

# Snails' Tales

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A Publication of  
The Brea Snail's  
Pace Running Club

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## March Madness!



March is a great time of the year. The weather is heating up and the local racing circuit is no different. This past month saw the Brea Snails host two club races, the Brea 8K and the Coaster Run at Knott's Berry Farm. The Brea 8K attracted over 2,000 participants for the first time in its illustrious history and Snails represented in force! Brea Snails also were a dominating force at the Coaster Run with a terrific turnout. The racing teams had an outstanding month, as well. Read about their success in Bob Morris' Racing Report. Also in this issue, enjoy articles by President Leon Gray, Bob Gamez, Nancy Lim. You will also find three pages of photos from the club races and Solvang Century Ride. Our next club race is the Carlsbad 5000 on April 1st... no joke! Hope to see you there!

## Racing Team Report – Brea 8K

By Bob Morris

Over the years the Brea 8K has been known for its challenging course and change-of-pace distance (8K). But, what really attracts the runners to this race is the sumptuous post-race food spread. The local restaurants showed up with their culinary delights and our members represented themselves very well in the food lines, going back for seconds, and many times, thirds.

Kevin Broady was probably the first one in the food line from our Club finishing third overall and first Masters runner with a time of 26:06. He was followed by Eric Frome (26:51), who had the unfortunate luck of being in the same age group as the overall winner (former Snail's Pace employee Lutz Braun). Besides Kevin, the other two Age Group winners from our team were Dave Parsel and Sherrie Hall-Curl.

Snail's Pace captured the first place team competition in the Masters Division (40+ Kevin, Mark Donaldson, Dave Schiller, Sue Zihlmann). We recruited some members from the Club to help us also capture the Grand Masters Division (50+ Dave P., Dave Smith, Sherrie H.-C. and John Elia). In the Open Division we finished third out of twenty-two teams led by Wilians Nava, Allen Childress, Cisco Rubalcava and Leilani Rios.

## Racing Team Report – The Coaster Run

by Bob Morris

I wasn't able to attend the Coaster Run on March 18 (my wife had talked me into pacing her at the Catalina Marathon the same weekend), but I heard we dominated the event, especially in the 10K where we swept the first nine places. (\* indicates age group winner)

1. Kevin Broady\* – 33:03
2. Dave Parsel\* – 34:22
3. Eric Frome\* – 34:32
4. Wilians Nava – 34:32
5. Roger Mignosa – 34:50
6. Mariano Nava\* – 35:38
7. Danny Rosales\* – 35:43
8. Mark Donaldson\* – 35:46
9. Dave Schiller – 36:35

On the women's side of the 10K, Sue Zihlmann finished second woman overall.

Only three of our guys ran the 5K, but they all won their division led by Allen Childress (16:20), then Cisco Rubalcava (16:40) and Chris Jagers (17:35).

Elda Hernandez recently rejoined the team and won her age division in 18:57. Other female age group winners were Leilani Rios (19:24), Annette McCall (19:51), Rozanne Strong (19:54) and Sherrie Hall-Curl (20:44). That makes 17 age group winners between the two races. Next Club race is the Carlsbad 5000, April 1<sup>st</sup>.

P.S. On the Monday after the race I received a call at the Laguna Hills Store from a woman requesting info about joining the Club after she had attended the Coaster Run. She said it was the fast Snailer's who first caught her attention, then all of the mid-pack runners in ASP uniforms that made her want to check out our Club.

# Race Results...



### Brea 8K February 25, 2007

Craig Bronstein	32:36	
John Creel	43:09	2nd Div
Mary Gaede	47:59	
CarriAnn Gravitt	40:55	
Mirza Gallardo	34:36	
Steve Halligan	44:48	
Nancy Lim	42:33	
Cathe Milward	40:02	4th Div
Denis Paez	42:11	4th Div
Escargot Spandikow	31:54	
Dorothy Strand	55:26	2nd Div
Rozanne Strong	33:09	2nd Div
Brenda Terry	32:47	3rd Div
Theresa Ullrich	53:43	
Tom Watts	30:03	

### Winter Trail Run Series

Leon Gray	18K	1:59:32	1st Div
	21K	2:26:45	1st Div



### Los Angeles Marathon March 4, 2007

John Creel	4:31:07	8th Div
Yen Darcy	4:30:28	
Bob Lopez	4:55:32	Legacy!
Peter Mireles	4:30:22	Legacy!



### Catalina Marathon March 17, 2007

Joanne Taylor	5:37:07	
Jerry Wirz	4:36:01	1st Div



Snails on the Podium



### The Coaster Run March 18, 2007

#### 5K Race

Jon Carley	20:16	
Mirza Gallardo	20:54	2nd Div
Leon Gray	22:47	2nd Div
Sam Kotob	21:53	
Ron Luque	26:52	
Snoopy	DNF	
Escargot Spandikow	19:37	
Rozanne Strong	19:54	1st Div
Brenda Terry	19:45	

#### 10K Race

Arcy Gamez	53:02	5th Div
Steve Halligan	53:06	
Caroline Perez	48:17	
Dorothy Strand	1:07:12	1st Div
John Strand	54:37	1st Div
Tom Watts	38:23	3rd Div



## President's State of the Chapter Address

### Tidbits and Trivia

Times a'flying, Here it is March already and daylight saving time too! And Snails are flying too! See Rick's article on the Brea 8K about how well the Snails did. Yours truly did not run since I ran a tough 18K trail race the day before. Maybe a few years ago I would have done races on back to back days, but not anymore. So I hung around the Snails Pace canopy and cheered all the Snails in.

I did get to do something for the first time in all my years of being around races: Arcy Gamez and I got to hold the finishing tape for both the men and women. Of course finding the first man was no problem, but locating the first woman was a bit of a challenge since she was surrounded by several other guys. But due to excellent teamwork, we were able to pull it off and the first woman finisher was able to break the tape.

Here's another first for me. In all the time I've been trail running/racing, the worst thing I've ever done is have a stumble with a nice recovery. At the Winter Trail Race 21K however, I was hauling down Trabuco Canyon trail and Baz, the race director, did not remove all rocks as promised. I found one he missed and took quite a face plant. I did not have a chance to stumble or roll or anything. I was on my back looking up at the blue sky and thinking, "Why am I on my back? Ouch!" After the race I did not clean my wounds since I wanted an acquaintance to see it and decide who had the bragging rights for the "best blood." I won.

The running club recently added a couple new faces. Steve Halligan signed up and drives from Corona both for the weekday and Saturday morning runs. Jenise was a recent visitor and we hope she will have joined by the time this newsletter is published. She ran her first half marathon in 1:35 just training by herself. Way to go!

Jeanne Daffron, our past president, was in town and we had the opportunity to visit with her at the Yard House after a Wednesday club run. Old times were revisited, and she told us all about her new house and life in Louisville. It was great catching up with her and a very pleasant evening. I might mention we will continue our weekly Wednesday night informal "socials" at the Yard House after the club run. Everyone is welcome!

Leon...

## Congratulations, Bob & Arcy Gamez!

Hello Snails,

We are sorry we were not able to invite the whole world to our wedding, we really wanted to. Anyway it all went very well. I finally tied the knot. Some of the attendees were club members: Warren & Jennifer, Rozanne & Scott, Cathe Milward and Marie Ortiz, and Snail's Pace staff Owners: Dave Reynolds, Eddie Johnson, coworkers: Michelle Montiel, Cali Vincelet, Bob Arnold, Pam Smith, not to mention Bob and Arcy.

Here is some brief history, FYI. I was the Vice President of the running club at the time and I was just beginning my now very popular A Snail's Pace Marathon Training programs in Brea. Arcy showed up to the shop for the first time to buy shoes and Bob Arnold convinced her run with the club. As an officer, I ran with all the new people to show them the courses and Arcy was no exception. The next week she came out I forgot her name and she never lets me forget that. We ran the Summit house run that day and before the run was complete I had scheduled a play date with her at John Beavers' home for a Luau. I also recruited her to join my training program for her first marathon (LA) and she eventually became the club treasurer.

Through the training we got to know each other and before we realized it, we were an item. From there it gets kind of fuzzy but I think I married her. Yes, I am positive I did. Best decision I've ever made. She'll keep me out of trouble and together I am confident there is nothing we can not achieve. I thank God for the blessing. Thank you all for the well wishes. A Snail's Pace Running Club brought two runners together for a lifetime of happiness. Thank You.  
Bob & Arcy Gamez



## Solvang Century and Half Century Bike Tour with the Snails

By: Nancy Lim

Since coming back from the Solvang Bike Tour with my fellow snails, I have received barrage of questions. Here are some of the highlights:

Q: How many snails does it take to learn how the Amtrak system works?

A: Apparently, more than two. Cathy Lee and I missed the Amtrak to Santa Barbara by a fraction of a second. If only there was a camera to capture the horrified looks on our faces as the Pacific Surfliner closed its doors within inches of our noses (*twice*—please don't ask), coupled with Zarah, Teri, and Grace flailing their arms and screaming out the windows as it incompassionately headed north. Who knew that five women could cause such a ruckus on the public transportation system? Seven hours later, we eventually made it there.

Q: How much biking experience is needed to ride a half century?

A: Quite a bit, but if you're like me, you were convinced by Bob Lopez that I "would be fine even if I was a newbie." When he asked me to join them on the trip, I was hesitant. I mean, I lacked the bare essential: I didn't even own a bike. The last time I was on a bike (i.e. non-stationary bike), I was a twelve year old kid riding my Huffy down the street to play with my neighbors. Bob, being the kind man he is, offered to lend me his mountain bike, so I naively thought, "OK, that shouldn't be cumbersome nor heavy." <insert laughter here>

Q: What does the start line look like? Is it similar to a marathon?

A: This one was relaxed but filled with bicyclists and their fancy road bikes, aerodynamic helmets, colorful jerseys, Pearl Izumi/SIDI/Shimano/insert name brand here bicycle cleats. I nervously posed with my heavy mountain bike with fat tires, a five dollar garage sale helmet, tank top, and my Saucony running shoes. At least I had padded shorts. I was ready to go...but wait!

Q: How important are brakes?

A: Thanks, Chris for checking my brakes pre-race. Otherwise, there may have been a eulogy written in this edition of the Snails newsletter. Next question.

Q: How was the experience?

A: Well, other than a hilly course (in my humble opinion), the blazing hot sun, the torturous winds...great! Zarah, Chris, Cathy, and I stopped to take some pictures with the rolling hills behind us, a picture of the flower fields and a vegetable garden. Who knew that riding a bike could make one so hungry? Did I mention the hills, the heat, and the wind?

Q: Would you do something this crazy again?

A: Ask my husband. (\*wink, wink, nudge, nudge\*) Actually, I haven't decided on that, but I do know that the camaraderie, friendships, and enjoying peoples' company far outweighed the difficulties of this trip. My bedtime stories with three lovely women remain in my heart, the disbelief which eventually turned into laughter as the Amtrak sped away (which then led to a delicious sushi meal), and spending the weekend relaxing, shopping, and eating are what made me glad that I chose to partake in this adventure.

Editor's Note: Please check out event photos in the photo gallery

# Snails in Motion at Brea 8K



*"To make sure you'll keep up a good pace, I'm going to release Spike here 1 minute after you start."*



Brenda Terry



Chris Healy



CarriAnn Gravitt



Ron Luque



Jerry Wirz



Happy Snails to You!



Cathy Milward (in St. Paddy Green)



Denis Paez and John Creel



Dorothy Strand, John Creel, & Carol Gass



Rozanne Strong



Bob Lopez experiencing "Runner's High?"



Dorothy and John Strand with Coaster Run Race Director



Rozanne Strong says, "Peace"

# Solvang Century Ride



From Left: Shawn Tittlefittz, Cathy Lee, Teri Brodowski, Nancy Lim, Tammy Reddy, John T., Bob Lopez, John C., Grace Phipps, Chris Healy, Zarah Martinez



Back L-R: Teri, Bob, John C., John T., Chris, Zarah. Front: Nancy, Tammy, Cathy, Grace, Shawn



Fountain Valley ♦ Laguna Hills ♦ Brea ♦ Pasadena

## 2007 CLUB RACES

Last Updated: 1/13/07

*ALL Races and Dates are tentative, and subject to revision.*

*Check Club Newsletter & Website ([www.snailspace.org](http://www.snailspace.org)) for up-to-date changes.*

*Email suggestions for additional Club Races to: [Bob.Morris@RunASnailsPace.com](mailto:Bob.Morris@RunASnailsPace.com)*

<u>Chapter Sponsor</u>	<u>Date</u>	<u>Race</u>	<u>Race Location</u>
LH	1. JANUARY 7	O.C. Marathon/Half Marathon/5k	Irvine
FV	2. FEBRUARY 4	Pacific Shoreline Marathon/Half Marathon/5k	Huntington Beach
BR	3. FEBRUARY 25	Brea 8k	Brea
PAS	4. MARCH 18	Coaster Run 5K/10K	Buena Park
ALL	5. APRIL 1	Carlsbad 5000	Carlsbad
LH	6. MAY 28 (Mon)	Saddleback Half Marathon/5k	Laguna Hills
BR	7. JUNE 9	Downtown Anaheim 5k	Anaheim
FV	8. JULY 4	Huntington Beach Parade 5k	Huntington Beach
FV	9. AUGUST 18	H.B. Distance Derby 5 mile/10 mile	Huntington Beach
FV	10. OCTOBER 14	Long Beach Marathon	Long Beach
BR	11. NOVEMBER ?	Dino Dash 5 & 10k	Tustin
LH	12. NOVEMBER 22	Dana Point Turkey Trot 10k/5k	Dana Point
LH	13. DECEMBER ?	So. Cal. Half Marathon	Irvine

Look for the Black ASP Club Canopy at each Club Race (usually near the Finish Area).  
Store your belongings (don't count on security, however). Warm-up & -down with your ASPRC Teammates.

Bring a chair and some refreshments to share! Have FUN!!

# APRIL 2007 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Carlsbad 5000</i>	2	3 <i>Fullerton Trails 6pm</i>	4 <i>Summit Run or Two Parks 6pm</i>	5 <i>Subway Shop Run 6pm</i>	6	7 <i>Fullerton Courthouse 7am</i>
8	9	10 <i>Fullerton Trails 6pm</i>	11 <i>Summit Run or Two Parks 6pm</i>	12 <i>Subway Shop Run 6pm</i>	13	14 <i>Fullerton Courthouse 7am</i>
15	16 <i>Boston Marathon</i>	17 <i>Fullerton Trails 6pm</i>	18 <i>Summit Run or Two Parks 6pm</i>	19 <i>Subway Shop Run 6pm</i>	20	21 <i>Fullerton Courthouse 7am</i>
22	23	24 <i>Fullerton Trails 6pm</i>	25 <i>Club Meeting</i>	26 <i>Subway Shop Run 6pm</i>	27	28 <i>Fullerton Courthouse 7am</i>
29	30					

## April Events

April 1– Club Race Carlsbad 5000

April 16– Boston Marathon: Come out and cheer for your fellow Snails

April 25– Club Meeting

Tuesdays– Club run 6pm at Fullerton Courthouse Lower Parking Lot

Wednesdays– Club run at Brea Snails Pace Store (Summit Run or Two Parks)

Thursday– Club run at Subway Shop (Brea and Bastanchury)

Saturdays-Club run at 7am Fullerton Courthouse Lower Parking Lot

Birthdays Snails Pace Running Club wishes Happy Birthday to:

Denise Bacher 4/4

Grace Phipps 4/4

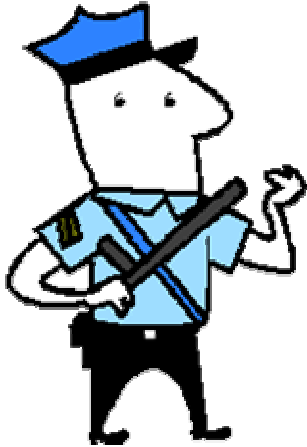
Dawn Vonderheide 4/13

CarriAnn Gravitt 4/21



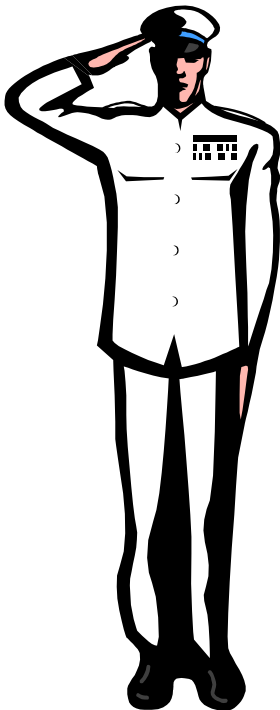
## Newsletter Submissions

This newsletter is for you, valued Brea Snail's Pace Running Club member. If you would like to contribute any pictures, articles, or race results please email them to me at [rickspandikow@gmail.com](mailto:rickspandikow@gmail.com) by April 18th for inclusion in the next newsletter. Thanks!



This is just a friendly reminder that if your membership has expired or is about to expire to please keep your membership current. All dues go directly to the club treasury to cover expenses such as social functions, food/beverage at club meetings and newsletters. Failure to keep your membership current may result in a warrant for your arrest and an appearance on the television show "COPS." Don't be a bad boy! (Girl)

## Brea Snails Pace Running Club Officers 2007



### **President**

Leon Gray– [leon.oco.net](mailto:leon.oco.net)

### **Vice President**

Jon Carley– [jjcarley@pacbell.net](mailto:jjcarley@pacbell.net)

### **Treasurer**

Fred Pollard– [flpmai@aol.com](mailto:flpmai@aol.com)

### **Social Chairperson**

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