

ON THE RUN



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

Orange County, California
October 2013 Issue

Runner of the Month – Lillian and Mike Bertram

By: Doug Denniston

For the month of September, the club selected dual Runners of the Month, the Bertrams'. Mike and Lillian Bertram have been a welcome addition to SCRR since joining the club. I didn't get the chance to sit down with them this last month, as they were in Hawaii but thanks to modern technology they did have the opportunity to answer a few questions. Congratulations you two! You certainly deserve this recognition as our ROM.

Here is Mike's interview:

When did you start running and where?

I started running in late 2009 as part of my continuing journey toward a healthy lifestyle, something I seriously lacked in my younger years (it wasn't pretty). Also, I had just started a new job and a new decade was about to begin, so for some weird reason I saw that as a sign that it was high time to try something new. So I gave running a try and needless to say, I'm glad I did!

When did you join SCRR and how did you find out about the club?

I joined SCRR in March 2013. I found out about the club through (master running legend) Tonson Tong's Facebook page. I asked him about it and he encouraged me to come for a Thursday club run and try it out. So on March 7 I did just that, and even though Tonson pushed me beyond my normal pace that night, I instantly knew that it would be a good fit for both Lillian and me. To say that it has been a blessing is an understatement. Most everyone I've met is friendly and supportive.

What has been your favorite race and why?

All the club races have been fun, but I'll hold off deciding which is my favorite until I've had the chance to run them all. :)

What is the coolest place you've gone for a run?

The coolest place I've ever run has to be Maui. As you might imagine it's also my favorite race....yes it's warm and a bit humid even in the early morning hours, but the scenery is pretty much as good as it gets. And it's pretty hard to find someone that looks like they don't want to be here (its Hawaii after all)...Maybe that's why my all time half marathon PR's were set here!



What were the worst running conditions, or worst race experiences you've ever had?

I have had an unfortunate race experience that truly humbled me. About 9 or 10 miles into my second half marathon (2010 OC Marathon), I began to feel dizzy and lightheaded. Rather than doing the smart thing and stopping, or at least slowing down to a walk, I kept going. The next thing I knew, a very nice Costa Mesa PD officer was giving me Gatorade while I was lying at the side of the road. Luckily, I was OK, but it could have been much worse. I learned a lot from that (very scary) experience about proper training, hydration, pacing, and maybe most of all, NOT downing 5 hour energy shots before a race....bad idea!

What are you training for now and how is it going?

Currently I am training for the Long Beach full marathon in October, which will be my 8th full marathon.....

Here are Lillian's answers:

When did you start running and where?

I started running in the fall of 2009. Mike decided he wanted to train for the Surf City 1/2. I initially thought he was crazy, since he was not a runner, but I started doing some miles with him and found it was doable.

When did you join SCRR and how did you find out about the club?

Mike was the one who told me about SCRR after finding out our friend Tonson Tong is a member.

What has been your favorite race and why?

My favorite race is absolutely the Maui 1/2 Marathon. It's a beautiful course, and I finally finished under 2 hours recently.

Where is your favorite Saturday club run?

Favorite club run is Spyglass.

Are you training for anything right now?

I am currently training for the Long Beach Marathon. That race for me has been a challenge since it was so hot the last 2 years and I find the course not very scenic, especially the back half.

Do you have any favorite music you run to?

I typically don't run with music. I like my ears naked and I like hearing what's going on around me.

Any other hobbies or interests? My other hobbies include traveling, skiing, enjoying good food and wine, and of course spending time with Mike.

What do you do for your job?

I am an optometrist.

Where were you from originally and when did you move to SoCal?

I grew up in Montebello, CA, near the San Gabriel Valley. I moved to the OC when I went to college.

Thanks you two, and congratulations again!



CONGRATULATIONS TO SEPTEMBER MARATHONERS!!

Ventura Marathon, Sep. 8th

Keven Williams

Jon Resnick

Don Smith

Akron Marathon, Sep. 29th

Mike Friedl

CONGRATULATIONS TO SEPTEMBER TRIATHLETES!!

Big Kahuna Half Ironman, Santa Cruz, Sep. 8th

Robert Donald

Vicki Ballon

Greg Hanssen

Stefani Kochen

Pacific Coast, Corona Del Mar Sep. 8th

Dave Blakesley

Long Beach, Sep. 8th

Sherri Ellerby

Tahoe Ironman, Sep. 22nd

Jim Beck

The Perfect Day – Mike's Akron Marathon Report

By: Mike Friedl

Q: Was this spur of the moment?

A: No. I have been planning since early May. Turning 50 has been really motivating.

Q: Why were you stealth?

A: I knew I was going to be light on long runs and I didn't want any pressure of expectations.

Q: Why Akron?

A: it was right after my 50th birthday and a good opportunity to visit my folks. I had also heard that the Akron Marathon was first class and they sure did not disappoint. Those guys treat the runners like royalty. I'd do it again in a minute.

Q: Was your story about speaking at Kent State just made up?

A: No. I spoke to students at the Entrepreneurship program on Friday. It was really fun. They have a terrific program there.

Q: Were you fit?

A: from 1/1 to 4/30 this year I ran all of 92 miles. So I was essentially starting from scratch. But since mid-May I've run every single day (thank you Bino McMann for your inspiration) and I've started to feel like my old self.

Q: What was your race goal?

A: I really wanted a BQ (3:30), but my stretch goal was 3:20.

Q: Did your training support that goal?

A: In some way, yes. I'd become very comfortable running 7:00-7:30 pace, but my long run was only 12 miles. So I figured to really struggle in the second half. It didn't help that the second half at Akron is net uphill.

Q: What happened race day?

A: Everything went perfectly. The weather was clear and cool. The first half was 1:36:05 and the second was 1:39:14. I didn't stop even once. 18 of my miles were within a 28-second band. Not sure I've ever executed that well. Ever.

Q: How did you fare overall and in your age group?

A: I was focused only in my own race, but I was aware that I was passing people most all of the second half. I ended up moving into the top 100 of 1600 finishers (84th). The following sums up my entire race: In the last half mile I caught a guy who called out "how old are you?" when I replied "just turned 50" he replied "you &\$@!" Turned out it was because I had just taken the final award (5th) in our age group. With 10 miles to go I wasn't in the top 10.

Looking forward to Boston 2015!!!



SCRR Daughters Run the Dove Dash!

By: Linda Hammond

In the month in September the **South Coast Roadrunners** gathered at the Dove Canyon Golf Club for the 13th annual **Dove Dash 5k/10k**. **Leilani Rios** was the first place female overall in the 5k and **Sherri Ellerby** was the first place female overall in the 10k. The South Coast Roadrunners turned out in such big numbers that our club actually won an award for the Largest Team! Racing followed by pancakes turned out to be a great way to start a Sunday morning. The race was a family affair! **Brigid Pukszta's** daughter **Claire** and **Carlos Jovel's** daughter **Aleisha** both ran the 5k! Here is a little bit about their races.

Linda: *Hi Claire, please tell us about your race.*

Claire: I ran the Dove Dash for the first time last week with my mom. It was a great experience I think for the both of us because I've never done a race that hilly before!

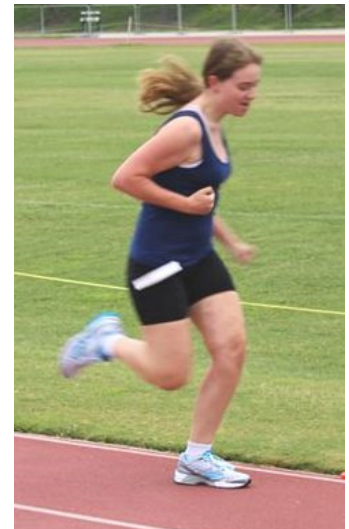
Linda: *Do you run/race regularly?*

Claire: No, actually I only started running recently and it is my secondary sport, I mainly swim.

Linda: *What is your favorite sport and why?*

Claire: I have been on my school swim team in the past and am currently on a private swim club. I love swimming because you can glide so effortlessly through the water. I have recently discovered running. It is endurance and heartbreaking and so hard but when you do it with people you love, it's worth it.

Thanks Claire! Congratulations on your race. We look forward to seeing you out at the



Claire running the SCRR Mile Race

club races this season!

Linda: *Hi Aleisha, please tell us about your race.*

Aleisha: It was a lot of fun and it was very difficult. I got a good work out and it motivated me to want to run more. Plus I like running with my dad and everyone was very nice.

Linda: *Do you run/race regularly?*

Aleisha: This was my first race ever. I do hope to do more.

Linda: *What is your favorite sport and why?*

Aleisha: My favorite sport is water polo, it is fun, I like the team spirit and it's a great work out. Plus I am hoping I can play it at UCLA.

Thanks Aleisha. Good luck with water polo and of course running!



Aleisha (right) with Vicki Ballon after the Dove Dash

The Dove Dash benefited **Ryan's Reach** and Tustin-based **High Hopes**, a rehabilitation center for those with traumatic brain injuries. The race was the third was in the **Grand Prix** series. In October the club will race the **Long Beach Marathon, Half** and **5k**. See you at the Finish Line!

SCRR Rules at the Dove Dash!

Photos By: Ken Wells and Judy Sweet



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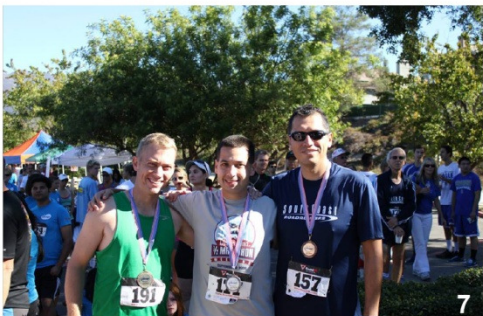
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9

1 Leilani Rios 2 Matt Kossoff, Cathy Shargay, Emily Moeller-Prom, Avery Lewis, David Schiller, Kirsten Hirneisen
3 Greg Hanssen 4 Lisa Eiler 5 David Schiller 6 Mike Bertram 7 Keven Mumbles Williams, Matt Kossoff, Alberto Ballon
8 Scott LaRuffa and Stacey Dippong 9 Thomas Fung



1 Robert Donald, Scott LaRuffa and Kelcey Kinjo 2 Orhan Beker 3 Noreene Matsuda 4 Sherri Ellerby 5 Avery Lewis 6 Fred Ayers, Aleisha Jovel 7 Lillian Bertram 8 SCRR Largest Team 9 Judy Sweet 10 Joshua Proffitt 11 David Schiller, Thomas Fung, Greg Hanssen, Judy Sweet, Cathy Shargay, Emily Moeller-Prom, Alberto Ballon

New Race Recovery Method – Brrrrrrr!!!

By: Dan Slipkowsky

Post 2010 NYC marathon, an article in Runner's World featured Alberto Salazar using Whole Body Cryotherapy (WBC) to accelerate the recovery of his elite runners at the Nike Oregon Project. As the premier U.S. running coach, Alberto conducted extensive testing on WBC and has reported excellent results. The therapy exposes the body's skin to dry air chilled to -250° to -300°F for three minutes. The body responds to this perceived threat with rapid peripheral vasoconstriction, and the release of anti-inflammatory proteins and other tissue-repairing compounds. WBC is as similar to an ice bath as -250°F air is similar to +50°F water. Ice baths can help runners soothe sore legs and flush out lactic acid. WBC jump starts the healing process and induces the body to accelerate the rate of muscle and tissue repair by up to 50%. WBC reduces inflammation not just in the legs, but throughout the body. Dr. Eric Larose at Laval University in Montreal studied marathoners and found the majority had significant cardiovascular inflammation that reduced heart function. In addition to proper rest and a healthy diet, WBC helps runners to reduce inflammation throughout their bodies. The results are improvements in both athletic performance and in overall health.

Polar Cryotherapy has introduced Whole Body Cryotherapy to Orange County in an effort to help athletes recover and perform better. WBC is also a natural solution for chronic pain and post-surgery healing, reducing the reliance on addictive pain medications and their negative side effects. We provide South Coast Roadrunners with a 20% team discount, and also a monthly membership that can lower the single treatment price to under \$20.

Contact: Dan Slipkowsky – (949) 505-9789 or chill@polarcryotherapy.com - Huntington Beach & Costa Mesa

Upcoming Race for a Good Charity

On behalf of With My Own Two Hands Foundation, we wanted to reach out to you in regards to our upcoming Run Love 5K and 10K in Irvine, CA on Saturday, November 2nd. We would like to offer your runners a discount of 20% for our charity race. The code is "runloverunners" and is good for the 5K or the 10K. The code expires October 10th but the sooner the better because your runners will save more.

Last year was our inaugural race and we raised over \$14,000 to help build an orphanage in Kenya. We completed the orphanage in May and this year our race will go toward drilling a water borehole for another orphanage in Kenya (running water for the children). For more information about our cause check out our website at www.withmyown2hands.org

We have many improvements for this race. We learned a lot from last year's race and are excited to add lots of ways to make our race even better for our runners. Our race will be timed and we do have medals for winners of their age groups. Our first prize overall gift is a Hyperice unit (worth \$100) that aids in ice recovery for athletes (www.hyperice.com).

We thank you again for your support. Our race website is www.runloverace.com and you can sign up at <http://www.active.com/running/irvine-ca/run-love-5k-10k-2013>. Our facebook page is <https://www.facebook.com/RunLove5k10k> for pictures of last year, discounts, news and so forth.

Thank you again and we hope to have you and your runners helping us make a difference once step at a time.

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME!

10/5/13 – Panera to Peters Canyon

Leader: Stacey Dippong

Location: Meet and start in front of Panera Bread near Ralphs in the shopping plaza at Jamboree and Irvine Blvd – 13205 Jamboree Road, Tustin, CA 92782

Directions: From the 5 freeway, exit Jamboree and head north toward the mountains. Turn left into the Ralphs shopping plaza immediately after Bryan. Panera is to the right of Ralphs.

About the Run: We will run up Jamboree to Peters Canyon. The full loop, including Peters Canyon, is about 11 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 Peters or continue on along the Hicks Canyon trail.

After the Run: Panera Bread

10/12/13 – Pre-race Run and Irvine Farmers' Market

Leaders: Thomas Fung

Location: Meet in the parking lot of Trader Joe's and Peet's Coffee at Campus and Stanford in Irvine.

Directions: 405 north or south, exit Culver, head south (towards ocean), turn right on Campus, turn right on Sanford, turn left into the University Town Center shopping center.

About the Run: This is a good warm-up run for the club race the following day. Half-mile jog along Campus to the San Diego Creek Trail (runs parallel to University). Run as long or short as you like on the bike path towards Back Bay.

After the Run: Food from the farmers' market by Steelhead Brewery and coffee at Peet's, 4213 Campus Dr. Irvine, CA 92612

10/19/13 – Oso Creek Trail / Lake Mission Viejo

Leaders: Vicki and Alberto Ballon

Location: Panera Bread, 25523 Marguerite Parkway, Suite A2, Mission Viejo, CA 92692

Directions: Exit the 5 fwy at La Paz. Head inland on La Paz for about one mile to Marguerite Pkwy. Turn right on Marguerite Pkwy and take the 2nd right (about 1/2 mile) on Estanciero. Make an immediate right into the parking lot behind Walgreen's.

About the Run: Cross Marguerite and head up the Oso Creek trail along Jeronimo to Olympiad. Be prepared for an elevation gain of about 450 ft over the 3.5 miles to Olympiad. Turn left on Olympiad and follow it around Lake Mission Viejo. Complete the loop around the lake by making a left turn on Marguerite Pkwy followed by a left turn on Alicia Pkwy. Turn right on Olympiad to retrace your steps to the Oso Creek trail for the decent back to the starting point. Water is available every 1-2 miles along the course. Course is 10.6 miles. Additional distance options: Any distance out and back, 7.5 mile loop and 8.5 mile loop.

After the Run: Panera Bread

10/26/13 – Aliso/Wood Canyon

Leader: Ted Williamson

Location: Aliso/Wood Canyon Wilderness Park

Directions: The closest cross streets are Aliso Creek & Alicia Parkway. Turn right on Awma Road. You can park along the road to avoid paying for parking.

About the Run: The basic route is an out-and-back that is a total of 9 miles. The trailhead starts at 1.5 miles. At mile 4.5 you will arrive at a gate that is the turn-around point. There are many other routes available if you know the area for much longer distances. Note that there is no water along the trail so if you plan on running more than 5-6 miles, please be prepared.

After the Run: Breakfast at Corner Bakery in the shopping plaza at La Paz and Pacific Park Drive, 27221 La Paz Rd # K Laguna Niguel, CA 92677.

September Meeting Minutes

By: Rob Harris

Officers attending: David Schiler, Lisa Eiler, Rob Harris. Vice President Schiller ran the meeting in the absence of Stacey Dippong. New member introductions were made.

It was advised that the SCRR Monday run will return to the Hicks Canyon Trail route on 9-9-13.

Treasurer Lisa Eiler reported on club finances including a \$6,100 bank balance and a small positive cash flow for August.

A reminder that the race of the month for September is the Dove Dash on 9-29 with the discount expiring on 9-15-13. Votes were made for the December and January races which will be the Make Room for Santa 5k/10k and SoCal ½ Marathon, respectively.

An announcement was made for the Oktoberfest Party on 9-28 at 7 pm at the Harris' home in Lake Forest.

Mike Friedl presented the current Grand Prix results with Sherri Ellerby leading, Jeanne Leitner in second and Leilani Rios in third after two races.

Race Reports were made including Carlos Jovel setting a new WR in the Clydesdale beer mile, John Gardiner's Hood to Coast story and Doug Niles speaking of his race.

Joanna Pallo announced that she was the winner of the contest to design the finishers' medal for the Dana Point Turkey Trot!

The runner of the month was revealed and was Mike and Lillian Bertram. The meeting was adjourned.

Thanks for Hosting a Great Oktoberfest Party:

Rob and Cindi Harris

Thanks for Hosting a Fun Post-Race Party after the Dove Dash:

Orhan and Andrea Beker

Save the Date!!

Wine and Cheese Party – Nov. 16th

Hosted by Sherri Ellerby and Fred Cowles

Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com

30448 Rancho Viejo Rd., Suite 110
San Juan Capistrano

MARK A HAYAKAWA, CPA, **Search 4 Integrity LLC**
Office (562) 690-0553 Cellular (562) 714-4166
mark@search4integrity.com
www.search4integrity.com
“We'll pay \$1,000 referral fee for every candidate or client placement, ask me how it works!”

Santiago Nomen, **“Tax Preparation at a Fair Price”**
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socaltaxman@cox.net
52 Lakepines, Irvine

Sue Rudolph, **Amazing Running Tours**
Specialist in Marathon Tours Worldwide
(714) 963-5281 (800) 707-0005
www.amazingrunningtours.com
www.amazingadventuretours.com
info@amazingtravel.com
Running, hiking, and cycling tours

Dr. Pamela Galambos, DC, BS, **Chiropractor**
South West Health Chiropractic
2664 Newport Blvd., Costa Mesa
(949) 631-5226
“Your health is our priority”

John Loftus, **Certified RRCA Running Coach**
www.runyourpotential.com
949 433-9238
coach@runyourpotential.com
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

Jonathan Resnick, CPA, **Tax services for businesses**
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www.Jresnickcpa.com
e-mail: Jon@Jresnickcpa.com
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Navid Moshtael, Esq., **Law Services**
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Dedicated to providing, at a reasonable cost, family law services, including mediation, divorce, legal separation, paternity and litigation.

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949 768-2396 office, 949 322-0437 mobile
DaveBlakesley@coldwellbanker.com
www.CAmoves.com/Dave.Blakesley
Fine Homes and Condos throughout OC. You'll get my personal attention and the most powerful resources in the industry. Relocating? – I can help nationwide.

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 to David Schiller at scrr-info@cox.net.

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

CLUB INFORMATION

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

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

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

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

SCRR CLUB CALENDAR *By: Doug Denniston*

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

Out of Town Races featuring club members highlighted in blue

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



OCTOBER	
THURS 10/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 10/5 6:45a.m.	St. George Marathon St. George, Utah stgeorgemarathon
SAT 10/5 7:30a.m.	Chapman University 5K, Orange, CA Chapman.edu/5k
SUN 10/13 7:00a.m.	ICB Long Beach Marathon, ½ Marathon, Run Forrest Run 5K RunLongBeach
SUN 10/13 7:30a.m.	BA Chicago Marathon Chicago, Ill ChicagoMarathon
SUN 10/20 6:30a.m.	Nike Women's Marathon San Francisco, CA Nikerunningwomensmarathon2012
SUN 10/27 8:00a.m.	Marine Corps Marathon, Washington DC MarineMarathon
SUN 10/27 7:00a.m.	LA Halloween Rock & Roll ½ Marathon Los Angeles, CA LArunrocknroll
SUN 10/27 8:00a.m.	Huntington Distance Derby 10mi./10K/5K – Huntington Beach, CA surfcity10
NOVEMBER	
SAT 11/2 7:00 a.m.	Run Love 5K, 10K Woodbridge Lake – Irvine ***\$10 off registration with coupon "runclublove" for all SCRR RunLove5K10K
SUN 11/3, 6:00 a.m.	ING New York City Marathon www.ingnycmarathon.org
SUN, 11/3, 7:00 a.m.	Two Cities (Fresno) Marathon & ½ Marathon www.runfresno.com
SUN 11/3, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA Dinodash
THURS 11/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 11/9, 7:15 a.m.	Santa Barbara Marathon www.sbimarathon.com
SUN 11/10, 7:00 a.m.	Malibu International Marathon Malibu, CA www.malibuintmarathon.com
SUN 11/17	Istanbul Marathon
SAT 11/22, 8:30 a.m.	26 th Harbor Heritage Run Newport Beach, CA HarborHeritageRun
THURS 11/28, 7:00 am	Oceanside Turkey Trot http://www.osideturkeytrot.com/
THURS 11/28, 7:00 am	Dana Point Turkey Trot http://www.turkeytrot.com/
DECEMBER	
SUN. 12/8, 7:00 a.m.	California International Marathon Folsom, CA CalIntMarathon
THURS, 12/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN. 12/8, 7:00 a.m.	Tucson Marathon, ½ Marathon Tuscon, AZ TucsonMarathon
SUN. 12/8, 7:00 a.m.	Xterra Crystal Cove Trail Run Newport Beach - CrystalCoveTrailRace
SUN. 12/15, 8:00 a.m.	Holiday Half Marathon Fairplex – Pomona, Ca HolidayHalfMarathon
SAT. 12/14, 8:00 a.m.	Make Room for Santa 5K, 10K Hicks Canyon – Irvine RenegadeSantaRun
SUN. 12/22, 8:30 a.m.	Winter Solstice Christmas Tree Run Long Beach, CA longbeachwintersolsticechristmasrun2013
THUR. 12/26, 7:30 a.m.	Operation Jack Marathon, ½ Marathon Dockweiler State Beach – Los Angeles OperationJackMarathon ***This is easily one of the cheapest races around. It is very well organized, a relatively flat course, and best of all it is for a great cause.***

2013-2014 SCRR CLUB OFFICERS:

President: Stacey Dippong
Vice-President: David Schiller
Treasurer: Lisa Eiler
Secretary: Rob Harris
Officers At Large: Joanna Pallo,
Bob Morris, Mike Dietz

2013-2014 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
Weekend Runs: Noreene Matsuda
Grand Prix: Mike Friedl
Database Manager: Dave Schiller
Monthly Club Race: Bob Morris
Webmaster: Mike Reeves