



Honkers Anaheim California Marathon Trip Notes January 11-16, 2013

I went for the marathon but the main purpose was to visit friends: marathon friends from afar that were all meeting up in Anaheim and Los Angeles area friends that I've treasured over the years and I wanted a reunion. The marathon wasn't the best or most exciting I've ever done but it was far above average and the meeting up with friends rated very high.

Why called "Honkers"? Along the river trail there are hundreds of Canadian Geese, also known as Honkers. Myth has it that the strongest goose leads the pack and is motivated by the honking of the rest of the "family." Honk on Runners!!!

To get through the ups and downs of the marathon first:

- **Registration** was easy and cheap with the missives by race director and organizers absolutely excellent and especially for an inaugural. The registrant numbers were limited and sold out fast.
- **Course** and theme were fun: Honkers meaning the ducks/geese fly zone.
- **Host hotel** the Embassy Suites in Anaheim North was an older establishment but well managed, inexpensive, easy to get to off highway 91 and for \$119 gave a big breakfast and a manager's reception. It had the traditional koi pond in the indoor courtyard.
- **Bib pick up** was about 6 miles from the host hotel and start/finish Park was about the same but in another direction. Bib pick up was organized and friendly and in a tiny 'muscle products' shop.
- **Expo** was non-existent though there were a couple tents and a coffee truck at the start/finish line within a park on the edge of the river trail.
- **T-shirt** was uniquely designed and void of all advertisement except the 'muscle shop' on the back at the bottom. The white high quality V-neck tech shirt came in women's sizing with a fun design: "Honkers" spread across the bust-line with little geese in running shoes interspersed. I'm sure everyone liked the shirt. If they liked the shirt, they loved the upcoming medal.
- **Shuttle buses** ran from the host hotel and we were offered return rides whenever we needed. There had been a concern about parking so we all took the shuttle but I believe the ex-hospital site about 2 blocks out held enough parking spaces for everyone.
- **Trail** was interspersed with both stark and lovely wooded, but always with the Santa Ana River waterway by our side. Sometimes it was an ugly concrete waterway and sometimes surprising us



with a series of dams and waterfalls and some green growth. The second out and back used by the full marathons was the more interesting and at the far end finally went into a built up area. Otherwise it was all artificially built up trail. In small areas park plantings made it more interesting whereas the majority of the scenery was stark. Though it was mostly flat there were some surprising hills and many underpasses.

- **Bicycles** on the trail were a problem and more disconcerting than cars on a road. Some of the trail had major drop offs so when bicycles met oncoming and/or passed each other or passed runners it could be fearful. I quickly moved to the opposite side and the dirt. This is a very well utilized trail and it passes a number of parks.
- **Spectators** were probably limited to family members and fluid station members but they were very supportive and since it was two out and backs (in both directions) this gave us more fluid stations and spectators.
- **Surface** was mostly clean new asphalt though underpasses were concrete. To the edge through the majority of the trail one found gravel and dirt either on the side or in a separate path (for horses?) which I mainly stayed on to save the hips.
- **Finish line** was offered to be open as long as we wanted with NO deadline. This in itself is a big sales pitch as a marathon friendly to all. The MC at the start and finish was especially kind and humorous too.
- **Food** was generous at the finish line with pizza, Clif Bars, fruits and I don't know what in the earlier stages. Food on the course was limited to GU until about mile 18 then oranges, trail mix, donuts, pretzels, etc. were offered. I'd have liked to have some food earlier.
- **Medals** were huge and might even beat out the "Flying Pig" medal with cut out geese flying by and they are clad in sneakers. See the picture and realize the age group medal is of normal size with the finisher medal being quite large though not silly so.
- **Age group awards** were medals given in 5 year age increments and 5 down, meaning everyone got an age group award.
- **Results** - My finish time was something in the 6:42 range and as evidence of the old folks participating I only got a 3rd place in my age group. Results were sent immediately via text and available the next day on the web having utilized the chip embedded in the bib.
- **Photos** – I never could figure out how to negotiate the photographer's web site and find 'my bib' picture so I gave up. I hope it was only non-tech me and not everybody who had that trouble.



All in all, I'm glad to have been at this inaugural and would have enjoyed it even without all the friends in attendance. But we're clear what the calling card – friends and touring is.



Friends through marathons - Diane and Carol had come in from the Boulder/Las Vegas marathon the day before and made it in time for the manager's reception. There were five of them and I'd picked up their bibs earlier in the day. Marina was the driver and she lives locally in Irving so was the chauffeur for many. Judy spent extra time locally since her son and new DIL were now residing nearby and her husband was local for business. We had dinner together Sunday night. Sharon and Henry came in from LAX mid-afternoon early enough for drinks. How I missed Roxana I can't imagine but she won our age group so guess I couldn't ever catch her.

Weather – Did you read how cold it was? Fruit trees were damaged by the sub-freezing temperatures. The shuttle bus driver suggested it was 29 but I read 31 degrees. It felt pretty good to me as compared to a week later when it was over 80 degrees. We were all bundled up in garbage bags and wrapped in foil blankets for about half the marathon. I kept my two t-shirts and windbreaker on all the while, plus wore a hat, gloves with hand warmers plus a Buff.

Description of Trail from the web: *Santa Ana River Trail is a 12-foot wide path following the cement-lined Santa Ana River. The trail runs between SR 1/E Pacific Coast Highway at Huntington Beach and SR 71/Corona Freeway just northwest of Corona. The popular trail links neighborhoods, business and shopping districts and the beach. Soon the trail will link with its northern counterparts in San Bernardino and beyond, creating a 110-mile trail corridor all the way to Big Bear Lake in the San Bernardino Mountains.*

You would think that traveling from the beaches of Huntington and Newport to the Chino Hills would be a tough workout. But surprisingly, the elevation climb of west to east was easier than vice-versa.

The best route for starting this trail is from the Huntington Beach Trail to Weir Canyon Road. You will notice very little difference, exertion-wise, when going either way on the trail due to the winds usually blowing west to east. So you've got elevation gain going west to east, but you're bucking headwinds going east to west. So it's a wash.

Even on the weekend, this trail isn't nearly as crowded as its sister trail, the Huntington Beach Trail. But if you want a relaxing and leisurely journey, your best bet is to ride the trail on a weekday. Either way, you'll love the fact that you don't have to spend any time crossing or riding on a road. The trail burrows under all roads as it wends eastward towards the source of the Santa Ana River.

Since the elevation change is nearly imperceptible, you can enjoy the Santa Ana River Trail with nearly any non-motorized mode of transportation. It is quite enjoyable on foot, by bike, on a recumbent, a Trikke (best going east to west), a 3G Stepper, or inline skates. The most common type of bike found along the trail was a simple one-speed cruiser followed closely by road bikes, then mountain bikes. People seemed equally comfortable on all three. The cruiser works especially nice if you plan to combine the Santa Ana Trail with the Huntington Beach Trail.

Each trail has its defining characteristics and the abundance of flowers alongside the trail was one of the outstanding characteristics of this particular trail. This is especially true in the spring where reds and yellows line the trail with drought-tolerant floral arrangements climbing the walls and hugging the ground. A true botanist would delight in noticing the change in flower varieties from the coastal type along the beach trail to the inland flowers found further east.

Another interesting feature found the length of the trail is the channel of the Santa Ana River. For those of us used to seeing rivers in their wild state, the Santa Ana riverbed is a stark and interesting change of scenery. To control flooding the riverbed has been channelized to the extreme with large portions of the riverbed completely encased in concrete.

Finally, numerous parks, side-trails, and nature centers dot the landscape of the trail providing resting spots and wonderful diversions. One children's play area, called Moon Park, even has a replica of the moon for kids to play on. It comes complete with craters and a simulated lunar surface. Of course this is in addition to the abundance of playground structures at many of the parks. And for the weak of bladder and strong of thirst, there are numerous restrooms and drinking fountains along the path.

One of the finest and most unique characteristics of the Santa Ana River Trail is its proximity to the seashore areas of Huntington Beach and Newport Beach. If you get too hot, want to play in the surf, or just have a craving for a corn dog and milkshake, you can just head on down to the ocean for a complete change of pace and scenery. It's also nice to have lots of options for rental bikes and other trail toys that are found at the beachside stands in the two oceanfront towns.

Whether you're a hard-core road biker or a laid-back cruiser, you should find the trail of your dreams in these southern California communities.

Miscellaneous Photos



Sweet idea to have a coffee truck available in the cold early morning. I don't think it was free but it was welcomed. The bus driver told us it was 28 degrees and who would have expected that in sunny California? Only four or five tents set up but that was enough.



You're seeing the finish line; the start line was out on the trail. Everyone was gathering all the plastics they could find to stay warm. Amazing enough – no lines for toilets. The park had indoor toilets but no doors on the stalls.



Henry and Sharon traveled together and both are amazing. I want to be like Sharon – doing multiple marathons after age 70! Here's Judy with her family doing their very first marathons, then the

extreme – Diane rushing to not only get a PR but also her plane all the while racking up the numbers to her 200th marathon.



The mountains in the backdrop were calling to me. Portions of the trail were planted but most were barren concrete riverbed. We crossed this bridge twice since it was an out and back. See those houses up on the cliff? Now you don't wonder how it is that some slide off in the rain and mud.

Touring – first to see Ellen in Santa Monica

Tom first met Ellen while on a walking tour of Kyoto gardens maybe early 1990s, and then I joined them in a subsequent year for a similar tour that included koi ponds. We've been close to Ellen ever since and she's been a jewel to be my mentor and guider day in and day out. She's the best well-traveled person we have ever known and has been willing to just jump at a chance to see illuminated manuscripts in some gosh forsaken place when she'll run off with no idea how she'll get back. But typical of Ellen, and along with her lesson material to me, the Universe provides and she's always fine.

I went to pick her up at her beach side apartment at the end of the Santa Monica Pier and found she was, as usual, knee deep in some political intrigue so I hung around well-entertained. Shortly we were off to the Getty Villa in Malibu where she'd spent considerable time over the years and where I'd only been one other time. They'd lost their 'marbles' in the interim. You might remember the lawsuit and agreement that the Getty would give back to Italy some marble statuary that was said to have been ill gotten. It was early in the game of trying to retrieve original objects. The Greeks are still trying to retrieve their Elgin Marbles from the Brits and have been unsuccessful even though the Greeks built a purpose-built gorgeous museum for these marble statues and show all tourists the empty spots saved for them.

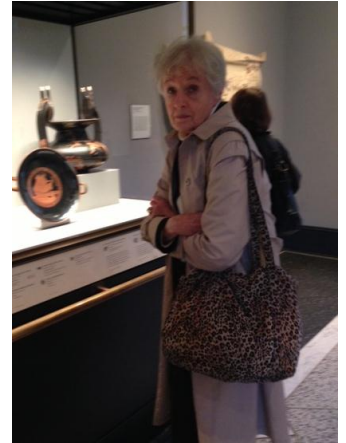
We went to the Yogananda Retreat before going onto the Villa but it was closed on Monday. We were able to look in somewhat and walk around the lake area. It clearly deserves a trip. Ellen used to volunteer there. Reading "Autobiography of a Yogi" was a game changer for me some years back and this was the founder of the retreat.

http://en.wikipedia.org/wiki/Self-Realization_Fellowship

The Self-Realization Fellowship is a worldwide spiritual organization founded by Paramahansa Yogananda in 1920 and based in Mount Washington in Los Angeles. Self-Realization Fellowship (SRF) continues disseminating Paramahansa Yogananda's teachings, including Kriya Yoga, a form of yoga the group claims originated millennia ago in India. SRF publishes Yogananda teachings of home-study lessons, writings, lectures, and recorded talks; oversees temples, retreats, meditation centers, and monastic communities bearing the name Self-Realization Order; and coordinates the Worldwide Prayer Circle, which it describes as a network of groups and individuals who pray for those in need of physical, mental, or spiritual aid, and who also pray for world peace and harmony.

Self-Realization Fellowship has several temples in other cities in California and in Phoenix, Arizona and maintains other facilities throughout the United States and around the world (there are 500 meditation centers, located in 54 countries). SRF also has a sister organization in India called Yogoda Satsanga Society of India, founded by Yogananda in 1917, and headquartered in Dakshineswar (near Calcutta). Yogoda Satsanga Society oversees 90 meditation centers, 21 educational institutions, and a variety of charitable facilities. SRF's mission is to foster a spirit of greater understanding and goodwill among the diverse people and nations of the global family and help those of all cultures and creeds to realize and express more fully in their lives the beauty, nobility, and divinity of the human spirit, which mission it, intends to fulfill

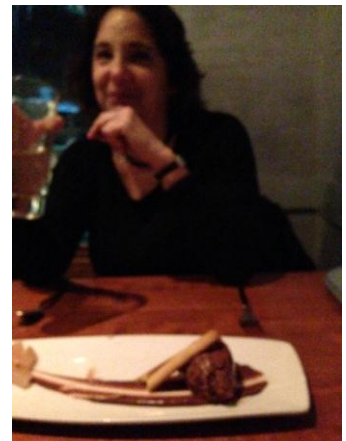
through worldwide service. Central to Paramahansa Yogananda's teachings, which embody a complete philosophy and way of life, are scientific techniques of concentration and meditation that lead to the direct personal experience of God. These yoga methods quiet body and mind, and make it possible to withdraw one's energy and attention from the usual turbulence of thoughts, emotions, and sensory perceptions. In the clarity of that inner stillness, one comes to experience a deepening interior peace and awareness of God's presence. Many people are touched by Yogananda's SRF teachings and want to support it. According to Straight Arrow Press in the United States the "proceeds from the January 14, 2002 reissue of George Harrison's 1970 song My Sweet Lord will go to the Self-Realization Fellowship, a California organization that promotes the teachings of Paramahansa Yogananda. Yogananda, who established the fellowship in 1920 spread his philosophy of yoga and meditation, is best known for his Autobiography of a Yogi. He was frequently cited by Harrison as an important spiritual influence." Ravi Shankar had met the Self-Realization Fellowship (SRF) founder Yogananda in the 1930's and gave his first U.S. concert at the SRF Encinitas Retreat, Encinitas, California in 1957. On visits to Los Angeles, George Harrison would spend time at the SRF retreat in Encinitas, overlooking the Pacific Ocean, which was only three miles from Ravi Shankar's home. The SRF organization strictly honored its members' privacy which George appreciated.



Meals - It is not unusual that I enjoy museum cafes and find them generally better than average. The Villa was such and we had a delightful time sitting in the sun dining with a full meal and some champagne to celebrate. The evening took us to a beachside restaurant near the Santa Monica Pier.

The next day to see Linda in Hermosa Beach and Manhattan Beach

We've known Linda since sometime early 2000 when we met on Backroads bicycle trips to places like the San Juan Islands; Northern Vermont; Grand Canyon, Bryce and Zion. And then more recently on hiking trips to Yosemite and to Columbia River Gorge. Linda's husband passed away recently and she moved into new digs near to the beach so a trip was in the making. She treated me to a lovely dinner in a noted Parisian bistro within a walk from her house.



Logistics

I did not plan well and when the marathon race director suggested that Anaheim was in between John Wayne and Ontario Airports and I found a half-price air ticket and super cheap rental car out of the easterly Ontario airport, I bought in. This would mean a one hour drive to both Ellen's and to Linda's that of course meant a one hour drive home late at night too. I should have moved to the LA area and flown out of LAX.

Traffic in the entire area

Coming from a New Yorker/New Jersey driver on big 12-16 lane highways and having been a commuter for years, my discomfort with the traffic will surprise you: In the Los Angeles area they drive even faster and crazier than in New York and New Jersey. The roadways don't help: Right and left side exits both and spaghetti type over and underpasses. Plenty of times one will exit right then quickly have to bear left for second highway exit. Then I quickly figured out that life revolves around traffic jams. Each and every set of directions came with the question of when and how important is your arrival time? A 30 minute drive to the airport gave the suggested 1 ½ hour leeway time and I needed it all at 8:30am.

Returning to Newark

With the amount of miles I accumulate it's bound to happen that weather or broken aircraft or just stuff happens and even more common since Newark is on the top ten lists for traffic congestion. I wasn't due to get home until very late as it was but when I saw my plane on 'delay-mode' and the earlier flight still at the gate I inquired. It's so nice to hear the lounge desk attendant calling the gate

to ask if they can hold the plane for a 1K flyer. I scurried and got in as the door was closing and thus got home at about my intended time anyway.

Pictures should be added except that I write this a few trips later and few trip reports short.

Other travels - I hurried home to join Sister Beverly for a few days in Lenox Massachusetts and then a week in the Berkshires at our second annual Kripalu Yoga Retreat. She returned to NJ with me for a couple days touring to include a visit to NYC for a hop-on/hop-off bus tour of midtown and downtown, and an afternoon in the Metropolitan Museum of Art. It was an excellent trip and I had two days before leaving to San Francisco for a Coastal Trail Run Marathon and touring for six days before going onto Kansas City and family for five days. It was home in time to depart to Israel for 12 days to include the Jerusalem Marathon. One day home until Marie comes for our Paris Spring Break Getaway.

Life is good! And so it goes and I feel much pleasure in being able to do it at all, mentally, physically, financially and with the support of Tom who encourages me on and goes on those adventures that fits his fancy.

Notes home

Friday January 11th – Day 1

Long day of just a lot of sitting. When we went to land in Denver for a plane change I had a concern that I might be sitting longer: the runways needed to be cleared of snow and a build up of planes. Fortunately I had a couple hours for the plane change since we used up one of them.

Hindsight would suggest that I maybe should have flown direct into LAX and I'm not sure why I didn't other than that air was dirt cheap into Ontario as was the rental car. The race director had told me that they were between both Ontario and Orange County but in fact Orange County is a bit closer. But landing at wee little bitty Ontario reminded me how small it is (I'd been here for the Jacuzzi plants) and how very convenient. At 9pm everything in the terminal was closed!

On the second leg of the journey i.e., Denver to Ontario, I was in first class sitting next to the most delightful man.

Saturday January 12th – Day 2

Early up for me, meeting Judy for a big breakfast at 9am. She had spent Friday traveling then shivering at Disneyland with family. Younger son Jonathan and his new Chinese wife Sophie had moved to the area about a year back when Sophie got a job at Disney and now Jonathan has a job with the Federal Treasury.

I eventually made it to the bib pick up location which was at a small Max Muscle shop in a shopping center where I recognized the Yorba Linda historical main street toured a couple years back as when I came to see the Nixon Presidential Library and Museum. I wandered through some of the same places after picking up supposedly all 6 bib packages. It was only after touring and driving around that I returned to the hotel to leave the packages that it became clear I couldn't count to 6. My list had been checked off but I was missing one. After some panic and a call I returned for the missing package that I'd never gotten. Damn, I could have caused a panic or worst yet lost a friend who had no bib!

For Sunday morning there is a shuttle from the hotel at 6:15am for a 7am start but I wondered about driving myself instead of standing out in the cold for thirty minutes so I drove to the starting line. I'm still wondering and might bend towards what others decide to do.

There is a manager's reception with wine and foodstuff from 5:30 to 7:30pm where many of the runners should be. My body is still crying for some extra sleep so I won't be going out. From my grocery store and Subway stop I have plenty for dinner.

Sunday February 13th – D Day or Marathon Day – Day 3

Lots of good to say about this marathon and it was fine but not a favorite. The reason I came is that there are lots of friends here both for the marathon and in the immediate area of LA. That and this inaugural marathon published having no finish time required. I love that. I'm tired of pushing the body and seeing the muscle mass deteriorate. So I was allowed to walk most of it, ate along the way, took pictures, went back for friends, and finished around 6:42.

Judy had her son Jonathan and his new wife Sophie there doing their marathon. It was so sweet of them and very smart that they stayed with "mommy" and had a PR no matter that they came in close to 8 hours. I would have gone back to come in with her but she had good company so when I was offered a ride back to the hotel by Marina and Carol I took it and was back early.

I was sure that Judy wouldn't rally very fast so I laid around until a surprise text saying she'd be down for dinner in 30 minutes as the kids were staying over and did I want to join them. I did but no 30 minutes possible for me. A free drink and good company was a nice way to end the day, as was a good sleep.

From Judy the day after

Heeeere's Fatty...but Happy...with younger son Jonathan and daughter-in-law Sophie at Honkers Marathon finish

Not to worry, as I started my special diet last night on the way home from Atlanta airport...I stopped at The Varsity (world's largest drive in restaurant) for double hamburgers and double fries!

From Ellen re Malibu and Getty Villa

The Getty Center (on the hill) is closed on Monday the villa is open. And that's where the Pompeii exhibit is being shown.

Malibu is a big deal because of who lives there, or who has lived there. When I was on the pier board, I could arrange for free tickets for a tour out Coast Highway (Malibu's main street) on which every owner of every house was named. Too many to remember. But now that I'm not on the Pier board, that perk is gone. I know a few of the more famous houses, but couldn't begin to equal the tour dialog.

There's a strip called the Gold Coast. It's where Louis B Mayer, 2 Warner brothers, Daryl Zanuck, Mary Pickford and Douglas Fairbanks, Mae West Harold Lloyd, Norma Shearer and Irving Thalberg and others lived.

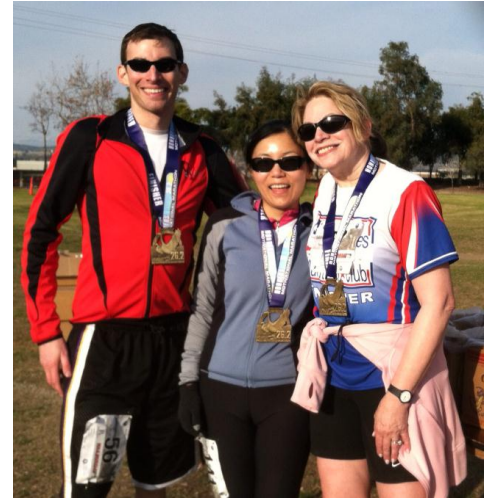
I also know the house where Constance Tallmadge followed by Cary Grant and Randolph Scoot, followed by Cary Grant and Barbara Hutton, followed by Grace Kelly, followed by Roman Polanski and Sharon Tate live.

But that's the max of all I know. These are on the way to the Getty.

From the very efficient, lovely and delightful female race directors: Your bib number for the Honkers Motivational Marathon and Half Marathon is 65. Bib and packet pick up information are outlined below. The race begins promptly at 7AM at Riverdale Park, 4545 Riverdale Avenue, Anaheim, CA, on Sunday, January 13, 2013. There is a parking lot a couple blocks from the start line on Lakeview Avenue, across from the old Kaiser Hospital and just north of the shopping center on Lakeview and McKinnon. There is a bridge across Lakeview for pedestrian's using the parking lot, with both a stairwell and elevator. Please plan on parking in the designated lot for the race and *carpooling is strongly recommended*.

We are proud to present **EnduroMax** as the sport drink for Honkers. There are 13 water and **EnduroMax**, stations along the course. **Cliff Shots** will be provided at miles 5, 8, 17 and 22. There are 10 restroom locations along the course, and 2 aid stations located in strategic areas for both the marathon and half marathon course.

Please bring a picture I.D., and this email with you to receive your bib with timing chip and packet. There will not be packet pick-up on race day morning so please make arrangements for pick-up during the packet pick up hours. If you are unable to get to Max Muscle during the scheduled times, you may arrange for a friend to pick up your packet with a photo-copy of your driver's license and a note designating approval to release your bib to them. Packet Pick Up will be at:



Max Muscle

18547 Yorba Linda Blvd.
Yorba Linda, CA 92886
(714) 777-0629

Friday, January 11 10AM to 8PM

Saturday, January 12 10AM to 6PM

Since this is the inaugural Honkers Motivational Marathon and Half Marathon, we welcome your comments and suggestions. We believe we have put together a strong race experience for you and your family with food and entertainment at the finish line.

We hope you enjoy your day of running with the birds!

Honkers Motivational Marathon and Half Marathon team.



Itinerary

Fri Jan 11

2:45pm Depart Newark via UA407 to Ontario ONT airport
5:05pm Arrive Denver DEN for plane change

7:10pm Depart Denver DEN via UA1477
8:26pm Arrive Ontario ONT

Rental car Thrifty through United con#FQ29PY

Directions: 10 freeway west to 57 freeway south to the 91 freeway east. Exit Glassell and take the exit to the right. At the stop sign turn right. Turn left onto Frontera. Hotel will be on the right.
Distance from Hotel: 35 mi. Drive Time: 35 min.

Hotel Embassy Suites – Anaheim North for 4 nights
3100 East Frontera, Anaheim, CA 92806 Tele 714 632 1221

Free Cooked-To-Order Breakfast - Choose from a wide variety of hot and cold items including custom omelets with a selection of fresh ingredients, eggs, pancakes, sausage and bacon. fruit, pastries and cereals, in addition to hot and cold beverages. Our open-air atrium is a great place to enjoy your breakfast. Or grab something to go.

Complimentary Manager's Reception - Our evening Manager's Reception is the perfect way to unwind from a long day or wind up for a long night. Enjoy your favorite alcoholic and non-alcoholic beverages, along with light appetizers, in our lush open-air atrium.*

Sat Jan 12

Open – Local attractions include •Huntington Beach, •Whale watching and sport fishing from Dana Point, •The Outlets at Orange and •Crystal Cathedral

10:00am T-Shirt/Bib Pickup at Max Muscle, 18547 Yorba Linda Blvd, Yorba Linda, CA 92886
714-777-0629 until 6pm

Pick up bib and package for Diane Bolton, Carol Goslin, George Southgate, Marina White and Terri Menghi as arranged through Carol Goslin and race director Pamela Kane, cell 714 777 8092

Sun Jan 13

Time? Shuttle bus provided by Embassy Suites to start

6:15am Run-Yo warm up; 6:45am head to start line; 6:55am Invocation then "The Star Spangled Banner" at start line

7:00am 1st Annual Honkers Motivational Marathon start with no time limit
www.honkersmarathon.com
Event Manager is Marsha Nix at honkersmarathon@gmail.com

Location: Riverdale Park, 545 Riverdale Avenue, Anaheim, CA 92807

Course: The Honkers Motivational Marathon is dedicated to presenting a quality road race with the runner our paramount focus. The runners will follow the Canadian Geese fly way and enjoy the inspiring honks of these amazing birds. We anticipate this event becoming the "biggest little marathon in Orange County," There will be outstanding runner support, attention to detail, and two beautiful out and back loop courses.

Both the half and the full marathons will start out on the trail headed towards Anaheim Stadium. This course is fast and very flat and is pending certification as a Boston Qualifier. Past the Stadium and almost to the 22 fwy you will turn around and head back. Those doing the half will finish as they return

to Riverdale Park and the full marathoners will continue on the trail headed east towards Yorba Regional Park, thru the beautiful trails there and out onto the trails along La Palma, turning around before Gypsum Canyon and heading back to Riverdale Park where the race will finish.

Participants: Sharon Kerson, Henry Ruden, Judy Altman, Diane Bolton, Carol Goslin, George Southgate, Marina White and Terri Menghi

Mon Jan 14

10:00am Depart hotel to Ellen's home; touring for day and dinner – approx. 1 hour drive
Ellen Brennan: 1659 Ocean Front Walk #102, Santa Monica CA 90401
Tele: (310) 458-0788

Tue Jan 15

Eve Depart hotel to Linda's home in Hermosa Beach; then dinner - approx. 1 hour drive
Linda Duttenhaver: Meet at her new home first. 243 30th Street, Hermosa Beach, CA 90254
Cell: (310) 346-5479

Wed Jan 16

11:23am Depart Ontario ONT via UA#704
4:31pm Arrive Houston IAH for plane change

5:59pm Depart Houston IAH via UA#1236
10:25pm Arrive Newark EWR

Sent: Saturday, December 15, 2012 3:41 PM
To: Diana Burton
Subject: Honkers Marathon Sold Out, Half Marathon still available

Hello to all our Runners;

This information is for all the participants of the Honkers Motivational Marathon and Half Marathon. Those of you who are "thinkers" or you are thinking about signing up, well..The marathon is SOLD OUT, but there are still slots available for the Half Marathon!

Some details our participants need to know:

1. There will be NO RACE DAY REGISTRATION OR PACKET PICK-UP.
2. Max Muscle Enduromax will be our electrolyte replacement.
3. Cliff Shots will be our fuel at mile 5/7/17/22
4. Packet pick up will be at Max Muscle, location:
18547 Yorba Linda Blvd
Yorba Linda, CA 92886
(714) 777-0629
Hours: Friday, January 11, from 10AM to 8PM
Saturday, January 12, from 10AM to 6PM
5. There will be a bag check at the park.
6. Accommodations at Embassy Suites will include accompanied shuttle to the race.
7. Parking of the event will be across the street from Kaiser Hospital on the East side of Lakeview. You can cross the street either by the bridge or walk to the corner of Lakeview and Riverdale. There will be signs and people directing you.
8. AND please like our Facebook page.

This has been such an enjoyable journey for the entire committee. We have worked hard to give you a marathon and half marathon experience to motivate and recognize the fortitude and heart of runners.

You will receive an email the week before the event with any last minute instructions. Until then have a blessed Christmas, enjoy your New Years celebration, and keep running with your gaggle of friends.

Honk on,
Marsha Nix
Event Manager

Subject: Honkers filling up & limited rooms at host hotel. .Fwd: News and Notes for Honkers Marathon

Honkers Motivational Marathon, the Biggest Little Marathon and Half Marathon in Orange County, January 13, 2013.

We hope you are training well and getting ready for the flat and fast course of the Santa Ana River Trail.

If we did not see you at the Long Beach Expo you can catch us at the Mission Inn Expo in beautiful downtown Riverside on November 10th and 11th. Tell your friends about "Honkers" and let them know we will be offering the same discounted price of \$85 for the full marathon and \$75 for the half marathon. You can also direct them to our web site for registration. We are filling up fast and want everyone to come out and enjoy this first North Orange County marathon.

Our plans are progressing; the HIT (Honkers In Training) training program is under way, water stop supplies are ordered and the expo is filling up. If you know of any company or organization that would like to exhibit at our expo on race day they can contact us from the web site. We have added a few new items you may be interested in.

1. Embassy Suites in Anaheim is now our official Host Hotel. They are offering \$119 for single and \$129 for double occupancy. They will also have shuttle service to the start line. There are limited rooms so book early.

2. Medals have been ordered and you will love the bling!

3. If you have family members who would like to volunteer please contact us from the web site. We are looking for some more volunteers.

4. Packet Pick Up will be at Max Muscle in Yorba Linda. You will receive an email in December and 1 week prior to the event with times for packet pick up .

If you have any questions or concerns you can contact me from the contact page on our web site and I will reply to you. I will be sending out updated letters each month to keep you in the "loop" for this special event.

Until next month keep on training with your gaggle of friends and fly like the Honkers, with encouragement and strength.

Marsha Nix

Event Manager

Honkers Motivational Marathon