



# SCRambler

The Journal of the Santa Clarita Runners  
September 2020 Edition

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\*Updated with new events and postponed events

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# **President's Message**

## **By Melanie Cotterell**

September 2020 President's Message

As I read a preview of this month's spotlight article about Grace Graham-Zamudio it brought back my memories of watching her run as a young girl on the Warriors Track team. She was a beautiful and gifted runner even then. Enjoy this month's great article about her as written by Mary Petersen.

Sadly, this month we are saying adios but also good luck to two of our faithful board members. Liz Conzevoy our SCRamblers editor and Sue Davis our shoe collector are moving out of town. Our thanks go out to them for the time and effort they have put into assisting our club. Luckily, our member Lisa Van Dyke has volunteered to become our new shoe collector. Her address and contact information are listed further down in the SCRamblers. Bridge to Home is always very thankful for our donations. If you have any old running shoes that are past their prime, then please put them aside and get them over to Lisa.

We are still looking for that new SCRamblers editor. We have previous editors available to train you. No experience is necessary. Please think about it if you have any interest at all. You can even share the job with someone else if you can find a partner. Although maybe if we can't find an editor then you will all be happy because you will no longer have to suffer through these monthly articles.

Have a great September!



## Editor's Note

*By Elizabeth Conzevoy*

### **Miss you all!**

Hi All, this is my last edition! I will miss you all as I am moving to Star, Idaho just outside of Boise. If you are ever in the area, please let me know! There are some amazing trails where I am moving and a great running community. Our very own Chris Louie ran a marathon in Idaho Falls just a year ago. Enjoy this edition of the SCRambler and remember we need a volunteer to take over, so please let Melanie know if you can!

**Submit Articles and volunteer by email with “October Scrambler Edition” in the subject line.**

**[scrunchersboard@googlegroups.com](mailto:scrunchersboard@googlegroups.com)**



# Santa Clarita Runners Board Meeting

Minutes of the Santa Clarita Runners Board Meeting  
Thursday, August 20, 2020  
Zoom virtual meeting

**Attendees:** KJ Yi, Sue Davis, Chris Louie, Melanie Cotterell, Dennis Lebman, Jeff Riggan, John Toth, Phil Howard, Paola Howard, Richard Rivy

**Regrets:** Liz Conzevoy, Anne-Marie Frisch, Carolyn Gordon

**Call to Order:** Meeting was called to order by Melanie Cotterell at 7:03.

## **Chair Reports:**

Membership	Chris Louie reported that the club has two new members bringing the club total to 179. An inventory of new member t-shirts has been completed and Chris advised the board to place a new order. Chris also reported that RUNGO is going well and suggested that the club participate in a neighborhood cleanup sponsored by the city of Santa Clarita.
Treasurer	Paola Howard reported that the club is in good financial standing.
Race Series	The board discussed awarding quarterly prizes for the race series.
SCRambler	Elizabeth Conzevoy has resigned as Scrambler editor. The Board is currently searching for a replacement to finish the year.
By-laws	John Toth discussed changes that had been made to the existing bylaws and requested feedback from the club on the updates.
Shoe Collection	Sue Davis is relocating to South Carolina, so she will no longer be able to collect shoes for the club. The board discussed finding a club member to fulfill this responsibility. After the meeting, Lisa Van Dyke agreed to this position.

## **On-going Business:**

ID5/10K Virtual Run	After reviewing the statements of impact from each of the high school that normally receives the proceeds from the Independence Day races, it was decided that the money from the virtual 5K/10K this year would be awarded to Golden Valley.
Plan for SCR activity	start up Jeff Riggan reviewed some of the research that he done about how different adult sports leagues and other running clubs in the area are addressing the COVID-19 situation. He also presented information from the city of Santa Clarita website. After discussion, the board decided not to resume normal club activities at this time.
Review and discuss google form	?

Mask distribution      The club has a supply of face masks with SCR logos that board members can distribute to members.

Anniversary glass distribution      Richard Rivy reported that the club has 156 goblets that will be distributed to club members. Originally, the plan was to distribute these glasses at the Summer Social. However, due to COVID-19, the Summer Social has been postponed until at least the beginning of next year and may ultimately be cancelled.

**Up-Coming/New Business:**

Club ideas for the next couple of months were discussed to take the place of normal club activities.

Tax ID # requirement      The club needs to collect sales tax for merchandise sales. This discussion will continue next meeting.

Zoom meeting for new members      The board discussed a virtual orientation for new club members via Zoom.

Meeting was adjourned at 7:53.

Respectfully submitted,

John Toth



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## SCR Club Member Discounts

### **Running Warehouse**

Available on-line at [www.runningwarehouse.com](http://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.



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**BULLETIN BOARD**

## **Shoe Drive-Drop off**

Your old running shoes can be dropped off on the front porch of Lisa Van Dyke house: 27631 Woodfield Place, Valencia, test her 661-644-5556

\*\* 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@scrunchers.org](mailto:membership@scrunchers.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

Did you get your SCR logo mask? Please contact one of the board members to get your very own SCR mask.

In place of our annual Clean up the Trail Day, we are going to join with the city for Neighborhood Clean-Up Day in September. You can sign up using the link below and earn race series points for your service.

[Green Santa Clarita - http://greensantaclarita.com/calendar/river-rally/](http://greensantaclarita.com/calendar/river-rally/)

RUNGO is going strong and someone is sure to win soon. If you don't win this round don't worry, we'll play another round.



# SCRambler Spotlight: Grace Graham-Zamudio

**By Mary Petersen**

At 26 years old, Grace Graham-Zamudio has been happily married for almost 8 years. (What were you doing when you were 19 years old!) Grace met her husband David in college. They were both attending Glendale Community College and both were on the track team. Since the men's team and the women's team were sociable, it was only a matter of time before their paths crossed and friendly banter began. David was an international student from Glasgow who hated the cold weather in Scotland. Since he had family living in the U.S., when he turned 20, he moved here to attend school. Not only did he fall in love with the California weather, he fell in love with Grace.

Grace was born in Santa Clarita. Her mom had grown up here and attended Canyon High and her dad is from Van Nuys. Grace's family (she has a sister Sarah) moved from Canyon Country to Newhall about 20 years ago, and Grace graduated from Hart High. After completing two years at Glendale Community College, she transferred to Loyola Marymount University (Go Lions!). She joined the track team there and ran as a 5K and 10K specialist. Grace was proud to be a part of a talented group of women that made up one of the most accomplished teams in LMU's history. Grace says she loved both of her collegiate teams and has great memories of running with them.

Grace started running in elementary school when her P.E. class was required to run a mile. She was intrigued by one girl in the class who was really fast and always beat the boys. Grace thought that was so cool and became friendly with her. She told Grace about the Warriors Cross Country and Track program. Grace loved the activity and the competition and stayed with the program through junior high. While attending Hart High, she joined their track team and competed throughout high school.

Grace ran her first race at nine years old. It was the 2002 Run Against Hunger 5K at Newhall Park. Grace was ecstatic to be awarded 1<sup>st</sup> place for her age group, only to be told that there had been an error in the results. Although she had to return the award, Grace says she left that day with a love of running, so she can't complain. At LMU, Grace studied sociology and earned a bachelor's degree. She says she loved the data analysis and research. She enjoyed studying the behavior of people and their interactions within a group. "Sociology affects everything," she says. But in her last year of college she shifted toward the legal field which had always interested her. After graduating she entered a paralegal studies program and earned

a paralegal certificate. She now works at a law firm in Encino which handles subrogation cases for insurance companies. (I had to ask her what that means. She can explain it to you better than I can.)

Growing up, Grace was familiar with the Santa Clarita Runners Club. Her dad might even have been a member at some point years ago. But she didn't actually join the Club until 2017. After graduating college and moving back to Santa Clarita, she was working and needed a track to run on. She found her way to Tuesday track night at COC. Everyone was so supportive and there were always good vibes. The warmth and friendliness of the group led Grace to sign up with the family plan so her husband could also join. David trained for and ran the 2017 Santa Clarita Marathon with the encouragement of club members who helped him meet this challenge. Grace says that the members of the group are so kind and that she appreciates the supportive network.

Last January Grace competed in the USATF Cross Country Championship in San Diego, running a 10K. She did so well that of the 50 or so competitors, Grace was one of six who earned a place on Team USA which competed at the Pan American Cross Country Championships (NACAC) in Canada last February. It was even more special because her college friend who is now a professional runner also made the team. Working together as a team toward a common goal was inspirational and they achieved success. Of the six countries that competed, the USA team made an impressive showing and came in second to Canada. It was a memorable experience, despite their jubilation being overshadowed by the pandemic which was preoccupying the country when she returned.

Lately Grace has been mostly running alone due to work obligations and keeping socially distant. She still competes in a few cross-country competitions every year and notes that some trail races are starting to return after COVID-19 postponements. Her goal when things return to "normal" is to race a marathon. She trained for it in 2018 but suffered a knee and IT band injury. Now that she is healed, she plans to train again. She needs to move and can't stay in one place for too long or she gets bored. Running is an important part of her life. It's the way that Grace stays in tune with herself. It helps her to appreciate the little things and live in gratitude. Grace says it's a great outlet to move your body, focus your mind, and monitor your emotions.

Grace's favorite quote reveals her perspective on life. It's from a poem by Rainer Maria Rilke— "Let everything happen to you, / Beauty and terror, / Just keep going, / No feeling is final."

She says that the poem is empowering because it suggests that whatever it is, you will get through it. The point of life is to experience everything and move through it, not shy away from things for fear they won't turn out the way you want them to.

It's not about controlling but about letting things happen. In these comments, Grace reveals thoughtful insight and astute understanding beyond her years. We can all value from applying her insights to our running regimes and our lives.

**Name: Grace Graham-Zamudio**

**Age: 26**

**Birthday: 9/8/93**

**Marital Status and Children: Married**

**Brothers and Sisters: 1 sister, Sarah**

**Pets: 1 dog, Rose**

**Where did you grow up? Santa Clarita**

**When did you join Santa Clarita Runners? ~2017**

**Education: Hart High '11, Loyola Marymount '15 (GO LIONS!)**

**Occupation: Paralegal**

**Books now reading: The Woman in the Window by AJ Finn and Women, Race, and Class by Angela Davis**

**Favorite TV Show: The Office**

**Favorite Movie: Life is Beautiful, The Wedding Singer, and COCO**

**Hobbies: Hiking, Roller skating, Thrifting**

**Favorite vacation spot: Mammoth**

**Favorite vacation running location: Washington D.C.**

**Favorite restaurant: Paradise Cove Beach Café mostly for the location**

**Favorite time of day: 5:00 PM**

**Favorite Item of clothing you own: Team USA jersey!**

**Favorite quote: "Let everything happen to you, Beauty and terror, Just keep going, No feeling is final" — Rainer Maria Rilke**

**Goals: Run a marathon!**

**Pet peeve(s):** improper usage of “reply all”, and drivers not using indicators

**Personal weakness:** my left ankle, always rolling it! Boo!

**If you weren't running,** you would be... sleeping in more.

**Years of Running:** 16!

**Favorite workout:** Tempos (if they go well), and 400 repeats!

**Your first race:** 2002 Run Against Hunger 5k at Newhall Park. I was 9 and I'd never won anything in my life at that point, so I was ecstatic when I was awarded 1<sup>st</sup> place for my age group. The joy was short-lived though because apparently there was an error in the results. I had to return my award to the rightful winner shortly after! Left with a new sport though so can't complain

☺!

**Favorite Race/distance:** 1500m to watch, 5k to run.

**Worst injury:** Plantar fasciitis. I was told nothing bad would happen if I continued running and racing through it. Can I get a fact check on that?

**Favorite Running Shoes:** VaporFly 4%

**Pre-race food/drink:** Toast with Almond Butter and Banana

**Grace and David**



**Grace and her dog Rosie**



**Grace running at the NACAC race**



**Grace and her sister**





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## 10 More Running Rules for “Upper Middle Age” People

**By Cecil Stalnaker**

A stunning development took place this past month since I wrote “10 Running Rules for Seniors” in the last edition of this newsletter. I have now learned that, at 73 years old, I am no longer a “Senior” but a person of “Upper Middle Age.” People 80 years and older are now Seniors. In any case, here are 10 more rules for running for the older crowd.

**Rule 11:** Make sure you run more often since Running will make you feel less like you want to run over people in your car.

**Rule 12:** When you think that you are really running slow, imagine yourself running laps around your sedentary neighbor who is eating potato chips on the couch.

**Rule 13:** When you have a good run make sure all of your senior friends on Facebook know about it.

**Rule 14:** Don’t plan a run that’s too far. Otherwise, you might have to call an Uber or a friend to pick you up.

Rule 15: Enter as many “virtual” runs as possible if you want “to place.” I did this for the Santa Clarita 4<sup>th</sup> of July race and rewarded myself with first place in the 70 and beyond category.

Rule 16: If you wake up early to go running, do it quickly because your toes will soon vote 10 to 1 against it.

Rule 17: Once you become a runner, remove the handle on your recliner since it will quickly remind you that operating it counts as exercise.

Rule 18: Encourage people in the club who annoy you to run far distances: it will do wonders for your mental health.

Rule 19: Remind yourself that running several times a week for 30 to 60 minutes is a better fit for a busy schedule than being dead 24 hours a day.

Rule 20: If running a race and struggling, remove your SCR shirt to show the tattoo that reads: “If found lying face down, please drag me to the finish line.”



**Suggested September 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!**

**Just run!!!**

As always – please check on our web site [scrunners.org](http://www.scrunners.org/) for any calendar changes or updates.



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### **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	<a href="#">The Master's University Winter 5K</a>	O	5	+1ea for club shirt, PR, AG	
1/25/2020	SCR Annual Banquet	F	3		
2/2/2020	<a href="#">Surf City Full/Half Marathon</a>	O	5	+1ea for club shirt, PR, AG	
2/23/2020	<a href="#">Mardi Gras Madness 5K/10K</a>	O	5	+1ea for club shirt, PR, AG	
2/29/2020	LEAP-a-Thon	F	3		Melanie Cotterell
3/8/2020	<a href="#">Los Angeles Marathon</a>	O	5	+1ea for club shirt, PR, AG	
CANCELLED 3/14/2020	<a href="#">St. Patrick's Day 5K</a>	O	5	+1ea for club shirt, PR, AG	Tony Cota
<b>NEW DATE</b> 9/20/2020	<a href="#">Carlsbad 5000</a>	O	5	+1ea for club shirt, PR, AG	
<b>NEW DATE</b> 5/30/2020	<a href="#">Valencia Trail Race</a>	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	<a href="#">Mountains to Beach</a>	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		
<b>NEW EVENT</b> 5/1-5/31/20	Orienteering	F	3	+2 ea for fastest time, shortest route	Phil Howard
<b>NEW EVENT</b> 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
<b>NEW EVENT</b> 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 <sup>th</sup> 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	<a href="#">Be the Light 5K Volunteer</a>	V	5		
10/24-25/20	<a href="#">Ventura 5K/Half/Marathon</a>	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 Riggan

11/06/20- 11/08/20	<a href="#">Santa Clarita 5K/10K/Half/Full</a>	O	5	+1ea for club shirt, PR, AG	
11/26/2020	Turkey Trot	F	3		
12/6/2020	<a href="#">California International Marathon</a>	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	<a href="#">Santa to the Sea Half Marathon</a>	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](http://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 4<sup>th</sup>, 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

If you have read this far and are the first to email me at [liznaut14@gmail.com](mailto:liznaut14@gmail.com), I have a free Space Rock entry to give away.



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## OUR SPONSORS



*DENTISTRY FOR THE LONG RUN*

Steven K. Watanabe d.d.s.

25880 Tournament Rd., Suite #213  
Valencia, CA 91355 (661) 254-5053



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** *Vacant*

**At-Large**  
*Lisa Van-Dyke*  
*Phil Howard*  
*Richard Rivadeneira*  
*KJ Yi*



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## 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-gCQlmNgn\\_WgGjw3hwQlqogIH4h2rai4zcg51gKX7dz5yd0vb2l0](https://www.instagram.com/p/B_GrcSaHZT2/?igshid=15765vr3aes7s&fbclid=IwAR0XaSe-gCQlmNgn_WgGjw3hwQlqogIH4h2rai4zcg51gKX7dz5yd0vb2l0)



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