

***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



Awards Night Recap



Hello, Road Runners! We had our annual awards event and it was a very nice event.

But I have one regret: that I went through the whole event without saying “thank you” to Erica Robledo in front of the other Road Runners there. Erica

did a perfect job when she took over for Irma as Vice President last year.

Erica accepted the duties of Vice President when Irma found herself too busy at home and work to continue. I asked Erica to do me a favor and help with the Vice President duties. She accepted and did an excellent job with them. But Erica ran into the same problems as Irma; too much work and home duties also had her stepping down from VP after three months. Luckily for me, Irma restructured her time and was able to return.

To Erica: Thank you for your service you did as Vice President.

<i>Board of Directors 2014-2016</i>	
President	Danny Castro
Vice President	Irma Garcia
Secretary	Erin Wong
Treasurer	Diana Moreno
<i>Club Contributors</i>	
Newsletter Mailing	Almario Gonzales
Parent Services & Special Events	(vacant)
Member Relations	Nancy Young
Website Admin	Erin Wong

Ok let’s get back to the special event. Here is the list of nominations and who received an award for each.

First Year Road Runner of Walnut

Male

Aaron Bravo
Winner: *Jasper Junio*
Oscar Muro

Female

Winner: *Sonia Guzman*
Maria Pinales

Most Improved

Male

Aaron Bravo
Winner: Jasper Junio
Stephen Myung

Female

Jasmin Gamboa
Juliana Myung
Winner: Nancy Young

Race of the Year

Male

Tom Castro (LA Rock ‘n’ Roll Half Marathon)
Jasper Junio (Mission Inn Run)
Winner: Stephen Myung (Fontana Days Half Marathon)

Female

Jasmin Gamboa (LA Rock ‘n’ Roll Half Marathon)
Diana Moreno (Surf City Half Marathon)
Juliana Myung (Long Beach Half Marathon)
Winner: Nancy Young (CIM Marathon)

MVR of the Year

Male

Aaron Bravo
Winner: Tom Castro
Roger Spencer

Female

Jasmin Gamboa
Winner: Diana Moreno
Nancy Young

Youth Parent Volunteer

Sonia Guzman
Winner: Oscar Muro & Maria Pinales
Angel & Georgina Perez
Edgar & Jenny Polanco

Team Support Volunteer

Tom Castro
Winner: Frank Flores
Hector Moreno

Most Inspirational Runner

Winner: Jesus Garcia
Winner: Irma Garcia
Vikki Richardson

Most Completed Races

Male

Winner: Jasper Junio (16)
Joe Cordova (12)
Tom Castro (10)

Female

Winner: Erin Wong (13)
Vikki Richardson (10)
Diana Moreno (9)
Jasmin Gamboa (9)

LA Marathon Legacy Runner

Winner: Joe Cordova

Hall of Fame

Winner: Almario Gonzales

In closing I want to thank everyone for the great year. I have many amusing memories and have acquired more knowledge of our sport by being around runners like you.

Hector Moreno put together the slide show, reinforcing the fun we had racing throughout the year. Thanks a lot, Hector! As you must have noticed, you got the party started when we all saw ourselves running and posing for the pictures. We all had a good laugh that carried us into a lively event.



Serving our Running Community

Road Runners of Walnut at the Olympic Marathon Trials

It will only happen once every four years and hasn't taken place in Los Angeles since the 1984 Olympics. This year the Olympics will take place in Rio. For Americans to represent the United States in Rio, they must be in the top three in each event. This year to find our top three male and female marathoners, a trials race was held in Los Angeles.

Los Angeles has asked the Olympic Committee to hold the 2020 Olympic Games in LA. To show that the city is capable of staging such a large event, the marathon trials were held in LA on February 13th.

So to make sure the Olympic Committee saw the enthusiasm Los Angeles has for the marathon, some of our club members showed up to volunteer to help the event run smoothly and to create the spirit needed to bring the Olympics here in 2020.

The Road Runners who volunteered were Jasmin Gamboa, Irma Garcia, Diana Moreno, Erin Wong, and Elizabeth Lyons (ex-youth team member, Rosemead HS and APU alumna).

Actually running in the Olympic Marathon Trial race was ex-youth Walnut Road Runner Lenore Moreno. She had an outstanding race, breaking 2:40:00 for a PR of 2:39:38 to place 13th, just 9 minutes behind third place.

At the LA Marathon

As if volunteering at the Olympic Trials on Saturday wasn't enough, our crew along with a few more Road Runners went Sunday to volunteer at the LA Marathon. They went to the 19.5 mile mark of the marathon course and set up our Road Runner tent to cheer on all marathon runners and hand our runners their preferred drink or food to recharge them to finish the last 6.5 miles.

The crew included James Toma, Nancy Young, Del Quevedo, Tom Castro, and Jesus Garcia, along with yesterday's trials volunteers Irma Garcia, Diana Moreno, and Erin Wong.

Thank you all for representing the Walnut Road Runners. You guys have the spirit of a true Olympian!

Lesson Learned Got to Learn from it

Stay focused, eyes ten feet ahead, concentrate on running with quick steps, hold my pace, and don't slow down. That's what I preach; that's what I always do when I race. Or do I?

I had to take a couple of losses to get myself back on track. I didn't realize my lack of focus had cost me a minute or two in each of my two losses. I thought, "oh well, I tried my best and didn't win." It's not the first time I lost, and it won't be the last. But then it came to me as I was thinking about each part of each race. I remembered in the first of my last two losses that during the race I had caught one runner I could never catch in practice so I figured that person was having a problem. I had to play coach and find out what was happening—why was I able to catch up to that runner. So I slowed down, talked to that runner, found out that person was fine, and then I decided to push on. That was it. When I slowed down to talk to that person, my rival caught up to me and paced off me for a mile and then passed me and I watched his back the rest of the way to the finish. My rival was faster than me on that day...or did slowing down for a minute to talk cause me to lose? Could I have held my lead if I hadn't slowed down to talk?

At the next race, the same thing happened. As I slowed down to encourage one runner I was passing, my rival came up to my shoulder. I then had to pick up my pace to stay ahead. A little later, I looked back (another mistake) and encouraged my rival in good sportsmanship to come up and stay with me. When he did, I again encouraged him to take the lead. That he did all the way to finish ahead of me.

I must learn to stay focused on what I'm doing and keep my mouth shut.

I learned my lesson to practice what I preach and keep my focus on running without talking.

Road Runners Compete

Our adult team Road Runners took the spotlight in February as they competed in road races of 5K, 10K, half and full marathon distances.

All were successful because all were doing the training needed for the distance they chose. Those that did marathons had respect for the distance and did many long runs before their races. They took the time to train. Same for those that did the halves, 10Ks, and even the 5Ks.

You can join them and be successful in your next competition too. Make time to train. Respect the distance!

On the cross country course in February it was Grace Padilla Leong winning the USATF National Women's Master Championships. See her crossing the finish line in the first picture on the USATF SoCal website (www.scausatf.org).

On the roads, Olivia Paez won the Firecracker 5K with a PR time of 17:52. The winning time put her first on Racewire Timing's website Hall of Fame for 15 to 19 year olds in 2016. Second is another Road Runner Claire Graves with a time of 18:05. And still even more impressive ex-youth Road Runner Phillip Rocha was named Best High School Cross Country Runner in California for 2016.

Sunday Morning Runs

Gather at 8:00AM

March 6th – 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.

March 13th – 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.*

March 20th – San Dimas Canyon Park - 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.

March 27th – Creekside Park - 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.

April 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.*

Upcoming Races

March

03/20 – Run 4 Kids in Diamond Bar – Fundraising opportunity (\$5 back to club)

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

Race Results

**West region in May 2015
Masters Shotput
Chuck Lyons: Third Overall**

Surf City Half Marathon
Huntington Beach, CA
02/07/2016

Gina Clyde	2:38:18	debut
Vikki Richardson	3:26:12	

LA Marathon
Los Angeles, CA
02/14/2016

Mark Huang	3:47:11	
Aaron Bravo	4:00:06	debut
Diva Burns	4:58:15	
Joe Cordova	5:23:21	
Juliana Myung	6:44:05	
Stephen Myung	6:44:06	

Chinatown Firecracker 5K & 10K

Los Angeles, CA

02/21/2016

5K			
Olivia Paez	17:52	PR	1st FOA, 8th OA
Bob De Miranda	41:33		6th Div
10K			
Tom Castro	46:18		3rd Div
Nancy Young	50:53		10th Div
Claudia Navarro	54:15		10th Div
Diana Moreno	54:19		15th Div
Erin Wong	57:18		38th Div
Sonia Guzman	58:20		21st Div
Jasmin Gamboa	1:04:37		44th Div

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

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

