

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

# El Corre Caminos

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VISIT US AT OUR WEBSITE: [www.RoadrunnersofWalnut.org](http://www.RoadrunnersofWalnut.org)



## Live Now Enjoy Every Day



Hello everyone! Happy New Year, everyone! I hope you are all having a safe and healthy holiday season.

This being the first month of 2016, I want to begin the year reminding everyone how important each day is. We should have awareness of the present moment. Develop an appreciation for the present moment. Seize every second of your life and savor it. The people who know how to grab the present moment and maximize it are the people who have chosen a free, effective, and fulfilling life. Take in all of every moment and tune out the past which is over and the future which will arrive in time.

Live all you can; it's a mistake not to. It doesn't matter what you do, so long as you have your life. The right time is any time that one is still so lucky as to have life.

Value your present moments. Using them up in any self-defeating way means you've lost them forever. It is a choice each of us can make.

Make sure you live life every moment every day. You never know when you could lose it. Jesus Garcia found that out as he writes in the following story:

September 20<sup>th</sup>, 2015 (Mexico)

I woke up with a very heavy pain in my chest and could hardly breathe. The first thing that came to mind was, "am I having a heart attack?" I looked for a place where I could have my blood pressure taken. After finding a pharmacy and taking my blood

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

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

### ***Club Contributors***

Newsletter Mailing	Maribel Armendariz
Parent Services & Special Events	Maribel Armendariz
Member Relations	Diana Moreno
Website Admin	Erin Wong

pressure (it read 180), they gave me a pill to reduce the pressure. All that day I was feeling better, but at 12:00 midnight the pain in my chest came back again, but this time more severe. I woke up my nephew and he took me to the local clinic and stayed there until the morning.

Since my health insurance does not cover care in other countries, I used my brother's name and insurance. After they ran blood tests and an EKG, they said it was all they could do for me. So I took the EKG results to a regular doctor and he said that I had suffered a heart attack. So we went to a bigger city that had a cardiologist. They kept me in the hospital for observation. Soon, they found out that my name was not the one I was using, but my brother's, so they called the police to arrest me and my brother for helping me. They did not arrest me because I was hospitalized and they gave me about 10 days to live.

Right after I was admitted to the hospital and they gave me medication and a shot, I started to feel better. They kept checking on me for a few days. They told me that I might have to have a pacemaker, which was going to be expensive. But God was there with me all the time. My brother and my niece started working on how to get insurance in my name and by the end of the day I had my own insurance and all paperwork done.

The concern was that if I were to die using my brother's name, my wife could not have my body and transfer it. She could not get social security benefits. At this time I prayed to God and asked him to give me one more chance. And God said yes. The doctor ran the last EKG and said I didn't need a pacemaker and discharged me. That day, my concern was that I could not fly because of the altitude. We went to the airport to get plane tickets as soon as possible, but there weren't any available until the next day. But then, there was a flight that was more than 1 hour late, so we bought the tickets and arrived at our destination that same day.

There is a saying that you don't know what you have until you lose it. Now I appreciate life and all that God gives me.

Thank you, Jesus for sharing with us your personal moments. I will not forget to now appreciate life and feel blessed that I have another day.

Now let me take you back to December 18, 2015. It was a beautiful, cool night in Montclair on the evening the Walnut Road Runners met at Home Town Buffet to celebrate volunteerism and running. We had a lively group of runners and family gather. They were ready for good conversations and fun with raffles, t-shirt and running shoe giveaways, a white elephant party game, and, of course, an all-you-can-eat buffet. This was our special event for December: the "End of the Year Party." Your Board of Directors uses this event to close out 2015 and start talk about running with the club in 2016. We use the event to promote running in general and volunteerism.

We started the evening with me welcoming everyone and reminding everyone how training with the Walnut Road Runners worked for them. Which was very easy to prove as all I had to say

was look around and ask how many races you have done? Have you ever PRed? Do you have fun and make lasting friendships within the club? Did the club have enough training days scheduled for you to come out and have a club member to train with? How about our fundraising—wasn't the club successful with that? I think all had to answer with "yes." After all, it was the funds you all helped raise that are paying for the t-shirts, the shoes, the raffle prizes, and part of everyone's meal. The funds raised also helped get our youth to Nationals. The training got our youth qualified for Nationals and got you PRs. So looking back I say we had a very good year!

The event also started our annual membership drive. This is how we're doing the membership dues this year: if you renew before the deadline (January 1<sup>st</sup>, 2016), the "early bird" rate is once again still \$20 per individual and \$25 per family. All new members and any existing members who renew after the deadline come in at \$25 per individual and \$30 per family.

Also at the event it was announced that our vacant Board Member position has been filled (the one left open by Del's retirement). Irma nominated Diana Moreno for the position, I seconded the nomination, and Diana accepted it. Diana's position on the board will be called Member Relations because the position assists with communications between members and the board. If members have questions about uniforms, Sunday long run locations, special events, and suggestions to do runs or other fun running or social activities, they will ask Diana to present them to the board. Diana can also come up with her own ideas of the aforementioned activities and present them to the board. We care about our members and want to have someone else they may feel comfortable talking to. She will be the person who will collect information on what our members want. She will also welcome and introduce new runners. I think she is the perfect person for this job. Diana has been connected to our Walnut team for over ten years; first as a youth team parent, and for the last five as a runner. She has run in races of all distances and often trains with our club three or four times a week, giving other members plenty of opportunities to see and talk to her. She is one of our top volunteers, which makes me feel she cares about her club.

Next came the time to hand out thank-you long sleeve t-shirts to those volunteers who were able to volunteer at two or more of our six fundraisers. The t-shirts are to promote club running, to advertise by having our club name and logo printed on the front and back, and to once again thank our volunteers. The t-shirts are not awards. We will have an awards night in March to award our fastest or best runners of the year then. If you were unable to make the event, check for your name here and see me for your t-shirt.

### **Volunteers Recognized:**

Dylan Almaraz\*  
Max Almaraz\*  
Danny Castro  
Tom Castro  
Anthony Cisneros  
Johnathan Cisneros  
Frank Flores

Jasmin Gamboa\*  
Irma Garcia  
Almario Gonzales  
Sofia Guzman\*  
Sonia Guzman\*  
Jasper Junio\*  
Diana Moreno

Hector Moreno  
Alondra Muro\*  
Jimena Muro\*  
Oscar Muro\*  
Juliana Myung  
Stephen Myung  
Angel Perez

Georgina Perez  
Guadalupe Perez  
Maria Pinales\*  
Edgar Polanco\*  
Erik Polanco\*

Michelle Polanco\*  
Del Quevedo\*  
Vikki Richardson  
Erica Robledo\*  
Roger Spencer\*

Dynasty Villanueva  
Erin Wong  
Nancy Young

\*volunteers who have not yet received the t-shirt

We then had an extra-special thank-you recognition to volunteers who went over and above the average or typical call of duty. These six volunteers are:

Diana Moreno  
Frank Flores  
Jasmin Gamboa  
Maria Pinales

These four were first on the list and were surprised with gift cards for running shoes from Top Speed Running. Since our club bought four certificates, Top Speed was very nice and gave us one more of equal value for free.

That made for a little dilemma since our club has two more outstanding volunteers that I really wanted on the first list but they refused. They are Almario Gonzales and Irma Garcia. To solve the problem of who will get the free running shoes, I had a drawing there in front of everyone present at the event. And the winner was Irma!

So there you have our top six volunteers of 2015. We then moved on to the raffles and finally the white elephant party game which brought our fun-filled special event to an end.

The special event also brought the Road Runner club's year to an end. We will now start the beginning of a New Year with another special event: the Predict-Your-Time New Year's Eve Run. We will be at Creekside on December 31, 2015 to start the race with a champagne toast. You run 2 miles without a watch and whoever gets closest to their predicted time wins. After the run there will be a potluck with more champagne toasts. Please come.

Update: Photos from New Year's Eve Predict-Your-Time Run 12/31/2015



# PR Profile



**Jasper Junio**  
**43 years old**

**PRs: Mission Inn Run (Half Marathon) – Riverside, CA, (1:41:08)**  
**Alhambra 5K Pumpkin Run – Alhambra, CA, (19:40:00)**

**How long have you been running?** I have been running for 2 years.

**How long have you been running with the SCRRs of Walnut?** 10 months

**What got you interested in running?** Running has numerous physical and mental health benefits.

**What motivated you to join SCRRs of Walnut?** Training with other runners is a great motivation to join the club and a great way to meet new friends. Also, running as a group can motivate any member to push a little harder or go a little further.

**How do you set your goals?** I think of an end goal that is reachable, and then I focus more on my training or steps on how to meet that end goal.

**What is your biggest accomplishment in running?** After 1 year of running and change in diet, my doctor told me that I can stop taking my maintenance medications for blood pressure and cholesterol.

**What is your next running goal?** My next running goal is to reach the finish line of a full marathon.

**Give an example of your diet.** I eat more protein and less carbohydrate, e.g., grilled chicken, plain cheeseburger, eggs, Caesar salad, oatmeal with cinnamon, bananas, protein shakes, coffee, Diet Coke, Red Bull, and water.

# Sunday Morning Runs

**Gather at 8:00AM**

**January 3rd – 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.*

**January 10th – San Dimas Canyon Park in San Dimas** – From FWY 210 eastbound, exit at San Dimas Ave. Go north then turn right onto Foothill Blvd. Turn left onto San Dimas Cyn. Rd. then turn left onto Sycamore Cyn. Rd. Immediately turn right onto the park’s parking lot. From FWY 210 westbound, exit at Foothill Blvd. Turn right then in about half a mile, turn right onto San Dimas Cyn. Rd. Turn left onto Sycamore Cyn. Rd. then immediately turn right onto the park’s parking lot. There are restrooms at the park.

**January 17th – Schabarum Park in Rowland Heights** – From FWY 60, exit at Fullerton Rd. and go south. Turn right onto Colima Rd. In about half a mile, turn right into McDonalds and park.

**January 24th – Pioneer Park in San Dimas** – From FWY 57, exit at Arrow Hwy. and go east. In less than a mile, turn left onto S. Cataract Ave. The park is on the left before the railroad crossing. There are restrooms at the park. Pioneer Park’s address is 225 S. Cataract Ave., San Dimas.

**January 31st – Snow Creek Park in Walnut** - 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.

**February 7th – 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

## **January**

01/03 (Sun) - New Year's Race Half Marathon, 10K & 5K @ Grand Park, Los Angeles

01/09 (Sat) - Music Run 5K @ LA Fairplex, Pomona

# Race Results

## Revel Canyon City Marathon

Azusa, CA

11/07/15

Del Quevedo	3:52:31
Joe Cordova	5:33:36

## Clark-Miamit 50 Miles

Pampanga, Philippines

11/22/15

Del Quevedo	14:40
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## Youth XC Regionals

Las Vegas, NV

11/22/15

Boys 8 & Under 2K				
*Johnathan Cisneros	8:02.56	PR	2nd OA	Q
Boys 9 & 10 3K				
Anthony Cisneros	11:54.11		7th OA	Q
Girls 11-12 3K				
Jimena Muro	13:14.79			Q
Girls 13-14 4K				
Guadalupe Perez	16:31.64		28th	Q

\*Runner of the Meet Johnathan Cisneros - He came in shoulder to shoulder with the 1st overall winner who won by a step over Johnathan



## California International Marathon

Sacramento, CA

12/06/15

Nancy Young	4:13:32	Div 182/450	PR
Diana Moreno	4:27:16	Div 98/240	
<b>The Half Crazy Duo - Relay Challenge (4:57:36 marathon) Div 165/220</b>			
Irma Garcia	2:34:32		
Jasmin Gamboa	2:23:04		

## Youth XC Nationals

Albuquerque, NM

12/12/15

<b>Boys 8 &amp; Under 2K</b>		
Johnathan Cisneros	9:21.3	100 out of 227
<b>Boys 9 &amp; 10 3K</b>		
Anthony Cisneros	13:42	172 out of 306
<b>Girls 11-12 3K</b>		
*Jimena Muro	13:41.6	204 out of 300
<b>Girls 13-14 4K</b>		
Guadalupe Perez	18:20.7	221 out of 302

\*Runner of the Meet Jimena Muro - She ran a very smart race, pacing herself to a good start and maintaining her hard effort to the finish, moving from #8 SCRR girl to #4 to score points for the team.

## Holiday Half Marathon & 5K

Pomona, CA

12/12/2014 - 12/13/2014

<b>5K</b>		
Sofia Guzman	30:38	
Sonia Guzman	30:49	
Jasmin Gamboa	33:35	
<b>Half Marathon</b>		
Stephen Myung	1:42:51	12th Div
Juliana Myung	2:00:41	25th Div
Vikki Richardson	3:31:11	1st Div

# Club Mission & Goal

**Mission Statement:** Our club is dedicated to promoting competitive long-distance running and physical fitness.

**Our Goal:** To provide competitive runners with the tools they need to achieve their highest potential and to provide scholarships to qualified runners based on availability of club funds.

This is what our club is all about. If you do not agree with it or have any questions, talk to Coach Danny or Diana Moreno.

## 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*

