

ON THE RUN



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

Orange County, California
August 2010 Issue

Runner of the Month – Noreene Matsuda

By: Stacey Dippong

Noreene was chosen as July's runner of the month for several reasons! She is a talented runner, great person all-around, and has been a very active club member over the past several years. Evidencing her stellar contributions to SCRR are some of her past club awards including the ideal runner award, volunteer of the year, as well as her consistent top 20 grand prix finishes. It thus comes as no surprise that this is actually her second time being chosen as runner of the month. I had the pleasure of training with her for Boston earlier this year and feel very lucky to count her as one of my close friends. Congrats Noreene!



Noreene has been running for a number of years. She ran both cross-country and track at Long Beach Poly High School. After high school, she ran numerous 5 and 10K's for fun. In 1996, she finished her first half marathon in 1:46 with minimal training. This is when she realized that she was stronger at the longer distances.

Noreene has run 14 marathons including Boston, New York City, Chicago, St. George, CIM, Marine Corps and the Nike Women's Marathon. Boston is still her all-time favorite marathon because of her 3:22 PR run over the challenging course in 2002, and because of the overall excitement of the race. Consistency is surely one of her attributes as she has run 13 of her 14 marathons inside a 17-minute window. Her official half marathon PR is

1:32, but she has run 1:39 nine times.

She is currently training for the Honolulu Marathon on December 12. She is looking forward to having her own cheering sections on the course. Her parents will be looking for her at around mile 3, and her relatives will be at the far end of the course in Hawaii Kai. After the marathon, what better way is there than to relax in paradise!

Away from running, cooking, golfing, yoga, and cycling are some of her favorite past-times. She is known to be a great baker, but quietly confesses to being a "Trader Joe's" junkie. She likes to try out new recipes for social occasions (such as SCRR parties!) and sometimes will include some flavors from the islands. She would like to start playing more golf again, and admits she has names for all of her animal club covers.



In 2007, Noreene received both the SCRR Ideal Female Runner and Volunteer of the Year awards. She enjoys volunteering her time for SCRR events, travelling, spending time with friends and family, and will soon be a new mom to two new kittens. She has named them Rocco (after pro golfer Rocco Mediate) and Kaili (a Hawaiian goddess). All of Noreene's friends know that she has a heart of gold and as you get to know her, you will know what they mean.



July 4th Woodbridge Runner Spotlight

By: Linda Hammond



We kicked off the new season by celebrating the good ole USA with the **4th of July Woodbridge 5k/10k** and the kid's mile race. A fitting way to begin the summer, **South Coast Roadrunners** raked in the beach chairs for first place wins in the 5k and 10k races, plus there were some medals for the kids as well! The season has just begun and runners already came away with PRs, and some awesome times. I asked new member **Danielle Gordanier** to share some thoughts about running and her PR in the 10k.

Linda: *Congratulations on your PR at Woodbridge 10k. How did you like the race and what was the key to your success?*

Danielle: The Woodbridge 10K was a lot of fun! I had to push hard to finish strong. Some of my fellow SCRR's were there cheering me on, and that gave me a push. It helps to have great places to run and great weather year-round, but what helps most is to be constantly hearing "You can do it!" That positive energy is so important. I understood the physical part of training - I trained a lot, read a lot, and I even got a personal training certification last year - but it just didn't come together until I got past that mental block. At Woodbridge I took 54 seconds off a 10K record I'd been trying to break for nearly two years. Woohoo!

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

Danielle: I started running a little over four years ago during a very stressful time in my life. Running saved my health and sanity, and to my surprise I found I was getting pretty good at it

(I'd never done anything athletic when I was younger). On New Year's Day 2010, I packed up my car and headed for Irvine to move in with my boyfriend. A friend of ours told me about SCRR and I went to the January 4 meeting.

Linda: *What is your favorite race distance?*

Danielle: I've raced distances from one mile to half-marathon. I like 10K's and 10-milers. I don't really have the patience for marathon training or the guts to do much sprinting, but I have determination and I love a good tempo run.

Linda: *Is there an upcoming race that you are focusing on this season?*

Danielle: After my crazy spring, I'm backing off for a while. I want to do most of the Grand Prix races, and might try for another half-marathon PR at Long Beach.

Thanks Danielle for sharing your story. Woodbridge is always a fun race! This year we had several entire families out for the race. With the first race of the season, our Grand Prix leader is **Fred Cowles**. Our top female and second overall in the Grand Prix is **Carrie Shargay**! For the second race of the season we head to the track for a mile race. One race down, eleven more chances...what will your top nine races be this season? See you at the Finish Line!

July 4th Woodbridge Report

By: Amelia Carchidi

Starting with the Woodbridge 5K, **Fred Cowles** stormed back on the GP scene with a 4th place overall finish in a blazing fast time of 17:17. **Greg Jones**, **Brad Wobig** and **Mike Sellers** were right behind him in 17:20, 17:30, and 17:34 respectively - all four taking home the coveted chairs for winning their age divisions.

Mike Connors ran a fast 17:48, followed by **Orhan Beker**, **Vince Lowder**, and **Dave Schiller** running 18:00, 18:03, and 18:08. **IronKen Atterholt** was not far behind and within a few seconds of his PR running a fast 19:11. (Did I mention Ken completed an IronMan just two weeks ago??). **Leilani Rios** was the second overall woman, and winning her age group in a time of 19:44. Right on her heels was **Armando Moran** in a time of 19:49. **Carrie Shargay** (Cathy's daughter) finished in a time of 19:59 and **Sherri Ellerby** also took home a chair with a time of 20:04. **Anthony Mejia** had a great race with a finish of 20:16.

Mary Lynch was also a chair winner in a time of 20:18 as was **Susan Liu** in a time of 21:08. **Bill Quinnan** finished strong in a time of 21:42, and **Amy Katz** ran her best 5K in almost 4 years with a time of 21:56.

Chris Johnson ran a PR finishing in a time of 22:01, **Steve Kan** ran 22:08, and **Ingrid Johnson** ran 22:19. **Elizabeth Bailey** ran a great race finishing in 22:57 with **Linda Hammond** not far back in 23:02. **Ed Coffey** also took home a chair in a time of 23:37, as did **Jeanie Leitner** in 23:40. **Karen Winter** had a great finish in 24:06. **Terry Purdy** ran 25:06 and **Carlos Jovel** and **Amanda Beach** both ran 25:12. **Kim Connors** had a great race and PR in 25:20. **Andrea Garreffa** ran a fantastic time of 30:28 for her first race, and **Matt Hood** and daughter **Sarah Hood** finished together in a time of 31:22 and **Janelle Cabassa** finished strong in 33:03.

Not only did the SCRR dominate the Woodbridge 5K, but the 10K as well. **Eric Frome** who went through an intense week of 100x100 training (!!!) was the overall winner in a time of 34:14. **Ben Coyle** was 5th overall and won his chair in a time of 37:44. **Tonson Tong** also flew in sub-40 in a time of 39:33.

Danielle Gordanier represented the women in a fast time of 42:41 (did I not say months ago to watch out for her??) and **Carlos Jovel Sr.** had an excellent time of 43:23. **Erika Kotteakos** ran strong in 45:58. **Quang Pham** ran a great race in 47:29 with **Noreene Matsuda** not far behind in 47:53. **David Bauers** ran a PR in 50:13 and is getting faster with every race. **Julia Wu** recorded a great finish in 1:00:54.

July 4th Woodbridge Photos

By: Linda Hammond



Photo Captions: Top – All the Age Group winners from SCRR.

Middle – Amy Katz and Brad Wobig; Jeannie Leitner, Linda Hammond and Karen Winter.

Bottom – Ben Coyle and Amanda Beach; Kim and Mike Connors and Eric Frome.

Coeur D'Alene – The Ironman Experience

By: Greg Hanssen

The first time I'd given any consideration to the Ironman triathlon (2.4mi swim, 112mi bike and 26.2mi run) was probably at Lampost pizza after a Thursday run about 18 months ago. After reading about the cut-off times I wondered... could I do the swim in 2:20? The bike in 8hrs? If so, I'd have 6.5hrs to run the marathon! At the time I could barely swim 100 yards without stopping for a break and our casual Sunday bike rides rarely averaged more than 12mph. By mid 2009 I felt that the swim and bike were both do-able and my swim/bike/run partner Ken Atterholt was already talking about signing up for either Vineman or the Ironman at Coeur d'Alene, Idaho (I didn't even know where that was).



In June 2009 I was in Las Vegas for Father's day while the Ironman CdA event was taking place. Saturday night I missed the Roadrunner banquet but was inspired by MC Mike Friedl's call, live from the banquet, that I'd been named Ideal male runner 2009.. a great honor. On Sunday fellow Roadrunners Rob Harris and Jim Beck were both running the Ironman CdA and Ken and I followed their progress online. Monday morning when registration for 2010 opened up I got a message from Ken saying "\$580, I'm in". I spent most of the drive home thinking about it and eventually concluded: why not.. You only live once...

At the start of 2010 Ken and I got serious about our training. I upgraded my bike and we did several century rides together. We swam nearly every Tuesday and Friday. Along with the standard marathon training, I was riding over 100 miles a week and swimming nearly 3 as well as combining biking and running into "brick" events. Two of the toughest training days were the Conejo century ride followed by a 14mile run and a 2/3rds trial (1.6 swim in the pool, 75mi bike, 17.5mi run). Following the 2010 Roadrunner banquet (a week before the Ironman) I hit the road for CdA, spending several days at Lake Tahoe along the way. Thursday afternoon Ken and I met up in CdA and got ourselves checked in for the race. Blue wristbands that say IRONMAN along with our bib#s would stay on 24/7. On Friday we drove the North end of the bike course (very

scenic, but also many rolling hills) then biked the lake portion (which was also the marathon route). That evening we tried swimming in the lake, which was cold (60-61) but not as cold as a swim in Tahoe I did a few days earlier. Rob and Jim lent us some neoprene skullcaps, which worked well at Tahoe and would certainly be on me for the event. The town was bustling with serious triathletes all sporting blue wristbands and some very expensive bikes. One guy at my motel (Bruno) was from Slovenia and was trying to break 10 hours. Saturday we checked in our bikes and transition (swim->bike and bike->run) bags and Ken picked up Cathy Shargay at the airport in Spokane. The three of us had an early dinner then went back to our hotels to try to sleep.

On race day I was up early enough to update all of my transition bags, put carb/water bottles on the bike and drop off the "special needs" bags (available to the cyclists and runners about 55% of the way through the bike and marathon courses). I looked for Ken but in a field of over 2200 black wetsuits and red swim caps it was nearly impossible. Ken said he was waiting for me by the special needs bags for a while but we never saw each other. I did see one girl (Rachel?) I had met in San Diego when I had joined Heather Wade's friend Jennifer Tarvin for a simulated 56 mile ride on a computer bike trainer in the city (Jen and I also did 44 miles on the streets and a 3 mile run after).

All of us waiting on the beach saw the elite athletes (who had started 35min before us) start their 2nd lap in the lake before the horn went off at 7am for our start. I waited 30-45 seconds before jumping in behind the masses in the water. I knew at

90 minutes I'd be one of the slower swimmers so there was no need to get trampled in front. It wasn't long before I was completely surrounded by other swimmers... nudging, bumping, grabbing. I would try to find someone I could draft behind and stuck with him/her for a while (27% women in this event). We had been warned to take the first turn wide, but when you're surrounded it's hard to make those course adjustments. Everybody piled on everybody else in those first two turns... it was a human blender. When I got out of the water briefly after the first lap they guy said I was at 42 minutes. Not bad. The 2nd lap was a lot less crowded and I ended up finishing with 90 minutes exactly as I had anticipated(!)

Back on the grass in the transition area you take your wetsuit half way off then lay down and volunteers come by and pull the rest off and hand it to you. I got my bag and went into the changing tent and found a seat. Everyone's been asking me why my first transition took 27 minutes.. Well, basically I changed all my clothing, cleaned/dried my feet and had an early lunch. Specifically, a veggie burrito from Taco Bell and a 20oz bottle of Coke. You can't swim with a full stomach nor can you run. I figured I'd get most of my calories in T1 and in the first 3/4 of the bike ride. I tried the veggie burrito experiment on the 2/3rds trial a month earlier and there T1 took 20 minutes. At CdA I also made a quick rest stop and let the volunteers slather me with sunscreen before going out to the ocean of bikes to find mine. I guess it all added up. I thought it would be 15-20 minutes so I was a bit shocked with 27. Ken on the other hand had a really fast swim (1:17) and despite feeling a bit seasick was able to get through T1 right around the same time I was getting out of the water. So again we never saw each other.

The bike felt great and the weather was perfect if not a tad warm. I always found it refreshing to get out of the water and onto the bike. The course went out along the lake then back into town where we went north to another lake and hit the rolling hills in the back country. I found that I was passing a lot of people (having taken 1:57 for swim+T1 I was kind of in the back). Ken on the other hand (starting 27min before me) said he was getting passed. My first bike loop went really well and I averaged 16mph, a good deal faster than my 15mph target. I looked for Ken near the turn-arounds but never saw him. After a while it was clear many of us back-of-pack riders weren't taking the drafting rules too seriously. When I'd pass someone I'd often pause for a quick chat.. It was fun and I passed and was passed by many of the same folks throughout the ride. I was munching on chocolate energy balls and peanut butter filled pretzels along with the carb-drink mix. Soon into the 2nd loop I stopped for my special needs bag where I had an energy bar and a chocolate Ensure drink (warm!) The 2nd loop went closer to my 15mph target but because of the faster first loop I had shaved about 10 minutes off my 7:30 target (enough to compensate for my leisure T1 transition). The 2nd transition despite the complete clothes and shoe change took a lot less time. Ken's bike time was very similar to mine but he got a flat tire in the last 5 miles which probably cost a good 10 minutes. Ouch. When I got out of T2 it was 4:25pm and I felt that a 4:35 marathon and 14 hour Ironman was within reach.

When I started my marathon, Ken passed me going in the other direction wearing his SC Roadrunner shirt. This was the



first I'd seen him and I was only about 1.5 miles behind. The first 1.5 of the 13.1 miles goes west along the lake and the river then comes back towards the transition area before heading through town and back along the lake on the East side. It was warm out (close to 80) but I knew things would cool down as we got into the evening and I was feeling pretty good shuffling along at about a 9:30-10 minute pace. A lot of people on the marathon course were already walking and the aid stations every mile or so were like parties with tons of volunteers. Near the 2nd turn around before the one hill on the run course Ken passed

me again in the other direction, this time about a mile ahead of me. When I got back into town at the half marathon Cathy was there to cheer us on and take photos. I was still feeling pretty good having run a 10 minute pace for the first half. I felt that if I could manage an 11minute pace in the 2nd half I might still make 14 hours.

At the 3rd turn around along the river Ken passed me again, this time about half a mile ahead. I didn't stop for the special needs bag as it mostly had orange Gatorade in it and there was plenty of that at the aid stations. When I got back through

the town again around mile 17-18 I was slowing to a sub 11 minute mile but I still felt I could hold it together for a 4:35 marathon. Around mile 19 things took a turn for the worse and I started feeling really tight in the chest and dizzy in the head. I walked for a while at one of the aid stations (getting close to sunset now) and took some of the snack food I wouldn't normally think of eating during a marathon (chicken broth, pretzels, coke). Jennifer passed me in the other direction and I gave a shout out (she finished in 13:45!) Approaching the 4th and final turn around the hill, I caught up with Ken who was walking. He said he'd been walking every now and then for the whole marathon. I said, "We're not going to make 14hrs". We walked together for a bit, ran together, walked again. The view lakeside around sunset was really nice. Plenty of people were walking and the feeling at the many aid stations was rather festive. We had more of the snacks at another aid station. After walking a bit around mile 21 or 22 I started running again and Ken asked "Are you going to make me run?" Ken's "run" was probably close to 10min/miles whereas mine was more like 11. Eventually he drifted off ahead and I never saw him again until the finish. Getting into the evening hours I found that I walked about as much as ran between miles 22 and 25. At the aid station/party just past mile 25 tons of volunteers were screaming at me "You can do it!" as I walked past.. Ok, ok.. I started "running" again. At mile 26 I could see the lights and bleachers near the finish line blocks ahead. A few people shuffling slightly faster than me passed me and I thought "c'mon Greg, you can do better than this..." So I kicked it in for what felt like a 7min pace but was probably closer to 9. I passed them and made my way down the final stretch with large crowds in the bleachers on both sides cheering. This is it! I made it! 14 hours, 10 minutes and 6 seconds.

When I passed the finish line and got my medal, shirt and cap some volunteers came up and grabbed both of my arms. "Are you ok?".. "I think so".. "Maybe you should come over here and sit down".. I started feeling dizzy. They put me in a pool-side type plastic lounge and lifted my legs up and lowered my head. They said my pulse was ok but blood pressure fairly low (not surprising!) Ken who pulled off an awesome 14:04:17 came over and found me. Cathy, who had her own fantastic bike ride south and east of CdA while we were on the Ironman bike course, was waiting just outside the finish area. Ken and I went over and got our transition bags and bikes then came back and I had some of the semi-warm pizza they had set aside for the finishers. After dropping off my bike and changing at my car I went back to the finish line to see some of the 16+ hour people finish. There were still huge crowds out when I left around 11:30. I needed to sleep, it had been a long day!

On Monday I don't think Ken or I had really come to grips with what we'd done the day before. Ken, Cathy and I had some local burgers for lunch and they went for a swim while I went to the awards banquet where they were serving breakfast(!) They said 91.5% of those who started, finished the Ironman. Something like 800 or 900 were first timers. After a little sight seeing and photography we went for a great steak dinner at the Wolf lodge just east of CdA before splitting up. I'd take a few days to tour Banff and Jasper up in Canada then loop back to Seattle for the 4th of July and a visit with some old friends (JR, McVickar) and my biological mom, Vicki. I ran a midnight race just before the 4th around the Seattle space needle in 21:33 and it felt good to run again. I felt pretty beat up and mildly sore all over in the days right after the Ironman but within a week I felt fine again. On the road south to Tahoe again I took a morning detour to Crater lake for a spectacular bike ride (when else would I be here with my bike?) And finally a few days at Tahoe with my dad and sister before heading back to SoCal.

About a month before CdA I was at a consulting job in San Diego and the CEO (Dan Squiller), an Ironman and ultra-runner, asked about my training. I said I think I could do a 3:45 marathon fresh on a flat course and was hoping to do 4:30 at CdA... He said "nah, you'll do 4:45"... "Really?"... He was right. 4:45:26 actually... 22 seconds faster than my very first marathon 7 years ago at Tahoe. I still think I could do 4:30 though... and of course I could take the transitions more seriously... and I could be a bit faster on the bike. So inevitably the final question is: Would you do this again?

Heck yeah. Someday.



SATURDAY RUNS

Note: Run start times are **7:00 a.m.** (for the summer) unless indicated otherwise.

8/7/10 – SCRR One Mile Race – Laguna Hills High School 10 am

8/8/10, Spyglass - SUNDAY RUN

Leader: Amelia Carchidi

Location: Marguerite Ave and Ocean Blvd in Corona Del Mar.

Directions: PCH, West on Marguerite, until it dead-ends on Ocean Blvd.

About the Run: The standard run is a 12 mile hilly loop on roads, but there are many shorter options, as well as beach running available.

After the Run: Bruegger's Bagels and/or Starbucks; they are across the street from each other on the corner of Goldenrod and PCH.

8/14/10, Ship to Rail

Leader: John Loftus

Location: Dana Point Ocean Institute

Directions: From PCH in Dana Point, turn onto Golden Lantern toward the ocean. At the bottom of the hill, turn right on Dana Point Harbor Drive and follow it until it dead ends at the Ocean Institute. Parking is all around. We'll meet at the end of DPH Drive, near the "Pilgrim" sailing ship and the little pier in Dana Point Harbor.

About the Run: This is an out and back flat run that will cover a portion of the "Turkey Trot" course. First turnaround point is at the end of the parking lot just past the San Clemente Metrolink Station. Total distance is about 10.6 miles. Shorter options are available. For a 12.8 mile run, continue running along the footpath to the next turnaround point, the San Clemente Pier. For those of you needing a little more mileage, you can add on 2 or 4 more miles by including the island in the harbor. If you're doing a 20-miler, you could continue along the path that goes beyond the San Clemente Pier then turnaround when necessary. Bring water, although several drinking fountains are located along the way. Lots of restrooms!

After the Run: "The Brig" at the Harbor.

8/21/10, Back Bay

Leader: Matt Hood

Location: Corner of Eastbluff and Back Bay Drive.

Directions: Take Jamboree Exit off the 405—head West; go about 2 miles; Right on Eastbluff; go .2 miles - park on the right; we begin running at Back Bay Drive.

About the Run: The "standard" loop is 10.5 miles. You can extend the run along the bike path or shorten the run by making it out and back as far as you like. Water is available at several points along the way (~miles 3.5, 5, 7 along the "standard" loop).

After the Run: Starbucks on Bristol and Jamboree.

8/28/10, Glenn Ranch

Leader: Greg Hanssen

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

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

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

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



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 38 participants for the 2010-2011 series after 1 race are:

| Place | Name | Age Group | Sex | DETAILS | | | | Woodbridge 5K/10K | |
|-------|-------------------|-----------|-----|--------------|-------|------|-----|-------------------|--------|
| | | | | Total Points | Races | Best | Avg | Times | Points |
| 1 | Fred Cowles | 45-49 | M | 875 | 1 | 875 | 875 | 17:17 5k | 875 |
| 2 | Carrie Shargay | 15-18 | F | 842 | 1 | 842 | 842 | 19:59 5k | 842 |
| 3 | Sherri Ellerby | 45-49 | F | 839 | 1 | 839 | 839 | 20:04 5k | 839 |
| 4 | David Schiller | 45-49 | M | 834 | 1 | 834 | 834 | 18:08 5k | 834 |
| 5 | Jeanie Leitner | 60-64 | F | 830 | 1 | 830 | 830 | 23:40 5k | 830 |
| 6 | Ken Atterholt | 50-54 | M | 813 | 1 | 813 | 813 | 19:11 5k | 813 |
| 7 | Eric Frome | 25-29 | M | 812 | 1 | 812 | 812 | 34:14 10k | 812 |
| 8 | Brad Wobig | 40-44 | M | 812 | 1 | 812 | 812 | 17:30 5k | 812 |
| 9 | Mike Connors | 40-44 | M | 799 | 1 | 799 | 799 | 17:48 5k | 799 |
| 10 | Vincent Lowder | 40-44 | M | 788 | 1 | 788 | 788 | 18:03 5k | 788 |
| 11 | Greg Jones | 35-39 | M | 784 | 1 | 784 | 784 | 17:20 5k | 784 |
| 12 | Mary Lynch | 40-44 | F | 778 | 1 | 778 | 778 | 20:18 5k | 778 |
| 13 | Leilani Rios | 30-34 | F | 773 | 1 | 773 | 773 | 19:44 5k | 773 |
| 14 | Mike Sellers | 30-34 | M | 769 | 1 | 769 | 769 | 17:34 5k | 769 |
| 15 | Orhan Beker | 35-39 | M | 755 | 1 | 755 | 755 | 18:00 5k | 755 |
| 16 | Ben Coyle | 35-39 | M | 749 | 1 | 749 | 749 | 37:44 10k | 749 |
| 17 | Noreene Matsuda | 45-49 | F | 747 | 1 | 747 | 747 | 47:30 10k | 747 |
| 18 | Tonson Tong | 40-44 | M | 735 | 1 | 735 | 735 | 39:33 10k | 735 |
| 19 | Linda Hammond | 45-49 | F | 731 | 1 | 731 | 731 | 23:02 5k | 731 |
| 20 | Susan Liu | 35-39 | F | 729 | 1 | 729 | 729 | 21:08 5k | 729 |
| 21 | Steve Kan | 55-59 | M | 728 | 1 | 728 | 728 | 22:08 5k | 728 |
| 22 | Karen Winter | 50-54 | F | 725 | 1 | 725 | 725 | 24:06 5k | 725 |
| 23 | Ed Coffey | 60-64 | M | 720 | 1 | 720 | 720 | 23:37 5k | 720 |
| 24 | Erika Kotteakos | 40-44 | F | 714 | 1 | 714 | 714 | 45:58 10k | 714 |
| 25 | Cathy Shargay | 50-54 | F | 708 | 1 | 708 | 708 | 24:40 5k | 708 |
| 26 | Amy Katz | 35-39 | F | 702 | 1 | 702 | 702 | 21:56 5k | 702 |
| 27 | Wayne Church | 60-64 | M | 692 | 1 | 692 | 692 | 24:35 5k | 692 |
| 28 | Armando Moran | 35-39 | M | 685 | 1 | 685 | 685 | 19:49 5k | 685 |
| 29 | Elizabeth Bailey | 30-34 | F | 664 | 1 | 664 | 664 | 22:57 5k | 664 |
| 30 | Quang Pham | 45-49 | M | 639 | 1 | 639 | 639 | 47:10 10k | 639 |
| 31 | Bill Quinnan | 35-39 | M | 626 | 1 | 626 | 626 | 21:42 5k | 626 |
| 32 | Kim Connors | 40-44 | F | 624 | 1 | 624 | 624 | 25:20 5k | 624 |
| 33 | Terry Purdy | 50-54 | M | 622 | 1 | 622 | 622 | 25:06 5k | 622 |
| 34 | Amanda Beach | 30-34 | F | 605 | 1 | 605 | 605 | 25:12 5k | 605 |
| 35 | Jon Resnick | 45-49 | M | 566 | 1 | 566 | 566 | 26:42 5k | 566 |
| 36 | Carlos Jovel, Jr. | 35-39 | M | 539 | 1 | 539 | 539 | 25:12 5k | 539 |
| 37 | Julia Wu | 40-44 | F | 539 | 1 | 539 | 539 | 1:00:54 10k | 539 |
| 38 | Matt Hood | 40-44 | M | 452 | 1 | 452 | 452 | 31:29 5k | 452 |

Great Deals From Fellow South Coast Roadrunners...

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

Santiago Nomen, "**Tax Preparation** at a Fair Price"
(714) 838-3587, Fax: (714) 838-2256
socaltaxman@cox.net
52 Lakepines, Irvine

Richard (Fritz) Reimers, **Stifel Nicolaus**
V.P. Investments
(949) 234-2343, (866) 886-7593
Fax: (949) 234-0326
E-mail: reimersr@stifel.com
30448 Rancho Viejo Rd., Suite 110
San Juan Capistrano

John Loftus, **Certified RRCA Running Coach**
www.runyourpotential.com
949 433-9238
coach@runyourpotential.com
Individualized schedules, run form analysis and one-on-one sessions. Injury prevention is #1 goal.

Jonathan Resnick, CPA, **Tax services for businesses**
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Running, hiking, and cycling tours

Dr. Pamela Galambos, DC, BS, **Chiropractor**
Fountain Valley Chiropractic
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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 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.

CLUB INFORMATION

REGULAR CLUB TRAINING RUNS: Meet at Heritage Park Youth Center Parking Lot, Yale and Walnut, Irvine, Thursdays @ 6 p.m. and Peters 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.

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 and Parties are highlighted in orange; 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

By: Doug Denniston

| AUGUST | |
|-------------------------------|---|
| THURS, 8/5, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| THURS, 8/5, 6:15 p.m. | Peters Canyon Summer Trail Run Series, 5 miles, Cedar Grove Park, www.renegaderaceseries.com |
| SAT, 8/7 | Club Track Race – Date to be confirmed, more details to com |
| SAT, 8/7, 8:00a.m. | Sprint Triathlon – Camp Pendleton Hard Core Race Series, CamppendletonracesSprint |
| SUN, 8/15, 7:00 a.m. | America's Finest Half Marathon, 1/2M and 5K, San Diego, www.afchalf.com |
| SAT, 8/21, 6:30 a.m. | Bulldog, 50K and 25K, Malibu Creek State Park www.trailrunevents.com/bd |
| SAT, 8/21, 9:00 a.m. | LA Mud Run, Pasadena Rose Bowl Pasadena, CA LA Mudrun |
| SEPTEMBER | |
| THURS, 9/2, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| SAT, 9/4, 7:00 a.m. | Disneyland Family Fun Run 5K, Anaheim Disney Family 5K |
| SAT, 9/4, 7:00 a.m. | Kevin Cook Spirit Run 5K, Fountain Valley http://www.kevincookspiritrn.org/index/Home.html |
| SUN, 9/5, 6:00 a.m. | Disneyland Half Marathon, Anaheim Disneyland Half Marathon |
| MON, 9/6 | Run to the Top, Mt. Baldy |
| SAT, 9/11, 8:00 a.m. | Heartbreak Ridge ½ Marathon, Camp Pendleton HeartbreakRidge1/2 |
| SUN, 9/12, 7:30 a.m. | Santa Monica 5000, Santa Monica CA SantaMonica5000 |
| SAT, 9/18 | Club Race 5K, Estancia HS in Huntington Beach – Details to come |
| SUN, 9/26, 7:30 a.m. | Susan Komen Race for the Cure 5K, Newport Beach, Race for the Cure |
| OCTOBER | |
| SAT, 10/2, 7:00 a.m. | 24th Harbor Heritage Run, Newport Harbor |
| SAT, 10/2, 8:00 a.m. | Rough Fit – Rubber Boot Race, Old Town Tustin, Tustin CA RoughFitBootRace |
| SAT, 10/2 | St. George Marathon, St. George, UT |
| SUN, 10/3, 7:45 a.m. | 11th Anniversary Lupus Race for Life, La Mirada, LupusRace4Life |
| THURS, 10/7, 7:30 p.m. | Club Meeting – Heritage Park Youth Center with pizza @ Lampost Pizza |
| SUN, 10/10, 7:30a.m. (CDT) | Chicago Marathon, Chicago, IL ChicagoMarathon |
| SUN, 10/17, 7:00 a.m. | Magic Mountain Triathlon, Castaic Lake, CA MagicMountainTriathlon |
| SUN, 10/17, 7:00 a.m. | Long Beach Marathon, ½ Marathon, 5K Long Beach, CA LB Marathon |
| SAT, 10/23, 7:00 a.m. | Huntington Beach Distance Derby, 10mi., 5mi. & Kids Run, HBDistanceDerby |
| SUN, 10/31, 7:30 a.m. | L.A. Cancer Challenge, LA V.A. Grounds 10K, 5K LA Cancer Challenge |
| SUN, 10/31, 7:30 a.m. | 2500 th Anniversary Athens Marathon, Greece |

2010-2011 SCRR CLUB OFFICERS:

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

2010-2011 COMMITTEE CHAIRPERSONS:

| | |
|--------------------------|-----------------|
| Newsletter: | Cathy Shargay |
| Weekend Runs: | Amelia Carchidi |
| Grand Prix: | Mike Friedl |
| Database Manager: | Dave Schiller |
| Monthly Club Race: | Bob Morris |
| Marathon Training Group: | Molly Donnellan |
| 5K/10K Training Group: | Danny Stein |
| RRCA Liaison: | Jannay Morrison |
| Webmaster: | Mike Reeves |