

# ON THE RUN



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

Orange County, California  
May 2011 Issue

## ***Runner of the Month – Angel Cardoza***

**By: Stacey Dippong**

April's runner of the month is Angel Cardoza. Angel was chosen because he has made some great contributions to the club lately, the most memorable of which would be organizing the most recent beer mile! Angel placed a close second in that race (he was first at the inaugural SCRR beer mile in August of 2010), but hopes to make a comeback at the next beer mile, and reclaim his first place title. Last weekend, Angel volunteered for one of the most unselfish things a runner can do, and successfully paced the 1:40 group of the Cinco De Mayo Half Marathon in Irvine. He has also volunteered to lead Saturday runs, which is always appreciated! Below are some questions that I asked Angel to learn a little bit more about him and his running history.



**When did you start running?** I started running in high school. Track and field as a freshman. I ran the 400, 800, the mile, and the 2 mile relay. I played football in the fall of my freshman and sophomore years so didn't run cross country until my junior year. I kept on running for fitness in college and ran the LA marathon in 1989 and 1990. My PR was 3:15 back then with little training and starting far back in the bunch. No chips then, just gun time. Haven't run another marathon since and only a handful of 5k's until 2009 when I ran the Dana Point Turkey Trot 10K and the San Clemente Trail Run 10K. Running really took off for me again after joining the Roadrunners in August 2010.

**Why do you run?** For fun and fitness. For the challenge and the satisfaction of pushing my-self hard. It also provides some type of brain therapy... don't know if it's just the runners high or something else that goes on, but it provides a type of peace.

**What do you like most about South Coast Roadrunners?** The roadrunners are a welcoming bunch of beer drinkers that are inspirational and yet fun to spend time with. The roadrunners are a great group of people from all walks of life.

**If you race, what is your favorite race distance and why?** I like the half marathon. The distance is challenging to me but doesn't totally wipe me out. Training for the half also doesn't require as great a time commitment as training for a full marathon does, and fits my schedule. The wimp in me also is a bit worried about the training and pounding on the body from the long miles of a marathon.



Angel with Robert Donald and Greg Hanssen at the Dove Canyon 5K

## ***Runner of the Month – Angel Cardoza (con't)***

**Are you currently training for anything? How is that going?** I'm training for the Vineman triathlon. I'm embarrassed to say that I need to step up all aspects of the training effort for Vineman. I specially need to get a better understanding of the nutritional demands of the body and get a plan together on how I'm going to stay fueled up for the entire race. At the end of a half marathon or long bike ride, I feel how my energy stores are depleted.

**Where are you from?** I'm an orange county native. I was born in Orange and grew up in Santa Ana attending Saddleback High School (our mascot was the Roadrunner). In high school I ran against Irvine, Woodbridge, University, Newport Harbor, Corona Del Mar and Estancia.

**What do you do for a living?** I'm an engineer working for an environmental consulting firm.

**What do you like to do in your free time besides running?** Training for the Vineman is taking up much of my spare time. I enjoy surfing the long easy breaks of "trails" in San Clemente when I get a chance. When I have my girls (I have two daughters ages almost 5 and 7) my time is devoted to them.

## ***SCRR Photos from Carlsbad 5000***

**By: Linda Hammond and Angel Cardoza**



### **More photos on Page 4.**

Left: John Gardiner and Bob Morris

Page 4 from top:

Row 1: Vicki Ballon, Cathy Shargay, Amy Katz, Jodie Kinney, Eileen Stephens, Linda Hammond, Noreene Matsuda, Amelia Carchidi, Katy Keeley-Weinhold, and Sue Zihlmann.

Row 2: John Gardiner; Matt Hood, Bill Quinnan, Robert Donald, Alberto Ballon, Angel Cardoza, Ken Atterholt, Armando Moran and Greg Hanssen.

Row 3: Leilani Rios, Matt Hood, Greg Jones and Noreene Matsuda; Vicki Ballon and Robert Donald.

## ***Carlsbad 5000 – Eileen Stephens Ran All Five Division Races!***

**By: Linda Hammond**

For the month of April **South Coast Roadrunners** headed south for the World's Fastest 5K, **Carlsbad 5000**. History was made in the women's Masters race. Lenore Montgomery, 80, set a world record in the women's 80-84 age group with a time of 29:16. Anne Garrett, 77, set the American record in the 75-79 age group, finishing in 25:59. While world records were not broken in the elite races, both races came down to exciting endings. For the elite men, Dejen Gebremeskel won with a time of 13:11 and Aheza Kiros won with a time of 15:13 for the elite women.

With five division races, Carlsbad gives runners a great opportunity to cheer on fellow club members running in the other divisions. Some highlights for the day included some amazing races for several members of the club including PRs for **John Gardiner** and **Matt Hood**. New club member **Eileen Stephens**, ran all five division races to complete the 25K. I asked Eileen about her race and running.

**Linda:** *Congratulations on completing the 25K! Why did you decide to try it? How was it?*

**Eileen:** Thanks, I'm glad I completed all 5 races (thanks to your encouragement!) as it really helped prepare me for Ragnar. I did it only because I thought everyone else in the club was doing the 25K. I enjoyed challenging myself, but really missed running with someone from the club.

**Linda:** *When did you start running and what brought you to SCRR?*

**Eileen:** I started running in 1996 because my husky needed to be exercised (only 3 miles at a time though)! In November I joined SCRR and as I wanted to run more consistently and with people, plus we meet right across from where I live.

**Linda:** *What is your next big race?*

**Eileen:** April was a big month. **Carlsbad 25K**, then **Irvine Lake Mud Run**, **Ragnar Relay** and **La Jolla Half Marathon**. I will be running **America's Finest City Half Marathon** in August for the Triple Crown Series and most likely will run the **Rock N Roll Half** in San Diego in June.

Wow Eileen, you are one busy runner! I think I will call you Superwoman! Carlsbad was the 10<sup>th</sup> race in the Grand Prix series. Our leader **Dave Parsel** is out in front and is not looking back! Our May Grand Prix race is **Laguna Hills Half Marathon and 5K** on Memorial Day. See you at the Finish Line!



# **CONGRATULATIONS!!**

**To All the SCRR Marathon Runners**

**Boston – April 18<sup>th</sup>**

**Orange County – May 1<sup>st</sup>**





## ***Track Etiquette!***

**By: Bill Quinnan**

To the woman at Beckman track this morning:

The track is a nice invention, isn't it? I mean, you can have all these people running around in pursuit of their own goals, yet rarely does one individual collide with another or, for the most part, interfere with the efforts of another track user.

One of the reasons for this social harmony -- well, really, the MAIN reason for this -- is something that is often referred to as "track etiquette." This system of protocol is a simple one, really. It involves no curtsying or hat-tipping or addressing people with proper titles or choosing the proper fork at the proper time. It's just a few mutually understood rules that, when followed, enable runners to independently chase their dreams while peacefully coexisting, like little butterflies fluttering about a meadow on a warm spring day.

Some of these rules are fairly obvious, and one doesn't need to have any track experience, just a little common sense, to know them. For example, one runner should not cut in front of another, stop suddenly, and turn around to stare at the oncoming runner, because that could cause a collision, or, at the very least, force the oncoming runner to stop or break his or her stride to get around the runner who stopped. Like I said, common sense, right? More on that later.

Other rules are less intuitive, and an inexperienced can be forgiven for not knowing them. For example, runners who are not doing speedwork will usually stick to the outer lanes of the track, so that runners who are going for speed don't have to slow down or try to find a way around them. Also, runners usually run in a counterclockwise direction, which tends to make things go more smoothly, just as when all drivers on a given side of the road are going the same way. I'm sure you can imagine where it might be problematic if a driver chose to drive in the opposite direction of everyone else, and even more so if a driver drove in one direction and, suddenly, without warning, decided to turn around and go the other way. More on that later.

Now, as you entered the Beckman campus, you may have passed a sign that read, "No dogs permitted -- guide dogs excepted" or something to that effect. Actually, dogs are not permitted on public school grounds anywhere in Tustin -- something it might be good for a pet owner to know. I've seen AYSO soccer games brought to a halt while referees dealt with pet owners who thought it unfair to exclude their animals from the game-watching experience.

Also, you might wish to know that Orange County has a law requiring all dogs to be kept on leashes in public. I know that can be a little controversial with some dog owners, especially those whose dogs are extremely well-trained, will stay with their owners and will instantly obey whatever their owners command. But, given that I saw you call your dog four or five times on a couple of occasions (for example, when it was stopping to urinate on the school fence), and that your dog didn't really seem to respond but just kind of trotted over on its own schedule, I don't think your dog fits that description. Having had my runs interrupted by strange dogs that have decided to come up and smell my crotch for no apparent reason, I tend to appreciate such laws. Also, having had strange dogs confront my dog -- who is always leashed when in public -- has also helped push my opinion in favor of the law. Controversial as it may be, leashes are legally required. (Continued on Page 6)





## ***Track Etiquette! (con't)***

You may have also noticed that a few of the people at the track -- well, everyone besides you, really -- were doing something called "intervals." This is when a runner goes really fast, slows down or stops for a spell, and then goes really fast again, and so forth. There is, of course, no requirement that track users do intervals -- if running around in ovals tickles your fancy, I say, "Go for it!"

The problem, however, is that your dog, which, by law, should have been on a leash and should not have been on school grounds, has no clue about the rules of track etiquette. He seemed to randomly run in whatever direction attracted his interest at the moment, mostly staying with you, but not always. He'd suddenly run in front of other runners and stop, turn and stare at them as they approached. And, by the way, as a bulldog, he's kind of mean-looking. I know I was especially reluctant to continue to charge in the direction of an unleashed, untrained, mean-looking bulldog whose owner was an oblivious moron who supposedly didn't even know she wasn't supposed to have a dog at the track. (I'm actually skeptical of that last point, given that this particular pet-owner seemingly disappeared when the maintenance guy happened by and reappeared as soon as he was gone.)

Anyway, if you could please refrain from bringing your unleashed, untrained dog to the track where it is legally prohibited from being anyway, I, and I imagine other runners on the track, would be most appreciative.



Attire: Semi-Formal

Food: Lucille's BBQ

Drinks: Soft drinks, water, beer, wine, and margarita's will be provided

Cost: \$30 per person - due by June 12th to Stacey ([staceydippong@gmail.com](mailto:staceydippong@gmail.com)) or Kathleen ([kathleen.curley@gmail.com](mailto:kathleen.curley@gmail.com))



# 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 34 participants (out of 88 total) for the 2010-2011 series after 10 races are:

Place	Name	Details				Net Points	Best	Net Avg	Carlsbad		Dove Dash	
		Age Group	Sex	Races	Times				Points	Times	Points	
1	Dave Parsel	55-59	M	10	8,291	950	921	17:22 5k	928	17:14 5k	935	
2	David Schiller	45-49	M	9	7,216	837	802	18:13 5k	830		0	
3	Mike Connors	40-44	M	9	7,181	831	798	17:43 5k	802		0	
4	Ken Atterholt	50-54	M	10	7,182	828	798	19:16 5k	810	18:50 5k	828	
5	Sherri Ellerby	45-49	F	8	6,983	907	873	19:23 5k	868	19:49 5k	849	
6	Danielle Gordanier	40-44	F	10	6,816	783	757	20:11 5k	783	20:14 5k	781	
7	Linda Hammond	45-49	F	9	6,524	755	725	23:33 5k	715		0	
8	Steve Kan	55-59	M	9	6,477	743	720		0	21:51 5k	738	
9	Leilani Rios	30-34	F	8	6,470	845	809	18:03 5k	845	18:27 5k	827	
10	Gary Hefner	50-54	M	8	6,461	849	808	18:22 5k	849		0	
11	Ed Coffey	60-64	M	9	6,405	746	712	24:26 5k	696	23:41 5k	718	
12	Jeanie Leitner	60-64	F	8	6,307	830	788	26:07 5k	752	26:04 5k	754	
13	Cathy Shargay	50-54	F	10	6,199	718	689	24:40 5k	708	25:51 5k	676	
14	Armando Moran	35-39	M	9	6,171	708	686	19:11 5k	708		0	
15	Fred Cowles	45-49	M	7	6,160	916	880	17:48 5k	849		0	
16	Jodie Kinney	60-64	F	7	5,678	824	811	24:01 5k	818	23:51 5k	824	
17	Matt Hood	40-44	M	8	5,464	730	683	19:36 5k	725		0	
18	Mike Sellers	30-34	M	7	5,417	807	774	17:30 5k	771		0	
19	Greg Hanssen	40-44	M	8	5,293	692	662	21:30 5k	661	22:05 5k	644	
20	Amy Katz	40-44	F	8	5,227	737	653	23:29 5k	673		0	
21	Mike Friedl	45-49	M	7	5,157	763	737		0	20:31 5k	737	
22	Mike Dietz	45-49	M	6	5,022	870	837	17:34 5k	861		0	
23	John Gardiner	35-39	M	6	4,825	861	804	15:47 5k	861		0	
24	Cathy Blakesley	50-54	F	7	4,759	721	680		0		0	
25	Tonson Tong	40-44	M	6	4,465	772	744	18:25 5k	772		0	
26	Elyse Shimada	20-24	F	5	4,240	875	848		0		0	
27	Quang Pham	45-49	M	6	3,922	710	654	21:17 5k	710		0	
28	David Bauers	50-54	M	6	3,879	669	647		0		0	
29	Rob Harris	50-54	M	5	3,754	775	751	21:04 5k	741		0	
30	Erika Kotteakos	40-44	F	5	3,687	762	737		0		0	
31	Mary Lynch	40-44	F	4	3,189	835	797		0		0	
32	Bill Quinnan	35-39	M	5	3,112	641	622	22:18 5k	609		0	
33	Carrie Shargay	16-19	F	4	3,091	842	773		0		0	
34	Greg Jones	35-39	M	4	3,088	798	772	18:15 5k	744		0	

## **SATURDAY RUNS**

All runs Meet at 7:45, start at 8:00 unless otherwise noted

### **5/7/11 Saturday Run - Glenn Ranch**

Leader: Greg Hanssen

Location: Meet at L.A. Fitness at the corner of Portola and El Toro Road in Lake Forest.

Directions: Take the El Toro exit off the 5 and head toward the hills. Portola is about 5-6 miles up.

About the Run: The run is a loop headed toward Glenn Ranch and into the foothills. Wonderful hill training (builds strength!!).

After the Run: Coffee shop in the same shopping center.

### **5/14/11 Saturday Run - Aliso/Wood Canyon Run**

Leader: Ross Klein

Location: Aliso/Wood canyon regional park.

Directions: The closest cross street is Aliso Creek & Alicia, .2 miles away is AWMA road, you can park at along the road to avoid paying.

Route: The basic route is an out and back that is a total of 9 miles, at mile 1.5 the trail starts, at mile 4.5 you hit a gate that is the turn around. 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 please be prepared.

After the run: Breakfast at Starbucks on the corner of Aliso Creek and La Paz by the 24 Hour Fitness about 1 mile from the run.

### **5/21/11 Saturday Run - 3 Piers "Keg and Eggs"**

Leader: Lindsay Lyon

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!!

### **5/28/11 Saturday Run - Back Bay Classic**

Leader: Al Gonzalez

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.

### **5/30/11 Club Race Laguna Hills Half Marathon/5k**

<http://www.lagunahillshalfmarathon.com/>



## 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](mailto:Cshargay@cox.net).

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at [david.schiller@cox.net](mailto: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, Thursdays @ 6 p.m. and Peter's Canyon (Cedar Grove Park), Tustin, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website [www.roadrunners.org](http://www.roadrunners.org).

**MONTHLY CLUB RACE:** For more information: log on to [www.roadrunners.org](http://www.roadrunners.org) or see a Club Officer.

**MONTHLY CLUB MEETINGS:** 1<sup>st</sup> 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 and Parties are highlighted in orange; Club Runs are highlighted in yellow

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

<b>MAY</b>	
SUN, 5/01, 6:00 a.m.	Orange County Marathon, ½ Marathon, 5K Irvine, CA, <a href="#">OC Marathon</a>
SUN, 5/01, 7:00 a.m.	PCRF's Cinco de Mayo Half Marathon, 10K/5K, Irving Spectrum, <a href="#">www.pcrf-kids.com</a>
THUR, 5/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center followed by pizza @ Lampost Pizza
SAT, 5/07 7:00 a.m.	Santa Barbara Wine Country ½ Marathon, SB <a href="#">WineCountry 1/2 Marathon</a>
SAT, 5/21 8:30 a.m.	Magic Shoes 5K, Newport Beach, <a href="#">www.bookthatevent.com</a>
SAT, 5/28 7:30 a.m.	Mount Wilson Trail Race 8.6mi Sierra Madre, CA <a href="#">Mt.WilsonTrail</a>
MON, 5/30 7:30 a.m.	Memorial Day ½ Marathon Laguna Hills, CA <a href="#">MemorialDay1/2Marathon</a>
<b>JUNE</b>	
THUR, 6/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 6/4 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA <a href="#">CDM5K</a>
SAT, 6/4	Fontana Days 1/2M and 5K
SAT, 6/11, 8:00a.m.	11 <sup>th</sup> Annual AMICA 5K Anaheim, CA
6/4, 6/5, 6/11, 6/18	Camp Pendleton Mud Runs <a href="#">Mud Runs</a>
SAT, 6/18	South Coast Road Runners Annual Banquet - see page
<b>JULY</b>	
MON, 7/4, 7:15a.m.	Woodbridge 5K & 10K Irvine, CA
MON, 7/4, 8:00a.m.	Surf City 5K Huntington Beach, CA <a href="#">Surfcityrun</a>
MON, 7/4, 7:15a.m.	Freedom Run at the Ranch 5K, 10K Ladera Ranch, CA <a href="#">Run Ladera</a>
MON, 7/4, 7:30a.m.	Healthy Figures Lake Forest 5K Walk/Run, CA <a href="#">www.lakeforest5K.org</a>
THUR, 7/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THUR, 7/7, 6:15p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park
SUN, 7/13	Vineman Half Ironman, Sonoma County, CA
SUN, 7/31, 7:30a.m.	San Francisco Marathon, ½ Marathon, 10K, 5K <a href="#">SFMarathon</a>
<b>AUGUST</b>	
THURS, 8/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS, 8/4, 6:15 p.m.	Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, <a href="#">www.renegaderaceseries.com</a>
SUN, 8/21, 7:00 a.m.	America's Finest Half Marathon, 1/2M and 5K, San Diego, <a href="#">www.afchalf.com</a>
SAT, 8/27, 8:00 a.m.	WetnWild 5K Run Walk, Wild Rivers Waterpark, Irvine, <a href="#">www.wetnwild5k.com</a>
SAT, 8/27, 7:30 a.m.	Bulldog, 25K, Malibu Creek State Park <a href="#">www.trailrunevents.com/bd</a>
SUN, 8/28, 7:00 a.m.	USATF Road Mile Championships, El Toro Airfield, Irvine, <a href="#">www.roadmile.org</a>

## 2010-2011 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Orhan Beker
Treasurer:	John Gardiner
Secretary:	Tonson Tong
Social Chairs:	Kathleen Monk, Stacey Dippong
Officers At Large:	Stacey Dippong, Bob Morris, Greg Jones

## 2010-2011 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:	To be announced
Webmaster:	Mike Reeves