

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

# El Corre Caminos

Vol. 22, No. 2 February 1, 2016 Walnut, California  
VISIT US AT OUR WEBSITE: [www.RoadrunnersofWalnut.org](http://www.RoadrunnersofWalnut.org)



## Transparency



Hello everyone, this is a preview of our new website. I want everyone to be aware of how your Board plans on having your club function. I'm showing you this preview so that you can all see and understand what we expect or are looking for in your club's operation and its members' participation. Also, if someone is looking for a running club, they can see how our club operates and is managed. We want to be transparent. Let's look at our mission and goal statements first.

### Mission Statement

Our club is dedicated to promoting competitive long-distance running and physical fitness.

### Goal

To provide competitive runners with the tools they need to achieve their highest potentials and to provide scholarships to qualified runners based on the availability of club funds.

Let's go over what our mission statement means and why we are using certain words.

The word **“competitive”** means having a strong desire to be more successful. Which includes being more successful in running than you were last year, being more successful than others, or just as good as others. You can compete with yourself only (PRs, weight loss, running streaks, etc.), or against others (age groups, internet, a running course). It's all the same, and very easy to do. Volunteering more can also be a competition. In a nutshell, this club is organized so that each of its members can come out to try and be a better runner and person than they were when they came in.

### *Board of Directors 2014-2016*

President	Danny Castro
Vice President	Irma Garcia
Secretary	Erin Wong
Treasurer	Almario Gonzales

### *Club Contributors*

Newsletter Mailing	(vacant)
Parent Services & Special Events	(vacant)
Member Relations	Diana Moreno
Website Admin	Erin Wong

**Promoting** – Our club sets up training and activities in order to give everyone a chance to be competitive. We talk, write, live, dream, and will let anyone who wants to listen know about long-distance running. We can and should let everyone know that we are competitive long-distance runners, period.

Now let's look at our goal. The tools you will get by training with us. Another tool in the toolbox is the running education you will get from the Road Runner coach and the other veteran runners in the club. Our goal is to provide this.

Another part of the goal is to provide scholarships to our youth. So our club will be aimed at organizing races to raise funds for these scholarships.

Our club will also fundraise for the adult team. We will sponsor runners from the adult team to USATF races if they meet certain requirements. Fundraising money will also go towards the team's activities or special events.

Just want to be clear I know it's very basic stuff. So if you're looking for someone to pace you, you're in the wrong club. We don't do that. We follow training programs and are trying to better ourselves. Everyone here is competitive. Not saying we don't help each other. Of course, we do meet five days a week. We're good friends. We give advice to each other. We run the same course together, but maybe not shoulder to shoulder—it would be each at his or her own training pace. We wait on the course for each other. We take care of each other. Thank you very much.

So why do we stay with a running club that does not have one-on-one coaching? That does not have pacers while you run or does not even have club t-shirts or uniforms when you first join? Why do we have runners who have been with the club five, ten, or even twenty years? Is it our low membership cost? I don't think so. I'll tell you why: we love to run and we love to compete and we support and encourage each other.

Now let's look at some pages of our website.

### **Home Page:**

Our club is dedicated to promoting competitive long-distance running and physical fitness.

We welcome runners ages 7 and up of all levels of running abilities, who are willing to train and improve their skills to compete in long-distance events. We are road runners, cross country and track runners who compete from 800 meters to marathons.

A beginner runner is welcome to join and learn the basics of running and encouraged to pick a distance running event of their choice to compete in.

-Coach Danny

## About the Club

Southern California Road Runners (SCRR) of Walnut is a non-profit running club and is a proud member of the Road Runners Club of America (RRCA). As a 501(c) not-for-profit organization, we are committed to providing a variety of safe, fun, and friendly environments for runners at a low cost.

- SCRR of Walnut is a running club with yearly dues of \$25.00 per single member or \$30.00 per family. Youth team members come in at \$5.00 with a USATF card, which is \$20.00 (or \$25.00 without the card).
- Coach and Board members are volunteers. Dues money goes towards insurance and club activities.
- Adult club members are ages 18 and over
- Youth team members are ages 7 to 17
- We are a year-round training program offering training for road racers, cross country and track runners
- Adult club members meet to train Sunday through Thursday. Weeknights at 6:30 PM and weekends at 8 AM
- Youth team members meet to train Monday through Thursday. The coach may call Saturday practices as needed. USATF and AUU meets are usually on Sundays, where they will race.
- We have youth scholarships and adult sponsorship programs, which can help with race entries, travel expenses, and uniforms. The programs are based on the availability of club funds and if the athlete meets certain requirements.
- We organize races to raise funds for these programs. Members and youth team parents will be asked to volunteer or participate at these races. It is completely up to each member whether they volunteer or not.
- There are 5 to 6 fundraiser races throughout the year. There are 6 to 8 fun special events throughout the year. With these activities we foster friendships through communications. Also, the running events and social events have leadership opportunities which can give you an all-around experience of physical fitness matched with friendship and social bonds not found in many places.
- Find the Youth Scholarship Program guidelines on the Youth page
- Go to Adult Sponsorship for information on the program.
- We are a competitive running club of all abilities. Come out to learn the basics of racing. Learn from runners who have many years of racing at all distances, some with over 25 years.
- We have members who have been with the Southern California Road Runners for twenty years.
- SCRR has been in existence for over 50 years.
- Head Coach Danny – 22 years coaching Road Runners
  - Many top high school runners from his program
  - Many college runners from his program
  - High school coaches from his program
  - Olympic trial runners from his program
- Beginners to veteran marathoners, high school students to adults, Boston qualifiers and more

- Scholarships for Road Runners entering high school
- Youth summer running camp

## **Youth Page**

Our goal is to create athletes capable of participating in local, state, and national competitions. Our goal is also to provide competitive runners with the tools they need to achieve their highest potential and to provide scholarships to qualified runners based on the availability of club funds.

Our purpose is to help youth become the finest athletes and citizens possible. A youth member is anyone who is age 7 to 17 with determination sufficient to meet our rigorous training schedule (a 1-mile test will be given after one month of training). The supervised training program is offered four evenings each week. The training program is planned for competition in USATF and AUU cross country and track meets. Competing in these meets is not a requirement to be a youth member.

For those who will attend the USATF or AUU meets in addition to the annual membership fee, each youth runner must obtain a USATF or AUU card to compete in their meets (\$20/year). All youth will train to compete in events from 800 to 5000 meters.

Transportation to practice and races is the responsibility of each individual athlete. Athletes are responsible for the cost of entry fees to the various races, travel expenses, and their own uniforms. The club has fundraisers that may help with some of these expenses if the athlete meets certain requirements.

Participation in the scholarship program is not a requirement to join as a youth member.

# Southern California Road Runners of Walnut Youth Runners (18 years and under) Eligibility Guidelines for Scholarship – 2016

## Summer Running Camp- Big Bear Camp

Goal: Improve running ability of runners through long runs and altitude training

- Must belong to SCRRs of Walnut Club and have a current paid membership for 2016
- Train 3 – 4 months under Walnut Coach direction and belong to Walnut club only
- Show up at least 3 days a week to train. Run at least 3 or 4 miles per day.
- Participate in 3 or more races wearing the Walnut uniform
- Must have a valid USATF membership card for 2016

## National Competition Trip – TBA

Goal: Allow runner to participate in a national event that he/she has qualified for

- Same eligibility points for Summer Running Camp
- Qualified for event by placing in top 30 for event; or be a member of a qualifying team

## Free Uniforms/Free Shoes/Free Entry Fee

Goal: Provide incentive to participate in club events and PR

- Same eligibility for Summer Running Camp

Note: All above programs are discretionary scholarship based on merit of runner/s, and club has the financial resources for sponsorship. The Board members will vote on a special circumstance and must have two thirds vote of approval.

**\*\* Parents of youth runners participating in this sponsorship program must volunteer for all Club fundraising events**

**Print youth name participating in this program \_\_\_\_\_**

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**Signature of Parent or Legal Guardian**

**Date**

**Initials here if not interested in this program \_\_\_\_\_**

## **18 and Over Adult Team Sponsorship Eligibility Guidelines**

Same as youth's eligibility points

- 1 – Belong to SCRR only
- 2 – Train with the club 3 times a week
- 3 – Participate in 3 or more races wearing the Walnut uniform
- 4 – Must have a valid USATF membership card
- 5 – Qualified by time – based on USATF Nationals and/or Boston Marathon qualifying times (age graded) – We are working on the specific time standards.

## **More News**

### **One last run**

We met on Thursday December 31 at Creekside Park to make sure that the final day of the year was a running day. We finished 2015 off with a special event: the 2-Mile Predict-Your-Time Run. What we did was write down our predicted finish time for 2 miles and after the run we checked to see who was closest and that person won. The winners received Starbucks gift cards. Everyone was actually a winner because before the run, we had a toast to the New Year with champagne and apple cider and after the run, everyone had a potluck dinner. This was a free, fun, club special event.

### **Special Event – Awards Night**

We're giving out club running awards. Were you an outstanding runner last year? Did you have the best in club practice attendance or were you best in club spirit? We have many categories which will give many deserving Road Runners trophies and awards.

Come out on Friday, February 26<sup>th</sup> to Round Table Pizza in West Covina. Be there by 6:30 PM and be prepared with an acceptance speech because there's a good chance a trophy will be there for you. Pizza and soda is on the club. First pitcher of beer is on me.

### **LA Marathon**

Sunday February 14<sup>th</sup> is the LA Marathon. If you are planning on running it, please let me or one of the Board members know. Also let us know if you would like us to have anything ready to give you at mile 19.5.

We will have a pasta dinner on Friday the 12<sup>th</sup> at 6:30 PM at Buca di Beppo in Claremont. Everyone is welcome to attend, but only those who are registered for and planning to run the marathon will receive a \$15 from the club towards the meal. Look out for the evite, or contact Erin Wong to RSVP.

If you are not running the LA Marathon, you can still come out to support your teammates! We will set up a tent at mile 19.5 (more info on the Sunday Run page).

The day before the LA Marathon (Saturday the 13<sup>th</sup>), the Olympic Trials will be in and around Downtown LA. It will be a unique opportunity to see elite runners racing in our city.

## **Special Event – Movie Night**

This month, the movie *Race* about runner Jesse Owens is coming out. We are planning a group outing to go see it together. It will likely be on Monday February 29<sup>th</sup>; we will send out more information closer to that date.

## **Elections**

Each board member was elected or appointed for two years. Since two years have passed, we will have an election. All SCRR of Walnut Board positions are open. Nominations will be taken in February and we vote in March. You can nominate yourself.

## **Let's Get Physical**

To add to our physical fitness we now have **Nancy Young** leading strengthening and stretching drills on Mondays and Thursdays.

I'm going to give you a question and an answer that I want you to think about. What do you think the age group runner that beat you out of a medal that last time is doing? I'll tell you: they are running AND STRENGTHENING along with stretching. Let's do what we can to stay ahead!

# Sunday Morning Runs

**Gather at 8:00AM**

**February 7<sup>th</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.*

**February 14<sup>th</sup> – Creekside Park or LA Marathon** - From FWY 10, exit at Grand Ave. and go south toward Mt. SAC. In 2-3/4 miles, turn right onto Amar Rd. (ON GREEN LIGHT ONLY). Travel about 1-3/4 miles, then turn left onto Lemon Ave. Turn right onto Creekside Dr. and travel about half a mile to the park. There are restrooms at the park. Creekside Park's address is 780 Creekside Dr.

**LA Marathon support:** Meet at the Road Runner tent around mile 19.5 on Santa Monica Blvd & Westwood Blvd

**February 21<sup>st</sup> – Griffith Park in Claremont** - From FWY 210, exit at Towne Ave. then turn right (ON GREEN LIGHT ONLY). Travel 500 feet then turn right (west) onto Ridgefield Dr. Turn left onto Woodbend Dr. and the park is on the right. There are restrooms at the park.

**February 28<sup>th</sup> – Carlton J. Peterson Park in Diamond Bar** - From FWY 57, exit at Temple Ave. and go east (away from Cal Poly). Continue heading east onto Ave Rancheros then turn right onto Golden Springs Dr. In half a mile, turn left onto Sylvan Glen Rd. The park is on the right. There are restrooms at the park. Carlton J. Peterson Park's address is 24142 E. Sylvan Glen Rd., Diamond Bar.

**March 6<sup>th</sup> – Gladstone Park in Glendora** - From FWY 210, exit at Sunflower Ave. and go south. Travel ¼ mile then turn right onto Gladstone St. The park is on the left. Park by the circular reservoir on the west side of the park. Gladstone Park's address is 600 East Gladstone St., Glendora. There are restrooms at the park.



Sunday January 31<sup>st</sup>: We run rain or shine!



# Upcoming Races

## **February**

02/07 – Scorpion Relay at Bonelli Park

02/13 – LA Big 5K Los Angeles

02/14 – LA Marathon

02/21 – Chinatown 5K & 10K \*Club Race (SCRR Group meet and start together)\*

02/28 – Brea 8K

## **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

# SoCal USATF Youth Schedule

Most-up-to-date info on <http://www.scausatf.org/youth/youth-schedule/>

These are all of the races on the calendar at the moment. We will not attend all of these (as a team).

Sat. 02/20: Pacific Coast Shockwaves All-Comers Meet (B-1) @ Narbonne High School, 24300 S. Western Ave, Harbor City, CA 90710

Sat. 02/27: Long Beach Sprinters All-Comers Meet (B-2) @ TBD

Sat. 03/05: Los Angeles Jet Relay Carnival @ TBD

Sat. 03/12: Chino Pumas All-Comers Meet (B-1) @ Chino High School, 5472 Park Pl, Chino, CA 91710

Sat. 03/19: Pacific Coast Shockwaves All-Comers Meet (B-2) @ Pioneer High School, 10800 Benavon St, Whittier, CA 90670

Sat. 03/26: Bay Cities Unleashed All-Comers Meet (B-1) @ TBD

Sat.-Sun. 04/02-04/03: Phoenix Invitational @ Mesa Community College, 1800 West Southern Avenue, Mesa, AZ

Sat. 04/09: Pasadena Running Roses All-Comers Meet (B-2) @ John Muir High School, 1905 Lincoln Ave, Pasadena, CA 91103

Sat.-Sun. 04/16-04/17: Imani Invitational @ TBD

Sat.-Sun. 04/23-04/24: Rising Stars Invitational @ Grand Terrace High School, 21810 Main St, Grand Terrace, CA 92313

Sat.-Sun. 04/30-05/01: Bay Cities Unleashed Invitational @ TBD

Sat.-Sun. 05/07-05/08: USATF So Cal Youth Multi Championships @ TBD

Sat. 05/14: Long Beach Sprinters/Free Spirit Invitational @ TBD

Sat.-Sun. 05/21-05/22: Pasadena Running Roses Invitational @ John Muir High School, 1905 Lincoln Ave, Pasadena, CA 91103

Fri.-Sun. 05/27-05/29: Los Angeles Jets Invitational @ TBD

Fri.-Sun. 06/10-06/12: USATF So Cal Youth JO Track & Field Championships @ TBD

Fri.-Sun. 06/24-06/26: USATF Region 15 JO Track & Field Championships

Tues.-Sun. 06/28-07/03: USATF Hershey Youth Track & Field Championships @ California University of Pennsylvania, 250 University Ave, California, PA 15419

Sat.-Sun. 07/09-07/10: USATF Region 15 Multi Championships @ TBD

Mon.-Sun. 07/25-07/31: USATF Junior Olympic Championships @ California State University, Sacramento, 6000 J Street, Sacramento, CA 95819

# Race Results

## **New Year's Race Double Header Challenge (2 races in 1 day!)**

Los Angeles, CA

01/03/2016

<b>10K</b>	
Joe Cordova	1:14:19
<b>Half Marathon</b>	
Joe Cordova	3:04:41

## **Jackie Bristow 5K**

San Dimas, CA

01/09/2016

Danny Castro	24:11	2nd Div
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## **Avalon Benefit 50 Mile Run**

Avalon, CA

01/09/2016

Del Quevedo	11:07:14
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## **Ontario Mills 10K**

Ontario, CA

01/16/2016

Jasper Junio	44:37.2	5th Div	PR
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## Club Notice

**Roadrunners meet to run at 6:30 PM Mondays, Tuesdays, Wednesdays, and Thursdays at Creekside 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*

