# ON THE RUN

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

Orange County, California
March 2009 Issue

# Runner of the Month – Jeanene Warren By: Amy Katz

Congratulations to Runner of the Month Jeanene Warren! While she's only been a member of South Coast Roadrunners for a relatively short time, she's already made a big impact on the group. If you haven't met Jeanene, just show up to any of the weekly runs and you're likely to find her!



Jeanene and her boys

When I first met Jeanene, one thing that impressed me was her love of trail running. She had just competed in the Peter's Canyon trail running series over the summer. Now she's training to run her first marathon, the Catalina Marathon. It's hard enough to run a marathon, and Catalina is particularly challenging. It shows how dedicated to running Jeanene is to set such a huge goal for herself.

When she's not running, Jeanene work for Hoffman Southwest Corporation in the HR-Safety department. She's also the mother to two boys, ages 14 and 10, who also enjoy running. It's great to see them running together as a family on some weeknights.

Besides being a friendly presence in the running club, Jeanene has also contributed as one of our club photographers. I didn't even realize she was recently at Surf City until the next day, when I saw probably the best running photograph anyone has ever taken of me! She also took the time to photograph every single person at the Post-Holiday Party at Waters in January.

Thank you to Jeanene for being an active member of South Coast Roadrunners, and good luck in your upcoming marathon!



Stacy and Jeanene at the Holiday Party

# Feb. Grand Prix Highlights – Armando's First Marathon

By: Linda Hammond

In the month of February South Coast Roadrunners ran the ultimate Southern California race, Surf City. In addition to the screaming fans there was the occasional surfer dude cruising across PCH to catch the next wave. For runners it was ideal conditions, cool and overcast. Need I remind everyone of the serious down pour that we has last year! With the great weather came several great performances by the SCRR crew. At Surf City we had the greatest number of people scoring over 800 Grand Prix points this season. Dave Schiller had a 800+ race in the full marathon and Jeanie Leitner did in the half marathon. We had a huge number of 800+ scores in the 5k they included: Cheryl Smith, Fred Cowles, Sue Zihlmann, Brad Wobig, Mike Gulan, and Sherri Ellerby. Cheryl had a great race and was first place female overall! Brad was first in his division in the 5k and Jeanie was first in her division in the half marathon.

As a runner, completing your first race at any distance is a remarkable accomplishment. Completing your first full marathon is an amazing achievement. This month I will highlight relatively new club member **Armando Moran**. Armando shared his first marathon experience and his running story.



**Linda:** Congratulations on completing your first marathon! How was it? **Armando:** Well, I started feeling really well, and my chosen pace felt easy, but around mile 18 it became really hard and didn't finish as fast as I wanted. I would say it was a great learning experience.

**Linda:** When did you start running?

**Armando:** In January 2008, I was having dinner with friends and one of my friends mentioned that she was going to run the Paramount 10K. Even when at that time, I was a little bit of a coach potato (I used to play videogames) and also very social (that involved staying up late eating and drinking), I thought that I could beat her (maybe it was the wine that I was having) so I bet with her a dinner.

The next day we went to Paramount, and started running the race together. My strategy was to keep her pace until mile 6, and sprint at the end to beat her. I was able to stay together with her easily for the first three miles. I even kept her pace until the fourth mile, although that was more challenging. However, a little after passing the fourth mile, she made her move, accelerating her pace, and I was not able to cover it. I continued with a lot of effort, I even walked in some parts, and at the end, I sprinted. I passed a lot of runners, but all that effort was futile. She finished almost thirty seconds before me. I had been defeated.

I called my brother, who is a runner, and told him about my race. He asked about my time and I told him (57:35). He said "What! that time is what the old ladies do" and "Your friend didn't beat you. You beat yourself." At that point I decided to make a change, and got a training program from the internet that required me to run 20 minutes three times a week. That is how I started running.

Linda: What brought you to SCRR?

**Armando:** After a few months of losing weight and doing exercise, I decided to see how I was doing and I registered for the Corona del Mar 5K in June. I was 35 pounds lighter, and I was able to finish fifth in my age group with a time of 20:29. From then, I started to run more races, where I would see Tonson, who I met, and tried to get into a group, so that I could train with more people. I liked the group since the first run, and decided to join.

Linda: What type of training do you do?

**Armando:** For the marathon I got into Danny's training group, and he helped me with my training plan, that involved intervals, tempo runs, long runs and recovery runs. Right now I am recovering from the marathon so I am almost only running slow miles.

**Linda:** Is there an upcoming race that you are looking forward to?

**Armando:** My marathon is still very recent, but maybe I will run another one at some point.

Thanks Armando for sharing your story about your first marathon and training. Congratulations to South Coast Roadrunners on PRs and great performances at Surf City. Surf City supports the charity Run for Mobility. This charity raises funds to build and deliver specially engineered wheelchairs around the world. These wheelchairs are made of outdoor furniture and mountain bike wheels, designed to withstand the often rough terrain of developing countries. Our March Grand Prix race will be the Coaster Run at Knott's Berry Farm. This race includes the 2009 Southern California USATF 5K Road Championships, so this will be a good opportunity to see some great elite runners. See you at Knott's!

## Photos from Palm Springs 1/2M

By: Noreene Matsuda









# Beiyi Runs Six Days in Costa Rica

By: Beiyi Zheng

Beiyi recently participated in The Coastal Challenge – a six day run through the rain forests of Costa Rica.

Day 1 - 22 miles - no cut off time. The first day is an easy day, only 1k of uphill jungle trail, the rest of the route was rolling hills, with no steep up or downhills. The afternoon rain felt so good, but it did make the course a bit slippery.

#### Day 2 - 25 miles - cut off 8 hours at 13 miles.

You are probably laughing at that 8 hour cut off and thinking you can run at least 50K in 8 hours. The day started out with a 3-mile straight up climb on a muddy jungle trail. I slowly got through it, at an average pace of 30 minutes/mile.

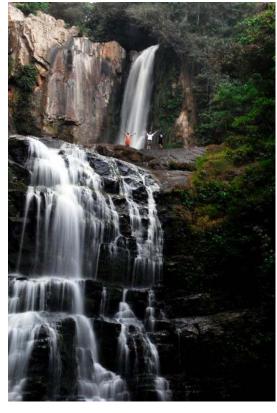
When I got to PC #1 at 11k, I still had 5-1/2 hours for the next 11K. Plenty of time, right? WRONG!!!

Leaving PC# 1, the course climbed straight up on a nice dirt trail, so far so good, but it ended too soon. During the next 2 - 3 miles, it was not about running any more, it was all about problem solving: how can I get from point A to point B without getting my feet stuck in the mud? Ok, now my one leg is in the mud, where should I land my other foot? Ok, now both my legs are in the mud, how can I pull one out without letting the other one sink in more? Ok, my foot is out of the mud, but not my shoe. I need to find a place to sit and dig out that shoe. This process was repeated over and over until finally I reached the top. My slowest pace in this section was 56 minutes/mile!!!

When I got to PC# 2, it was about 7 hours, there were about 10 runners there, they all had stopped, no one wanted to run the next easy 12 miler. :( I lost my interest in running as well and started walking. Then I realized I would miss the dinner, so I started running again. Finally, I reached PC# 3 where the staff told me they were still expecting 5 more runners. Great, I was not the last one. 1 mile later I saw sweepers, what happened to those other 5 runners? "Oh, they all bailed", the sweeper told me. Ok, I am officially the last. I already had bad chafing and crossing the salt water river made me want to cry. I reached the finish line. DFL.



The adventure racers only ran 10 miles and they started at 10am, lucky!



We started at 5:47am, on a nice and flat trail, but I felt tired. The night before, my teammate Rachael told me that we would run on a technical rocky trail on the river bed. Great, no more mud. I forgot to ask how big the rocks were.

½ mile from the start, I was already the last one with another runner from New York - Milko. I stayed with him, because he could speak Spanish and ask for directions. We helped each other in the river crossing section. The rocks were so slippery in one section, and the water was so deep, we had to swim! We spent too much time in this 4-mile section.

Then the course became an endless steep climb, up and up and up.... with no shade. At mile 11, I turned around, where was Milko? I was alone again. Very soon, I ran out of water. I drank some water from stream, my stomach didn't give me any problem. Great. Where is that PC# 2???? More uphills, more uphills, more uphills until finally PC# 2. I asked about the next section to PC#3 and the staff told me, mostly downhills, he forgot to mention they were technical downhills!!!

I still had 3-1/2 hours to cover 10 miles to make the cut off. I tried to pretend I was running in El Moro, that only worked for about 2 miles: ( The trails got too technical for me to handle. Soon, I heard sweepers, I knew I would DNF today.

When I got to PC# 3, they told me I had to get into the car. I felt sad. At that point, I was not too tired to finish the final 10 miles, but I had run out of time.



major climbs today, only a 650m climb at the first part. I didn't believe it.

After dinner, sitting in the tent, I had to decide if I want to go on with Expedition category unranked or downgrade to Adventure. I didn't want to quit yet, I decided to go on with Expedition category unranked.

# Day 4 - 22 miles - cut off 6 hours at 13 miles

I had a great run on Day 4; I made it to 13 miles in under 5 hours. Then I spent over 2 hours on the straight downhill with tall grasses, frustrating, but I made it safely. I even ran non-stop for 3 miles to the finish.

#### Day 5 - 29 miles - no cut off

We were told today's trails were all runnable. I didn't believe it. We were told there were no

I felt tired at the start - lack of sleep, no hot shower, same boring food every day. Well, at least today's trails were nice, oh yeah, they were runnable - if I'd had energy. I ate and drank a lot at PC# 1 and felt a bit better. I hiked with Peter from Florida for the most part from PC# 1 to PC# 2. We were expecting to see PC# 2 at 35K, but it wasn't there. All of

sudden, I felt all my energy leave me, I couldn't keep up with Peter any more. I started to eat energy bars, yuck! It didn't help; I had ZERO energy! When I reached PC# 2, I was ready to quit. Adventure racers were lying around, waiting for a ride to the camp. I still had 8k to go. Somehow, I didn't stop.

That 8k was the longest 8k EVER!!! "You're almost there!" didn't mean anything to me anymore. All I could do at this point was put one foot in front of the other and try not to trip on anything. The sweeper was worried that I couldn't cross that wooden bridge. I told him I'd rather fall into the river at this point. I think my swimming might be faster than my walking. :)

I made it to the camp, dead, dead, dead tired. Another DFL. My teammates were there to take care of me. Thank you guys, without you all and Henry (Maya's husband), I wouldn't have been able to run again the next day - my birthday!

#### Day 6 - 14 miles - my birthday run

http://www.facebook.com/album.php?aid=101532&l=b09fb&id=645510922

These pictures showed you I had a great run, only spent 5 hours on the trail, and even had lunch after I finished:)

6 days, 134 miles!!!





# GRAND PRIX STANDINGS



The Grand Prix is a competition where club members get points for running races selected as the club races-of-the-month. The points are based on each runner's time compared to the world record in that distance for their gender and age group. The program runs from July to June, and the best 9 of 12 scores are used. The standings of the top 89 participants (so far) for the 2008-2009 series after 8 races are:

	Details							SoCal 1/2M / 5K		Make Room for Santa	
Place	Name	Age Group	Sex	Total Points	Races	Best	Avg	Times	Points	Times	Points
1	Fred Cowles	45-49	M	7120	8	912	890	16:53 5k	895	16:40 5k	907
2	Mike Sellers	25-29	M	6285	8	813	786	16:52 5k	794	16:38 5k	806
3	Ken Atterholt	45-49	M	5846	8	768	731	1:34:00 Half	724	19:52 5k	761
4	David Schiller	45-49	M	5733	7	842	819	3:00:01 Full	813	1:22:25 Half	826
5	Erika Kotteakos	40-44	F	5313	7	787	759	1:34:28 Half	783	1:35:25 Half	775
6	Mike Friedl	45-49	M	5075	7	775	725	1:32:00 Half	740	19:31 5k	775
7	Orhan Beker	35-39	M	4992	7	755	713		0	17:59 5k	755
8	Ed Coffey	60-64	М	4988	7	736	713	23:31 5k	723	23:25 5k	726
9	Sue Zihlmann	45-49	F	4939	6	871	823	19:32 5k	866	19:25 5k	871
10	Jeanie Leitner	60-64	F	4802	6	845	800	1:46:14 Half	845	1:53:20 Half	793
11	Linda Hammond	40-44	F	4789	7	704	684	1:45:00 Half	704	1:47:42 Half	687
12	Kathleen Curley	25-29	F	4034	6	698	672	1:40:30 Half	682	21:21 5k	698
13	Brad Wobig	40-44	M	3993	5	820	799	17:20 5k	820	1:21:11 Half	781
14	Mike Gulan	55-59	М	3930	5	817	786	20:00 5k	806	20:03 5k	804
15	Amy Katz	35-39	F	3854	6	679	642	1:44:31 Half	679	1:47:31 Half	661
16	Greg Hanssen	40-44	M	3813	6	665	636	1:41:05 Half	627	1:44:45 Half	605
17	Leilani Rios	25-29	F	3804	5	805	761		0		0
18	Ben Coyle	30-34	M	3759	5	771	752	17:40 5k	764	17:48 5k	758
19	Mary Lynch	40-44	F	3705	5	782	741	1:34:33 Half	782		0
20	Armando Moran	35-39	M	3336	5	692	667	3:37:16 Full	606		0
21	Tom Skane	45-49	M	3218	5	683	644	22:08 5k	683		0
22	Stacey Dippong	25-29	F	3174	5	668	635	22:19 5k	668		0
23	Eric Frome	25-29	M	3123	4	797	781		0	1:16:26 Half	797
24	Jim Grant	45-49	М	3011	4	788	753	19:36 5k	771	19:11 5k	788
25	Tonson Tong	40-44	M	2903	4	780	726	3:40:02 Full	623	1:27:27 Half	725
26	Vincent Lowder	40-44	M	2854	4	737	714		0	19:18 5k	737
27	Jim Beck	40-44	M	2849	4	740	712		0	1:30:47 Half	698
28	Noreene Matsuda	40-44	F	2828	4	726	707		0	1:41:54 Half	726
29	Rob Harris	45-49	M	2823	4	712	706		0	1:36:31 Half	705
30	Brigid Pukszta	40-44	F	2808	6	496	468	31:50 5k	496	32:27 5k	487
31	Amelia Carchidi	30-34	F	2785	4	715	696	1:37:51 Half	694	21:26 5k	712
32	Jane Crewe	45-49	F	2784	4	707	696	1:53:48 Half	701	25:09 5k	673
33	Jannay Morrison	40-44	F	2721	4	728	680	1:41:33 Half	728	1:44:33 Half	707
34	Karen Winter	45-49	F	2581	4	719	645	1:50:56 Half	719		0
35	Mike Connors	40-44	M	2358	3	797	786		0		0
36	Sherri Ellerby	40-44	F	2342	3	815	781	19:23 5k	815		0
37	Greg Jones	30-34	M	2327	3	784	776	17:32 5k	770	1:19:36 Half	773
38	Quang Pham	40-44	M	2322	4	646	581	1:52:25 Half	564	2:14:03 Half	473

	Details							SoCal 1/2M / 5K		Make Room for Santa		
Place	Name	Age Group	Sex	Total Points	Races	Best	Avg	Times	Points	Times	Points	
39	Matt Hood	35-39	М	2314	4	660	579	1:37:58 Half	647	38:36 5k	352	
40	Michele Philo	25-29	F	2303	5	478	461	5:30:07 Full	428	2:29:41 Half	458	
41	Brent Bohn	40-44	М	2286	3	782	762		0		0	
42	Pete Boisineau	60-64	М	2265	3	775	755		0	1:39:14 Half	775	
43	Kevin MacDonnell	45-49	М	2216	3	741	739		0	20:25 5k	740	
44	Annette McCall	30-34	F	2178	3	740	726	20:36 5k	740	20:49 5k	733	
45	Jon Resnick	45-49	М	2107	3	761	702		0		0	
46	Jennifer Walt	40-44	F	1987	3	699	662	4:05:31 Full	606	1:45:48 Half	699	
47	Colleen Jones	30-34	F	1986	3	696	662		0		0	
48	Liza Svoboda	35-39	F	1853	3	660	618		0		0	
49	Cheryl Smith	25-29	F	1758	2	881	879	16:55 5k	881	1:18:13 Half	877	
50	Beiyi Zheng	40-44	F	1744	3	602	581		0	2:05:53 Half	587	
51	Jan Peters	50-54	F	1675	3	567	558	2:20:34 Half	567	2:26:32 Half	544	
52	Jason Blank	30-34	М	1563	2	784	782		0		0	
53	Jennifer Wilkes	30-34	F	1555	3	658	518		0	1:47:29 Half	632	
54	John Gardiner	35-39	М	1552	2	792	776		0	17:09 5k	792	
55	Sandra Manzano- Straehle	35-39	F	1498	2	762	749		0		0	
56	Lucina Lara	35-39	F	1469	2	736	735	1:36:30 Half	736		0	
57	Simon Gudina	35-39	М	1464	2	761	732		0		0	
58	Jennifer Neff	40-44	F	1453	2	728	727		0	1:42:01 Half	725	
59	Molly Donnellan	45-49	F	1424	2	715	712		0		0	
60	Robert Donald	40-44	М	1418	2	728	709	1:31:55 Half	690	19:31 5k	728	
61	Jennifer Whyte	35-39	F	1374	2	688	687		0	1:43:35 Half	686	
62	Jerry Lin	40-44	М	1371	2	706	686		0	1:35:16 Half	665	
63	Cathy Shargay	50-54	F	1363	2	703	682		0	24:51 5k	703	
64	Jared Lessard	25-29	М	1357	2	690	679		0		0	
65	Bryan Chu	25-29	М	1328	2	676	664		0		0	
66	Gary Juskowiak	25-29	М	1321	2	679	661		0		0	
67	Terry Purdy	50-54	М	1309	2	659	655		0		0	
68	Adam Wallace	35-39	М	1285	2	662	643		0		0	
69	Ron Urman	45-49	М	1278	2	652	639	1:44:25 Half	652	1:48:43 Half	626	
70	Vicki Niebrzydowski	25-29	F	1274	2	659	637		0		0	
71	Linda Lowder	40-44	F	1238	2	638	619	1:55:54 Half	638		0	
72	George Knowles	30-34	М	1237	2	619	619		0		0	
73	Melissa Schiller	13-15	F	1065	2	571	533		0	29:27 5k	571	
74	Carlos Jovel, Jr.	30-34	М	1020	2	519	510	2:02:40 Half	501		0	
75	Tom Dellner	40-44	М	767	1	<b>767</b>	767		0		0	
76	Charles Wilbur	45-49	М	737	1	737	737		0		0	
77	Kathleen Litvak	40-44	F	721	1	721	721		0		0	
78	Ray Vrabel	60-64	М	718	1	718	718		0		0	
79	Kelly Tucker	50-54	М	712	1	712	712		0		0	
80	Michael Ewart	50-54	М	711	1	711	711		0		0	
81	William Langstaff	60-64	М	707	1	707	707		0		0	
82	Bruce Bauer	40-44	М	691	1	691	691		0		0	
83	Michael Reeves	30-34	М	670	1	670	670		0		0	
84	David Litvak	40-44	М	648	1	648	648		0		0	
85	Rudy Carrion	35-39	М	641	1	641	641		0		0	
86	Jan Twisk	40-44	М	631	1	631	631		0		0	
87	Faith Morris	50-54	F	625	1	625	625		0		0	
88	Sohrab Mirza	65-69	М	615	1	615	615		0		0	
89	Jodie Kinney	55-59	F	455	1	455	455		0		0	

#### SATURDAY RUNS

#### NOTE: Meet at 7:45 a.m., run at 8:00 (Winter schedule)

3/7/09, Ship to Rail

Location: Dana Point Ocean Institute Leader: Jane Crewe

**Directions:** From PCH in Dana Point, turn onto Golden Lantern toward the ocean. At the bottom of the hill, turn right on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute. Parking is all around. We'll meet at the end of DPH Drive, near the "Pilgrim" sailing ship and little pier in Dana Point Harbor.

**About the Run:** This is an out and back flat run that will cover a portion of the "Turkey Trot" course. First turnaround point is at the end of the parking lot just past the San Clemente Metrolink Station. Total distance is about 10.6 miles. Shorter options are available. For a 12.8 mile run, continue running along the footpath to the next turnaround point, the San Clemente Pier. For those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. If you're doing a 20-miler, you could continue along the path that goes beyond the San Clemente Pier then turnaround when necessary. Bring water, although several drinking fountains are located along the way. Lots of restrooms!

After the Run: The Brig in Dana Point Harbor.

3/14/09, Peter's Canyon

**Location:** Cedar Grove Park – Peter's Canyon **Leader:** Amelia Carchidi

Directions: Take the 5 Freeway, exit Jamboree, head east. Left on Tustin Ranch Road, right on Pioneer, go

straight to Cedar Grove Park.

**About the Run:** We will run the 7 mile loop in Peter's Canyon which is entirely on trails. Water is available around mile 3. Join us for the full loop or just a few miles to warm up for the Coaster Run the next day.

After the Run: Coffee somewhere, probably Starbucks.

3/21/09, Corner Bakery to Quail Hill

**Location:** Corner Bakery at Main and Harvard in Irvine. Leader: Greg Hanssen

**Directions:** From the 405, exit Culver heading North, first left at Main, then left into shopping center right after Harvard.

**About the Run:** The run is a 13 or 9 mile loop. We'll run along the bike path by the 405 to Quail then run part of the Quail hill run, returning on University. For 9 miles take Jeffrey/University, skipping Quail. Greg will bring maps. <a href="http://www.gmap-pedometer.com/?r=2554265">http://www.gmap-pedometer.com/?r=2554265</a>

After the Run: Corner Bakery

#### 3/28/08, Aliso/Wood Canyon

**Location:** Aliso/Wood Canyons in Laguna Niguel (near corner of Aliso Creek and Alicia). Meet across from church in dirt parking lot on Awma Rd.

**Directions:** From Irvine, take 5 south. Exit at Alicia Parkway and head south. Turn right on Awma Rd, which is just past Aliso Creek Road.

**About the Run:** Out-and-back or loop course, 6-14 miles. Mainly dirt trails. At the right turn onto the dirt (by the outhouses) continue parallel to the road on single track Meadows Trail. After 1/2 mile, trail turns right and starts switchbacks up to the top of the ridge – great views of the ocean at the top. Go right, trail winds behind a few houses, and then hits Alta Vista road. Run on road about 2 miles to Top of the World, continue down West Ridge Trail. Can return to church via Mathis, Lynx or Cholla trails. Bring water. The Mathis Trail version is about 9 miles.

**After the Run:** Amsterdam Coffee House, 27221 La Paz Rd (at Pacific Park Dr.), Laguna Niguel. It's in the Henry's shopping center.

Leader: Sherri Ellerby

#### 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 <a href="https://www.watersrestaurant.com">www.watersrestaurant.com</a> 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: <a href="mailto:richard.reimers@agedwards.com">richard.reimers@agedwards.com</a>
26351 Junipero Serra Road, Suite 101,

San Juan Capistrano

Santiago Nomen, "**Tax Preparation** at a Fair Price" (714) 838-3587, Fax: (714) 838-2256 <a href="mailto:socaltaxman@cox.net">socaltaxman@cox.net</a> 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 <a href="https://www.JResnickcpa.com">www.JResnickcpa.com</a>

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## Reminders

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

<u>SCRR Roster</u>: Send your address, e-mail address, phone number updates and corrections to David Schiller at david.schiller@cox.net.

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

#### **CLUB INFORMATION**

**REGULAR CLUB TRAINING RUNS:** Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine. Mondays & Thursdays @ 6 p.m., several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

MONTHLY CLUB RACE: For more information: log on to www.roadrunners.org or see a Club Officer.

MONTHLY CLUB MEETINGS: 1st Thursday of every month, 7:30 PM, Heritage Park Youth Ctr.

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

### **SCRR CLUB CALENDAR**



#### Club Events in bold font

Check <u>www.raceplace.com</u> or <u>www.active.com</u> for event registration info

MARCH							
THU, 3/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm						
SAT, 3/14, 7:30 a.m.	Catalina Marathon, 10K/5K, Avalon, Catalina						
SAT, 3/14	Solvang Century						
SUN, 3/15, 7:45 a.m.	The Coaster Run, 10K/5K, Knotts Berry Farm, Buena Park						
SUN, 3/22, 7:15 a.m.	Spirit Run, 5K, 10K, Fashion Island, Newport Beach						
SUN, 3/29, 8:00 a.m.	Wine Country Half Marathon, 5K, Paso Robles (Club Road Trip)						
APRIL							
THU, 4/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm						
SAT, 4/4, 7:45 a.m.	Santa Anita Derby Day, 5K						
SUN, 4/5, 7:05 a.m.	Carlsbad 5000						
MON, 4/20	Boston Marathon						
FRI-SAT, 4/24-4/25	Ragnar Relay, Santa Barbara to Dana Point, www.ragnarrelay.com						
SAT, 4/25, 8:00 a.m.	Camp Pendleton Inaugural Hard Corps Marathon,						
	http://www.camppendletonraces.com/marathon/index.htm						
MAY							
SUN, 5/3, 6:30 a.m.	OC Marathon and 1/2M, Newport Beach, www.ocmarathon.com						
SUN, 5/3, 7:00 a.m.	PCRF Cinco De Mayo ½ M and Reaching for the Cure 5K/10K, Irvine Spectrum,						
	www.pcrf-kids.com						
THURS, 5/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza						
SAT, 5/23	Mount Wilson Trail Race, 8.6 miles – Sierra Madre, CA						
MON, 5/25, 7:30 a.m.	City of Laguna Hills Memorial Day ½ Marathon and 5K, Laguna Hills						
MON, 5/25, 7:00 a.m.	LA Marathon XXIV, www.lamarathon.com						
SAT, 5/30, 8:00 a.m.	Miles for Melanoma 5K, 300 Laguna Rd., Fullerton, www.active.com						

#### 2008-2009 SCRR CLUB OFFICERS:

President: Amelia Carchidi
Vice-President: Greg Jones
Treasurer: Orhan Beker
Secretary: Tonson Tong
Social Chairs: Kathleen Curley,
Stacey Dippong

Officers At Large: Noreene Matsuda,

Leilani Rios

#### 2008-2009 COMMITTEE CHAIRPERSONS:

Cathy Shargay Newsletter: 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 Mike Reeves Webmaster:

# Interesting Facts – History of Running Shoes

The father of the modern running shoe was Adolf Dassler who began making shoes in 1920. By 1936 his shoes were internationally acknowledged as the best and were worn by athletes of the calibre of Jesse Owens. Dassler specialised in shoes designed for sport. After the lean war years he continued to progress and developed the training shoe made from surplus tent canvas and rubber from fuel tanks. In 1948 he founded Adidas but the company was soon to split into Addas (later known as Adidas) and Puma. To give support to the running shoe Dassler added three side strips to the shoe which first appeared in 1949.