

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

El Corre Caminos

Vol. 22, No. 5 May 1, 2016 Walnut, California
VISIT US AT OUR WEBSITE: www.RoadrunnersofWalnut.org



Election Results and Special Event



Hello everyone. The majority have agreed to let those who have volunteered to work as Road Runners of Walnut board members take the job they have volunteered for.

You were given a vote and a chance to nominate someone and these are the members who stepped up and were chosen. They will be board member volunteers for two years. I am sure everyone will do their job with the club members' interests in mind. You know the board members and will see them at practice and special events all the time--be sure to talk to them and let them know what you want in your running club.

Before I give the names of the 2016 - 2018 board members I want to give thanks and praise to Erin Wong for her service as secretary for the last two years. Erin did an outstanding job and as president I was always in appreciation of her work as secretary. Thank you, Erin from the past board members and future board members alike because you have set a high benchmark for us to meet and our goal should be to reach it. If we can reach it, we will improve as a club.

Now the 2016-2018 board members are:
President – Danny Castro
Vice President – Irma Garcia
Treasurer – Diana Moreno
Secretary – Nancy Young

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

Also very important volunteers known as club contributors:
Web administrator – Erin Wong
Club uniforms and newsletter mailing – Almario Gonzales
Youth parents services – Edgar Polanco
Special events – open
Member relations – open

Let's move on to the May special event for the Walnut Road Runners. It's called the Cinco de Mayo Burrito Run and it will take place in Suzanne Park.

This event is made to celebrate the traditional holiday from Mexico. We mix running competition with Mexican food and drink on this May 5 (Thursday) holiday.

For more action, I'm planning a new course this year. The course will be shorter--about a 1/4 mile lap in Suzanne Park. The running time may also be cut down from 30 minutes to 20 minutes.

The contest goes like this: to start the race each runner must finish a 1/8 piece of a small burrito and a 1/2 cup of orchata (a drink from Mexico) before they can start running. On the completion of each lap, each runner is required to eat and drink the same amount again before continuing on for another lap. At the end of the contest (20 minutes), whoever does the most laps wins.

There will be three winners per gender. Each will win a Mexican restaurant gift certificate. \$15 for first place, \$10 for second place, and \$5 for third place. Meet at 6:30 PM in Suzanne Park. Race starts right after a brief registration.

Before I sign off, I would like to thank the entire club for giving me the opportunity to serve as president. It is an honor to have you put your faith and trust in me. I do not take this responsibility lightly and I will represent you with transparency and the confidence needed to keep the club moving forward.

With respect,
Danny

Sunday Morning Runs

Gather at 7:00 AM or 8:00AM

May 1st – 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.*

May 7th and/or May 8th – Cameron Park in West Covina - From FWY 210 or FWY 10, exit at Azusa Ave. and go south. Turn right (west) onto Cameron Ave. Meet at the parking lot on the northwest corner of Lark Ellen Ave. and Cameron Ave. (If you are coming from FWY 60, exit at Azusa Ave. and go north. Turn left onto Cameron Ave. toward Lark Ellen Ave.). There are restrooms at the park

May 15th – 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.

May 22nd – Shadow Oak Park in Walnut (new)– Shadow Oak Park on shadow Oak west of Nogales

May 29th – Finkbiner Park in Glendora - From FWY 210, exit at Grand Ave. and go north. Turn right onto Foothill Blvd. then turn left onto Cullen Ave. After a block, turn left onto Dalton Ave. and park on the right. There are restrooms at the park.

June 5th – Sycamore Canyon Park in Diamond Bar (new) – Sycamore Canyon Park turn west the only way you can go on Sycamore Park Street off Golden Springs Drive. The park is between grand Avenue and diamond Bar Blvd.

You may not be able to see the park until you turn off Golden Springs Drive

Boston Marathon

By Mark Huang

I started running in 2009 when my son decided to try out for the cross country team as a high school freshman. I thought I might just stay with him for a while until he was stable enough to run by himself. After that, I could retire from running and go back to my normal life, I told myself--maybe do it for one summer; but for some reason, I did not stop. My son ran from JV to Varsity, from freshman to college Junior now and I'm still running too. If there is a reason why I'm still running, it is you guys (my running friends) who support me, and sometimes push me to keep running. Sun or rain, good or bad day, once I put on my running gear, show up and see runners, that makes my day complete.

The Boston Marathon! (For me, it had always been more like the "Boston Marathon?" with a question mark). The first time I qualified for the Boston Marathon was in May 2012 at the OC (Costa Mesa) Marathon. I didn't pay much attention to it, let alone set a goal for it. I had always been content with what I did: to run every day and do 2-3 local marathons a year. Without thinking much, two and half years later, I qualified for Boston again in November 2014 at the Revel (Azusa) Marathon. A lot of acknowledgement followed to encourage me to go. Runners were kind of running out of patience for another 2 and half years this time. Not until I got to the LAX airport, flew cross country, transferred to the subway and arrived in Boston did I start to realize why I was there. The city was taken over by runners with smiles on their faces. You could see runners everywhere. You just wonder if this is what the people do here for life. Running here is second nature and there are no excuses. It broadened my view of running in life and upgraded my passion of it. I felt like an amateur player who mistakenly ran into a professional game. But the game had started and the gun had been shot, so I just had to move forward until I reached the finish line.

"The pain is temporary. But, the glory is forever". I like the post I got from one of my marathons. The trip ended. But the memory stays. The friendships I made there, the workers of the hotel I stayed in, the cheers along the marathon course, they are all alive in me. They all made my running life bountiful. I couldn't wait to share the excitement I encountered there. Thank you for sending me there with financial support for my race registration and pre-race dinner. I went there by myself, but with all of your support, I was not alone. It is always good to come home and run at our home courses every day, and now I do so with the Boston Memory and dream.



Upcoming Races

June

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

06/11 – Bowling Day –Saturday 06/11 **Moved to July TBD

06/26 - Dave Lamb Handicapped 7 Mile Race @ Snow Creek Pk, Walnut

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

Youth Race Schedule

Youth Track & Field Championships

(Must meet qualifying standards in a prior track meet)

2016 Association Championship

June 10-12

Location TBD

2016 USATF Region 15 Championships

(Must qualify in Association Championship Meet to enter)

June 24-26

Location TBD

2016 USATF Youth Outdoor Track & Field Championships

(Must qualify to enter)

June 28 – July 3

Millersville University, Millersville, Pennsylvania

Big Bear Running Camp

July 2-7

See Coach Danny for more information

Race Results

San Francisco Rock 'n' Roll Half Marathon

San Francisco, CA

04/03/2016

Nancy Young	1:59:37	Div 74/531
Diana Moreno	2:16:08	Div 54/229
Jasmin Gamboa	2:34:08	Div 253/462
Irma Garcia	2:40:01	Div 5/12

Run Mt SAC 5K

Walnut, CA

04/09/2016

Jasper Junio	22:15	1 st Div	6 th OA
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Pasadena Running Roses Meet

Pasadena CA

04/08/2016

Jimena Muro	12:44	3000 meter
Alondra Muro	3:35	800 meter

Hollywood Half Marathon

Hollywood, CA

04/10/2016

Juliana Myung	2:20:55
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Santa Anita Derby Day 5K

Arcadia, CA

04/09/2016

Tom Castro	23:47	9 th Div
Erin Wong	26:38	9 th Div
Aaron Bravo	39:00	129 th Div

Kids 4 Kids 5K
04/17/2016

Jimena Muro	22:01	1 st Div, 2 nd FOA
Erik Polanco	22:48	3 rd Div
Alondra Muro	24:18:00	1 st Div, 5 th FOA

Boston Marathon
Boston, MA
04/18/2016

Mark Huang	3:44:09
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Imani Invitational
Gahr High School, CA

1500m Boys 8 & Under		
Ernesto Miguel	7:13	PR
1500m Girls 8 & Under		
Alondra Muro	6:46	2 nd Div Q
1500m Girls 9-10		
Dynasty Villanueva	6:17	
1500m Boys 11-12		
Anthony Cisneros	5:22	PR
Erik Polanco	5:43	
3000m Girls 11-12		
Jimena Muro	12:20	

TRI Series #2
 Bonelli Park, San Dimas, CA
 04/17/2016

Name	Total Time	1000m Swim	33.98K Bike	8K Run
Joe Cordova	2:52:08	26:26	1:21:28	57:03

Rising Stars Track Meet
 04/23/2016 – 4/24/2016

1500m Boys 8 & Under			
Johnathan Cisneros	6:00	10/22	Q
Ernesto Miguel	7:26	21/22	
Dominic Miguel	8:14	22/22	
1500m Girls 9-10			
Dynasty Villanueva	6:04.78	11/23	
1500m Boys 11-12			
Anthony Cisneros	5:49:09		



Sunday Run

OC Half Marathon & 5K
 Orange County, CA
 05/01/2016

5K			
Aaron Bravo	21:09	Div 1/39	PR
Half Marathon			
Jasper Junio	1:45:35	Div 47/465	
Nancy Young (running for Jasmin Gamboa)	1:52:44		
Tom Castro	1:54:23	Div 41/223	
Edgar Polanco	1:54:28	Div 137/525	PR
Diana Moreno	2:01:37	Div 34/420	
Claudia Navarro	2:05:07	Div 121/728	
Sonia Guzman	2:11:42	Div 138/578	
Erin Wong	2:12:08	Div 212/657	
Ray Sollars	2:25:35		Debut
Gina Clyde	2:31:25	Div 393/795	PR
Vikki Richardson	3:39:02	Div 5/6	

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.



1371 Foothill Blvd. La Verne, CA 91750

This is our club store and sponsor for our elite runners and races. Please support this store. Road Runners get a 10% discount on running shoes and apparel.

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