



SCRambler

The Journal of the Santa Clarita Runners

August 2020 Edition

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*Updated with new events and postponed events

President's Message

By Melanie Cotterell

Walking instead of running isn't what I planned to be doing for the last month or so but with my hamstring bothering me that's about as close to running as I can get. It seems that the combination of aging up to that next age group, increasing my weekly running mileage due to the lack of current social activities, and running as fast as my legs would carry me to support my COVID Dash team, did not work out so well. And if all of that isn't enough, I dropped my Garmin flat on the tile floor and completely knocked out the display. You can't run without a Garmin, can you?

All of this walking has led to the re-discovery of podcasts. There are millions of them out there to choose from and they are a great form of entertainment and enlightenment. I've listened to podcasts about true crime (Kwan and Michelle think I am crazy for doing this when I'm walking alone), pop culture, crazy news and interesting tales of the dark net. My phone is full of notes that I've jotted down about people, shows, books or topics that have been mentioned that have piqued my interest enough to research later. With wireless earbuds in my ears and my Camelbak on my back - cell phone, tissues and mask in one pocket and Stingers in the other, I head out most days to wander the neighborhood and enjoy the latest podcast.

Stay healthy and uninjured and please let me know if you have a favorite podcast that I should know about!



Editor's Note

Miss you all!

As always, I encourage you to submit articles as well as photos!

Enjoy this edition of the SCRambler and if you have any comments or suggestions please forward them to me as well!

Submit Articles by email with “September Scrambler Edition” in the subject line.

Liz Conzevoy
SCRambler Editor
Note new email!
scrambler@scruffers.org

NEXT SCRAMBLER DEADLINE:
Friday, August 28th



Santa Clarita Runners Board Meeting

Santa Clarita Runners Board Meeting Minutes

July 16, 2020

Zoom virtual meeting

Attendees: KJ Yi, Richard Rivy, Sue Davis, Chris Louie, Melanie Cotterell, Dennis Lebman, John Toth & Anne-Marie Frisch

Maybes: Jeff Riggin, Liz Conzevoy

Regrets: Phil Howard, Paola Howard, Jeff Riggin, Liz Conzevoy & Carolyn Gordon

Call to Order: 7:05pm by Melanie Cotterell

Website Upgrade: Special Guest - Fred Eisler

Fred provided the board with a status and overview of the new website.

Wrapping up beta test phase, ready to launch preview site, working with Rob.

Notable changes: new layout, members only and Strava sections.

Open Action Items: Review list distributed 6/7/20

Chair Reports:

Membership: Chris Louie

- 176 members, 1 new member
- Chris will submit Scavenger photos to Dennis for IG page

Treasurer:

- No report, financial reports sent via e-mail

By-laws: John Toth

- Board members to review bylaws;
- Focus on purpose and description, how to incorporate in to current by-laws
- Each board member to review current job positions and update accordingly
- Mel to reach out to Ken Sarkis

Social Committee: Richard

- Summer Social continues to be TBD, may move to later in 2020
- 40th anniversary glasses received, will continue to discuss when to distribute

On-going Business:

ID5/10K Virtual Run

- Discussion held to determine distribution of funds raised and possible donation match
- No new impact letters received.
- Mel will send a follow up letter requesting schools to respond to impact letter with a deadline

Plan for SCR activity start up: on hold for now

Mask status: may be ready tomorrow, continue discussion re distribution

Merchandise Inventory: Mel & KJ to take inventory

Shoe donations: Sue has received a good amount of shoes for donation

Up-Coming/New Business:

Club ideas for the next couple of months: send any ideas directly to Mel.

Mel to submit a mileage challenge question in the Weekly Bulletin

Website photo contest

Adjourned; 7:48pm

Respectfully submitted,

Anne-Marie Frisch, Secretary



SCR Club Member Discounts

Running Warehouse

Available on-line at www.runningwarehouse.com, discounts up to 10% are offered to current SCR club members using the code **SCR CALI** at check- out.

Incycle, Valencia

Discounts of typically 10% are available in store to all current SCR club members.

CBS Cycle, Newhall

Discounts of typically 10% are available in store to all current SCR club members.



BULLETIN BOARD

Shoe Drive-Drop off

Your old running shoes can be dropped off on the front porch of Sue Davis' house:
28350 Infinity Circle, Saugus 91390

Let's take this time to clean out our closets and help those in need!

Sue will be dropping off shoes beginning of **August 30th!**

Welcome! Our new Members:

Joey Bloomfield & Jarod Ebenhack!

** New individual members are entitled to a complimentary SCR T-shirt. New family memberships are entitled to two shirts. Shirt(s) can be ordered by email at membership@scruffers.org.

Be sure to include T-shirt size(s).

MEMBERSHIP DUES

Family: \$50 Individual: \$35 Student: \$15

You may send your check to the following address:

Santa Clarita Runners, Inc.

P.O. Box 800298

Santa Clarita, CA 91380-0298

Or renew through Active.com



Upcoming Events

SCRrunners Photo Contest

We're still looking for some great pictures to include on the new website. Please upload them at the link below or just send them over to a member of the SCR board. I know there are great pictures out there!

[SCRrunners photo contest](#)

New! RUNGO!

It's the game of Bingo but for runners. After you sign up, we will send out RUNGO cards to each person. As we "call" out the squares, if you have that activity on your card, then you perform the action, then mark off the square. There will be activities called out via e-mail, website, or social media twice a week - most likely Mondays and Thursdays. The activities will be easy enough that you can include them into most of your workouts.

Please sign up by August 7th, by e-mailing your name to: clouie98@yahoo.com, DM, or text. I will confirm receipt and send you a "RUNGO" card. If you do not hear from me, please reach out.

The first game will be straight line bingo where you would complete all the activities in a horizontal, vertical or diagonal line. Once you have bingo, e-mail a picture of the completed card to Chris Louie (clouie98@yahoo.com). If there are ties, then we will go by the first person we receive an e-mail from.

All decisions by the judges are final.

Don't throw your cards away as we may have additional games.



SCRambler Spotlight: Chris Go

By Mary Petersen

Chris Go quips that the way he gets by is to aim for average and make mediocrity the standard. But Chris' life is anything but average. He and his wife Rose have built successful careers, raised talented and accomplished children, and made great contributions to our community.

Chris has a colorful family history. His Chinese ancestors migrated to Indonesia where they raised and exported rice to China. They accumulated some wealth, although many of their freedoms were curtailed under Dutch rule in the 19th century. The Dutch tried to segregate native Indonesians from Chinese, but Chris laughs that there was definitely some comingling that went on. He discovered through DNA that he is nearly half Indonesian. He tells an enthralling story which has become legendary in his family about his grandfather's brother who sent his servant into town with rice to sell. The servant's horse returned without him and all assumed he had stolen the money and fled. A group went looking for him and found a huge boa constrictor, barely able to move. They cut open the snake, and inside they found the servant and the missing money.

Chris' father and mother were educated under the Dutch educational system in Indonesia. His father then attended graduate school in the Netherlands and earned a degree in architecture. His mother eventually sneaked out of Indonesia to join her husband in the Netherlands. This harrowing trip involved flying from Indonesia with a group of nuns to visit the Pope in Italy and then stowing away in the trunk of a Dutch priest headed for the Netherlands. Gratefully, she was safely reunited with her husband.

Upon completing his architectural degree, Chris' father decided to pursue career opportunities in the U.S. Complicating this decision, however, was that Chris' mother was pregnant. Just months after they arrived in the U.S., Chris was born in Washington, D.C., where his father had secured a position. His long and successful career included becoming the chief architect for the World Bank which built schools and hospitals in the Middle East.

Chris says that as the oldest son in an Asian family he felt pressure to become a doctor. Despite his love of literature, his father was paying for college and

expected him to enter a professional career. Unable to leave his love of reading and writing behind, Chris double majored in English Literature and Biochemistry at Washington University in St. Louis before going on to earn a DDS degree at Northwestern University.

In 1990, Chris came to California to attend UCLA and complete his residency at the VA. There he met his wife, Rose. He was the chief resident and she was an intern. "In those days you could flirt," Chris laughs. Rose, however, was unimpressed by his overtures. She felt he talked too much and asked a lot of questions. Eventually she agreed to have dinner with him, then agreed to a friendly match of tennis, and in time agreed to marry him.

Chris began teaching courses at UCLA and opened a private dental practice in Marina Del Rey while Rose continued special training in pediatric dentistry at UCLA. Eventually Rose started a private practice in Santa Clarita, Valencia Children's Dental Group. In 1999, trying to manage the daycare of two small children, the couple simplified their lives and moved to Valencia. The following year Chris started his private practice in Valencia, Go Dental.

Chris started casually running when his kids were young. He just wanted to be active and says that everyone wants to run a marathon. He ran the Santa Clarita half marathon 2003, and without any training he ran the LA Marathon in 2004, persevering despite depleted muscles and finishing in 4:40. Raising three active children, however, left him little time to train or run. They had homework, sports practices and games, and Chris coached their soccer teams. It wasn't until his sons joined the West Ranch cross country team in high school that Chris considered running again. "It looked like such a fun sport," Chris says. "In retrospect, it's much more fun to watch than it is to do." But he started running more and doing triathlons.

Then Chris' brother-in-law, who is a runner, was diagnosed with brain cancer. With such an uncertain future for him, Chris said, "Let's try and qualify for the Boston Marathon, the premier race." That's when he joined the Run Club thanks to James Burk and George Chang. Chris attributes his success in qualifying to the undying support of Sol and Chris Louie. "Whatever your goal, they are committed to helping you. They are caring friends," says Chris. Sol stayed with him throughout the M2B marathon, good-naturedly badgering him along the way, and he did qualify for Boston as did his brother-in-law. Doctors attribute his brother-in-law's life and stable health to running and being an endurance athlete. Although

Chris collapsed during the last ½ mile of the Boston Marathon, he says it was a rewarding and unforgettable experience.

Chris is modest when talking about his children's accomplishments. With a sense of humor he explains that he told them to just "set the bar low and stay out of jail." Whether Rose and Chris' children ignored his cynical advice or followed it, they are thriving. Drew who is 23 graduated from UCLA and is a data analyst. Mathew is a senior at UCLA and is double majoring in cognitive science and architecture with a minor in environmental science. Olivia will be attending the prestigious Smith College in the fall and is majoring in computer science and creative writing.

Chris is a delightful mix of hard work, resilience, and light-hearted humor. He appears not to take life too seriously, and maybe that perspective is the secret to his happiness. His fun-loving responses to interview questions show that he enjoys his friendships and delights in a good laugh. Chris' favorite quote is one that he speaks every time he runs with Ed Yuh: "Quit complaining about running this trail, Ed. You are a wuss." (Insiders know the truth about who is actually the wuss.) His favorite workout is hoisting Gummy Bears into his mouth to work his grip, triceps and biceps. His worst injury is the ego bruising he receives (and for which he needs therapy) every time Phil Howard passes him in the last mile of a race. Despite enduring this hardship, Chris credits the Run Club for creating a welcoming space that supports all runners and offers an immersive family experience.

Chris is a Renaissance man who is as comfortable reading poetry as he is a scientific journal. He can go weepy during a chick flick and then analyze the intricate biomechanics of running. He lives life with kindness, compassion and an open heart. This, and not the low bar, may be what has truly created his success as a husband, father

Name: Chris Go

Age: 57

Birthday: 3/14/1963

Marital Status and Children: Happily married to Rose, 3 kids, Drew (24), Matt (21), Olivia (18)

Brothers and Sisters: 1 Bro, 1 sis

Pets: Doggie - Gracie

Where did you grow up? Washington DC

When and why did you come to Santa Clarita? 1999 - Wife had pediatric dental practice here so we decided to move up here.

When did you join Santa Clarita Runners? About 4 years ago - thanks to James Burk and George Chang

Education: BS in English Lit and Biochem, Washington University, DDS Northwestern University, MBA University of Illinois

Occupation: Dentist

Books now reading: A Little Life by Hanya Yanagihara (been reading for 8 months now. Doesn't have pictures in it so makes for slow reading)

Favorite TV Show: Schitz Creek

Favorite Movie: Shawshank Redemption (or any chick movie)

Hobbies: running and complaining about running

Favorite vacation spot: Any beach, anywhere.

Favorite vacation running location: Spain and Maine

Favorite restaurant: Taco Padre in Newhall (only order the Tacos El Pastor)

Favorite time of day: 9:23 pm (bedtime)

Favorite Item of clothing you own: Lululemon underwear - (very very comfortable on the man parts.)

Favorite quote: "Quit complaining about running this trail Ed. You are a wuss." - Me any time I run with Ed Yuh.

Goals: I want to run fast enough so that Gerry doesn't yell at me anymore.

Pet peeve(s): People who spell ridiculous "Rediculous" and women who complain that guys leave the toilet seats up.

Personal weakness: Gummy Bears.

Happiest Memory: Finishing Mountains to Beach and qualifying for Boston Marathon with Sol screaming behind me that I was taking too long at the water stops and I was running the last mile at a 9:15 pace causing him pain emotionally and physically (The slow pace “injured” him)

Most embarrassing moment: Getting beat up the first day of junior high school and getting locked in a locker afterward. I was too embarrassed to tell anyone I was in there and was in there for 3 hours. Finally, Charlie Goldberg came by and let me out at lunch and I just went home humiliated.

If you weren't running, you would be... Fat but happy.

Most number of days you have skipped running and why: I skipped running for 16 years while the kids were younger dragging them to practices, helping them with homework, etc. Since I started running again, I've only skipped 2 days because Lisa Van Dyke and Puji make me feel guilty about skipping days.

PR's and distance: 3:26 CIM, 1:32 Ventura Half, 43 min 10K, 20.57 ID 5k.

Years of Running: 4

What motivated you to start running? My kids were in cross country and it looked like such a fun sport. In retrospect, it's much more fun to watch than it is to do.

Favorite workout: Tearing open a bag of just-bought Haribo Gummy Bears and using my right hand to place a fistful into my mouth. (works out grip and right triceps/biceps)

Your first race: Santa Clarita Half Marathon

Favorite Race/distance: Ventura Half Marathon

Worst Race: Boston Marathon. Went out too fast. Collapsed with ½ a mile to go.

Worst injury: Phil Howard passes me in the last mile of every race we are in together. He keeps me from placing in our Age Group and he never lets me forget that he beats me. This injuries my ego and I need therapy for this.

Favorite Running Shoes: Nike ZoomFlys from the Nike Clearance store at additional 30% off and whatever sale shoes George Chang recommends for me.

Pre-race food/drink: Banana and some green drink my wife Rose makes for me. I don't ask what it is but it seems to work well.



Chris & Rose



Drew, Matthew, and Olivia



Chris & SCR friends



Chris & Lisa Van Dyke (last month's spotlight!)



Chris & SCR friends in New York



Chuck Pontius Commuter Rail Trail

<https://www.trailink.com/trail/chuck-pontius-commuter-trail/>

By Kwan Beilin

During the last few months, like many of you I've been spending a lot of time out on our local trails. In doing so, I've also been reflecting a great deal about my late friend, Chuck Pontius, and what he would have thought about one of those trails being named in his honor. Originally there was a sign dedicating a portion of the South Fork Trail in his memory, but now the trail that follows alongside Valencia Boulevard and Soledad Canyon is known as the Chuck Pontius Commuter Rail Trail. However, we owe many of the trails we frequent today to Chuck's early visions.

Chuck and I met when we both worked for the City of Santa Clarita in the early 90's. I was in the Finance Department and he was in Parks and Recreation. Chuck was one of those people you took an instant liking to. When you met him, he had a way of quickly becoming one of your friends. He was a fun and funny guy to be around. One of my fondest memories of Chuck was when Andy and I took him skiing for the very first time (pictured-1992). I remember how excited he was that day and the way he tackled this new adventure with a grin from ear to ear. Chuck and Andy also became good friends through their common interest in mountain biking. Chuck was an avid cyclist, but he was also an all-around outdoor enthusiast. At work, Chuck would often come by my office to discuss possible ways to finance his dream for a system of multi-use trails. He envisioned that these trails would one day run throughout our valley so that people could ride or run safely from their home to work in the Santa Clarita Valley without being on major streets. At that time, I was not a runner so the thought of coming to work all sweaty with messy hair did not appeal to me. However, he even thought of people like me and had plans for showers to be installed at City Hall. To this day, I'm not sure if those showers ever made it.

The multi-use trails were Chuck's brainchild, his passion. He wanted a safe place for people to cycle or run. Tragically, he would not live to see any of the trails built. In March of 1993, Chuck lost his life at the age of 28 in a cycling accident. A motorist with an expired license had turned in front of him on the Old Road near

Hasley Canyon. He would have turned 56 this year. So it is always with mixed emotions when I happen to see the signs along the trails that bear Chuck's name. I'm sure he would be very proud of what has been accomplished since his death and would also think it was cool that a trail was named after him. In sharing a little bit about Chuck, I hope to honor a friend's memory and put a face and life behind the name on the trail.



**Chuck Pontius, 1964-1993
pictured here in 1992**



SCR Selfie Scavenger Hunt

By Chris Louie

Thank you to all who participated in the SCR Selfie Scavenger Hunt. I hope you had as much fun running around taking pictures as I did viewing them. Congratulations to all those who participated. We had a wide variety of entries from across the club and over 80% of the entries submitted all ten different objects. Each of you get race series points for participating and I will e-mail you separately on how to report.

Please find attached the winning picture submissions. It was a unanimous decision by our judge that the following SCRs get extra race series points for their creativity.

Jeff and Lorraine Solomon - Best masks

Joanne Ainsworth - Best Sunset

John B. & Masters Cruz - Best Family photo

Kelley Schranz - Double club representation by wearing the shirt and visor

The Grand Prize-winning photo and extra race series points goes to **Michelle Eisler & Kwan Beilin**: They were able to do a selfie within a selfie, wear SCR gear, favorite trail, bridge, flag, sunrise, mask (Michelle), and social distancing all in the same picture!

Thanks everyone for participating and stay safe!





10 Running Rules for SENIORS

By Cecil Stalnaker

When I started running with SCR five years ago at 67, I had in my mind that when people saw me running, they would think: “Now, that’s a runner.” But now I realize that people are staring and say: “Well, good for him—it’s good to see old guys still going.” In any case, running with SCR (actually behind everyone) has “made me wise.” For that reason, I’d like to pass on some of this “wisdom” to potential senior runners.

Rule 1: When you feel like running early Saturday morning, don’t stay in bed until the feeling passes.

Rule 2: Make sure you go running early before your brain figures out what is going on.

Rule 3: Figure out where you will put your car keys before you run! Otherwise, your kids might ask you to hand them over for good.

Rule 4: As a beginning runner, don’t start out running like a looter—you’ll never finish.

Rule 5: Don’t run so fast that coffee spills out of your cup and you drop your doughnut.

Rule 6: Don’t listen to the SCR members that it’s all mental. At our age we know that its 30% mental and 90% physical.

Rule 7: Make sure that you purchase good shoes. Otherwise you will suffer the agony of de feet.

Rule 8: If people say something about your slowness, just tell them that your other legs are Kenyan.

Rule 9: Feel appreciated by the other SCR members. Remember, slow old runners make other runners look very, very good.

Rule 10: If you like hearing depressing medical reports like high blood pressure and cholesterol from your senior friends, you are in very good company with SCR

because members can talk for hours about their running injuries. You will get some good medical advice—things that doctors don't even know about!

***I don't take much credit for most of the above since most have been stolen from the internet and modified.



Suggested August Calendar

Continue to check for updates!

SCR Calendar of Events & SCR Weekly Bulletin Email

<http://www.scrunners.org/>

Don't forget about our new race series events and virtual races!

SAT 8/1

Distance Day or Rest Day!

SUN 8/2

Distance Day or Rest Day!

TUES 8/4

Track Workout on your own-see weekly email

THU 8/6

Tempo run on your own.

Wave to your friends on the Paseos (at a distance of course)!

SAT 8/8

Distance Day or Rest Day!

SUN 8/9

Distance Day or Rest Day!

TUES 8/11

Track Workout on your own-see weekly email

THU 8/13

Tempo run on your own.

Wave to your friends on the Paseos (at a distance of course)!

SAT 8/15

Distance Day or Rest Day!

SUN 8/16

Distance Day or Rest Day!

TUES 8/18

Track Workout on your own-see weekly email

THU 8/20

Tempo run on your own.

Wave to your friends on the Paseos (at a distance of course)!

SAT 8/22

Distance Day or Rest Day!

SUN 8/23

Distance Day or Rest Day!

TUES 8/25

Track Workout on your own-see weekly email

THU 8/27

Tempo run on your own. Wave to your friends on the Paseos (at a distance of course)!

Last day to submit your SCRambler articles

SAT 8/29

Distance Day or Rest Day!

SUN 8/30

Distance Day or Rest Day!

As always – please check on our web site scrunchers.org for any calendar changes or updates.



Race Series August 2020 updates

By Carolyn Gordon

If anyone has any questions, please feel free to reach out anytime.

Stay well friends.

Carolyn

661-645-3937

If you haven't done so, remember to submit any points on the SCR website: <http://www.scrunners.org/>. Choose "Our Events" and "[Our Race Series](#)" to see the rules. Scroll to the bottom of the rules to find the link to then **enter your Race Series Points**.

There are a couple of different ways to earn prizes, etc. from previous years so give the rules a quick look over, as well as an updated list of events (see below), and, read in the SCRambler details for the new events added.

Race Series Events 2020

DATE	EVENT	TYP E	POINT S	POSSIBL E ADD'L POINTS	CONTACT PERSON
1/1/2020	Hangover Run	F	3		
1/18/2020	The Master's University Winter 5K	O	5	+1ea for club shirt, PR, AG	
1/25/2020	SCR Annual Banquet	F	3		
2/2/2020	Surf City Full/Half Marathon	O	5	+1ea for club shirt, PR, AG	
2/23/2020	Mardi Gras Madness 5K/10K	O	5	+1ea for club shirt, PR, AG	
2/29/2020	LEAP-a-Thon	F	3		Melanie Cotterell

3/8/2020	Los Angeles Marathon	O	5	+1ea for club shirt, PR, AG	
CANCELLED D 3/14/2020	St. Patrick's Day 5K	O	5	+1ea for club shirt, PR, AG	Tony Cota
NEW DATE 9/20/2020	Carlsbad 5000	O	5	+1ea for club shirt, PR, AG	
NEW DATE 5/30/2020	Valencia Trail Race	O	5	+1ea for club shirt, PR, AG	
CANCELLED 4/4/2020	Train Run	F	3		Phil & Paola Howard
CANCELLED 4/11/2020	Prediction Run	F	3		Chris Louie, Frank & Kelly Schranz
CANCELLED April	Earth Day Clean Up	V	5		
CANCELLED 5/9/2020	USPS Food Volunteer Drive	V	5	11am-5pm	Phil & Paola Howard
CANCELLED 5/24/2020	Mountains to Beach	O	5	+1ea for club shirt, PR, AG	
CANCELLED 5/25/2020	Hart High School 5K	O	5	+1ea for club shirt, PR, AG	John Toth
TBD	Run for Amy	V	5		
NEW EVENT 5/1-5/31/20	Orienteering	F	3	+2 ea for fastest time, shortest route	Phil Howard
NEW EVENT 5/11/20 to 6/22/20	Distance Matters Covid Dash	F	TBD	3 points, +1 weekly winners, max 5 points	Carolyn Gordon & Sue Davis
NEW EVENT June 6/1-6/30	Scavenger Hunt	F	3	Info coming	Chris Louie

CANCELLED 6/20/2020	Heritage Valley Volunteer	V	5		Rob Sklenar
CANCELLED 6/20/2020	Heritage Valley 5K/10K	O	5	+1ea for club shirt, PR, AG	Rob Sklenar
7/3-7/5	ID 4 th 5K/10K/15K Virtual event	O	5	+1ea for club shirt, PR, AG	Carl Pantoja
CANCELLED 07/08/20- 08/20/20	COC Cross Country Series	O	TBD	+1ea for club shirt, PR, AG	
Aug TBD	Summer Social	F	3		Richard Rivadeneira
9/19/2020	Be the Light 5K Volunteer	V	5		
10/24-25/20	Ventura 5K/Half/Marathon	O	5	+1ea for club shirt, PR, AG	
Nov. TBD	SCHMPR Half Marathon Preview	F	3		Chris Louie
11/06/20- 11/08/20	Santa Clarita Volunteer	V	5		Chris Louie, Jeff Riggins
11/06/20- 11/08/20	Santa Clarita 5K/10K/Half/Full	O	5	+1ea for club shirt, PR, AG	
11/26/2020	Turkey Trot	F	3		
12/6/2020	California International Marathon	O	5	+1ea for club shirt, PR, AG	
12/10/2020	Venice/Santa Monica 5K/10K	O	5	+1ea for club shirt, PR, AG	
12/13/2020	Santa to the Sea Half Marathon	O	5	+1ea for club shirt, PR, AG	
12/17/2020	Jingle Bell Jog	F	3		Paola Howard

2020 Race Series Rules here

Race Series Rules 2020

Objective: Promote the sport of running and create camaraderie within the club by encouraging participation by our members in the Race Series.

1. Points are awarded to runners who participate in the listed events and report them to the Race Series Director via document on our website. The series will operate on a self-reporting honor system. You can report your points at the scruffers.org website. Members must be in good standing (dues paid for the year) for points to be eligible. There will be a grace period on membership dues until March 15th.
2. There are several ways to earn points in the Race Series:
 - Organized Races (O) will be eligible for:
 - Five (5) points for running the event
 - One (1) point for wearing your SCR shirt/tank
 - One (1) point for Personal Record (5-year age group PRs)
 - One (1) point for an Age Group Award (as determined by race, i.e., if you place 4th, you can claim if awards go 5 deep but not if they go 3 deep).
 - Personal Record (PR) and Age Group Award points are awarded based on your age group at the time of the event.
 - Volunteer Events (V) will be eligible for:
 - Five (5) points for participating in the event.
 - Fun Events (F) will be eligible for:
 - Three (3) points for participating in the event.
 - Refer a new member to the club:
 - One (1) point per new member, up to five (5) for the year.

-points are not awarded for adding new family members or for changing from an individual membership to a family membership.

Write an article for the SCRambler:

- Five (5) points per article with a maximum of one article per month.

Act as a Race Liason or Host of an Event:

- Five (5) points for each occurrence

Run any race with a minimum of four (4) other club members and submit an article and photo to the SCRambler:

- Five (5) points to all club members at the event even if they are not in the picture.

(maximum of 2 races a year)

Wild Card Race with a SCRambler article and photo

- Five (5) points for any race of your choosing that does not fit into any other category

(maximum of 2 races a year)

Participate in each of the four (4) weekly club events at least once in one month

- Five (5) points per month

(points can only be claimed once a quarter)

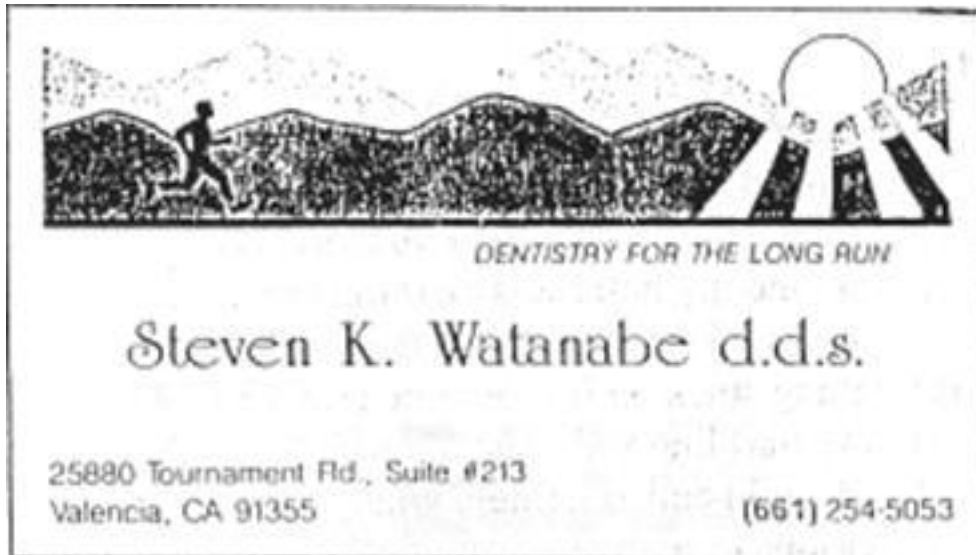
3. Each month we will recognize that month's participants for club supported runs, each quarter Race Series points leaders will be awarded prizes, and, there will be recognition of Race Series participants at the annual banquet.
 - a. Members are only eligible for one (1) quarterly award per year and one monthly award per year, but all winners are eligible for end of year awards.
 - b. Annual Banquet winners will be separated into three (3) categories:
 - Most overall points
 - Most volunteer points
 - Most race points



RACE RESULTS



OUR SPONSORS



Restaurant
27746 McBean Pkwy in Valencia

Brewery & Tasting Room
25108 Rye Canyon Loop in Valencia



2020 Board Members

President *Melanie Cotterell*

Vice-President *Dennis Lebman*

Treasurer *Paola Howard*

Secretary *Anne-Marie Frisch*

Membership Director *Chris Louie*

Race Series Director *Carolyn Gordon*

Social Media *Jeff Riggin*

Policies/Procedures *John Toth*

SCRamber Editor *Elizabeth Conzevoy*

At-Large

Sue Davis

Phil Howard

Richard Rivadeneira

KJ Yi



PHOTO GALLERY

Check out the Facebook photos posted by our members:

<https://www.facebook.com/Santa-Clarita-Runners-Club-118812028196012>

and on Instagram:

https://www.instagram.com/p/B_GrcSaHZT2/?igshid=15765vr3aes7s&fbclid=IwAR0XaSe-gCQImNgn_WgGjw3hwQlqogIH4h2rai4zcg51gKX7dz5yd0vb2l0



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