

ON THE RUN



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

Orange County, California
January 2015 Issue

Runner of the Month – Laurent Vrignaud

By: Kirsten Hirneisen

The Runner of the Month for December was Laurent Vrignaud. I sat down with Laurent and a cup of coffee at Moulin, to discuss his running. Laurent has a fascinating running story, and I hope I can do it some justice.



Laurent hails from Paris, France and moved to the San Francisco Bay area as a teenager and has never moved out of California. Laurent opened Moulin in September, but it has been an idea of his for the past 30 years. His grandparents had a store in Paris that sold everything from market products to TVs. After school, Laurent got into the action sport business (includes sports such as surfing, wind surfing, snowboarding), and never had a chance to open the French bakery he always dreamed of having. After ending his action sports business career and taking time to travel with his wife and daughter, he finally got to open Moulin.

Laurent first piqued interest in the marathon when in DC for business in 1998 while the Marine Corps marathon was happening. Laurent watched the marathoners run in the pouring rain and the cold and was impressed with all the runners. At that time he was “out of shape” and smoking, but started to run and signed up for the Chicago marathon one year later because he wanted an easy marathon to start with. Laurent’s goal was a 4 hour marathon, but was humbled by his 5:06 time. And like most marathoners, Laurent wanted to figure out to do it better, so in the same year he signed up for the San Diego marathon and improved his time to 4:18.

Running was something Laurent did to get away, to be by himself and to think. At this time he was still smoking and didn’t know any runners, but continued to run a bunch of marathons all around the same pace. In 2000, Laurent met his wife and then after September 11, 2001, Laurent received a call from a friend at PowerBar (action sports business connection) and asked if he wanted to a free entry to run the NYC marathon. This was his first NYC marathon, which he completed with no training but felt that it was “very cool” to be there, especially at a time when the city was starting to recover from 9/11. Laurent describes being able to see Ground Zero still smoldering. Since then,

Laurent decided to run the NYC Marathon every year and has done so for 9 years in a row, either winning an entry in the lottery or participating through a Charity team for kids.



One of the more fascinating things I learned about Laurent during our chat was that it took him 11 marathons to break 4h (which happened in 2005). It happened as Laurent was turning 40. Over the years, Laurent's got fitter, married, became a parent and stopped smoking. In 2009, 10 years since his first marathon, he signed up for the Chicago Marathon and finally bought a watch. While training for this Chicago marathon, Laurent trained to qualify for the Boston Marathon, which he did (and then continued on to run another marathon to improve his corral). After this time, Laurent got involved in the South Coast Roadrunners (after meeting Matt Hood) and the Run Your Potential group, and as he put it "really got into running". His goal of achieving a sub 3h marathon, was achieved in Chicago (2:53) and he attributes his success to his training partners, fueling his body properly and sleep, and compares training to a full time job.

Moulin is his current marathon, but his next goal is to break 2:50. He's turning 50 this year and has qualified to run the NYC marathon (the birthday and the marathon are the same weekend).

Laurent has determination and discipline in spades – it took him 11 marathons to break 4h, and 6 more to qualify for Boston. He believes in only having one goal for the marathon and not allowing yourself an exit strategy because you will most definitely take it when you start to break down mentally. He has never run a 5K and has no interest in doing so, as the marathon is his favorite distance. He loves the fact that the only person you're competing with in the marathon is the person on your shoulder telling you to slow down, and he loves the fact that every single person experiences this. Laurent believes that running makes you a better person and has never met a bad person in the running community.

Editor's Note: Moulin Restaurant is at 1000 N. Bristol in Newport Beach. It is very fun to bike there on Sunday mornings for brunch. Check it out!

Fond Memories of Lois Edds

By: Mike Friedl and more

Long-time SCRR Member and amazing runner, Lois Edds passed away peacefully on New Year's Day at the age of 94. Her family hopes to establish a scholarship that would help young runners pay for shoes and race fees; the details will be coming soon if you would like to contribute.

Mike Friedl: In December 1993, on the first SCRR bus trip, 35 Roadrunners headed to Sacramento to run the California International Marathon. In the front seat, Lois Edds and her husband sat and took in the sights and sounds of the excitement of the trip. Lois wasn't running the race, but wanted to be there to cheer for her fellow club members on what turned out to be a fine adventure. Knowing she was a good runner for her age, but not knowing that much about her history, I asked her if she'd ever run a marathon. She replied that no, she had not.



Lois at a race in 1993 wearing a Roadrunner uniform – Courtesy of O.C. Register

Making polite conversation, I continued, asking her if she ever thought she would. Her answer floored me, "Oh yes, but not next year because I'm planning to climb Mount Fuji with my grandchildren. I will run my first marathon the following year." As much as her answer hit me, it was her matter-of-fact tone and the certainty with which she spoke. It made an impression. But seeing her follow through and do exactly what she said she would do made a deeper one. (1995 Long Beach Marathon – 5:08:45 at age 74 – with a stop at Mile 25 to apply lipstick so she'd look good in the finish photo)

I can't say I knew Lois all that well. But the joy that she exhibited as a runner and friend was evident.

Indeed, she was one of the inspirations for the South Coast Grand Prix. Lois typically participated at monthly races and often won her age group. But it wasn't until the concept of age-graded performances came along did we realize just how special she was. During the first Grand Prix season of 1994-1995, she simply dominated. She won the overall title despite only

completing seven races, and she had the first-ever 900-point performance, running 26:50 for 5k at age 74. She also ran 2:12 for half marathon that season.

In her second season, she merely AVERAGED 900 points for nine races and set a still-standing mark of 987 when she set a national single-age record in the half marathon. She won the first

four seasons of the Grand Prix, then dropped to 3rd and 4th for two seasons in very tight competitions with Bob Morris and Jerry Harber. In 1999, in recognition of her dominance, we named the Grand Prix first place award after her, the first time we'd ever bestowed that honor on a living person. Indeed, at age 80, she was back on top and won her own award!

She never finished lower than fifth place. When she 'retired' from Grand Prix racing in 2003, she had accumulated 73,164 points, 12,000 points more than 2nd place. Such was her dominance that *eleven seasons* after running her last GP race, she was still in the Top 10.

As impressive of a runner she was, she seemed to really have it all as a person. Great family, active hobbies and world travel. She was the 'fresh basil' connection for many of the would-be chefs in the group. She was always happy to volunteer to help out, often decorating for the Recognition Banquet, and never seeking attention for her many accomplishments.

But underneath that sweet grandmotherly exterior was a steely competitiveness that drove her to continue to improve. In her late 70's she called to inform me she was showing up to the Tuesday evening track workout and could I put together a workout for her. "Of course," I told her, secretly worrying that a track workout might be too much for her. But at the same time, she was an elite athlete that I didn't want to discourage. So I showed up at the track to find her warming up with the rest of the group.

"You're late." She chided. OK, it's ON, I thought to myself. I proceeded to guide her through a set of 200s at a target pace that she nailed each time. "How do you feel after your first track workout?" I asked at the end. "I feel WONDERFUL! Now shall I do this every day?"

After assuring her that once a week was plenty, she trotted off, leaving me just shaking my head, hoping someday I would grow up to be just like her.

An L.A.Times article from Feb. 1995 described Lois' first marathon with quotes from Lois and other SCRR members:

TUSTIN : Still in the Running : After 1st Marathon, 74-Year-Old Is Eager for More

Lois Edds has scaled Mt. Fuji once, climbed Mt. Whitney three times, and journeyed to the ice fields at the northernmost point of Alaska. And now, at age 74, she has the distinction of being the oldest woman to complete the 14th annual Long Beach Marathon.

As spectators shouted "Go Lois, go Lois," Edds finished the 26.2-mile race last month in just under 5 hours and 11 minutes. She was the sole competitor in the women's 70-plus division.

"I think anybody can do it if you just want to," said Edds, who has been a runner for the past 15 years but had never attempted a marathon before. The Tustin resident had hoped to complete the course in less than five hours, but her main goal was just to finish the grueling event.

"I didn't know how my body would do," she said. "But I ran the whole thing. I only stopped once, and that was to tie my shoelace."

"Lois is sort of our heroine because she's just a wonderful person and an inspiration for everybody," said Jeannie Palermo, who ran the entire marathon with Edds. The two became friends through the South Coast Road Runners, a running club that meets Monday and Thursday nights and Saturday mornings at Heritage Park in Irvine.

"She just does what everybody else her age wishes they were doing," Palermo said. "And she's very humble about it."

"That lady is remarkable," said club member Mellie Clark, who started running with Edds at the marathon's 12-mile mark. "I feel very protective of her," Clark said. "After the halfway point, you start struggling a bit, and I wanted to be there for her."

Edds said her toughest challenge was battling exhaustion over the final three miles. "I got tired, a little bit, at 23 miles," she said. "I guess that was where I hit 'the wall.' But I just kept on going.

"I didn't even get a single blister," she added. "And the next day I really wasn't sore, except for my elbows--I guess from holding my hands up all that time."

As for her future running plans, Edds has decided to enter the 1996 Long Beach Marathon and attempt to improve her finishing time. "I'm going to go for more speed," she said, "because I know I can make it. I want to do it one more time."



The May 14, 2003 edition of the Orange County Register had an article titled "Who ya callin' old?" It highlighted local senior athletes, and included quotes from our-own Lois Edds. Excerpts from the article are:

"Looking for grandmoms who would rather rock climb than rock babies," the ad read. And the phones lit up. Everyone we interviewed agreed on one thing: "You're never too old to start." **Lois Edds**, 82, of Tustin runs three to five miles every day. She came in first in her age group in the Las Vegas half-marathon in February. "Life is really, really wonderful out there," she says.

Polar Bear Run, *By Lois Edds*

Reprinted from On the Run, December 1994/January 1995 issue

On a recent trip to Barrow, Alaska, I decided to take advantage of this unique area and run. Barrow is located on the Arctic Ocean, 400 miles north of the Arctic Circle and 500 miles above Fairbanks, Alaska. It is the northernmost point in North America – the land of the midnight sun.

I was forewarned by the local residents, “Watch out for the polar bears. They stalk people.” Also, the natives are allowed to shoot them for food and fur, as well as for their own protection. Dressed in a fur parka, long warm pants and my fastest running shoes, I decided to go for the experience. The terrain was flat, visibility excellent, temperature 38 degrees, dark, heavy overcast clouds and windy.

I did two miles around the Will Rogers and Wiley Post monument and through the forest of Barrow, which consisted of one tall telephone pole with a whale’s baleen attached to the top of the pole, representing a tree branch and identified as “the only tree in Barrow”



Fortunately, I didn’t encounter any polar bears, for which I was grateful. They can outrun even our fastest South Coast Roadrunners, with speeds of 30 to 40 mph. These bears can weigh up to 1,000 pounds.

As I departed Barrow on August 17, they received their first snowfall of the year. Within a few weeks the Arctic Ocean will freeze over, making running over it possible – another cool experience.

South Coast Roadrunners

POST HOLIDAY & GIFT EXCHANGE PARTY

Sunday, January 18, 2015

From 6:00 pm to 10:00 pm

JT Schmid's, The District
The Brewmaster's Room
2415 Park Avenue
Tustin, CA 92782

RSVP with payment by January 12
Price includes soft drinks, buffet, and dessert.
Buffet includes assorted pizzas (works, spicy pepperoni, BBQ chicken, tomato basil and lasagna), house salad with dressing, and assorted sandwiches.

Pay online via Paypal at www.roadrunners.org, or by cash or check payable to SCRR given to any board member.

\$25
per person

Please bring a gift valued around \$20 to participate in the white elephant gift exchange.



SCRR Celebrates at Run for a Claus 5K

Compiled By: Joanna Pallo, Photos By: Judy Sweet and Sherri Ellerby



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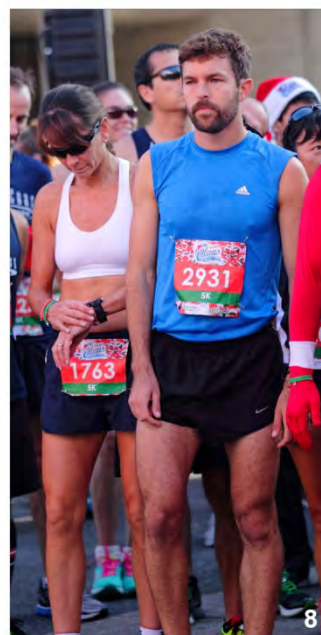
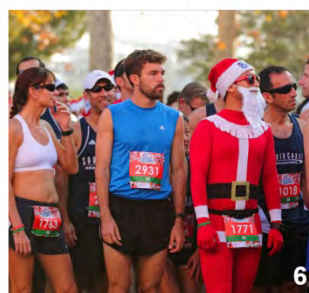


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1 Matt Hood 2 South Coast Roadrunners 3 Linda Hammond, Daniel Evora, Judy Sweet 4 Michael Friedl 5 Judy Sweet 6 Bill & Emily Prom 7 Amy Katz, Sherri Ellerby, Noreene Matsuda 8 Kirsten Hirneisen, Linda Hammond, Eric Dangott, Judy Sweet, Fred Ayers, Joanna Pallo, Lillian Bertram 9 Bob Morris



1 Linda Hammond, Judy Sweet, Noreene Matsuda, Amy Katz, Sherri Ellerby 2 Doug Niles 3 Bill Prom 4 Karine Perry 5 Bob Morris 6 Sherri Ellerby, Bill Prom, Daniel Evora 7 Fred ayers, Joanna Pallo, Lillian Bertram, Mike Bertram, Doug Niles 8 Bill Prom 9 Bob & Faith Morris 10 Sherri Ellerby, David Schiller, Noreene Matsuda, Michael De Jesus Pagalan, Thomas Fung, Doug Niles 11 The start line

Run for a Claus SCRR Highlights

By: Linda Hammond

Welcome 2015! We finished off 2014 with our December **Grand Prix** race **Run for a Claus 5k**.

I have been told that it was a sight to see as a stream of **South Coast Roadrunners** crossed the finish line at the front of the pack. Breaking the finish line tape, **Bill Prom** was the overall winner of the race! Congratulations!

This was the 6th race of the Grand Prix series and we kick off the New Year at the **Southern Cal Half Marathon and 5k**.

The Grand Prix season concludes with the crowning of the Grand Prix champion, an award named in honor of **Lois Edds**. We are saddened to hear of her passing, but are so blessed to have her amazing running legacy here in this club.

What could more perfect than to see **Mike Friedl**, who every year at the Grand Prix banquet shares stories of **Lois** and club history, as the CURRENT **Grand Prix** leader! Thanks **Lois**, it was great to see you at the Finish Line!



Congratulations to:

Bill and Emily Prom

*on the birth of their
baby girl*

Hadley

on January 4th

SCRR Successful Streakers

By: Linda Hammond



Are you ready to go for a run, and do this every day? Welcome to the world of the **running streaker**!

I did a 501 day streak 2011-2013 and **Jenn Walt** started around the same time and is still going! Well these days it seems like everyone is streaking! Even I started streaking again, starting sometime around Christmas 2013, running thru the year 2014, and still going in 2015! Here are a few words from a couple **South Coast Roadrunners** who have been streaking, streaking for years, streaking Thanksgiving to New Year's, or just started streaking.

Jenn Walt - Well, I've been streaking for just over **3 years** (1104+ days). I have logged in over 5000 miles during that time. I started when I got a Garmin for Xmas,

because it was fun to see/watch my progress. My boys are 10 and 13 and have also been streaking — they're approaching 600 days — **Mike Friedl** could tell you the exact number. They usually only run 1-2 miles, but have run half marathons, ten milers, 5 & 10ks during that time. They're hooked. They think nothing of now running in the dark, in the rain or recently, in the snow. It's what they do.

Mike Friedl - My streak began **May 18, 2013**. I started streaking because I wanted a **BQ** and hadn't been training consistently. The streak worked, and now I'm running better than I have in 15 years! 2014 was the first year I ever ran 300 days, much less 365, and my 2215 miles were my most ever — and I've been running since the Carter Administration. I don't know how long I'll keep it going, but Boston is on the horizon and I'd sure like to run well there. So I guess I'll take it one day at a time — and today I believe I'll run! 598+

Molly Donnellan - I started the day before **Thanksgiving 2013** to do the Thanksgiving to New Year's Day holiday streak. It really helped me run more through the holidays than I normally do. I went a few days past New Year's to get to 40 days even. I plan to streak again someday!

Amy Katz - I started my run streak **Thanksgiving 2013** and then decided to see if I could run every day for a year. I ran my 400th consecutive day on January 1, 2015 and have no intention to stop because I feel so great both physically and mentally. Streaking has made me love running more than I ever have.

Marc Owens - Amy Katz talked about a running streak in 2013 from Thanksgiving to New Years, so she was my motivation. I failed that streak in the very last week due to back injury. But on **January 1st** I started again. In 2014 I ran for 365 days for a total of 2240 miles, and set my PR's in the Mile, 5k, 8k, 10k, Half, and Full Marathon. My 5k time has improved by 5 minutes!



Marc Owen enjoying a race!

Joanna Pallo - I started streaking **January 2, 2014** in preparation for my next marathon. By the time marathon day came, I was on day 123 and didn't want to end on such an odd number. I decided to keep streaking until I was injured or having a baby. **Baby Pallo** is expected to arrive in March 2015. I plan to streak as long as I can until he arrives, and hope to pick it back up again after. Streak on! 370+

Alanna Brown - I have been streaking for about 9 months...I started on **April 5, 2014**. During that time I have run 1354 miles. During this time period I have ran a PR in the mile, the 10k, the half marathon, and the Marathon, and managed to qualify for Boston. I have managed to keep the streak alive while on vacation in Big Sur, Hawaii, and Iowa, and during a recent calf injury. I don't know how long I will continue the streak; I am just trying to reach 1 year!

Anthony Mejia - My streak started on **April 19, 2014** at a Saturday club run at Back Bay. That means that as of early January I am into the 260s. My inspiration for starting the streak was fellow club members **Mike Friedl** and **Rob Harris**, two members who I look up to as examples of good running technique and discipline. My plan is to at least make it to 365 days and see where we go from there. During the streak I have averaged a little less than 3 miles per day and have been injury free! I have had days where I ran in the rain, in an airport, and maybe after one too many beers at 11:30 at night. It has been a fun journey that I am glad I took on.

Cindi Harris - I began my streak on **July 1, 2014** as a means of holding myself accountable for training for the **NYC Marathon** November 3rd. Now my streak goal has been directed toward hitting the big 365! I will hit 200 days shortly and it is hard to imagine now not having that crazy daily commitment. I have run the hallways in a Las Vegas hotel room and at near midnight in NY to make sure the streak lives. It becomes a commitment to an increasingly important personal achievement.

Mike Connors - I've never streaked more in my life! The most I streaked before was at most a couple weeks of non-stop running. I started streaking on **Tuesday, 11/12/2014**, with a start of 2 miles a day and up to 6+ a day now. I'm trying to do all my runs outdoors with GPS data and even had to face difficult weather of -13 degrees, high altitude, icy roads and snow in the eyes in the darkness of the **Grand Teton National Park** without a soul for miles and wolves chasing me. Everything was true except I wasn't able to confirm that there were actually wolves chasing me -- I guess I ran too fast for them. ;-) It is interesting how you adjust your running to not overdo it when you know you have to run the next day (no days of complete rest). This is keeping me from injury so far, and I hope it continues.

Cathy Shargay - I met my goal of streaking from **Thanksgiving 2014** to **New Year's Day**. The reasons I decided to do it were all the benefits listed by **Runner's World** and other streakers - the holidays are typically a time when we miss runs due to the busyness, we eat and party more, and the shorter days and colder weather make it less motivating to run. I was happy to successfully meet my goal and enjoyed the experience. There were challenges, but I found that I enjoyed the runs at 5 a.m. when I had to fit in one mile before work, and it was "invigorating" to run in Tahoe (wearing a hat, gloves and many layers). The streak also reminded me that even the short three mile runs are worth it!

Chris P. Bacon (aka Robert Donald) - My streak began following a four mile run the morning after **Thanksgiving** between the back yard gate and my home's back door. It continued through the dining room, kitchen and foyer, down the hallway and into the bathroom. Looking back it was undoubtedly the result of an excessive quantity of pomegranate/cranberry sauce during plate number three which had been forced into an uncomfortable position in my bowels by the fourth piece of pie (a very enjoyable whipped cream topped pumpkin) at Thanksgiving dinner and propelled along by the exertion of the run.

Congratulations **streakers!!** Keeping on running!

CONGRATULATIONS TO DECEMBER MARATHON (and More) RUNNERS!!

The North Face Endurance Challenge, 50 miles, San Francisco, CA, Dec. 6th

Stephanie Bartley

Ben Bartley

California International Marathon (CIM), Sacramento, Dec. 7th

Leilani Rios

Cathy Blakesley

Keven Williams

Ted Williamson

Lucas Agricola

Aya Kawakami

Treasurer's Report

By: Lisa Eiler

Treasurer's Report-Newsletter	<u>December</u>	<u>November</u>	<u>October</u>
Total Cash Balance, Beginning	5,259.97	4,399.49	4,412.55
Cash Inflows	765.92	1,302.60	409.06
Cash Outflows-First Thursday	333.43	302.12	302.12
Cash Outflows-Social Gatherings	135.42	-	-
Cash Outflows-Other	-	<u>140.00</u>	<u>120.00</u>
Net Change in Cash	297.07	860.48	(13.06)
Total Cash Balance, Ending	<u>5,557.04</u>	<u>5,259.97</u>	<u>4,399.49</u>

2014-2015 SCRR CLUB OFFICERS:

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

2014-2015 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Mike and Lillian Bertram
 Grand Prix: Mike Friedl
 Database Manager: Dave Schiller
 Monthly Club Race: Bob Morris
 Webmaster: Daniel Evora-Hahn



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 36 participants out of 92 to date for the 2014-2015 series after 6 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 races will be posted on our web site www.roadrunners.org***

	Name	Age Group	Total Points	Races	Best	Avg	Run for a Claus		Dino Dash	
							Times	Points	Times	Points
1	Mike Friedl	50-54	5,012	6	854	835	19:14 5k	800	18:12.0 5k	845
2	Ken Atterholt	50-54	4,905	6	838	818	19:27 5k	791	39:11.3 10k	811
3	Thomas Fung	50-54	4,515	6	800	753	21:57 5k	701	42:55.2 10k	741
4	Karine Parry	25-29	4,459	6	781	743	20:46 5k	717	39:48.1 10k	781
5	Sherri Ellerby	50-54	4,308	5	956	862	20:39 5k	826	19:19.3 5k	883
6	Bob Morris	60-64	4,302	5	891	860	20:39 5k	823	19:38.3 5k	866
7	Leilani Rios	30-34	4,244	5	869	849		0	37:16.6 10k	851
8	Mike Dietz	50-54	4,053	5	862	811	19:56 5k	772	19:10.8 5k	802
9	Alberto Ballon	35-39	3,956	6	685	659	20:50 5k	652	43:00.4 10k	657
10	David Schiller	50-54	3,880	5	826	776	20:16 5k	759	19:21.7 5k	795
11	Vicki Ballon	30-34	3,796	6	650	633	24:33 5k	621	49:34.8 10k	640
12	Jeanie Leitner	65-69	3,743	5	790	749	30:00 5k	709	26:55.0 5k	790
13	Doug Niles	45-49	3,710	5	786	742	20:21 5k	725	40:14.6 10k	743
14	Matt Hood	45-49	3,657	5	789	731	21:09 5k	697	20:15.1 5k	728
15	Mike Bertram	45-49	3,625	5	762	725	20:31 5k	719	40:56.5 10k	731
16	Daniel Evora-Hahn	25-29	3,548	5	747	710	19:40 5k	681		0
17	Cathy Blakesley	50-54	3,523	5	742	705		0	50:33.2 10k	711
18	Lillian Bertram	45-49	3,350	5	765	670	24:50 5k	654	24:15.0 5k	669
19	Amy Katz	40-44	3,346	5	695	669	23:58 5k	659	48:56.2 10k	671
20	Mike Pagalan	30-34	3,327	5	677	665	21:18 5k	634	19:52.5 5k	674
21	Matt Kossoff	30-34	3,271	5	708	654		0	43:45.9 10k	638
22	Eric Dangott	40-44	3,228	5	689	646	21:50 5k	664		0
23	Cathy Shargay	55-59	3,189	5	836	638	28:43 5k	645		0
24	Noreene Matsuda	50-54	3,083	4	788	771	22:39 5k	753	45:36.3 10k	788
25	Aya Kawakami	30-34	3,022	4	785	756		0	40:45.9 10k	778
26	Lisa Eiler	35-39	2,869	5	602	574	27:20 5k	563	53:13.0 10k	602
27	Robert Donald	45-49	2,743	4	726	686	23:43 5k	622	21:17.7 5k	693
28	Joanna Pallo	30-34	2,548	5	586	510	36:51 5k	414	29:12.3 5k	522
29	Mary Lynch	45-49	2,516	3	880	839		0	41:41.9 10k	832
30	David Blakesley	65-69	2,358	4	606	590		0	30:43.0 5k	593
31	Judy Sweet	45-49	2,311	4	619	578	26:47 5k	606	56:01.3 10k	619
32	Mike Sellers	35-39	2,230	3	780	743		0	39:48.1 10k	710
33	Jon Resnick	50-54	2,077	3	737	692	21:38 5k	711	20:53 5k	737
34	Greg Hanssen	45-49	2,049	3	694	683	22:00 5k	670	21:14.5 5k	694
35	Alanna Brown	30-34	2,018	3	691	673		0		0
36	Kelcey Kinjo	40-44	1,990	3	693	663		0	46:11.0 10k	641

SATURDAY RUNS

ALL RUNS MEET @ 7:45 AM AND BEGIN AT 8 AM

1/10/15 – No Club Run due to So Cal Half Marathon

1/17/15 – The Back Bay Classic

Leaders: Kirsten Hirneisen & Robert Donald

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 0.2 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 (NEW Option): Moulin French Bistro – 1000 N. Bristol St. (on Bristol just past Dove St.), Newport Beach. Or, Starbucks (located closer to Jamboree), about 500 feet from Moulin.

1/24/15 – Quail Hill

Leader: Amy Katz

Location: Starbucks at the corner of Alton & E. Yale Loop - 5365-B Alton Parkway, Irvine 92604

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: We will head out on Jeffrey and take the bridge over the freeway. Run along the path until we get to the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into the exclusive portion of Turtle Rock. Head down Bonita Canyon and make a loop back to the start. The standard loop is 12 miles, but there are several ways to extend it even further! You can also do an out-and-back along the trail. There is water on the trail, but it is recommended to bring some, just in case.

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

1/31/15 – (NEW**) Jeffrey Open Space Trail (J.O.S.T)/Hicks loop trail**

Leader: Greg Hanssen

Location: Starbucks, 14061 Jeffrey Rd, Irvine

Directions: From the 5, go north on Jeffrey and take the 2nd left into the shopping center just before Trabuco. Starbucks is on the corner of Jeffrey and Trabuco.

About the Run: For those looking for a pre-Surf City warm up, enjoy 2-7 miles out and back along the newly opened Jeffrey Open Space Trail. For a 12 mile loop we'll go up the new J.O.S.T. to Portola to catch the Hicks trail down and around to the Walnut trail and back to J.O.S.T at Sand Canyon.

After the Run: Starbucks, Juice it up or Baskin Robbins.

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.

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, Jamboree and 5 Freeway, Irvine, 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

JANUARY	
THURS, 1/8, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT, 1/10, 7:30 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca resolutionrun15k-5k
SAT, 1/10, 8:00 a.m.	Southern Cal ½ Marathon, 5K, Woodbridge shopping ctr, Irvine, schalfmarathon
SUN, 1/11, 5:00 a.m.	Walt Disney World Marathon, FL Disneyworld Marathon
SUN, 1/18, 6:00 p.m.	SCRR Holiday Party – See flyer on page ____
SUN, 1/18, 7:50 a.m.	Arizona Rock 'n Roll Marathon, ½ Marathon, 10K Rock n Roll Arizona
SUN, 1/18, 5:30 a.m.	Star Wars ½ Marathon – Disneyland starwars-halfmarathon
SUN, 1/18, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA Carlsbad Marathon
SAT, 1/24, 8:00 a.m.	OC Chili Winter Trail Run Series – 1 st Race of 3, O'Neill Park WinterTrailSeries
SAT, 1/24, 8:00 a.m.	2015 New Year's Hustle, Great Park Irvine newyearshustle5k
FEBRUARY	
SUN, 2/01, 6:50 a.m.	Surf City Marathon, ½ Marathon Huntington Beach, CA runsurfcity
THURS, 2/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN, 2/08, 7:00a.m.	Palm Springs ½ Marathon PalmSprings1/2marathon
SUN, 2/08, 7:00a.m.	i-Try 5K & Triathlon – Crown Valley Community Park - Laguna Niguel itryathlon
SAT 2/14, 8:00a.m.	Timberwolf 5K, Northwood High, Irvine Timberwolf5k
SAT 2/14, 8:00a.m.	3 rd Annual Paws Fur Pink 5K – Irvine Regional Park, Orange pawsfurpinkoc
SAT 2/21, 8:30a.m.	OC Chili Winter Trail Run Series – 2 nd Race of 3, O'Neill Park WinterTrailSeries
SUN 2/22, 8:00a.m.	Brea 8K Brea Mall Brea8k
SAT 2/28, 7:00 a.m.	Race on the Base, 5K, 10K, Reverse Triathlon, Los Alamitos Raceonthebase
MARCH	
THURS 3/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 3/7, 8:00a.m.	OC Heart Walk – Anaheim Stadium 5K - ocheartwalk
SUN 3/8 7:30a.m.	Coaster Run 5K, 10K, Camp Snoopy Kids Run, Knotts Berry Farm C8aster Run
SAT 3/14, 8:00a.m.	OC Chili Winter Trail Run Series – Race #3, O'Neill Park WinterTrailSeries
SAT 3/14, 8:00a.m.	Bubble Run 5k – Verizon Wireless Ampitheatre, Irvine bubblerrunoc
SAT 3/14, 7:00a.m.	Catalina Island Conservancy Marathon Marathon, 10K, 5K runcatalina
SUN 3/15 7:30a.m.	Los Angeles Marathon lamarathon
SUN 3/15, 7:00 a.m.	Newport Mesa Spirit Run – 5K, 10K, 15K, Fashion Island NB nmsritrun
SAT 3/21, 7:00a.m.	2 nd Annual Semper 5K – Sycamore Park, Anaheim Hills semper5k
SAT 3/21, 7:00a.m.	OC Missions Race 5K, 10K Crossline Comm. Church, Laguna Hills missionsrace
SAT 3/28, 7:00a.m. & SUN 3/29, 7:00 a.m.	Reaching for the Cure Bike Tour & ½ Marathon, 5K Weekend, Irvine, www.pcrf-kids.org
SUN 3/29, 7:00 a.m.	Carlsbad 5000 – Carlsbad, CA carlsbad-5000
APRIL	
THURS 4/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
MON 4/20	Boston Marathon