

ON THE RUN



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

Orange County, California
May 2012 Issue

Runner of the Month – Tim Hume

By: Cathy Shargay

Tim Hume is a great “running buddy” for the long training runs. He is friendly and has lots of interesting stories, which makes the miles just fly by. Another reason that he is this month’s SCRR Runner of the Month, is that he has led numerous Saturday morning runs in the last few months and shown us some new fun routes. The first two runs were very rainy, but Tim and the “diehards” still did the full loops and had a great time. Good luck to Tim in his upcoming marathon!

When did you start running and where?

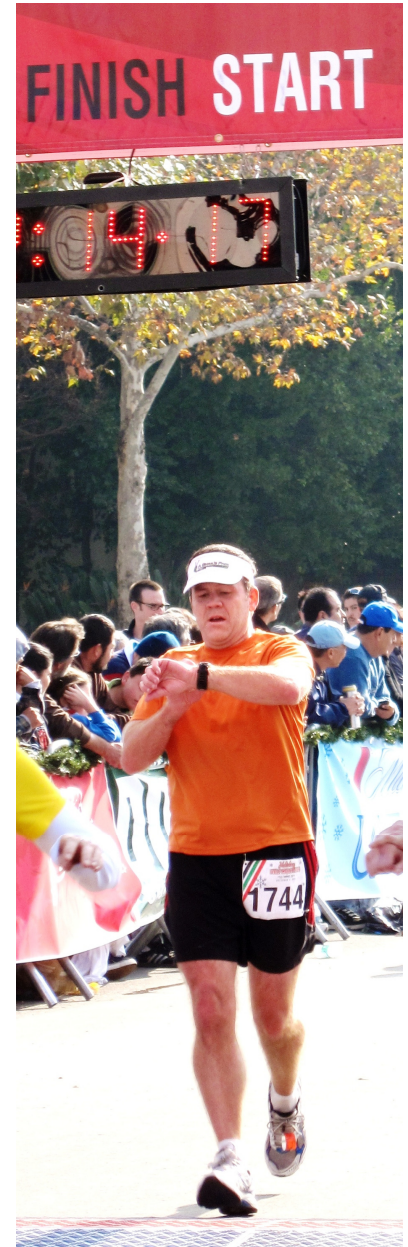
I started running in 2006, here in Orange County. Until then, my main form of exercise was racquetball. I started running a bit before playing in order to warm up. As time went on, I was running more and playing racquetball less until I finally canceled my gym membership. I was running 15-20 miles a week until the end of 2010. That was when I got more serious about my fitness level. I lost 20 pounds and then started increasing my mileage in order to run the OC Half Marathon.

When did you join SCRR and how did you find out about the club?

As I was increasing my mileage, I thought it would be fun to find other people to run with sometimes. I Googled for running groups in the area and settled on SCRR based on the location of the Saturday runs. It has been great having other people to talk about running with and getting to know the other members.

What are you training for now and how is it going?

I’m training for the OC Marathon. I have done 3 halves, but this will be my first full marathon. I was doing well, then after Christmas, I got one cold after another. Just as I was getting past those, I got food poisoning at the end of March. Even though those things have caused me to eliminate a couple long runs, training is going well. I’ve got my weekly miles up to the 40’s now and so I think I will be ready for it.



Runner of the Month – Tim Hume



What do you do for your job?

I am a programmer for Carbine Studios, a computer game company in Aliso Viejo. It's a wonderful job. We are working on a new game called Wildstar right now that looks to be a good one. I really enjoy the casual, creative atmosphere. I've been working in the computer game industry since 1994.

Where were you from originally and when did you move to SoCal?

I moved to SoCal in 1989 from Kansas City, Missouri to get my PhD at UCI. In 1994, I left UCI without my PhD to start working at a game company. The next year my wife Sandy and I got married. In fact, when she said yes to my proposal, I was dropping out of grad school and hadn't yet gotten the job. I was quite the catch! We've been married for 17 years.

What are some of your other hobbies/interests?

I am a baseball and football fan (Royals and Chiefs from my KC days of course) and so I like to do fantasy football. I like travel, movies, reading fiction, music, and I live for La Sirena Grill's carne asada burrito.

Congratulations to the SCRR Members and family who ran

Boston Marathon

on April 16th!

Greg Hanssen

Lisa Sciarani

John Loftus

Laurent Vrignaud

Richard DeMarco

Big Sur Marathon

on April 29!

Amy Katz

Vicki Ballon

Alberto Ballon

Greg Hanssen (21 Miler)

Carlsbad 5000 – An SCRR Tradition

By: Linda Hammond

For South Coast Roadrunners April always means one thing, time to head down to Carlsbad and race the World's Fastest 5K.....Carlsbad 5000! Separate age division races, provided the opportunity for maximum crowd support from fellow club members. In the 30-39 age division men and women races we had South Coast Roadrunners in the top 10! John Gardiner was 8th overall with a time of 15:39 and Leilani Rios was 10th overall for the ladies with a time of 17:53! Joining John and Leilani in the Grand Prix 800+ point club were: Dave Parsel, Ken Atterholt, Dave Schiller, Mike Dietz, Brad Wobig, Tonson Tong, Gary Hefner, Mary Lynch, Sue Zihlmann, Sherri Ellerby, and Ken Wells.

There was a lot of talk at the club tent about PRs and overall excitement about race results!



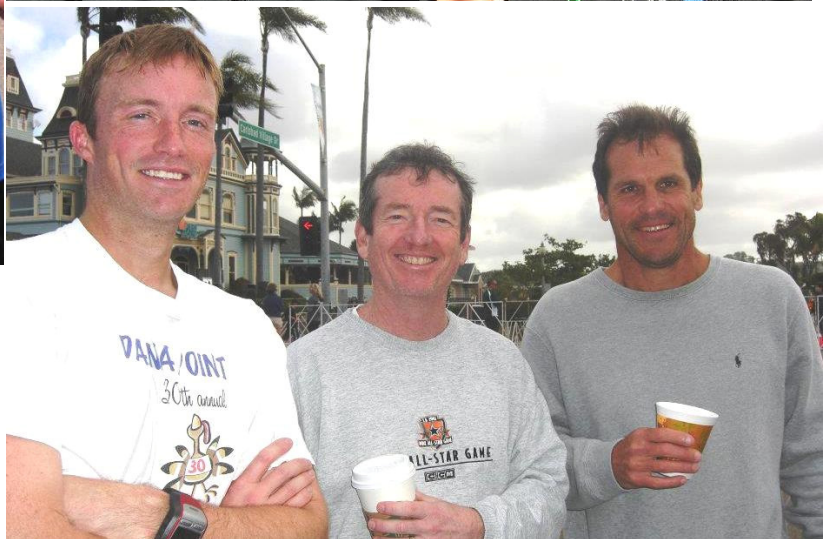
After watching all the division races, the day ended with the elite men and women races. Defending champion Dejen Gebremeskel of Ethiopia repeated with another first place win with a time of 13:11! In the elite women's race, reigning Olympic 5,000 and 10,000-meter champion Tirunesh Dibaba of Ethiopia turned in a big win with a time of 15:01.

Carlsbad was the 10th race of the Grand Prix series. Only two runners, Ken Atterholt and Cathy Blakesley, have run all 10 races! Our Grand Prix leader is Dave Parsel, followed by Ken Atterholt in 2nd, Dave Schiller in 3rd, Mike Dietz in 4th, and Danielle Gordanier in 5th. Our May race is the Magic Shoes 5K. The race supports the Cynthia Holcomb Magic Shoe Foundation which has distributed over 23,000 pairs of shoes to the community! Please drop off your gently worn shoes. Have a great race, and see you at the Finish Line!



Carlsbad 5000 Highlights

Photos By: Linda Hammond



Photos on Page 3: Mary Lynch, Linda Hammond and Sherri Ellerby; John Gardiner.

Photos on Page 4: Esteban Rohas and Matt Kossoff; Mike Dietz and Matt Hood; Ben Coyle, Tom Skane and Ken Wells; Leilani Rios

Photos on Page 5: **A sprint to the finish** with Gary Hefner and Ken Atterholt (Ken passed the finish line first, but Gary was one second faster on chip time); Ben Coyle and Amanda Beach Coyle; Alberto and Vicki Ballon

Carlsbad 5000 Highlights

Photos By: Linda Hammond and Brightroom



Treadmill Treachery

By: Robert Donald

This is the story of a man, a woman, and a treadmill. It took place a couple of years ago in a local gym. I had just concluded a shoulder and back workout in the weight room, and headed up stairs to finish my workout off with four miles on the treadmill. Over the first eight minutes on the treadmill I gradually worked the speed up to ten miles per hour. At this point my reflection in the mirrored wall directly in front of the row of treadmills had begun to bore me. Boredom often comes to get you far in advance of fatigue when running on a treadmill, so I began to survey the room for more interesting scenery.

Five or six feet behind the row of treadmills, a row of recumbent lifecycles held six women and three men. Four of these people were reading, three were listening to headphones, and one industrious soul was doing both. What they weren't doing was sweating. There wasn't a drop of sweat to be seen on any of them. In contrast, directly behind the lifecycles, six girls and a guy were sweating profusely, as they bounced up and down on their stair-masters. As the two youngest girls in this group held a conversation over the din of their own ipods, it became apparent that Tom was rude, insensitive, lazy, and cheap, and that Andrew was way too fine for Cheryl. Looking past this conversation to the row of elliptical trainers behind, it occurred to me that while spandex was a great invention, not enough people take advantage of what a pair of baggy sweats can do for their figure.

Suddenly the room brightened, and my boredom lifted as a light brown ponytail, bouncing in slow motion, emerged from behind the last row of conventional lifecycles. A very pretty girl was striding purposefully through the rows of twenty first century torture devices directly toward the only unoccupied treadmill, right next to mine. As she approached, her comfortable workout attire of a short t-shirt and shorts revealed a slim physique with generous curves, clear, tan skin, and just enough midriff to make you want to see more. As she stepped up on the treadmill next to me, I reacted, as I often do in the presence of a beautiful lady, by losing the ability to speak.

This had to stop, I told myself. A glance in the mirror confirmed that I wasn't unpleasant to the eye, and nobody was running any faster on their treadmills. This girl didn't know I was a goof. For all she knew I could clean up to be a good-looking athletic guy. I can talk to her. I should talk to her. I will talk to her.

What should I say? It can't be something stupid. Funny? Yes, that's good. Charming? Definitely. Witty? Now we're talking, but not too witty, a pickup line is no good. She must get hit on all the time. Subtlety, that's the key. It better be short because I'm running out of breath. Hurry, I can't keep this pace up all day, and she'll think I'm a wimp if I slow down now. Oh, look at that, she's even got cute dimples. Think Robert!

I continued to cogitate furiously, when I heard a loud squeal, like a fast car slamming on its breaks. Everyone's attention was drawn to me, as I noticed that I had drifted to the right side of my treadmill. It was my right foot skidding along the edge of the treadmill, throwing me off balance. When my left foot came down it flew immediately off the back end of the machine. Fortunately, my cat-like reflexes and raw athleticism saved me. I landed on my left foot on the ground behind the still moving belt. All I needed to do now, to save myself from this humiliation, was to hop back on the treadmill, and continue running. As I leaped back onto the rapidly spinning belt, I thought how lucky it was that I had landed on my jumping leg.

As any of you who have had the misfortune of stepping on a moving treadmill can attest, this maneuver doesn't work. A split second after my right foot landed on the belt, my left knee and right elbow hit hard, followed closely by my left shoulder and forehead. The treadmill then unceremoniously spit me out the back, where I landed in a heap on the floor. As I got back up to my hands and knees, I looked up to see the former future Mrs. Donald looking down at me with a mixture of disdain and pity. "You can't get back on while the machine is running," was all she said as she hit the stop button on my treadmill.

I picked myself, and the scattered pieces of my dignity up, and walked out of the gym, assuring all the well intentioned, concerned bystanders - hoping never to see any of them again - that I was all right. I have been working out at a different gym ever since.



A NIGHT AT THE AWARDS



SCRR Annual Awards and Celebration Banquet

Saturday, June 16th, 6 – 9:30 pm

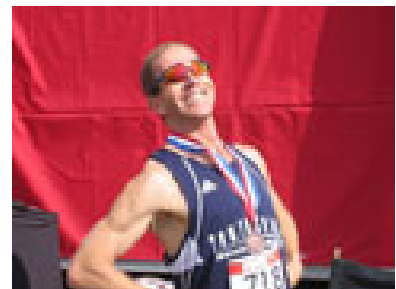
Woodbridge Village Community Center
31 Creek Road, Irvine

Food: Catered Dinner

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

Cost: \$30 per person - due by June 7th

Attire: Semi-formal, or for fun dress to impress wearing your most
gaudy costume jewelry and craziest ties or bow ties.



Music, Dancing, Awards, Raffle and much more...

**\$30/person can be paid via Paypal on the SCRR website: www.roadrunners.org,
or by cash or check to Angel or Janelle**

SATURDAY RUNS

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

5/5/12 – Corner Bakery

Leader: Armando Moran and Shiao Huang

Location: Meet in the parking lot of the Corner Bakery at Main & Harvard in Irvine.

Directions: 405 north or south, exit Jamboree, head north (towards mountains). Turn right on Main Street, right on Harvard, and right into shopping center

About the Run: This is a good warm-up run for those running the OC Marathon, Half Marathon or 5K the following day. Run as long or short as you like on the bike path towards Back Bay.

After the Run: Corner Bakery, 17575 Harvard Ave., Irvine, CA 92614

5/12/12 – Aliso/Wood Canyon Wilderness Park

Leaders: John Gardiner and Jennifer Neff

Location: Aliso/Wood Canyon Wilderness Park

Directions: The closest cross streets are Aliso Creek & Alicia Parkway, .2 miles away is Awma Road. You can park along the road to avoid paying for parking.

About the Run: The basic route is an out-and-back that is a total of 9 miles. The trailhead starts at 1.5 miles. At mile 4.5 you will arrive at a gate that is the turn-around point. There are many other routes available if at 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 Corner Bakery in the shopping plaza at La Paz and Pacific Park Drive, 27221 La Paz Rd # K Laguna Niguel, CA 92677

5/19/12 – Club Race – Magic Shoe 5K, Corona Del Mar

5/26/12 – 3 Piers "Keg and Eggs"

Leader: Lindsay Lyon

Location: We start at the base of the Newport Beach pier. Arrive early to try and find street parking or bring change for the meters.

Directions: 5 freeway to the 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 Newport pier. Then another 11.1 miles to Huntington Beach pier and back.

After the Run: We enjoy the best deal in town at Baja Sharkeez for breakfast!! For less than \$5, you get French toast or pancakes, eggs, bacon, hash browns, and all you can drink mimosas for an hour. Yum!!

2011-2012 SCRR CLUB OFFICERS:

President:	Greg Hanssen
Vice-President:	Vicki Ballon
Treasurer:	Angel Cardoza
Secretary:	Stacey Dippong
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



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 33 participants (out of 82 total) for the 2011-2012 series after 10 races are:

Place	Name	Details		Net Points	Races	Best	Net Avg	Carlsbad 5000		Spirit Run 5/10K	
		Age Group	Sex					Times	Pts	Times	Points
1	Dave Parsel	55-59	M	9	7,975	925	886	18:38 5k	865	38:52 10k	835
2	Ken Atterholt	50-54	M	10	7,430	853	826	18:55 5k	825	18:37 5k	838
3	David Schiller	50-54	M	9	7,339	832	815	18:45 5k	832	18:52 5k	827
4	Mike Dietz	45-49	M	9	7,284	856	809	18:34 5k	814	18:57 5k	798
5	Danielle Gordanier	40-44	F	9	7,039	813	782		0	42:35 10k	771
6	Leilani Rios	30-34	F	8	6,713	858	839	17:53 5k	853	18:01 5k	846
7	Cathy Blakesley	50-54	F	10	6,601	760	733	23:47 5k	734	23:58 5k	729
8	Linda Hammond	45-49	F	9	6,514	793	724	23:35 5k	714	24:29 5k	688
9	Matt Hood	40-44	M	9	6,445	749	716	19:45 5k	720	20:09 5k	706
10	Greg Hanssen	45-49	M	9	6,350	733	706	20:40 5k	731		0
11	Brad Wobig	40-44	M	8	6,336	818	792	17:23 5k	818	36:21 10k	800
12	Armando Moran	40-44	M	9	6,222	742	691	19:09 5k	742	19:44 5k	720
13	Vicki Ballon	25-29	F	9	6,143	697	683	21:33 5k	691	21:59 5k	678
14	Cathy Shargay	50-54	F	9	6,009	734	668	24:56 5k	701	26:41 5k	655
15	Mike Friedl	45-49	M	8	5,822	781	728	19:22 5k	781	19:34 5k	773
16	Matt Kossoff	30-34	M	8	5,260	725	658	18:59 5k	711	40:13 10k	336
17	Doug Niles	45-49	M	7	5,102	759	729		0	41:31 10k	726
18	David Blakesley	65-69	M	9	5,091	637	566	35:23 5k	514	31:27 5k	579
19	Eric Dangott	35-39	M	8	5,041	681	630	21:55 5k	620	46:23 10k	609
20	Stacey Dippong	30-34	F	7	4,980	757	711	21:36 5k	706	45:55 10k	691
21	David Bauers	50-54	M	7	4,702	697	672		0	47:04 10k	676
22	Tonson Tong	45-49	M	6	4,537	827	756	18:17 5k	827		0
23	Thomas Fung	45-49	M	6	4,436	774	739	19:32 5k	774	41:38 10k	724
24	John Gardiner	35-39	M	5	4,310	888	862	15:39 5k	868		0
25	Gary Hefner	50-54	M	5	4,080	828	816	18:54 5k	825		0
26	Amy Katz	40-44	F	6	4,040	752	673	29:38 5k	533		0
27	Greg Blevins	55-59	M	6	3,852	686	642		0	23:45 5k	679
28	Eileen Stephens	45-49	F	5	3,696	772	739	23:41 5k	711		0
29	Jeanie Leitner	60-64	F	4	3,340	856	835		0		0
30	Alberto Ballon	35-39	M	5	3,152	715	630	20:09 5k	674		0
31	Marisa Gonzalez	40-44	F	5	3,135	645	627		0	26:00 5k	608
32	Jannay Morrison	45-49	F	4	3,100	797	775		0	44:32 10k	797
33	Noreene Matsuda	45-49	F	4	3,034	783	759	22:16 5k	756		0

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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E-mail: reimersr@stifel.com
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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.

SCRR Roster: Send your address, e-mail address, phone number updates 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.

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Sports Authority, Tustin Market Place, Mondays @ 6 p.m. Several courses 3 to 9+ miles! Saturday runs are posted on our website www.roadrunners.org.

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

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

MEMBERSHIP DUES: Single: \$30, Family: \$45. Make your check payable to **South Coast Roadrunners**

SCRR CLUB CALENDAR

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



MAY	
THURS 5/3, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 5/6 6:00a.m.	Orange County Marathon, ½ marathon, 5K ocmarathon.com
SUN 5/6 6:00a.m.	PCRF Cinco de Mayo ½ marathon, 10K, 5K, Bike tour reachingforthecure
SAT 5/12 7:00a.m.	Santa Barbara ½ Marathon, Santa Ynez CA runsantaynez.com
SAT 5/19 8:00a.m.	Magic Shoe 5K, CDM High School, Newport Beach
SUN 5/20 7:30a.m.	Santa Monica Classic 5K, 10K Santa Monica santamonicaclassic.com
SAT 5/26 7:00a.m.	Sierra Nevada Mt. Wilson Trail Race 8.6mi mountwilsontrailrace
MON 5/28 7:00a.m.	Memorial Day ½ Marathon Laguna Hills, CA lagunahillshalfmarathon
JUNE	
THURS, 6/7, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SAT 6/2 7:30a.m.	Corona Del Mar Scenic 5K Newport Beach, CA CDM5K
SAT 6/2 7:30a.m.	Fontana Days ½ Marathon & 5K Fontana, CA Fontana Days Run
SUN 6/3 6:00a.m.	San Diego Rock & Roll Marathon, ½ Marathon SD Rock&Roll
THURS, 6/14, 6:15p.m.	Peter's Canyon Summer Trail Series Tustin, CA Summer Trail Series
SAT 6/9 8:00a.m.	13th Annual Northgate Anaheim 5K Downtown Anaheim Anaheim 2012
6/2, 6/3, 6/9, 6/10, 6/16	Camp Pendleton Mud Runs, Saturday events sold out
SAT, 6/16	Southcoast Roadrunners Annual Banquet
JULY	
WED 7/4 7:15a.m.	Woodbridge Village Community 5k, 10K
WED 7/4 8:00a.m.	Surf City 5K Huntington Beach, surfcityrun
WED 7/4 7:00a.m.	6 th Annual Freedom Run at the Ranch, 10K, 5K, 1K Kid's run runladera.com
WED 7/4 7:30a.m.	YMCA Run in the Park 5K, 10K Laguna Niguel, Ca ymca run in the park
THURS, 7/5, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
SUN 7/8 8:00a.m.	Carlsbad Triathlon Carlsbad, CA Carlsbad Triathlon
THURS 7/12 6:15p.m.	Peter's Canyon Summer Trail Series #2 Tustin, CA renegaderaceseries
SUN 7/15 6:00a.m.	Ironman 70.3 Vineman Triathlon Sonoma County, CA vineman.com
SAT 7/28 7:00a.m.	City of Cypress 5K, 10K, Kids Run Cypress, CA cypress5k10k
SUN 7/29 8:00a.m.	15 th Annual OCTC Pancake 5K Costa Mesa, CA octcpancake5k
SUN 7/29 6:00a.m.	The San Francisco Marathon San Francisco, CA thesfmarathon
AUGUST	
THURS, 8/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza
THURS 8/2 6:15p.m.	Peter's Canyon Summer Trail Series #3 Tustin, CA renegaderaceseries
SAT 8/4 7:30a.m.	Camp Pendleton Sprint Triathlon – MCAS Pendleton camppendletonraces.com/sprinttri
SAT 8/18 7:30a.m.	7 th Annual Kevin Cook Spirit Run – Irvine, CA kevincookspiritrun
WED 8/22 5:45p.m.	Into the Wild Trail 8K – Irvine, CA intothewildtrailrun
SUN 8/19 7:00a.m.	America's Finest Half Marathon, San Diego, CA AmericasFinestHalf
SAT 8/25 6:00a.m.	Bulldog 50K & 25K Ultra Trail Runs – Malibu, CA trailrunevents.com/bulldog
SUN 8/26 7:00a.m.	USATF Road Mile Championships – Irvine, CA roadmile.org

By: Doug Denniston