

ON THE RUN



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

Orange County, California
July 2007 Issue

Runner of the Month – Vicki Niebrzydowski

By: Amy Katz



Congratulations to Runner of the Month, Vicki Niebrzydowski! Vicki is a very active member of SCRR and is getting faster and faster every race. One of the youngest participants in the club, you are sure to see her at weekly runs and social events, alike. I asked Vicki some questions so we could learn more about her.

How long have you been a runner?

I started running in 1996 (8th grade), mostly to get in shape for soccer....then I fell in love with running. I ran track and cross-country and played soccer all through HS...track and soccer being in the same seasons. It worked out great; I played soccer games and ran track meets and one workout a week and never had to go to boring practices. I did take a break from soccer junior year to focus more on track, but I was better off doing both at once. The 3200 meter relay, 800 and 1600 meter relay were my track races, with the 3200 meter relay being my favorite race. My relay team from freshman year still holds the school record. I ran cross-country and track my first year of college at Cornell, but quit because I wasn't enjoying it, and also because I decided I wanted to run a marathon. While I was in HS, my dad and I went to the Detroit Marathon to cheer on a neighbor. We both agreed, "This looks like fun!" and "We want to do this some day", so ever since then I had been dying to do one. In college, I also played one year of club soccer and was on the club synchronized swimming team all four years. Synchronized swimming?! That is probably one of the sports I would have never ever imagined myself doing. I'm very athletic, but not graceful, flexible, I can't dance and I definitely can't hold my breath for long periods of time. I just so happened to be living on the same floor as two girls that had done synchro growing up and wanted to start a team. They talked whoever they could into joining so they would have enough people to make a team- we even had a boy on the team the first year! I was always getting yelled at, "Point your toes." The one thing I could do though was smile! Although it got pretty hard when you are treading water trying to keep yourself as high above the water as possible, and after coming up from being up-side-down underwater for what seems like an eternity. If you think running

is tough, try synchro!

Where did you grow up? When did you move to California? Was it for work?

I grew up in Sterling Heights, Michigan, about 30 minutes north of Detroit. I lived in the same house my entire life until I went away to college. I moved out to California in June/July of 2006, so I've been here for about a year. Yes, it was for work. One afternoon, I went into one of the VPs office to talk to him about golf, and somehow it turned into a conversation about job openings in California. He thought it would be a good experience for me to work out here for a few years to see a different side of the business. I applied and came out to interview in May, and here I am! Right now the plan is to move back to Michigan mid-2008.

What do you do for work? Where do you live?

(Continued on page 4)

***2007
SCRR
ANNUAL
AWARDS
BANQUET***



Photos by Noreene Matsuda.

Top: Eric Frome, Leilani Rios and Cisco Rubalcava.

Middle: David Schiller and Mike Friedl.

Bottom: Top Ten Grand Prix Winners: Victor Celani, Leilani Rios, Brad Wobig, Cisco Rubalcava, Eric Frome, Danny Stein, Sue Zihlmann and David Schiller.



2007 AWARD RECIPIENTS

Most Improved Runner – Female

Sue Zihlmann

Most Improved Runner – Male

Dan Templin

Ideal Runner – Female

Noreene Matsuda

Ideal Runner – Male

Mike Reeves

President's Award

David Schiller

Volunteer of the Year

Noreene Matsuda

Inspiration Award

Sohrab Mirza

Grand Prix Champion

David Schiller

**A traffic ticket – while jogging? Laguna Niguel resident is shocked
when she is ticketed for running in bicycle lane.**

Excerpted from Orange County Register -

No one likes getting ticketed and when Christine Valdivieso of Laguna Niguel was pulled over on Marina Hills Drive, she was certainly no exception. When Valdivieso looked over to the side and noticed a motorcycle deputy signaling her to pull over, she was distraught and confused. I mean, how do you get pulled over while you're running? No, I don't mean running away. Valdivieso was dressed in her workout clothes, iPod plugged in, sneakers laced up, and out on her regular Sunday morning jog through Laguna Niguel.

Valdivieso called Honk! and was wondering why, if she never heard of it happening before, was she ticketed while out on a run. It's not common for pedestrians to be ticketed, but it does happen, said Orange County Sheriff's Deputy Paul Wade of the traffic division. Valdivieso was running on the bicycle lane of Marina Hills Drive, a space strictly reserved for bicycles.

Joggers do it often and most people are not even aware they are committing an infraction, Wade said. The deputy asked her for her drivers license, which she wasn't carrying of course, but she had memorized the number. She gave the deputy the number and he handed over the ticket. She now plans to go to court. She doesn't expect to have the ticket excused, but she'll go to court nevertheless, she said. She felt the deputy treated the situation like a drug bust more than the minor infraction it was, she said, and wants to go to court.

Joggers and pedestrians are expected to stay on the sidewalk, if there is one, Wade said, and they can't run on the bicycle lanes or on the road. Pedestrians can only be on the road if there is no sidewalk provided, he said, and then they must walk against traffic. Bike riders, on the other hand, must ride with traffic. So if both were allowed on the bicycle lanes it would become a disorganized frenzy of joggers and bikers going head to head.

Runner of the Month – Vicki Niebrzydowski (Cont.)

I live and work in Tustin, for a medical device company specializing in heart surgery products. I started out at our company headquarters back in Ann Arbor, Michigan doing validation work. When I transferred to California, I became a Quality Engineer, which in simple terms is ensuring that we are developing and producing a quality product. It is a much smaller site, so I've really enjoyed having the opportunity to get involved in many more aspects of the company. Here in California, we make blood parameter (pH, temperature, carbon dioxide, oxygen, potassium, hematocrit, hemoglobin...) real-time monitoring devices for use during heart surgery.

What is your favorite race distance? What are some of your favorite races?

In track, I've always been a fan of the 800 meter, maybe because that was what I was best at, but it was good because it wasn't an all out sprint, but it wasn't too long either. As far as road races, right now probably the half-marathon. I don't really have a reason though. Some of my favorite races/race experiences:

-The Glass City Marathon Relay in Ohio- My dad, mom, two brothers and I ran a marathon relay when I was in High School. It was a great family experience...we all ran the race together (well one after another). My youngest brother was only 8 at the time and he was our anchor. My oldest brother and my dad still continue to run, but my mom and little brother don't.

-Detroit Marathon- My first marathon and my home town, plus it's international. I ran side by side with my dad the entire race...and we made a CD made especially for the race with songs having to do with the course and what we'd be facing, etc.... I still listen to it when I need some motivation before a run. Some of the songs were: Mission Impossible, Beginnings, Chariots of Fire, Born to Run, Fly Away, Higher, Born to be Wild, Ballroom Blitz, You Ain't Seen Nothing Yet, Eye of the Tiger, Get on Your Feet, Rockin' Down the Highway, Life in the Fast Lane, Allstar, Berlin Wall (Mile 20!), I'm Still Standing, Feelin' Stronger Every Day, I'm so excited, Survivor, Rocky's Theme.

-Indy Mini Marathon- One of the best organized races I have ever run...and entertainment practically every 1/2 mile.

What are your running goals? Any upcoming races?

Right now my goal is to run a 3:30 marathon. I'm hoping to do that this October in St. George, Utah. I'm planning on running the club races (Fourth of July 10K, Huntington Beach Distance Derby) as I get ready. *(Continued on Page 6)*

Corona Del Mar 5K – Overall Winners



Sherri Ellerby and Danny Stein were the overall female and male winners for this year's Corona Del Mar 5K! This is a relatively large, prestigious local race, so it was quite an honor for both of them (and the club)!

(Photo by Amy Katz)



*Photos from Luau Party
by Mark Hayakawa*

Above: Vicki Niebrzydowski, Linda Hammond and Craig Leventhal – the party host!.



Above: Linda Hammond, Robin O'Connor, Grace Hunter and Paula Fell.

Left: Dolly Ginter, Hula Instructor and Sohrab Mizra.

Bottom: Group Shot



Invitation from Sohrab Mirza

I would like to be the marathon training group leader for target goal times of 5 hours and above, (which even surpasses the 4 hours and above category). So far I think there is only one other person besides me who is brave enough to be included in this category. So this is an open invitation to all those **slow** runners who think their goal time is 5 hours or above. Please don't feel shy or discouraged. Come on out and join us!

Runner of the Month – Vicki Niebrzydowski (Cont.)

By: Amy Katz

I heard you were injured after the Las Vegas Marathon in December. What was wrong, and how did you get over your injury?

Well...at this point I really don't know what was wrong. I had a pretty bad pain on the outside of my right foot below my ankle bone that started the night of the marathon and lasted probably about a week. Then it gradually got better to where it was more of an annoyance than a pain. In January, a doctor diagnosed me with a stress fracture in my 4th metatarsal bone (using an ultrasound), so I stopped running completely for about a month. It still wasn't totally better, so he had me use a boot for about another month. In March, I went to another doctor, who ordered an MRI, which showed no evidence of anything broken or having been broken recently. I started running again in the beginning of March, starting at only 1 or 2 days a week, 5 to 10 miles, and gradually building up over the past few months. So at this point, I am dealing with the minor symptoms that come and go and just running. At the same time, I have been working on strengthening the muscles in the area.

What else do you like to do besides running?

Just about everything. I love seeing new places, trying new things and doing a little bit of everything. I enjoy cooking and baking, camping, being on the water, playing cards (Euchre for all the Midwesterners out there). I'm a pry. I have around 15 variations of butane torches back at home in Michigan, and I just learned how to ride a motorcycle. I play soccer in the Orange County Women's soccer club and just joined a bowling league. I took salsa dancing classes for several months last year and still enjoy going out salsa dancing whenever I have the opportunity. Traveling is one of my biggest hobbies, though starting out work with 2 weeks of vacation sure does start to limit you! I've been to 42 of the 50 states, 4 Canadian provinces, Puerto Rico, Bahamas, France, Belgium, Switzerland, Mexico, Nicaragua and Honduras. I put almost 25,000 miles on my car in the first year between driving across country to move here and driving up the coast for a 9 day camping trip in September. My favorite trip was my trip to Nicaragua the year after I graduated college. I spent 11 weeks in a small town in northern Nicaragua. After taking 6 years of Spanish and feeling like I couldn't even carry on a conversation, I decided I wanted to spend some time in a Spanish-speaking country. I found a program that was a half-day internship (I helped out at the Red Cross half the week and taught English the other half) and a half-day of Spanish classes. We spent the evenings with our host families or learning to dance salsa/meringue, and the weekends with the families or traveling to different parts of Nicaragua. I learned so much about the people, the culture, the language and life in general there, I can't even put it into words. I'm hoping to head back down there for a few days this summer or fall to visit all the wonderful people I met.

What do you like the best about being a member of SCRR?

Being part of a group that shares the same interest that I do. The people are great; everyone is always having fun and always encouraging one another.

New Member Spotlight



Lauren Bordages

Lauren lives in Ladera Ranch with her husband, Drew. They have one kid - a King Charles Spaniel called Thatcher! Lauren was born locally at Mission Hospital and has also lived in Los Angeles and San Diego.

Lauren loves to attend sporting events, especially college football and baseball, and she is a huge Angels fan. She also loves to cook and travel.

She began running in high school and was on the cross country and track teams. Her first marathon was in 1999. She recently ran in the Camp Pendleton Mud Run and had a blast! Her favorite half marathon is the La Jolla Half, and she thinks that she will love the upcoming New York marathon this fall. She has run the LA Marathon twice, however that is definitely not her favorite!

George Medina

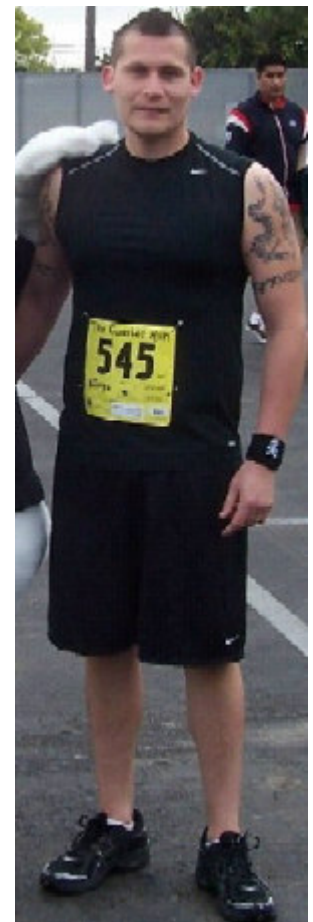
Hi SCRR! My name is George Medina. I am 28 years old. I am married to my beautiful wife Corinthian. We have two little monsters, our English Bulldogs, Tyke and Kula. I started running seriously three years ago when my wife bought me a treadmill. My first race was the Orange County Half Marathon in 2006. I have been hooked every since. I have been on two group runs, and its been a blast!! Look forward to more!!

Marialena DuFour

Marialena goes by the name Lena. She is 27 and reports that she has a "gorgeous" husband and 2 children.

Lena started running in 5th grade, attended St. Lucy's in Glendora, and ran cross country and track at Cal State Fullerton.

Lena ran Maui marathon in 2002 but really prefers 5K's. She has a 5K PR of 18:38, with a 19:14 on Mt. Sac, but she hasn't raced since 2003. She would love to get back into shape and get back under 20 minutes. Lena, guess what - you joined the right club!!



SATURDAY RUNS

(EARLY START – meet at 6:45 a.m., run at 7:00 unless otherwise noted)

7/7/07 El Moro Canyon

Time: Meet at 6:45, start at 7:00

Leader: Jon Resnick

Location: Reef Point parking lot along the beach off of PCH, north of Laguna Beach, south of Crystal Cove (near the school). 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 \$ just in case. Bring water.

After the run: Starbucks and a really good bakery/breakfast place across the street from the Reef Point parking lot.

7/14/07 Aliso & Wood Canyons

Time: Meet at 6:45, start at 7:00

Leader: Paula Fell and Ravi Kumar

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: Choose between flat fire road (Ravi) and a climb up the ridge to Top of the World (Paula).

After the Run: Corner Bakery, 27221 La Paz Rd (at Pacific Park Dr.), Laguna Niguel. It's in the Henry's shopping center and they serve much faster than Amsterdam Coffee. "Hey I can't wait all day for breakfast. A guys gotta eat"

7/21/07 Hicks Canyon Trail – Peters Canyon

Time: Meet at 6:45, start at 7:00.

Leader: Amelia Carchidi

Location: Start at shopping complex at corner of Culver and Irvine Blvd in Northwood (see Directions).

Directions: From the 5 Fwy, 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: 3.5 to 12 miles with options to add extra miles. We'll run slightly uphill along the Hicks Canyon paved bike+dirt trail to Portola (1.75mi) and into Peter's Canyon.

After the Run: Champagne Bakery. Now we're taking tasty food.

7/28/07 Huntington Beach.

Time: Meet at 6:45, start at 7:00

Leader: Danny Stein

Location: Meet underneath the Huntington Pier on the bike path next to the Ocean.

About the Run: There will be several options including a shorten three Piers version heading toward Newport or several options along the Pacific Shoreline Marathon and 1/2 marathon courses.

After the Run: Sharkeez...



FINAL 2006-2007 GRAND PRIX STANDINGS

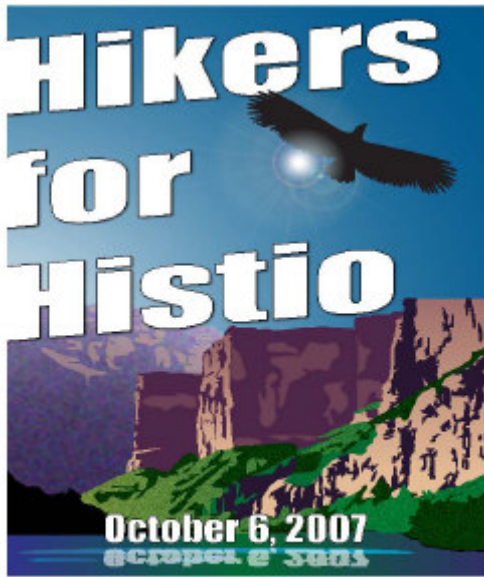


The Grand Prix is a competition where club members get points for running races selected as the club races-of-the-month. The points are based on each runner's time compared to the world record in that distance for their gender and age group. The program runs from July to June, and the best 9 of 12 scores are used. The final top 37 standings (out of 122 participants) for the 2006-2007 series after 12 races are:

	Name	Age Group	Sex	Total Points	Races	Dropped Races	Net	Avg for Top 9
1	David Schiller	45-49	M	8,262	10	701	7,561	840
2	Sue Zihlmann	40-44	F	9,087	11	1,614	7,473	830
3	Danny Stein	30-34	M	7,450	9		7,450	828
4	Eric Frome	25-29	M	7,262	9		7,262	807
5	Cisco Rubalcava	30-34	M	7,983	10	779	7,204	800
6	Mike Gulan	55-59	M	7,077	9		7,077	786
7	Brad Wobig	35-39	M	8,536	11	1,502	7,034	782
8	Jeanie Leitner	55-59	F	6,989	9		6,989	777
9	Leilani Rios	25-29	F	8,361	11	1,456	6,905	767
10	Victor Celani	45-49	M	6,871	9		6,871	763
11	Michael Reeves	30-34	M	6,729	9		6,729	748
12	Rob Harris	45-49	M	6,610	9		6,610	734
13	Jane Crewe	45-49	F	7,969	11	1,374	6,595	733
14	Sherri Ellerby	40-44	F	6,593	8		6,593	824
15	Mike Sellers	25-29	M	6,541	9		6,541	727
16	Mike Friedl	40-44	M	7,188	10	675	6,513	724
17	Jannay Morrison	40-44	F	7,113	10	665	6,448	716
18	Erika Kotteakos	35-39	F	7,726	11	1,357	6,369	708
19	Vincent Lowder	40-44	M	6,339	9		6,339	704
20	Thomas Fung	40-44	M	6,897	10	572	6,325	703
21	Ed Coffey	55-59	M	7,377	11	1,271	6,106	678
22	Jerry Jefferson	70-74	M	6,102	8		6,102	763
23	Amy Katz	35-39	F	6,988	11	929	6,059	673
24	Cathy Shargay	45-49	F	6,703	10	647	6,056	673
25	Ken Atterholt	45-49	M	6,862	11	1,133	5,729	637
26	Dorie Smith	75-79	F	5,637	8		5,637	705
27	Daniel Templin	30-34	M	5,568	9		5,568	619
28	Brent Bohn	40-44	M	5,289	7		5,289	756
29	Beiyi Zheng	40-44	F	6,130	11	1,062	5,068	563
30	Kathleen Litvak	35-39	F	4,921	6		4,921	820
31	Tonson Tong	40-44	M	4,911	7		4,911	702
32	Faith Morris	50-54	F	4,867	8		4,867	608
33	Bob Morris	50-54	M	4,630	6		4,630	772
34	Pete Boisineau	55-59	M	4,551	6		4,551	759
35	Brigid Puksza	40-44	F	4,943	10	477	4,466	496
36	Jon Resnick	45-49	M	4,163	6		4,163	694
37	Orhan Beker	30-34	M	4,137	6		4,137	690

HIKE FOR CHARITY OPPORTUNITY

By: Jan Hansen and John Walt



In Honor of 4-Year Old Cameron Claire Elias

We're planning the 2nd annual Hikers for Histio Grand Canyon hike during the weekend of October 5-7, 2007, and we hope you can join us!! We'll have all of the fun and merriment of last year (carbo-load pasta feast, boxed "gourmet" breakfasts, singing along the trail (- well, maybe not -), celebratory "libations" and snacks at the finish (including "bubbly ones," this year) and a fun celebration dinner in Flagstaff! In addition, this year's one-day hike offers two hiking options: (1) a 13-mile scenic hike along the Rim, and (2) a more strenuous 18+ mile hike in and out of the Canyon (South Kaibab and Bright Angel trails).

Our GOALS have also changed a bit - we hope to DOUBLE the number that participated in 2006, and are looking forward to hosting 40 energetic hikers! In addition, we hope to raise \$40,000 for the Histiocytosis Association of America (HAA) this year! With your help, we can do it (after all, 19

of us managed to raise more than \$23,000 in 2006!)

Just ask Jan or John for the hike brochure for more information, register online at www.active.com/donate/hikersforhistio, and set up your donations page to begin the fundraising! Then, find a few friends to register and bring along for the fun!

This hike is organized in honor of Cameron Claire who was born with a rare form of histiocytosis. The disease attacked her liver, and as a result, she required a liver transplant at the tender age of 4 weeks old. She is doing great and almost 4 years old now! But, the disease remains uncured, and your help is important in helping HAA sustain momentum in funding education, support and research programs for families affected by histiocytosis.

\$300 Hike Registration Fee includes:

- Friday and Saturday Night Lodging w/ Roommate
- Dinner on Friday and Saturday
- Breakfast on Saturday and Sunday

WHAT IS HISTIOCYTOSIS?

Histiocytosis is a rare blood disease that is caused by an excess of white blood cells called histiocytes. The histiocytes cluster together and can attack the skin, bones, and organs. The disease can range from limited involvement that spontaneously regresses to progressive multi-organ involvement that can be chronic, debilitating and life threatening.

The majority of histiocytosis cases occur in children under age ten. The disease affects roughly 1 in 200,000 children born each year in the United States. It can also occur in adolescents and adults of all ages. histiocytosis is so rare that there is little research into its cause and treatment and is often referred to as an "orphan disease", meaning it strikes too few people to generate government supported research.

So, we'll hopefully see you at the Canyon - and, feel free to bring a friend along! or PLEASE go to the website and make a donation - any and all funds raised will most certainly help!

Great Deals From Fellow South Coast Roadrunners...

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

Bob & Jodie Kinney, **Water's Restaurant**
(949) 733-9503, Fax: (949) 733-0147
www.watersrestaurant.com
4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, **A.G. Edwards & Sons, Inc.**
V.P. Investments,
(949) 493-7771, (800) 937-7791
Fax: (949) 493-9505
E-mail: richard.reimers@agedwards.com
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San Juan Capistrano

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socaltaxman@cox.net
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Cheryl's cell: 714-325-3257, luckybauer@yahoo.com
"We will pay 1/2 the escrow fees for South Coast
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MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**
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mark@search4integrity.com
www.search4integrity.com
"We'll pay \$1,000 referral fee for every candidate or
client placement, ask me how it works!"

Reminders

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

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

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

SCRR CLUB CALENDAR



Club Events in bold font - Check www.active.com for event registration info

JULY	
THU 5 th	Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm
THU 12 th	<u>Peter's Canyon Summer Trail Run Series</u>
SUN 15 th	<u>Bastille Day 5K</u>
SAT 28 th	<u>Orange County Duathlon</u>
SUN 29 th	<u>San Francisco Marathon</u>
AUGUST	
THU 2 nd	Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm
THU 9 th	<u>Peter's Canyon Summer Trail Run Series</u>
THU 16 th	<u>Sunset in the Park</u>
SAT 18 th	CLUB RACE - <u>Huntington Beach Distance Derby</u>
SUN 19 th	<u>America's Finest City Half</u>
SEPTEMBER	
SUN 2 nd	<u>Disneyland Family Fun Run</u>
MON 3 rd	<u>RSM 5K</u>
MON 3 rd	<u>Disneyland Half Marathon</u>
THU 6 th	Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm
SUN 16 th	<u>MAUI Marathon</u>
SUN 16 th	<u>Orange County Heart Walk/5K Run</u>
SUN 23 rd	<u>Race for the Cure</u>
SAT 29 th	<u>Huntington Beach Surf n Sand 5K</u>
OCTOBER	
THU 4 th	Club Meeting – Heritage Park Youth Center 7.30pm Lamppost Pizza 8.15pm
SAT 13 th	<u>Harbor Heritage 5K</u>
SUN 14 th	<u>Long Beach Half/Marathon</u>

2007-2008 SCRR CLUB OFFICERS:

President: Jon Resnick
Vice-President: Amelia Carchidi
Treasurer: Sue Zihlmann
Secretaries: Jannay Morrison/Tonson Tong
RRCA Liaison: Jannay Morrison
Webmaster: Mike Reeves
Social Chairs: Noreene Matsuda/Leilani Rios

2007-2008 COMMITTEE CHAIRPERSONS:

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

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine. Thursdays @ 6 p.m., several courses 3 to 9+ miles! Mondays at Peter's Canyon (for the summer) @ 6 p.m. 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**