

ON THE RUN



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

Orange County, California
September 2008 Issue

Runner of the Month – Mike Connors

By: Amy Katz and Mike Connors

Congratulations to Runner of the Month Mike Connors! Not only is he a great runner, he's also an enthusiastic club member who generously provides us with Otter Pops after all our runs and races. Recently Mike ran the Wharf to Wharf 6 mile race which starts in Santa Cruz and ends in Capitola. Mike shared his amazing race experience with Danny Stein and his training group:

I had one heck of a time at Wharf to Wharf this weekend. I actually forgot to register for the sold out race, and Kim, my wife, begged the Race director, Mark McConnell, to let me use her bib and get into the elite corral, which he was kind enough to do. Because of all the trouble I put the race director through, I felt pressure to not look like a fool by not getting into the top 100. Based on previous years' top 100 times, I felt I had to run a 5:50 pace for 6 miles (same pace as my last 5k!). To make matters worse, I didn't have a Garmin or watch to pace myself, so I had to go by feel. Lastly, the previous week had been torture to my legs which were thrashed from the weekend, forcing me to walk several times for the last few miles of the Tuesday and Thursday workouts. (I took Monday and Wednesday off.)

To make sure I was as prepared as possible to maximize my chances of getting a coveted top 100 card at the end, I got up three hours before the race to start the waking up process. I drank lots of water, took my Tylenol, and watched Olympic track videos on Flocast to get me pumped up for racing. With an hour to go, I ran the three miles over to the start of the race and entered the elite corral, where I stretched out, relaxed and got into the zone. I feared I drank too much water, so tried to keep the blood in my stomach until the start to get as much out as possible.



After lining up at the start, a bunch of people got in front of me. Still, I tried to stay calm and tactical by not worrying about pace and only passing when it didn't take any extra effort. Even though the pace felt slow, I was able to run the first mile at a 5:45. The next mile had a couple minor hills in it as did the third. I ran a 5:51 followed by a 5:49. A few hundred yards from mile 4, I noticed residents spraying their hoses across the street to cool off the runners. I felt it was way too cold for this as opposed to last year, which made me realize it could be a fast race due to the lack of the typical heat. This meant the 35 minute race might not put me in the top 100 and I had to improve my pace for the last 2.2 or be left without a finishing time in the general finishers chute.

I increased my pace and reduced my 4th mile split to 5:45 on this net downhill mile. I miscalculated my 5 mile split for a 35 min finish to be a 28:50 instead of 29:10, so when I heard them say 28:53 I feared I was slowing down with what I thought was a 6:03! With people trying to pass me and what seemed to be a slower pace, I ratcheted it up. I guy who had passed me grunting hard as he pushed himself beyond his limits fell in front of me causing me to jump out of the way. I could tell a fight was brewing for the top 100 this year like never before. Seeing a group of about 15 runners thirty yards in front of me, I tried to pick up the pace to pass a few. As I descended down the hill to the finish, I saw the clock ahead ticking 34:10 which I felt would give me a 34:30 and plenty of padding for the top 100. Still, I pressed as hard as I could and passed one more runner by a few feet.

I felt a great relief, but the guy behind me couldn't stop talking about how he had a 1 minute PR and how he'd better get a top 100 as we stood in line for a top 100 card. He gave me a bunch of anxiety, even though a place in the top 100 was almost assured. Then I saw the coveted top 100 cards being handed out ahead. What was the
(Continued on page 2)

Runner of the Month – Mike Connors (Con't)

By: Amy Katz and Mike Connors

number? I could barely make it out, but then I saw 95, 96,... Wait.. How many people ahead of me??? 97, 98... OMG.... 99, then a card was handed to me: 100!!! With a time of 34:25, I had run over a minute faster than last year's 100th place! The poor guy behind me was beside himself. He was happy he did get a 1 minute PR, so I didn't feel too bad.

Against all odds, my official time was 34:25 which is equivalent to a 17:05 5k (using Runners World's race time calculator) and my best effort of the year. I'm very happy with my results and felt I ran the best race I possibly could.

Disneyland Half Marathon Photos

By: Amy Katz



Lots of smiles after completing the Disneyland Half Marathon and receiving the Sleeping Beauty Castle medals. Left are Sandra Manzano-Straehle, Mary Lynch and Vince Lowder; right is Amy Katz. Amy received an additional medal for the "Coast to Coast Challenge" since she ran both the Walt Disney World Marathon and the Disneyland Half Marathon in the same year.

President's Letter

By: Amelia Carchidi

This month the South Coast Roadrunners proved we were more than just fast Road runners. The Grand Prix race – Sunset in the Park in Huntington Beach – was a mix of dirt, grass, gravel, bike path, sidewalk, you name it. The age group awards for both the 2.8 mile race, 4.8 mile race, and Sunset Runner (combined time/both races) were lovely ceramic tiles and Coach Danny said it best "...you could tile an entire bathroom with the number of awards we

brought home" since many members ran in and placed in one, two, or three events ! Later this month we have our next race at the Surf and Sand 5K in Huntington Beach and we might just find out that we are fast Sand Runners as well.

Thanks also to our social chairs, Stacey Dipping and Kathleen Curley for helping to coordinate several events this month, including our bonfire at the new location at the Woodbridge Lagoon. I think this was a wonderful choice of location and we all had a great time hanging out and watching the Olympic marathon "at the beach". It was also a great way for some of our newer members to get to know some of the rest of the group (even if you don't run the same pace).

Later this month longtime member Jane Crewe will be hosting her annual New Members breakfast after the Saturday run on 9/20. I encourage all to attend, as she always picks a nice run and does a great job with breakfast.

Happy Running !



RSM Labor Day 5K Race Report

By: Linda Hammond

Amelia and I ran the 4th Annual Rancho Santa Margarita Labor Day 5K. Even though the post-race pancake breakfast was cancelled without explanation, it was a fun morning. Although not a PR for me, surprisingly I was the first place female in my division. It was my first 1st place finish ever, so I was really excited. Amelia had a great race and a huge PR from last year. She was the ninth female finisher overall and placed second in her age division. Here is Amelia's take on the race:

I ran the RSM 5K this morning, in far better weather than last year. It was about 70 and overcast for most of the race. The course has actually been a real 5K for the last few years (the first year we ran it as a club race it was a different course and more like 3 miles). Since I live in RSM I like to run this community-sponsored event. It is well organized and a nice course with most of the first mile uphill, the second mile downhill, and the finish mostly flat. It is tricky though to run the first mile correctly, not so slow that you lose too much time, but not so fast that you blow up and cannot take advantage of the downhill.



Last year I ran just over 23 minutes and was hoping to improve upon that time, although when I told Danny I wanted to run this race (which I fully disclosed... not a "UT" race...) he told me that was fine but I still had to do my long run on Saturday which was scheduled for 18 miles and then run the race just trying to run negative splits. I ran Saturday but cut it a bit short at 17.5 as I was exhausted (sorry Danny).

I ran the first mile in 7:09 which was better than in years past. It was a struggle to get out with a few turns in the beginning and the mob of children at the start line. It was a relief to get to the second mile, which was mostly downhill. I picked up the pace to 6:45. I remembered from last year that completely hammering the second mile caused me a major slowdown at the end so I backed off just slightly...there were several turns right near the end and I picked it up again as I was about a quarter mile from the finish. I saw mile 3 but I didn't stop my watch since I was mostly focused on the finish line...I ran the last 1.1 in 7:40 which is about a 6:55 overall pace, finishing in 21:34 and good enough for a silver medal in my age group and over a minute and a half improvement from last year !

Photos of Sunset in the Park

By: Linda Hammond



Photos of Sunset in the Park



*Photo
Captions
on
Page 8*



SCRR Medal Bonanza at Sunset Race

By: Linda Hammond

In the month of August, USA headed to Beijing for the Olympics and SCRR headed to Huntington Beach for the Sunset in the Park races on Thursday night Aug. 21st! Like TEAM USA, TEAM SCRR really raked in the medals. We had several medal winners and multiple medal winners. Many runners were not satisfied with a mere 2.8 miles, and thus did the 4.8 race as well. I must say, we had many "Phelps-like" performances!

Sue Zihlmann, Fred Cowles, Eric Frome, Mike Sellers, Dave Parsel, Lucina Lara, Sherri Ellerby and Amelia Carchidi were among those who won at least three medals. In the 2.8 mile race, our club swept the Male 45-49 Age Group as Fred Cowles, Dave Schiller and Ken Atterholt all placed. The club results are shown starting on page 8 and the club medal count for each race was:

2.8 Mile Race -16 4.8 Mile Race - 12 Combined Race - 8 Age Group medals

Two runners that I will highlight this month are Sue Zihlmann and Eric Frome. In the 2.8 mile race Sue was first in her age group and third female overall. In the 4.8 mile race she was first place female overall and first in her age group. Finally she was the first place Master female for the Sunset Runner (combined time for the two races), plus the first female overall. With all the 2008 TILES (medals) in addition to ones that I am sure that she has won in the past years, one has to wonder if she has retiled her bathroom! I asked Sue a few questions about her race and how her training is going this season.

Linda: *First off, congratulations on your performance at Sunset in the Park. You mentioned that you have done this race several times. What keeps you coming back?*

Sue: It's sad that this was the last Sunset in the Park race. It was my 7th time. I liked it because it's cross country, it's in the evening and it's a great workout. Usually do a tempo run on a Thursday night.

Linda: *We missed you last season. Were you injured? What kind of training did you do to recover and get back in shape?*

Sue: Last season I was injured, but I'm over it now. Not completely though, the pain is always there just not as bad. I had a problem with my left heel, so I stopped running for awhile. Once it got better I started building up slowly. I don't have much speed, but I'm running between 60-70 miles a week right now.

Linda: *Are you doing Danny's training program?*

Sue: I'm trying to follow the program I did in 2006 when I was training for Tucson marathon, so I guess I am following Danny's program. The only difference this year is I'm not racing as much. Maybe that is why I'm slower this year.

Linda: *What is your favorite race distance?*

Sue: I don't think I have a favorite race distance. They are all so different. The fitter I am the more I enjoy racing. I love the half marathon, but at the same time I enjoy running 50k.

Linda: *Is there an upcoming race that you are really looking forward to?*

Sue: I'm training for St George in October. I've done a lot of distance, now I have to work on my speed without getting hurt again. Also I'm thinking about running Ridgecrest 50k in December again.

Eric Frome also had an outstanding performance at Sunset in the Park. In the 2.8 mile race he was first in his division and third overall. In the 4.8 mile race he was second overall and second in his division. Finally in the Sunset Runner (combined) results, Eric was first overall and first Submasters male! I asked Eric a few questions about his races and his current training.

Linda: *Congratulations on your performance at Sunset in the Park. Have you done this race before? What do you like about this race?*

Eric: This was my first running of Sunset in the Park, and really the first multi race in the same day that I've been in since high school track. My legs were still a bit tired from America's Finest City on Sunday so I wanted to ease into the races to avoid blowing up. It was a true cross country course with wide loops, weaving through trees, roots that can grab your feet if you're not paying attention, and steep uphill that will disrupt your pace. This is what was so cool about the race! You have to have a very centered view of yourself and your proximity or you can miss cutting the tangents, turn an ankle, or burn yourself out too quickly. This is what I love about trails and cross country. This as well as the race director. He got a little long winded during the awards but his enthusiasm is so strong and genuine that you can't help but to smile.

Linda: *You only did three Grand Prix races last season, were you injured? If so, what kind of training did you do to get back in shape?*

Eric: Last year was pretty up and down with my training and so I didn't do a lot of the Grand Prix races. I missed a few due to traveling or doing other races (like to Hood to Coast) but also I had an achilles pull in the fall that had me off the running shoes and onto a stationary bike at the gym for a month and a half. After being very careful I started adding the miles back up and am now in a position that I was in almost 2 years ago but I am going a different direction with the training.

Linda: *Are you doing Danny's training program? If so, how has it helped you?*

Eric: I was doing high mileage which made me very strong endurance wise but my workouts would be very erratic. I've totally gone over to Danny's Program for this training cycle and he has hashed out a plan calling for reduced miles (from an ave of 95-110 miles per week to 60-80) with some more intensity and faster recovery runs. So far it's been working pretty well, I don't feel any less fit than with the huge mileage but I feel more recovered for the important workouts.

Linda: *You attended the Track and Field Olympic Trials in Eugene with Danny and Dave, what was the biggest highlight of that experience?*

Eric: Part of what has changed my training is seeing the training of the top athletes at the Olympic Trials. These guys do five to six miles less per run than I would do, but they would drop the pace to a minute or more faster than I would if I were just doing mileage. And this was just their normal runs, so obviously intensity must be balanced with the endurance aspect of what I do, and this is how I'm trying to progress as a runner.

Linda: *Is there an upcoming race that you are looking forward to?*

Eric: I aim to do Long Beach Half in a month and then see how I feel. If I can maintain fitness I would love to hold on and get a dino at the Dino Dash this year!

Thanks runners for sharing your stories. This was the last running of Sunset in the Park, so I am happy that we had a great turnout and many great performances. Getting off road for a change was fun and perhaps even brought back some memories of running cross-country in high school or college. I look forward to tales from our next Grand Prix race, Surf n Sand in Huntington Beach.

Photo captions from pages 4 and 5 (all from left to right).

Page 4, Top Row: Colleen Jones; Vince Lowder and Orhan Beker; Kathleen Curley

Middle Row: Stacey Dippong; Sue Zihlmann and Lucina Lara; Fred Cowles

Bottom Row: Amelia Carchidi, Terry Purdy and Lisa Svoboda; Dave Litvak, Stacey Dippong and Danny Stein

Page 5, Top Row: Stacey Dippong, Noreene Matsuda, Erika Kotteakos, Karen Winter, Linda Hammond and Leilani Rios; Eric Frome;

Second Row: Mike Sellers, Leilani Rios and Noreene Matsuda

Third Row: Eric Frome, Jared Lessard and Ben Coyle

Fourth Row: Rob Mitchie, Danny Stein, Simon Gudina, Mike Connors and Orhan Beker; Vicki Niebrzydowski

Club Race Results:

2.8 Miles (205 total participants)

Overall	First	Last	Age Group	Time	Division Place
3	Eric	Frome	M24-29	15:48	1
4	Michael	Sellers	M24-29	15:56	2
5	Fred	Cowles	M45-49	15:57	1
9	Dave	Parsel	M50-54	16:16	1
11	Michael	Connors	M40-44	16:22	3
15	Brad	Wobig	M40-44	16:38	4
17	Ben	Coyle	M40-44	17:00	5
20	David	Schiller	M45-49	17:25	2
25	Orhan	Beker	M30-34	18:12	2
27	Vince	Lowder	M40-44	18:26	8
28	Michael	Reeves	M30-34	18:29	4
31	Sue	Zihlmann	F40-44	18:48	1
34	Jim	Beck	M40-44	18:54	9
37	Leilani	Rios	F24-29	19:01	2
40	Michael	Friedl	M40-44	19:07	10
43	Lucina	Lara	F35-39	19:16	2
47	Sherri	Ellerby	F40-44	19:32	2
49	Ken	Atterholt	M45-49	19:40	3
52	Robert	Harris	M45-49	19:53	4
55	David	Lituak	M40-44	20:08	11
58	Mary	Lynch	F40-44	20:13	4
60	Erika	Kotteakos	F40-44	20:19	5
73	Amelia	Carchidi	F30-34	21:05	3
75	Greg	Hanssen	M40-44	21:12	14
83	Terrance	Purdy	M50-54	21:43	14
89	Linda	Hammond	F40-44	21:57	6
97	Vicki	Niebrzydowski	F24-29	22:13	4
99	Amy	Katz	F35-39	22:23	3
103	Ed	Coffey	M60-64	22:41	1
114	Stacey	Dippong	F24-29	23:26	6
116	Karen	Winter	F45-49	23:36	2

4.8 Miles (149 total participants)

Overall	First	Last	Age Group	Time	Division Place
2	Eric	Frome	M24-29	27:32	2
4	Fred	Cowles	M45-49	28:04	1
5	Michael	Sellers	M24-29	28:16	3
6	Dave	Parsel	M50-54	28:29	1
14	Michael	Connors	M40-44	29:01	4
16	Ben	Coyle	M30-34	29:57	2
20	Brent	Bohn	M40-44	30:40	5
25	Jared	Lessard	M24-29	32:07	4
26	Sue	Zihlmann	F40-44	32:38	1
29	Vince	Lowder	M40-44	33:05	7
32	Orhan	Beker	M30-34	33:23	4
33	Michael	Reeves	M30-34	33:38	5
36	Lucina	Lara	F35-39	33:50	1
41	Sherri	Ellerby	F40-44	34:58	3
42	Mary	Lynch	F40-44	34:59	4
53	Jim	Beck	M40-44	35:53	12
54	Erika	Kotteakos	F40-44	35:55	5
58	Colleen	Jones	F30-34	36:18	1
63	Jonathan	Resnick	M45-49	36:54	3
68	Noreene	Matsuda	F40-44	37:21	6
69	Kathleen	Curley	F24-29	37:25	2
74	Greg	Hanssen	M40-44	38:14	13
75	Amelia	Carchidi	F30-34	38:29	3
80	Vicki	Niebrzydowski	F24-29	39:02	4
89	Ken	Atterholt	M45-49	39:52	5
90	Terrance	Purdy	M50-54	39:53	15
92	Wayne	Church	M55-59	40:09	5
99	Stacey	Dippong	F24-29	41:18	6
107	Karen	Winter	F45-49	41:55	4
114	Lisa	Svoboda	F35-39	42:36	4
126	Amy	Katz	F35-39	45:29	6
127	Brad	Wobig	M40-44	45:31	17

Combined (71 total participants)

Over-all	First	Last	Sunset Division	Div. Place	Total Time
1	Eric	Frome	M Subm.	1	43:20
3	Fred	Cowles	M Mast.	1	44:01
4	Michael	Sellers	M Subm.	3	44:12
6	Dave	Parsel	M Mast.	2	44:45
11	Michael	Connors	M Mast.	6	45:23
13	Ben	Coyle	M Mast.	8	46:57
17	Sue	Zihlmann	F Mast.	1	51:26
18	Vince	Lowder	M Mast.	11	51:31
19	Orhan	Beker	M Subm.	7	51:35
20	Michael	Reeves	M Subm.	8	52:07
23	Lucina	Lara	F Subm.	2	53:07
26	Sherri	Ellerby	F Mast.	3	54:30
27	Jim	Beck	M Mast.	13	54:47

Over-all	First	Last	Sunset Division	Div. Place	Total Time
28	Mary	Lynch	F Mast.	4	55:12
33	Erika	Kotteakos	F Mast.	5	56:14
34	Dane	Crowell	M Mast.	18	56:32
43	Greg	Hanssen	M Mast.	23	59:26
44	Ken	Atterholt	M Mast.	24	59:32
45	Amelia	Carchidi	F Subm.	3	59:34
46	Vicki	Niebrzydowski	F Subm.	4	61:15
48	Terrance	Purdy	M Mast.	25	61:36
50	Brad	Wobig	M Mast.	27	62:09
56	Karen	Winter	F Mast.	6	64:31
58	Stacey	Dippong	F Subm.	6	64:44
66	Amy	Katz	F Subm.	8	67:52

SATURDAY RUNS

(NOTE: EARLY START – meet at 6:45 a.m., run at 7:00 for Sep. Back to 8:00 for Oct.)

9/6/08, Bell View Regional Trail

Time: Meet at 6:45. Start at 7:00.

Leader: Stacey Dippong

Location: Shopping Center at Santa Margarita and Plano Trabuco, RSM

Directions: From the north (Irvine) take the 5 or 405 to the 133 north, to the 241 south. Exit Santa Margarita Pkwy. Turn Right. Take it to the end where it intersects with Plano Trabuco and go straight into the shopping center. Alternatively, if you are coming from the South, take Oso Pkwy (or Crown Valley) east. Turn Left on Antonio. Right on Santa Margarita Pkwy, and see above.

About the Run: From the shopping center we will run 1/2 a mile down Plano Trabuco to the beginning of the trail which starts up the asphalt hill to the left of the Dove Canyon waterfalls. Once you finish, for anyone who wants to do the drills that the training group does on Tuesdays, Santa Margarita High School is right there and you can use the track/field if it's not being used. This is an out-and-back trail run that starts in Rancho Santa Margarita and eventually ends at Caspers Wilderness Park if you decide to run the entire length out and back (which would be about 17 miles). It is very scenic and very hilly. Bring water - there is one water fountain about 3 miles in... Also note - there are no bathrooms that I know of once you start on the trail.

<http://www.sandiegoreader.com/news/2006/mar/23/orange-countys-new-bell-view-regional-trail-offers/>

After the Run: We will be having breakfast at "Latte Da Baglery and Grille" after the run.

9/13/08, Aliso/Wood Canyon

Time: Meet at 6:45. Start at 7:00.

Leader: Erika Kotteakos

SATURDAY RUNS (Con't)

Location: Aliso/Wood Canyons in Laguna Niguel (near corner of Aliso Creek and Alicia). Meet across from church in dirt parking lot on Awma Rd.

Directions: From Irvine, take 5 south. Exit at Alicia Parkway and head south. Turn right on Awma Rd, which is just past Aliso Creek Road.

About the Run: Choose between flat fire road and a climb up the ridge to Top of the World.

After the Run: Corner Bakery, 27221 La Paz Rd (at Pacific Park Dr.), Laguna Niguel. (It's in the Henry's shopping center.)

9/20/08, New Members Run

Time: Meet at 6:45. Start at 7:00.

Leader: Jane Crewe

Location: Office Depot Corner of Alton & Jeffrey, Irvine (opposite shopping plaza from Starbucks & CVS)

Directions: From 405 Fwy, exit Jeffrey and go North 2 lights to Alton. Turn RIGHT and then LEFT at Royal Oak and pull into the parking lot. Park closest to the Indymac Bank.

About the Run: We'll run on the newly renovated bike path to the Sand Canyon overpass, cross the 405 Freeway to the traffic circle and then pick up the Quail Hill/Shady Canyon Trail. The trail has both dirt and paved options as it climbs up into Shady Canyon. You can turn around at Bonita Canyon and loop back to the start, or you can make a right and run down Culver Drive to University, make a right and head back towards the Jeffrey/405 Freeway foot bridge back. There is water at the start of the trail and two water fountains, but it is recommended to bring your own water.

After the Run: There will be a SCRR members breakfast afterward at Oak Park swimming pool located on Hawkcreek, between Maplewood & Elmhurst in Oak Park condo complex. Take a dip or rest your muscles in the jacuzzi. A light breakfast and drinks will be available for runners' poolside. Come by after your run to get to meet some of the new members and get to know some of the old members of the SCRR. Breakfast is first come first serve!!

9/27/08, Club Race – See Calendar

10/4/08, Back Bay Classic

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

Leader: Amelia Carchidi

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.

Running Quote of the Month

What's the greatest running gadget?

Ice. As I get older, it's become a cure for everything.

Tate Donovan

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
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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. 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**

SCRR CLUB CALENDAR



Club Events in bold font

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

SEPTEMBER	
MON, 9/1, 8 a.m.	Run to the Top, Mount Baldy
THU, 9/4, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 9/6	Big Bear Marathon, ½ M, 5K and Bike Tour, www.hbteevents.com
SUN, 9/7	Pacific Coast Triathlon, Crystal Cove
SUN, 9/7	Team Cameron 5K, Laguna Niguel Regional Park, www.outdoorfitnessonline.org
SAT, 9/27, 4 p.m.	Huntington Beach Surf and Sand 5K, north side of pier, www.active.com
SUN, 9/28, 7:30 a.m.	Race for the Cure 5K, Fashion Island, www.komenoc.org
SUN, 9/28	Lake Tahoe Marathon
OCTOBER	
THURS, 10/2, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 10/4	St. George Marathon
SAT, 10/4, 7:30 a.m.	Chapman University Toyota of Orange 5K, www.Chapman.edu/5K
SAT, 10/11, 8 a.m.	Harbor Heritage Run 5K, Newport Harbor H.S., 600 Irvine Ave, www.harborheritagerun.com
SUN, 10/12	Long Beach Marathon, ½ M, 5K and Bike Tour, www.runlongbeach.com
SAT, 10/18, 7 a.m.	Huntington Beach Distance Derby, 10 and 5 miles, H.B. pier, www.active.com
SUN, 10/19	Nike Women's Marathon, San Francisco
SUN, 10/26	Marine Corps Marathon, Washington D.C.
NOVEMBER	
SUN, 11/2, 7:30 a.m.	Dinosaur Dash XVII, 5K and 10K, Tustin Marketplace, www.dinosaurdash.net
SUN, 11/2	ING New York Marathon, New York City
SUN, 11/2	Santa Clarita Marathon
THURS, 11/6, 7:30 p.m.	Club Meeting – Heritage Park Youth Center with pizza
SAT, 11/15, 7:00 a.m.	Catalina Eco Marathon, www.catalinaecomarathon.com
SUN, 11/23	So Cal Cross Prestige Series Eco-Sportfest 5K Trail Run, held with Cyclocross series, www.SoCalCross.org
THURS, 11/27, 7:00 a.m.	Dana Point Turkey Trot, 5 and 10K

2008-2009 SCRR CLUB OFFICERS:

President: Amelia Carchidi
 Vice-President: Greg Jones
 Treasurer: Orhan Beker
 Secretary: Tonson Tong
 Social Chairs: Kathleen Curley,
 Stacey Dippong
 Officers At Large: Noreene Matsuda,
 Leilani Rios

2008-2009 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