



## President's Message

by Melanie Cotterell

Summer has unbelievably come and gone. Where it went is still confounding me. As we enter a new month and the final quarter of the year, when the holidays start up fast and furious, the Club decided it is time for a new team challenge and the final push to rack up those year-end race series points to earn some serious swag!

Every member whose email is part of the [scrunchers@googlegroups.com](mailto:scrunchers@googlegroups.com) list will be assigned to a team, which is then assigned to one of the board members. *It is up to the board member and the other team members to encourage everyone on their team to participate.*

The more participants there are from your team, the better your chances for earning extra race series points. Everyone gets 3 points for participating. Please read on to learn how to play.

Each week one of the teams will be responsible for coming up with a challenge for the other teams. The challenges can, but do not have to be, running related. Be creative! If your team beats the challenge team that week then everyone on your team earns an extra race series point for that week. If no team beats the challenge team then they get the race series point.

**\*\*If there are other family members that want to participate but are currently not part of the google group then please send their email address to me and they will be added to a team.\*\***

The basics of the challenge are:

- Each board member is assigned a team.
- They may remain the team captain or assign someone on their team as the captain.
- Every member of the club is assigned randomly to a team.
- Each week one team creates a challenge to be sent out in the Monday weekly bulletin.



*K.J. Yi after completing his Virtual Boston Marathon on September 14.. Congratulations K.J.!*

## In This Issue:

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- \* Member Spotlight

Please contribute to the SCRambler! Email anecdotes, running fun, pictures and even dad jokes and poetry to [Joanne\\_nohandcandy@mac.com](mailto:Joanne_nohandcandy@mac.com)

(President's Message Con't)

- Each challenge is valid from Monday to Sunday.
- Every team competes in the challenge.
- Each team member completes a simple google form to submit their results.
- It is up to the team captain and other team members to encourage participation from their team with regards to the challenge.
- Everyone gets race series points for participating.
- All team members from each team that beats the challenge team for the week get an extra race series point for that week. If no one beats the challenge team then they earn a race series point that week
- Challenges can, but do not have to be, running related.

Example of a challenge:

Team 1's challenge is to have the most team members participate in the neighborhood cleanup.

If 5 people from team 1 participate, then any team that has more than 5 members participate get an extra point for the week.

Put on those thinking caps and come up with some fun and crazy ideas to submit to your team captain! You will be receiving an email soon letting you know what team you are on. I hope you all enjoy participating.



**Lisa VanDyke, Board Member &  
Recycled Shoe Director**

Drop off your used running shoes  
to Lisa's house for Bridge to Home.  
27631 Woodfield Place  
Valencia 91354

Please leave in a bag or box,  
on the front porch. You can  
also text Lisa to arrange a drop-off at  
661-644-5556

All donations go directly to  
Bridge to Home to  
help families in need.

*Thank you!*

## Montana Marathon - By Chris Louie

The 40<sup>th</sup> annual Montana Marathon - Billings, MT  
September 20, 2020

Cancelled. Deferred. Virtual. Over the last six months, we have seen these three words way too often in our race calendar. From the major marathons such as Boston, Chicago, and New York to triathlons, bike rides and our very own St. Patrick's Day 5k, Prediction Run, or Independence Day 5k/10k. It appeared that organized events on any level would not take place until 2021. Having received 5 race deferrals myself, I was a bit hesitant when Jason suggested we try for the Montana Marathon. One of the factors that swayed my mind were the fact that the race organizers offered a full refund if they had to cancel. Further, Covid protocols were outlined for packet pickup, shuttle buses, the start and finish lines. The idea of checking off another state with J tipped the scales, so I registered for the race.

We didn't have a lot of time to train so we decided to make it a fun run and simply get our fix of running an official race. Arriving on Friday, we planned to site see on Saturday by driving to Bighorn Canyon National Recreation Area which featured Horseshoe Bend. The primarily limestone canyon had been carved by water many millions of years ago. The stratigraphy at Bighorn Canyon included sandstone, gypsum, shale and limestone. After leaving this awesome site, we headed to the Little Bighorn Battlefield which was the site of Custer's Last Stand. It was a nice tie in to our South Dakota trip from last year as Crazy Horse was present in both locations.

Back to running. Leading up to the event, the race organizers provided ample and timely communication through e-mail and Facebook messages. With a population of only about 110k, it was easy to get around Billings from the hotel to the expo and race start. The expo was strictly for bib, drop bag, and t-shirt pick up. There were no lines, no vendors, no waiting and we had everything in less than 5 minutes. They split the 206 registered runners into six waves with no more than 40 people per wave. Runners of a wide range of expected finish times were divided into different waves to further limit contact and gathering while running. Each wave had their own bus and porta-potties at the start area. After dropping off our gear, the race started with wave A and every 2-3 minutes another was let go.

Along the course, there were thirteen (13) aid stations placed about every 2-3 miles. Water and Heed was pre-poured in cups so there was no contact between us and the volunteers. Hammer gel packets were also placed on the table for runners to pick up as they passed. After the finish line, medals were handed out and refreshments were again placed on the tables for the runners to pick up with no physical contact with the volunteers. We then proceeded to a wide open field area to recover. It was then a short 200 yard walk back to our car. Although it was a small marathon, it was well organized. The 214 half marathon runners were also split up into groups and started two hours after the full.

These procedures may be the new norm for smaller races and we will have to see how they handle the majors or larger events. Whatever happens, it was nice to receive an e-mail with a finishing time result instead of one with the words Cancelled, Deferred or Virtual.

Result: 3:20:37



Chris Louie & Jason Mock Enjoying Montana

## NEW MEMBER SPOTLIGHT

### **Aidan Soto**

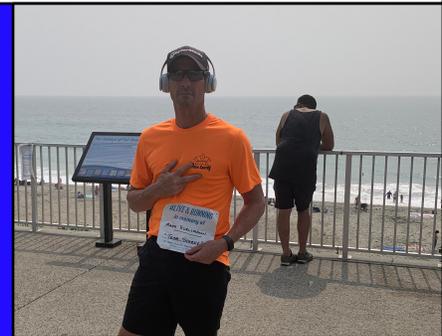
Aidan is a senior at Saugus High and enjoys running Cross Country and is Captain of the Mountain Biking Team. His favorite food is Poke and he joined the SCR's in September 2020. He is 17 and his favorite part of the SCR's is poking fun at the elder members, namely Chris Go. Aidan would like to attend Embry-Riddle University and become a pilot and/or Aviation Engineer.

### **Nick Sciole**

Nick is a Freshman at UC Santa Cruz after graduating from Saugus High in 2020 where he ran Varsity Cross Country and Swim. He was swim co-captain. His favorite food is sushi and his favorite part of being in the SCR's is George Chang's obsession with shoes and running with the COVID GNOMES. Nick joined in August 2020. Nick's aim is to BQ.

### **Joey Bloomfield**

Joey lives in Santa Clarita and joined the SCR's in May 2020. He is a painter by trade but would like to become a Motivational Speaker. He has 2 daughters and loves to Golf, his other passion. He likes the people he's met in the club and hopes to meet more on group runs soon. His favorite food is Steak and Potatoes and he loves to read.



## R U N G O W I N N E R S

C o n g r a t u l a t i o n s



**George Chang & Aubree Garman**

RUNGO - The bingo game for runners!



Congratulations to our first two winners of the RUNGO game.

George Chang and Aubree Garman had straight line bingos. Our current game is to be the first to form one of the letters "S", "C", or "R". E-mails with exercises are being sent out on Mondays, Thursdays, and Saturdays. If you do not receive it by 5 p.m. on any of those days, please contact Chris Louie at [clouie98@yahoo.com](mailto:clouie98@yahoo.com) or text. Good luck.

# MEND

Sponsor Spotlight - by Vicky Jones

Let's face it. We runners are fast-paced individuals. In these times of uncertainty, staying active has never been more important. We all know, but tend to forget especially in times like these, is that recovery is essential.

We have the perfect solution right here in SCV! If you attended the SCRrunners banquet this year, you may remember that MEND donated many of their great services and products to our club for the raffle drawings. Each of you that filled out the survey also received a coupon for a free treatment.

MEND Cryotherapy is a facility featuring the latest in cutting-edge therapies. Although MEND offers many services, the three services us runners will be most interested in is cryotherapy, compression therapy, and pulsed electromagnetic field therapy ( P.E.M.F. ).

Whole body cryotherapy (WBC) is a quick, relatively comfortable therapy that rapidly reduces inflammation while increasing circulation. This gives you a nice little endorphin rush to boot. I've tried the cryotherapy treatment and felt very refreshed afterwards. I also hear you burn a few calories, too!

Compression therapy is the second piece to the runner's recovery puzzle. Compression therapy is a 30-minute session involving boots or sleeves to give a pseudo massage, flushing lactic acid out of your limbs, which speeds up recovery time. After a long run or race, this treatment would be ideal for tired legs.

Lastly, pulsed electromagnetic field therapy (PEMF) has become the flagship service at MEND cryotherapy over the past few years. PEMF supports your body's own healing ability by replenishing the natural charge that exists in healthy cells. Runners who use PEMP have found it to be the fastest form of injury recovery hands down. Knee pain, a rolled ankle, broken bone, ligament or tendon damage - no problem! A freindly note: this therapy is very popular and books up fast, so when in need, do not wait to set up an appointment.

MEND also carries CBD oil for humans and pets. The oils work great for localized pain and inflammation. Got sore muscles? The topical is a good rub for them. The tinctures work well for inflammation and anxiety. My dog has been on their CBD oil for her hip dysplasia pain and I have noticed a considerable benefit since using it.

Owners Matt and his brother Chris have been my neighbors for years and they are 2 of the nicest guys I have ever known.

Call MEND Cryotherapy to set up your appointment, or just stop by for a quick Cryo anytime!

Don't forget to mention SCV Runners Club for a special Norma Tech Compression and Cryotherapy for only \$20.

28303 Newhall ranch Rd  
661-294-7898



# M E M B E R S P O T L I G H T

## G E O R G E C H A N G

George Chang says he's injury prone and it's hard to argue with him. In his twenties he broke his femur while roller blading which required two surgeries. In the last six years of running, he has had stress fractures on his shins and metatarsals, a peroneal tendon injury, stem cell injections for a torn plantar fascia, and TOPAZ radiofrequency treatment for plantar fasciitis. No wonder his favorite quote is "Speed Kills," since many of his injuries have occurred during speed workouts. But there is one silver lining in the barrage of injuries George has experienced, he met his wife at a church retreat while recuperating from his first surgery. Maybe it was his vulnerable condition, hobbling around on crutches, that endeared him to her? Or perhaps she just took pity on him? In any case, they began dating after his second surgery, and she stayed with him throughout his long recuperation.

That was over twenty years ago.

George's life began in South Korea where he lived until he was five. His father had fled to the south at the age of 17 before the beginning of the Korean War. At the time, the Korean Peninsula had been divided into the North and South by the U.S. and Soviet Union, respectively. The North was governed by a communist regime and the south by a military government supported by the U.S.. Leaving behind all his family in the northern part of the country, he risked his life and was shot while escaping to the South to make a new life. In the South, he met his wife and began a successful business purchasing land and building homes. Unfortunately, transactions with an unscrupulous business partner left him in financial ruin. Although George's father's goal was to settle in the U.S., the family had to first move to Argentina and then Paraguay for three years before that was possible. It wasn't until George was eight that his family was able to finally settle in the U.S.

Growing up in Glendale with parents who had sacrificed so much to give their three children greater opportunities, George was sensitive to his parents' wishes that their children get a good education and a suitable career. George entered UCLA as an Economics major despite his passion for Film. When his mother was diagnosed with cancer, George was the best candidate to stay home and care for her during her final months. He knew education was important to his mother, so George had hoped to return to UCLA, this time as a Film major. Unable make that happen, he attended Cal State Los Angeles, earned a Bachelor's Degree in Film and began working in the industry. The work was not fulfilling, however, with long hours and little opportunity to create. It was just a job to George. Eventually life led him to Information Technology. He had always been into computers so when an IT position opened up at an entertainment company, he interviewed and got it. Eventually George opened his own small business, *TechSoluxions*, which is a web-hosting company. He describes himself as an "internet landlord" who rents servers to larger businesses. His mother would be proud.

Prior to moving to Santa Clarita, George, his wife Jessica, and their children Kaylee and Kaden lived in the South Bay area. Attracted by the good schools in Valencia despite the hotter weather, they moved here in 2009. Jessica, a pharmacist, secured a position locally, and since George works from home, the move worked well for both of them. George says that as he talks to people in the community he enjoys the surprised looks on people's faces who know Jessica as their trusted pharmacist and then discover that she is his wife. George didn't run or play many sports in high school, although he was on the high school badminton team and his team won CIF in his senior year. He describes himself at that time as "skinny" (130 pounds) and "inactive." Ironically, what motivated him to begin working out six years ago was his weight, which had inched up over the years to 200 pounds. After starting to work out at gyms, George found that he enjoyed cross training which included running. When a friend signed up for the 2015 LA Marathon, he decided to begin training for it too. He researched and although his approach was methodical, just weeks before the race he injured his peroneal tendon. He ran the race despite his injury and completed his first marathon. Coming a long way since then, George PRd on his last marathon, CIM Marathon 2019, with a time of 3:25:59. After the 2015 Marathon, George joined Santa Clarita Runners. But again, he injured himself running. Unable to run, he decided to learn to swim through the Masters Program at the Aquatic Center. A friend had encouraged him to do a triathlon with him. Since then he has completed all four triathlon distances: the Sprint, the Olympic, the Half-Ironman and the Ironman, all with impressive times. When asked how he was able to sustain his endurance for a 12 hour event, he replied simply, "I really enjoy exercising."

*by Mary Petersen*

## **GEORGE CHANG - CON'T**

George says that he appreciates SCR all the more due to the stay-at-home restrictions. Running with a few close friends helps to fill the gap when normal socializing is not possible. "It keeps you sane and helps with training too because when you commit to running with someone, you have to show up," says George. He misses whole group events like the prediction run and looks forward to the time when the group can all be together again.

George discovered running later in life, but it has been life-changing for him. He says, "As we get older, we need some kind of exercise to maintain our fitness and health since our metabolism slows down, and running is the most efficient." He hopes to instill this lifestyle in his children Kaylee and Kaden while they are young. George reflects that after people marry and have kids, the focus is on the family. They become the priority and often there is little time for personal care. Although George was never a morning person, he now wakes up at 5 a.m. to work out while his family is asleep. It's quiet, free from worry and it's HIS time. "It's peaceful," George says. "I can zone out and not think about anything." George has balanced his penchant for speed with his need for quiet to achieve a life of success and satisfaction.

**Name: George Chang      Age: 50      Birthday: 6/12/1970**

**Marital Status and Children:**      **Married to Jessica with daughter Kaylee 14 and son Kaden 11**

**Brothers and Sisters:**              **Older brother and younger sister**

**Where did you grow up?**              **Mostly in Glendale, California**

**When and why did you come to Santa Clarita?** **2009 for schools for the kids. Married by then.**

**When did you join Santa Clarita Runners?** **2015 because the club had track workouts.**

**Occupation:**                              **Owner of a small web-hosting company**

**Favorite TV Show:**                      **The Boys on Amazon**

**Favorite Movie:**                         **Super Hero Movies**

**Hobbies:**                                  **Swim, Bike, Run**

**Favorite vacation spot:**              **Hawaii for the food**

**Favorite restaurant:**                 **Currently Sun Nong Dan...a korean restaurant.**

**Favorite time of day:**                 **Mornings...even though it is hard to wake up sometimes.**

**Favorite item of clothing you own:** **T-shirts...I have a lot.**

**Favorite quote:**                         **"Speed Kills" ..since many of my injuries are from speed workouts.**

**Goals:**                                       **Get to Boston and maybe someday get to Kona.**

**Pet peeve(s):**                             **When people are rude...it just bothers me.**

**Personal weakness:**                  **I love carbs and sweets so donuts and desserts are bad especially when you are trying to lose weight.**

**Happiest Memory:**                     **Race wise...crossing the finish line at my first full Ironman.**

**Most number of days you have skipped running and why:** **A few months here and there**

**PR's and distance:**                   **Marathon CIM 3:25:59, Half-Marathon Ventura 1:36:56, Olympic Triathlon Superseal 2:35:19, Half Ironman Oceanside 5:38:45, Ironman Santa Rosa 11:56:14**

**Years of Running:**                     **5 years**

**Your first race:**                         **LA Marathon 2015**

**Favorite Race/distance:**              **Still trying to find out since I started with a marathon and am working my way down...haven't done a 10k or a 5k yet.**

**Favorite Running Shoes:**             **I haven't found them yet...that is why I keep on buying more.**

Our next team challenge will start in October .. watch your emails for updates from your captains!

# Team Challenge Team Leaders

## Your Board Members - Team Numbers



**1** John Toth



**2** Carolyn Gordon



**3** Richard Rivy



**4** Dennis Lebman



**5** Chris Louie



**6** K.J. Yi



**7** Melanie Cotterell



**8** Jeff Riggan



**9** Paola Howard



**10** Anne-Marie Frisch



**11** Joanne Ainsworth



**12** Lisa VanDyke



**13** Phil Howard

**Santa Clarita Runners - Board Meeting Minutes**  
**Thursday, September 17, 2020**  
*Zoom virtual meeting*

**Attendees:** KJ Yi, Chris Louie, Melanie Cotterell, Dennis Lebman, John Toth, Phil Howard, Paola Howard, Richard Rivy, Carolyn Gordon, Joanne Ainsworth, Lisa Van Dyke and Anne-Marie Frisch

**Regrets:** Jeff Riggan

**Call to Order:** 7:02 PM by Melanie Cotterell  
Melanie welcomed new board members, Joanne Ainsworth & Lisa Van Dyke

**On-going Business:**

ID5/10K Virtual Run: Check and letter sent to Golden Valley.

SCR Activity Start Up: Continued discussions held, CL researched what other running clubs are doing to prepare for start-up of activities. After discussion, the board decided not to resume normal club activities at this time.

Mask Distribution: Masks distributed to many club members, oral inventory held, additional masks to be ordered if required.

Bios: New and existing board members to prepare a short bio.

Tax ID: Paola to research also Melanie mentioned Fred has storefront ready although inventory is low.

Zoom Meeting for New Members: CL & KJ to plan in October

T-Shirts: CL sent samples to the board along with pricing, board agreed on placement of logo. Joanne to provide her vendor info to CL

Race Series: Carolyn discussed quarterly award ideas, buffs and races also discussed

Neighborhood Clean-Up: Set for Saturday September 26<sup>th</sup>. The club will not have an organized group; members will be out on their own cleaning various parts of the trails

By-Laws: John shared current SCR By-Laws with the Board and various sections of the by-laws and changes discussed. Agree to continue discussion from Article VI until next board meeting.

**Chair Reports:**

Membership: Chris Louie: club has one new member bringing the club total to 180. RunGo continuing and well received by club members.

Treasurer: Paola Howard: Reports sent via email, the club is in good financial standing. Paola to research \$4 fee, KOC check cashed.

SCRambler: Joanne will be making SCRambler updates, protocols & due dates discussed, Melanie to provide Joanne access to google groups. Paola to send Bridge to Home thank you letter to be included. New member photos discussed.

Social Committee: Richard reported there are no new updates on Summer Social. Discussion held regarding 40<sup>th</sup> Anniversary goblet distribution. Will continue discussion to next month

Shoe Collection: Lisa to provide monthly update on shoes collected

**Up-Coming/New Business:**

- o *Reduced membership dues:* Discussion held re reduced membership fees due to Covid; board agreed to wait until the end of the year to make a decision; determine if banquet be cancelled.
- o *Team Challenge:* Idea for Team Challenge discussed, board members to be leaders and Mel to assign random teams
- o *Website Photo Contest:* Mel requested new photos for the website. Board members will volunteer to vote on photos
- o *Storage Locker Key:* Discussion held regarding who may have locker keys; Mel to reach out to various members.

Meeting adjourned at 8:24 PM.

Respectfully Submitted,

Anne-Marie Frisch, Secretary

# GEORGE CHANG - PHOTO GALLERY



## Club 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 **SCRCALI** at check-out.

### **Inecycle, 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.

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**.

Please check out our newly updated website <https://www.scrunners.club>

Thank you to our sponsors:



Steven K. Watanabe d.d.s.

## 2020 Boston Marathon - by KJ Yi

This year, 2020, has been interesting but unfortunate year at best.....I was looking forward to actually going back to Boston to race down Hopkinton, Ashland, Framingham, Natick, Wellesley, Newton, Brookline, and into Boston as has been done for the last 123 years.

A decision was made by the B.A.A. (Boston Athletics Association) that a virtual marathon would be offered to 2020 registrants. I was rather skeptical about the virtual race, but I signed up since it would be motivational. Now I had to figure out a route of 26.2 miles in Santa Clarita. A few of my friends suggested running it at Ventura beach or even starting in Ojai along the Mountains 2 Beach route. That would have made it a very long day, and I wanted to finish my run at the same time that some of my friends would finish their typical Sunday run in Santa Clarita. I thought It would also be nice to represent the city of Santa Clarita in this Boston event.

As time got closer to the race week, few of my SCR friends were asking if I had a route in mind since they wanted to run portions of it with me. After few iterations, I was able to get a 26.3 mile route that would cover as much water fountains as possible while covering some of the popular local running routes. Thinking back, I might have overdone it with hills!

Race day arrived and to my surprise, there were more than a handful to start with me at 4:30 AM at Granary Square. The first person waiting for me was Jim Pobanz who had setup a mock up Hopkinton staging area. The starting group consisted of Chris Louie (taking the photo), Jim, Joanne, Puji, Tom, and Ed.

At around mile 3, Becky joined along in and then Mark at 11<sup>th</sup> mile. Thanks to Lisa and Solomon, we had abundant amount of Gatorade and water at mile 6, 13, 19, and 22.5.

A large welcoming committee of friends were waiting at the 13 mile spot that was designated as the Wellesley cheering group. A few of the runners dropped off and few joined the run that included Lisa,, Phil, Anne-Marie, Richard, George, Tim, Brently, Michelle, Nick, Aidan, and Solomon. Besides those running with me, there were Jen, Todd, Andy, Fred, and Hiranjin.

At mile 20, we were greeted and supported by another group on Decoro Drive that included Jen, Vivian, Kara and Ron. The miles were melting away and the feeling at mile 20 felt so easy, I wish all the marathons were this pleasant.

The finish line at Granary was quite the surprise. There were blue and yellow balloons along with confetti as rounded the corner at 26.2! The best part of this was taht everyone that had supported me during the run were there to watch us all finish. This included Paola, Lisa, Brian, Mike, Debbie, Erin, Carolyn, Jolie, and Kwan.

We were also treated with the famous cannolis from Mike's Pastry in Boston. I was grateful to Joanne for shipping them in from Boston.

***In the end I was so grateful that we were able to have a safe, socially-distanced gathering in order to see so many friends we haven't seen in months due to COVID. Thank you all for coming!***

