

ON THE RUN



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

Orange County, California
June 2014 Issue

Runner of the Month – John Gardiner

By: Kirsten Hirneisen



John with his wife and fellow SCRR member Jennifer Neff

John Gardiner was named the SCRR Runner of the Month for May. John was born in Wilmington, Delaware, the first state. He grew up in Minnesota, went to grad school in Utah, and ended up in Orange County because he was following a woman (his lovely wife, Jennifer Neff, who he met in graduate school when she was the Teaching Assistant of a course he was taking). John is a forensic engineer and works for a consulting firm reconstructing accidents. In addition to running, John is also enjoys rock climbing (but Jen never wants to go), golfing, skiing and Cismontane Brewing.

John started running in high school, where he ran cross country and track. After school, John ran off and on and became the fierce competitive runner he is today starting 6 years ago when he joined the South Coast Roadrunners. John frequents all the local running clubs, including Snail's Pace and Cal Coast in addition to the South Coast Roadrunners.



John at USATF National Cross Country Championship in Lexington, KY

John's favorite distance is the 5K and has recently set some PRs. He placed 2nd in the Male Masters at 2014 Carlsbad 5000 with a time of 15:24 (which scored 942 points in our Grand Prix series). John also races in cross country championships. John is obviously an accomplished runner and his best advice to impart is it that "people should run slower on easy days and harder on their hard days".

John's Coolest Run: The Fern Canyon Trail from Gold Bluffs Beach in Northern California. This run goes up a creek bed where the walls are covered in ferns and you are surrounded by redwood trees. Beware of banana slugs.



John's Worst and Best Run: When I asked John about his worst running conditions, he confessed that he loves running in adverse weather, except for hot days. Having grown up in Minnesota, John's worst running story doesn't even involve sub-zero temperatures (he ran once in -20°F with his college roommate wearing facemasks), but his worst running story involves a hot day in Park City, Utah. This was also Jen's best bike ride. It was a key long run in John's St. George marathon training plan. Jen was carrying the water on the bike, but she was really enjoying her bike ride. As it was scorching hot, that water was critical to the success of John's run. Without water, John bonked and was eaten by horseflies on the way back. John's best running story involves running with some SCRR friends in Aliso Wood Canyon in the rain, where they all ended up slipping in the mud going uphill.

John's favorite post run treat: cinnamon roll

John at a Cross Country race in snowy Bend, Oregon

Magic Shoe 5K Highlights

By: Linda Hammond

For the month of May our Grand Prix race was the Magic Shoe 5k. Blazing across the course was our Grand Prix leader **Sherri Ellerby**, with a 907 points race! **John Gardiner** was 1st place in his age division and also blazed into the 900+ club with a 921 points race! **Ken Atterholt**, **Mike Friedl** and **Leilani Rios** all sped into the 800+ club! Leilani also was the 1st place female in her age division. It was a morning of fast races and PRs. Another runner with a great race for the day was **Katy Michaelis**. I asked to share a few words about her running.

Linda: Hi Katy, please tell us about your race and how long you have been running with the club.

Katy: I hadn't run a race since last year's Magic Shoe, and I set a new PR, so I was pretty excited! It was fun to be out with the club again too. I have been running distance for about six years and have run with the club since fall 2012.

Thanks Katy and all the Roadrunners for representing SCRR with some speedy times!

The season has flown by and Magic Shoe was the 11th race in the Grand Prix series. Here is our top 10: 1) Sherri Ellerby, 2) Jeanie Leitner, 3) Ken Atterholt, 4) David Schiller, 5) Mike Friedl, 6) Mike Gulan, 7) Mike Bertram, 8) Leilani Rios, 9) Noreene Matsuda, and 10) Robert Donald. We finish the season at the Downtown Anaheim 5k! So let's finish the season FAST! See you at the Finish Line!

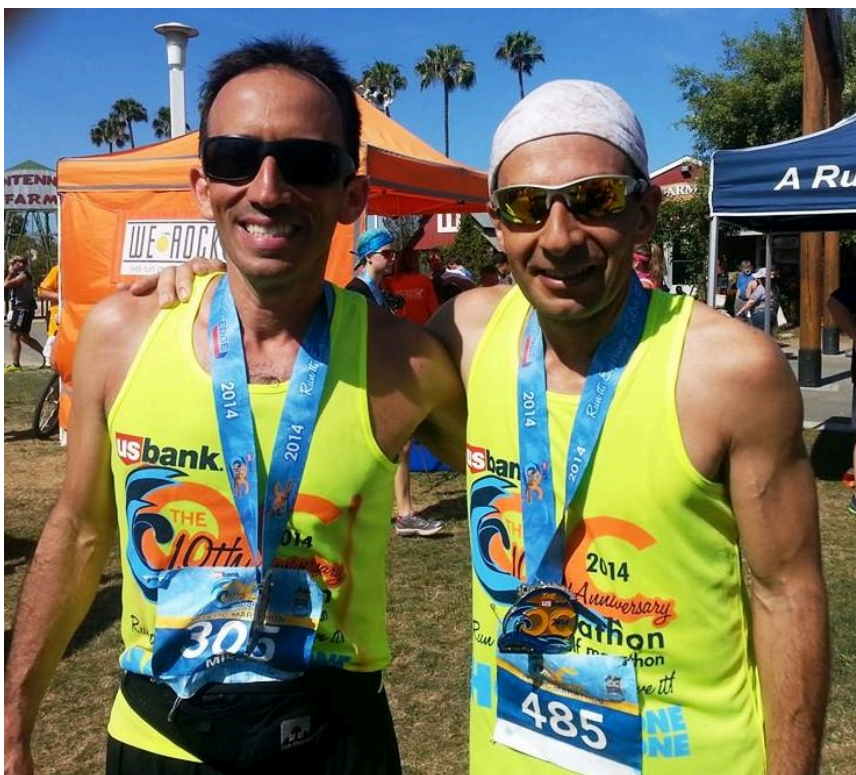


Damian and Katy on a mountaineering trip earlier this year!

OC Marathon Pacing – A Great Experience

By: Mike Bertram

Just wanted to share a few words (OK more than a few) about the OC Marathon. By far it was the most memorable of any one I've done in the past – for the very first time in a full marathon, instead of racing it, I got to serve as one of the official pacers. **Fernando Gonzalez** and I had a great team that stayed with us over 20 miles into the race, some had fallen behind but there were others that got that second wind and surged ahead (which is a pretty serious feat that late into the race). Their energy and enthusiasm was amazing, and it was awesome to have been a part of their race. And I couldn't help but noticing that the spectators along the way were (very) loudly cheering our team on (especially the police officers!), even more so than spectators in past races that I've done.



And I couldn't have asked to work with a better co-pacer – Fernando has had a lot more experience pacing than I have and he definitely helped us keep our mile times in check. We paced 3:40 and had an official time of 3:39:24 - not bad....

This was my 10th marathon also, and one that I'll never forget....

Treasurer's Report

By: Lisa Eiler

Treasurer's Report-Newsletter	<u>May</u>	<u>April</u>	<u>March</u>
Total Cash Balance, Beginning	5,706.12	6,369.74	5,649.65
Cash Inflows	1,120.39	328.02	1,180.79
Cash Outflows-First Thursday	379.15	379.64	362.42
Cash Outflows-RRCA Insurance	-	-	-
Cash Outflows-Banquet	25.00	532.00	
Cash Outflows-Other	-	80.00	98.28
Net Change in Cash	716.24	(663.62)	720.09
Total Cash Balance, Ending	<u>6,422.36</u>	<u>5,706.12</u>	<u>6,369.74</u>

**CONGRATULATIONS TO MAY
MARATHON (and More) RUNNERS!!**

O.C. Marathon, May 4th

Joanna Pallo

David Schiller

Andrew O'Bannon

Mike Bertram

Lillian Bertram

Tim Hume

Doug Niles

Carlos Jovel

Melissa Snyder

Michael Friedl

Jennifer Woodson

Eric Dangott

Sam Yasseen

Fargo Marathon, ND, May 10th

Matt Kadowaki

Mountain to Beach Marathon, Ventura, May 25th

Daniel Evora

Kelcey Kinjo

50K Whoos, El Moro, May 20th

Jeanene Warren

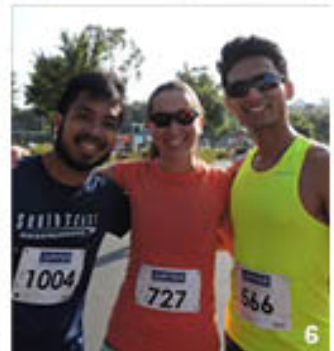
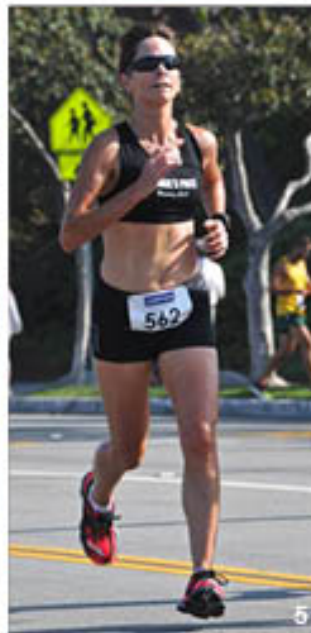
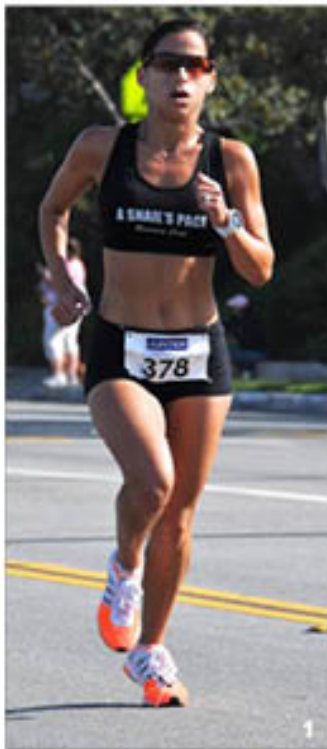
St. George Half Ironman, UT, May 3rd

Rob Harris

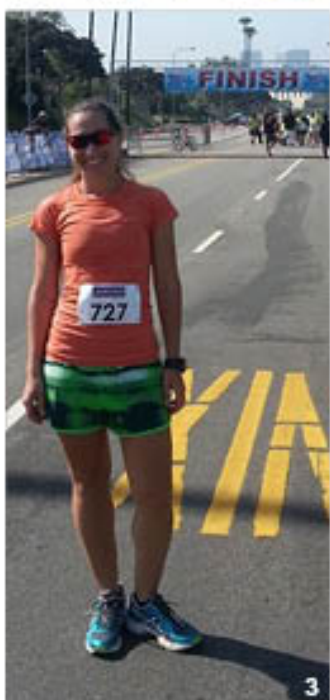
Jim Beck

SCRR Shines at Magic Shoe 5K!

Compiled by Joanna Pallo; Photos by: Jenn Woodson, Judy Sweet and Joanna Pallo



1 Leilani Rios 2 Aya Namikawa, Alana Brown, Thomas Fung, Leilani Rios, Avery Lewis, Fred Ayers, Ken Atterholt, Cole Gatchell, Marc Own, Cathy Shargay, Cathy Blakesley 3 Carlos Jovel, Lillian Bertram, Joanna Pallo 4 Amy Katz 5 Sherri Ellerby 6 Michael De Jesus Pagalan, Jennifer Woodson, Daniel Evora 7 Michael De Jesus Pagalan, Aya Namikawa, Daniel Evora, Jennifer Woodson 8 Cathy Shargay, Judy Sweet, Cathy Blakesley 9 Aya Namikawa



1 Judy Sweet, Cathy Shargay 2 South Coast Roadrunners 3 Jennifer Woodson 4 David Schiller, Daniel Evora, Michael De Jesus Pagalan, Lillian Bertram 5 Leilani Rios 6 Alanna Brown, Thomas Fung, Avery Lewis, Fred Ayers, Marc Owen 7 Michael Friedl, Sherri Ellerby 8 Cathy Shargay, Lillian Bertram 9 Magic Show 2014 Start Line

THE GREAT PARTY

2014 ANNUAL SCRR BANQUET

Hosted by Mike Friedl & Matt Hood

Semi-Formal
Dinner & Dancing
Raffle & Awards

SATURDAY
JUNE
28
5 PM-11 PM

\$30
PER PERSON
BY JUNE 07*

DEERFIELD COMMUNITY CENTER

55 Deerwood West, Irvine, CA 92604

DINNER, DESSERT, AND DRINKS

Chicken with Southern Flavored Spices Cooked in Cajun Sauce, Smothered Green Beans, Sweet Potato with Caramelized Shallots and Fresh Herbs, Fresh Baked Rolls & Butter, Green Salad with Mandarin Oranges, Green Onion, Candied Almonds with Creole Dressing, Brownies and Cookies
Margaritas and Beer, along with Water, Lemonade, and Iced Tea

To donate raffle prizes or for any questions, please contact JOANNA PALLO at yoinmjo303@yahoo.com

*Price Increases to \$35 from June 7-June 14. No RSVP's will be accepted after June 14.



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 37 out of 117 total participants to date for the 2013-2014 series after 11 races are shown below. ***Please report any omissions to Mike Friedl, our Grand Prix originator and database master, or a club officer. The full Grand Prix results for all 8 races will be posted on our web site www.roadrunners.org***

	Name	Age Group	Races	Total Net Points	Net Avg	Magic Shoe 5K		Seal Beach 5K/10K	
						Times	Points	Times	Points
1	Sherri Ellerby	50-54	10	7,723	858	18:49 5k	907		0
2	Jeanie Leitner	65-69	11	7,647	850	30:31 5k	697	25:49 5k	824
3	Ken Atterholt	50-54	10	7,333	815	18:35 5k	828	18:38 5k	826
4	David Schiller	50-54	10	7,266	807	19:17 5k	798	18:25 5k	835
5	Mike Friedl	50-54	9	7,030	781	18:46 5k	820	18:30 5k	832
6	Mike Gulan	60-64	9	6,845	761		0		0
7	Mike Bertram	45-49	10	6,623	736	19:16 5k	766	42:50 10k	698
8	Leilani Rios	30-34	8	6,610	826	17:42 5k	862	18:06 5k	843
9	Noreene Matsuda	50-54	9	6,597	733	22:07 5k	772		0
10	Robert Donald	45-49	11	6,428	714	20:38 5k	715	20:17 5k	727
11	Cathy Shargay	55-59	11	6,415	713	25:29 5k	727	25:58 5k	714
12	Daniel Evora-Hahn	25-29	9	6,276	697	17:32 5k	764	38:16 10k	726
13	Greg Hanssen	45-49	10	6,273	697	20:45 5k	711	21:04 5k	700
14	Cathy Blakesley	50-54	9	6,105	678	23:56 5k	713	24:12 5k	705
15	Greg Blevins	60-64	10	6,094	677	23:54 5k	711	23:39 5k	719
16	Avery Lewis	25-29	9	6,040	671	22:33 5k	661		0
17	Aya Namikawa	30-34	8	6,025	753	19:52 5k	768	40:34 10k	782
18	Doug Niles	45-49	8	6,011	751		0	39:39 10k	755
19	Mike Pagalan	25-29	9	5,960	662	19:35 5k	684		0
20	Lisa Eiler	35-39	10	5,932	659	23:17 5k	661	48:33 10k	659
21	Alberto Ballon	35-39	10	5,854	650	20:51 5k	651		0
22	Lillian Bertram	45-49	10	5,820	647	24:55 5k	652	24:38 5k	659
23	Alanna Brown	30-34	9	5,815	646	22:33 5k	676	23:35 5k	647
24	Judy Sweet	45-49	11	5,618	624	25:57 5k	626	26:49 5k	605
25	Matt Kossoff	30-34	8	5,441	680	18:43 5k	721		0
26	Amy Katz	40-44	8	5,376	672	22:36 5k	699	22:11 5k	712
27	Joanna Pallo	30-34	10	5,338	593	23:45 5k	642	25:50 5k	590
28	Vicki Ballon	30-34	8	5,287	661	24:18 5k	628		0
29	Thomas Fung	50-54	7	5,247	750	19:46 5k	778		0
30	David Blakesley	65-69	9	5,163	574	30:07 5k	604	30:20 5k	600
31	Eric Dangott	40-44	8	5,004	626	21:13 5k	683	44:54 10k	660
32	Kelcey Kinjo	40-44	7	4,777	682		0		0
33	Vincent Lowder	45-49	6	4,685	781		0		0
34	Carlos Jovel, Jr.	35-39	9	4,625	514	25:24 5k	535		0
35	Fred Ayers	35-39	11	4,550	506	26:09 5k	519	26:40 5k	509
36	Mike Dietz	50-54	6	4,532	755	20:16 5k	759		0
37	Karine Parry	25-29	6	4,530	755	18:54 5k	788		0

SATURDAY RUNS

PLEASE NOTE 8 AM START TIME! – So far, we are not switching to 7 am until July 12

6/7/14 – A Snail's Pace Mission Viejo to Cook's Corner & Newton Shoe Testing

Leader: Bob Morris

Location: A Snail's Pace Running Shop, 24451 Alicia Parkway in Mission Viejo

Directions: Exit the 5 freeway at Alicia Parkway. The store is in the LA Fitness shopping center.

About the Run: Out-and-back course starting at the store to the bike path that goes all the way up to Cook's Corner if you want to do an 18-miler. Wear-test some new Newton shoe models during your run.

After the Run: Dennys (50 yards from the Store) or Lulu's Creperie Cafe, 24781 Alicia Pkwy, Laguna Hills (at the old ASP LH Store location two blocks away).

6/14/14 – Club Race – Downtown Anaheim 5K

6/21/14 – A Taste of Ladera

Leader: Laura Bullock

Location: Ladera Ranch trail. Meet at the entrance to the Flintridge Village Club.

Directions: From the I-5 Freeway in south Orange County, exit Crown Valley Parkway and proceed east 1.5 miles. Turn right onto O'Neill Drive. Then take your first left onto Roanoke Drive (if you get to the round-about you have gone too far). Immediately passing the first right on Roanoke Drive, you will find the entrance to the Flintridge Village Club on the right-hand side.

About the Run: The Ladera Ranch Trail consists of dirt tracks that extend for nearly 10 miles and encircle the entire community of Ladera Ranch with plenty of small but steep climbs. Run out and back as far as you want or combine it with the several other paved trails in the community for the perfect combination of on and off-road running. I will hand out maps for your reference.

After the Run: Cinnamon Productions, Nekter Juice Bar is less than a mile away in the Mercantile West shopping area, on the corner of Antonio Parkway and Crown Valley.

6/28/14 – Turtle Rock 'n' Java

Leaders: David Schiller and Matt Hood

Location: Irvine -- Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604 (same meeting place as the Quail Hill run)

Directions: From 405 freeway, exit Jeffrey and go north two lights to Alton. Turn left and then right into parking lot. Starbucks is between Ralphs and CVS.

About the Run: 10 miles easy paced, hilly run around Turtle Rock. ***Catch a buzz at the top of Ridgeline (drinks provided by David and Matt) and then again back at Starbucks.*** Alternative 7 mile run: Starbucks to top of Ridgeline to Starbucks (skipping the Turtle Rock loop after the top of Ridgeline).

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

Greetings Orange County Track Club Members and Friends:

Save the date!! Sunday, July 27, 8:00 a.m. Fairview Park, Costa Mesa

Come join the fun at 17th Annual OCTC Pancake Breakfast

5K Cross Country Race

Presented by the Estancia High School Cross Country & Track Teams in conjunction with OCTC

Great Deals From Fellow South Coast Roadrunners...

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

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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

JUNE	
SUN 6/1 6:15 a.m.	San Diego Rock & Roll Marathon, SD Rock&Roll
THURS 6/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 6/7 7:55 a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT 6/7 7:30 a.m.	Fontana Days. Marathon & 5K Fontana, CA Fontana Days Run
SAT 6/14 8:00 a.m.	Downtown Anaheim 5K, Anaheim, CA downtownanaheim5krun
6/7, 6/8, 6/14, 6/15	Camp Pendleton Mud Runs
THURS 6/19 6:15 p.m.	Peter's Canyon Summer Trail Run Series #1 Tustin, CA
SAT 6/28	South Coast Roadrunners Annual Awards Banquet – see flyer on page __
JULY	
THURS, 7/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
FRI 7/4 7:15 a.m.	Woodbridge Village Community 5k, 10K
FRI 7/4 8:00 a.m.	Surf City 5K Huntington Beach, surfcityrun
FRI 7/4 7:30 a.m.	Lake Forest Firecracker 5K, Lake Forest, http://www.lakeforest5k.org/
FRI 7/4 7:00 a.m.	6 th Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run runladera.com
FRI 7/4 7:30 a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca ymca run in the park
THURS 7/10 6:15 p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA renegaderaceseries
SAT 7/26 7:00 a.m.	City of Cypress 5K, 10K, Kids Run Cypress, CA
SUN 7/27 8:00 a.m.	17 th Annual OCTC Pancake 5K Costa Mesa, CA octcpancake5k
SUN 7/27 6:00 a.m.	The San Francisco Marathon San Francisco, CA thesfmarathon
AUGUST	
THURS, 8/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS 8/7 6:15 p.m.	Peter's Canyon Summer Trail Series #3 Tustin, CA renegaderaceseries
SUN 8/17 7:00 a.m.	America's Finest Half Marathon, San Diego, CA AmericasFinestHalf
SAT 8/23 6:00 a.m.	Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA trailrunevents.com/bulldog
SUN, 8/24	Santa Rosa Marathon and Half Marathon, http://www.thesantarosamarathon.com/
SAT 8/30 6:45 a.m.	Disneyland Family Fun 5K (SOLD OUT)
SUN 8/31 5:45 a.m.	Disneyland Half Marathon (SOLD OUT)
SUN 8/31	USATF Road Mile, Irvine, http://www.scausatf.org/events/roadrunning/2014/mile.htm
SEPTEMBER	
THURS, 9/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 9/7 7:00 a.m.	Ventura Marathon and Half Marathon, www.venturamarathon.com
SUN 9/28 7:30 a.m.	Komen Orange County Race for the Cure – Newport Beach, CA ko2enoc.org

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