

# ON THE RUN



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

Orange County, California  
July 2010 Issue

## ***Runner of the Month – Amelia Carchidi***

**By: Stacey Dippong**



Amelia and Kathleen Curley at Chicago Marathon

Amelia is one of those club members who could be chosen as Runner of the Month every month. She has contributed a lot to the club – she was a past president, and has coordinated the Saturday runs for years. She also provides fantastic race updates for the club's facebook page highlighting SCRR member performances and is friendly, outgoing, and always encouraging to new members. And did I mention she runs marathons in the 3:20's?

**When did you start running?** When I was 20. I grew up with both parents as marathon runners and wanted nothing to do with it as a child. I figured normal people ate breakfast on a Saturday morning without talking about what pace they were at during mile 10. I guess I wasn't meant to be normal...

**Why do you run?** I love it... makes me feel much more awake and alive. I like a few days off now and then but I am always charging to go back.

**What do you like most about South Coast Roadrunners?**

SCRR is such a great group of people - not just for running, but also for all the other activities and the friendship and support among the group.

**If you race, what is your favorite race distance and why?** I think I will always love the marathon... maybe not always while I'm running it but it is definitely a challenge for runners of all levels, no matter what your goal. There are so many factors, and a good race strategy is so important for 26.2 miles.

**Are you currently training for anything? How is that going?**

I'm training for the New York City marathon on November 7. I've never been to New York, so it is particularly exciting for me! I'm also planning to run another marathon in the Chicago area in September, so I'm kind of training for that too. I will just happen to be there for work that week so I can't resist finding a marathon!



Amelia and Mom at Big Sur Marathon

**Any specific racing stories that you would like to share?** Thanks to SCRR, I finally broke almost all my PRs over the last 1-2 years... including a half marathon PR that I broke by half a second after more than 10 years! I say - take any PR you can get, they become more difficult to come by as you get older.

**Where are you from?** I lived in a few places growing up, but generally I consider myself to be from Minnesota. I lived there for 8 years and that is where I graduated from high school.

**What do you do for a living?** I'm a Regional Manager for Extron Electronics, an electronics manufacturer in Anaheim. My territory is the Midwest... hence, all the travel. But I do try my best to check out local places and local races while I'm on the road.

**What do you like to do in your free time besides running?** I'm pretty low key - I like to hang out with friends, listen to good music, drink good wine, and travel. I also play the violin (since I was 3) when I can find the time.

**Anything exciting happening in your life right now?** Just keeping busy enjoying life. I guess I cannot ask for much more!

## ***2009-2010 Top Twenty Grand Prix Finishers – A Retrospective***

**By: Linda Hammond**

The season began with a race around Yale Loop and ended with a race around the streets of Anaheim. The 2009-2010 season was one for the record books. This year's winner, **John Gardiner**, was the first sub-



masters winner in the history of the Grand Prix! **Ed Coffey** completed all 12 Grand Prix races and leads in all-time Grand Prix points and in number of Grand Prix races run. **Cathy Shargay** followed by **Jeanie Leitner** passed the legendary **Lois Edds** as the all-time highest scoring women in Grand Prix history! Here is our **Grand Prix Top 20** with reports of favorite races and season highlights.

**John Gardiner-** Tough choice.... but I guess my favorite Grand Prix race was the **Huntington Beach Distance Derby**. I had been racing almost nothing but the 5k distance over the prior year so I was a bit nervous at attempting this "long" 5 mile race. I liked how there was a small field for the race and a flat, fast course right along the ocean. I also liked how I got to start the morning watching lots of SCRR folks running well in the 10-miler before my race. I ended up having a great day and managed to be the overall winner of a race for my first time in over 15 years!

**Dave Schiller-** This was Dave's 13<sup>th</sup> consecutive top 10 finish. His top score this season was 867 at the **Rancho Santa Margarita 5k**. He is second in all-time Grand Prix points.

**Bob Morris-** Bob has been in the top 20 twelve times. He has four wins, six seconds, and two thirds. This season, Bob's high score was 882 points in the 5k at **OC Marathon/5k**.



**Eric Frome**- This was Eric's 6<sup>th</sup> Grand Prix season and his 2<sup>nd</sup> Top 4<sup>th</sup> finish. This season Eric's high score was 846 at the **Southern Cal Half Marathon**.

**Jeanie Leitner**- I had never run the **Downtown Anaheim 5k**. The course was pretty flat and fast which was nice. I really appreciated the pancake breakfast and seeing so many people from SCRR. Easy access and parking was a plus.

**Mike Connors**- This was Mike's 7<sup>th</sup> Grand Prix season and 4<sup>th</sup> top 10 finish. Mike's high score was 814 points at the **Rancho Santa Margarita 5k**

**Ken Atterholt**- This was Ken's 5<sup>th</sup> Grand Prix season, his 3<sup>rd</sup> Top 20 finish and 2<sup>nd</sup> Top10 finish. Ken's high score this season was 828 in the 5k at the **OC Marathon/5k**, but his favorite race was **Carlsbad**. Both Ken and Cathy especially like that they are in separate races and can cheer for each other, plus it was the first race where Ken broke 800.

**Leilani Rios**- By far the 5k at the **OC Marathon/5k**, running through the finishing tape and enjoying the VIP treatment was my favorite race. I really enjoyed the Grand Prix this year; I had a nice competition with Ken Atterholt which kept it exciting. In the end I think he edged me by about 15 points and now I am pumped for next year.

**Mike Friedl**- As for my favorite race, I'd have to say the **OC Marathon 5k**, because I ran better than I expected given my lack of training. (editor's note: Mike's motto is: don't get a zero! Mike is one of only two runners in the club to have scored in every Grand Prix season since its inception).

**Orhan Beker**- This year for me was full of ups and downs: missed three races, and whenever I came back from a slump my races were simply uncomfortable. At the end, the most entertaining part was to be a part of the tightest race this year. Trash talking for about a month was a lot of fun...





**Linda Hammond-** My favorite Grand Prix race this season was **Southern Cal Half Marathon**. It was early in my training for Boston, but it ended up being my best race of the season. I had a great Grand Prix battle with Ed Coffey and Orhan; we ended with average scores of 732, 731, 730, and net points of 6589, 6577, and 6567!

**Ed Coffey-** I would have to say my favorite race of last year was the **Track 5K** at Beckman High School. The weather was great, the oval terrific, many club members attended and I was able to run reasonably well for my present ability. It was also very interesting to watch some of the faster runners race, something I never get to do in other races.

**Cathy Shargay-** This was Cathy's 12<sup>th</sup> Grand Prix season and 9<sup>th</sup> Top20 finish. In addition to a season high score at **Carlsbad, Make Room for Santa** was a favorite race. Her daughter Carrie ran that one with Cathy, and she always enjoys the Christmas spirit of the race.

**Steve Kan-**As a rookie in the club, every club race was new and exciting to me. My favorite Grand Prix race was the **Woodbridge 5K**. The course was flat, fast and close to my home. I did not have to get up early in the morning. It was my first ever 5K race in my whole life. I ran 22:13, a good start of my Grand Prix season.

**Armando Moran-**This was Armando's 2<sup>nd</sup> Grand Prix season and first top 20 finish. Armando's top score this season was 711 at the **Rancho Santa Margarita 5k**. A season highlight was his Boston Qualifier at the **OC Marathon**.

**Matt Hood-** The 2009/2010 season was a memorable one for me with the highlight being a BQ time at the **OC Marathon**. The other thing that made it pretty special was the fact I set a new PR's at every distance (5K, 8K, 5 mi, 10K, half and full marathon)! It was great to share the highlights of the season with my SCRR friends and I'm looking forward to a healthy and productive 2010/2011 season.

**Noreene Matsuda-** **Downtown Anaheim 5K** would have been my favorite GP race because I would have made the top 10. Mike thought Ken was messing with him when he told him that I was sick! I was happy to make the top 20 for the first time though. I'm looking forward to the new season. Watch out, Mike and Orhan!

**Amy Katz-** I had a great race at the **Downtown Anaheim 5K**. I felt really strong and was able to increase my pace each mile, running 7:15, 7:12, and 7:09 splits. I pushed myself and finished with my best 5K time of the year in 22:19, a great way to kickoff my marathon training.

**Greg Hanssen-** My favorite was certainly **Surf City** as it was a big (and surprising) PR for me. Everything went perfect that day and I had my 7th consecutive PR at this race for a half. This time 1:37.

**Tonson Tong-** Tonson has scored in all 16 Grand Prix seasons. Tonson's top score was 778 at **Carlsbad 5000**. He served as a pacer for the 3:40 group at **Surf City** and **OC Marathon**.

I want to give a HUGE THANKS to **Mike Friedl** for scoring the Grand Prix every year and keeping the history of our club! Thanks runners for sharing your stories. Did you have a PR? Win the race or place in your age group? Comeback from injury? Run your first marathon or 5k? Run your fastest race in years? Cheer and take pictures from the sidelines? Did you offer some running advice? Congratulations to all members of **South Coast Roadrunners** for another great season. See you at the finish line!

# SCRR 2010 Awards Banquet

The annual SCRR Awards Banquet was held on June 19, and it was once-again an absolutely fantastic party! Many thanks to the organizers – our Social Chairs **Stacey Dippong** and **Kathleen Curley**. Everyone enjoyed the Day at the Races theme, and many women sported great Kentucky Derby hats. **Mike Friedl** was again perfect as the emcee and made the evening flow along with wonderful reminiscing, anticipation for who won the awards, awe for the various accomplishments, and great appreciation of the deep camaraderie in the club. **Sherri Ellerby**'s slide show was incredibly creative with photos and videos of nearly everyone in the club all set to music which was a great way to highlight our fun times together. The pre-parties and post-parties added to the day's enjoyments, and a great time was had by all!

## 2010 SCRR Award Winners

Most improved female runner:	Kathleen Curley
Most improved male runner:	Vince Lowder
Ideal runner – Male:	Ken Atterholt
Ideal runner – Female:	Amelia Carchidi
Volunteer of the year:	Leilani Rios
President's award:	John Gardiner
Grand Prix winner:	John Gardiner





## ***SCRR 2010 Awards Banquet Photos***

By: Linda Hammond and Armando Moran



### ***Photo Captions for Pages 5 and 6:***

Page 5: Amelia Carchidi; Ken Atterholt; Leilani Rios

Page 6, Top Row: Vince Lowder; Ed Coffey, Linda Hammond and Orhan Beker

Middle Row: Matt and Dawn Hood; Molly Donnellan, Mike and Melissa Friedl

Bottom Row: Erica Kotteakos, Danny Stein and Amelia Carchidi; Sandra Manzano-Straehle

### ***Thanks for Banquet Raffle Prize Donations:***

Lululemon Athletica Laguna Beach  
Janelle Daniels  
Danny Stein  
Linda & Vince Lowder  
Brent Bohn  
Jim Beck  
Leilani Rios  
Bob Morris for Snail's Pace  
Michelle Dudley  
Dave Schiller  
Cathy Shargay & Ken Atterholt  
Orhan Beker

yoga package  
Kona coffee basket  
Stein training program  
Angel's tickets  
Angel's tickets  
6 pairs Oakley sunglasses  
iPod Shuffle  
Men's and Women's Snails Swag  
Photography session  
Bottle of fine wine  
Barnes & Noble gift card  
WDTV media player

### ***Congratulations to:***

***Melissa Kan (Steve's daughter)***

***Scholar Athlete of the Year for Irvine's Northwood High School***

***Tennis and Track Star; School Record Holder in Triple Jump and Pole Vault***

### ***Congratulations to:***

***Ken Atterholt and Greg Hanssen***

***Completed their First Ironman Triathlon***

***Coeur D'Alene, Idaho – June 27th***



# Rim-to-Rim Grand Canyon Run

By: Greg Jones

Some people have a bucket list, a to-do list, or some other fancy name for a list of things they want to do in their lifetime. I am very much one of these people. I was able to make my most recent check after I "ran" from the South Rim of the Grand Canyon to the North Rim. Let me say that this was much more difficult than I had planned, but it was also even



more satisfying than I ever thought it could be. The South Rim is the populated tourist version of the Grand Canyon and the North Rim is desolate in comparison, but the energy on the North Side is amazing. The people that trek to the North Rim by car, bike, or foot are there to experience this magnificent work of art rather than see it. If you haven't been to the Grand Canyon (and specifically IN the Grand Canyon or to the North Rim, put this adventure on your list. Ok, the run...

I got to the South Rim and checked into the Maswick lodge with some hikers (only one of I knew). We all went over to the lodge to fuel up before the 4:30 am start to our adventure. We ate, drank and watched the Lakers lose game 4 (I didn't realize how many people don't like California). Anyway – After a mostly uneventful evening I went back to my room and made sure I had enough GU, bars, water, and Gatorade (I did). I got to sleep at 9:30 and slept for about 20 minutes at a time, but was so excited to run this big old ditch.

4:00 am, on a bus heading to the South Kaibab Trail the bus was full of people (yes 4am) with excited nervous chatter about getting across and last minute checks for nutrients. The bus pulled up to the trailhead as the morning rays were starting to fill the sky with light, I cinched my Camelback tight and stepped onto the trailhead. There was one hiker that was on the trail before me, but I quickly caught him said good morning and kept going.

The beginning of the run was amazing, I was literally screaming "this is awesome" as I ran down the tight switchbacks of the trail and the sun kept getting higher. I got to checkpoint 1 (Cedar Ridge 1.5 miles) in 9:30 pace, I was already off of my goal pace, but I quickly folded my chart and stuffed it into my pack and decided that the experience was much more important than my time. After Cedar Ridge there were a few more switchbacks and then it was a somewhat clear shot to Skeleton Point. At Tonto Trail Junction (4.4 miles) I was feeling great, the air was cool, I had arm warmers on and the sun was just coming up enough to put on my sunglasses. The next stretch was flatter (for a while) and I was able to run for a few minutes faster. I made a turn and the first glimpse of the Colorado River came into view (it looked really far) but before I knew it I was at the tunnel that connects to a suspension bridge over the Colorado River.



The trails then became flat and I tried to shake my legs out and run up through Bright Angel Campground and into Phantom Ranch. I started to see more hikers heading from Phantom Ranch up the North Kaibab trail and zipped past



them and heard their comments about being in a hurry and such. From Phantom Ranch up through Cottonwood Campground is called "The Box", it is a canyon (like El Moro's main canyon trail, but about 7 miles long) that rises about 1,500 ft and follows a stream. This section is usually the most dangerous part since it can get to be well over 100 degrees, luckily for me it was early and the temperature was only in the low 70's.

During this section I was able to look around some since I didn't have to worry about falling off the side of a cliff. The views of the canyon walls were amazing, I could see the different bands of rock up and down the canyon walls like a huge layer cake. Then came Ribbon Falls – this is a waterfall that shoots out of the middle of a canyon wall and falls, I thought about making a side trip to go stand under it, but kept pushing so I didn't get stuck in the heat. Next was Cotton Wood Campground, I stopped and drank some Gatorade (I made with powder and water from the camp) and then off again. 30 feet later I saw a sign that said "drinking water" and I was a little concerned that I just drank some kind of reclaimed water. I ran through the rest of the campsite while campers were packing up for the day and getting ready for their own adventures (again more stares). I wound up a trail saw more hikers crossing a bridge and then right on the other side saw a little house and stopped to get the dirt out of my shoe.

The next 5 or so miles climbed over 3200 feet to an elevation of 8250 and had my heart beating at around 200 bpm, I had to slow way down to the point where I was walking. I think this was a combination of lack of sleep, 3 GU's with Caffeine, altitude and a double espresso shot, but who knows. As I climbed I was happy I was still passing hikers, the sound of the creek gave way to the sound of another waterfall. Roaring Springs 4.5 miles from the end was amazing, it was 3 times the size of Ribbon Falls and there were 2 streams of water blasting out of the canyon walls high above.

There were several day hikers that were taking pictures. I stopped for a couple minutes and chatted with them about the falls and how steep the trail gets. They told me "really steep". I kept going and had some breaks from the punishing climb with some flay sections that looked like they were blasted out of the red section of the canyon walls. The dirt was soft, but not too soft and it felt really good to be running. I crossed the last bridge and proceeded the death march up to Supia Tunnel, at this point my Garmin was in and out of range so I was relying on time. Those next 40 minutes seemed like an eternity. My insides started to go crazy, my legs "suddenly" hurt, my lungs became tender, my stomach wouldn't allow me to eat another GU and my brain started to turn to mush. Just when I was ready to either lay down and wait to be rescued I made my last turn on the switchback that leads through the Supai Tunnel.

On the other side was about 20 hikers having a good time, they were all joking and eating sandwiches and drinking all kinds of colorful liquids, but then they all looked at me. It was like I was a wet scrawny dog left out in the rain, they asked me how I was (as I stumbled to the water source and filled my Gatorade bottle). I sat down next to a couple guys grabbed a few pieces of beef jerky, stood up and saw a train of Mules coming down the trail. I told the Mule leader "I guess I will have to sit here until your train goes by", so I sat back down and ate some more Jerky. After a few minutes I got up (feeling a little less nauseous) and made it the next 2 miles VERY SLOWLY. I made it to the top and collapsed, there were some other people up at the top and they asked me if I was ok, I told them I was better than OK and asked them to take my picture.

My total time, including breaks was 4:38:27 over about 21 miles. I sat up top and ate the rest of the bag of beef jerky, drank a lot of water and tried to stretch. After about 45 minutes I turned around and started back down, on my way down I saw several of the hikers I had seen earlier (and the mule train) each one looked at me as if I was crazy and said "going back?". Well I made it back around Roaring Springs where I hiked back out to the North Rim with my friend Rob.



The rest of the day we hung out at the North Rim Saloon and crashed pretty early. Saturday was filled with sightseeing on the North Rim during a snow and hail storm (think Arizona mid-June). Here we are 4 days after this amazing experience and my legs are still too sore to run, but I am already thinking about running both ways I the future. The pain I feel now is a reminder that the main thing that holds us back from "extreme" goals is simply ourselves, I like to think that pain and suffering only make the accomplishment more rewarding.

## **SATURDAY RUNS**

Note: Run start times are **7:00 a.m.** (for the summer) unless indicated otherwise.

### **7/10/10, Quail Hill Trail Run**

Leader: John Gardiner & Jennifer Neff

Location: Starbucks in the Quail Hill Village Center (note- different starting location than the "regular" Quail Hill run)

Directions: To get to Starbucks, take the 405 and exit on Sand Canyon Ave going toward Shady Canyon Dr. Head southwest on Sand Canyon toward Quail Hill. At the traffic circle, take the 2nd exit onto Quail Hill. Turn left on Passage and Starbucks will be on your right (there is an Albertsons in this center).

About the Run: For the revised route, we will head up Shady Canyon, staying on the left side of the road. Just past the ball fields and parking area on the left, we will enter a dirt trail that will lead us out toward the Laguna Coast Wilderness Park and the Nix Nature Center. This is a very hilly run on trails for about 5 miles to reach the Nix Nature center where there are bathrooms and water. The total distance out and back is roughly 10-11 miles. There are several trails around the nature center for those wanting to do a longer run. The only water stop is at the nature center so be sure to bring water to carry with you. For those who would prefer to do a less hilly run, the standard Quail Hill Loop is also a good option from this starting location. We will hand out maps at the beginning of the run. A link to the starting location is below:

<http://maps.google.com/maps?q=Passage+and+quail+hill&oe=utf-8&rls=org.mozilla%3Aen-US%3Aofficial&client=firefox-a&um=1&ie=UTF-8&sa=N&hl=en&tab=wl>

After the Run: Breakfast in the Quail Hill Village shopping center.

### **7/17/10, Coto de Caza Run & Pool Party**

Leader: Leilani Rios

Location: 10 Knotty Oak Circle, Coto de Caza, CA 92679

Directions: From the north, 5 south exit Oso Pkwy make a left, go 5 miles til it ends into Coto. Make a right and check into the gate. Once in, make a right on Vela Court, left on Fair Valley and left on Knotty Oak. Park anywhere along the street; From south, 5 north exit Oso Pkwy make a right, go 5 miles til it ends into Coto. Make a right and check into the gate. Once in, make a right on Vela Court, left on Fair Valley and left on Knotty Oak. Park anywhere along the street.

About the Run: Bring your swimsuits and running shoes!! This run is on dirt horse trails and parts along Bell Canyon. There are many options on run distances; 13, 7 and 3.5 loop or simple go out and back for anything else. After the Run: There will fruit, bagels, coffee and other breakfast items. Feel free to bring something as we will venture into the pool to cool off after the run.

### **7/24/10, Hicks Canyon**

Leader: Amelia Carchidi

Location: Start at shopping complex at corner of Culver and Irvine Blvd in the Northwood section of Irvine.

Directions: From the 5 freeway, exit Culver and head north toward the mountains. Pass Bryan. Make Left on Irvine Blvd and immediately make a right into the shopping complex. Turn left and park between the Jack in the Box and the Champagne French Bakery (the bakery sign is not well marked).

About the Run: We'll run slightly uphill along the Hicks Canyon paved bike and dirt trail to Portola and into Peter's Canyon. The full loop, including Peter's Canyon, is about 14 miles. For those wanting to run shorter, you can do an out and back along the bike path. Those wanting longer, take an extra loop around Peter's (extra 5 miles).

After the Run: Champagne Bakery (use your AAA card and receive a discount).

### **7/31/10, El Moro**

Leader: Sandra Manzano-Straehle

Location: Reef Point parking lot along the beach off of PCH, north of Laguna Beach, south of Crystal Cove.

Directions: From Irvine: south on Culver, will turn into Bonita Canyon. Left on Newport Coast Dr. Left on PCH. Go down PCH about 1 mile. Last parking lot on your right (after shopping center and before school) before you get to Laguna Beach.

About the Run: Mix of trail and paved paths that offers a view of the coastal bluff vegetation and wildlife. 10 mile loop (or do an out-and-back for less miles). There are restroom facilities with outdoor showers next to the parking lot. The run typically starts before parking fees are required, but bring some \$10 just in case. Bring water.

After the Run: Pacific Whey Café in the Promenade Shopping Center.



## 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 final standings of the top 79 participants (out of 114) for the 2009-2010 series after 12 races are:

Place	Name	Details			Races	Best	Net Avg	Downtown A.		OC Marathon	
		Age Group	Sex	Net Points				Times	Points	Times	Points
1	John Gardiner	35-39	M	7,617	11	883	846		0	15:23 5k	883
2	David Schiller	45-49	M	7,556	11	867	840	17:47	850	17:28 5k	865
3	Bob Morris	55-59	M	7,523	9	882	836		0	18:16 5k	882
4	Eric Frome	25-29	M	7,326	9	846	814	16:30	812	1:19:07 Half	770
5	Jeanie Leitner	60-64	F	7,297	10	833	811	24:04	817	1:48:47 Half	826
6	Mike Connors	40-44	M	7,140	11	814	793	18:15	779		0
7	Ken Atterholt	50-54	M	6,980	11	828	776	19:04	818	18:51 5k	828
8	Leilani Rios	30-34	F	6,960	10	831	773	18:43	815	18:21 5k	831
9	Mike Friedl	45-49	M	6,791	11	781	755	20:35	734	19:26 5k	778
10	Orhan Beker	35-39	M	6,589	9	762	732	17:52	760	17:50 5k	762
11	Linda Hammond	45-49	F	6,577	10	761	731	23:17	723		0
12	Ed Coffey	60-64	M	6,567	12	734	730	23:15	731	23:09 5k	734
13	Cathy Shargay	50-54	F	6,428	11	734	714	24:12	722	1:56:48 Half	682
14	Steve Kan	55-59	M	6,400	10	756	711	22:04	730	21:19 5k	756
15	Armando Moran	35-39	M	6,260	11	711	696	19:40	691	3:13:04 Full	682
16	Matt Hood	40-44	M	6,246	11	720	694	19:44	720	3:19:23 Full	687
17	Noreene Matsuda	45-49	F	6,042	8	800	755		0		0
18	Amy Katz	35-39	F	6,038	10	692	671	22:20	690	22:15 5k	692
19	Greg Hanssen	40-44	M	5,878	10	688	653		0	20:39 5k	688
20	Tonson Tong	40-44	M	5,832	8	778	729	18:50	755	3:40:13 Full	622
21	Brad Wobig	40-44	M	5,432	7	841	776		0		0
22	Sue Zihlmann	45-49	F	5,200	6	918	867	19:50	849	19:12 5k	877
23	Ben Coyle	35-39	M	4,506	6	790	751		0		0
24	Greg Jones	35-39	M	4,480	6	815	747		0	3:19:23 Full	660
25	Kathleen Curley	25-29	F	4,370	6	763	728	20:27	728		0
26	Erika Kotteakos	40-44	F	4,250	6	773	708		0	1:32:53 Half	773
27	Kate Accardo	20-24	F	4,166	5	866	833		0	1:20:28 Half	866
28	Faith Morris	50-54	F	4,151	8	635	519	27:30	635	2:17:56 Half	578
29	Elizabeth Bailey	30-34	F	4,033	6	679	672		0		0
30	Mike Dietz	45-49	M	3,938	5	831	788		0	18:11 5k	831
31	Alejandro Aceves	35-39	M	3,776	6	675	629	22:59	591	20:07 5k	675
32	Thomas Fung	45-49	M	3,670	5	748	734		0		0
33	John Loftus	50-54	M	3,623	4	934	906	17:00	918	2:50:35 Full	875



Place	Name	Details		Net Points	Races	Best	Net Avg	Downtown A.		OC Marathon	
		Age Group	Sex					Times	Points	Times	Points
34	Karen Winter	50-54	F	3,452	5	707	690		0		0
35	Jon Resnick	45-49	M	3,427	5	750	685		0		0
36	Cris Barkmeier	35-39	M	3,426	5	744	685		0	3:59:26 Full	550
37	James Chandler	25-29	M	3,389	7	582	484		0	2:06:37 Half	106
38	Fred Cowles	45-49	M	3,384	4	879	846	18:43	807		0
39	Quang Pham	45-49	M	3,271	5	703	654	21:31	703	1:54:00 Half	597
40	Sandra Manzano-Straehle	40-44	F	3,028	4	769	757		0	20:32 5k	769
41	Janelle Cabassa	30-34	F	3,027	7	463	432		0		0
42	Annette McCall	35-39	F	2,933	4	766	733		0		0
43	Doug Denniston	45-49	M	2,864	6	496	477		0	2:47:55 Half	405
44	Pamela Wusthof	55-59	F	2,782	4	708	696		0		0
45	Linda Lowder	45-49	F	2,759	4	715	690		0	1:52:18 Half	710
46	Amelia Carchidi	30-34	F	2,700	4	734	675		0		0
47	Bryan Chu	25-29	M	2,620	4	661	655		0	1:32:43 Half	657
48	Bill Quinnan	35-39	M	2,442	4	624	611	21:58	618		0
49	Pam Galambos	35-39	F	2,414	3	817	805		0		0
50	Sabrina Higashi	35-39	F	2,357	3	799	786	19:50	776	3:08:37 Full	782
51	Mary Lynch	40-44	F	2,340	3	791	780		0		0
52	Vincent Lowder	40-44	M	2,298	3	804	766		0		0
53	Mike Sellers	30-34	M	2,298	3	773	766	17:33	769	17:28 5k	773
54	Mike Gulan	60-64	M	2,230	3	768	743		0		0
55	Ryan Doss	20-24	M	2,228	3	750	743		0		0
56	Kevin MacDonnell	50-54	M	2,218	3	763	739		0		0
57	Rob Harris	50-54	M	2,193	3	770	731		0		0
58	Jeanene Warren	40-44	F	2,158	4	576	540		0		0
59	Carrie Shargay	15-18	F	2,128	3	738	709		0		0
60	Carlos Jovel, Jr.	35-39	M	2,038	4	568	510		0	2:24:01 Half	440
61	Stacey Dippong	25-29	F	2,037	3	690	679	21:36	690		0
62	Kevin Michaels	40-44	M	1,930	3	693	643		0		0
63	Gary Hefner	50-54	M	1,684	2	844	842	18:28	844		0
64	Pat Copps	55-59	M	1,682	2	850	841		0		0
65	Julia Wu	40-44	F	1,635	3	549	545		0		0
66	Sherri Ellerby	45-49	F	1,611	2	806	806		0		0
67	Kathleen Litvak	40-44	F	1,582	2	808	791		0		0
68	Jodie Kinney	60-64	F	1,541	2	781	771		0		0
69	Laura Bullock	35-39	F	1,529	2	777	765		0		0
70	Michelle Philo	30-34	F	1,427	3	512	476		0		0
71	Susan Liu	35-39	F	1,405	2	717	703		0		0
72	Colleen Jones	30-34	F	1,395	2	704	698		0		0
73	Jan Twisk	45-49	M	1,381	2	716	691		0		0
74	Terry Purdy	50-54	M	1,355	2	682	678		0		0
75	Jennifer Whyte	35-39	F	1,305	2	654	653		0		0
76	Allison Baker	20-24	F	1,297	2	653	649		0		0
77	Jane Crewe	45-49	F	1,293	2	683	647		0		0
78	Amanda Beach	30-34	F	1,269	2	648	635		0		0
79	Ingrid Johnson	25-29	F	1,213	2	636	607		0	4:04:53 Full	577

## 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"  
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[socaltaxman@cox.net](mailto:socaltaxman@cox.net)  
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Fax: (949) 234-0326  
E-mail: [reimersr@stifel.com](mailto:reimersr@stifel.com)  
30448 Rancho Viejo Rd., Suite 110  
San Juan Capistrano

John Loftus, **Certified RRCA Running Coach**  
[www.runyourpotential.com](http://www.runyourpotential.com)  
949 433-9238  
[coach@runyourpotential.com](mailto: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**  
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949-250-0852 949-752-0153 Fax  
[www.JResnickcpa.com](http://www.JResnickcpa.com)  
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### Reminders

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

**SCRR Roster:** Send your address, e-mail address, phone number updates and corrections to David Schiller at [david.schiller@cox.net](mailto:david.schiller@cox.net).

**New Member Night:** First Thursday of every month; pacers assigned to all new people, club meeting and pizza.

### CLUB INFORMATION

**REGULAR CLUB TRAINING RUNS:** Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Peters Canyon/Cedar Grove Park, Tustin, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website [www.roadrunners.org](http://www.roadrunners.org).

**MONTHLY CLUB RACE:** For more information: log on to [www.roadrunners.org](http://www.roadrunners.org) or see a Club Officer.

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

**MEMBERSHIP DUES:** Single: \$30, Family: \$45. Make your check payable to **South Coast Roadrunners**

# SCRR CLUB CALENDAR



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

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

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

By: Doug Denniston

JULY	
<b>THUR, 7/1, 7:30p.m.</b>	<b>Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza</b>
SAT, 7/3, 7:30a.m.	H.B. Stars & Stripes Marathon, ½ Marathon Huntington Beach <b>***SOLD OUT***</b>
SAT, 7/3, 8:00a.m.	Leadville Trail Marathon, Leadville CO - <a href="#">Leadvilletrail100</a> Beiyi Zheng It will be the hardest marathon I will run so far, it starts at 10200 feet and goes up to 13,185 feet!
<b>SUN, 7/4, 7:15a.m.</b>	<b>Woodbridge 5K &amp; 10K Irvine, CA</b>
SUN, 7/4, 8:00a.m.	Surf City 5K Huntington Beach, CA <a href="#">Surfcityrun</a>
SUN, 7/4, 7:15a.m.	Freedom Run at the Ranch 5K, 10K Ladera Ranch, CA <a href="#">Run Ladera</a>
SUN, 7/4, 7:30a.m.	Healthy Figures Lake Forest 5K Walk/Run, CA <a href="#">LakeForest 5K</a>
SUN, 7/4, 7:00a.m.	Coronado Independence Day 15K Coronado CA <a href="#">Coronado15K</a> Amelia Carchidi & Annette McCall (&Amelia's mom)
THUR, 7/8, 6:15p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, <a href="#">renegaderaceseries</a>
SAT, 7/10, 8:00a.m.	Broadwalk 4mi Run Hollywood, CA <a href="#">Broadwalk</a>
SUN, 7/11, 7:30a.m.	Keep L.A. Running Playa Del Rey Los Angeles, CA <a href="#">Keep LA Running</a>
SUN, 7/11, 7:30a.m.	MOVRun Malibu Sunrise 4-Miler, Malibu, CA <a href="http://malibu.movfitness.com/">http://malibu.movfitness.com/</a>
<b>SAT, 7/17</b>	<b>Leilani's Pool Party – Coto De Caza – See Saturday Runs for Details</b>
SUN, 7/25, 7:30a.m.	San Francisco Marathon, ½ Marathon, 10K, 5K S.F., CA <a href="#">SFMarathon</a> Amy Katz, Sabrina Higashi, Karen Winter, Sandra Manzano-Straehle, Greg Hanssen, Ken Atterholt, Cathy Shargay, and maybe Carlos
AUGUST	
<b>THURS, 8/5, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
THURS, 8/5, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, <a href="#">www.renegaderaceseries.com</a>
<b>SAT, 8/7</b>	<b>Club Track Race – Date to be confirmed, more details to com</b>
SAT, 8/7, 8:00a.m.	Sprint Triathlon – Camp Pendleton Hard Core Race Series, <a href="#">CamppendletonracesSprint</a>
SUN, 8/15, 7:00 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, <a href="#">www.afchalf.com</a>
SAT, 8/21, 6:30 a.m.	Bulldog, 50K and 25K, Malibu Creek State Park <a href="#">www.trailrunerevents.com/bd</a>
SAT, 8/21, 9:00 a.m.	LA Mud Run, Pasadena Rose Bowl Pasadena, CA <a href="#">LA Mudrun</a>
<b>SAT, 8/28</b>	<b>Club Bonfire Party – Details to come</b>
SEPTEMBER	
<b>THURS, 9/2, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT, 9/4, 7:00 a.m.	Disneyland Family Fun Run 5K, Anaheim <a href="#">Disney Family 5K</a>
SAT, 9/4, 7:00 a.m.	Kevin Cook Spirit Run 5K, Fountain Valley <a href="http://www.kevincookspiritrun.org/index/Home.html">http://www.kevincookspiritrun.org/index/Home.html</a>
SUN, 9/5, 6:00 a.m.	Disneyland Half Marathon, Anaheim <a href="#">Disneyland Half Marathon</a>
SAT, 9/11, 8:00 a.m.	Heartbreak Ridge ½ Marathon, Camp Pendleton <a href="#">HeartbreakRidge1/2</a>
<b>MON, 9/6, 7:30 a.m.</b>	<b>Cancelled - Rancho Santa Margarita 5K</b>
SUN, 9/12, 7:30 a.m.	Santa Monica 5000, Santa Monica CA <a href="#">SantaMonica5000</a>
SUN, 9/26, 7:30 a.m.	Susan Komen Race for the Cure 5K, Newport Beach, <a href="#">Race for the Cure</a>

## 2010-2011 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Orhan Beker
Treasurer:	John Gardiner
Secretary:	Tonson Tong
Social Chairs:	Kathleen Curley, 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:	Jannay Morrison
Webmaster:	Mike Reeves