

SECRETS OF OC ATHLETES

Advice

Favorite Gear

Lessons learned

Motivations

Plans for 2010

Pro mountain biker Brian Lopes • Ultra-marathoner
Greg Hardesty • College track star Taylor Bryson •
Pro surfer Kaleigh Gilchrist • Olympic softball pitcher
Jennie Finch • College volleyball star Weston Dunlap •
Pro skateboarder Ryan Sheckler • Golfer Ben Gamer

NO RESOLUTION NEEDED TO GET FIT



Who among us hasn't made that clichéd New Year's resolution to get fit and get healthy?

Well, we found a dedicated bunch of professional athletes and real people right here in Orange County making fitness an integral part of their every day lives – no resolution needed – and they were all kind enough to share their goals and what gets them motivated.

From softball phenomenon and Olympian Jennie Finch, who says that being a part of a team working toward one goal on one journey together is what truly makes her sport special, to local newspaper reporter Greg Hardesty, an ultrarunner at age 46 who's learned that, "You can't rush through an ultramarathon. It's all about pacing and patience. Same with relationships – I have learned to take my time, one step at a time, moving toward a goal instead of making a mad dash for the finish line."

How's that for inspiration? A special thank you to all the extraordinary folks who took the time to share their thoughts – especially considering they were contacted during Christmas and New Year's! I'm very thankful for each one! I personally love to run marathons. I have four sons, one of which has type 1 diabetes, so health issues are always on my mind. And I'm lucky to live in Orange County where we have beautiful year round weather, can stay active, and OC has some of the best medical care in the world.

Here's to finding the inspiration you need to get fit, happy and healthy for 2010!

Greer Wylder
Founder, Greer's OC

BRIAN LOPES

Pro Mountain Biker



Brian Lopes is mountain biking. A four-time mountain bike world champion, Lopes started peddling at the young age of four. At the age of 17, he began competing in BMX races and in 1993 decided to pursue mountain biking full time. Over his incredible 20-year career he has become one of the most recognizable names in cycling and does not seem to be hitting his brakes any time soon.

1. Why mountain biking?

I got into mountain bikes because I grew up racing BMX since I was four and a half. I was 20 and had been racing pro for a few years in BMX and was ready for a change. There were a few good guys having success in mountain biking that had come back from BMX, so I decided to give it a try. I had some good success very quickly and enjoyed the change.

2. How old were you when you realized mountain biking was your sport?

When I was 21 I knew I really liked it, but when I was 22 I decided that would be the last year that I raced BMX and mountain bikes in the same year. The next year I would focus all my energy into mountain biking.

3. What's the most challenging trail in Orange County?

There are plenty of challenging trails in the OC and it depends if you are talking about going up or down them, but I would say Laguna Beach has the most technical trails around.

4. What plans do you have in 2010 related to your sport?

My plans are to continue racing and focusing on events that are well publicized and suit my strengths. I am really enjoying the discipline of enduro style downhill racing these days, so I will do more of these races.

"I've learned that if you put your mind to something and want it bad enough, that with hard work and determination you can achieve it."

5. And some of your goals?

I will also do other types of events. I try to be as well rounded as possible and compete in a variety of disciplines to prove how well rounded of a cyclist I am.

6. Most memorable day?

Oh man...I have had so many memorable days on a bike it is hard to pick just one, but the first official World Championship I won was special. It was in Vail, Colorado a few days after 9/11 so my family and I couldn't fly out that day and I had to get there for practice the following day. So we packed up and drove to make it in time. That was a memorable one.



7. What gear, brand do you prefer?

I use Oakley eyewear, shorts, gloves, jerseys; Ibis bikes, Kenda tires; Edge wheels, bars and stems; Lazer Helmets; Troy Lee pads, WTB seats, ODI Grips, MRP chain guides and Raw Revolution energy bars.



8. What cross training is most effective for you?

Most of my training is done on the bike, but I also ride moto and go to the gym a few days a week.

9. Where's your favorite place outside of Orange County to mountain bike?

Whistler BC in Canada is the best place in the world to have fun on mountain biking. It's like Disneyland.

10. Who are your idols in your sport?

Not sure I have any idols in my sport, but the riders that impress me the most have made a long career out of it and are all around great riders.

11. What's your training schedule like?

Gym two or three days a week, a couple road rides and a couple mountain bike rides a week. If I am training for a specific race I do more specific training based on what that event is and tailor the workouts accordingly.

**12. When you get injured how do you recover, and how does it affect you mentally?**

I go to Dr. Kramer in Newport Beach for any injury I have and do what he tells me. They are the best in their business, so I do what they tell me. It always sucks initially when you get hurt, but the time off always makes me hungry to come back stronger.

13. What's your typical breakfast?

Soy cappuccino, oatmeal with bananas, or some eggs and waffles.

14. Biggest training mistake?

Over training. Sometimes less is better and you need to listen to your body and know when it's time to rest.

15. Best training for balance?

Being on the bike is best for me.

16. How do you motivate yourself to train when you don't feel like it?

I never have a hard time motivating myself to train. I love my job and the training is the easy part, there is no pressure training.

17. How do you keep going during the tough spots?

There's no choice unless you want to be a loser.

18. What lessons have you learned through your sport of choice that applies to other areas of their lives? Can you give examples?

I've learned that if you put your mind to something and want it bad enough, that with hard work and determination you can achieve it.

19. Favorite sports drink/recovery drink?

Coconut water.

GREG HARDESTY

Ultra-runner



Greg Hardesty, 46, is an award-winning journalist at the Orange County Register also an ultra-runner. He's completed 19 ultra-marathons, including two 100-mile races and nine 50-mile races – all on mountain trails.

1. Why ultrarunning?

Ultrarunning takes me to places I can't get to by car, boat or airplane. It's amazing to be in the middle of nowhere, sucking up the clear mountain air and taking in the views, and listening to nothing but nature. It's also low maintenance. No complicated equipment needed.

2. How do you motivate yourself to train when you don't feel like it?

I rely on friends to run with, which keeps me motivated. I also look in the mirror and imagine a fit, good-looking guy, and aspire to someday be such a guy, and usually that is enough motivation for me.

3. How do you keep going during the tough spots?

By reminding myself the pain eventually will end. Sometimes loud music helps. I know from experience that my body will cycle through whatever crap it is feeling – eventually. I just need to keep moving until I feel better.

4. How do you deal with friends/family who don't get your "obsession?" Do they view it as an obsession?

Most do, but most see how it benefits me emotionally and physically, so they are envious instead of dismissive. I crack a lot of jokes and am self-deprecating about my achievements, which makes people feel comfortable and that they can do what I do – because most people can.

“It’s amazing to be in the middle of nowhere, sucking up the clear mountain air and taking in the views, and listening to nothing but nature.”



5. What lessons have you learned through your sport of choice that applies to other areas of your life? Can you give examples?

You can’t rush through an ultramarathon. It’s all about pacing, and patience. Same with relationships – I have learned to take my time, one step at a time, moving toward a goal instead of making a mad dash for the finish line.

6. How old were you when you took up ultrarunning?

I started running when I was 36, ran eight marathons (maybe nine), but did not take up ultrarunning until I was 43.

7. What’s the biggest challenge you have in your sport?

Avoiding injury and “crashing” during races. I am pleased to say that I have never had to drop out of a race, which is very common in ultrarunning. But getting hurt is a constant possibility when you are running on trails, sometimes in the dark with no sleep – rocky, steep trails in sometimes horrible weather.

8. What plans do you have in 2010 related to your sport?

Run a few races in places I haven’t run before.

9. Most memorable experience and accomplishment?

Running my first 100-miler in the mountains of San Diego County in 2008 – seeing the stars at night and feeling great at miles 65-80. Also, running in Costa Rica in a six-day stage race in the Coastal Challenge, in 2008. Amazingly beautiful and beastly jungle trails.

10. What cross training is most effective for you?

Don’t cross-train. I know, that’s bad.

11. Where’s your favorite place/venue/city(s) you go to run?

The Santa Ana Mountains in Orange County have an amazing array of beautiful trails to run. Also, Lake Tahoe 50-miler is stunning!

12. Who are your idols in your sport?

Michelle Barton of Laguna Niguel, Dean Karnazes, Scott Jurek.

13. What's your training schedule like?

I run three to four days a week but rarely exceed 50 miles a week. I am a relatively low-mileage ultrarunner.

14. When you get injured how do you recover, and how does it affect you mentally?

I have never been seriously injured.

15. What's your typical breakfast?

Oatmeal and black coffee.

16. Biggest training mistake?

Overtraining is a constant hazard – one needs to give the body REST to maximize one's performance.

17. Free weights or machine weights?

Don't do weights.

18. Favorite sports drink/recovery drink?

Perpetuum by Hammer Nutrition, Recoverite by Hammer Nutrition. I also like Heed by Hammer.

19. What's your hardest workout?

Running up the Silverado Trail in Silverado Canyon, Dreaded Hill in Whiting Ranch or Big Bend in the Laguna Coast Wilderness Park.

20. What advice would you give to someone starting out?

Take it very slow. Listen to your body. Never cheat on your long runs.



TAYLOR BRYSON

NCAA Track and Field star



Born into an athletic family (her father played minor league baseball for the Dodgers) Bryson soon found her talent. Running fast with incredible endurance. An honor roll student all four years at Newport Harbor High School, Taylor also was a star on the track. She helped her team place 2nd in the State meet of 2005 and 2006. She was awarded first team all CIF for cross country in 2006 and placed 6th in the 1600 meter at the CIF finals in 2006 and 2007. As she continued to Cal Berkeley, she competed in all but one meet her sophomore year. She runs the 1500 and 5000 meter races and ran a personal record of 4.40.60 in the 1500 at the Pac 10 Championships. On the Cal Cross Country and Track & Field Team. Best Marks: 6000 m 20:25; 3000 m 9:49; Mile (1608m) 4:55; 1600 m 4:52; 1500 m 4:35.

1. Why track?

I run track because of the intensity. From training everyday throughout the year with an occasional day off it is an ongoing battle to become the fittest and fastest person on that track. One has to develop such a strong

mentality to continuously run around “in circles” as some say. For me that circle never gets old. I live for the endless left turn on tracks and the sound of my spikes digging into the track as I slingshot off of the turn. Running competitively allows you to push yourself to the limit and nothing feels anything like running your fastest or hardest. Ask any runner and we all strive for personal bests because the high is unreal after you have accomplished it.

2. How do you motivate yourself to train when you don't feel like it?

I motivate myself by being around people who share the same goals and passion for running. Having a team and living with my teammates is definitely beneficial when I'm having a hard time. It also doesn't hurt to play music and let the song take over you.

"I live for the endless left turn on tracks and the sound of my spikes digging into the track as I slingshot off of the turn."

3. How do you keep going during the tough spots?

I have definitely had a fair share of the tough spots like any athlete but through the past two years of re-occurring injuries, I have managed to heal from them mentally and physically. Again having a support group like your teammates and coaches helps tremendously. I have a pretty strong will but don't think I would be where I am at without both my coaches and teammates.

4. How do you deal with friends/family who don't understand your commitment to your sport?

Some of my family thinks that I am crazy because of all the training that I do. Especially after my three stress fractures they don't understand that this is what it takes to be the best. One has to go through injuries because you have to learn what your body can or cannot handle. So I guess I just kind of do my own thing when it comes to people that disagree with me still partaking in my sport. They don't realize that I am a competitor and that I live and breathe for my sport.

5. What lessons have you learned through your sport of choice that applies to other areas of their lives?

I have learned a lot about commitment and what it really takes to succeed. The amount of time that I put into track is incredible and I have tried to carry that over into my school work. The countless hours out on the track during practice is done in preparation for my races. Similar to the continuous hours in studying which are in preparation for that one midterm and final. Commitment is a hard thing to overcome completely but I have really learned what it means through my sport.

6. How old were you when you took up track?

I started running competitively in track in elementary school. But it wasn't until high school (Newport Harbor High) when I started cross country.

7. What's the biggest challenge you have in your sport?

The biggest challenge that I have in my sport is trying to not get injured. I have a hard time taking easy days and listening to my body. Although after my first few years at Cal I have seen what it does to your body when you don't take those easy days. It is a constant battle to know how hard I should train but it's a learning experience and I think that I am definitely getting to know my body more.



8. What plans do you have in 2010 related to your sport?

I have big plans for 2010. I hope to qualify in both the indoor and outdoor national championships for Track and really make a name for myself in the distance world. I will be running the steeple chase for the first time this spring as well and hope to really excel in that event.

9. Most memorable experience and accomplishment?

My most memorable experience is when I placed in the MPSF championships last winter in the mile. I had not run in a race for a year because of injuries and did not expect much but my competitive side got the best of me. It was great lettering in my first race with that Cal uniform on. (It also wasn't too bad beating a Stanford girl at the line:) It's healthy competition but the Cal/Stanford rivalry is unreal!

10. What cross training is most effective for you?

The most effective cross training for me is the stationary bike. When I was injured I would workout on the bike almost everyday whether it was an interval workout of 10 x 2 minutes or a 90-minute ride. I was able to get my heart rate up and sweat like a mad woman. I also do a lot of aqua jogging which is running in the pool. It's a lot easier on your body and if done correctly you can maintain great fitness. We also have this treadmill at Cal that is called the Alter-G which alleviates your body weight while you run on it. You zip into the treadmill by wearing these neoprene shorts that attach to this bubble looking thing that surrounds the treadmill. It then records your body weight and you have the ability to run on any percent of your body weight. It is really good for recovery days.

11. Where's your favorite place to run?

My favorite place to go run is this place called Skyline in the Oakland hills. There are endless miles of trails, which are lined with massive trees with the brightest shades of green that anyone could imagine. It is the best place do a long run. My favorite place to compete though is Eugene, Oregon. I love their track and their fans are insane. Track is like football to people from Oregon, it's awesome!!

12. Who are your idols in your sport?

My idol in Track is hands down my old coach Magdalena Lewy Boulet. She represented us in Beijing for the 2008 Olympics in the marathon. I have never met anyone with such passion and love for running. Her attitude is contagious and she really made me realize that you can make things happen. I mean she's 35 and has a 4 year old boy named Owen and made the Olympic team for the marathon! She kicks ass!

13. What's your training schedule like?

My training schedule consists of 2 to 3 hard workout days on the track which can consist of anything for example from 16 x 400s or 3 sets of (600, 400, 600, 200). Two days a week I have double days of easy 4-5 miles in the morning and afternoon. And then a long run which can range from 70-90 mins depending on my mileage. I usually like to take one day off and cross train on the bike or in the pool.

14. When you get injured how do you recover, and how does it affect you mentally?

When I got injured I felt like my whole world had been turned upside down. Even though I have been through a lot I still have not mastered the whole concept of dealing with injuries. However depending on the injury I usually take a couple days to a week off. This helps not only heal my body but also my mind. Then once it is smart for me to start training again it helps if I have a written schedule of what I am going to do everyday whether it is a workout on the bike or an easy run.

15. What's your typical breakfast?

My typical breakfast is oatmeal with yogurt, nuts, berries and cinnamon and agave with a green tea.

16. Biggest training mistake?

My biggest training mistake was a couple summers ago in June after I qualified for Junior Nationals in Columbus, Ohio. After running a horrible 1500m race in Ohio I took a couple days off started training for cross country which was starting in September. I would of normally done the same thing but I was so disappointed with myself that I trained hard everyday and ended up running myself into the ground. I was diagnosed with a stress fracture in my left tibia in late August and couldn't compete in the cross country season.

17. Free weights or machine weights?

I do both free and machine weights. For mid-distance we do Olympics lifts which consist of only a few sets of heavy squats and cleans. It perfects our fast twitch and helps us maintain strong at the same time. I also like to do narrow grip push-ups because normal push-ups work your chest which is not good for a runner. Core work is probably the most important thing above all though. Core strength is huge for a runner and also helps prevent injuries.

18. Favorite sports drink/recovery drink?

My favorite sports drink is Gu20 It doesn't have as much sugar like other sport drinks and is great for hydrating before a workout or race and even better for recovery.

19. What's your hardest workout?

The hardest workout that I have ever done is probably what my coach likes to call "The Michigan." It consists of a mile (1600m), a 1200, a 1000, a 800, and then a 400. In between each set you are to do a mile a minute slower than the first mile that you did for the workout. After the workout with your warm up and warm down it comes out to be around a 12-mile workout.

20. What advice would you give to someone starting out?

My advice for those who are starting out is to stick with it because you begin to share a love with running that it so hard to describe. It can take you places in your mind that you didn't know existed. You can check out and go for a run and just have you and your thoughts and the road or trail in front of you.

KALEIGH GILCHRIST

Pro surfer and top-rated water polo player



Kaleigh Gilchrist, a senior at Newport Harbor High School, basically lives in the water. Her bleached blonde hair is testament to the two-sport athlete's dedication to surfing and water polo. It is hard to say in which sport her accomplishments are more impressive. A member of PacSun U.S. Surf Team, a full page Freestyle watch ad and her first place finish at the National Scholastic Surfing Association's state championships established herself as a hot up and coming surfer. In more chlorinated waters, she has contributed 29 goals to Newport Harbors 7-1 record. The No. 1 ranked USC Trojans have signed Kaleigh to play for their water polo team.

1. Why surfing?

My parents signed me up for a surf class when I was eight and have been hooked ever since.

2. How old were you realized surfing was your sport?

When I was 12, I got my first major sponsor O'Neill.

3. What's the most challenging wave to surf in Orange County?

The Wedge.

4. What plans do you have in 2010 related to your sport?

ISA World Junior Champions in New Zealand, NSSA contest, WSA prime contests, Indonesia in July.

5. What is your favorite motto?

"Good, better, best. Never let it rest. 'Til your good is better and your better is best."

6. Most memorable surfing session?

May 2008 in Fiji surfing perfect waves with my friend Danny.

7. What gear, brand do you prefer?

O'Neill!

"Good, better, best. Never let it rest. 'Til your good is better and your better is best."

8. What cross training is most effective for you?

Water polo.

9. Where's your favorite place outside of Orange County to surf?

Fiji.

10. Who are your idols in your sport?

Steph Gilmore and Kelly Slater.

11. What's your training schedule like?

USA training (video analysis, practice heats) once a month, surfing everyday sometimes twice a day, water polo six days a week.

12. How competitive are you and what are your goals?

I've always been very competitive. My current goals for surfing are finals at ISA World Juniors, finals at NSSA Nationals, win US Champs, and finals US Open Pro Jr. For water polo I'd like to make it to CIF Championship, CIF player of the year, Sunset League player of the year and score over 100 goals.

13. When you get injured how do you recover, and how does it affect you mentally?

Luckily, I haven't been badly injured. I recently fractured my toe and had to stay out of the water for about a week

14. What's your typical breakfast?

Cereal.

15. Biggest training mistake?

Not trying hard enough and wasting time.

16. Best training for balance?

Bosu balls.





17. How do you motivate yourself to train when you don't feel like it?

To remember what I'm training for.

18. How do you keep going during the tough spots?

To realize it will make me better in the long run.



19. What advice would you give to someone starting out?

Try and surf as much as possible and enjoy every minute of it.


20. What other sport are you most interested in?

Surfing and water polo!

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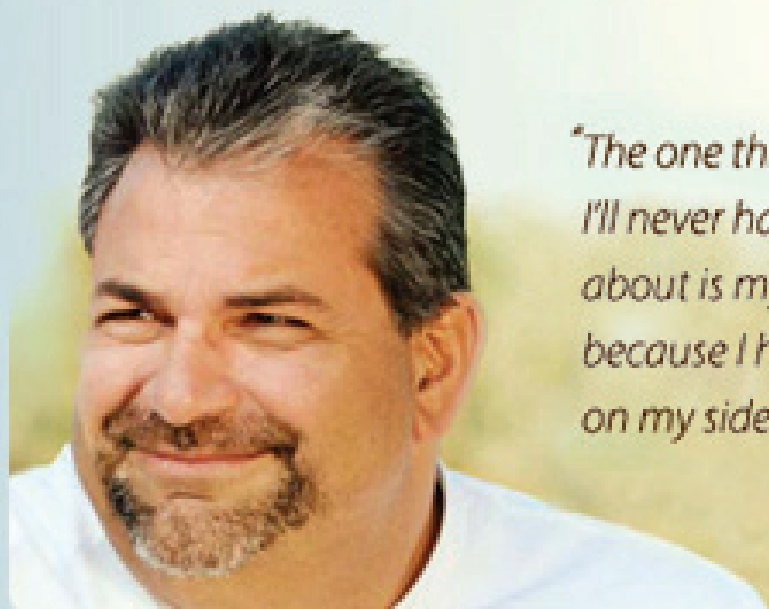
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JENNIE FINCH

Olympic Softball Player



Jennie's accomplishments on the mound are too numerous to mention. Finch has dominated softball from high school, where she won four league championships to college where she led the University of Arizona to the College World Series. Her No. 27 Jersey was officially retired in honor of Finch's accomplishments at U of A. Since then, she's won gold in the 2002 Olympic Games at Athens and silver in the 2008 Olympic Games in Beijing.

1. Why softball?

My parents signed me up when I was five, and I have loved it ever since. I love the diversity of the sport. There are so many positions, offense and defense, hitting, pitching, fielding, base-running. So many different ways to improve your game. Plus, I grew up a Dodger fan, which inspired me along with having two older brothers who played baseball!

2. How do you motivate yourself to train?

I think of my teammates, opponents and I ask ourselves: what am I doing to get better, be better daily? I love the quote, "Why be good,

if you can be great?" My teammates are doing the same, and I don't want to let them down. My opponents are doing the same, and I want to beat them.

3. How do you keep motivated during a slump?

I live through my teammates; this is the blessing in playing a team sport. You can pick each other up and help one another. We all encourage one another and I rely on them and their support when I'm in a slump.

4. How do you deal with friends/family who don't get your determination/obsession to be the best at what you do?

It's my livelihood. It's my job. My true loved ones and friends understand and encourage me to be the best that I can be! I'm very blessed that way.

"I think of my teammates, opponents and I ask ourselves: what am I doing to get better, be better daily?"



5. What lessons have you learned through your sport that applies to other areas of your life? Can you give a short examples?

So many ... Teamwork, leadership, discipline, sacrifice, dedication. I could go on and on. There is something so special about being part of a team. Coming together as individuals fighting for one common dream and goal. It's not always the best team that wins. It's about the journey, the blood, sweat, and tears. It's about working hard, helping each other. I try to control the controllables, and not worry about the things I can't control. The umpires, the weather, the IOC voting softball out of the Olympics for 2012 ... but you can ALWAYS control your attitude and your effort.

6. How old were you when you took up softball/baseball?

Five years old.

7. What's the biggest challenge you have in your sport?

Now, it's getting the publicity, funding and exposure it needs and deserves now that we are not an Olympic sport. Getting our pro league, the National Pro Fastpitch league established and thriving! We play a great sport. It's faster than baseball and fun and once people see a game they're into it. I hear it over and over again, especially from dads of young girls who start to play. Their dads were always baseball fans and are now completely into softball. They can't believe what a great sport it is. We have a tremendous grass roots base for a reason, now it's just a matter of getting everyone together – the International Softball Federation, the American Softball Association and National Pro Fastpitch -- working together towards that goal of building the sport for generations to come.

8. What plans do you have in 2010 related to your sport?

I'm determined to help softball in any way that I possibly can. We have an uphill battle. We need to come together as one and do our best to help fastpitch continue to grow! We have the World Cup and World Championship this summer. People need to know that international play is still happening even without the Olympics. I'm also really excited to be working with younger girls who are just learning the sport. I have camps going on across the country and have the Jennie Finch Softball Academy in Flemington, New Jersey. The northeast isn't an area of the country that's typically been "softball country" like the south and the west, so I wanted to start there and help bring the game to a different level. We've had such an amazing response, and besides playing this is where I truly find joy. I love seeing these young girls who love the game!

9. Most memorable experience and accomplishment?

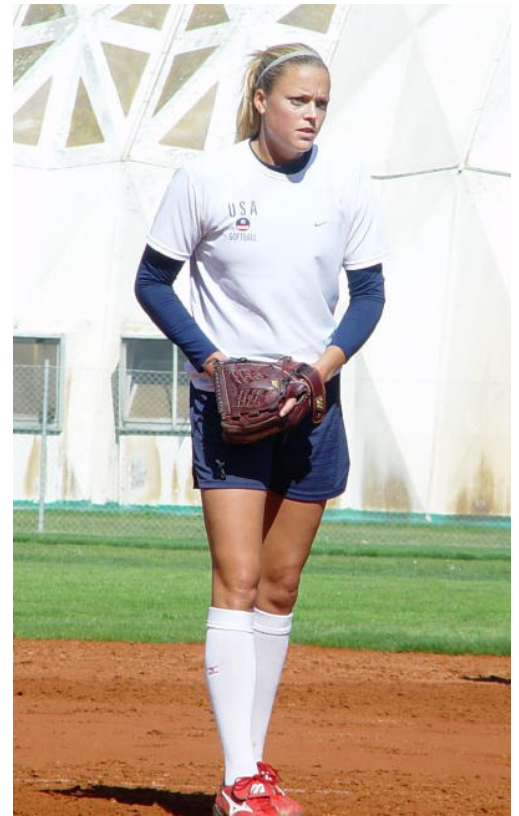
The 2004 Olympics. It was my first Olympics, I was playing with women I grew up admiring, I was able to stand on the podium with my teammates and hear our national anthem play. This was the moment I had dreamed about for so long. It was awesome, we were unstoppable, on a mission! We prepared so hard and were so ready for anything that came our way. It was an incredible experience ... not only having the opportunity to play in the Olympics for my country but the bond we had was something so very sweet!

10. What cross training is most effective for you?

Mixing it up, I don't like doing the same thing. I like getting my body to do different things, biking, sprints, treadmill, elliptical, stair stepper and etc. I like to blend it all together. We have to use fast twitch muscles in our sport along with having endurance out there on the mound.

11. Where's your favorite place/venue/city(s) you go to, or have gone to for softball/baseball?

I love playing in Southern California, of course, because it is my home. College, University of Arizona- Hillenbrand Stadium, there is something so magical about it, our fans are one of a kind! As I have gotten older it's all about playing on our home soil/turf in the USA! Our fans are the best! It gives me chills every time I take the field wearing red, white, and blue! Seeing the young girls in the stands is the best part, it brings me back to the many hours, days, years, I spent dreaming about this life I am living.

**12. Who are your idols?**

The many, many women who have opened the doors for women like myself. Our great-grandmothers, grandmothers, mothers, sisters, so many! I am so grateful and completely blessed to be able to do what I do. It is a dream. Back to Billy Jean King, Babe Dedrikson Zaharias, Joan Joyce, Michelle Smith, Lisa Fernandez, the list could go on and on!

13. What's your off-season training schedule like?

For most of my career I have trained year around, there never was an off season. Now it's a little different, I know my body and know what I need to do be at my best. I usually work out five to six days a week, and lift weights two to three times a week.



14. When you get injured how do you recover, and how does it affect you mentally?

You just do the best that you can. It's about being smart and truly doing everything you possibly can to get back. Literally 24 hours a day preparing to get back on the field.

15. What's your typical breakfast?

Eggs and multi-grain toast, lately I've really been into yogurt and granola.

16. Biggest training mistake?

Waiting until pm to workout. For me I need to do it early in the day! I think it's so important to know your body and mind. Know when you are at your best!

17. Free weights or machine weights?

Free weights for me. I feel like I can really get a full body work out with free weights. It's awesome to stabilize your entire body with whatever lift you are doing. Great for your core, too!

18. Favorite sports drink/recovery drink?

Gatorade and good ol' water!

19. What's your most difficult or feared workout?

Oh, we had to do this workout in college every year, once a year. It was the most feared day of the year! Half of our team had to do a sprint workout while the other half had to do stadium two-legged hops. We would just keep switching over and over and it would be for time. My legs burn just thinking about it!

20. What advice would you give to someone starting out?

Find out your gift, what you enjoy, what you love! If you enjoy it you will continue and shine!

www.jenniefinch.net

WESTON DUNLAP

UCLA volleyball player



Weston Dunlap, a 6'8" quick hitter from Newport Harbor High, now plays for UCLA's Varsity Volleyball team. While at Newport Harbor, Dunlap earned six varsity letters in both volleyball and basketball. He was also named MVP of the Orange County Championships tournament.

Dunlap has also nabbed a pair of bronze medals in the Junior Olympics while playing for the Balboa Bay Club.

1. Why volleyball?

I began playing volleyball in high school after family and friends convinced me I would like it. I picked up fast and grew to like volleyball. Basketball has always been my favorite sport and I could of played somewhere but volleyball has given me the great opportunity of going to UCLA.

2. How do you motivate yourself to train when you don't feel like it?

I think of the future, my goals and other teams and that they are probably training at that exact time.

3. How do you keep going during the tough spots?

I have good friends that help me enjoy life, which is bigger than sports.

4. OK, as an athlete on a team, you travel, you have to work out, play games, so you're away from friends and family for extended periods of time. How do you deal with the fact that you can't partake in a lot of things with them?

It's hard to be separated from your closest friends and family. I try to stay well connected with those people. Fortunate for me, I live close to my friends and family. There is an understanding between friends and me that I have obligations to my team and I need to make sacrifices.

5. How competitive are you?

I would consider myself to be very competitive. If I weren't competitive I would most likely have no interest in volleyball.

“There is an understanding between friends and me that I have obligations to my team and I need to make sacrifices.”

6. How old were you when you took up volleyball.

Freshmen in high school.

7. What’s the biggest challenge you have in your sport?

The biggest challenge in my sport is being consistent. Volleyball is a technical sport because it requires players to repeat a set of skills to the best of their ability.

8. What plans do you have in 2010 related to your sport?

In 2010 I would like for my team to win the NCAA championship. It would be the 20th championship for the UCLA men’s team and would accomplish one of its biggest athletic goals.

9. Most memorable experience and accomplishment?

Volleyball’s Junior Olympics were the most memorable experience I’ve had with volleyball. This tournament holds most club volleyball teams in America as well as few other countries.

10. What cross training is most effective for you?

I’ve done some plyometric training, which increased my jumping for volleyball. I also play basketball often with my friends.

11. Where’s your favorite place/venue/city you go to play volleyball?

My favorite place to play volleyball would have to be USC because of the huge school rivalry. The intensity is through the roof whenever our teams match up.

12. Who are your idols in your sport?

I really don’t have one because there are only a few big name volleyball players out there.

13. What’s your training schedule like?

My team practices every weekday and trains three days a week.

14. When you get injured how do you recover, and how does it affect you mentally?

I do whatever I can to recover but most injuries take time to heal. An injury is difficult to deal with especially if I am close to reaching a goal.

15. What’s your typical breakfast?

Golden Graham cereal. I have eaten cereal for breakfast my whole life and I am 6’8”. I believe cereal is a major contributor to my height.

16

Weston Dunlap

Ucla



PROFILE

<ul style="list-style-type: none"> <li style="margin-bottom: 10px;">▶ Class: RS Sophomore <li style="margin-bottom: 10px;">▶ Hometown: Newport Beach, CA <li style="margin-bottom: 10px;">▶ High School: Newport Harbor 	<ul style="list-style-type: none"> <li style="margin-bottom: 10px;">▶ Height / Weight: 6-8 / 205 <li style="margin-bottom: 10px;">▶ Position: Quick Hitter <li style="margin-bottom: 10px;">▶ R/L: Right
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16. Biggest training mistake?

My biggest training mistake happened by my lack of training in the off season. I injured myself trying to compete at a high level despite not being in good enough shape.

17. Free weights or machine weights?

I prefer machine weights but UCLA generally uses free weights.

18. Favorite sports drink/recovery drink?

Ice cold Gatorade (orange) is the first thing I grab for at 7-Eleven after a workout. Staying hydrated before and after training is very important for staying healthy.

19. What's your hardest workout?

My hardest workout/s take place in the fall, which is the off season for volleyball. These workouts are meant to prepare us for season by pushing us to our limits. These are not fun at the time.

20. What advice would you give to someone starting out?

The most obvious answer is practice and strengthen specific muscles. Practicing is vital to improving skill in a sport. Unfortunately, it's difficult to personally train for volleyball. I generally focus on training muscles that improve my jumping and reaction time.



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RYAN SHECKLER

Pro skateboarder



*The story about pro skateboarder **Ryan Sheckler** goes like this: that as an 18-month old toddler, Sheckler began pushing himself around on his dad's old-school skateboard in San Clemente.*

By the time he reached the ripe age of 6, he spent countless hours a week practicing tricks and eventually invented his own skateboarding trick called the Sheck-lair, an indy kickflip flyout. Sheckler went on to win several skateboarding championships, and signed with his first sponsor, Arnette eyewear.

*Sheckler went pro in 2003 at the age of 13, after winning in the X Games, Vans Triple Crown and Slam City Jam. Sheckler even starred in his own reality show on MTV's *Life of Ryan*, which depicted his life and was shot mostly in his hometown of San Clemente. Today, Sheckler has nearly a dozen sponsors and rides for Plan B Skateboards. He recently launched a clothing line called RS at JCPenney.*

1. Why skateboarding?

Being free on my board, and learning at my own pace

2. How old were you realized skateboarding was your sport?

13.

3. What's the most challenging skate ramp/venue in Orange County?

Maloo Money Cup is so gnarly every year.

4. What plans do you have in 2010 related to your sport?

Plan B video part. And just a lot of skating

5. What is your favorite motto?

Never give up.

“Breathe and relax and keep telling myself it’s all good.”

6. Most memorable skateboarding session?

Any tour outside of America, all good, can’t pick one.

7. What gear, brand do you prefer?

Plan B board, Plan B wheels, Mob grip, Indy Trucks, etnies shoes.

8. What cross training is most effective for you?

Swimming and cross country road biking.

9. Where’s your favorite place outside of Orange County to skateboard?

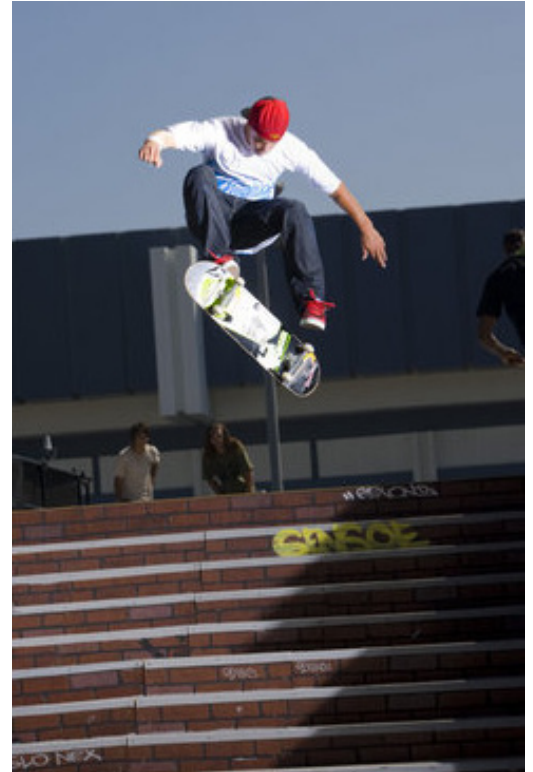
Australia.

10. Who are your idols in your sport?

I look up to Koston, P-Rod, Danny, and Colin.

11. What’s your training schedule like?

Skate, skate, skate.



12. What’s your greatest accomplishment?

Still being able to skate; thank God.

13. When you get injured how do you recover, and how does it affect you mentally?

It makes me more aware of what’s going on on my board. It gives you a lot of time to think.

14. What’s your typical breakfast?

Eggs, bacon, and coffee.

15. Biggest training mistake?

Weightlifting.

16. Best training for balance?

Wobble board.



17. How do you motivate yourself to train when you don't feel like it?

I don't have that luxury. I have to train!

18. How do you keep going during the tough spots?

Breathe and relax and keep telling myself it's all good.

19. What advice would you give to someone starting out?

Have fun, never stop having fun.

20. Besides skateboarding, what other sport are you most interested in?

Surfing, rally car.

BEN GARNER

Golfer



*An Orange County phenom (who golfed with Tiger Woods), **Ben Garner** has fought through a series of injuries to make it to the second stage of Q school last year and is looking to make it through to the final stage this year and earn his PGA tour card.*

1. Why golf?

My Dad introduced me to the game when I was a kid, I loved the individual aspect of the game. I loved the challenge each particular shot presented, golf is a unique sport regarding the fact that the playing field or course is different every single time you play. There is never the same shot. Also, besides my childhood friends all my best friends have come from the golf course. The game of golf is the great equalizer, that little white ball doesn't care who you are.

2. How do you motivate yourself to train when you don't feel like it?

I take a different approach. On days I don't feel like practicing I don't beat myself up, I will just go to the course, stroke a few puts, hit a few chips and if I'm still feeling sluggish I will go do something else. In order to practice and improve one needs to be completely focused otherwise a day on the range unfocused can do far more damage than a day off.

"That is why golf is so great, it is a tough, tough game. It will rip your heart out."



Ben Garner as a little boy next to Tiger Woods.

3. How do you keep going during the tough spots?

In my career, I've been fortunate to have much success and I've experience all types of failure. At the end of the day, in order to be good at anything and especially golf, you have to love the challenge even when it is tough to see the light at the end of the tunnel. I've had moments where I get so frustrated. That is why golf is so great, it is a tough, tough game. It will rip your heart out but if you can hang in there and hold your head high when everything is going bad. When the tide turns and it always

does and putts start dropping and the club feels natural in your hand again it is a great feeling. Adversity is what makes golf the greatest game, if it wasn't so difficult we wouldn't love it.

4. How do you deal with friends/family who don't understand your commitment to golf? Do they view it as an obsession?

Honestly, I've lost some friends along the way. I have my core group of family and friends that have been in my corner whether I was on top or struggling in the valley of adversity. I've dealt with front runners and phonies who I realized later were only my friends due to my ranking or accomplishments. I've had to make numerous sacrifices, relationships have been challenging. Girlfriends in the past have felt second best to my commitment to the game. It's difficult to maintain relationships when you're on the road. Success is an obsession, and to be successful at golf one has to be fully engaged in the effort.

5. What lessons have you learned in golf that applies to other areas of your life?

The greatest lesson I've learned is humility. Golf has a way of stripping everything away from you. Like life, golf is difficult sometimes things go the wrong way for no apparent reason. Further, there are peaks and valleys in life and if have to learn to pat the other guy on the back when he is successful and to hold your head high when times are difficult.

6. How old were you when you took up golf?

My dad introduced me to the game when I was 5 years old, he would take me out on the course in the evenings and teach me how to chip and putt.

7. What's the biggest challenge you have in your sport?

The biggest challenge for me is the mental side of golf. The mind is the most important part of the game and the most difficult to conquer. Sometimes I wish I could stick a needle in my head and drain out all the bad stuff. Golf is a funny game. You can hit the ball perfect, shoot 66 and when you're done, your playing partner would say, "Wow if you only made that 3 foot putt on 16 you would have shot 65." People for some reason forget all the great shots you hit and only remember the ones you missed because of that in order to be great and I'm still working on this every time I tee it up, you have to be positive, remain positive, and believe that good things will come. Trust me, it is hard to do.

8. What plans do you have in 2010 related to your sport?

Right, now I'm working and selling real estate in order to save some money to go back out and play. I missed Q-School and lost my sponsor so I'm back to the drawing board. When I've got my financial nest egg again, I will focus on the Nationwide Tour Monday qualifiers. Also, my goal is to qualify for the 2010 US Open at Pebble Beach. From there I want to get my game ready to peak for Q-School in the fall.

9. Most memorable experience and accomplishment?

My most memorable experience in golf is teeing it up with my friend Kelly Slater at Cypress Point. I've always wanted to play there. The Monterey Peninsula is one of my favorite places on earth. A few years back he called me up and said they had room for one more, I drove up and picked Kelly up in Santa Barbara and then we drove through the night to tee it up in the morning. Standing on the first tee at Cypress there is so much history and nostalgia. It was a foggy Monterey morning. The head pro stood joined us on the tee wished us well as we sent our balls flying through the misty Monterey fog. It was perfect in everyway.

I've also been lucky to grow up and compete against the greatest player of the game. I've walked many a fairways with Tiger Woods and seen some phenomenal shots over the years; I only wish that someday I would be walking fairways with him again on the PGA Tour.

My greatest accomplishment is that I'm still trying, that I haven't quit. I've battled all types of adversity, financial, injuries, heartache and the curve balls of life. I'm 33 years old, when I was 17 I figured I be on the tour in my early 20s now I'm a little older and hopefully a little wiser but I've been beat up by the game that I love, I've had had bad breaks and have made my own share of bad choices but at 33 I still believe I have what it takes. So briefly, perseverance is my greatest accomplishment.

10. What cross training is most effective for you?

Fitness is key for any sport; I try to build endurance and strength. I work hard on my legs, core, shoulders, arms and back. Lately I've been stand up paddling in the ocean; it is a great work out, improving your balance and overall strength.

11. Where's your favorite course?

The Monterey Peninsula, Cypress Point, Pebble Beach and Spyglass Hill. I love the area; I love the town of Monterey, 17 Mile drive and Cannery Row. Also, Kukio on the big Island of Hawaii, it is a Tom Fazio course, the setting and the layout couldn't be more beautiful.

12. Who are your idols in your sport?

Growing up my favorite players were Fred Couples, Greg Norman and Seve Ballesteros. All three had similar but different qualities. Now days, there are guys that I look up to that no one has ever heard of. I respect players who have given everything they have to the game, that play the mini tour circuit, with no recognition, with no galleries, just their families and a few friends to cheer them on. Guys like me who have sacrificed so much. Sometimes the greatest examples of courage and strength are not always standing on the 18th green with a trophy in their hand and a million dollar check.

13. What's your training schedule like?

I work out in the gym, four nights a week, I run two days a week, I stand up paddle twice a week and if there are waves I will catch a surf if schedule willing.

14. When you get injured how do you recover, and how does it affect you mentally?

Injuries are difficult. My body has been beat up a few times. I tore the ulnar ligament in my right elbow that sidelined me for two years, I was in a really bad car accident that put me out of golf for a year plus I still feel the affects of it in my lower back and hips. I've broken my right hand hitting a shot, and I've struggled with tendonitis in my left shoulder resulting from the car accident as well. At second stage of Q-School in 2008 my left shoulder hurt so bad I couldn't raise my hand over my head. I ended up finishing second to last when I felt my game was good enough to make it that year. Injuries can be more devastating mentally I think, it is difficult for a competitive guy to have to sit on the sidelines or play when you're not 100%. It is easy to get down; you just have to be patient and believe that your time will come. (Just to note I'm still believing my time will come.)

15. What's your typical breakfast?

Eggs and toast, or cereal and toast.

6. Biggest training mistake?

Pushing workouts when your not 100% physically. It's tough to be patient and not work out when you're injured, I've made the mistake of coming back to soon.

17. Free weights or machine weights?

Majority free weights, but I like machine weights when I super set sometimes.

18. Favorite sports drink/recovery drink?

A nice cold Miller Lite, just kidding. Probably Muscle Milk, also I've been drinking a green drink called Vitamineral Green that has been helpful as well.



19. What is your hardest workout?

The morning after a night on the town!

20. What advice would you give to someone starting out?

Tunnel vision. Learn to say no, and be wise on who you listen to. Most importantly surround yourself with people who share your dream, they will protect you, inspire you, back you and be there for you. Anyone else that doesn't buy into your program, say goodbye.



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MARK SCHULEIN

Stand-up Paddle Surfer



Mark Schulein, president of [Crown Ace Hardware](#), is an avid stand up paddler.

1. Why paddle surfing?

I've surfed for 30 of my 40 years and stand up gave me a new challenge in a sport that has always been my focus. It's not that I was burned out but I ride both short and long boards, and paddle surfing offered up something new. At the time that I got involved, about three years ago, it was just emerging and since then, the boards have just been getting better and better which has allowed the sport to evolve. Additionally, it has the great benefit of being conducive to the surf, or flat water, or distance training. Unlike traditional surfing, if it's flat... you're out of luck. On a SUP you can have an awesome workout without being dependent on waves... but it is way more fun in the surf.

2. How old were you realized paddle surfing was your sport?

Well, it's only been around in its current incarnation for about 5 years, and I've been into it for about 3 full years... so 37 when I started. I was hooked shortly thereafter. My good friend Jimmy Terrell, who is a Newport resident and a 4 time Olympic paddler, was the first guy in Newport on a SUP. Jimmy makes QuickBlade paddles and he started making them very early on for Laird Hamilton, who is responsible for bringing SUP mainstream. Jimmy started doing stand up with Laird early on then he got me into it.

"If you can pass me I'll be the first to high five you as you go by, but I'll make you earn it."

3. What's the most challenging wave to surf in Orange County?

The Wedge. The Saemen brothers surfed it this summer on SUP's and made it. That was impressive; and nuts.

4. What plans do you have in 2010 related to your sport?

I am rehabbing a shoulder. If I can get it back to full speed I'd like to do the Molokai crossing on SUP this year. If not, I may do it again on a lay-down paddleboard.

5. What is your favorite motto?

Don't let work win!

6. Most memorable surfing session?

Indonesia; every time is memorable.

7. What gear, brand do you prefer?

Having many friends in the surf industry, I prefer any gear that I can get for below retail! In stand up paddling, the one constant is my paddle. Quickblade, and Joe Bark Paddleboards for distance boards.

8. What cross training is most effective for you?

I have never been as fit as when I was supplementing stand up paddling training with a road bike. You get everything from that combination: cardio, intense muscle training, and outstanding core fitness. Add in some gym work and some yoga and I'm covered.

9. Where's your favorite place outside of Orange County to surf?

Either somewhere tropical or north county San Diego and San Onofre.

10. Who are your idols in your sport?

I've spent many years racing lay-down paddleboards and surfing. My idols are guys like Tom Blake and Greg Noll who paddled the Catalina Channel back in the 40's and 50's. True watermen. And then of course there is Gerry Lopez.

11. What's your training schedule like?

I try to do something every day. Whether that is surf, gym, SUP, paddleboard, cycle, anything. It's as much for my head as it is for my body. When I'm training for distance races, I pack on a lot of miles and integrate some interval training into the mix; generally four days a week of that specific sport and then two days a week of cross training.

12. How competitive are you? Does it ruin your day/mood not to perform well?

I've always been competitive with myself. I want to do the best I can do but I don't have the crazy instinct to make my entire life focused on that one thing. I've always said, if you can pass me I'll be the first to high five you as you go by, but I'll make you earn it. And, I only get down if I really sucked that day.

13. When you get injured how do you recover, and how does it affect you mentally?

I am working with a guy in Costa Mesa named Tucker Sharp with Structural Integrations who has been working on my knee and shoulder. I believe recovery entails the right practitioner and time... and it is frustrating as heck being limited in what you can do. It drives me crazy not being able to do what I want or get what I expect due to an injury.

14. What's your typical breakfast?

Banana and a big protein powder/soy milk shake at my desk. Or Starbucks. Don't follow my lead.

15. Biggest training mistake?

Under hydrating.

16. Best training for balance?

The many Swiss ball exercises; but I don't do a lot of them. SUP is definitely a good balance trainer.

17. How do you motivate yourself to train when you don't feel like it?

Think about the alternatives. My options are: I can go home and do "honey do's" or do more work... or go work out. What's the old saying, a bad day of fishing is better than a good day at work.

18. How do you keep going during the tough spots?

If you are asking about say mile 20 of a marathon, I just break it into little pieces and talk to myself a lot like a crazy man. "There's only six miles to go," you can do that in your sleep," "this is the same as running from the house to wherever... you do that every day." Anything to take the scale away from the task.

19. What advice would you give to someone starting out?

Find something you love and just enjoy the ride. The cliché... life is not a track meet, it's a marathon. Don't focus 100% on the end game; you have to enjoy the process and the training.

20. Besides your particular sport, what other sport are you most interested in?

Surfing, stand up paddling, lay down paddleboarding, cycling, skateboarding, snowboarding.

'MY BODY IS CHANGING OVERNIGHT'

Nichole Carroll, owner of Tyler Rose Swimwear, falls in love with CrossFit Balboa



Nichole Carroll, founder and designer of **Tyler Rose Swimwear**, is surrounded on a daily basis by skinny models--and her fun and sexy bikinis.

At six-feet tall, Carroll is naturally a striking and beautiful woman, but working out has never interested her.

"I'd rather be having cocktails poolside than be at the gym," Carroll says.

At 35, Carroll felt the need to make a change, reduce stress in her life, and become more fit. She found out about **CrossFit Balboa** and decided to give it a try.

Not imagining that she would stick to it for long, CrossFit is more than holding her attention--she's obsessed. She says in just six weeks she's seen a major change in her body, and remains motivated to follow CrossFit's lifestyle and eating plan.

"My body is changing overnight and with my Paleo Diet, I feel unbelievable!" she says.

She follows a 'caveman' plan of eating in blocks--five times a day--carbs, proteins and fats. And she's wants to keep with it---Carroll attends CrossFit classes five to six times a week. And each day her workouts differ.

"We might stretch for 20 minutes, then warm-up with a run, and then our task which could include weights, front squats, over-head squats, deadlifts and more," Carroll says. "It's not easy, but everyone is so inspirational, willing to help, and people in the class range from 70 year-olds, to super fit younger people--it's for everyone."



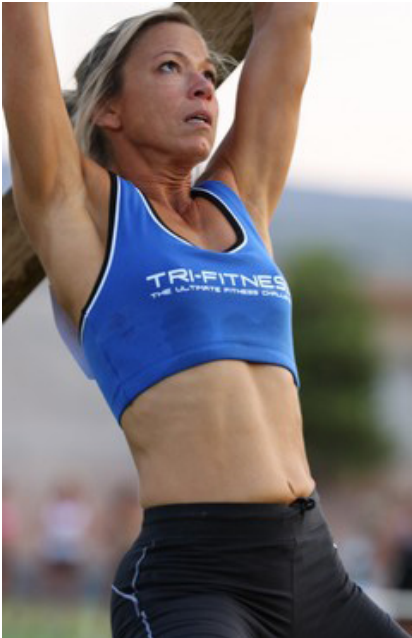
CrossFit's run by a former NFL player John Welbourn and nationally ranked Olympic weightlifter Max Mormont. The key here is keeping workouts short and intense, focusing on core strength and conditioning. No matter if you're an Olympic athlete or a grandparent, the philosophy is not to change programs, just intensity. They believe optimum fitness is achievable for all from the same regimen.

CrossFit offers sport specific conditioning programming, injury prevention training, and coaching. They offer personal training and classes seven days a week for every athlete, in a range of pricing depending on your goals. None of Carroll's friends can believe she's sticking with CrossFit, but many have joined too--her enthusiasm for and results from CrossFit are contagious.

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'EVEN THOUGH YOU'RE WORKING HARD, NO ONE IS COMPLAINING'

Rita Wilds, a 46-year-old with type 1 diabetes, stays ripped with Innovative Results



Rita Wilds is without a doubt one of the most fit, beautiful women in Orange County. Each month she writes an article for Ms. Fitness and at age 45 she entered the Women's Tri-Fitness World event in Las Vegas 2008 in 5-inch heels and a bikini and felt great doing it.

The competition is mainly obstacle course and fitness tests and she really owes a lot of that to Aaron Guyett, her personal trainer at **Innovative Results** in OC. Wilds who works at Chapman University manager of advancement communications & government relations, says boredom is her biggest challenge in sticking with a fitness program, and she's been to many trainers.

But with Guyett, it's different.

"For one thing, he's very well educated, he knows his stuff," Wilds says.

She has a bad shoulder as well as type 1 diabetes, and he knows exactly what to do.

"He's got great energy, which just makes you want to be around him, and even though you're working hard, no one is complaining, everyone wants to work to their capacity," he says.

At Innovative Results, Guyett leads sessions in groups of three to six, and even though it's not a one on one situation, Wilds says it feels very personalized. He offers full body movement training--five basic movements, core stuff, weights, interval training, stretching. At one session you might sprint on a treadmill, then some core work, stretching-- you never do the same thing, so it's always new and exciting.

Wilds said that she loves the Mary and Dick Allen Diabetes Center in Newport Beach. She works with a nutritionist there who was able to get her A1C level the lowest it's ever been in her life. She can't say enough good things about the center.

Sessions last an hour and are available throughout the day. For more information, call 866.243.4472.

TOP SHAPE

A look at two organizations that keep Orange County healthy



MARY AND DICK ALLEN DIABETES CENTER

Did you know that one of the community's largest and most comprehensive facility for adults and children with diabetes exists right here in Orange County? At Hoag Health Center in Newport Beach, the **Mary and Dick Allen Diabetes Center** provides an array of physician specialty services in endocrinology, ophthalmology and podiatry.

The Allen Diabetes Center also offers other educational and support services such as diabetes self-management education, medical nutrition therapy, insulin pump instruction and a program for pregnant women with gestational diabetes – all to help meet the needs of patients with all types of diabetes and their families.

Programs focus on the needs of the vulnerable and underserved residents with diabetes, including Spanish-speaking patients, seniors, children at risk for obesity and diabetes, as well as young adults transitioning from pediatric to adult care.

The Allen Diabetes Center is at 520 Superior Avenue, Newport Beach, near the hospital's main campus. 949.764.8065.



TEAM DUKE

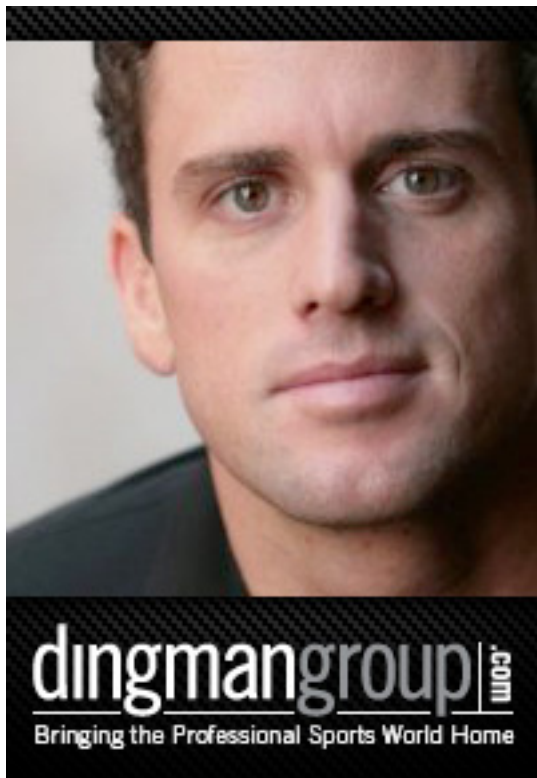
OC-based **Team DUKE** is an offspring of the John Wayne Cancer Foundation, and an athletic program to pay tribute to someone who is fighting cancer or the place to raise funds to fight cancer.

Team DUKE empowers you to actively support the fight against cancer. You can lead a healthy lifestyle to help prevent cancer. Join Team Duke for free at www.teamduke.org. It's easy to get started: just pick an event, in as many sports as you like— all year long.

You can do anything: walk, swim, bike, run, compete in triathlons, play tennis or basketball, golf, or kite surf. No minimum donations and no minimum fundraising goal, everyone can participate.

Ask your family, friends, co-workers and employers to donate through your Team DUKE web page. All donations go directly to the John Wayne Cancer Foundation.

THE DINGMAN GROUP



For those who have the kind of career that might call for having to uproot their families and move overnight, there's The Dingman Group based in Newport Beach. For the last three years, Chris Dingman has built a growing company on helping professional athletes, coaches and their families with such big moves.

The Dingman Group leases, purchases and sells homes on behalf of athletes, moves cars, packs up furniture & belongings, even pets – to help smoothly expedite an otherwise daunting task. Other services also include purchasing major appliances, ensuring delivery and installation, temporary housing and utilities set-up.

Since launching his company in 2007, Dingman has helped more than 60 athletes in 41 states.

The Dingman Group, 3800 River Ave. Suite B in Newport Beach 949.400.1449.

www.thedingmangroup.com

OC'S MAJOR RACES



Here are some of our favorite fitness events in Orange County. A great way to get into shape is to sign up for one—and that will make sure you don't fade on your workouts.

HUNTINGTON BEACH MARATHON

The Huntington Beach Marathon or **Run Surf City Marathon**, which will be held on February 7, is sold out in all three categories: full, half and 5k.

MUD RUNS

The **Irvine Lake Mud Run** will be held April 10. It's 3.8 miles of lakeside trails with fun obstacle courses like last year's "Human Car Wash."

The Orange County Eco Mud Run Tour will be held April 25 at the Orange County Great Park in Irvine. The 2010 Eco Mud Run Tour is the social sporting event of the year and will feature off-road obstacle courses such as tunneling, mud pits, cargo-net crawls and more. There's also a fun-filled after-party and an environmental expo called Eco Fest, too.

OC MARATHON, HALF-MARATHON and 5K

OC Marathon will be held on May 2 with three running events: The full 26.2 mile marathon starts at Fashion Island in Newport Beach and heads south on Pacific Coast Highway; the 13.1 mile Half-Marathon and the 5k.



OC DUATHLON and 5K

OC Duathlon & Saddleback 5k (2010 OC Tri Series) on Saturday, May 22 in Lake Forest. This means family and friends as well as local runners can join in the fun and do the 5K while the Duathlon Bike Portion is in progress. (Limited to 500). The race course will consist of a 5 K run, 40K bike & 5 K run. The bike portion will go into Santiago Canyon and then return to Lake Forest.

PACIFIC COAST TRIATHLON

Competitor & Inside Triathlon magazines have honored the **Pacific Coast Triathlon** as one of the top races in the U.S.! The Pacific Coast Triathlon is held Saturday, Sept 18 on one of the most beautiful stretches of Pacific Coast Highway with a safe looped bike course and a trail run.