-2007 SCRR CLUB OFFICERS:

President: Danny Stein
 Vice-President: Jon Resnick
 Treasurer: Sue Zihlmann
 Secretaries: Amelia Carchidi
 RRCA Liaison: Jannay Morrison
 Webmaster: Amy Katz
 Social Chairs: Noreene Matsuda/Leilani Rios

2006-2007 COMMITTEE CHAIRPERSONS:

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

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: \$25, Family: \$40. Make your check payable to **South Coast Roadrunners**