



Snailspace Fountain Valley Newsletter

www.snailspacegroup.com

www.runasnailspace.com

January Meeting Minutes

Introductions, Club Business and Announcements

President Rick Noer was out of town so Vice President Paul Shanley opened the first meeting of the new decade at 7:20 p.m. The five new members who joined this month introduced themselves. New and returning officers were introduced.

In order to increase participation Bob Morris announced the new Snail's Spirit Incentive program. Every calendar month the members will fill out a spreadsheet (sample in newsletter) and be awarded points for various forms of participation in club activities. At the end of the month each member will submit the spreadsheet to our Social Chair, Sandy Draper. At each monthly meeting, the top point-getter for the previous calendar month will be awarded a \$20 gift certificate to the Snail's Pace Store. The top 10 point-getters for the entire year will get special prizes, the 1st place finisher getting new shoes, a free club renewal and paid entry into the club race of their choice. This is a separate competition from the existing Snails Pace Cup. It should be noted that 20 points are received for contributing a newsletter article, so yours truly hopes that incentive will provide an increase in submittals.

Upcoming races were discussed (see Club Races in newsletter). Rick Noer was volunteered by Paul Shanley to take down the club canopy after the Surf City club race in February. and return it to the store. Coach Fier announced a 5K race at Orange Coast College on February 15th (President's Day). Volunteers are needed for the Surf City race. You can go to runsurfcity.com to sign up. Over 2,000 volunteers are required to assist the 20,000 runners. The Race Report sheet was handed out (results in newsletter). Treasure Robert Mignosa reported that we are solvent (see his report in the newsletter) and the newsletter editor requested articles, photos, etc. As a rule, newsletter submittals are due within a week after the monthly meeting.

Raffle, More Announcements, Race Results and Adjournment:

The raffle was held and several shirts donated by the store were handed out. On February 13th there will be a Valentine's Day run in Laguna Hills. Runners who show up as couples will run together, while single runners will be paired up at random. There will be Ragnar Relay April 23-24 in which 12 runners each take 3 legs up to 10 miles long to complete the journey from Santa Barbara to Dana Point. Participation will require \$\$\$ and organization of your team and transportation. We went around the room and discussed race results for the past month. The meeting was adjourned at 8:05 p.m.

Next Meeting

The club meets the 2nd Wednesday of every month at the Round Table Pizza near the corner of Euclid and Warner at 7:15 p.m., following the weekly fun run at 6:15 p.m. The next meeting is on February 10th. We hope to see you there!!!

2010 Club Officers:

President: Rick Noer
oscar10346@aol.com

VP: Paul Shanley
paulcs44@yahoo.com

Treasurer: Robert Mignosa
rpmignosa@aol.com

Social Chair: Sandy Draper
sdraper@hotmail.com

Newsletter: Jon Steinberg
jis1953@hotmail.com

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A Note from the President – Rick Noer

A new year is upon us and it is a good time to look at what running goals you want to accomplish. Some runners are looking to run a PR while others are venturing into the area of marathons and longer. There are many runners within the club who can offer some training tips and perhaps this will lead to some new friendships.

It is important to encourage fellow runners whenever possible. I have noticed over the years how much of a boost I get from running and going to races with a variety of runners from the club. There are some great stories out there among you that I would hope you consider sharing with the club members concerning observations, goals, and accomplishments. Please submit articles to the newsletter so that this information can be shared.

From the Middle of the Pack – Bob Norton

Welcome to 2010! Here's wishing all of us a great year of runnin' and funnin'. Last year wasn't bad, but things are looking up for an even better year for our club. Let's all do our best to support our new officers and our club. Notice the word "our" shows up four times in the last two sentences? That's because the club doesn't belong to any individual, but to the whole group. So please participate in as many activities as possible, including the Wednesday night fun runs, club races of the month, and other social events. Well, that concludes my editorial for this year.

Now for the news. The annual club "Prom" was held on January 16th. in Long Beach. It was a great party, dinner, dance, and awards ceremony. Congratulations to our own Vice President, **Paul Shanley**, for winning the coveted Snail's Cup for 2009. He worked hard to keep the Cup for the Fountain Valley Chapter, after coming in a close second last year. FV has now won the cup four out of the seven years it has been contested. Many raffle prizes were given out to lucky ticket holders. (But none to me - again). **Irish Mike's** son was the DJ and had the joint jumping once again. **Naoko Sato** even managed to get her husband, **Jun**, out on the dance floor. Thanks to **Bob** and **Faith Morris** and all their helpers for a terrific time.

In other news: a big high five to **Sue Rudolph** for completing the Avalon 50-mile run on Jan. 16. That was her excuse for missing the Prom. Her time of 13:09:59 put her in 139th place out of 174 finishers. A good result on a beautiful, but tough, course on Catalina Island.

Mark your calendar: Feb. 13: Laguna Hills "Valentine's Day Run". Lots of fun, and only \$5.00 (I think).



Weather Tips

1. Dress as if it is 10 degrees warmer than the temperature on the thermometer.
2. Wear sunscreen and a hat when the sun is beating down—even in winter.
3. Run early in the morning or later in evening to avoid mid-day heat.
4. Pick up a pair of [Yaktrax](#) when running in icy conditions.
5. In the winter dress in layers (coolmax or other technical clothing) and wear a headband over your running hat to cover your ears.
6. For colder climates invest in socks rated to 40 below (usually found in sport/ski shops).
7. To keep cool in hot weather soak a bandana in cold water wring it out a bit and tie it loosely around your neck.
8. For hot weather fill your water bottle about half way lay it at an angle in the freezer and just before you head out for your run top it off with more water.

Race Results

Race Name	Name	Time	Comments
Boeing Lunch 5K Run	Dave Parsel	17:16	1 st
	Nam Ngo	20:50	3 rd . PR Time in 6 years, the same course
South Pasadena 5K	Dave Parsel	15:08	5:28 per mile pace. Followed lead car and runners; missed turn – DQ'd!
Lasse Viren 20K Trail Race	Dave Parsel	1:17:02	4 th OA; 1 st AG
Orange Coast College Year End Track 5K	Dave Parsel	17:21	2nd
Partridge in a Pear Tree Marathon	Sue Rudolph	5:15	1 st woman; 5 th OA
Southern California 5K	Dave Parsel	16:51	17 th OA; 1 st AG; Best 5K since Carlsbad '07.
	Robert Mignosa	24:17	Fun day
	Andi Kang	28:30	
Southern California Half-Marathon	Bobby Porter	1:38	3 rd /division; paced 12 year-old Jeremiah.
	Jeremiah Andrew	1:39	1 st /division; paced by Bobby.
	Bob Norton	1:52:20	2 nd /division; Best half-marathon in 7 years.
Winter Solstice Christmas Tree Run 5 Miler	Dave Parsel	27:49	5:31 per mile pace.; 4 th OA, 1 st 48+, 1 st age graded 90.23%.

FV Club Weekly Fun Runs

MONDAY RUNS: Run from the Edison Community Center at 21377 Magnolia in Huntington Beach on MONDAYS at 6:15PM sharp. We run from the Community Center on sidewalk for about 1/2 mile to the beach strand. On the strand we will run North (toward the H.B. pier) for however many miles you wish to run (an out and back running course).

TUESDAY RUNS: Orange Coast College track, Fairview & Monitor Way, Costa Mesa at 6:15PM with Coach Dave Fier.

WEDNESDAY RUNS:

Round Table Pizza parking lot in Fountain Valley at Euclid and Warner also starting at 6:15PM sharp. The runs from Round Table will be around Mile Square Park. Or the River Trail. (Runners Choice)



Treasurer’s Report – Robert Mignosa

Balance as of 12/09/09	\$2,072.43
December Dues	+ \$150.00
Club meeting food	- \$158.73
Balance as of 12/9/09	\$2,063.70



Membership Report – Robert Mignosa

TOTAL MEMBERSHIP:	213
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We following memberships expired in December:
James Tsduski



The following members paid their dues in December:

Richard Green	David Schiller	Teresa Garza	Anthony Ramirez
Andi Kang			



The following memberships are due to be renewed in January:

Melissa Chounet	Linda Clark	Emily Click	Monet DeJesus
Mona Ducharme	Brian Buncan	Penny Helenihi	Amy Kudulis
David Lampner	Diane Majerski	Lorena Minton	
Bridget O’callaghan	Jennifer Rogers	Christine Santos	Rick Silveroli
Pat Sweeney	Kirsten Trevett	Cindy Turrieta	Efren Rojas
Wilians Nava	Kristen Reyes	Tom Stepp	
Dan & Susie McElligott			



January Birthdays

Mark Smith	Larry Ohtola	Leslie Adams	
Christina Mayberry	Andy Romero	David Rojas	Naoka
SatoRenee Baker			

We don’t have birthday information for everyone, so for those not mentioned above, Happy Birthday to you as well!!!



Sample Snail Spirit Incentive Program Spreadsheet

Name	fun run 20	meeting 20	club race 20	uniform 10	other race 10	article 20	host 30	attend 10	recruit 10	volunteer 10	carpool 10

Training Tips

1. In the immortal words of [Walt Stack](#) famed senior-citizen distance runner “Start slow ... and taper.”
2. At first keep your runs short and slow to avoid injury and soreness so you do not quit.
3. If you are breathing too hard slow down or walk a bit until you feel comfortable again.
4. Pick your route close to home (out your front door)—the more convenient it is the better chance you will have sticking with it.
5. Find a beginner [training plan](#) for your first race.
6. Set realistic short term and long term goals.
7. Keep a training diary.
8. Soreness one to two days after a run is normal (delayed onset muscle soreness).
9. No amount of money spent on gadget training programs or funny food can substitute for minutes, hours, days and weeks on the road.
10. There’s no shame in walking.
11. Subscribe to a running magazine or pick up a book or two on running.
12. Four laps around the local the high school track equals one mile.
13. Lift weights.
14. It’s okay to take walk breaks (run 1 minute walk 1 minute then progress to run 10 minutes walk 1 minute etc.).
15. Vary your training routes. This will prevent boredom and prevent your body from getting acclimated.
16. Speed work doesn’t have to be scientific. Try racing to one light post and then jogging to the next.
17. Push through rough spots by focusing on the sounds of your breath and feet touching the ground.
18. Do speedwork **after** you develop an endurance base.
19. Practice running harder in the last half of your runs.
20. Do abdominal breathing to get rid of side cramps or “stitches.”
21. If you can’t find the time to run, take your running gear to work.
22. Run on trails if at all possible. It will be easier on your body and you’ll love it.
23. Build rest into your schedule. Rest is just as important of an element as exercise in your fitness plan.
24. Forgive yourself. Over-ambitious goals usually lead to frustration and giving up on your fitness plan. If you miss a goal or milestone let it go and focus on the next opportunity to get it.
25. Mix-up your training plan. Make sure your training plan is not too heavily focused on one thing. No matter what level of runner you are your training plan should include four essential elements: endurance speed rest cross-training.



Running Club

Fountain Valley □ Laguna Hills □ Brea □ Pasadena

2010 CLUB RACES (tentative)

Last Updated: 12/03/09

ALL Races and Dates are tentative, and subject to revision.

Check Club Newsletter & Website (www.snailspace.org) for up-to-date changes.

Email suggestions for additional Club Races to: Bob.Morris@ASnailsPace.net

Chapter Sponsor	Date	Race	Race Location
Laguna Hills	January 9	So. California Half Marathon/5K	Irvine
Fountain Valley	February 7	Surf City Marathon/Half Marathon/5K	Huntington Beach
Brea	February 28	Brea 8K	Brea
All	April 11	Carlsbad 5000	Carlsbad
Brea	April 18	Coaster Run 5K/10K	Buena Park
Fountain Valley	May 2	OC Marathon	Fashion Island
Laguna Hills	May 31	Laguna Hills Half Marathon/5K	Laguna Hills
Brea	June	Downtown Anaheim	Anaheim
Fountain Valley	July 4	Huntington Beach Surf City 5K	Huntington Beach
	August	TBD	
	September	TBD	
	October	TBD	
Laguna Hills	November 26	Dana Point Turkey Trot 10K/5K	Dana Point
	December	TBD	

Look for the Black ASP Club Canopy at each Club Race (usually near the Finish Area).

Store your belongings (don't count on security, however).

Warm-up & -down with your ASPRC Teammates.

Bring a chair and some refreshments to share! Have FUN!!

***Indicates non-comped race for ASP staff /Racing Team**

A Snail's Facebook

A Snail's Pace has now it's own Facebook page's!!! If you are a member of Facebook and haven't already done so please add your local ASP store as a friend to get up to the minute details of current promotions, running information, local events, and club race coverage. Just do a search for Snails Pace (city name) to find us!

Snail's Cup Series Results

Here are the top 20 in the 2009 Snails Cup series. Check out the total results at www.snailspace.org by going to any Chapter homepage then clicking below Snail's Cup Series Results to see where you are at. Or got direct to <http://www.snailspace.org/lh/SnailsCup.html>. If we missed any of your race results let Bob Morris (bob.morris@runasnailspace.com) know which race and: a) finish time, b) Chapter, c) date of birth and d) did you wear your club uniform?

NAME	Chap	Net Pts	So. Cal. Total	Surf City Mara Total	Brea Total	Coaster Run Total	Pasadena Mara Total	Carlsbad Total	OC Total	Laguna Hills Total	Downtown Anaheim Total	Surf City 4th July Total	Aztlan XC 5k Total	OCC 5K Classic Total	Long Beach Total	Turkey Trot Total
Paul Shanley	FV	7757			850	842	940	915	868	874	873	868	727			
Karen Burgess	LH	7404	774	834	816	829	905	832	785	782		818	523	691	803	735
Gloria Rendon-Thomas	LH	7387	734	827		827		852	785		863	869	791		779	794
Amy Katz	LH	7150	762	829	799	784	872	834	100	739	807					724
Rick Noer	FV	7025		745			885	807	795	728		795		785	705	780
Sheri Corlett	LH	6937	683	812				758	763		839		734	781	809	758
Tina Ingegneri	LH	6761	755	776	764		642	776	727	709	767	752	706	705	735	632
Faith Morris	LH	6360	680	772	789		642	838			703	551	542		679	706
Carrie Hood	FV	5852		751	768	775	877	836	775	100	560	410		100		
Shawn Ferrando	LH	5660	908		959				921	905	999				968	
Anthony Ramirez	FV	5498			745				729			804	699	817	872	832
Sharon Boles	LH	5425	681				822	655	658	617		702	671			619
Julie Siff	LH	5116		675					634	620	580	686		641	647	633
Ryan Albu	PAS	4939		772		891	839		829				711		897	
Nam Ngo	FV	4834	730			809				820	848	840		787		
Jeff Carter	LH	4543	858	943	822	961		959								
David Rojas	FV	4450	740	643	739	724		788	100					716		
Kim Nida	FV	4431	689	634	611			715	606					587	589	
Alejandro Nunez	PAS	4104	796	852	760			1025	671							
Art Stone	LH	3916		797	812			815		719						773