tracks
keeping pace with the "Snailers"

September Meeting Notes

Guests/New members: Dick Green, a veteran runner who recently moved to SoCal and heard about the club from the store. Patty Z, also an experienced runner, who saw us at the Dana Point Turkey Trot and just now got around to joining us for a meeting. Welcome to all.

Next Club Race: The Brea Chapter is hosting our next club race on October 1st. Join the club for the Lupus Run for Life 5K in La Mirada.

Miscellaneous business: The club canopy will be at the Race for the Cure on September 24th in Newport Beach. This is not an official club race, but there will be plenty of snails participating.

Robert Mignosa, the store manager in Fountain Valley, has been a coach for Team in Training for many years. This year he will be participating as a runner and would greatly appreciate donations. As always, the money goes to an excellent cause if anyone would like to sponsor him (or any other members of Team in Training).

Big John, our Webmaster extraordinaire, has set up a new running log function at www.snailspacegroup.com. You may post your running miles, comments, etc. We will be using this new feature to track miles for the October Mileage Fest, so please go to the website and check it out.

Orange Coast College is having its annual Cross Country Classic on September 23rd at Fairview Park in Costa Mesa (details included in this newsletter). Coach Dave Fier invites all to attend the "open" race at 9 am, after which he will be cooking pancakes for all runners.

Happy Trails!

If you would like to submit an article, race results, or other information for inclusion in the newsletter; or would like to update/change your receiving email address, please send your message to FV_snailspace@yahoo.com

If you have a spam filter on your receiving email, don't forget to put FV_snailspace@yahoo.com on your safe list.

SNAILS PACE OFFICERS

2006

Big John Meacham	President	714-842-4702
john@bikecommute.com		
Irish Mike Whelan	VP	714-593-3715
unwired		
Sue Rudolph	Treasurer	714-964-2906
info@amazingtravel.com		
Sandy Draper	Newsletter	714-969-6831
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Fountain Valley	Brea	Laguna Hills	Pasadena
8780 Warner Ave	1040 E. Imperial	24741 Alicia Parkway	Paseo Colorado
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Orange Coast Cross County Classic

When: September 23, 2006

Where: Fairview Park in Costa Mesa (next to Estancia High School)

Parking: Estancia High School, 2323 Placentia Ave, Costa Mesa, CA 92627

Events: Open Mens/Womens 5K   9:00 am
Womens 5K College   10:00 am
Mens 4 Mile College   11:00 am

Course: Consists mainly of dirt trails and grass over rolling hills. The course will be well marked with flags and chalk and will have clearly visible mile markers at the appropriate locations. The course provides excellent viewing areas for spectators.

Awards: Top Five men and women overall will get awards. No age groups.

Fee: $10 per person. Please make checks payable to "Orange Coast College Cross County"

Entries: Race day only. Come early, registration ends at 7:45 am

Refreshments: Complimentary pancake breakfast for all runners after the race.

Officer Candidates Needed for 2007

Anyone interested in volunteering for office for 2007, please step forward!

Why Volunteer?

- Because it's lots of fun
- Because you want to influence the way the club runs and do your best to improve things
- Because you want the free pair of shoes the store will give you at the end of each year
- Because some of the current officers have been serving for years and would like to step down

We welcome anybody who wants to take a leadership role in the club. Please see Big John to indicate your interest.

Lake Gregory 2007
By Sue Zihlmann

It was August and like all runners who are back in shape, we were looking for races. What better than a 10Km around Lake Gregory in the San Bernardino National Forest?

The four Snails were up early, with plenty of time to make the 40-minute drive from Big Bear Lake to Lake Gregory. No traffic, and found it first time, it was 7:45 am, we had signed up and were ready to fall in behind the 5Km runners for a warm up.

At 8:00am the gun went off and the four of us in our distinctive black and yellow followed the others out. At the first mile mark we turned back, pleased to see the competition looked sparse. A short stretch and trot back for the 8:30 start.

As we approached the spectators huddled around the Start, an official casually remarked, "I guess no one told you."
"Aaah told us what?" came the response.
"You may want to speak to the Race director."

We trotted over to the Race Directors van. "Oh dear", said the director "So no one told you, that due to a lack of permits both the 5Km and 10Km started together – fifteen minutes ago"

We did get our money back, complimentary entrance for 2007, and maybe we'll see some of you there next year. But remember to check the Start times on race day.

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Recent Race Results

We collect race results during the monthly meeting; or, you can email your results to FV_snailspace@yahoo.com

Name	Race	Time	Comments
Bob Norton	Baldy Run to the Top	2:38:08	Tough Run!
Bob Norton	HB Distance Derby	1:26:53	3 AG, training for Long Beach
Bobby Porter	HB Distance Derby	1:15:50	Paced Tara
Bobby Porter	San Pedro Bridge to Beach	53:30:00	23 OA, 2 AG
Dave Kuntz	HB Distance Derby	1:33	Fun with friends
Dave Parsel	HB Distance Derby	58:02	17 OA, 1 AG, negative split
Kevin McKee	HB Distance Derby	1:18	Great race, nice weather
Nam Ngo	American Heart Association 5K	23:45	15 OA
Rick Noer	Guam 5.5 Beach Run	48	Sand, hills, trails, ocean, 90 degrees
Rick Noer	San Pedro Bridge to Beach		3 AG, Good race
Rob Harris	HB Distance Derby	1:12	10 miles
Robert Mignosa	HB Distance Derby	1:26	
Sandy Draper	Baldy Run to the Top	2:01	Beautiful as always!
Sue Zihlmann	Baldwin Park 5K	18:40	First time to break 19, 1 AG, 3 OA
Sue Zihlmann	HB Distance Derby	32	5 miles
Tim Hood	HB Distance Derby	1:38	10 miles

Oktober Mileage Fest

RECORD YOUR MILEAGE DURING THE MONTH OF OCTOBER

You get SPURS points for each mile you run from October 1st to November 1st. To report your mileage you can email me at timothyhood@hotmail.com, post your miles on snailspacegroup.com, report to me at Monday and Wednesday runs, or leave me a message at 714-969-8594. You can even mail me your mileage at 919 Alabama St. Huntington Beach, Ca. 92648 (somebody has to fund Bob Norton's pension).

When posting mileage give me your name, total miles so far and miles accrued since your last report. To get maximum points you must report your mileage to me at least 6 times. Maximum points are 300 plus some bonuses. 150 miles max will be counted and give you 300 SPURS points. In order to be eligible to win glassware you must report 8 times total. Cool awards for the first people to 150 miles.

October SPURS Event

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A Snail's Pace Running Club

New Member Application

- **TRAINING PARTNERS**: You'll have new friends to run with for training & racing. Our members run at all levels of ability.

- **SUPPORT:** You'll find other club members cheering you on at races and training runs, even if they don't know you by name.

- **RECOGNITION**: As you achieve new personal goals, you'll have many enthusiastic friends with whom to share your triumphs! We want to hear all about it!

- **CONVENIENCE**: There are four Club Chapters to choose from: **Fountain Valley, Laguna Hills, Brea** and **Pasadena**. You will designate a home chapter when you join, but you can always do fun runs and attend meetings at any (or all) of the four Chapters.

- **CLUB RACES**: To encourage participation and camaraderie, there's a local road race each month designated as our Club Race. There we set up our big canopy, provide refreshments and a place to gather.

- **SOCIAL ACTIVITIES**: We also put together numerous social events. It's always fun to see what everyone looks like "cleaned up and in clothes".

- **NEWSLETTER**: Our free newsletter keeps you informed about club activities, news and race results.

- **CLUB UNIFORM**: You'll be proud to wear the distinctive **ASP** team uniform from **New Balance**, available at all *A Snail's Pace Running Shops*. And, you also get a 10% discount when you purchase gear at any ASP Shops.

- **RACING TEAM**: Especially fast members, who meet the qualifying standards, are eligible for our Racing Team and receive some special benefits, thanks to our **ASP/New Balance** affiliation.

- **WEBSITES**: At www.snailspacegroup.com, you can keep up-to-date on club activities. Store activities are at www.runasnailspace.com.

- **FUN RUNS**: Each Club Chapter (**Fountain Valley, Laguna Hills, Brea** and **Pasadena**) has its own schedule and locations for fun runs. Look up when and where we run on our club website or call one of the ASP Running Shops for details.

- **MONTHLY MEETING**: Same as the Fun Runs, each Club Chapter has its monthly Club Meeting on a specific day and location following the Fun Run. The meetings and Fun Runs are great opportunities to share your stories, injuries and race results with other members. The Club furnishes free refreshments and pizza during most meetings. Check our website for meeting locations and dates.

Enclose this application with your check for $30 (annual individual dues) or $50 (annual family dues) payable to A Snail's Pace Running Club. All dues go directly to the running club's treasury to cover common expenses such as social functions, meeting night refreshments and newsletters. Drop this off or mail to the nearest ASP store. (Note that your email address is for newsletter delivery only and your birthday is so we can do congratulations each month at our meetings. We value your privacy and will not use or disclose your personal data inappropriately.)

Name(s):_____

Address:_____

City:_____ Zip:_____ Email:_____

Contact phone:_____ Birthday:_____

Amount paid (circle one): $30 individual membership $50 family membership

Chapter joining (circle one)   Fountain Valley   Laguna Hills   Brea   Pasadena

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CLUB RUNS: <u>Mondays</u>: from Edison Community Center, 21377 Magnolia, Huntington Beach, 6:15 pm.
<u>Wednesdays</u>: from Round Table Pizza parking lot, 11095 Warner, Fountain Valley, 6:15 pm.
<u>Tuesdays</u>: speed workout meets at the Orange Coast College Track (Adams and Fairview in Costa Mesa), 6:15 pm.
<u>Saturdays</u>: Joint runs with South Coast Road Runners – see www.roadrunners.org for time and location.

MEETING NIGHT: Second Wednesday of each month, 7:30 pm, Round Table Pizza, 11095 Warner, Fountain Valley.

2006 MEETINGS: October 11, November 8, December 13

2006 CLUB RACES

OCT 1	Lupus Run for Life 5K	La Mirada
NOV 5	Santa Clarita (Marathon, Half, 5K)	Santa Clarita
NOV 23	Turkey Trot (10K, 5K)	Dana Point

Look for the Black Snails Pace Canopy at each Club Race, usually near the finish area. You may store your belongings there during the race (don't count on super security so be smart about what you leave). Bring a chair and some refreshments to share!

Send your suggestions for club races to Bob Morris at Bob.Morris@runasnailspace.com

Running Club

8780 Warner Avenue
Fountain Valley, CA 92708