

ON THE RUN



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

Orange County, California
April 2007 Issue

Runner of the Month – “Hyper Mike” Reeves Interview Style



When did you start running?

I started the summer before my sophomore year of high school. I think 1990... I have lots of good stories about how I started running but it was a combination of my mom telling me I needed to be "well rounded", friends that played soccer, and awesome guys in the local running club named Bill Brinkley, Gil Roth and the Eller brothers.

Were you on high school or college teams?

Yep. Started out as a soccer player in Statesville high school. Liked the running part so much I was soon running with the coach and seniors at the front. Soon after the cross country coach asked me to run for them. So I did soccer/cross country at the same time the rest of high school. I also ran indoor track and track.

I was a walk-on for Rice University for 2 years. I loved it but I really could not handle the volume of training (84 miles was my high week), injuries, exhaustion and still do well in school so I had to stop my junior year. Great time in my life. I was an avid runner and was involved in the local running community that whole time also.

What is your favorite distance?

Hmmm. I would almost rather tell you what I HATE. 10k. The first mile feels great because it's all adrenaline. Then you SUFFER for about 4 miles. Then you psyche yourself up for the rest of it by trying to catch or hold onto someone until the end. 4 miles of PAIN whereas the 5k only really hurts for a mile or so. My favorites race distances are in order... 10 miles, Half-Marathon, 5k, Mile, Marathon.

Honorable Mention: Any mud run/ trail race, etc. Can't wait to do a 50 miler.

What are some of your PR's?

Mile: 4:40	2 mile: 10:20	5k: 16:30
10k: 34:50	10 mile: 57:47	
13.1: 1:15:45	Marathon: 2:45:40	

How many marathons have you run?

Heh. Well that's an interesting question. I have run the marathon distance APPROXIMATELY 14 times. This last Pacific Shoreline I took a wrong turn (first time in 17 years of running besides one race where the whole top 7 went wrong) and had to DQ myself because I cut the course by two miles. I also



(Continued on page 8)

Catalina and Los Angeles Marathon Reports

By: Many Club Members

Molly Donnellan: Catalina

Mike is being modest - he also had a big course PR, as did Jennifer Walt and Karen Winters. And Dan Templin successfully completed his first Catalina Marathon, only 2 short months after running his first marathon ever at the OC in January (and he only fell once).

It was a great day - nice and foggy for a good part of the race. I was thrilled to be out there and accomplished both of my goals - to see a buffalo (we saw one up on a hill at the starting line) and to finish the marathon. I appreciate all the encouragement and support that I've gotten from everyone in the club while I've been training for this. And I especially appreciate all the enthusiastic cheering as I came down Sumner Street to the finish! It was really exciting to finish my first marathon in 6 years and I'm so happy that I picked Catalina for my "comeback". As usual we had a great weekend - the post-marathon festivities are almost the best part of the trip.

Rob McNair - 3:11:54

Mike Friedl - 3:43:25

Rob Harris' course PR of 3:47:43

Jeff Padilla - 4:00:35

Dan Templin - 4:15:26

Jennifer Walt - 4:28:41

Karen Winter - 4:33:17

Kathy O'Connor - 4:37:02

Todd McBride - 5:01:18

Molly Donnellan - 5:05:55

Lauren Mueller - 5:37:42

Faith Morris - 5:42:32

Bob Morris - 5:42:33

Amelia Carchidi : Los Angeles

The course was great, and the spectators and supporters were even better ! It was neat going through all the different areas of L.A. and people were everywhere to provide support and a never-ending cheering section. I had a really great time and would highly recommend this marathon !

Unfortunately, it was over 80 degrees for much of the time we were out there. I was hoping to finish in the 3:50 range but I had to take far more walking breaks than anticipated just to get enough to drink so that I wouldn't collapse. I ran 4:04 and change and was overall very happy with my time, even though it was my slowest marathon time ever. Aside from my quads being sore from the downhill at the beginning, I feel great ! I was even happier to come home and see the results. I was astonished that I still placed well in my age group (60th out of 900+...they are still coming in) !

Also congratulations to new member Megan Bailey, who has been training with me. She ran her first marathon today in 4:06 and change, which is awesome for a first marathon, particularly despite these brutal conditions. Also congratulations to Beiyi who ran 4:57.

Most congratulations to the Elvis' for finishing. I can only imagine how hot they must have been in those outfits and wigs !!!

Jane Crewe: Los Angeles

Our SCRR Secretary, Amelia Carchidi, and our club volunteer pacer, Tonson Tong, both ran the LA Marathon. Amelia finished in 4:04:53, holding a 9:20 pace using the run/walk method. Tonson Tong finished in 3:35:23 (8:13 pace). Will be anxious to hear how they liked the new course, late start (8:30 a.m.) and the warm weather. Congratulations to Amelia and Tonson and any other SCRR members who ran the marathon!

Tonson Tong: Los Angeles

Congratulations to all who finished the LA Marathon! Special congrat to Megan who finished her first marathon in relatively tough conditions.

I was planning to race this marathon when I signed-up months ago. Unfortunately, unlike the last two Chicago marathons I ran in 2005 and 2006, yesterday just wasn't my day. I started having trouble maintaining my pace at mile 7. I decided to give up at mile 10 and save for my training for RNR San Diego Marathon in June. I jogged and walked to finish the next 16.2 miles. I finished (with smile) in 3:35 something.

The new course "seems to be" easier. However, the winning time didn't seem to justify that. Or maybe they just didn't have the money to pay for faster runners to run???

Also, congratulations to Vince Lowder who ran the marathon as a training run and finished in 3:42!

Vince Lowder: Los Angeles

And to Lucina Lara who finished right next to me! Mike Reeves finished with us too - no results for him though . . . But he kept us going . . .

Club Track 5K
Photo By: Noreene Matsuda



Photo of the start of the first heat of our track 5K. The race highlights are described by Mike Friedl on page 11 and results are listed in the Grand Prix table.

Front row from left: Sherri Curl's daughter, Rob Harris, Dave Parcel, Brad Wobig, Danny Stein, Cisco Rubalcava , Eric Frome and Mike Reeves.

Many Thanks to
Kathleen and David Litvak
For Hosting the Post Track 5K Race
Barbeque and Party

The house was beautiful, the company was great and the food was amazing!

Paso Robles Half Marathon and Winery Trip

Photos By: David Schiller



Top left: Greg Hanssen
Top right: Mike Friedl
Middle left: Brad Wobig, Amy
Katz and Mike Reeves
Below: Group shot

**A great time was had
by all!
Thanks to the Friedls
– fantastic trip
organizers!**



Paso Robles Half Marathon and Winery Trip

By: Amelia Carchidi

Just wanted to write-up some results from Paso. You would be very proud - the SCRR contingent cleaned up nicely again this year...the highlight of this being Kelly Flather's # 1 finish in the half marathon netting her 4-1/2 cases of Paso wine. No other competitor was even close to Kelly !!!

Half Marathon:

Nicole Martin 2:43:21 (1st race ever)
Todd Corea 2:43:20
Fred Ragasa 2:08:00 (1st half marathon)
Ken Atterholt 1:57:55
Cathy Shargay 1:57:54
Greg Hanssen 1:51:41
Brad Wobig 1:50:45
Amy Katz 1:50:41
John Chau 1:46:27 (1st race ever – WOW!!)
Kathleen Litvak 1:44:09 3rd place W 35-39
David Litvak 1:44:08

Mike Friedl 1:31:29 2nd place M 40-44
David Schiller 1:22:51 1st place M 45-49
Mike Reeves 1:22:40 2nd place M 30-34
Kelly Flathers 1:19:18 1st place W 35-39 and
1st place W OVERALL !

5K:

Michelle Domond 53:04
Vicki Turner 26:57
Ty Turner 24:34
Amelia Carchidi 22:09 1st place W 30-34

Not to forget the Mikes as well as David and Kathleen also earned some honorable mentions at McClintock's steak house for some of their other accomplishments...we'll leave the rest of that story for later... Happy Running,

My First Marathon at 17

By: Mike Reeves

I have never written this down but I have told it a lot of times.

My first marathon was in January 1993. I was 17 years old and had been training hard for it. I think I had 60 miles a week average mileage and like 5 or 6 x 20 mile runs. I ran a 34:50 10k the week before. I was SUPER ready. I basically was running with all these local road runners and they had encouraged me to run a marathon. They were all 40 and 50 and they were my mentors and kind of dads and brothers and best friends (so much more so than my fellow HS peeps who thought I was nuts although accepted because I was a good athlete). We trained so many mornings and miles together. Some of the best times... Thanks to Bill Brinkley, Gil Roth, Roger Roarke, Andrew ?, Andy, David Riddle, Billy Self, Kyle and Charles Eller and lots of others. All of these guys were encouraging. Only Roger told me that I was going to blow up. Heh. He was a short jewish doctor. Brilliant guy but very competitive and not afraid to let you know what he thought. I respected his opinion. My **goal was to run sub 3 hours** as opposed to just finish as most people should for their first 26.2 miles.

So race day. It was a cool drizzly morning in Charlotte, North Carolina. We were all huddled in the Charlotte Observer (local newspaper) building. The race starts and I started running. I am wearing this **ginormous** metal timex watch that weighed 4 lbs. But it could hold more than 26 lap times (I wonder if I have those somewhere?). As I said my goal was 3:00 flat which was 6:52 pace. I wanted to go out 7:00 for a few and see how I felt. So a little before 7 minutes I look for the split. **No dice...** Hmmm.

My First Marathon at 17 (con't)

By: Mike Reeves

At around 13:30 minutes to 15, I am looking and I still don't see mile 2. So I am starting to wonder how slow I am. I look around and notice the guys around me are all wearing sunglasses and they match. Uh oh. I ask the guy next to me what mile 2 was. **He replies, "12 flat"**. Oh F***. I am running 1 minute per mile fast. There is a saying that **for every second you go out fast you come back 3 seconds slow**. So basically I would pay for this dearly.

A lot of the race is a blur and I tried to settle in. I came through the halfway point in about 1:21:15 I think. Yeah. **On pace for a 2:43 marathon**. About 6:12 mile pace. Not good. Incidentally my half marathon split is within seconds of the state record for my age group and I have run with the kid. :-). At this point **I am running with the lead woman behind the camera truck**. She asks me "How OLD are you!?!?". The race people thought it would be cute for us to pin our age group on the back of us. I was in 15-19 so I had a 15 on my back. This is not a big marathon FYI. Not like I was with the lead woman at Boston.

Well, the next real memory I have is mile 20... **AKA "When The Wheels Fell Off"**. I don't remember my time or pace. I do remember that all I had to do was run 7 minute miles which was WAY slower than my average pace to this point and I would break 2:50. Yeah. **TWO-F***ING-FIFTY**. I started to get COLD (it drizzled most of the way). I lost focus. I started walking hills. Totally fell apart mentally and emotionally. I was in a fog. We didn't have gu and powerade along the course like we do now. So I bonked hard. You used to hit the wall because muscles only have about 2500 calories of glycogen. After you consume those your body uses fat which is more inefficient hence you lose your mental faculties (brain runs on glycogen too) and also have to slow.

I stumbled through those final miles. I remember they were hilly and I would walk most of the uphill. To let you know my mental state: at 26 miles I was walking. .2 miles to go and I was too broken. My step-dad Porfirio started cheering for me and running along outside the course divider and that got me going to the end.

I did it. 2:57:46. I later found from one of my mentors Gil Roth that I had the state record for my age group 16-17 in North Carolina. I just found it online a few days ago. Look for my name "Michael Reeves" near the bottom. [NC State Age Group Running Records](#) I am pretty proud of my 15 minutes of fame. It has stood for 13 years. And it's faster than the 18-19 age group record. ;-)

God I looked like hell at the end. Totally pale. I'll try to find a pic of me running that thing. My mom wouldn't put my race pic on her desk at work because my *ahem* package is way too evident due to it being friggin cold.

My final few memories:

I remember lying down on a bleacher and being SO cold. I could not get warm for hours. I bent my legs and I could not straighten them due to the most painful charlie horses of my LIFE.

I remember all my buddies being so happy for me and proud. It meant a ton to me and still does. I still keep in touch with Bill but have sadly lost touch with the rest. I think of them often though.

I remember talking to Roger. I beat him by a few minutes. He said I must have run a really evenly paced run. I said "Nope. I blew up." :-) And I had. The final tally. 1:21:15 first half. 6:12 pace. 1:36:31 second half. 7:22 pace. Textbook example of how NOT to race a marathon. It took me 8 years to PR in the marathon after this. Mostly due to more going out way too fast!

That concludes one of the most important events of my life so far. Lots of time to be nostalgic right now.

AMY'S ADVICE:

Everything You Always Wanted to Know about Runners but Were Afraid to Ask

By: Amy Katz

DEAR AMY: What is the big deal about the Boston Marathon? Isn't it just like any other marathon?

MARATHON NEWBEE

DEAR NEWBEE: In some ways the Boston Marathon is like other marathons in the sense that it's a 26.2 mile road race. But there are a few things that make it very special.

Boston is the only marathon other than the Olympic Trials in which participants must qualify by running a certain time in a previous marathon. Qualifying times must be run on a USATF or equivalent organization certified course and are based on your age on the date of participation in the Boston Marathon. Runners 34 and below must run a time of no more than 3:10:59 if male or 3:40:59 if female. Times are adjusted upward for each age group by 5, 10, or 15 minutes. While some of the faster runners in our club may have no problem qualifying, for others just qualifying is a huge accomplishment. For myself, I finally got my BQ in my nineteen marathon!

Another unique thing about Boston is that it is the oldest annual marathon in the world having started in 1897. It is held each year on Patriot's Day, the third Monday in April. The Boston Marathon is the most viewed sporting event in New England. Traditionally the race has started at noon in the town of Hopkinton, although for the first time this year, the race will start at 10:00 and will employ the two "wave" start which was implemented last year. For 2007, the number of participants entered is 23,500, which is the second largest field after the 100th running in 1996, according to the official website www.baa.org.

SCRR has twelve participants on its men's and women's teams this year:

Mike Antrim	#13452	Jane Crewe	#16051
Victor Celani	#4363	Sue Delong	#14628
Eric Frome	#1180	Linda Destefano	#17166
Vince Lowder	#5806	Amy Katz	#14203
Ray Vrabel	#17103	Lucy Lara	#9081
		Jannay Morrison	#16233
		Carmel Vrabel	#19434

Good luck to everyone running the 111th Boston Marathon!

Email your questions to Amy Katz at amyk262@hotmail.com.

COOKS CORNER

By: Noreene Matsuda

ASIAN SHREDDED CHICKEN AND SPINACH SALAD

Submitted by: Noreene Matsuda

This recipe comes from my sister-in-law Freda, one of the best cooks in my family. Chicken and spinach is a tasty and healthy combination. This salad is packed with protein (chicken), folic acid and vitamin A (spinach). It is quick and easy to make, and is great as a light meal.

8 cups torn spinach
4 cups Napa cabbage, sliced
2 cups bean sprouts
1 cup daikon (Japanese radish), julienned and peeled
1 cup carrot, julienned
6 scallions, julienned
4 garlic cloves, minced
2 cups cooked chicken, shredded

Lemon-soy dressing:

1/2 cup lite soy sauce
1/4 cup water
1/4 cup sesame oil
6 tablespoons fresh lemon juice



Runner of the Month – “Hyper Mike” Reeves (Con’t) Interview Style

was a bandit in LA as a long run for Boston. So I guess 12 OFFICIAL so far. I have qualified for Boston each time except for one where I was trying to help a good friend to run 4:00 flat.

(Editor’s note: Ask Mike or Dave Schiller about how Mike passed Dave in the last half mile of the Paso Robles 1/2 M last month – it’s a great story).

Favorite other interests?

Learning, reading, computers, mountain biking, playing pool, cars, music, rock/punk/whatever concerts, museums, ice skating, soccer, snowboarding, rock climbing, volleyball (I stink), basketball (ditto!), batting cages, bowling, ultimate frisbee, swimming, building stuff, cooking (kinda sort of. I'd rather cook for a friend), hanging out with friends, randomness, cool quotes, adventures, driving fast, road trips, travel.

Some stuff I want to try: scuba, sky diving, travel to Europe and Japan, surfing, race my car (autocross and or dragstrip), learn to salsa dance.

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Runner of the Month – “Hyper Mike” Reeves (Con’t)

Interview Style

What kind of motorcycle do you have?

I used to have a 1990 Yamaha FZR 600. It was beautiful and retro and I feel bad that I killed it in my accident. I made a challenge to myself that I will only buy another motorcycle if:

- a. I have medical insurance
- b. I wear protective clothes
- c. I PR in the marathon. 2:44 flat here I come!

What's your favorite band/music?

I LOVE music. My favorite would probably be the Red Hot Chili Peppers. I love alt, rock, emo, screamo, etc. Anything loud and passionate. Like me. :-P

A few more:

- | | | |
|----------------------|----------------------------|-------------------|
| * Silverstein | * Muse | * NIN |
| * 30 Seconds to Mars | * U2 | * Cake |
| * Quiet Drive | * Green Day | * AFI |
| * HelloGoodbye | * Rage Against the Machine | * Tom Petty |
| * Taking Back Sunday | * Soundgarden | * AC/DC |
| * Bullets and Octane | * Bowling for Soup | * Janes Addiction |
| * Tool | * System of a Down | * Sum 41 |

Where did you grow up?

I was born in New Jersey, High School in North Carolina, College in Houston, TX and moved here in August 2003.

What your favorite vacation spot?

Hmm. I rarely take vacations. I am a workaholic and not very good at taking it easy. Most vacations end up being races. I desperately want to go to Europe for 2 or 3 weeks. I think I like to visit friends and just take my laptop wherever to work from different places.

Other unique achievements (like finishing a McClintock Big Burger)?

It was the "Baron" burger :-)

Ummm. I was a national merit scholar in High School.

I try to be a good man, a better friend and a good son. I have the state record in the marathon for 16-17 age group in North Carolina with my 2:57:46. My current career is all due to my rabid interest in computers and I am a self taught programmer. I feel pretty good to make my living off of my own curiosity and drive.

Craziest stunts you've done?

Hmmm. Let's see... Run naked with 200+ other kids in college (look up baker 13 in wikipedia)?

Jump a 1 foot ramp with roller blades and get six feet of air?

Wreck my bike on the 55 and skid on my back in a cotton shirt and jeans at 60 or 70 mph?

The best ones are yet to come!!!

Additional photos of Mike are on pages 3 and 4, and an article written by him begins on page 5.

Come to SCRR's Luau Party!

WHEN

Saturday, May 12, 2007

Cocktails 5:30pm

Dinner served at 6:00pm

Hula Dancers start at 6:45pm

LOCATION

Craig Leventhal's kauhale (home)

22921 Cavanaugh Road

Lake Forest, CA 92630

949.768.1959

COST

\$20 per person. Includes food and beverages.

**Make your checks payable to South Coast Roadrunners (or SCRR) and mail to
SCRR, P.O. Box 4733, Irvine, CA 92616**

Or give to Sue Zihlmann at our club meeting on 4/5/07.

MENU

- **Entrees – Kalua Pork, Honey Pineapple Chicken**
- **Side dishes – Hawaiian Chicken Salad, Chop Chae Noodles, Steamed Rice, Potato Macaroni & Krab Salad, Broccoli Medley, Kim Chee**
- **Beer, soft drink and water**

ENTERTAINMENT

Hula dancers and lessons!

**Any questions, contact noreene@cox.net , leilanirios@cox.net or
mark@search4integrity.com**

Grand Prix Commentary

By: Mike Friedl

After a couple of changes of venue, the annual track 5000 finally settled at Beckman High in Tustin, and the times were very good for a hot day. **Eric Frome** led all runners with a blistering 15:58 clocking, but was outpointed 862 to 839 by **David Schiller's** fine 17:32. Sometimes it pays to get old! Special congrats go to **Dan Templin** for breaking the 20 minute barrier for the first time. His 19:57 PR moved him into 16th place. **Kathleen Litvak** was first female running 18:54.

Leaderwatch: After 9 races, **Leilani Rios** continues to cling to her lead by virtue of being the only member who has run ALL of the GP races to date this season. If she continues, she will be able to drop her lower scores. Even so, **Sue Zihlmann**, **Eric Frome** and are breathing down her neck and they have higher per-race averages. The season is rounding into the home stretch. Our fearless leader **Danny Stein** has crept back into the Top 20 with his speedy 16:24 5k, but he's missed three races and will need to run the final three races if he hopes to land in the Top Ten.

The April race is the ever-popular Carlsbad 5000 on April 1. See you there!



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 top 64 standings (out of 119 participants so far) for the 2006-2007 series after 9 races are:

Place	Name	Age Group	Total Points	Races	Avg	Track 5000		Shoreline	
						Times	Points	Times	Points
1	Leilani Rios	25-29	6,848	9	761	19:41 5k	769	19:41 5k	769
2	Sue Zihlmann	40-44	6,619	8	827	19:22 5k	816	19:17 5k	819
3	Eric Frome	25-29	6,475	8	809	15:58 5k	839	1:13:24 Half	830
4	Cisco Rubalcava	30-34	6,395	8	799	16:45 5k	806	16:42 5k	808
5	Brad Wobig	35-39	6,206	8	776	17:20 5k	784	1:19:39 Half	796
6	Jane Crewe	45-49	5,801	8	725	25:24 5k	678	1:46:31 Half	749
7	Jannay Morrison	40-44	5,730	8	716	22:46 5k	694		0
8	David Schiller	45-49	5,687	7	812	17:32 5k	862	2:52:48 Full	849
9	Erika Kotteakos	35-39	5,598	8	700	21:50 5k	705	1:39:51 Half	731
10	Cathy Shargay	45-49	5,397	8	675	26:37 5k	647	1:58:42 Half	672
11	Jeanie Leitner	55-59	5,396	7	771		0	1:52:05 Half	742
12	Ed Coffey	55-59	5,322	8	665	23:24 5k	689	23:59 5k	672
13	Dorie Smith	75-79	4,971	7	710		0	37:15 5k	732
14	Amy Katz	35-39	4,966	8	621	22:18 5k	691	1:47:17 Half	681
15	Mike Friedl	40-44	4,964	7	709		0	1:29:35 Half	728
16	Daniel Templin	30-34	4,962	8	620	19:57 5k	677	20:10 5k	669
17	Tonson Tong	40-44	4,911	7	702	18:38 5k	763	3:39:35 Full	624
18	Vincent Lowder	40-44	4,896	7	699		0	1:31:31 Half	712

Place	Name	Age Group	Total Points	Races	Avg	Track 5000		Shoreline	
						Times	Points	Times	Points
19	Danny Stein	30-34	4,889	6	815	16:24 5k	823		0
20	Thomas Fung	40-44	4,864	7	695	20:22 5k	698	19:55 5k	714
21	Ken Atterholt	45-49	4,804	8	601	26:37 5k	568	1:58:42 Half	574
22	Mike Gulan	55-59	4,653	6	776		0	20:29 5k	787
23	Jerry Jefferson	70-74	4,595	6	766		0	4:25:16 Full	682
24	Victor Celani	45-49	4,531	6	755	19:36 5k	771	1:29:15 Half	763
25	Michael Reeves	30-34	4,458	6	743	17:52 5k	756		0
26	Bei Yi Zheng	40-44	4,399	8	550		0	2:16:00 Half	544
27	Rob Harris	45-49	4,378	6	730	20:07 5k	751	1:34:48 Half	718
28	Mike Sellers	25-29	4,302	6	717	18:42 5k	717	18:43 5k	716
29	Fred Cowles	40-44	4,136	5	827		0	17:14 5k	825
30	Kathleen Litvak	35-39	4,082	5	816	18:54 5k	815	18:50 5k	818
31	Sherri Ellerby	40-44	4,046	5	809		0		0
32	Brigid Puksza	40-44	3,965	8	496	31:59 5k	494	32:16 5k	490
33	Tom Dellner	40-44	3,869	5	774		0		0
34	Pete Boisineau	55-59	3,762	5	752		0		0
35	Brent Bohn	40-44	3,700	5	740		0	1:25:51 Half	759
36	Faith Morris	50-54	3,581	6	597		0	5:02:52 Full	563
37	Sandra Manzano-Straehle	35-39	3,525	5	705		0	1:45:26 Half	693
38	Jim Grant	45-49	3,151	4	788		0		0
39	Bob Morris	50-54	3,056	4	764		0		0
40	Annette McCall	30-34	3,031	4	758		0		0
41	Paul Avedian	40-44	2,974	5	595		0		0
42	Lucina Lara	35-39	2,907	4	727		0		0
43	Noreene Matsuda	40-44	2,892	4	723		0		0
44	Mike Connors	35-39	2,876	4	719		0		0
45	Steve Franks	35-39	2,680	4	670		0	3:34:07 Full	617
46	Amelia Carchidi	30-34	2,557	4	639		0	1:45:55 Half	676
47	Sue DeLong	35-39	2,540	4	635		0	1:52:30 Half	649
48	Jami Brooks	35-39	2,524	4	631		0	1:50:14 Half	663
49	Cindy DeMarco	40-44	2,384	3	795		0	1:32:47 Half	797
50	MaryAnne Mejia	35-39	2,370	4	593		0		0
51	Elizabeth Mastro	35-39	2,348	4	587		0		0
52	Pam Galambos	30-34	2,291	3	764		0		0
53	Laura Weissert	45-49	2,144	3	715		0	1:43:31 Half	771
54	Jon Resnick	45-49	2,124	3	708		0	3:23:38 Full	720
55	Jim Oliver	35-39	2,074	3	691		0		0
56	Joe Yu	40-44	2,059	3	686		0		0
57	Orhan Beker	30-34	1,977	3	659	20:56 5k	645	19:19 5k	699
58	Pamela Wusthof	50-54	1,971	3	657		0	27:32 5k	634
59	Vicki Niebrzydowski	20-24	1,971	3	657		0		0
60	Elizabeth Bailey	25-29	1,960	3	653		0		0
61	Jerry Lin	35-39	1,926	3	642		0		0
62	Doug Arrasin	35-39	1,886	3	629		0	1:36:30 Half	657
63	Jennifer Wilkes	25-29	1,822	3	607		0		0
64	Heather Wilkins	25-29	1,821	3	607		0	1:52:44 Half	608

New Member Spotlight

By: Elisabeth Do Lam

Jason Blank is a postdoctoral researcher at UCI where he currently works on a heart physiology study in alligators and an artificial gravity training study in humans. He comes originally from Raleigh, NC and lived in Monterey, CA, before he moved to Orange County for his career. Jason joined the SCRR to get back into racing shape after many injuries over the years, including stress fracture and nerve entrapment. He raced cross-country and track in high school / college, and achieved a 5k PR in 2003.



His current objective is to improve this PR by 0.7 seconds and in general to race fast again. Jason is happily married to Jeanine, who occasionally runs too. Jason enjoys cooking, good food, hiking, cycling and theatre.

Van T. Dang is a “transplant” from the East Coast. He grew up in NC and went to college in upstate NY, before he started a career in the HVAC industry. Besides golfing, movies and dining, running became one of his favorite hobbies after college. He heard through a friend about the SCRR training and decided to join the club for the weekly runs.

Van has successfully participated in four L.A. marathon races and is currently preparing for a couple of other marathons.

Van Dang

Adelaide Clement lives in Irvine and is of French nationality. In 2006, she moved to the OC together with her husband Christophe and her son Auguste (6 years). She used to work out a lot, before she had to stop due to serious illness. During her recovery time, she first started walking, but discovered quickly that she actually loved to run! Adelaide became passionate with running and decided to look for a good running club where she could improve her stamina, pace and running style And she found the SCRR! She hopes to meet new running partners in the club who could give her advice on improving her training. Besides running, Adelaide also enjoys swimming, good food and wine, traveling and rock 'n roll music. (Photo shows Adelaide home village close to Grenoble,



France)

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
26351 Junipero Serra Road, Suite 101,
San Juan Capistrano

Santiago Nomen, "**Tax Preparation** at a Fair Price"
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""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 david.schiller@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.raceplace.com or www.active.com for event registration info

APRIL	
SUN, 4/1, Varies	Carlsbad 5000, Carlsbad, www.eliteracing.com
THURS, 4/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 4/7, 7:45 a.m.	Santa Anita Derby Day 5K, Arcadia, www.kinaneevents.com
MON, 4/16	Boston Marathon
SUN, 4/29	Big Sur Marathon
MAY	
THURS, 5/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 5/5, 8 a.m.	Run Around the Block 5K – Orange, CA, each winner gets PUMA shoes
SUN, 5/6, 7:45 a.m.	Reaching for the Cure 10K – Irvine Spectrum, www.pcrf-kids.com
SAT, 5/12	SCRR Luau Party – flier on page 10
SAT, 5/12, 8 a.m.	Race for a Life 5K/10K, Fairview Park, Costa Mesa, www.projectcuddle.org
SAT, 5/26, 7:30 a.m.	Mount Wilson Trail Race, 8.6 miles – Sierra Madre, CA
MON, 5/28, 7 a.m.	Saddleback Memorial ½ Marathon and 5K, Laguna Hills, www.active.com
MON, 5/28	Post race part at Bob and Faith Morris’ – details to come
JUNE	
SAT, 6/2, 8 a.m.	Corona Del Mar 5K, www.active.com
SUN, 6/3, 6:30 a.m.	Rock N Roll Marathon, San Diego, www.rnrmarathon.com
THURS, 6/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 6/9, 8 a.m.	Anaheim Downtown 5K, www.active.com
SAT, 6/9	Huntington Beach Pier Swim
SAT&SUN, 6/9, 10&16, 9am	Camp Pendleton Mud Run, www.active.com
SAT,	SCRR Annual Banquet – Details to come

2006-2007 SCRR CLUB OFFICERS:

President: Danny Stein
 Vice-President: Jon Resnick
 Treasurer: Sue Zihlmann
 Secretaries: Amelia Carchidi
 RRCA Liaison: Jannay Morrison
 Webmaster: Amy Katz
 Social Chairs: Noreene Matsuda/Leilani Rios

2006-2007 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Jon Resnick
 Grand Prix: Mike Friedl
 Database Manager: Dave 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. Mondays & Thursdays @ 6 p.m., several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

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

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

MEMBERSHIP DUES: Single: \$25, Family: \$40. Make your check payable to **South Coast Roadrunners**