

Volume XXIV, Number 8, August 1999

# Empire Runners Newsletter



A Monthly Publication of The Empire Runners Club

## Kenwood '99 Turned Out Mighty Fine

by Shelly Lydon

If the Kenwood Footrace was a bottle of wine, people would say that 1999 was a very good year. Indeed, this year's race enjoyed a record crowd (for the Empire Runners, at least) with the total number registered topping 900 and over 850 runners crossing the finish line in both races. We had vacationing runners from Connecticut, New York, Arizona, Oregon, Washington, Georgia and as well as a strong group from our friends to the south, the Tamalpa Runners. Mechanically speaking, things went well there too. We had timers and Ham Radio operators who kept the finish-line crowd up to date on the race leaders. We had a trio of race announcers who were chipper and humorous despite the early hour and some serious jet lag. We had a functioning P.A. system and flat bed trucks where they were supposed to be (although next year I am going to work on the pre-race music selection....2001 Space Odyssey just doesn't do it for most folks...). Race-day registration was a well-oiled machine, thanks to **Lisa Isabeau** - winner of this year's "Kenwood Volunteer" Award. Lisa's crew registered 264 runners in about an hour with nary an error. With the three registration typists keeping up with the task, this made **Pete Guerrini's** job inside the church a snap. Pete was also happy about how **Bob Shor** and **Doug Courtermarche** kept the finish line and timing area in order this year. There were only a handful of "turkeys" and the results were out in record time. With all of that in place, the only thing left to do was to let people run.

The men's favorite in this year's 10k race was the 1998 champion, **Mike Williams**, who didn't disappoint the crowd. He took the lead early on and had a 40-second cushion by the end of the race,

## Salmon Creek Beach Run 5 miles

Saturday August 7th - 10:00 am

**Join us for one of the best and oldest Empire Runners events.** The 5-mile course is out and back on Salmon Creek Beach. However, varying conditions create a unique event each time this race is held.

**Be sure to join us for the post-race potluck brunch.** Bring food and/or drinks to share. Plates and plasticware will be provided.

**Race day registration only:** \$2 Empire Runners, \$1 under 18, \$3 non-members.

**Directions:** Go north from Bodega Bay on Highway 1 until you cross the bridge over Salmon Creek. Drive up the next hill and park in the lot to the left, above the beach.

**For more information** call Eric or Nathalie Bohn at 537-0513 (before 8pm).

finishing in 35:23. In second place was **Brad Zamczyk** in 36:03 and third place was **Tim Wallen** in 36:13; all three of them in a very

*continued on page 7*

# Presidential Ploddings

by John Anderson

Summer is half over and we have had a number of memorable club events. The second half of the season promises to be just as exciting. I urge all club members to participate in club activities. Invite your friends and co-workers to join in the fun. Your participation will make each event that much better.

The summer got off to a flying start with the 100th running of the Loop de Loop. In this excellent event, race director **Alec Isabeau**, has spared no expense to make the two loop classic the crown jewel of the off road scene. The awards and post race banquet alone make this a "must" on any runners schedule.

The Summer Track Series makes it's annual appearance on the running calendar. Under the wise and experienced hand of race director **Tim Stewart**, the Series continues to flourish at the SSU oval.

In a summer of excellence that can only be matched on the European Circuit, Lisa Isabeau, continues her assault on the record books. Does she have a serious challenger? The answer lies in the final two meets of the season. Be there to witness the drama and glory of track at it's finest.

The Kenwood Foot Race is the most important Empire Runner event. It takes by far the most energy and participation by club members. The outcome of the race goes a long way towards determining the clubs near term future. If the 1999 running of the

event is any indication, the future is bright indeed.

Race Director **Shelly Lydon** did a masterful job with this year's event. Kenwood was exceedingly well planned. Veteran race official **Bob Shor** has labeled this years Kenwood as the finest in memory. It had the largest number of finishers of any running since the club took over direction some six years ago.

The success of the race allowed the club to award a \$2,000 scholarship to the SSU Women's Track and Cross Country Program. The scholarship is earmarked for young women from Sonoma County. Coach **Jim Hiserman** has selected Heptathlete **Jessica Wright** as the 1999-2000 recipient.

This type of club action was made possible by the hard work of Shelly and her staff. The countless hours put in by this volunteer group really paid off in a big way. They all deserve our thanks for a job exceedingly well done.

In a related matter, the club is asking for your participation on the Scholarship Committee. This group will help direct our efforts in this area. Please contact **Bob Finlay** or **Peter Masi** if you are interested in taking part or just need more information.



## Mark Your Calendar

- **Wednesday, August 4:** Summer Track Series All-Comers Meet #5 at Sonoma State University, 6:30 p.m.
- **Sunday, August 7:** Salmon Creek Beach 5M, 10:00 a.m. start.
- **Thursday, August 19:** Newsletter deadline.
- **Thursday, August 26:** Club meeting, 7:30 p.m., Round Table Pizza, Montgomery Village.
- **Sunday, September 12:** Annadel Loop 7-Mile, 8:00 a.m.

# 1999 Kenwood Footrace Results

## Women's 10K

Pl.	Div.		Time
	Pl.	Age Div.	
1	F34	F30-34	0:37:37
2	F41	F40-44	0:39:18
3	F16	F15-19	0:39:30
4	F31	F30-34	0:42:12
5	F48	F45-49	0:43:03
6	F33	F30-34	0:43:09
7	F29	F25-29	0:43:20
8	F34	F30-34	0:43:38
9	F34	F30-34	0:43:52
10	F31	F30-34	0:44:01
11	F35	F35-39	0:44:22
12	F41	F40-44	0:45:56
13	F38	F35-39	0:46:13
14	F26	F25-29	0:46:23
15	F32	F30-34	0:46:24
16	F26	F25-29	0:46:25
17	F30	F30-34	0:46:26
18	F23	F20-24	0:46:31
19	F16	F15-19	0:47:29
20	F29	F25-29	0:47:34
21	F62	F60-64	0:47:41
22	F32	F30-34	0:47:56
23	F15	F15-19	0:48:02
24	F35	F35-39	0:48:20
25	F28	F25-29	0:48:29
26	F37	F35-39	0:48:39
27	F41	F40-44	0:48:41
28	F15	F15-19	0:48:46
29	F34	F30-34	0:49:10
30	F36	F35-39	0:49:15
31	F27	F25-29	0:49:23
32	FF3	FF36	0:49:29
33	F43	F40-44	0:49:31
34	F47	F45-49	0:49:37
35	F42	F40-44	0:49:43
36	F38	F35-39	0:49:44
37	F35	F35-39	0:49:53
38	F29	F25-29	0:49:54
39	F33	F30-34	0:49:54
40	F31	F30-34	0:50:05
41	F36	F35-39	0:50:07
42	F39	F35-39	0:50:43
43	F57	F55-59	0:50:48
44	F40	F40-44	0:50:55
45	F44	F40-44	0:51:00
46	F25	F25-29	0:51:03
47	F29	F25-29	0:51:06
48	F35	F35-39	0:51:26
49	F46	F45-49	0:51:35
50	F35	F35-39	0:51:42
51	F38	F35-39	0:51:45
52	F32	F30-34	0:51:46
53	F20	F20-24	0:51:50
54	F46	F45-49	0:52:05
55	F52	F50-54	0:52:18
56	F23	F20-24	0:52:19
57	F30	F30-34	0:52:19
58	F44	F40-44	0:52:22
59	F50	F50-54	0:52:29
60	F33	F30-34	0:52:31
61	F34	F30-34	0:52:36
62	F42	F40-44	0:52:41
63	F26	F25-29	0:52:45
64	F42	F40-44	0:52:52
65	F55	F55-59	0:53:02
66	F45	F45-49	0:53:04
67	F48	F45-49	0:53:10
68	F36	F35-39	0:53:11
69	F39	F35-39	0:53:12
70	F38	F35-39	0:53:20
71	F44	F40-44	0:53:24
72	F48	F45-49	0:53:27
73	F56	F55-59	0:53:30
74	F32	F20-24	0:53:32
75	F41	F40-44	0:53:37
76	F45	F45-49	0:53:58
77	F45	F45-49	0:54:02
78	F42	F40-44	0:54:05
79	F46	F45-49	0:54:14
80	F36	F30-34	0:54:16
81	F42	F40-44	0:54:23
82	F41	F40-44	0:54:24
83	F27	F25-29	0:54:28
84	F20	F20-24	0:54:29
85	F36	F35-39	0:54:33
86	F34	F30-34	0:54:35
87	F28	F25-29	0:54:39
88	F43	F40-44	0:54:52

## Women's 10K

Pl.	Age Div.	Time	
			89
90	F45-49	0:55:10	
91	F45-49	0:55:21	
92	F14+und	0:55:23	
93	F55-59	0:55:30	
94	F38	F35-39	0:55:35
95	F45	F45-49	0:55:37
96	F38	F35-39	0:56:09
97	F22	F20-24	0:56:28
98	F32	F30-34	0:56:34
99	F39	F35-39	0:56:36
100	F34	F30-34	0:56:54
101	F41	F40-44	0:57:00
102	F27	F25-29	0:57:06
103	F58	F55-59	0:57:21
104	F28	F25-29	0:57:22
105	F38	F35-39	0:57:38
106	F44	F40-44	0:57:40
107	F42	F40-44	0:57:44
108	F30	F30-34	0:57:49
109	F49	F45-49	0:57:50
110	F35	F35-39	0:57:57
111	F45	F45-49	0:57:59
112	F53	F50-54	0:58:01
113	F31	F30-34	0:58:07
114	F36	F35-39	0:58:08
115	F16	F15-19	0:58:16
116	F39	F35-39	0:58:17
117	F36	F35-39	0:58:18
118	F23	F20-24	0:58:21
119	F25	F25-29	0:58:21
120	F44	F40-44	0:58:31
121	F34	F30-34	0:58:41
122	F51	F50-54	0:58:48
123	F26	F25-29	0:58:58
124	F38	F35-39	0:58:58
125	F24	F20-24	0:59:01
126	F30	F30-34	0:59:05
127	F46	F45-49	0:59:16
128	F42	F40-44	0:59:17
129	F47	F45-49	0:59:20
130	F17	F15-19	0:59:48
131	F48	F45-49	0:59:53
132	F12	F14+und	0:59:59
133	F36	F35-39	1:00:06
134	F41	F40-44	1:00:16
135	F52	F50-54	1:00:16
136	F12	F14+und	1:00:22
137	F23	F20-24	1:00:24
138	F30	F30-34	1:00:40
139	F19	F15-19	1:01:08
140	F33	F30-34	1:01:08
141	F36	F35-39	1:01:11
142	F46	F45-49	1:01:17
143	F31	F30-34	1:01:44
144	F53	F50-54	1:01:46
145	F47	F45-49	1:02:02
146	F32	F30-34	1:02:04
147	F58	F55-59	1:02:09
148	F34	F30-34	1:03:14
149	F48	F45-49	1:03:34
150	F20	F20-24	1:03:54
151	F37	F35-39	1:03:54
152	F42	F40-44	1:03:54
153	F52	F50-54	1:04:20
154	F48	F45-49	1:04:22
155	F26	F25-29	1:04:43
156	F57	F55-59	1:04:47
157	F34	F30-34	1:05:06
158	F26	F25-29	1:05:28
159	F29	F25-29	1:05:38
160	F37	F35-39	1:05:38
161	F51	F50-54	1:05:46
162	F17	F15-19	1:06:04
163	F35	F35-39	1:07:05
164	F41	F40-44	1:07:05
165	F37	F35-39	1:07:06
166	F56	F55-59	1:07:15
167	F12	F14+und	1:07:16
168	F45	F45-49	1:07:18
169	F11	F14+und	1:07:30
170	F44	F40-44	1:07:43
171	F29	F25-29	1:07:48
172	F42	F40-44	1:08:11
173	F9	F14+und	1:08:18
174	F30	F30-34	1:08:33
175	F26	F25-29	1:08:45
176	F57	F55-59	1:08:47

## Women's 10K

Pl.	Age Div.	Time	
			177
178	F46	F45-49	1:08:52
179	F48	F45-49	1:08:58
180	F56	F55-59	1:09:25
181	F57	F55-59	1:09:26
182	F53	F50-54	1:09:45
183	F44	F40-44	1:10:02
184	F34	F30-34	1:10:13
185	F55	F55-59	1:10:20
186	F63	F60-64	1:10:30
187	F30	F30-34	1:10:34
188	F39	F35-39	1:10:34
189	F37	F35-39	1:10:37
190	F46	F45-49	1:10:37
191	F15	F15-19	1:11:46
192	F48	F45-49	1:11:58
193	F50	F50-54	1:12:52
194	F63	F60-64	1:14:05
195	F62	F60-64	1:14:53
196	F22	F25-29	1:15:44
197	F31	F30-34	1:15:46
198	F49	F45-49	1:16:38
199	F49	F45-49	1:17:00
200	F48	F45-49	1:17:47
201	F43	F40-44	1:18:16
202	F49	F45-49	1:18:18
203	F26	F25-29	1:19:04
204	F35	F35-39	1:19:07
205	F11	F14+und	1:19:13
206	F79	F70+	1:19:29
207	F12	F14+und	1:19:31
208	F32	F30-34	1:20:39
209	F50	F50-54	1:22:28
210	F48	F45-49	1:24:28

## Men's 10K

Pl.	Age Div.	Time	
			1
2	M36	M35-39	0:36:03
3	M35	M35-39	0:36:13
4	M43	M40-44	0:36:17
5	M21	M20-24	0:36:33
6	M36	M35-39	0:37:03
7	M23	M20-24	0:37:13
8	M18	M15-19	0:37:16
9	M41	M40-44	0:37:23
10	M50	M50-54	0:37:40
11	M21	M20-24	0:37:52
12	M38	M35-39	0:37:55
13	M17	M15-19	0:38:38
14	M48	M45-49	0:38:44
15	M21	M20-24	0:39:03
16	M50	M50-54	0:39:07
17	M35	M35-39	0:39:17
18	M42	M40-44	0:39:24
19	M42	M40-44	0:39:27
20	M38	M35-39	0:39:36
21	M53	M50-54	0:39:47
22	M37	M35-39	0:39:57
23	M46	M45-49	0:39:58
24	M20	M20-24	0:40:01
25	M50	M50-54	0:40:13
26	M36	M35-39	0:40:37
27	M15	M15-19	0:40:38
28	M16	M15-19	0:40:41
29	M15	M15-19	0:40:50
30	M33	M30-34	0:40:54
31	M52	M50-54	0:41:04
32	M43	M40-44	0:41:14
33	M49	M45-49	0:41:21
34	M55	M55-59	0:41:41
35	M37	M35-39	0:41:45
36	M46	M45-49	0:41:48
37	M39	M35-39	0:41:52
38	M46	M45-49	0:42:01
39	M49	M45-49	0:42:02
40	M16	M15-19	0:42:09
41	M37	M35-39	0:42:10
42	M47	M45-49	0:42:12
43	M40	M40-44	0:42:22
44	M57	M55-59	0:42:36
45	M19	M15-19	0:42:38
46	M47	M45-49	0:43:04
47	M65	M65-69	0:43:07
48	M50	M50-54	0:43:25
49	M15	M15-19	0:43:27
50	M45	M45-49	0:43:28
51	M32	M30-34	0:43:29
52	M27	M25-29	0:43:37









Standing room only at the start of the 1999 Kenwood Footrace 10K. Front line runners include Stephen Starkweather, Brian Purcell, Jerry Lyman, Scott Ames, Danny Melo, winner Mike Williams and Jim Myers.

**Kenwood** (continued from page 1)

competitive 35-39 age group. **Elizabeth Zaragoza**, who set a new women's record in the 10k last year (36:55) was out of town this 4th of July. Unfortunately, as it would have made for an exciting race between Liz and **Cathy Dubay**. As it was, there was no one to challenge Cathy who is running very well these days and had a comfortable lead on her closest competitor, **April Powers**. Cathy covered the course in 37:37 and April crossed the line in 39:18. Cathy was the recipient of, among other things, a massage that she donated to the race on behalf of Montecito Heights. Karma in its purest form. Also running very well, but "taking a break" this summer is prep star **Sara Bei** who rounded out the top three in 39:30. My hat is off to anyone who can finish this course in less than 40 minutes.

The younger crowd owns the men's 3k race. **Peter Egerton** (22) clocked the winning time in 9:16 with a closing **Steven Laurie** (18) in second in 9:21. Third place goes to **Jordan Kinley** (15) in an excellent time of 9:48. In the women's race **Toby Warden** was 10th overall and winning the women's division in 11:02. Second and third places go to some familiar names locally, **Jennifer Aldridge** in 11:30 and **Nicole Nelson** in 11:52. Congratulations to everyone who raced this year. We hope you all come out to Kenwood again next year.

Last, and certainly not least, I would like to thank each and every volunteer who made this year's race come together. An honorable mention to **George Urdzik** who came in a close second to Lisa Isabeau for the volunteer award. As I look at my list of volunteers, George's name pops up all over the place, from the bag-stuffing party to working two shifts at Fleet Feet registration (he took vacation time to work there). The list is long, so bear with me. My apologies in advance to anyone I have overlooked.

**Race Committee Members:** John Anderson (Permits and insurance), Lisa Isabeau (Registration Director), Bob Finlay (Finish Line), Bob Shor and Doug Courtermarche (Timing and Finish Chute control), Pete Guerrini (Race Results), Ron and Rhonda (Fleet Feet Sponsors and Race Headquarters), Tori and Larry Meredith (Water stations, course markers, course monitors)

**Tile Painters:** Marline and Rick Peters, Lisa Isabeau, Kim Kennon, Amy Gandy, Darcy Gandy (and Darcy's friend!), Robin Stovall, Deb Park, Laurie Willenbring, Tori Meredith, Lisa Anderson

**Bag Stuffing:** Darryl Beardall, Lisa Isabeau, Robin Stovall, George Urdzik, Pam Horton, Carol and Kendra Hasenick, Deb Park, Laurie Willenbring, John and Lisa



Announcers Brad Rex (left) and Pete Sweeney (right) kept the crowd entertained while spotter Larry Meredith worked to identify race finishers.

# EMPIRE RUNNERS

Sonoma County



8-year-old Lisa Clark outleans 6-year-old Lindsay Roach at the end of the 3K. Lindsay placed 2nd in her division.

Anderson.

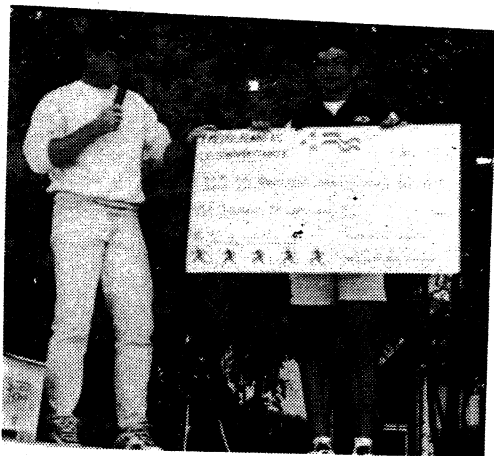
**Fleet Feet Registration:** George Urdzik, Lisa Isabeau, Rose Flores, Suzanna Bon, Don Sampson, Lisa Anderson, John Anderson.

**Race Day Announcers:** Brad Rex, Larry Meredith, Pete Sweeney.

**Awards Ceremony Announcers:** Alec Isabeau and Pete Sweeney.

**Finish Line Set Up:** Bob Finlay, Ron Jacobs, Dale Peterson, Rick Peters.

**Race-Day Registration:** Lisa Isabeau, Sheila Masi, Tanya Narath, Mary Basher, Rhonda



Sonoma State University track and cross country coach Jim Hiserman accepts a giant check for \$2000 for his athletic scholarship fund.

Roman, Tim Stewart, Kathleen Stalter, Robin Stovall, Pam Horton, Gary and Karen Bei, Jessie Wright.

**Registration Typists:** George Urdzik, Amy Gandy, Cindy Roach.

**Water Stations, Course Monitoring, Mile Timers:** Montgomery High School Cross Country Parents.

**Finish Line Timing:** Bob Shor, Doug Courtermarche, Lisa Isabeau, Ron Jacobs and the Santa Rosa High parents.

**Aleworks Glass handout:** Dale Peterson and Alec Isabeau.

**Starbucks Coffee:** Jon and Marie Jordan and the Starbucks crew

**Food Table:** Jon and Marie Jordan, Doris Fesch, Joan Bennett, Kim Kennon.

**Course map:** Kim Kennon.

**Empire Booth:** Peter Masi and Dave "Digger" DeSelle.

**Kenwood Newsletter:** Mike Weddington.

**National Anthem singer:** Sheri Guinn.

I would also like to thank our sponsors and donors for their generous support:

### Sponsor List

3RD Street Aleworks gave pint glasses for the top 400 runners; Press Democrat & Celebrate 2000 gave 90 square inches of free advertising in the Press Democrat and race bag goodies; Fleet Feet Sports provided race headquarters; Able Maintenance gave a scholarship donation; Rivkin, Radler & Kremer gave a scholarship donation; Clark Pest Control gave a scholarship donation; Culligan Water gave Ultima Replenisher post race drink and water on the course; Safeway gave post race food; Pottery Studio provided the first place awards (hand made tiles); Runner's World gave age group prizes; Clover Stormetta loaned their PA system; Starbucks Coffee gave early AM coffee, post race coffee, tea drinks and first place prizes.

### Donor List

Montecito Heights Health Club donated 5 massages: 4 for the overall winners and 1 for the race director; Toyworks donated kids prizes; The Adventure Card donated Adventure Card Booklets.





# The Draw of the Dipsea

by Brad Smith

Mill Valley, Marin County, California - Dipsea day overpowers the quaint Sunday calm of the subdued and somewhat historic town of Mill Valley. Narrow meandering streets are lined with out-of-town cars while about two to three thousand runners and spectators gather for the start of this unique and storied event - straining local resources and inconveniencing the residents; one of the major thoroughfares is closed to traffic; runners take over other streets for stretching and warm up runs. Many residents leave town for the weekend, others enjoy the attention and the tourist revenue.

So what is all the fuss about? Why do people travel from across the US, and even from other continents to join in this spectacle? For one - this is perhaps the oldest and best known age-gender adjusted race where headstart minutes are given based on 24 finely-tuned groupings ranging from 23 minutes for boys 6 and under, girls 8 and under, women 59 and older, and men 72 or more years old, to no headstart minutes for men 18 to 30 years of age. The older and younger runners get to start first, and the winner is the first to cross the finish line. Victory is within the grasp of old or young, male or female alike, not just the testosterone-charged young adult males.

The Dipsea has a starting point and a finish point, but racers can choose their own route - subject

to a few recently imposed restrictions to limit damage to parklands and fragile areas. The open course has led intense and competitive searching for secret 'shortcuts' as highly prized and closely guarded as a rich vein in the mother lode to save a few yards or shave a few seconds. Many of these shortcuts have become well-known and bear colorful names like Suicide, the Swoop and Leonards Lane.

The race starts downtown and climbs over two main ridges on Mount Tamalpais descending to a seaside finish at Stinson Beach about 7 miles west. On the way racers encounter hundreds of wooden, earthen and stone steps taking them up and down three or four hundred feet, precipitous dusty slippery slopes, protruding rocks, exposed roots, poison oak, low branches, crowded narrow trails, and some of the most beautiful and magical natural scenery in the San Francisco Bay Area. After climbing three interminable flights of steps and continuing to climb 800ft in the first mile, the trail drops back down 750ft in the second mile and passes through majestic Muir Woods National Monument, climbs another 1300 feet over the next two miles along open grassy slopes on the flanks of Mount Tamapais, and plunges steeply through moss and fern-laden forest to emerge at Stinson Beach State Park.

That this sounds a bit extreme, perhaps crazy, foolish or masochistic does not deter applicants - whose number far exceed the available 1500 entries. Competition to get in the race is just as fierce as the race itself and has led to an elaborate multi-tiered entry process including first-come-first-served, random drawing, and an auction.

This year was the 89th running of the Dipsea. The race began in 1905 but missed a few years in the Depression and during WWII. One of this year's entrants was Jack Kirk, who at age 91 completed his 64th consecutive Dipsea race - one of the most remarkable streaks in sports!

## Dipsea Rookie

by Terry McNeill

Pals gave lots of tips for running my first Dipsea. Samples? **Pots Nordvold** - "they will have three ambulances for the wounded at the finish, and Marin General Hospital is close"; **Doc Isabeau** "attack with audacity, audacity, audacity"; **Gil Moreno** - "are you sure you want to do this at your age?"; **Martin Jones** - "don't wear flats, and find some shoes with a waffle grip sole"; **Mike Duggan** "do you enjoy sliding down dirt hills like Suicide?"; **Eric Bohn** - "I ran it once, and maybe I could be talked into doing it again. Maybe." Even veteran Tamalpa star **Frank Ruona**, when asked at the top

## Annadel Loop 7-Miler

**When:** Sunday, September 12

**Time:** 8:00 a.m.

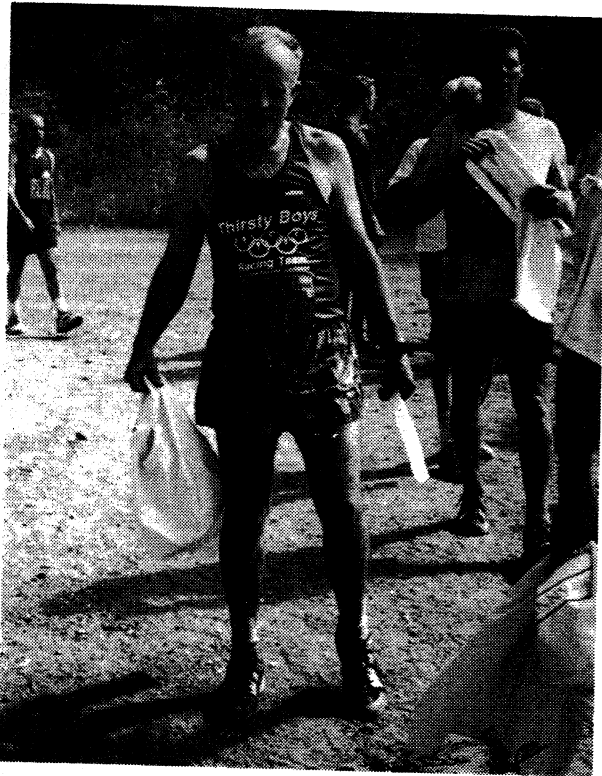
**Entry:** \$6 Empire Runners; \$8 non-members

**Place:** Annadel State Park, Santa Rosa

**Directions:** From Hwy 101 go N on Hwy 12 (Sonoma exit). Follow Hwy 12 on Farmer's Lane (left at light) to Montgomery Drive. Turn right, go straight through 3 stoplights to entrance to Spring Lake Park. Turn right onto Channel Drive, go one-half-mile to dirt parking lot on left.

**Course/Format:** 90% challenging and scenic dirt trails, age- and gender-handicapped start.

**Questions?** Call Bob Merritt, 539-8716.



**Thirsty Boy** runner Terry McNeill contemplates muddy shoes and a wrecked body after crossing the finish line of the arduous 7.1-mile Dipsea race, finishing at Stinson Beach June 11. Five Empire Runners competed, with Don Madronich, Brian Purcell, and Darryl Beardall having completed multiple Dipseas.

of Cardiac on a training outing how to run the last (and downhill) part of the race, said, "well, you have to go as fast as possible, for as long as possible...if you can."

With the aforementioned in mind, I embarked on several tours of the course with **Don Sampson**, **Ernie Bohn**, **Eva Gut** and her Novato HS pals, and of course **Darryl Beardall**. The Legend has won the coveted Dipsea black shirt more than 20 times, grabbed the top spot twice (1974 and 1978) and has conservatively run the trail back and forth more than 900 times. Training on a weekend makes a nice experience, beginning at Lytton Square in Mill Valley at 7:30 and after cooling down in Stinson Beach, taking the Golden Gate Transit bus back up the hill to Windy Gap and running down the infamous 676 steps to the starting point and a good IHOP breakfast.

Was all the work worthwhile? Sure was, and the 89th race got off under clear and not-too-hot weather June 13 with 92-year old **Jack Kirk**, the "Dipsea Demon", running his 64th consecutive race with the first group at 8:30. Jack's head start was the

maximum, 23 minutes ahead of scratch running men, and he took 3 1/2 hours to do it, and ended up on a massage table. Three people were carried from the course with dehydration and exhaustion, and as usual there were many falls, bruised legs and poison oak lashed thighs and arms. **Melody Anne Schultz** of Ross, who last year dropped out because of exhaustion on Insult Hill, won by an astonishing 5:13 over **Christine Lundy** (56:03) and perennial winner **Russ Kiernan** (1:00:33). Melody, 57, had a 19-minute head start, and was pretty fast in 1:01:51. Just getting over this challenging 7.1-mile circuit in an hour is a formidable accomplishment. To do it without injury only makes it sweeter. If you can.

Empire Runners did and were visible among the horde of 150 Tamapla contestants, led by **Brian Purcell's** 55:48 (25th); **Jerry Lyman's** Runner's Division-leading 59:59; the Legend's 1:06:19 (good for 20th, erasing the memory of a rare Beardall fall on the Steep Ravine steps last year and a gutty one-mile limp to the finish); **Don Madronich** in a smooth 1:14; and **Terry McNeill's** 1:17. The greeters at the finish line included family (Judy, Marta and visitors Ed and Carolyn Greene) who had doubts about my survival, and probably a crush of picnic revelers equal in number to the 1,500 who ran the event. Awards were not until 1 p.m. (!) which underscores the nature of the Dipsea - a grueling battle on the hills, followed by barbecue and refreshments beside the sea for the rest of the day. As the second-oldest foot race in America, the Dipsea isn't for everyone. However, for the select it's kind of a religious experience, albeit very much "in body" rather than "out of body". The WEBSITE is [www.dipsea.org](http://www.dipsea.org), and complete results should be available soon.



## Cross Country Hell!

I know by now you've all heard about Cross Country, right? Thick dirt, nasty hills, sloppy mud, hard trails, Doc's amazing nasal feats.... (L.T. must be so proud!). Well, the season is almost here again, and I'm looking for a few good women (and I use both terms loosely). By women I mean only the females, and by good I mean standing mostly upright and breathing. What I want to emphasize this year is that we just want a full team so that we can score (points, not men). Speed is totally irrelevant if we do not have enough runners to score as a team. For you new people, that magic number is 5 women per race. I will be sending out further information, along with

totally unsolicited comments, in the next month or so, but I wanted to give you time to:

- a. sign up.
- b. run screaming the other direction.
- c. hang out with us long enough to be coerced into thinking it's a good thing.

Please feel free to call me for more information, or just to let me know that you are already interested. This really is a whole lot of fun. Really.

**Deb (Dinky) Park**, 538-1255 home or 588-4011 work.

### 1999 Pacific Cross Country Series (Women's race distances)

September 11: Golden Gate Park Invitational 4mile  
(double points)

September 18: Sierra College Open 5k (double points)

September 25: Aggie Invite, UC Davis 5k

October 2: Hoy's Presidio Open (double points)

October 9: Empire Open 6k (double points)

October 23: Crystal Springs Challenge 2.95m (double points)

October 30: Shoreline Open 5k (double points)

November 6: Tamalpa Challenge 4.6 (double points)

November 20: PA/USATF Cross Country  
Championships, GG Park 4 miles

## Shriners Capitol Challenge 8K

It wasn't a difficult choice for Empire racing teams June 26. There was the Double Dipsea, 14 tough miles with hills. Then there was the Western States, 100-mile Endurance Run from Squaw Valley to Auburn. No votes for that one either. Finally, there appeared a new race - the Shriners Capitol Challenge 8K in Sacramento, the 6th in the Pacific Association's Long Distance Running series and set in the relatively cool Sacramento streets from the Capitol Mall the Shiner's Hospital past Highway 50 and Business 80. Obviously, the troops went to the 8k, and did pretty well.

The Capitol Challenge is a new race, and as a flat, fast 8km (about 5 miles), a welcome addition to the USA T&F Grand Prix series of road races. The course is point-to-point, like Houlihans, so there is a bus from the finish line to the start, and sweats are transported. Unlike Houlihans, it is a short distance back to the start, and most runners just parked at the start and jogged the 3.5 miles back.

Like the Capitol mile, the race starts on the Capitol Mall but facing the Capitol and running toward it. It runs around a few blocks for the first

## Club Meeting Minutes June 24, 1999

### Attending:

John Anderson  
Lisa Anderson  
Kari Mastrocola  
George T. Urdzik  
Bob Shor  
Daryl Beardall  
Carl Jackson  
Don Sampson  
Lisa Isabeau  
Rick Peters  
Shelly Lydon  
Greg DeSelle  
Dave DeSelle  
Anna Derho  
Bob Finlay  
Regan Masi  
Peter Masi

**Race Report:** Summer Track Series- Attendance is a little down but there have been some great times especially Lisa Isabeau and Ben Rosales. Dipsey- Daryl Beardall placed 20th overall, Jerry Lyman won the jogger division, Terri McNeil came in 498th. Look for articles about Fitch Mountain and Hit the Road Jack. Shelly did a half Iron Man in Kona, HI. She did a 135 half marathon at the end of the triathalon. She also did the International Vineman and was 4th in her age group, 13th overall and ran a 42:50 6.5 mile run. Daryl Beardall has been running a lot. He won the Colfax Memorial Run in 43:13, came in 4th in a Grass Valley 8k at 32:32, and at the Senior Olympics 1st for the 10 k in 40:57 and 2nd overall 5k in 19:29.

**Kenwood:** Volunteers were still needed for the Empire Runners booth, race day registration, and bag stuffing. Some of the sponsors were Starbucks, Adventure Cards, Runners World, Culligan, American Storage, Third Street Ale Works and the Press Democrat. Outdoor Ed. no longer doing the water stations. Volunteer party at Third Street Ale Works, Tuesday, July 6, 7:00. **Announcements:** We would like to change the Sunday runs from 8:30 a.m. to 8:00 a.m. for the summer months. Due to a late announcement, we will only be able to do this in August of this summer. The club would like volunteers to be on a scholarship committee. The committee would appropriate the funds not only to Sonoma States University, but to local athletes in need of financial support. If interested please notify John Anderson. Bob Finlay and Peter Masi have already shown interest. **Treasurer's report:** 4929.76

Drawing # 1 - Dave DeSelle

Drawing # 2 (Must be present to win this \$100 drawing) - Phil Widener

- Lisa Anderson

**Club meetings are held every fourth Thursday of the month (except Nov. and Dec.) at the Round Table Pizza Restaurant in Montgomery Village.**

mile, then settles into a 3.5 mile stretch straight down T Street. The last half-mile turns a few corners before it finishes at the beautiful new Shriner's Hospital (the sponser of the race).

These events draw the best runners in Northern California, but Empire Runners (as has been its way lately) left most of its best at home. We did however send a mixed crew of five runners, 3 of them over 50, and the other two over 40, to show off our new Asics running outfits.

**Bob Rogers** led the Master's team in 28:39, just two seconds ahead of **Jerry Lyman** and seven seconds in front of **Scott Ames**. All averaged 5:45 miles, and were 70th, 71st and 75th overall, respectively. Lyman, who turned 50 last March, had a great race. The competition in the 50-and-over group on the Grand Prix has been growing for years, and is at a high level. Jerry beat all of the Talmalpa runners, the team that is leading the point series, and was the 4th 50-and-over runner overall. Filling out the quartet in 30:14 was Senior star **Dan Preston**, a 6:03 average for the 4.97 miles. **Terry McNeill's** 34:46 brought up the rear. Other highlights included winners **Cal Ashford** (24:30) and the streaking **Katy Spink** (28:26, a 5:42 average) and Sebastopol's own **Brian Purcell** in 28:16. There still was one connection with the Western States, as Brian left immediately after finishing to crew for his wife on the Sierra trails, along with volunteers **Frank Ruona** and **Martin Jones**. Martin, who has three Western States belt buckles for "under 24 hour" finishes, has recovered from pesky knee surgery and is on the roads again.

The Shriners event attracted 620 runners under clear and mild skies, and all was nicely put together. The hot weather was not a factor as most of the course was shaded and the 8:00 starting time helped. There was plenty of free parking at both ends of the course.

Next up is the Alameda Run For The Parks, a flat fast 10K, on August 1 (pre-register by July 24th). Empire Runners have turned out in force for this event in the past. Then there is the Capitol Mile on August 15 (pre-reg by Aug 2). In-between is the last of the track series on the 4th and Salmon Creek on the 7th.

#### Results:

Place	Name	Age	Div	DivPl	Time	Pace
70	Bob Rogers	42	40-44	19	28:39	5:45
71	Jerry Lyman	50	50-54	4	28:41	5:45
75	Scott Ames	41	40-44	20	28:46	5:45
110	Dan Preston	57	55-60	2	30:14	6:03
207	Terry McNeill	56	55-60	8	34:36	6:55

- Terry McNeill and Dan Preston

# Hit The Road

Breaking a course record is always news, but doing it in a race of long-standing and by more than three minutes, that's really newsworthy. **Cathy DuBay** did just that at the June 6 running of the 13th Hit The Road Jack in Sonoma, crushing the field and **Sara Jakel's** 1991 record in a sensational 36:38.

She came to the race determined to live up to the predictions that she would dominate the 10K field, and perhaps beat most of the men, and didn't disappoint the noisy crowd with a gutty home stretch charge, peaking right at the clock and showing only in the chute the exhaustion of an all-out effort. Marin star **April Powers** was a distant second in 38:21.

More than 700 finished the 10k, led by 23-year old **Brian Meyer** in 32:54. The top Empire finishers included **Brad Rex** (36:49 for 10th overall); **Stephen Starkweather** (37:06); **Bill Browne** (39:25); **Bob Finlay** (41:20); Ukiah's **Andy Jensen** (41:36); **Robin Stovall** (41:38, 9th woman); **Mark Mathewson** (43:49); **Bernie Hollander** (43:53, at age 63); **Jan Hobbel** (46:43); local standout **Bob Lutolf** (49:43); insouciant **Len Allaire** (50:39); training guru **Sally Schallich-McGuinn** (51:20); **Laurie Willenbring** (51:32); **Pam Horton** (51:42); **Sheila Masi** (53:26); **Carol Dubay** (54:20); **George Urdzik** (1:00:27) and the Club's diva, soprano **Sherri Guinn** (1:01:31).

The festivities on the square, associated with an art show and ox roast, also features a 2.2-mile race and the speeding Chico Track Club's **Kenny Kane** pulled away off Brazil Street above Sebastiani to snap off a 14-second win over **Todd Steveas** in 11:12. Kenny's signature leg turnover was a delight to behold in the final 300 yard sprint into the Plaza. Taking the short option this year were **Regan Masi** (a fine 12:47); **Pots Nordvold** (14:19); **Don Sampson** (15:17); decades-long Hit The Road Jack runner **Carl Jackson** (15:38, for 30th overall) and **Anna Derho** in 18:38. Sonoma's **Butch Alexander** didn't compete this year, but **Martin Jones** did, in a pedestrian 19:39, his two-week old knee surgery stitches showing nicely in the morning light. 481 finished the 2.2 mile, demonstrating the popularity of this early summer classic with its well known post-race sausage and fruit plates and a lively pop singer and backup band. Fine weather as always.

- Terry McNeill



# SONOMA COUNTY REGIONAL PARK'S ANNUAL PARK CELEBRATION 10K & 3K RUN/WALK AND YOUTH RACE

Saturday, August 14, 1999

Spring Lake Park Swimming Lagoon, Violetti Entrance, Santa Rosa, CA

8:00 am 10K & 3K Run/Walk Start 10:00 am Youth Races Start (After 10K & 3K Awards Ceremony)

## ENTRIES

10K & 3K Run/Walk - Pre-registered (postmarked by August 1, 1999) \$15.00 per person, late entries and race day registration \$20.00. Families \$10.00 per person for families of three or more. Entries includes a t-shirt.

Youth Races - \$5.00 per person allows youths to participate in unlimited youth races. Entry fee includes a goodie bag. Youths registered in the 10K & 3K Run/Walk are eligible to participate in the Youth races without any additional fees.

Entry fee is NON-REFUNDABLE and NON-TRANSFERABLE.

## PRE-REGISTRATION RACE DAY PACKET PICK-UP/CHECK-IN

Check-in and race day registration will be open between 6:30 am - 7:45 am for the 10K & 3K Run/Walk.

Youth Races check-in from 6:30 am - 9:45 am.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ T-Shirt size: Sm.  M.  Lg.  Xlg.

Street: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age Race Day: \_\_\_\_\_

### 10K & 3K RUN/WALK

3K Run/Walk  10K Run/Walk

Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
<input type="checkbox"/> 0-12	<input type="checkbox"/>	<input type="checkbox"/> 19-24	<input type="checkbox"/>	<input type="checkbox"/> 35-39	<input type="checkbox"/>	<input type="checkbox"/> 50-54	<input type="checkbox"/>	<input type="checkbox"/> 65-69	<input type="checkbox"/>
<input type="checkbox"/> 13-15	<input type="checkbox"/>	<input type="checkbox"/> 25-29	<input type="checkbox"/>	<input type="checkbox"/> 40-44	<input type="checkbox"/>	<input type="checkbox"/> 55-59	<input type="checkbox"/>	<input type="checkbox"/> 70-74	<input type="checkbox"/>
<input type="checkbox"/> 16-18	<input type="checkbox"/>	<input type="checkbox"/> 30-34	<input type="checkbox"/>	<input type="checkbox"/> 45-49	<input type="checkbox"/>	<input type="checkbox"/> 60-64	<input type="checkbox"/>	<input type="checkbox"/> 75-79	<input type="checkbox"/>

### YOUTH RACES

Male	Female
<input type="checkbox"/> One Mile	<input type="checkbox"/>
<input type="checkbox"/> 800 meters	<input type="checkbox"/>
<input type="checkbox"/> 400 meters	<input type="checkbox"/>
<input type="checkbox"/> 200 meters	<input type="checkbox"/>
<input type="checkbox"/> 100 meters	<input type="checkbox"/>

### WAIVER: A LIMITATION OF YOUR LEGAL RIGHTS:

I, \_\_\_\_\_ hereby apply to enter for participation in the Sonoma County Regional Park's Annual Park Celebration 3K & 10 K Run/Walk and Youth Race. I agree to hold harmless and safe from liability for myself, my heirs, my executors, and administrators; and waive release and discharge the Sonoma County Regional Parks Department, State of California, County of Sonoma, Redwood Coast Chapter of the United States Lifesaving Association and all other sponsors and producers of this event, their agents, representatives, successors, and assignees, from all liabilities, actions, claims, demands, damages, costs, any and all rights, expenses, liability or damage for any and all injuries received or illness incurred or from damage caused by me to anyone else arising out of or in connection with my participation in the Sonoma County Regional Park's Annual Park Celebration 3K & 10K Run/Walk and Youth Race. I further expressly recognize that the entry fee does not obligate the sponsors/hosts or their agents, for the costs of any medical care rendered me, nor does it constitute a policy of insurance should I become injured or ill during the course of my participation. I further agree that I will defend, indemnify and hold harmless the said sponsors/hosts, their members, officers, agents, against all claims, demands or causes of action, including court costs and attorney's fees directly or indirectly arising from any or other proceedings brought by or prosecuted for my benefit contrary to this agreement. This release extends to all claims of any kind and nature, whatsoever, whether known or unknown, and I expressly waive any benefits I may otherwise have, under Section 1542 of the Civil Code of California relating to the release of unknown claims. In addition to agreement to the above, I certify and attest that to the best of my knowledge my physical condition and fitness are adequate for me to safely compete in the run distance mentioned above and that no physician or other qualified individual has advised me against competing in any portion of the run, or the entire run itself. I agree to abide by all the rules and regulations of this event.

### READ CAREFULLY BEFORE SIGNING:

Entrants must sign and provide an emergency contact. I/We have read the above waiver and release and understand all the rules and release of liability and understand that I/we have given up substantial rights by signing it and sign voluntarily.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

The following also must be signed and completed by the parent or guardian of each competitor under the age of 18. I, the parent or legal guardian consent to the minors participation in the event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

## COURSE

**3K & 10K Run/Walk:** The course will be a 3K & 10K loop around Spring Lake. The start and finish are near the Spring Lake Park Swimming Lagoon. The course is mostly paved with some rolling hills.

**Youth Races:** Youth Races will be 1 mile, 800 meters, 400 meters, 200 meters and 100 meters. Youth Races will be loop courses in the Spring Lake Swimming Lagoon area.

## AWARDS

**3K & 10K Run/Walk:** The 3K & 10K Run/Walk will be scored as follows: 12 and under, 13-15, 16-18, 19-24, and by five year age groups beginning at age 25. Awards will be given to the overall male and female winners and the top three males and females in each age group. The awards presentation will be conducted as soon as possible after the 3K & 10K Run/Walk. Each participant will receive a race number that must be visible at the finish.

**Youth Races:** The Youth Races will not be scored. Youth Races will finish in the chute next to the time clock and the clock will be started for each race. Races will be run by age and sex depending on the number of entries at each age. Each participant will receive a race number that must be visible at the finish.

## T-SHIRTS

All entries in the 3K & 10K Run/Walk will receive a T-shirt. Additional T-shirts will be on sale race day.

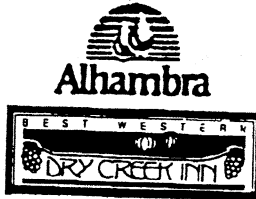
## DIRECTIONS

Highway 101 to Highway 12 east - turn right on Mission Blvd. - turn left on Montgomery Drive - right on Channel Drive - right on Violetti Road and into Spring Lake Park Parking.

## SPONSORED BY

The Sonoma County Regional Parks and the Sonoma County Regional Parks Foundation.

Make checks payable to:  
Sonoma County Regional Parks  
2300 County Center Drive,  
Suite 120A  
Santa Rosa, CA 95403



## PA Race Schedules

### Road Race Series

- Sunday, August 15, Sacramento: Capitol Mile
- Monday, September 6, Kentfield: Tamalpa 10k
- Sunday, October 17, Weot: Humboldt Redwoods
- Half-Marathons
- Sunday, November 14, Clarksburg: Clarksburg 30k
- Sunday, December 5, Sacramento: California International Marathon

Road Racing Team Coordinators: Women - Deb Park, 538-1255; Open Men - Eric Bohn, 537-0513; Masters Men - Bob Merritt, 539-8716; Senior Men - Terry McNeill, 575-6942

Requirements to compete for Empire Runners in Pacific Association team competition: (1) Club membership; (2) USATF Membership - contact Bob Bohn at 538-0708; (3) Team uniform - contact Larry Woodhull at 525-4536.

### Cross Country Series

- Saturday, September 11, San Francisco: Golden Gate Park 4M
- Saturday, September 18, Rocklin: Sierra College 5k (women), 4M (men)
- Saturday, September 25, UC Davis: Aggie Invite 5k (w), 8k (m)
- Saturday, October 2, San Francisco: Hey! Presidio Open
- Saturday, October 9, Santa Rosa: Empire Open 8k (w), 8k (m)
- Saturday, October 23, Belmont: Crystal Springs Challenge 2.95M (w), 4.19M (m)
- Saturday, October 30: Shoreline Open 5k (w), 4.4M (m)
- Saturday, November 6, San Rafael: Tannai Challenge 4.6M
- Saturday, November 20, San Francisco: PA Championships

Cross Country Team Coordinators: Women - Deb Park, 538-1255 or 598-4011; Men - Eric Bohn, 537-0513; Master Men - Bob Merritt, 539-8716.

## Summer Track Series at SSU

When: Wednesday, August 4. Meet begins at 6:30 p.m. Where: Sonoma State University track, Rohnert Park. Entry Fee: \$2 per meet; \$1 for kids 12-and-under. Events: Running events from 100 meters to 3000 meters. Information: Tim Stewart (707) 523-0444.

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## 1999 Empire Runners Grand Prix: Women's Standings

PL	Name	Div.	Res Run	Valley Ford	Ilsan-Jo	Jack-rabbit	Prev. Total	Loop-de-Loop	Track #1	Ken-wood	Total
1	Shelly Lydon	30-39	98	100	99	100	397	94	25	100	616
2	Tanya Narath	30-39	97	98	92	96	383	90		94	567
3	Deb Park	30-39	95	98	91	97	381	87		96	564
4	Anna Derho	40-49	91	95	96	90	372	81	25	84	562
5	Laurie Willenbring	20-29	94	96		94	284	88		92	464
6	Lisa Anderson	30-39	85	95	82	88	350		25	79	454
7	Cathy Dubay	30-39	99	100	100		299			100	399
8	Lisa Isabeau	40-49		98	93	98	289		25	75	389
9	Marcia Seim-Bossier	40-49	99	95	99		293			93	386
10	Kristen Charles	13&U	92	97		95	284			97	381
11	Diane Stevenson	40-49	94		98	93	285			90	375
12	Leslie Howell	50-59	88		94	87	269			94	363
13	Amy Gandy	40-49		97	84		181	82		86	349
14	Tori Meredith	40-49		98	96	75	269			75	344
15	Suzanna Bon	30-39		95	97		192			98	290
16	Carolyn Dubay	30-39	96	100	94		290				290
17	Lauren Charles	14-19	96	97			193			95	288
18	Marilyn Calderon	50-59	93		87		180			75	255
19	Sherri Guinn	50-59	88		85		173			77	250
20	Sara Bei	14-19	100				100			99	199
21	April Malvino	14-19	98		100		198				198
22	Jenny Charles	14-19		97			97			98	195
23	Sue Clive	40-49	97		97		194				194
24	Donna Ames	30-39	93	100			193				193
25	Pam Horton	50-59		98			98			89	187
26	Cathy Charles	40-49		97		89	186				186
27	Hilary Main	30-39	90				90			96	186
28	Deborah Hodesson	40-49		95	89		184				184
29	Tricia Seyler	40-49	87		95		182				182
30	Carol Hasenick	40-49			88	91	179				179
31	Sally Schalich	30-39	91				91			85	176
32	Kari Mastrocola	30-39	92		83		175				175
33	Robin Stovall	40-49			75	99	174				174
34	Margie Tonelli	40-49			86		86			87	173
35	Rhonda Roman	30-39			90		90			75	165
36	Doris Palardy	50-59	86				86			76	162
37	Ellen Luca	60&O	84				84			73	157
38	Julia Beers	14-19		100			100		25		125
39	Christy Sweaney	13&U							25	83	108
40	Rita Purcell	13&U				100	100				100
41	Diana Rancourt	14-19	100				100				100
42	Rebecca Smyth	13&U				100	100				100
43	Jenny Drady	14-19								100	100
44	Katie Stafford	14-19		99			99				99
45	Ashlee Drady	13&U								99	99
46	Kelly Ridgway	40-49			98		98				98
47	Val Smith	30-39								97	97
48	Julie Huber	20-29	95				95				95
49	Carolyn Marcus	40-49			95		95				95
50	Marline Peters	40-49								95	95
51	Kasey Lashinski	13&U								93	93
52	Leslie Curry	30-39				92	92				92
53	Julianna Bratsberg	13&U								92	92
54	Gwen Crew	30-39								91	91
55	Leslie Huber	20-29	90				90				90
56	Jennifer Dunn	40-49	89				89				89
57	Laura Sawyer	50-59	89				89				89
58	Jan Kahdeman	30-39						89			89
59	Lois Cook	60&O	87				87				87
60	Dotie Deerwester	40-49	86				86				86
61	Shelly Doran	30-39	85				85				85
62	Selma Guerrini	50-59	84				84				84
63	Sheila Masi	40-49								82	82
64	Rose Flores	14-19								81	81
65	Lynn Flores	30-39								80	80
66	Gretchen Michaels	30-39						80			80
67	Elizabeth Pool	14-19								78	78
68	Candi DeSelle				75		75				75
69	Popie Stafford	40-49		75			75				75
70	Cindy Roach	40-49								75	75
71	Joan Bennett	50-59								74	74
72	Helen Kuziara	60&O								72	72
73	Danielle Hake	13&U							25		25

## Newsletter Advertising

The Empire Runners Newsletter will publish at no cost a list of businesses or service providers who are willing to give at least a 10% discount to members of the Empire Runners. Please contact the newsletter editor if you wish to be added to this list.

Rates for businesses wishing to advertise and for publication of race flyers are as follows (8"X10" page):

- 1/8 page - \$10/month
- 1/4 page - \$20/month
- 1/2 page - \$30/month
- full page - \$50/month

The newsletter reaches approximately 300 households each month. Advertisers should submit artwork and payments to the newsletter editor.

### Discounts to Club Members

The following businesses offer discounts on their products and services to Empire Runners Club Members. Your current newsletter is proof of membership. Please present it when requesting the club discount.

#### Real Estate

Michael Falk, a longtime Empire Runners Club member, will offer a discount on real estate services of from \$300 to \$1000, depending on amount of sale, to club members or to friends and family members who are referred to him. Michael represents Coldwell Banker Residential Brokerage, 100 B Street, Suite 120, Santa Rosa. e-mail: mtfalk@hotmail.com  
(707) 524-8500 Business; (707) 578-0598 FAX  
(707) 524-8458 Direct Line;  
(707) 887-9305 Residence

#### Running Shoes and Apparel

Santa Rosa Fleet Feet owners Ron Jacobs and Rhonda Roman offer a 10% discount to Empire Runners. The store is located at 643 Fourth Street. Phone 569-1494.

#### Massage

Stephen Starkweather, C.M.T., offers 10% off massage work to Empire Runners club members. Swedish and Shiatsu. In-call or out-call. Call 542-9739.

## Newsletter Submissions

- By e-mail: [Thirsty@metro.net](mailto:Thirsty@metro.net)
- By U.S. mail: Empire Runners, 3390 Princeton Dr., Santa Rosa, CA 95405
- In person: to Larry or Tori Meredith
- Computer disks: if possible, save as text file, although most programs can be translated. Always include a hard copy.
- Questions: Call Larry Meredith at 526-4536.

## Empire Runners Website

Check out the club's internet website at:  
<http://www.wco.com/~jhobbel/empirerunners.html>

1999 Empire Runners Grand Prix: Men's Standings

PL	Name	Div.	Res Run	Valley Ford	Usan-Jo	Jack-rabbit	Prev. Total	Loop-de-Loop	Track #1	Ken-wood	Total
1	Herry Lyman	40-49	98	96	96	94	387	99		98	584
2	David DeSelle	40-49	90	96	100	84	370	91		91	552
3	Rick Peters	50-59	86	97	80	79	342	83	25	81	531
4	John Andersen	40-49	84	96	89	75	344	84	25	75	528
5	Scott Aanes	40-49	100	95	95	96	291	96		99	486
6	Dan Preston	50-59	99	99	99	91	388			93	481
7	Don Sampson	50-59	87	93	95	82	357		25	87	469
8	Bob Finlay	40-49	90	96	75	86	347		25	90	462
9	Carl Jackson	60&O	88	92	91	78	349		25	85	459
10	Bill Browne	40-49	94	92	90	87	363			95	458
11	Peter Brown	50-59	88		81	81	250	93	25	88	456
12	Dale Peterson	40-49	98	82	100	100	280	86		75	441
13	Darryl Beardall	60&O	94	92	83	89	358			79	437
14	Ralph Harms	60&O	81	92	88	77	338			88	426
15	George Urdzik	50-59	76	86	89	76	327			68	395
16	Robert Main	40-49	95	97	98		290			94	384
17	Larry Meredith	40-49	100	100		75	275		25	75	375
18	Tim Stewart	40-49	98	93		84	191	95		75	361
19	Gil Moreno	50-59	87	93	84	80	344			344	344
20	Ty Strange	30-39	100	100	100	100	300		25	325	325
21	Len Allaire	40-49	78	95	75		248			74	322
22	Richard Flores	40-49	100	100	100		300			300	300
23	Alex Isabeau	30-39		98	98		196	100		296	296
24	Bob Rogers	40-49		97	97	98	195	98		293	293
25	James Lynch	30-39	93	97		88	278			278	278
26	Jason DeSelle	14-19	98		75		173			98	271
27	Phil Widener	50-59		96	96	83	179			91	270
28	John Royston	40-49		98	94		192	92		73	265
29	Ernst Bohn	50-59	79		88		167			82	259
30	Scott Montrose	40-49	85		92		171			82	259
31	Terry McNeill	50-59	83	93		176				78	254
32	Greg DeSelle	14-19	78		90		168			83	251
33	Bob Shor	50-59		100	75	175				75	250
34	Ron Jacobs	30-39	86		85		171			75	246
35	Regan Masi	14-19		97			97		25	97	219
36	Stephen weather	30-39									
37	Robert Holland	50-59	89	94		92	92		25	97	214
38	Louis Garcia	40-49		100			183		25		208
39	Brian Purcell	40-49					100	100			200
40	Andrew Stevenson	13&U				99	99			100	199
41	Mark Curran	30-39			99	100	199				199
42	Peter Masi	40-49			99	97	196				196
43	Brenden Hutchinson	50-59		96			96			94	190
44	Marc Richardson	40-49	92	95	91		91		96	187	187
45	Jeffery Bell	40-49			94		87			96	187
46	Mort Gray	60&O			93		94			90	184
47	Tyler Main	13&U		100		93	93			89	182
48	Andy Jensen	50-59	93		100		100			81	181
49	Tim Stafford	40-49			87		180			80	180
50	Eric Nordfold	50-59	91	99			99			80	179
51	Doug Courte- marche	50-59				85	176				176
52	Jan Hobbet	30-39	84	100			100			75	175
53	David Rosas	30-39					84			89	173
54	George Bratsberg	30-39	96					85		87	172
55	Joe Heckel	40-49					96			75	171
56	Mark Mathewson	30-39	77				86			83	169

PL	Name	Div.	Res Run	Valley Ford	Usan-Jo	Jack-rabbit	Prev. Total	Loop-de-Loop	Track #1	Ken-wood	Total
57	Bob Lutolf	50-59	83				83			76	159
58	Gordon Elton	50-59	75		79		154				154
59	Peter Guarrini	50-59	79				79			75	154
60	Charles Hogland	60&O			78		78			67	145
61	Gilman Jung	60&O	74				74			71	145
62	Dieck Beers	40-49	100				100		25		125
63	David Capron	40-49	97				97		25		122
64	Brian Hake	40-49	96				96		25		121
65	Ben Rosales	40-49				93	93		25		118
66	Eric Bohn	30-39				87	87		25		112
67	Peter Egerton	20-29								100	100
68	Luke Purcell	13&U				100	100				100
69	Jordan Kinley	14-19								99	99
70	Jacob Kinley	13&U				99	99				99
71	Bob Hasenick	40-49			97						97
72	Tony Smyth	30-39	97				97				97
73	Jon Hermssted	50-59									97
74	Jerry Finlay	20-29								96	96
75	Jeremy Jackman	20-29				95	95			95	95
76	Jude Radeski	30-39	95				95				95
77	Walt Bales	50-59			93						93
78	Parrick Bland	14-19									93
79	Bernie Hollander	60&O								93	93
80	Rory Pool	40-49			92						92
81	Brian Smith	50-59	92				92				92
82	Bryan Wehmeyer	30-39									92
83	Ted Lipscomb	40-49	91				91				91
84	Bill Bradley	30-39				90	90				90
85	Larry Clark	40-49	89				89				89
86	Jim McCray	40-49								86	86
87	Wes Beeson	50-59	85				85				85
88	Craig Roland	60&O								85	85
89	Bryan Bei	13&U								84	84
90	Ray Young	60&O								84	84
91	Peter Kirk	30-39	82				82				82
92	Justin Morgan	14-19									82
93	Dale Solheim	40-49								82	82
94	Curt Doran	30-39	81				81				81
95	Clive Egerton	50-59								80	80
96	Warren Huber	50-59	80				80				80
97	Joe Phiby	50-59	80				80				80
98	Zander Fung	13&U									80
99	Geoff Bratsberg	14-19								79	79
100	John LeBaron	60&O								78	78
101	Bill Oneill	40-49								77	77
102	Justin Bratsberg	13&U								77	77
103	Lanny Lowery	50-59								76	76
104	Matt Malvino	30-39								75	75
105	Tom Charles	40-49								74	74
106	Ron Cope	40-49								72	72
107	Dominic Gara	60&O								70	70
108	Richard Radovich	50-59								69	69
109	Ken Brown	20-29							25		25
110	Alan Levine	50-55								25	25
111	Eric Walker	30-39							25		25



# Empire Runners Training Schedule

## August 1999

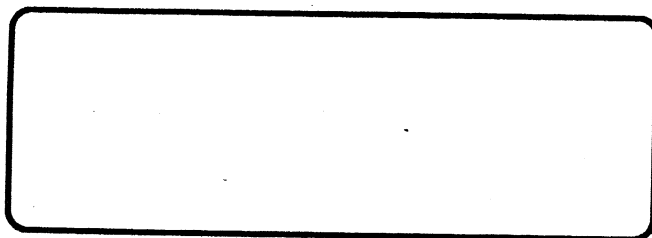
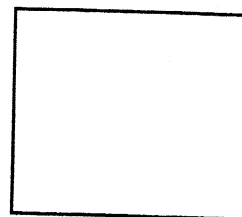
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30a Parktrail Drive at Summerfield Drive	2 7:00p 1932 Yolo Ct., SR: training run	3 5:30p SRJC Track: Majority rule	4 6:30p Summer Series Track Meet at SSU	5 5:30p Howarth Park: trail run	6	7 Race: Salmon Creek Beach 5M
8 8:30a Channel Drive	9 7:00p 1932 Yolo Ct., SR: training run	10 5:30p SRJC Track: 3 - 5 x 1 mile; jog 600	11 5:15p Fleet Feet shoe store, 4th St., SR	12 5:30p Howarth Park: trail run	13	14 Race: Regional Parks Celebration Run
15 Race: Fleet Feet Capitol Mile 8:30a Howarth Park	16 7:00p 1932 Yolo Ct., SR: training run	17 5:30p SRJC Track: 12-16 x 300, walk 50, jog 50	18 5:15p Fleet Feet shoe store, 4th St., SR	19 Newsletter Deadline 5:30p Howarth Park: trail run	20	21
22 Race: Covelo Blackberry Festival 8:30a Parktrail Drive at Summerfield Drive	23 7:00p 1932 Yolo Ct., SR: training run	24 5:30p SRJC Track: Pyramid - 400, 800, 1200, mile, 1200, 800, 400	25 5:15p Fleet Feet shoe store, 4th St., SR	26 5:30p Howarth Park: trail run 7:30p Club Meeting, MV RT Pizza	27	28
29 8:30a Channel Drive	30 7:00p 1932 Yolo Ct., SR: training run	31 5:30p SRJC Track: 4 - 6 x 800, walk k50, jog 350	1 5:15p Fleet Feet shoe store, 4th St., SR	2 5:30p Howarth Park: trail run	3	4

## September 1999

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 8:30a Channel Drive	30 7:00p 1932 Yolo Ct., SR: training run	31 5:30p SRJC Track: 4 - 6 x 800, walk k50, jog 350	1 5:15p Fleet Feet shoe store, 4th St., SR	2 5:30p Howarth Park: trail run	3	4
5 8:30a Parktrail Drive at Summerfield Drive	6 Race: Pacific Sun 10K & 2.5M	7 5:30p SRJC Track: 8 - 16 x 400, walk k50, jog 150	8 5:15p Fleet Feet shoe store, 4th St., SR	9 5:30p Howarth Park: trail run	10	11 Race: Larkspur 4M
12 Race: Annadel Loop 7M	13 7:00p 1932 Yolo Ct., SR: training run	14 5:30p SRJC Track: A - 6 laps, 5 laps, 4,3,2,1, B - 5,4,3,2,1	15 5:15p Fleet Feet shoe store, 4th St., SR	16 Newsletter Deadline 5:30p Howarth Park: trail run	17	18 Race: Alumni XC 2M
19 8:30a Howarth Park	20 7:00p 1932 Yolo Ct., SR: training run	21 5:30p SRJC Track: 1600, 1200, 2x800, 4x400	22 5:15p Fleet Feet shoe store, 4th St., SR	23 5:30p Howarth Park: trail run 7:30p Club Meeting, MV RT Pizza	24	25
26 Race: Sonoma Vintage Run 8:30a Channel Drive	27 7:00p 1932 Yolo Ct., SR: training run	28 5:30p SRJC Track: 4x400, 4x300, 4x200	29 5:15p Fleet Feet shoe store, 4th St., SR	30 5:30p Howarth Park: trail run	1	2

# Empire Runners Club

3648 Evergreen Road  
Santa Rosa, CA 95405



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## NORTH BAY RACE SCHEDULE

- **August 4, Rohnert Park: Empire Runners Summer Track Meet #5.** Sonoma State University, 6:30 p.m. Information: Tim Stewart, (707) 523-0444.
- **August 7, Salmon Creek: Salmon Creek Beach 5M.** On Highway 1, north of Bodega Bay, 10 a.m. Information: Eric Bohn, (707) 537-0513.
- **August 14, Santa Rosa: Sonoma County Regional Parks Celebration Run 10K, 3K and kids races.** Spring Lake Park, 8 a.m. Information: (707) 527-2041.
- **September 6, Kentfield: Pacific Sun 10K & 2.5M.** College of Marin, 8 a.m. Information: Craig Stern, (415) 721-3791.
- **September 11, Larkspur: Larkspur 4M.** Piper Park, 9 a.m. Information: (415) 927-5110.
- **September 12, Santa Rosa: Annadel Loop 6.5M.** Channel Drive in Annadel State Park, 8 a.m. Information: Bob Merritt, (707) 539-8716.
- **September 18, Santa Rosa: Alumni Cross Country 2M.** Spring Lake Park, 9:45 a.m. Information: Larry Meredith, (707) 526-4536. E-mail: thirsty@metro.net.
- **September 26, Sonoma: Vintage Run 5K.** Sebastiani Winery, 4th Street, 8:00 a.m. Information: Sherman Harris, (707) 938-2153.
- **September 26, San Anselmo: Run to the Heavens 6.4M & 2M.** San Dominco School, 1500 Butterfield Road, 9 a.m. Information: (415) 721-4470.
- **October 3, Santa Rosa: Harvest Fair 10K & 3K.** Sonoma County Fairgrounds, 8 a.m. Information: (707) 545-9622.
- **October 9, Santa Rosa: Empire Open XC.** Spring Lake Park.
- **October 16, Fort Bragg: Run de Skunk Marathon, Half Marathon & 10K.** Ride Skunk Train from Willits to race start. Information: (707) 468-8024. E-mail: rdysetgo@rdysetgo.com.
- **October 17, Weott: Humboldt Redwoods Marathon & Half-Marathon.** Dyerville Bridge, 9 a.m. Information: (707) 443-1220. E-mail: spowers@northcoast.com.
- **October 23, St. Helena: Hometown Harvest Festival 5K, 10K and kids mile.** Oak and Tainter Streets by Catholic Church, 8:30 a.m. Information: Rick Pina, (707) 258-2521.

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### 1999 Club Officers

#### President

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1110 Cornell Drive  
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(707) 527-0673

#### Secretary

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