

***Southern California Road Runners of Walnut, Inc.  
Road Racers, Cross-Country, and Track Club***

# El Corre Caminos

Vol. 22, No. 4 April 1, 2016 Walnut, California  
VISIT US AT OUR WEBSITE: [www.RoadrunnersofWalnut.org](http://www.RoadrunnersofWalnut.org)



## A Winning Situation



Hey Road Runners, I have some great news! Jasper Junio has accepted my plan for him to be Assistant Coach of the Road Runner Adult Team.

Jasper has been running with our running club for close to two years. In that time, he has proven to me he is a responsible person who considers the needs of others. He has always been willing to help the club with whatever is asked of him.

In one year Jasper's running has improved greatly. I see him working hard at each practice. He works on his overall fitness and sticks to his running schedule.

At our Annual Awards Night in March, he was given three awards: Most Improved, Most Completed Races and Best First Year Road Runner of Walnut. He has completed the classes given by the Road Runners Club of America, and by doing so he now is a Certified Coach. In time and with more experience, Jasper will one day be able to coach runners on his own at a middle school or high school. It's all up to him.

This is a win-win plan of action. Jasper is filling an opening that we have had for a long time on our adult team. By coaching our adult team, we are giving him the experience he needs. I have had three assistant coaches who eventually moved on to coach at the H.S level for pay. Jasper may want to take the same road or train at a personal level or whatever he decides. I hope he stays with us for a while to get plenty of experience and help our club grow. Yes, it is education and experience that makes a good running coach.

### ***Board of Directors 2014-2016***

President	Danny Castro
Vice President	Irma Garcia
Secretary	Erin Wong
Treasurer	Diana Moreno

### ***Club Contributors***

Newsletter Mailing	Almario Gonzales
Parent Services & Special Events	(vacant)
Member Relations	Nancy Young
Website Admin	Erin Wong

Jasper and I will work together to help all become the runners they want to be and Jasper become the coach he wants to be. We all win!

The biggest April Event in Boston will take place which is the 120th Boston Marathon. One of our members who has qualified to run it is Mark Huang. He will be among 36,000 elite runners on Monday April 18th. Mark, we wish you well.

“I want everyone to know I appreciate the way everyone is continuing to hold down the fort (club) in my absence”

## **March Special Event**

Top Speed running store put on a shoe clinic for us, but perhaps a more accurate name would be a prepare-to-race clinic. The clinic was given by store manager, Rob Lander, M.S. Kinesiology and head running coach at Chaffey College.

He went over many points of successful racing. By mostly summarizing the main points he was able to give us a lot of facts we need to stay injury free and race ready. From the correct training pace to different types of training workouts, warming up to stretch before to foam rollers after, he covered all aspects of racing and running.

He went over nutrition and hydration before during and after each race. He touched on training and race clothes for men and women. He went over running shoes, describing the different types and why each runner should use a certain pair.

After each main point we were asked if we had questions on that subject—and someone usually did. The questions were answered in a way that was easy to understand. He made sure he gave a complete answer by giving examples and then asking us if the question was answered and clear to everyone.

These Q&As showed how even veteran runners are still in need of more knowledge and how we want to gather it all in. We were all captivated by the clinic because we were provided with some great information.

To top it all off, after the clinic everything in the store was 20% off!

There were 17 Road runners of Walnut in attendance.

A very good special event!

## **April Special Event**

We have our annual handicap race at Snow Creek Park on April 10 starting at 7:45 AM and it's free! It is called the Dave Lamb 7 mile handicap race.

At this race your finish time will be reduced based on your age, hence "handicap". Yes, it is a 7 mile race.

This race is for Walnut members only. The male and female winners will win \$100 gift certificate to Top Speed running store. Second and third places may get a prize too.

Anyone can win this race!!

# Sunday Morning Runs

**Gather at 8:00AM**

**April 3<sup>rd</sup> – Frank Bonelli Park in San Dimas** - From FWY 57, exit at Via Verde (Raging Waters) then turn left if you were southbound or turn right if you were northbound. Meet at the Park and Ride lot on the north side of Via Verde *There are bathrooms at the 76 gas station one-half block from the parking lot plus several bathrooms along the running route in the park.*

**April 10<sup>th</sup> – Club Special Event – Dave Lamb Handicapped 7 Mile Race @ Snow Creek Park** - From FWY 10, exit at Grand Ave. and go south toward Mt. SAC. In about 3.5 miles, turn left onto Snow Creek Dr. The park is on the right. There are restrooms at the park. Snow Creek Park's address is 20633 Snow Creek Dr., Walnut.

**April 17<sup>th</sup> – Pacific Electric Bike Path in Claremont** – Go east on Arrow Hwy and turn left (north) on Claremont Blvd. Turn right (east) on Huntington Dr. The street ends in about a half mile; meet there at the parking lot.

**April 24<sup>th</sup> – NY Pizzeria on La Puente and Lemon** - From FWY 10, exit at Grand Ave. and go south toward Mt. SAC. In about 4 miles, turn right onto La Puente Rd. In 1-3/4 miles, turn left onto the shopping center before you reach Lemon Ave. New York Pizzeria's address is 364 Lemon Ave., Walnut. Restroom at the Chevron gas station.

**May 1<sup>st</sup> – Frank Bonelli Park in San Dimas** - From FWY 57, exit at Via Verde (Raging Waters) then turn left if you were southbound or turn right if you were northbound. Meet at the Park and Ride lot on the north side of Via Verde *There are bathrooms at the 76 gas station one-half block from the parking lot plus several bathrooms along the running route in the park.*

# Upcoming Races

## **April**

04/09 – Santa Anita Derby Day 5K (Group discount web link – ask Erin Wong)

## **May**

05/01 – OC Marathon & Half Marathon\*

## **June**

06/05 – San Diego Rock ‘n’ Roll Marathon & Half Marathon\*

\*Join us to go run as a team at the starred races. Contact Diana Moreno

# Youth Race Schedule

**April 9** – Muir High School Youth Track Meet in Pasadena or

**April 9** – Santa Anita 5K

**April 16th & 17th** – Imani Invitation, Gahr High School

**April 23** – San Diego Road Runners Track Meet - TBA

**April 20 & May 1** – Bay Cities Track, Harbor City

**May 14 & 15** – Long Beach Sprinters Track, - TBA

**May 21 & 22** – Pasadena Running Roses Track, Muir H.S., Pasadena

**May 27 & 29** – L.A. Jets (must pre-enter) Cerritos

**June 10 & 12** - S.C. USATF Championships (only those with qualifying time can enter)  
Norwalk, CA.

**June 28 to July 3** – Hershey Youth Outdoor Track Nationals, Pennsylvania (must have  
qualifying time to enter)

**Youth Summer Running Camp**

**July 2 to July 7** (date may change still pending) Cost is also still pending

# Race Results

## **LASAA Mug Run**

Temple City, CA

01/09/2016

Coleen Fitzgerald	49:53
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## **LASAA Mug Run**

Walnut, CA

01/16/2016

Coleen Fitzgerald	51:49
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## **Surf City Half Marathon**

Huntington Beach, CA

02/07/2016

Joe Cordova	2:28:59
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## **LASAA Mug Run**

Bonelli Park, San Dimas, CA

02/20/2016

Coleen Fitzgerald	49:47
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## **TRI Series Event 1**

Bonelli Park, San Dimas, CA

03/07/2016

<b>Name</b>	<b>Total Time</b>	<b>500m Swim</b>	<b>12.7K Bike</b>	<b>5K Run</b>
Joe Cordova	1:29:05	15:24	32:16	32:56

## Club Notice

**Roadrunners meet to run at 6:30 PM Mondays, Tuesdays, Wednesdays, and Thursdays at Suzanne Park, Walnut.**

Contributions for the newsletter would be greatly appreciated, so if you have a story or an event you would like published in the newsletter,

please submit the article to Erin Wong @ [secretary@roadrunnersofwalnut.org](mailto:secretary@roadrunnersofwalnut.org)

Please also forward your race results to coach Danny as soon as you complete the run so that they can be published in a timely manner.

**Thanks to our club sponsors:**



1371 Foothill Blvd. La Verne, CA 91750

*This is our club store and sponsor;  
please support them.*

*Road Runners get a 10% discount on running shoes and apparel*

