

ON THE RUN



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

Orange County, California
June 2010 Issue

Runner of the Month – Bob Morris

By: Stacey Dippong

May Runner of the Month: Bob Morris Bob was chosen as runner of the month for many reasons, including his generosity to SCRR year after year, providing the club with discounts at A Snail's Pace, and awesome raffle prizes for our banquet. Bob is also always willing to lend a helping hand, in helping with race discounts, arranging for our tent to be at races and more! And, did I mention, he is a very talented runner, having won the Grand Prix four times in the past? He is currently in contention for first this year, which means that our upcoming Anaheim race should be exciting!

When did you start running? *Junior high school, back in the mid-60's before running shoes had caught on. I remember finding a store selling a canvas running shaped shoe, like a track spike without spikes. It was a big improvement over the Converse low-top basketball shoes and PF Flyers everyone was running in.*

Why do you run? *It's just something I've enjoyed doing since I was knee high to a grasshopper.*

What do you like most about South Coast Roadrunners? *The great parties.*

What is your favorite race distance and why? *5K's definitely. I'm better at them than the longer races.*

Are you currently training for anything? *Mostly 5Ks. How is that going?* *I'm just trying to keep the wheels on the track.*

Any specific racing stories that you would like to share? *(Editor's note: Bob suggested that I ask his wife, Faith, about a 10k that they did in Japan a few years ago because she tells the store better – so I did!)*



The race took place outside of Tokyo. When we picked up our bibs, our "goodie" bags included a lime green helmet with a chin strap and a pair of knit gloves with rubberized palms...despite the language barrier, we came to understand that the gloves were optional, but the helmet was not. I figured they were there for a

reason; Bob decided he didn't need his. The race began in a dry riverbed, which got progressively less dry as we went along. Being quite a bit slower than Bob, I didn't see him cut his hands bracing his fall at about the third place where the water began flowing; hence, the gloves. The water was COLD, but fortunately, it was a very warm day. Pretty soon, there was no avoiding the water, but at the same time, it became apparent that there was no trail, either. The goal was to find whatever footing you could along the banks. Long after I would have expected to see the frontrunners returning from an out and back 10k, along comes Bob, who says, "It only gets worse." True: the water got deeper and the banks less accommodating until at one point I came upon a boulder; not being a climber, the only other option was to go through the water: I immediately found myself dogpaddling in icy river water up to my neck! It wasn't until I reached the turnaround that I realized I was dead last. However, I managed to catch up to a couple of Japanese girls with whom I ran (if you can call it running) with for awhile before they fell back. In more than double my usual 10K time, I finally crossed the finish line...I was starving, having had only one GU with me during the race. To our dismay, instead of bagels or bananas, we were served miso soup out of a huge wooden vat being stirred with an oarlike utensil. Bob and I changed to dry shoes we had the good sense to bring, and left our soggy, river silt filled shoes there for some homeless Japanese couple to find. In exchange, we took home the best running story of our lives!

Where are you from? Originally from Detroit, but moved to So. Cal. as a kid and went to high school up in Big Bear.

What do you do for a living? Manage the Laguna Hills A Snail's Pace Shop.

What do you like to do in your free time besides running? Check out new wineries. Salsa dancing. Coach the kids at Faith's elementary school every March for the Kids Run Orange County (KROC) program.

Wildflower Triathlon Relay Experience!

By: Kathleen Curley

The first weekend in May, my friends and I made the drive up to Lake San Antonio (just past Paso Robles) to camp, enjoy nature, drink beverages and oh yes – participate in the Wildflower Triathlon Festival. The Wildflower Triathlon weekend events started off on Saturday with the long course triathlon (also known as a



half-ironman – 1.2 mile swim, 56 mile bike, 13.1 mile run) and the sprint mountain bike distance (1/4 mile swim, 9.7 mile bike, 2 mile run). Sunday is the Olympic distance triathlon (1.5km swim, 40k bike, 10k run) which is the event that our group selected. Three of my friends did the entire Olympic tri (I bow down to them) while I participated in the Olympic relay.

The triathlon experience is pretty intimidating and being the 3rd leg of the relay, I definitely got to see a lot of the action. The swim start always looks like madness – just people running into the water and swimming on top of each other. Luckily, the wave starts were spread out by age group and the relays were the last wave, pushing off at 11am. I waited for Emily, our swimmer, to exit the lake and ran her back to the transition area to meet Cherie, our biker. The transition area was like a maze to me, but somehow all the athletes knew exactly where they had left their bikes (a lot of them used chalk on the ground to mark it).

Once Cherie took off on the bike, I had about 90 min before I needed to be back near the bike entrance to exchange the timing chip. I headed for whatever shade I could find and tried to hydrate properly. It was noon



and hot and while part of me wanted to chug every water bottle in sight, I forced myself to just slowly drink one. When Cherie came in, we exchange the ankle chip and I was off. We hadn't seen too many other female relay teams in front of us, so I kept an eye out for girl's calves. Yep, at triathlons your age is marked on the back of your calf, so each time I saw an "R" for relay, I'd focus on keeping up.

The run was brutal. Basically, the course is 5 miles uphill on a mix of trails and roads, followed by a steep downhill to the finish. There were plenty of aid stations staffed by energetic Cal Poly SLO students though

which helps break it up. I was able to maintain a decent pace and really made up time on the downhill. Emily and Cherie met me at the final turn to the finish and we sprinted across, finishing in 3rd place for the female relays. My 10k time was 44:28 and our team time was 2:52:44.

Both the long course and the Olympic distance are challenging, with terms like "Nasty Grade" and "Lynch Hill" being heard



frequently throughout the weekend. The scenery is beautiful though and the weekend experience was

really just about camping with friends and enjoying being away from the city. Some people get to the campgrounds as early as Wednesday before the weekend. We arrived on Friday night and were already directed to the overflow area, but no matter what area you're in, it is convenient to walk/hop on a shuttle to the festival area.



Incoming SCRR Officers for 2010-2011

President:

Greg Hanssen

Vice President:

Orhan Beker

Secretary:

Tonson Tong

Treasurer:

John Gardiner

Member at large1:

Stacey Dippong

Member at large2:

Bob Morris

Member at large3:

Greg Jones

Race on over...
Ladies & Gentlemen, place your bets on the most exciting 2 minutes in sports!
(aka purchase raffle tix for \$1 a ticket)...

2010 Annual SCRR Banquet: A Night at the Track

When: June 19, 2010 @ 5:30 pm; \$\$ due by June 12

Where: Churchill Downs, formerly known as the Woodbridge Community Center (31 Creek Road, Irvine)

Attire: Semi formal

Food: Southern BBQ from Lucille's, including salad, biscuits, brisket, chicken, ribs, pulled pork, coleslaw, vegetables, grits, sweet potatoes, and dessert!

Drinks: Soft drinks, water, beer, wine, liquor, and of course *Mint Juleps* will be provided.

Entertainment: DJ Karl

Track announcer/MC: Mike Friedl

Cost: \$30 per person

Raffle prizes: If you would like to donate a raffle prize, please contact Leilani Rios, leilanirios@gmail.com

To RSVP and pay by JUNE 12 (Checks made out to SCRR), contact Stacey Dippong (stacedippong@gmail.com) or Kathleen Curley (kathleen.curley@gmail.com)

OC Marathon Amazing Spotlights!

By: Linda Hammond

I like to think that the results of the **OC Marathon** and **Half Marathon** and **5k** were the result of a perfect storm. Several runners fresh from the Boston Marathon took a break from running and were out in full force along the course to cheer the on runners in the half and full marathon. While others in peak form from a season of training turned in some amazing performances in the 5k and half marathon and marathon. Pretty much everyone from **South Coast Roadrunners**, some after completing their races, came out and cheered, ran with, and took pictures of South Coast Roadrunners finishing the marathon. The results of the day: overall winners, age group winners, PRs, Boston Qualifiers.... Truly everyone from South Coast Roadrunners who walked away with a cool OC wave finisher medal around their neck had reason to be proud!



With a wave of support from the club, **Armando Moran** and **Matt Hood** achieved their goals of running a Boston Qualifier. They each shared their thoughts about their marathons.

Armando: After unsuccessfully trying to qualify for Boston in four marathons (Surf City, OC Marathon, Long Beach and Vegas), I finally made it in the fifth attempt. All the previous marathons were learning experiences where I made several mistakes that I corrected as I ran more marathons. The support and advice from the club members, during training, and even in the race, were really important factors in finally qualifying for Boston. It would have been really hard without their help.

Matt: The feeling of qualifying for Boston at the OC Marathon is one I will never forget. My wife **Dawn** and the kids found me 6 or 7 times on the course with another huge banner/flag cheering me on, there were SCRR folks throughout the course, and then **Leilani Rios**, **Mike Sellers**, **Rob Harris**, **Gary Hefner**, and **David Schiller** ran the final 3-4 miles giving me encouragement I needed. **Greg Jones** was a wonderfully selfless pacer helping so many people in our 3:20 pace group. He became my own personal Sherpa carrying gels, water, shirts, hats (I'm still not sure why I didn't put those on...) and he did an amazing job keeping me focused and on track to meet the goal in that final 10k. I trained with **John Loftus** and he helped me build off of my 6 minute PR at Surf City in February, to add the mileage, endurance, and confidence to run a smart race. Thanks to the collective effort and support of so many people I was able to "run with joy" and accomplish my goal finishing in 3:19:23! I can honestly say I couldn't have done it without my SCRR friends & family!



John Gardiner and **Leilani Rios** had the thrill of breaking the finish line tape as the overall male and female winners in the 5k. Here are their thoughts about their winning races.



John: I had a great couple of months of training leading up to this race and was coming off a 5k PR of 15:51 at Carlsbad. I was thrilled to keep the momentum going with another good race at OC. The weather was perfect and the course was flat and fast (especially since it was a little short of 5k). I'm certainly not used to winning races and I was pretty excited to get the chance to break a finish line tape for the first time in my running career. Thanks to all my SCRR training buddies for all the help!!

Leilani: Coming into the start of the OC 5k race, I felt really fresh and fast. From the start I only saw my Snail's teammate Donna close by - coming through the first mile at 5:53...I didn't see any other girls that were near us. For a second I thought I might have gone out too fast but it felt good. At around 1.5 Donna dropped off and I caught up and tucked in behind **Bob Morris** around mile 2 and tried to hold pace. 6:00 2nd mile, not too bad... I held that pace until it came to about 600 yards and picked it up. I was coming close to the finish and I realized that no other girl was going to catch me. It was such a great feeling crossing the finish line as the first female and running through the finishing tape; I have never done that before. It was amazing! Finished with a time of 18:21.



In the Half Marathon **Kate Accardo** placed first in her age group with a time of 1:20:28. Here are her thoughts about her race.

Kate: I didn't really have a set plan other than run hard...I've been running with the boys two milers at El Toro where I coach so I wasn't sure what kind of half I could pull off to be honest with you. I tried to just run with the guys around me and not to look at my watch. I was thinking 6:20 pace was a good goal before hand so I was happy to see when we finished we had done 6:08s the whole way. Good decision not to go by watch! It was a great course too so that's always helpful!

Thanks runners for sharing your stories. OC was our 11th Grand Prix race of the season. Our current leader, **John Gardiner**, and **Ed Coffey** are the only SCRRs to have run all the Grand Prix races this season. We finish the final race of the season zipping through the streets of Anaheim for the Downtown Anaheim 5k.....This is It! Your last chance to surge ahead of that Roadrunner who has been on your tail all season in the Grand Prix! On your mark, get set, GO! See you at the finish line!

Celebration Pictures from OC Marathon!

By: Linda Hammond



Additional OC Marathon Race Reports

By: Amelia Carchidi

Once again our SCRR members and friends proved how tough they were in the OC Marathon, Half Marathon and 5K. Coach **John Loftus** had plans to race at Boston this year, but some injuries held him back and instead set his sights on the OC Marathon. He proved this to be a wise decision and finished a very strong OC Marathon, winning the M50-54 in an incredible time of 2:50:38. He was 14th overall but his "AG" adjusted result was #3. Amazing. **Sabrina Higashi**, being coached by John for the last couple of seasons, had a breakthrough day. She had run several times 3:11 with her sights to break that PR. She smashed it in a time of 3:08:37, also winning the W35-39 age group.

Pacer **Tonson Tong** once again led several women to their BQ time of 3:40 as another official pacer. He finished another solid marathon in 3:40:13. **Peter Lew** has been running with our group for a few months and was hoping to break 4 hours at the LA Marathon. When the race did not go as planned, he did not give up hope. He regrouped for the OC and set his sights back on target. I saw him at mile 25 looking very strong. He pushed through some soreness in his hamstring and shattered his goal, running 3:55:10 and a big PR. Pacer **Cris Barkmeier** led the 4:00 pace group and had a solid finish at 3:59:26 with a big group of runners alongside who broke the 4:00 barrier for the first time.

Ingrid Johnson, making a comeback to running marathons despite a hectic work schedule, also had a big PR. She ran a solid 4:04:53 and finished incredibly strong. **Eric Dangott** ran his first marathon at the OC. He finished in 4:11:40, and of course a first marathon is a PR! Another first marathoner, **Chris Johnson**, finished the race in 4:42:22. Great job!

Also want to recognize a few of our other tough runners who fought hard out on the course. **Eric Frome** did what many of us could not even attempt to consider, running a marathon 13 days after his fast Boston Marathon. Eric looked very strong at mile 11 but a hamstring pull forced him to switch to the half to stay healthy. Certainly he will be back in full force very soon. **Bill Quinnan** also proved he is a fighter. Despite some injuries over the last few weeks, Bill lined up on Sunday morning to give it his best shot. He fought through major leg cramping and made a smart move to listen to his body and pull out of the race at mile 23. Bill is running very strong this season and once he is back to 100% he will be shattering some major personal records. Watch out!

Eric Frome rolled through the half marathon finish, placing 3rd in the M25-29 with a time of 1:19:07. **Lieven Muylaert** continued to show his strength in the races finishing the half in a time of 1:23:30. "Crazy" **Mike Reeves** was continuing a comeback with a nice finish of 1:27:45. **Bryan Chu** had an excellent race running 1:32:43 and **Erika Kotteakos** had a major PR with an excellent time of 1:32:53, also placing 2nd in the W40-44.

Stephanie Shimada, sister of our Boston MVP Elyse, had an excellent race, finishing in 1:35:12. **Danielle Gordanier**, battling some sickness over the last week or so, made a stellar comeback to finish with a PR 1:36:40. **Anthony Mejia** also ran a big PR in a time of 1:38:20. **Sandra Andries** ran a strong race, finishing in 1:47:34. **Jeanie Leitner** won the W60-64 in a very impressive time of 1:48:47, besting her closest competitor by over 12 minutes. **Al Gonzalez** had a strong finish in 1:51:50. **Allison Baker** ran her first half marathon in 1:54:53. **Cathy Shargay**, only 13 days after running yet another BQ at the Boston Marathon, ran 1:56:48. **James Chandler** finished another half marathon in a solid 2:06:37. **Faith Morris** ran a good race in 2:17:56. **Nancy Gonzalez** had a strong run and PR in 2:29:28. **Jenny Yang** completed her second half marathon in 2:43:38. **Doug Denniston**, being sidelined by injuries most of the season ran an impressive 5 minute PR and finishing in 2:47:55.

SCRR really kicked butt in the 5K, with the mens and womens top finishers (**John** and **Leilani**) and mens # 6,7, and 9 as well as womens #2! "Quiet" **Mike Sellers** ran an awesome race right along **Dave Schiller**, both finishing in 17:28. Mike took 1st in the M30-34 while Dave took 1st in the M45-49. **Orhan Beker**, fought through a tough day in Boston and used his training to rack up a 1st place finish (M35-39) and 5K PR, finishing in 17:50. **Mike Dietz** placed 2nd in the M45-49 and finished in 18:11, with **Bob Morris** just right behind him with a win in the M55-59 and finishing in 18:16.

Ken Atterholt took second in the M50-54 with a time of 18:51. **Sue Zihlmann** was 2nd woman overall with a time of 19:12. **Mike Friedl** had a nice finish in 19:26. **Greg Hanssen** had a great race with a time of 20:39, and **Steve Kan** ran a big PR in 21:19. Steve also took 3rd in the M55-59. **Amy Katz** placed 3rd in the W35-39 with a time of 22:15. **Ed Coffey** took 2nd in the M60-64 with a time of 23:09.

SATURDAY RUNS

6/5/10, Back Bay (changed since original posting)

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

Leader: Noreene Matsuda

Location: Corner of Eastbluff and Back Bay Drive.

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

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

After the Run: Starbucks on Bristol and Jamboree.

6/12/10, CLUB RACE - Discover Downtown Anaheim 5K

Time: Race start 8:00 AM

www.downtownanaheim.com/Home/5k-run

6/19/10, Quail Hill

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

Leader: Stacey Dippong

Location: Starbucks – Corner of Alton & E. Yale Loop, Irvine (same location as Turtle Rock ‘N Java run)

Directions: From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn Left and then Right into parking lot. Starbucks is between Ralphs and Sav-On.

About the Run: We will take the “new and improved” route out Jeffrey and across the freeway over the Jeffrey bridge. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into new exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. You can also do an out and back along the trail. There is water on the trail but it is recommended to bring some just in case.

After the Run: Starbucks, Big City Bagels, and Juice It Up.

6/26/10, 3 Pier "Kegs & Eggs"

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

Leader: Cris Barkmeier

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

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

About the Run: 5.75 miles to the Breakers and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back.

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



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 75 participants (out of 114 so far) for the 2009-2010 series after 11 races are:

Place	Name	Age Group	Sex	Races	Net Points	Best	Net Avg	OC Marathon		Carlsbad 5K	
								Times	Points	Times	Points
1	John Gardiner	35-39	M	11	7617	883	846	15:23 5k	883	15:51 5k	857
2	Bob Morris	55-59	M	9	7523	882	836	18:16 5k	882	19:13 5k	839
3	David Schiller	45-49	M	10	7500	867	833	17:28 5k	865		0
4	Jeanie Leitner	60-64	F	9	7266	833	807	1:48:47 Half	826	24:06 5k	815
5	Mike Connors	40-44	M	10	7119	814	791		0	19:54 5k	714
6	Leilani Rios	30-34	F	9	6857	831	762	18:21 5k	831	19:27 5k	784
7	Mike Friedl	45-49	M	10	6769	781	752	19:26 5k	778	20:21 5k	743
8	Ken Atterholt	50-54	M	10	6754	828	750	18:51 5k	828	19:27 5k	802
9	Ed Coffey	60-64	M	11	6558	734	729	23:09 5k	734	24:40 5k	689
10	Linda Hammond	45-49	F	9	6552	761	728		0	23:21 5k	721
11	Eric Frome	25-29	M	8	6514	846	814	1:19:07 Half	770	16:03 5k	835
12	Cathy Shargay	50-54	F	10	6382	734	709	1:56:48 Half	682	23:47 5k	734
13	Steve Kan	55-59	M	9	6329	756	703	21:19 5k	756	22:30 5k	716
14	Armando Moran	35-39	M	10	6247	711	694	3:13:04 Full	682	19:13 5k	707
15	Matt Hood	40-44	M	10	6192	704	688	3:19:23 Full	687		0
16	Noreene Matsuda	45-49	F	8	6042	800	755		0	22:52 5k	736
17	Amy Katz	35-39	F	9	5944	692	660	22:15 5k	692	22:50 5k	674
18	Greg Hanssen	40-44	M	10	5878	688	653	20:39 5k	688	21:11 5k	671
19	Orhan Beker	35-39	M	8	5829	762	729	17:50 5k	762	18:13 5k	746
20	Brad Wobig	40-44	M	7	5432	841	776		0	17:48 5k	799
21	Tonson Tong	40-44	M	7	5077	778	725	3:40:13 Full	622	18:17 5k	778
22	Ben Coyle	35-39	M	6	4506	790	751		0	17:59 5k	755
23	Greg Jones	35-39	M	6	4480	815	747	3:19:23 Full	660	17:33 5k	774
24	Sue Zihlmann	45-49	F	5	4351	918	870	19:12 5k	877	20:07 5k	837
25	Erika Kotteakos	40-44	F	6	4250	773	708	1:32:53 Half	773	20:45 5k	761
26	Kate Accardo	20-24	F	5	4166	866	833	1:20:28 Half	866	17:50 5k	854
27	Elizabeth Bailey	30-34	F	6	4033	679	672		0		0
28	Thomas Fung	45-49	M	5	3670	748	734		0		0
29	Kathleen Curley	25-29	F	5	3642	763	728		0	19:32 5k	763
30	Faith Morris	50-54	F	7	3516	624	502	2:17:56 Half	578	28:00 5k	624
31	Karen Winter	50-54	F	5	3452	707	690		0		0

Place	Name	Age Group	Sex	Races	Net Points	Best	Net Avg	OC Marathon		Carlsbad 5K	
								Times	Points	Times	Points
32	Jon Resnick	45-49	M	5	3427	750	685		0	22:58 5k	658
33	Cris Barkmeier	35-39	M	5	3426	744	685	3:59:26 Full	550		0
34	James Chandler	25-29	M	7	3389	582	484	2:06:37 Half	106		0
35	Mike Dietz	45-49	M	4	3171	831	793	18:11 5k	831	18:38 5k	811
36	Sandra Manzano-Straehle	40-44	F	4	3028	769	757	20:32 5k	769		0
37	Janelle Cabassa	30-34	F	7	3027	463	432		0	32:57 5k	463
38	Annette McCall	35-39	F	4	2933	766	733		0		0
39	Doug Denniston	45-49	M	6	2864	496	477	2:47:55 Half	405		0
40	Pamela Wusthof	55-59	F	4	2782	708	696		0		0
41	Linda Lowder	45-49	F	4	2759	715	690	1:52:18 Half	710	24:22 5k	691
42	John Loftus	50-54	M	3	2705	934	902	2:50:35 Full	875	17:25 5k	896
43	Amelia Carchidi	30-34	F	4	2700	734	675		0		0
44	Bryan Chu	25-29	M	4	2620	661	655	1:32:43 Half	657		0
45	Fred Cowles	45-49	M	3	2577	879	859		0	17:32 5k	862
46	Pam Galambos	35-39	F	3	2414	817	805		0	19:27 5k	792
47	Mary Lynch	40-44	F	3	2340	791	780		0	19:58 5k	791
48	Vincent Lowder	40-44	M	3	2298	804	766		0	17:41 5k	804
49	Mike Gulan	60-64	M	3	2230	768	743		0		0
50	Ryan Doss	20-24	M	3	2228	750	743		0		0
51	Kevin MacDonnell	50-54	M	3	2218	763	739		0	20:26 5k	763
52	Rob Harris	50-54	M	3	2193	770	731		0	20:15 5k	770
53	Jeanene Warren	40-44	F	4	2158	576	540		0		0
54	Carrie Shargay	15-18	F	3	2128	738	709		0		0
55	Carlos Jovel, Jr.	35-39	M	4	2038	568	510	2:24:01 Half	440		0
56	Quang Pham	45-49	M	3	1971	685	657		0		0
57	Kevin Michaels	40-44	M	3	1930	693	643		0		0
58	Alejandro Aceves	30-34	M	3	1858	640	619		0		0
59	Bill Quinnan	35-39	M	3	1824	624	608		0		0
60	Pat Copps	55-59	M	2	1682	850	841		0		0
61	Julia Wu	40-44	F	3	1635	549	545		0		0
62	Sherri Ellerby	45-49	F	2	1611	806	806		0	20:53 5k	806
63	Kathleen Litvak	40-44	F	2	1582	808	791		0		0
64	Sabrina Higashi	35-39	F	2	1581	799	791	3:08:37 Full	782		0
65	Jodie Kinney	60-64	F	2	1541	781	771		0		0
66	Laura Bullock	35-39	F	2	1529	777	765		0		0
67	Mike Sellers	30-34	M	2	1529	773	765	17:28 5k	773	17:51 5k	756
68	Michelle Philo	30-34	F	3	1427	512	476		0		0
69	Susan Liu	35-39	F	2	1405	717	703		0		0
70	Colleen Jones	30-34	F	2	1395	704	698		0		0
71	Jan Twisk	45-49	M	2	1381	716	691		0		0
72	Terry Purdy	50-54	M	2	1355	682	678		0		0
73	Stacey Dippong	25-29	F	2	1347	682	674		0		0
74	Jennifer Whyte	35-39	F	2	1305	654	653		0		0
75	Allison Baker	20-24	F	2	1297	653	649		0		0

Great Deals From Fellow South Coast Roadrunners...

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

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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.

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

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

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine.
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



Monthly Club Meetings are highlighted in orange; Monthly 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

JUNE	
THUR, 6/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 06/05 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SUN, 6/06, 8:00 a.m.	Playa Del Run – 5K Huntington Beach, H.B., CA PlayaDelRun
THUR, 6/10, 6:15p.m.	Peter's Canyon Summer Trail Series 5mi Trail Run Tustin, CA SummTrailSeries#1
SAT, 06/12, 8:00a.m.	11th Annual AMICA 5K Anaheim, CA 11th AMICA 5k
6/5, 6/6, 6/12, 6/19	Camp Pendleton Mud Runs (sold out) Mud Runs (Doug Denniston, Sue Jones, Edward Nichols)
SAT, 06/19 5:30p.m.	South Coast Road Runners Annual Banquet
SAT, 6/26	Coeur d'Alene Ironman Triathlon (Idaho) (Greg Hanssen, Ken Atterholt)
JULY	
THUR, 7/1, 7:30p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 7/3, 7:30a.m.	H.B. Stars & Stripes Marathon, ½ Marathon Huntington Beach ***SOLD OUT***
SUN, 7/4, 7:15a.m.	Woodbridge 5K & 10K Irvine, CA
SUN, 7/4, 8:00a.m.	Surf City 5K Huntington Beach, CA Surfcityrun
SUN, 7/4, 7:15a.m.	Freedom Run at the Ranch 5K, 10K Ladera Ranch, CA Run Ladera
SUN, 7/4, 7:30a.m.	Healthy Figures Lake Forest 5K Walk/Run, CA LakeForest 5K
Thur, 7/8, 6:15p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, renegaderaceseries
SAT, 7/10, 8:00a.m.	Broadwalk 4mi Run 4mi. Hollywood, CA Broadwalk
SUN, 7/11, 7:30a.m.	Keep L.A. Running Playa Del Rey Los Angeles, CA Keep LA Running
SUN, 7/11, 7:30a.m.	MOVRun Malibu Sunrise 4-Miler, Malibu, CA http://malibu.movfitness.com/
SAT, 7/17	Leilani's Sat. Morning run and pool party, Coto de Caza
SUN, 7/25, 7:30a.m.	San Francisco Marathon, ½ Marathon, 10K, 5K S.F., CA SFMarathon
AUGUST	
THURS, 8/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS, 8/5, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com
SAT, 8/7	Club Track Race – Date to be confirmed, more details to com
SAT, 8/7, 8:00a.m.	Sprint Triathlon – Camp Pendleton Hard Core Race Series, www.camppendletonraces.com/sprint.html
SUN, 8/15, 7:00 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, www.afchalf.com
SAT, 8/21, 6:30 a.m.	Bulldog, 50K and 25K, Malibu Creek State Park www.trailrunevents.com/bd

2009-2010 SCRR CLUB OFFICERS:

President:	Greg Jones
Vice-President:	Brad Wobig
Treasurer:	Orhan Beker
Secretary:	Tonson Tong
Social Chairs:	Kathleen Curley, Stacey Dippong
Officers At Large:	Noreene Matsuda, Leilani Rios, Greg Hanssen

2009-2010 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