

# ON THE RUN



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

Orange County, California  
October 2011 Issue

## *Runner of the Month – Eileen Stephens*

By: Danielle Gordanier

Our Runner of the Month for September is the effervescent Eileen Stephens, who brightened up our group with her winning smile starting November 2010. She started running in 1996 as a way to exercise her husky. But joining the SCRRC gave her an enthusiasm for running. Eileen is exceptionally friendly, fun to talk to as well as a great running companion, so she quickly became everyone's friend. Cathy Blakesley recalls one of the early runs last fall with Eileen: "I had a very hard time that night, and even had to walk part of the way, and she stayed with me the whole time. She's always smiling and great to run with – and she is getting VERY fast!"

No doubt! Eileen really picked up speed this year and turned in great performances in some very challenging races. She not only ran all five 5K's in the Carlsbad 5000, she ran them all in a respectable time and seemed to feel fine, looking fresh and calm the whole time. And she was just getting warmed up – in the same month she went on to tackle the Irvine Lake Mud Run, Ragnar Relay, and the La Jolla Half Marathon (in 2:02:40). By that time, it was getting warm and the hills and heat of Ragnar and La Jolla brought a lot of tough runners to a stagger, but

before her power month was up, Eileen was already

planning her next races for the summer. She turned in a fantastic 22:44 in the Magic Shoe 5K in May, 22:52 in the Anaheim 5K in June, and 49:03 in the Ralph J. Redington 10K in July.

Besides tackling all these ambitious goals, which in itself takes a great amount of focus, Eileen didn't lose her energy for reaching out to others with kindness and encouragement. Whenever we have new people on the group runs, she makes them feel at home. Whenever she isn't racing, she is there cheering us on. If anyone needed a ride to a run or an event she would help organize that also. I learned a lot from her, not being much of a natural planner myself. Often after my workout for the day I'd slip into couch-potato mode – but if there was a social event, Eileen would urge me to get up and get with it. When my birthday neared I had a vague idea to celebrate, and she made sure I firmed it up into a real party. She brought heavenly chocolate cupcakes for everyone at the Thursday night group run on my birthday, and then, on my well-planned





Marathon in August. With the help and encouragement of teammate Mike Sellers, Eileen set a 1:47:32 PR in what is definitely not a PR course. The second half of the race proved challenging, with more hills, but had prepared well in training, having rarely missed a weekend run, no matter how hilly. Mike ran with her in the race, urged her to keep a steady pace, and kept reminding her as they powered up the hills, "This isn't Bommer Canyon!" Afterward, Eileen noted, "If it wasn't for my sister-in-law asking me to join her in my first half marathon and the great group of folks I run with weekly, I wouldn't be where I am today."

birthday get-together, she made a gorgeous carrot cake. I had to admit she'd beat me in a baking competition, and like everything else, she made it seem like there was nothing to it. Soon after, she was whipping up divine Black & Tan brownies for us to enjoy after the St. Patrick's Day run. When Lisa Sciarani and Lisa Eiler were moving away this summer, Eileen made sure they got the best, biggest sendoff possible, encouraging everyone to come to their going-away parties, and organizing Lisa Eiler's party herself (right down to the dress-code details).

"Eileen is one of the nicest, most caring runners in the club (and there's fierce competition in this club!)," says Eiler. "At the Quail Hill/Bommer Canyon run earlier this summer, I showed up without water, but only planning to run the first three miles out and back. Eileen convinced me to run the entire (insane) run, she stayed with me, and she shared her Cytomax with me. She encouraged me to challenge myself as a runner that day. I think Eileen is a fantastic choice for Runner of the Month!"

Eileen had long been planning to run America's Finest City Half



Stacey Dippong, Eileen Stephens, Mike Reeves and John Gardiner

After very little down time, Eileen set another PR, coming in at 46 minutes in the Orange County 10K in September. And yes, she is planning on running the Long Beach half as well.

One thing's for sure, this is just the beginning for this awesome runner! We're lucky to have her with us. Not surprisingly, she's very modest about being chosen ROTM, but the choice was unanimous. We wish her all the best in her bright future as a runner!



# Highlights/Pictures from OC Coast Run

By: Linda Hammond



Leilani Rios and Danielle Gordanier

Our September race was all about going **GREEN!** The **Orange County 10K Coast Run** was part of the Green 10K Series. These races are designed to promote healthy living and raise awareness of environmental issues. Instead of the standard race t-shirt and medal, finishers were given biodegradable ribbons, eco-friendly tote bags, and custom Plant-A-Tree kits. **Leilani Rios, Danielle Gordanier** and **Dave Parsel** won some of the cash \$\$\$\$ kind of **GREEN** for placing in the top 3 overall for women and men. **South Coast Roadrunners** once again had a strong showing in the age division categories as well; age division winners were: **Jeanie Leitner** and **Ken Atterholt**, **Dave Schiller** and **Eileen Stephens**, and **Stacey Dippong!** Congratulations runners!



Ken Atterholt and Cathy Shargay

In keeping with the theme of going **GREEN** think about how you can do your part...recycle your old running shoes at **A Snail's Pace**, use an eco-friendly tote bag at the store, and use a reusable water bottle. Out on your next run if you see a can or bottle, pick it up and recycle it! In October we head to the beach for the **Long Beach Marathon, Half Marathon** and **5K**. Go **GREEN**

and see you at the Finish Line!



Dave Parcel

## ***SCRR Long-Timers***

One of the most common question that newcomers ask as they are running along with a SCRR member is “how long have you been in the club”. Even though lots of our friends have moved away, it is impressive how many people who join the club have been very active for 5, 10 or 20 years. It shows how the club builds loyalty, camaraderie and support.

The latest roster shows that our longest term members joined in 1986 – 25 year ago! These four people haven’t been around lately (one has even moved to Paris), but they maintain their memberships to keep up on the club happenings and to hear the news about many of their friends. Other long term members that are still very active and that most people know are:

- Mike and Melissa Friedl – Mike is 22 years
- Kevin MacDonnell – 20 years
- Molly Donnellan – 19 years
- Jodie and Bobby Kinney – 17 years
- Jane Crewe – 16 years
- Jenn and John Walt – Jenn is 16 years and John is 12 years
- Sherri Ellerby – 15 years
- Dave Schiller – 14 years
- Cathy Shargay – 13 years
- Jon Resnick – 11 years
- Danny Stein – 10 years
- Dan Garcia – 10 years
- Amy Katz – 8 years
- Greg Hanssen – 8 years

In addition, there are club members whose membership dates are not listed, but they have been in the club for about 10 years or more. This group includes:

Jim Beck,  
Pete Boisineau,  
Ed Coffey,  
Pat Copps,

Fred Cowles,  
Lois Edds,  
Jeff and Marissa Hindman,  
Jeanie Leitner,

Bob and Faith Morris,  
Santiago Nomen,  
Tonson Tong, and  
Brad Wobig.

All of these people are great resources for tips on running, races, and dealing with injuries. They can tell you many of the great club stories that have occurred throughout the years. They love to encourage and support new members in meeting their goals, and to celebrate their many successes and achievements!

### **Upcoming Parties:**

**Octoberfest – Host Matt Hood, Oct. 22**

**Halloween Party – Host Leilani Rios, Oct. 29**





***Congratulations to SCRR Members who ran  
Berlin Marathon on Sep. 25th:***

**John Gardiner – 2:36:43 – PR, Negative Splits, 120 place overall**

**Jenn Neff – 3:48:10, First marathon**

**Eric Frome – 2:53:41**

**Running on Empty**

by Jason Nocera ([www.nichecartoons.com](http://www.nichecartoons.com))



## SATURDAY RUNS

All fall and winter runs meet at 7:45, start at 8:00 unless otherwise noted

### 10/8/11 - Hicks Canyon pre-race run with Mountains to Sea Trail

**Leader:** Stacey Dippong

**Location:** Start at shopping complex at corner of Culver and Irvine Blvd in Northwood. Meet in front of Champagne Bakery – 3901 Irvine Blvd., Irvine, 92602

**Directions:** From the 5 Fwy, exit Culver and head north toward the mountains. Pass Bryan. Turn left on Irvine Blvd. and make an immediate right into the shopping complex. Turn left and park between the Jack in the Box and the Champagne French Bakery (the bakery sign is not well marked).

**About the Run:** For everyone racing on Sunday, a nice easy run of up to 4.5 miles on Hicks Canyon trail. Other can extend the run by connecting to the Mountains to Sea Trail for additional miles.

**After the run:** Champagne Bakery

### 10/15/11 - 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.

**About the Run:** 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 miles, please be prepared.

**After the Run:** Breakfast at Ted's Place in the Aliso Village Shopping Center between Alicia and La Paz Road. - 23990 Aliso Creek Rd, Laguna Niguel, 92677

### 10/22/11 – A Taste of Ladera

**Leader:** Laura Bullock

**Location:** Ladera Ranch trail. We'll meet at the Flintridge Village Club.

**Directions:** From the I-5 Freeway in south Orange County, exit Crown Valley Parkway and proceed east 1.5 miles to O'Neill Drive. Turn right on O'Neill. Then left on Roanoke Drive (if you get to the round-about, you have gone too far). The Flintridge Village Club is located 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. Bring water.

**After the Run:** many places less than a mile away in the Mercantile West shopping area, on the corner of Antonio Parkway & Crown Valley or the shopping area on the corner of O'Neil & Crown Valley Prkwy.

### 10/29/11 – 3 Piers "Keg and Eggs"

**Leader:** Navid Moshtael

**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 "Baja Sharkeez Newport Beach" for exact directions) 114 McFadden Place, Newport Beach, CA 92663.

**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 Baja 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!!

## Great Deals From Fellow South Coast Roadrunners...

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

Richard (Fritz) Reimers, **Stifel Nicolaus**  
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52 Lakepines, Irvine

### 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 are highlighted in orange; Monthly Club Runs are highlighted in yellow

\*\*\*NEW\*\*\* Out of Town Races featuring club members highlighted in blue

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

OCTOBER	
SAT, 10/1, 7:00 a.m.	St. George's Marathon, St. George, Utah <a href="http://www.stgeorgemarathon.com">www.stgeorgemarathon.com</a>
<b>THURS, 10/6, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT, 10/8, 7:00 a.m.	Survive and Thrive 5K Tustin, CA <a href="http://www.surviveandthrivewalk.org">www.surviveandthrivewalk.org</a>
SUN, 10/9, 7:00 a.m.	Long Beach Marathon, ½ Marathon, 5K Long Beach, CA <a href="http://runlongbeach.com">runlongbeach.com</a>
SUN, 10/9,	Chicago Marathon, <a href="http://www.chicagomarathon.com">www.chicagomarathon.com</a>
<b>SAT, 10/15, 7:30 a.m.</b>	<b>Chapman University Toyota of Orange, 5K Run/Walk <a href="http://www.chapman.edu/5K">www.chapman.edu/5K</a></b>
SUN, 10/16, 7:30 a.m.	Nike Women's Marathon, San Francisco CA <a href="http://women'smarathon2011">women'smarathon2011</a>
SAT, 10/29, 7:30 a.m.	24th Harbor Heritage Run, Newport Harbor <a href="http://harborheritagerun.com">harborheritagerun.com</a>
SUN, 10/30, 7:30 a.m.	Marine Corps Marathon, Washington DC <a href="http://www.marinemarathon.com">www.marinemarathon.com</a>
NOVEMBER	
<b>THURS, 11/3, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SUN, 11/6, 6:00 a.m.	ING New York City Marathon <a href="http://www.ingnycmarathon.org">www.ingnycmarathon.org</a>
SUN, 11/6, 7:00 a.m.	Fresno Marathon & ½ Marathon <a href="http://www.runfresno.com">www.runfresno.com</a>
SUN, 11/6, 7:00 a.m.	Dino Dash 4 Tustin Schools Tustin, CA <a href="http://Dinodash2011">Dinodash2011</a>
SAT, 11/12, 7:15 a.m.	Santa Barbara Marathon <a href="http://www.sbimarathon.com">www.sbimarathon.com</a>
SUN, 11/13, 7:00 a.m.	Malibu International Marathon Malibu, CA <a href="http://www.malibuintmarathon.com">www.malibuintmarathon.com</a>
THURS, 11/24, 7:00 a.m.	Oceanside Turkey Trot <a href="http://www.osideturkeytrot.com">www.osideturkeytrot.com</a>
THURS, 11/24, 7:00 a.m.	Dana Point Turkey Trot <a href="http://www.turkeytrot.com">www.turkeytrot.com</a>
DECEMBER	
<b>THURS, 12/1, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
SAT, 12/3, 8:00 a.m.	Inaugural Run for a Claus – Costa Mesa Fairgrounds <a href="http://runforaclaus.com">runforaclaus.com</a>
SUN, 12/4, 4:00 p.m.	Las Vegas Marathon & ½ Marathon <a href="http://Las Vegas Marathon">Las Vegas Marathon</a>
SUN, 12/4, 6:00 a.m.	California International Marathon <a href="http://CA INT Marathon">CA INT Marathon</a>
SAT, 12/10, 7:45 a.m.	Make Room for Santa 10K, 5K, Kids run Hicks Canyon <a href="http://MakeRoom4Santa">MakeRoom4Santa</a>
SUN 12/11 8am & 12noon	XTerra Crystal Cove Trail Run 5K & 15K <a href="http://www.trailrace.com/">http://www.trailrace.com/</a>
SUN 12/11 8:00 a.m.	Holiday Half Marathon Fairplex in Pomona <a href="http://runholidayhalf.com/">http://runholidayhalf.com/</a>
SUN 12/18 8:00 a.m.	Winter Solstice Xmas Tree 5mi run Long Beach <a href="http://Winter Solstice Run">Winter Solstice Run</a>
JANUARY	
<b>THURS, 1/5, 7:30 p.m.</b>	<b>Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza</b>
<b>SAT, 1/7, 8:00 a.m.</b>	<b>Southern California Half Marathon, 5K, Woodbridge shopping center, Irvine, <a href="http://www.schalfmarathon.com">www.schalfmarathon.com</a> <a href="http://schalfmarathon">schalfmarathon</a></b>
SUN, 1/8, 7:00 a.m.	San Diego Resolution Run 15K, 10K, 5K – San Diego, Ca <a href="http://SD Resolution Run">SD Resolution Run</a>
SUN, 1/8, 5:30 a.m.	Walt Disney World Marathon, FL <a href="http://Disneyworld Marathon">Disneyworld Marathon</a>
SUN, 1/15	Houston Marathon, TX <a href="http://www.chevronhoustonmarathon.com/">http://www.chevronhoustonmarathon.com/</a>
SUN, 1/15, 7:13 a.m.	13.1 Los Angeles – Santa Monica, CA <a href="http://13.1 Marathon Los Angeles">13.1 Marathon Los Angeles</a>
SUN, 1/15, 7:00 a.m.	Rock 'n Roll Arizona – Phoenix, AZ <a href="http://Rock n Roll Arizona">Rock n Roll Arizona</a>
SUN, 1/22, 6:00 a.m.	Carlsbad Marathon, ½ Marathon – Carlsbad, CA <a href="http://Carlsbad Marathon">Carlsbad Marathon</a>
TBD	Buffalo Run ½ Marathon and 5K, Avalon Catalina

## 2011-2012 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Vicki Ballon
Treasurer:	Stacey Dippong
Secretary:	Angel Cardoza
Social Chair:	Janelle Daniels
Officers At Large:	Matt Hood,
	Danielle Gordanier,
	Dave Bauers

## 2011-2012 COMMITTEE CHAIRPERSONS:

Newsletter:	Cathy Shargay
Weekend Runs:	Noreene Matsuda
Grand Prix:	Mike Friedl
Database Manager:	Dave Schiller
Monthly Club Race:	Bob Morris
Marathon Training Group:	Molly Donnellan
5K/10K Training Group:	Danny Stein
Webmaster:	Mike Reeves