

ON THE RUN



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

Orange County, California
December 2007 Issue

Runner of the Month – Greg Hanssen

By: Amy Katz

Congratulations to Runner of the Month, Greg Hanssen! Greg was an obvious choice for this award as he's certainly accomplished a lot in the last several months. He's a regular at all the club runs, races, and parties, and you'll often see him running with new members and encouraging others at races. I asked Greg about his running career and goals for the future.

How did you get into running?

I was always a hiker, but I never did any running until early 2003 when I decided to run with my (then) girlfriend Angela in the last 6 miles of her second try at the LA Marathon. I remember our first mild 2 mile run; the next morning I nearly



fell down getting out of bed my legs were so messed up! After about 6 weeks of training I felt I could run 6 miles OK and had no problem running her in the last 6 miles (it was a 5 hour marathon for her and a big positive split, so the last 6 was pretty easy (for me)). After we broke up I was left wondering how much beyond 6 miles I could run. I found SCRR on the web and ended up at a Saturday run which turned out to be a race (CDM 5K) so I ran a few miles with the crowd not knowing what was going on really. And afterwards I found Molly at the SCRR tent, and she filled me in on the club. I joined and ran the Woodbridge July 4th 10K as my first official race (55:52), and after that I was hooked.

What is your favorite distance to race? What is your favorite race?

I like the 10Ks and half marathons. 5Ks wipe me out, and marathons take a lot of training, although it is the marathons that leave the biggest impression. I've run 15 full marathons and I think my favorites have been the ones in nature much more so than the big city races: Tahoe (my first), St. George (my fastest) as well as Avenue of the Giants and Big Sur were all very scenic races.

You have improved your times a lot in the past year. How did you accomplish that?

Runner of the Month – Greg Hanssen (con't)

You know the answer to this one! I had always run 2-3 days a week; 16-22 miles maybe with some hiking in the early days. Within a year I hit a plateau and wasn't really showing any improvement. After the rock fall accident in Utah last October, I was out of commission for nearly 3 months. When I got back, I expanded to 4 days a week with more hill workouts (a more flexible work schedule helped). With the PR at Big Sur and other half marathon PRs early in the year, I could tell the additional miles were making a HUGE difference. Since the start of the year I've PR'd in all distances: 22:09 (5K at the Block), 44:57 (10K Tahoe), 1:45:09 (AFC half), and 3:30:16 (St George).

What are your running goals for the future? Any upcoming races planned?

Boston (3:20:59) is within reach now, and I think in 2008 with better training and cross training I'll be able to PR in all distances again and hopefully qualify for Boston. I'd like to break 1:40 in the half, but I'm not sure what my goals for 5K and 10K should be and probably won't know until I've worked with the coaches a bit. I really am a sucker for races. I'm sure I'll do the Turkey Trot and the OC 1/2 in January, and I may do the Death Valley half and Southern California 5k in December, but they'd all be just for fun. I don't have any specific goals yet; that can wait till next year.

You seem to be very interested in the environment and renewable energy. Tell us about what you do for a living.

I left my former company last November and have been working full time now on EDrive Systems which is a partnership. The goal remains the same: an affordable battery retrofits for the Toyota Prius allowing it to be plugged in at home and get over 100 MPG. I drove 100% electric cars from 1997 through 2005, which was a lot of fun and really opened my eyes to our costly dependency on oil and all the negative ramifications.

Any other hobbies or other interests you'd like to share with us?

Running has more or less monopolized my hobbies over the last few years. I want to make sure I leave some time for skiing and hiking, and I'd like to explore biking and swimming next year, maybe even try a tri. (I need to get a bike and learn how to swim better first!) I also really enjoy traveling, but haven't left North America in nearly two years, so I hope to fix that in 2008 as well.

What do you like most about being a member of SCRR?

The people! I've met a lot of great friends in SCRR. They and the overall structure of the club have kept me motivated. There's no way I would have run a marathon without the support of SCRR, nor would I have kept with running or pushed myself to go faster. I hope to take full advantage of the training and cross-training possibilities next year and see what I'm capable of.

Save the Date!!

***SCRR Annual Holiday Party with
White Elephant Gift Exchange***

Jan. 21st

DETAILS TO COME

Photos from Dana Point Turkey Trot

By: Linda Hammond



From top left: Danny Stein, Sue Zihlmann, Dave Fier, Danny Stein and Bob Morris.

Second row: Fred Oliver, Mike Friedl, Leilani Rios, Jim Oliver, Sherri Ellerby and Leilani Rios.

Bottom row: The Friedls and The Olivers.

Turkey Trot Highlights

By: Danny Stein

I wanted to congratulate the Turkey Trot Racers. Overall, our group had a great day of racing. Below are a few comments on some of our top performers. Always encouraged is for you to share your positive experiences at the Club Meetings as well...please plan to report...

Master 5k - Men

Fast Freddie Cowles 17:14- Freddie lead the way for our Group in the Master's 5K. He had a great time trial leading up to this race and did not feel great on race day. He still battled through it to finish among the top of the Master's racers.

Dave Schiller 18:14- Dave is starting his come back from injury and marathon recovery. He also had a decent race and we will be waiting for big improvements in races to come.

Mike Gulan 19:57- Mike is back under 20 mins. Great Job!

Thomas Fung 19:57- Thomas has been working out great. Rumor has it he has suffered from an injury after one of the best training weeks. However, Thomas was still able to pull out a sub 20 min. effort.

Jerry Lin 20:10- Jerry has not been able to join us on our Tues workout, but has been hammering them on his own. He and Jim Grant are working hard together and helping each other improve.

Jim Grant 20:35...Don't call it a come back. Jim has a goal to drop some weight and take the secs. with the lbs. He is quickly achieving his goals.

Masters 5k race - Ladies

Sherri Ellerby 18:45, First place overall- Another win even after battling achilles problems...

Sue Zihlmann 19:13, Second place overall- Getting closer to breaking 19 mins. again. Sue has also seen the benefits of some solid workouts. The races should come together soon.

Open 5k race - Men

Danny Stein 16:52, 2nd age group- Well, my achilles held up during the race, but it hurt after. I think more time is needed to get me to the point that I can train with no pain. Net-net I was happy to break 17 mins.

Brad Wobig 17:02, 4th age group- Brad had his best race of the season...coming so close to breaking 17 mins. He ran tough and held in there from start to finish.

Open 5k race - Ladies

Leilani Rios 19:01, 1st age group- Leilani has run some great races lately and has been cheated by courses being short. She backed up her efforts with a almost sub 19 min. effort...take a few people away from the start for Brad and Leilani and they both break their time barriers.

Amy "PR" Katz 22:15- Amy is starting her charge to her marathon...she has seen PRs in the 10K already this year and is starting to get close in the 5K. I have a feel come time to taper Amy might get a PR in that distance as well...

Stacey Dippong 22:51- Stacey has been improving every day since becoming a member of our club. She began her training schedule at the end of Oct. after the LB 1/2 and is now ready to join the workouts. She will see vast improvements in the coming months.

10k - Men

Ben Coyle 35:20, 2nd age group- Ben has been running great...posting a fast 10K equivalent in a workout a couple weeks ago. He proved he could run in the low 35 min range. He looked great at the halfway point and ran hard in the second half to post a great time.

Mike Connors 36:01, 3rd age group- Mike continues his comeback...running both the 10K and the 5K. He always races hard and gives everything he has.

(Continued on Page 5)

Turkey Trot Highlights (con't)

Tom Dellner 38:11- Tom got his second low 38 minute 10K of the month. He has looked very smooth in workouts and continues to impress in races.

Jim Beck 39:04- Maybe the race of the day. Jim has seen vast improvements as he has been able to join the group on Tuesdays. I am not sure if this is a PR, but it is a very fast time.

David Litvak 41:44- Dave would be another contender for race of the day...he ran almost the exact time first half and second half. He has been training hard with Debbie and they both are looking strong with still another two months to go heading into their peaks.

Rob Harris 42:47- Rob ran a good race...he started out a little slower and was able to hold pace in the second half of the race.

Brent Bohn 43:45- Brent is still battling achilles problems and enjoying being back out running again.

Victor Celani 45:51 and **Vince Lowder** 45:57- These two guys are always right near one another no matter their race or fitness level. They have goals to begin their next goal and will surely be improving and racing one another at the next race.

10 race - Ladies

Sabrina Higashi 41:14, 4th place age group- Sabrina had an awesome race...she looks amazing after recently giving birth. She has picked right up where she left off and is making good on her promise to be back and ready to get a marathon PR!

Annette McCall 42:21- Annette had a fine effort in the 10K...probably her best race this season.

Mary Lynch 43:52, 4th age group- Mary had a great comeback race posting a PR after a rough go at it in NY...she proved me right that it was just the day in NY and not her fitness or ability

Sandra Manzano-Straehle 44:10- Sandra also had a good effort in the 10K...I believe she also had a PR?

Erika Kotteakos 44:19- Erika was so tough...she was making moves and working hard at each point of the race. She beat her time at the same race last year by almost 3 mins.

Laura Bullock 44:35- Laura is overcoming job responsibilities to begin her push to her normally fast, fit self. It will not be long until Laura is back...

Jane Crewe 49:13- Jane is also starting to gear up for her next marathon goal. She is at a good starting point and will be looking to put in the kind of training efforts she has had in the past.

***CHECK OUT OUR AWESOME, VERY COOL
NEW WEB PAGE AT***

www.Roadrunners.org

*Thanks go to **Mike Reeves**, Club Webmaster*

Great job!

New Member Spotlight – Cheryl Foody

Compiled By: Amy Katz

Cheryl Foody is one of the newest members of the club, but she's certainly not new to running. She won the 2004 Inaugural OC Marathon, and she's currently training to run that marathon again in January, and hopefully qualify for the Olympic Trials in April. Not only is she super fast, she's also a very friendly person and the mother of two adorable children. I asked Cheryl some questions about her running background, training, and goals for the future.

I've been running since 7th grade, and that is only because I had a crush on my science teacher that year, and he happened to be the cross-country coach. Luckily, I grew to love running just as much (okay, not quite as much) as him. As for college, I ran under Dr. Jack Daniels at Cortland State for 2 years, won the Division III National Cross Country race as a freshman (thanks to his training) and then moved on to the University of Hawaii on a full-scholarship. I was All-American in Cross Country, finishing 15th at the NCAA Division I Championships. I have not had a coach or training partners since college, so I am SOOOO grateful to be a part of the South Coast Roadrunners, having an awesome coach (Danny, that's you) and group (that's everybody who's part of the club) to run with.

My goals are pretty simple, first and most importantly to have fun (really!) It seems to work best for me when I don't worry about the results and just do it because it makes me happy. Now, I do still think in terms of PRs, and yes, I would love to qualify for the Olympic Trials. Woo hoo!

I have been running around 65 miles on average for the past 8 weeks, which is when I decided I wanted to get back into training and racing as opposed to going for 20-30 minute "jogs". The only cross-training I do, (besides taking care of my two children, which is a hell of a workout!) is girly-wimpy push-ups, and the lifting of 9 pound weights for bicep curls.

The diet plan I follow is the "Everything in Moderation" one. Except when it comes to any kind of Starbucks' flavored coffee, chocolate and red wine; then there's no stopping me. One thing I do a lot of is small portions very often throughout the day. Some days it's every two hours that my jaw is at it.

My career highlights mostly came in college. I did win the 2004 OC Marathon with a 2:50, so I guess that should count as one too. Hoping to make new ones for sure though.

As for my family, my father ran track when he was in high school and managed a 2:02 for the half-mile, so there must be fast gene from somewhere that has been passed along. Besides that no one in my family is into running, although a few of my siblings tried it out as a sport, before labeling it as "too hard". I have four sisters and one brother, all were/are somewhat athletic, but like I said not fans of being out-of-breath.



Running Quote of the Month

The five S's of sports training are: Stamina, Speed, Strength, Skill and Spirit;
but the greatest of these is Spirit.

--Ken Doherty

SATURDAY RUNS

(REGULAR START – meet at 7:45 a.m., run at 8:00 unless otherwise noted)

12/8/07, No Saturday Run – Southern California Half Marathon & 5K

12/15/07, Quail Hill

Time: Meet at 7:45. Start at 8:00.

Leader: Amelia Carchidi

Location: Starbucks – Corner of Alton & E. Yale Loop, Irvine

Directions: From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn Left and then Right into parking lot. Starbucks is between Ralphs and Sav-On.

About the Run: Proceed along the bike trail to Sand Canyon. Exit the trail onto Sand Canyon and run west across freeway and onto the Quail Hill Trail. The trail has both dirt and paved options as it climbs up into new exclusive portion of Turtle Rock. An out and back is a total of 10 miles. You can easily add on extra miles along the bike trail before or after climbing Quail Hill. There are two water fountains on the trail.

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

12/22/07, 3 Pier Run

Time: Meet at 7:45. Start at 8:00.

Leader: Amy Katz

Location: We start at the base of the Newport Beach pier. Arrive early very to try and find street parking or bring quarters for the meters. There is a change machine to get quarters for the meters.

About the run: 5.75 miles south to the Wedge and back to N.B. pier and then another 11.10 miles to Huntington Beach pier and back or turn back sooner and shorten your run.

Water: There are water fountains along the way if you like warm tap water.

After the run: Bring a towel and take a quick dip in the ocean and head over to Charlie's Chili near the base of the pier.

12/29/07, Hicks Canyon

Time: Meet at 7:45. Start at 8:00.

Leader: Amelia Carchidi

Location: Start at shopping complex at corner of Culver and Irvine Blvd in Northwood (see Directions).

Directions: From the 5 Fwy, exit Culver and head north toward the mountains. Pass Bryan. Make Left on Irvine Blvd and immediately make a 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: 3.5 to 12 miles with options to add extra miles. We'll run slightly uphill along the Hicks Canyon paved bike+dirt trail to Portola (1.75mi) and into Peter's Canyon.

After the Run: Champagne Bakery. Now we're taking tasty food.



GRAND PRIX STANDINGS



The Grand Prix is a competition where club members get points for running races selected as the club races-of-the-month. The points are based on each runner's time compared to the world record in that distance for their gender and age group. The program runs from July to June, and the best 9 of 12 scores are used. The top 39 standings (out of 89 participants so far) for the 2007-2008 series after 5 races are:

Place	Runner		Age	Sex	Total	Scores			Turkey Trot		Long Beach	
	Name					Net	Best	Avg	Times	Points	Times	Points
1	David Schiller		45-49	M	4091	4091	841	818	18:14 5k	829	3:09:00 Full	774
2	Fred Cowles		40-44	M	4090	4090	829	818	17:24 5k	817	17:09 5k	829
3	Brad Wobig		35-39	M	3937	3937	801	787	17:02 5k	797	1:19:11 Half	801
4	Dan Garcia		45-49	M	3725	3725	775	745	19:53 5k	760	1:34:57 Half	717
5	Orhan Beker		30-34	M	3591	3591	737	718	19:13 5k	703	1:26:46 Half	709
6	Erika Kotteakos		35-39	F	3587	3587	722	717	44:19 10k	722	1:39:27 Half	714
7	Ed Coffey		60-64	M	3569	3569	734	714	23:15 5k	731	23:09 5k	734
8	Tonson Tong		40-44	M	3527	3527	783	705	39:54 10k	729	1:49:31 Half	579
9	Rob Harris		45-49	M	3516	3516	751	703	42:47 10k	721	3:55:52 Full	620
10	Linda Hammond		40-44	F	3463	3463	707	693	24:03 5k	657	22:50 5k	692
11	Sue Zihlmann		40-44	F	3331	3331	853	833	19:13 5k	822	18:56 5k	835
12	Mike Gulan		55-59	M	3263	3263	828	816	19:47 5k	815	19:37 5k	822
13	Mike Connors		40-44	M	3170	3170	829	793	18:00 5k	790		0
14	Ben Coyle		30-34	M	3139	3139	792	785	35:20 10k	790	1:19:32 Half	773
15	Jason Blank		30-34	M	3062	3062	774	766	17:26 5k	774		0
16	Mary Lynch		40-44	F	3040	3040	777	760	43:52 10k	748	1:35:07 Half	777
17	Sabrina Higashi		30-34	F	2957	2957	770	739	41:14 10k	770	1:32:31 Half	734
18	Jim Grant		45-49	M	2749	2749	737	687	20:35 5k	734		0
19	Amy Katz		35-39	F	2724	2724	692	681	22:15 5k	692	1:44:06 Half	682
20	Beiyi Zheng		40-44	F	2654	2654	579	531	1:05:13 10k	503	2:21:03 Half	524
21	Mike Friedl		40-44	M	2644	2644	711	661	22:03 5k	645	19:59 5k	711
22	Bob Morris		55-59	M	2557	2557	881	852	18:39 5k	864	18:18 5k	881
23	Sherri Ellerby		40-44	F	2554	2554	866	851	18:46 5k	842	1:25:23 Half	866
24	Jeanie Leitner		60-64	F	2478	2478	850	826	48:34 10k	830		0
25	Danny Stein		30-34	M	2400	2400	854	800	16:52 5k	800		0
26	Ken Atterholt		45-49	M	2349	2349	728	587	27:09 5k	557	28:44 5k	526
27	Leilani Rios		25-29	F	2319	2319	784	773	19:01 5k	784	19:15 5k	774
28	Tom Dellner		40-44	M	2244	2244	762	748	38:11 10k	762		0
29	Kevin MacDonnell		45-49	M	2235	2235	773	745		0	19:34 5k	773
30	Sandra Manzano-Straehle		35-39	F	2207	2207	759	736	44:10 10k	725	1:33:35 Half	759
31	Paula Fell		40-44	F	2159	2159	728	720		0	21:43 5k	728
32	Jon Resnick		45-49	M	2148	2148	742	716		0		0
33	Jane Crewe		45-49	F	2137	2137	727	712	49:23 10k	719	23:17 5k	727
34	Jennifer Walt		40-44	F	2055	2055	717	685		0	3:45:33 Full	659
35	David Litvak		40-44	M	2044	2044	697	681	41:44 10k	697	1:35:09 Half	666
36	Jerry Lin		35-39	M	1947	1947	675	649	20:08 5k	675		0
37	Brigid Pukszta		40-44	F	1916	1916	493	479	32:07 5k	492		0
38	Adam Wallace		35-39	M	1898	1898	674	633	20:10 5k	674	1:47:36 Half	589
39	Liza Svoboda		35-39	F	1871	1871	652	624		0	2:01:45 Half	583

Great Deals From Fellow South Coast Roadrunners...

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

Bob & Jodie Kinney, **Water's Restaurant**
(949) 733-9503, Fax: (949) 733-0147
www.watersrestaurant.com
4625 Barranca Pkwy, Irvine

Richard (Fritz) Reimers, **A.G. Edwards & Sons, Inc.**
V.P. Investments,
(949) 493-7771, (800) 937-7791
Fax: (949) 493-9505
E-mail: richard.reimers@agedwards.com
26351 Junipero Serra Road, Suite 101,
San Juan Capistrano

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socaltaxman@cox.net
52 Lakepines, Irvine

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Serving Buyers and Sellers from South Orange County
To South Bay
Jeannie's cell: 310-634-3485, email: j.pal@cox.net
Cheryl's cell: 714-325-3257, luckybauer@yahoo.com
"We will pay ½ the escrow fees for South Coast
Roadrunner clients" www.jpalamo.com

MARK A. HAYAKAWA, CPA, **Search 4 Integrity LLC**
Office (562) 690-0553 Cellular (562) 714-4166
mark@search4integrity.com
www.search4integrity.com
""We'll pay \$1,000 referral fee for every candidate or
client placement, ask me how it works!"

Reminders

Newsletter Contributions: We want your stories, announcements, etc. Please e-mail any newsletter contributions to Cathy Shargay at Cshargay@cox.net.

SCRR Roster: Send your address, e-mail address, phone number updates and corrections to David Schiller at david.schiller@cox.net.

New Member Night: First Thursday of every month; pacers assigned to all new people, club meeting and pizza.

SCRR CLUB CALENDAR

Club Events in bold font

Check www.raceplace.com or www.active.com for event registration info



DECEMBER	
SUN, 2nd	Tucson Marathon
SUN, 2nd	New Las Vegas Marathon
SUN, 2nd	California International Marathon, Sacramento
THU 6th	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 8th	Southern California Half Marathon & 5K, Irvine
SUN, 16th	XTERRA Scramble - Crystal Cove 15K and 5K Trail Runs, El Moro
SUN, 16th	Make Room for Santa, 5K and 10K, Northpark, Irvine
JANUARY	
THU 3rd	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SUN, 6th	OC Marathon, 1/2 M and 5K, Irvine
SAT, 12th	Run with the Buffalos, 50 miles, Avalon, Catalina
SUN, 13th	Disneyworld Marathon, Orlando, FL
SUN, 20th	Carlsbad Marathon, 1/2M
MON, 21st	SCRR Holiday Party, Details on web site soon
FEBRUARY	
SAT, 2nd	Twin Peaks 50/50, 50K and 50 mi, Modjeska Canyon, Wildlife Sanctuary
SUN, 3rd	Surf City USA, M, 1/2M and 5K, Huntington Beach
THU 7th	Club Meeting – Heritage Park Youth Center 7.30pm; Lamppost Pizza 8.15pm
SAT, 9th	Buffalo Run 1/2M, Avalon, Catalina
SUN, 24th	Brea Classic 8K, Brea

2007-2008 SCRR CLUB OFFICERS:

President: Jon Resnick
 Vice-President: Amelia Carchidi
 Treasurer: Sue Zihlmann
 Secretaries: Jannay Morrison/Tonson Tong
 RRCA Liaison: Jannay Morrison
 Webmaster: Mike Reeves
 Social Chairs: Noreene Matsuda/Leilani Rios

2007-2008 COMMITTEE CHAIRPERSONS:

Newsletter: Cathy Shargay
 Weekend Runs: Amelia Carchidi
 Grand Prix: Mike Friedl
 Database Manager: David Schiller
 Monthly Club Race: Bob Morris
 Marathon Training Group: Molly Donnellan
 5K/10K Training Group: Danny Stein

CLUB INFORMATION

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

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

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

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