



## President's Message:

By Melanie Cotterell

Happy Fall to y'all! As we enter this season of giving thanks, I would like to thank everyone in the club for sticking with us during this time and participating in the various activities the board members have concocted.

This month we will start the fifth week of our Team Challenge game. Don't worry if you haven't participated in any of the challenges yet, it's not too late. You can participate in any weekly challenge. They are announced each week in the Monday e-mail bulletin. None of the teams have won their challenge yet. With your help, maybe your team will be the first. If you're not sure what team you are on or need any help reporting your challenge, just let me or any of the board members know. And if you have a great idea for a challenge, your team captain would love to hear it. Good luck teams! (Especially team 7!)

In the next issue of the SCRambler our editor is going to add a couple of columns and we need your help with them. **Race Central** will be one of the columns. If you have registered for a race/run (virtual or otherwise) and would like other members to join you, send the information to Joanne ([scrambler@scrunters.org](mailto:scrambler@scrunters.org)) and she will post it in Race Central. The other column will be **Kudos Korner**. This is a place where you can give Kudos to a fellow member for any type of achievement, even if it is not running related. You can even give yourself kudos if you are so inclined. It will be fun to see what other club members are doing.

Be sure to keep your Thanksgiving morning free. Stay tuned for more information about that.

Happy Thanksgiving!

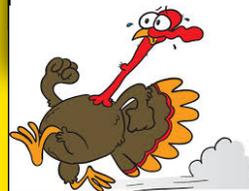
## In This Issue:

- 👁 Week One Challenge!
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- 👁 New Member Corner
- 👁 Upcoming Events!
- 👁 Board Meeting Minutes

## Save the Date / Keep your Eyes Peeled!

**The club plans on organizing a 2nd Orienteering event in Central Park on Thanksgiving morning in place of this year's Turkey Trot.**

It will have a slightly different format to the one run in May, to allow for appropriate social distancing, however it will be just as fun! More details will be revealed in an email to the membership closer to the day.



Check out the new and improved website! [www.scrunters.org](http://www.scrunters.org)

# NEW MEMBER CORNER

## Joanne Ainsworth

Joanne joined SCR in May 2020 after thinking about it for a few years. (Best Decision Ever!) When not running, she is a mom, wife and Dance Educator and business owner. Her favorite color is yellow and her favorite food is the impossible burger. Residing in Valencia but originally from Massachusetts, Joanne's favorite part of being in SCR is meeting new people and running with her new friends. Her fitness goal is to run the Abbott's World Majors with her son, Nick. Other hobbies include hiking, dogs, cooking, sewing, painting and travel.



## Omar Eslao

Omar joined late 2018, although he wasn't able to run with the group from late 2019 to early 2020 due to being deployed overseas. His favorite foods are bacon, eggs and rice for breakfast and rib eye steak for dinner. Resting his head in Canyon Country, Omar found out about the club through an online search for local running clubs. Omar enjoys the good company of the other runners and getting coffee after a nice long run. He hopes to qualify for Boston and is also a proud dad.



## Puji Weekaron

While he claims to not have a favorite food, some of us have seen Puji eat. He joined the club in February 2020 and has quickly settled in. He lives in Valencia with his wife and children and found out about the club from a friend, Kieran Wong. His favorite part of being in SCR is hanging out with his running friends and meeting new people. Puji enjoys hiking, cycling, reading, exploring the great outdoors and traveling when not running. He hopes to be able to run a very long distance without getting injured.



**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!

### 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 **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.

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.



# RACE SERIES

## RACE SERIES QUARTERLY WINNERS!

Congratulations to all our Race Series quarterly winners!! There were several places that were really close - so don't forget to submit your race series points. Everyone still has time to earn points and awards, our overall point winners are announced after the end of the year

QUARTER 1: 1<sup>st</sup> Place: Chris Louie, 2<sup>nd</sup> Place: Melanie Cotterell, 3<sup>rd</sup> Place: Gayoshi Rodrigo

QUARTER 2: 1<sup>ST</sup> Place: Phil Howard, 2<sup>nd</sup> Place: Master Cruz, 3<sup>rd</sup> Place: Kelley Schranz

QUARTER 3: 1<sup>st</sup> Place: Paola Howard, 2<sup>nd</sup> Place: Cecil Stalnaker, 3<sup>rd</sup> Place: Mary Petersen

First place awards: \$50 gift card to running store or local charity of choice and \$10 Starbucks gift card. Second and third place awards: \$20 Starbucks gift card or black SCR hoodie.

As we near the end of 2020, we continue to see races cancelled, many going virtual and some deferring. There are still a few options to earn some points this year from races:

Participating in the current Club Challenge.

CIM: while the marathon is deferring, a new event, "Project 26.0" is an option, see website: <https://runsra.org/project-26-20/>

Venice/Santa Monica 5K/10K: <http://www.christmasrun.com/>

The board is discussing the possibility of a modified Turkey Trot, so keep a lookout for info coming on that!

It pays to submit your points!! . If you aren't sure how to submit points, or, are having difficulty doing so, email Carolyn @ [cc2gordon@att.net](mailto:cc2gordon@att.net).

See you on the road, Carolyn

# RUNGO WINNERS

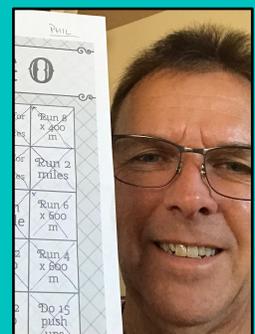
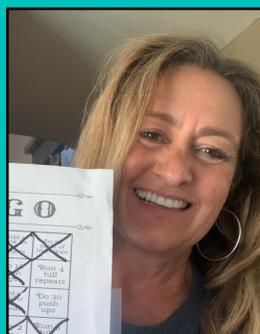
OUR THREE FINAL RUNGO (THE BINGO GAME FOR RUNNERS) WINNERS ARE:

S - Leslie Garman

C - Maria Guerra

R - Phil Howard

*Congratulations!*



Just ran the USATF XC Championships on Sat. Won my AG 65-69 & broke the course record as well.

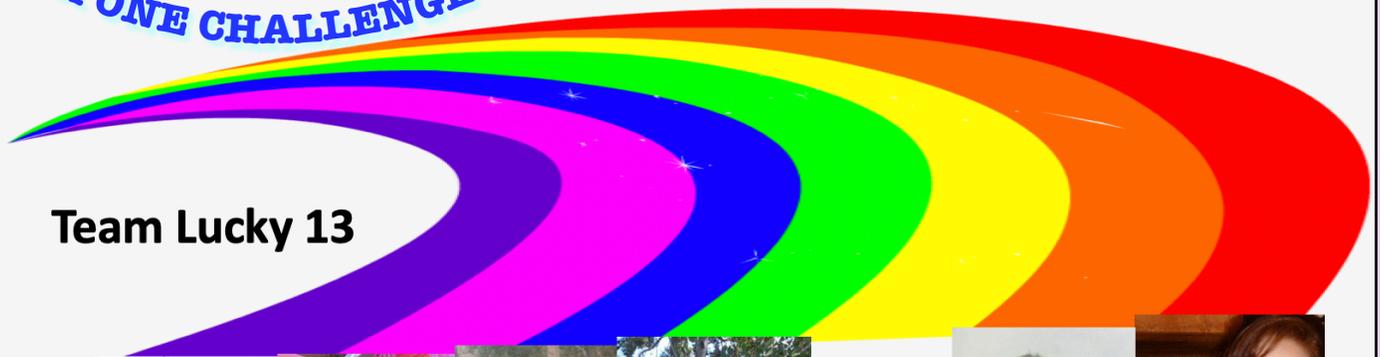
CARL STROMBERG



**- HAVE FUN AND KEEP RUNNING!**

**- SUBMISSIONS**

**WEEK ONE CHALLENGE**



**Team Lucky 13**



Phil



Jolie



Puji



Ralph



Mike



Janet

Noelia - interesting article:

<https://www.fleetfeet.com/s/hartford/sports-medicine/sports-medicine-corner/reverse-taper-marathon-recovery>



SCR Team Challenge #2  
 Trash Pickup  
 Team 9 Representing  
 10lbs 14ounces  
 Yes the bucket counts,  
 I picked it up off the side  
 of the road.  
 A 1.08 mile stretch of  
 San Francisquito road is cleaner  
 thanks to SCR.



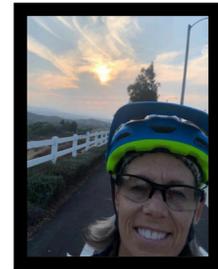
Week 1 Team Challenge – Team 'Cloud' 9 – Cloud Selfies



Paola (with Cloud Gate)



Kelley Schranz



Jen Brickner



Naemah Morris

Saturday, March 14, 2020. What do you mean, the Knights of Columbus Saint Patrick's Day Race has been cancelled? It's an important part of our traditional St Paddy's weekend! OK, the Schranz family will have their own race! Here we are up at the water tower at Central Park, in the rain and mud, with three of our grandkids, having nothing but fun. We train them early in this family!

Little did we know that this cancelled race was only the beginning... But we're all still running!



Jim Pobanz



Leigh Duquette



Debbie Feyerabend - Team 11  
The Hot Chocolate 15k: Ran on 5/3/20;  
1:27:22; 9.51 miles  
The ID 5k: Ran on 7/4/20; 32:23; 3.21 miles

Just Remember  
YOU CAN DO IT!  
#SCR



2019 When racing was a thing





## 10 Running Suggestions for "UPPER MIDDLE AGE" runners

*By Cecil Stalnakar*



1. Don't run with health food in mind, but you will need the preservatives.
2. Go to bed the night before in your running gear, including shoes. When you wake up in the morning, you will think that you have already completed your workout for the day.
3. If people say to you that you're too old to run because it's bad for your knees, just say to them, "you know eating potato chips on the couch will give you hemorrhoids."
4. Running at least three times a week and doing crunches will keep you young, but Captain Crunches and Nestle Crunches don't help that much.
5. It's not a problem to count "tossing and turning" all night as part of your workout for the "Race Series."
6. "Keep breathing"—that's the secret to running at old age.
7. Don't be concerned about running with pain—wrinkles don't hurt.
8. If you run with a dog, especially an old one, never tell him that he's adopted.
9. Don't fear the police if, while running, they accuse you of letting your dog chase people on bikes, just tell them that your dog doesn't even own a bike.
10. Don't try doing the hokey pokey while running because you will turn yourself around.



**Fred Eisler**

**CITY OF SANTA CLARITA & SANTA CLARITA RUNNERS  
4TH OF JULY VIRTUAL RUN 5K/10K**

Race Distance - 10K

Race Date - 2020-07-04 Race Time - 00:55:16

## BECOMING A TOP-NOTCH CLIMBER



**By Jarod Ebenhack**

Before moving to the SCV in the winter of 2018, I spent 5 years in South Florida and 3 years in the Antelope Valley. What do those two places have in common? Their topographies are both pretty much as flat as can be. In Florida, my cross country teams needed to run bridges and garbage landfills in order to get anything that remotely resembled a hill workout. The AV had a few more options, but none near my house. So imagine my body's shock when I moved to the SCV and had hills surrounding me in every direction. I was a terrible hill runner, and even easy runs felt bad given the fact that I was doing so much climbing and, even worse, downhill running.

The temptation to stick to the South Fork and other river trails is real. However, I'd like to suggest three ways to take full advantage of our topography in order to turn those hills you will inevitably encounter in races into your launching point rather than your nemesis.

- 1) Do regular mountain runs. They don't have to be fast in order to get benefits. Take a scenic run through East Canyon or Towsley, or else make the trek to Camp Nine, the Beast, or even the Aqueduct Cascade that overlooks the 5 and feel the burn. You'll develop efficient climbing muscles that both look good and will make all of your runs easier.
- 2) Do hill repeats of 100 meters to half miles once a month. Make these faster than race pace (whatever your race distance), and go easy downhill back to your starting point to avoid those hard downhill impacts.
- 3) Learn to run downhill correctly, and really go for it downhill now and then. Correct downhill running involves landing on the balls of your foot, keeping your center of gravity directly beneath you with a slight forward lean coupled with wide arms, and maintaining a fast turnover to eliminate excessive shock with each footfall. Most joint and leg pain from downhill running has more to do with excessive braking than it does with letting gravity take you with good form. Of course, if you are going so fast that you are out of control and end up going off the side of the trail or twisting your ankle on poor terrain, that is another story.

Remember that just because you are breathing harder than normal going uphill, it does not mean you need to slow down. You are going to produce a lot of carbon dioxide when you are running uphill, so of course you are going to breathe a little harder to get rid of it. Usually within 30 seconds after cresting, your breathing will level out. Now, if you are on the first mile of the Beast and start feeling tingling arms and legs in addition to breathing hard, then you are going into oxygen debt and need to adjust your pace. Tingling arms and legs are a good goal for hill repeats, however.

We are living in one of the best locations to become top-notch climbers. So, leave the river trail flats behind on a regular basis and hit those mountain trails. When you make the trip to Boston or New York down the road, you will be glad you did.

**Herman**

**Jim Unger**



## PANDEMIC PONDERINGS

This guy called Chris Louie gave me a task:

"An article for the newsletter, please do as I ask."

"What you're doing in the pandemic, or write about a race."

Well listen up, Chris Louie, cause I'm trying to save face!

The thing I've done most, is stay home and eat,  
interspersed with some running, and time on my feet.

I've listened most Tuesdays to the advice of Coach Phil,  
and early each Thursday, I run up the hill!

A long run on Sunday, or some time on the bike,  
and then, for good measure, on Mondays a hike.

I've taken some time, sitting outdoors to bask,  
and I've even learned how to run in a mask!

But the thing I've done best, I probably should state

Is sit on my butt, and put on some weight!

So there's just one more thing that I need to say...

The day SCR can gather, will be a fine day!

I miss seeing and running with my SCR family.

Hope you are all safe and healthy.

Jen Martin



## Santa Clarita Clean-Up

*by Chris Louie*

Santa Clarita River Rally - Clean Up  
Due to the pandemic, the annual River Rally clean-up was handled slightly differently. Instead of everyone gathering in one place, you signed up on-line and then collected the trash bags and gloves from one of several locations around the city. On Saturday, September 26<sup>th</sup>, I headed over to City Hall to pick up my supplies and was in and out within minutes. From there, I drove over to the Nordstrom Rack/McDonalds (McRack) parking lot. A few people had already started but (unfortunately) there was more than enough trash to fill up all of our bags.

As I picked up the trash, I was amazed at the volume strewn around the trails even though a trash can was within 25 yards. Personally, I pass by this area 3-4 times a week so it was a great feeling to know that I wouldn't have to look at all the garbage (at least for a short while). It was also nice when runners, walkers, and cyclists passing by shouted out "Thanks" or "We appreciate your work" to the group of us cleaning up. Many hands make light work and the group of 10+ of us had cleared the area within 1 ½ hours.

There are many ways to get involved in the city (i.e. Support Food Banks, Donate Blood, Support Nonprofits, Deliver meals, or Feed the homeless). If you don't already have a passion, you can find further ideas at: [Volunteer Engagement – City of Santa Clarita Volunteers Website](#) or contact me and I can possibly help provide further information.

# *The Carlsbad Virtual 5000 Race*

By Betsy Swallow

Sunday September 20 was bright and sunny, with cool temps, perfect for the Carlsbad Virtual 5000 Race. This year, the race was held on the multi-use trail by Heritage Park in Valencia.

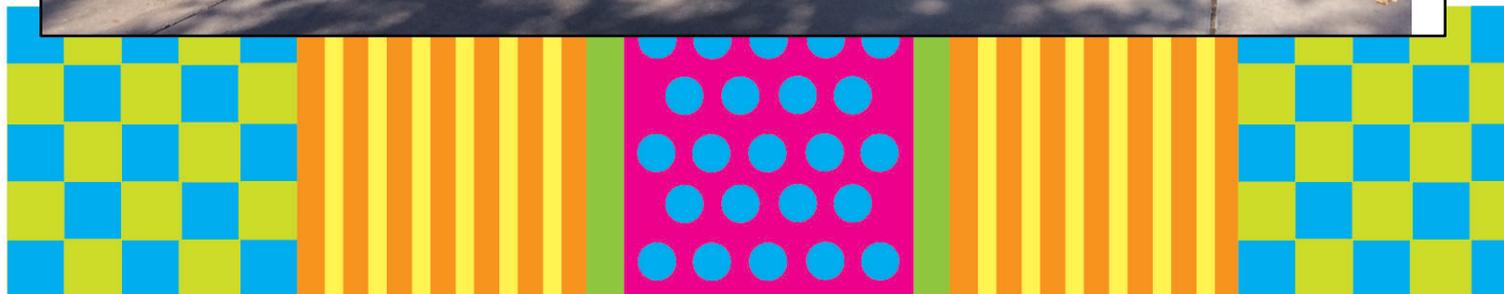
Participants were Kelley and Frank Schranz, Betsy and John Swallow, Dave McNeil, and Carl Pantoja, all experienced 5000 runners with carefully-planned race strategies.

The course started where the sidewalk meets the trail, travelled up to the Decoro Bridge, across the Bridge, down the west side to the Newhall Ranch Bridge, and across that Bridge. The runners continued up the trail almost to the Decoro Bridge again, but then did a quick 180 and ran back to the imaginary Finish Line. Jen Brickner and Scott Bain happened to be riding their bikes as some runners were finishing, and were a small but enthusiastic cheering section!

Winning the Male 75-79 category was John Swallow, in 55:23. First Place in the Male 70-74 went to Frank Schranz, with a time of 27:25. Dave McNeil took Second Place in that age group, with 30:59. Winning the Male 65-69 category was Carl Pantoja, with a time of 29:15.

The Overall Winner, and Ladies' 70-74 Age Group Winner, was Kelley Schranz, with a time of 26:29. Betsy Swallow placed Second in that group, in 42:45.

Post-race refreshments were enjoyed by all on the lawn. The enjoyment was enhanced by beverages from Pizzaport, a Carlsbad institution that is one of the race sponsors. Thanks, Kelley and Frank, for bringing the beverages! We reminisced about the fun weekends and great races that we've all had together in Carlsbad in past years. One advantage that this race had, over the past races -the drive home was a LOT shorter! Looking forward to the Carlsbad 5000 in 2021!



## MEMBER SPOTLIGHT

# BARBARA ADAMCYZK

Barbara Adamczyk has always loved to run. As a little girl growing up in Washington, she would wait at the corner for her father to come home from work and then race his car down the street, all the way home. In elementary school, she loved that she could run faster than all the boys and girls in her P.E. class. Seeing her passion for running, her dad enrolled her in a junior Amateur Athletic Union track team. He even volunteered to coach her team. She and her dad loved traveling to track meets almost every weekend. This love of running has followed Barb throughout her life.

Barb pursued her education at Central Washington University where she received a bachelor's degree in Organizational Communication and German. Her mother's side of the family is German and she loved the culture. She had studied the language since 7<sup>th</sup> grade, so it was a fun way to fulfill her college humanities requirement. Although she entertained the notion of working in Germany, she secured a position as a securities regulatory compliance officer at an investment management company in Seattle. Unfortunately, the company, as Barb tells it, made large investments with Lehman Brothers, and when the financial crash hit in 2008, Lehman Brothers went bankrupt, and the company was forced to lay off Barb and many other managers. Life changed for her.

Having lived most of her life in Washington, Barb considered pursuing a career in a warmer climate. When she was offered a position in Los Angeles, she took it. Alone and ready to make a new start, she moved to Santa Monica and began her new job. Later that year she met her husband John who also shared her love of running. Barb says it was wonderful living four blocks from the beach with many beautiful places to run. She joined the Los Angeles Running Club and remained there until she and John married.

Barb and her husband eventually moved to Redondo Beach and continued training and racing together, running and vacationing at fun destinations. They ran half marathons, and Barb's PR's are impressive—5K: 21:57, 10K: 54:42, Half Marathon: 1:57:49. Eventually tiring of the cold, overcast weather of Redondo and the congested traffic which made their work commutes horrendous, they moved to Agoura Hills. Surprisingly, her commute to Santa Monica and his commute to Glendale took less time than it did when they lived in Redondo.

Five years ago, when Barb retired, they decided to move to Santa Clarita to be close to John's three daughters and grandchildren. Barb and John joined the Santa Clarita Runners Club shortly after that. But then Barb suffered her worst injury. Gazing up at a captivating aerial fly over, she took off running at a sprint uphill to tell John about it. She felt something snap, like a rubber band had broken in her leg. Her foot turned black and went limp. The MRI showed she had ruptured the Soleus muscle on her calf. She wore a boot and walked with crutches for several months. A year later, she still couldn't run. When she finally recuperated, John had to give up running due to knee issues. Undeterred, however, they still enjoy working out together. She runs and he walks, or they ride their electric bikes.

Since retiring, Barb has taken up sculpting, drawing, beading and crafting with her Cricut. Fascinated by the process of sculpting, she actually taught herself to sculpt by reading books and watching videos! Like everything she pursues in life, Barb approached this new challenge with joy and enthusiasm.

Barb doesn't get back to Washington often. Ironically, when she lived in Washington, her favorite place to run was southern California. Now that she lives in southern California, her favorite place for a vacation run is the North Olympic Discovery Trail near Port Angeles, WA. Although she misses Washington, Barb says, "It's so far north that it's dark, wet and cold a lot of the time. I don't miss that!" Since her father passed away and her mother now lives in Idaho with Barb's sister and her children, Barb no longer has a strong incentive to return. She's now a So Cal transplant and is enjoying life here. Prior to the pandemic, she had been training and placing in her 5K age group. Still running after 52 years, her current goal is to break into the 26:00-27:00 minute range and win every once in a while!

Barb's favorite quote is from German philosopher Nietzsche—"That which does not kill me makes me stronger." She has embraced the challenges in her life and met them with resilience and optimism. "I'm still here!" she laughs.

*By Mary Petersen*

**BARBARA ADAMCZYK con't**

**Name:** Barbara Adamczyk

**Age:** 63

**Birthday:** January 14

**Marital Status and Children:** Married, no children

**Brothers and Sisters:** One of each

**Pets:** We lost our little Sheltie in May, but are picking up an Australian Labradoodle puppy on October 28<sup>th</sup>!

**When did you join Santa Clarita Runners?** The first time was about five years ago; I joined on a family membership with my husband, who was running while I was injured. Then his knees gave out on him, and we languished for a while until I started training again a year ago (without him) and rejoined.

**Education:** BA in Organizational Communication and German (CWU); ATA in Legal Studies (ECC); CRCP (Aresty Institute at Wharton)

**Occupation:** Securities Regulatory Compliance

**Books now reading:** *A Higher Call*, the true story of a German and an American World War II fighter pilots whose planes met in an unusual air battle in 1943, and became friends after the War ended.

**Favorite TV Show:** It changes all the time; mostly stuff on Netflix. Right now, it's *Call the Midwife*.

**Favorite Movie:** *Singin' in the Rain*

**Favorite vacation spot:** Greece

**Favorite restaurant:** Benihana

**Favorite time of day:** Early evening

**Favorite item of clothing you own:** a pair of super comfy dark grey skorts; they've got lots of pockets and feel like a cozy pair of sweat pants, but actually look half-way decent.

**Favorite quote: Nietzsche:** "That which does not kill me makes me stronger."

**Goals:** I was just getting into shape and had begun placing in my 5k age group when the pandemic struck. I hope to break into the 26:00-27:00 minute range and win every-once-in-a-while!

**Pet peeve(s):** people who don't respond to requests for needed information, despite repeated calls and emails.

**Personal weakness:** potato chips!

**Happiest Memory:** the night before our wedding, we took my mom and dad, brother, and all of John's brothers and daughters and friends to see The Beatles Love. What could be better than sharing Cirque du Soleil and that wonderful music with the people we love?



# Santa Clarita Runners - Board Meeting Minutes

## October 15, 2020 - Zoom virtual meeting



**Attendees:** Melanie Cotterell, Chris Louie, Phil Howard, Paola Howard, Anne-Marie Frisch, Carolyn Gordon, Dennis Lebman, Joanne Ainsworth, KJ Yi, Lisa Van Dyke, Jeff Riggin

**Regrets:** John Toth, Richard Rivadeneira

**Call to Order:** 7:07pm by Melanie Cotterell, President

### Open Action Items:

Paola investigating Tax ID, sales tax issue

New member Zoom Meeting – CL will be setting up

New member T-shirts – CL investigating vendors

Quarterly Awards – Carolyn has tallied, board decided on \$100 for the first three quarters & awards 3-deep.

Website Photo Contest – board members created a committee to judge new photos. Melanie to provide a link to the submitted photos.

### Chair Reports:

Membership - Chris Louie

- 1 new member, 206 total memberships
- Discussion held regarding new member registration date
- RUNGO completed

Treasurer - Paola Howard

- Reports sent via email

Race Series - Carolyn Gordon

- Carolyn to submit an article on winners to the SCRambler

SCRambler - Joanne Ainsworth

- Received many articles for the SCRambler, minor changes to be made

Social Media - Jeff Riggin

- Kara offered to assist Dennis with IG posts

Shoe Collection - Lisa Van Dyke

- Lisa has received many shoes
- Shoes will be donated to Bridge to Home

### On-Going Business:

Team Challenge – ongoing and challenges to remain secret

Plan for SCR activity start up – Melanie has reached out to LA County Healthy Dept., waiting on a response

Anniversary glass distribution – will be distributed at a later date

Reduced membership fees for 2021 – Paola researched fixed expenses and she will run a few different scenarios for the board to discuss at the next board meeting.

### Up-Coming/New Business:

Alternative ideas for Turkey Trot – Phil suggested an orienteering course. Possible shoe donation/food pantry donation and pass out anniversary glasses.

JBj – possible virtual run, club to put out a map.

Nominating committee – to be discussed at next meeting

Budget for 2021 – Paola to prepare a proposal

Race Series for 2021 – TBD depending on what races

SCRambler – possible new additions including Kudos Korner and Race Central ideas

Meeting adjourned at 8:02pm

Respectfully submitted

Anne-Marie Frisch, Secretary