

APRIL 2002 Newsletter

NEXT CLUB RACE

TENTH ANNUAL

!!!LOOP DE LOOP!!!

You are cordially invited and commanded to partake in the 10th running of the world-renowned Loop De Loop Self-Flagellation Sufferfest Dingbatathon, scheduled in your neighborhood state park on Saturday, April 13 at 0800, at the Cobblestone/Orchard Trailhead on Channel Drive.

Please note that due to ridiculously popular demand last year, this year's event will actually operate with an official seal of reluctant approval from the state park and our insurance company. And what does this mean to you? It means the course will be marked, there will be a shiny, freshly-scrubbed portapotty at the start/finish, you no longer have to disavow any knowledge of a race in the park, and we will now charge you six bucks (double last year's fee!) for your grief, misery and bile regurgitation.

As in all previous years, there will be three aid stations (at the start, halfway point and finish), well-stocked with lukewarm plastic-tasting water and stale Safeway cookies and maybe some old mortadella from Big Al's scrap bin. All finishers or anyone else who gives us six bucks will be eligible for unique and valuable awards, generous cash prizes, electroshock therapy and wound debridement. The course, of course, remains coarse, all 14 miles of it, and the start will be handicapped, as will be most finishers. A reminder: this is the longest race in Sonoma County and the most economical, costing a mere 6/14 of a dollar per mile, and for such quality!

We look forward to your joyous participation, but mostly we look forward to your six bucks. For more information, go to www.rabidlemursatemybrain.com, or call 578-3025, or call 546-1021, or just give up now.

--A Doc n' Mojo Production, makers of another fine mess.

LAST CLUB RACE

THE 30TH

ILSANJO CLASSIC

By Dave DeSelle

The 30th, yes I said 30th, annual Ilsanjo Classic has been completed in a classic style. The afternoon before as I was marking the course in Annadel, I saw that it was clouding up. The night before the race it rained and not easy. So I knew it was going to be muddy on the course. That is what cross-country running is all about. The weather might have slowed down the attendance but not the enthusiasm of the runners involved.

At 8:45 a. m. the ever-present Bob Shor started the Newt Scoot with 8 runners present. Kyle Somers was the overall winner at 5:42 with sister Katie Somers second and the first girl at 5:56. All of the kids were treated to ribbons and prizes.

Brendan Hutchinson started the large race on time with the traditional deer antlers, one, however, was attached to a skull of animal which turned out to be in the photo given as the award. Suprise! Newcomers to the area also put a little surprise in the races.

In the 4-mile race Kai Bergheer (47) from San Rafael won the overall title in 26:44. He plans to join the club. Bruce Tuohy (16) was second in 26:57 with Dan Preston (59) third in 27:03. The fourth overall finisher was the first woman. Maria Carillo's track coach Val Sell won

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the women's division in an excellent time of 27:28. Second was Lori Winkler in 30:12 and third was Carryl Hardy in 33:53. Forty-three runners started the 4-mile race.

The 10-mile race had its surprises, too. Pre race favorite Ty Strange (41), last years winner, was beaten by Tony McGettigan, a newcomer to Santa Rosa. Tony's time was 57:56 while Ty's was 58:56. I truthfully didn't think that anyone would break an hour, but these two did. Third overall was Jim Frazier (39) in 1:00:51. In the women's race Cathy Dubay showed that she is back in action from having her second child by winning 1:06:36 while Tori Meredith outdueled Leah Etling for second 1:14:51 to 1:15:29. Forty-nine runners finished the 10-mile race. In all 90 runners participated in the Ilsanjo Classic.

I would like to thank all those who helped Bob Shor, Doug Courtemarche, John & Lisa Anderson, Matt & Phyllis Blanchart, Mort Gray, Robin Stovall, and last but not least my son Greg and wife Candy. I would also like to thank those who donated prizes: Clo's (for the Newt Scoot), Montecito Heights Health and Racquet Club, and Fleet Feet Sports. A special thanks to Lad's Supermarket for their donation of food of the 6th straight year.

Just one more note I have decided to retire from directing the race after 6 years and hope that one of the new members will step forward and take it over. If you are interested please don't hesitate to contact Dale Peterson, our president, or myself for the material I have available. Many thanks for all those how have helped run and enjoyed this race these past six years.

[See page 9 for full Ilsanjo Classic results.]

---PRESIDENT'S MESSAGE---

So by now you all have your PA cards right? You've been looking at the schedule to find that road race you've been waiting all winter for. Or you're starting to train a little harder getting ready for summer track or fall cross-country. Right? Or, maybe you're not quite ready to put on the singlet, but you're thinking you might just want to take a crack at one of these Empire Runners club races. Or, maybe you feel just enough motivation to try a few laps around the block. Then again, maybe you decided to pay a little back and volunteer to help out at the next race. Hey, it's all good!

Just do something. Don't just sit there waiting for something. Like John Fogerty said in a song, "someday never comes" baby!

Did you run in the Napa Marathon? What about our own Ilsanjo Classic? Now there was a race! Muddy and sloppy. Ah mud... the great equalizer! I know we had a good contingent at the 50 Plus 8K at Stanford. Almost makes me wish I were a few years older. But plenty to do before that! I myself competed in the Pope Valley Biathlon. That was a unique experience indeed. If you like to run and ride, I definitely recommend it. Especially if you, like me, would like to do a triathlon but swim like a rock!

By the time you read this, Houlihan's will be just a memory. Perhaps it will be your memory. Or perhaps you will have run in some other race, large or small. I hope you can look back with pride on some major or minor feat. A first race, a new PR, a first place finish or just a finish. Or maybe even a defeat. Maybe a horrendous bonk. Remember the only people who never fail are the ones who never try anything. The people who have always impressed me the most are those people you see toward the end of a marathon, hobbling along the side of the road like veterans of some lost but valiant cause. Holding their heads high, holding on to their dignity while their body falls apart. They will rise again. They will triumph. They already have. Why? Because they got off the couch, they laced up their shoes. They paid for their PA card, or filled out the race registration or ran around the block a couple of times.

So, what is coming up next? Well, if you like a challenge come out to the tenth annual Loop de Loop. You definitely don't need to be fast for this one. Just determined. Put the tranny in low gear and just wind 'er out! Larry Meredith's training program is back on the track and after daylight savings it will be at 5:30pm, so more of you can make it. No more excuses.

Whatever you do. Just do something! Before the next time you read this column, get a PA card. Register for a race. Run a race. Volunteer. Take a couple laps around the block!

DM Peterson

KENWOOD DISCOUNT FOR EMPIRE RUNNERS

Registration for the July 4 Kenwood Footrace 3K & 10K is now available online. Click the link on our website or visit www.theschedule.com. Pre-registration fees this year have risen to an outrageous \$20 (TWENTY DOLLARS!!!). However, Empire Runners Club members can receive a \$5 (FIVE DOLLAR!!!) discount if they pre-register either by mail (postmark by June 22) or in person at Fleet Feet on June 29 & 30 and July 1. Youth (18 and under) discounts of \$10 w/t-shirt and \$5 no t-shirt are also available by mail or in person only. Race day fees are \$25, membership be damned, or \$15 for youth (\$10, no t-shirt). Registration forms will be printed in the June and July club newsletters and in the Press Democrat. Club members who inadvertently register online and want their discount anyway must send a self-addressed, stamped envelope, along with a persuasive explanation of why they didn't read the fine print on the registration webpage to **Jerry Lyman, 2345 Hilltop Court, Santa Rosa 95404**.

MEETING MINUTES

Empire Runners of Sonoma County

February 28, 2002

The February meeting of the Empire Runners was called to order at 6:40 p.m., February 28, 2002, Dale Peterson presiding.

Reports:

- **Secretary:** The minutes of the January meeting were accepted as read.
- **Treasurer:** Current available funds, \$11,050.33
- **Club Trailer:** Jerry Lyman completed the modifications to the new club trailer. He installed shelves, new containers, and chute stands so the chutes fit in an orderly way. It was moved and carried that the old trailer be donated to Bob Finlay, who did not accept or decline. A motion passed to spend up to \$320 for a new club canopy.
- **Club Party:** The club party was very fun. It cost a lot, and we're worth it.
- **PA Participation:** Join the PA/USATF! Participate in club races!
- **Special Committees:** Bob Finlay reported that Scholarship Committee applications have been mailed. He is going to follow up on this closely next year to make sure all high school coaches in the area are aware of it.

Race Review:

- **Davis Stampede 2002:** Leslie Curry, Liz Sinna, John and Lisa Anderson, Dave De Selle, Dale Trowbridge, George Urdzik and Bob Holland participated.
- **Valley Ford Relay:** Ran very smoothly. Runners frolicked in the sunny, cool weather. 23 teams started.

Race Preview:

- **Napa Marathon:** Sunday, March 3.
- **Ilsanjo Classic:** Sunday, March 10.
- **Houlihans to Houlihans:** Sunday, March 24.
- **Loop de Loop:** Saturday, April 13. The race is going legitimate. Permits and insurance were purchased. There will be portable restrooms at the start, middle *and* end.

Old Business:

- **Investment of Club Funds:** Dale Peterson reported that interest-bearing checking has very low yield. He will have more to report next month.
- **Empire team captains:** See March newsletter, (p.9).

New Business:

- **Drawing for 50-60 running shoes:** John Anderson entered the club in a shoe drawing.

Raffle:

- **Monthly raffle:** Bob Finlay \$18
- **Monthly drawing:** Lea Etling \$20

Respectfully submitted, Amy Gandy, secretary

April 2002

www.empirerunners.org

50K

WAY TOO COOL

By Mady Stewart

Empire Runner's history was made on Saturday March 9, 2002 as our first Ultra Marathon team consisting of Eric Bohn, Veronica Pineda and Mady Stewart finished the Way Too Cool 50k. The race is very appropriately named, however, this year it could also have been called, "Mud Fest 2002". It was staged in the magnificent El Dorado County hills starting at an elevation of 1,000 ft. and climbing to 3,000 ft, mainly single-track trails, crossing many streams and the American River.

Veronica and I met Eric at the start of the race with our coach and support crew, Kenny Brown. He kindly stocked us with GU, climbing rope, moleskin, glide, and forced Veronica to carry a water bottle. (Anyone who runs with Veronica knows she's a camel and requires little hydration). I was armed with water belt stuffed with GU, power bars, bandaids, chapstick and aquafor- I was not messing around! We got a pre-race picture and last minute pep talk of encouragement from Kenny. We were off and running at 8am, in the comfortable 40 degree, slightly cloudy weather. That was the last we saw of Eric until the finish- he was hoping to finish top ten--piece of cake! Veronica and I had no goal except to enjoy it and stay together since getting lost is a specialty of mine. Secretly, we hoped to finish under 5 hours.

At mile 5, we came to a very steep, rocky decent and runners were flying past me as I carefully tip-toed down it. I thought at that point, "What am I doing here, I am out of my league". Three miles later we came to our first big stream and there was a woman splashing her bloody face with water. The same woman who flew past me down the rocky decent had unfortunately done a face plant and it looked like she broke her nose. Okay, so I'll stick to my conservative downhill plan!!

Next, we heard behind us, "Go Empire Runners". We chatted with a guy from Rohnert Park who said he was a Tamalpa runner and we called him a traitor, in jest. He said he wished he was an Empire runner because we "have all the pretty female runners". I said, "Oh, is that what we're known for?"

Around the half-way point we met two men from Alamo who talked our ears off. They had run this race

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before and told us that a 5 hour finish was very ambitious. He told Veronica that she might place in *her* age group with that time, and I thought, is it that obvious that I'm in an older age group than her? Where's my wrinkly cream?!

All was going smoothly until we turned a corner at mile 18 or so. Everyone stopped to walk, *except* one of us--Veronica! I looked straight up the .7 mile ascent and runners around me exclaimed, "Wow, look at her go!" A true friend, she waited for me at the top. A few more steep hills, down some grueling rocky trails, slip-sliding through much mud and muck, we finally came to a sign "Stairway to Heaven" and "8 minutes to the Top!"--*another* hill! (Did that mean walking or crawling??) We hit the mile 26 aid station. (Miles are not marked, so the aid stations were the only guide for distance). We saw Brian Purcell and he wished us well. Something bit Veronica as she got a second wind and was off like a shot as my quadriceps began screaming. I thought to myself, I don't get it--Veronica ate half a piece of bread for breakfast, one GU during the race and had to be *forced* to carry water and she's raring to go! She's one amazing athlete.

The last aid station was mile 29 and there was Kenny with camera in hand and an encouraging cheer. The top of one small hill and Veronica stopped, look back at me and yelled, "Come on, there's only a half-mile left!" I tried to pick up the pace and there was Kenny and Eric at the finish along with friends and family. The best part of having friends that run faster than you, they're there for you at the finish. Eric came in a strong third place overall and first in his age group--*way to go Eric!!* He looked too good for his 3:43:28 finish. I think an Ultra running career is born! Veronica finished 12th in *her* age group at 5:12:25 and I finished 13th in *my* age group at 5:12:48. We're waiting for our team results, we'll let you know.

What I learned from this adventure is that ultra marathons are in a class all their own- the runners, atmosphere, and certainly terrain. Your pace cannot be compared to what you run on the road. Also, I don't feel as beat up from trail running one day after as I would after a paved road marathon.

If you're looking for a new adventure and love the fresh air and beauty of trail running, try **Way Too Cool**--just remember registration usually fills up in 4 days. As for our next ultra?? You'll have to ask Eric that question!

["Way Too Cool" was Eric Bohn's second ultra of the season, the first being the Jedediah Smith Ultra Classic, a half-paved, half-dirt 50K, which Eric won in a time of 3:18:04 (6:22/mile pace). Jedediah Smith was Eric's first overall win of a PA event. He plans to run the Miwok 100K on May 4. In the next article, Eric tells his own "Way Too Cool" story. --editor]

WAY TOO COOL, TOO

by E. J. Bohn

March 9th, 2002, Cool, CA

I had heard about the "Cool" race from Brian Purcell and others for several years, and my desire to run it was what led me to decide to run a spring season of ultra events. Fortunately I was accepted into the race, as entering this one is like trying to get in to the Dipsea -- there are an amazing number of crazy people out there! I later found out that two other Empire Runners would have similarly crazy plans as Mady Stewart and Veronica Pineda chose to run this race as their first venture beyond that marathon distance (See their article for more about their experience). I was motivated by their willingness to help form the first Empire Runners Ultra team (team competition in PA Ultra events requires three runners and includes mixed gender teams).

By race day, I was still excited about winning the first race on the PA Ultra Grand Prix (Jed Smith 50K) but knew that the competition would be tougher here. At the starting line I saw something I had not seen to much of yet at ultras - runners my age in racing singlets, and looking like they could run a quick 10K, never mind a trail 50K. Thus I was not surprised that we went out fast, way too fast in fact.

A lead pack of about 13 runners formed for the first couple of miles while the trails were wide. Soon after, we hit our first stream crossing, and with 29 miles to go, got both feet totally soaked! I worried a bit, but luckily I had no trouble with my feet.

By the first aid station (and my first of many Kenny Brown sightings) I felt that we were still going too fast (talk about stupid - it's one thing to go out fast in a 5K, but a 50K?) I found myself running off the shoulder of Scott Jurek, the winner of the last 3 editions of the Western States 100 race, which didn't seem to help me be any more reasonable. I remember thinking to myself and wondering which was more appropriate here: "in for a penny in for a pound" or "penny-wise and pound foolish" and then decided I had these sayings hopelessly scrambled and kept going too fast with promises to myself to sort out the sayings later.

I followed Jurek up to about 14 miles where I think I was in about 10th place. Soon after that I passed him, and then fell (literally) flat on my face, as a large chunk on muddy trail broke away. Luckily there was minimal blood and one of the numerous stream crossings was just ahead to rinse off in. Even better, I never saw Jurek again as eventually finished out of the top 10.

After halfway the race got a bit more peaceful and I did my best to look around at the views the course had to offer. It really is a beautiful course with nice view of the middle fork of the American River. The weather was also

LAKE TAHOE "FRESH TRACKS"

by Kari Mastrocola

ideal for racing, and the trail was great if you wanted adventure--and why else would anyone be there?

We ran almost entirely on single-track trail, most of which was fairly muddy, and rarely ran flat or straight! Despite the mud, runners didn't get as dirty as a winter run in Annadel, as there as many as 20 small stream crossings.

As I began to feel the effects of the fast early pace, so did the others, and I gradually passed a runner here and there. By the time I saw Kenny Brown again (doing a wonderful job of supporting the Empire Runners) and Brain Purcell at about the marathon mark, I was running on legs that should have stopped (but amazingly and thankfully didn't).

I arrived there in 5th place, and about 10 minutes earlier than expected. I'm sure they did their best to encourage me, but I didn't understand a word they said, and doubt they understood any of what I mumbled back.

From the next couple of miles we met many of the slower runners going the other way, who were amazingly accommodating about moving out of the front runners ways and offered a lot of encouragement. This helped to motivate me and I kept driving to catch those still ahead of me.

This may sound a bit odd, but I was happy that I did not see my teammates Mady and Veronica here - this meant that they were running well!

With my last Kenny sighting at two miles to go, I had moved into third place and was feeling good enough to finish strong on this mostly uphill section of the course. I ended up running much faster than expected - 3:43:28.

I was absolutely thrilled to finish third overall at this race. By winning the Men's 30 - 39 division I also picked up top Grand Prix points again.

It was great to see Mady and Veronica as they raced to the finish with big smiles. Veronica finished 124th overall in 5:12:25 and Mady finished 126th overall in 5:12:48. I had worried that they didn't realize what they were getting into at this race, but shouldn't have, as they ran great!

You'll laugh, or call me crazy, but think about doing this race someday. It's not so surprising that it's difficult to get in to the "Way Too Cool 50K" each year. It a great event with an exciting course, wonderful scenery, and a lot of really nice people. And if you don't go out to fast, it might not even hurt that much...

"Way too Cool" Results

Pl	Div	Pl Name	Ag	S	Time	Pace
1	1	Carl Andersen	41	M	3:31:58	6:50
2	1	Jeremy Redding	29	M	3:34:59	6:56
3	1	Eric J. Bohn	35	M	3:43:28	7:12
124	4	Veronica Pineda	28	F	5:12:25	10:04
126	10	Mady Stewart	35	F	5:12:48	10:05

5K Snowshoe Race

Bright and early at the end of February, Eric Downing, Michelle Bachman, Tina, Eric's girlfriend and myself headed to Tahoe for a 5K snowshoe race which we would probably all agree was more like a 10K race.

The day started out quite cold and on arrival we signed up, received our fleece neck gaiters, and our snowshoes.

Next after warming up in the car we tried to figure out how to put the snowshoes on. They are a bit different than the typical snowshoes. These are specifically made for running. Some of us needed private instruction. At least for myself I now was hoping I could walk in them much less run.

We tried warming up, along with dealing with several clothing changes. How hot or cold would we get running in snowshoes, that was the question. Off and on, off and on came the layers. Even once we started the race, the clothes went flying to Tina who was on the sidelines.

The weather turned out to be beautiful as the morning sun hit the snow. The conditions were a bit icy, but nevertheless, Eric Downing won the race! With an incredible time I might add. [23:27] We were quite happy



"Fresh Tracks" winner, Puddles Downing, shows off his new snowshoes with Kari and Michelle.

for him and at the same time a bit envious when he was presented with a pair of brand spanking new snowshoes. We were putting in our requests to borrow them for all the future snowshoe races we were planning on doing. NOT. Actually we did agree we would do it again.

My friend Michelle came in first in her age group and 2nd overall woman. [34:25] Congrats again Michelle! I still think she's getting secret tips from one of her housemates, Downtown Kenny Brown.

My place was 7th. Not bad for walking part of the way.

The next weekend I crewed for my friend Steven Nevin and his teammate Brian White in a 24-hour adventure race. It wasn't until that weekend witnessing the participants in that race that I decided no more complaining.

Of course I will probably do another snowshoe race, as well as an adventure race someday. Any takers? There will be a series of shorter Adventure races starting in Sonoma County in June. For more info you can email prmultisports@aol.com.

After the race we hit some outdoor outlets to get in a bit of shopping, had a large breakfast and headed home. What a great time! Congratulations guys, and Eric thanx again for driving.

Napa Marathon

A FAMILY AFFAIR

/
by Terry McNeill

At the year's beginning, I had no interest in a 2002 marathon of any kind. The pain of the last battle with the Cal International (see ER *Newsletter* article of January, 2000) is still being felt by Darryl Beardall, Don Sampson, Andy Jensen and myself, all of us blowing up in some form after 14 miles and missing qualifying times for Boston. But the lure during January and February was to pace my daughter-in-law, Jennifer Mello-McNeill, and her Team In Training (TT) pals, in the Napa Marathon March 3.

It looked like a sure thing that I would happily avoid 26 miles, as Jennifer missed all the long TT runs and, in fact, had never gone more than 8 miles. We tried the beginning of the course down Silverado Trail to Larkmead and back a week before the actual event, and her hip was hurting and even a fast walk was uncomfortable. So it was with light feet that I ran Doc and Mojo's "Pain Clinic March 2, 10 miles with the usual crew, soundly unaware that a call had come to my wife - "Tell Terry that I have decided to do it, and he

had better have his body and soul at the starting line tomorrow at 6:59 a.m."

So I was there with 1,850 others, enjoying a cloud-free, blue sky morning. Veronica Pineda was pacing, Darryl Beardall (4:39) and Mike Quigly (3:20) raced, and Bernie Hollander did 18 miles as a Boston prep. But no other discernable ER people did it, except for me. But it wasn't a race, more of an alternating strategy of jogging, walking, stopping to chat at the numerous water stops and gazing at many new wineries, resorts and high-end cars. Who says we had a recession?

How did we do? The clocks were supposed to be dismantled at five and one-half hours, but actually were in place until six hours and thirty-five minutes, five short of the arrival of five TT runners and the pacer, crossing the Vintage High School finish line. One TT woman from Florida was sobbing with joy the last 385 yards. Jennifer fared well, but in the race central Marriott Hotel restaurant after the race, sunburn and a possible stress fracture in the right foot made their appearance. She's recovered nicely and is thinking about doing Houlihans. For my part, maybe this marathon will get me in the mood to actually train and *race* one again. Go Team In Training.



Napa Marathon Finishers (left) Terry McNeill and Jennifer Mello-McNeill receive approvals from the finishing-line family, all McNeills--Madilynn, Timothy, Dylan (age 1) Abigail and Judy.

Stanford Fifty-Plus 8K, March 17

THE TRAGIC TRUTH ABOUT RUNNING AND OLD AGE



by Jerry Lyman

If the geezers were drooling on their Nikes as they lined up at the start of the Stanford 50-Plus 8K, no one watching could tell. It was raining too hard. The storm that had teased with intermittent drizzle throughout the early morning had grown to a steady downpour. Now not just shoes were wet, but everything was wet, and about to get wetter.

Neither rain, sleet, hail, hemorrhoids, nor arthritic knees would stay this grizzled group from the swift completion of their appointed round. None of these ancient warriors was about to back down from a little adverse weather. Well, maybe some of them didn't notice they were soaking head to toe, but even if they had the wherewithal to notice, did they care? No, not even if they had the wherewithal to care would they care, not these seasoned athletes.

The gun sounded and off they stumbled, nearly every one of them in the right direction.

For twenty years, The Fifty-Plus Fitness Association, an outgrowth of a medical research project at Stanford University, has promoted active lifestyles for those aged 50 and older. The Association publicly contends that "misuse and disuse of the body and mind are more the cause of disability than chronological age alone." This contention is actually a devious, calculated lie.

People over 50 who think they can still enjoy an active lifestyle suffer an ironic delusion. They may think they enjoy an active lifestyle, perhaps even an athletic lifestyle, but this is just an hallucinatory manifestation of geriatric dementia. This dementia stems from a lifetime of exposure of sensitive brain tissue to the damaging effects of oxygen-generated free radicals--that is, from years of excessive metabolic heavy breathing. By age 50, those who have habitually engaged in vigorous sex and exercise throughout their younger lives are inevitably reduced to blubbering nimrods.

Hence, the emergence of organizations such as Fifty-Plus, whose real goal is not to encourage exercise for oldsters but to encourage the delusion of exercise. It turns out that after age 50 exercise is not so good for you

(It can kill you!), but to think you are exercising when you really aren't exercising is good for you. Delusional exercise can produce the same blissful combination of bolstered self-esteem and endorphin rapture that real exercise offers to those who are younger--but without the risk of serious injury or sudden death

By facilitating the delusion of exercise among those over 50, the Fifty-Plus Fitness Association helps wean former athletes from habitually vigorous, and therefore dangerous, lifestyles. It does this by cleverly exploiting the exercise-induced dementia that vigorous lifestyles have already generated. Every spring the Association holds a two-day conference at Stanford to promote its deception and, in cahoots with the PA/USATF, schedules an imaginary 8K race for older runners, code name, "Shuffle to Oblivion."

The participants of this year's so-called "Stanford Fifty-Plus 8K" were oblivious to the fact that it was not really 8000 meters but more like 80 meters. The Association billed it as an 8K knowing full well that none of the participants would recognize the difference. And, of course, no one actually ran. Eighty meters in 30 to 60 minutes is well within the medically recommended limit of exertion for the aged. Those who wandered off course were compassionately guided back on track by a well-trained staff of course monitors. None of the "runners" was hurt. No one died. The ambulance idling in the parking lot went unused. Everyone left happy, happy, happy, soggy diapers and all.

The Empire Runners Club was well represented by nine cheerful old men. They may not remember being cheerful. They may not remember being there at all. Miraculously, senior women club members were not fooled into participating.

Stanford 50-Plus 8K, March 17, 2002, Partial Results: (Club members in bold. First three women underlined.)

Place	Name	Time	Div/Place	Pace
1	Tom Bernhard, Fremont	27:46	M50-54/1	5:35
2	Don Paul, San Francisco	28:12	M50-54/2	5:41
3	Michael Dove, Salinas	28:32	M55-59/1	5:45
4	Jim Gorman, Palo Alto	28:40	M50-54/3	5:46
5	Don Porteous, Alameda	28:46	M55-59/2	5:47
12	Jerry Lyman, Santa Rosa	30:32	M50-54/9	6:09
<u>26</u>	<u>Dee Dee Grafius, Modesto</u>	<u>31:49</u>	<u>F50-54/1</u>	<u>6:24</u>
<u>32</u>	<u>Melinda Morse, Pleasant Hill</u>	<u>32:54</u>	<u>F50-54/2</u>	<u>6:37</u>
34	Dan Preston, Santa Rosa	33:04	M55-59/8	6:39
<u>42</u>	<u>Melody-Anne Schultz, Ross</u>	<u>34:03</u>	<u>F60-64/1</u>	<u>6:51</u>
45	David DeSelle, Santa Rosa	34:16	M50-54/26	6:54
46	Robert Holland, Sebastopol	34:17	M55-59/11	6:54
58	Don Sampson, Windsor	35:27	M50-54/27	7:08
77	Ernst Bohn, Sebastopol	38:29	M60-64/14	7:45
138	George Urdzik, Santa Rosa	48:55	M55-59/24	9:51
164	Darryl Beardall, Santa Rosa	57:56	M65-69/11	11:40
165	Terry McNeill, Santa Rosa	57:57	M55-59/27	11:41

[Full results and the "official" report on the race (lies, of course) can be found at www.pausatf.org.]



From the Coach's Cupboard

April Hustle Brings May Muscle

by Larry Meredith

By now the faithful few who are following my 2002 training schedule are likely in the market for voodoo dolls in my image or perhaps a dartboard made with my photo. I know I am. What was I thinking? This is a lot of hard work. And my most recent race was not all that encouraging.

"Be patient," I tell myself.

"Go to hell," I reply right back. "I want results."

All right, let's try to keep this in perspective. I am not yet 3 months into a plan that is at least 9 months long. And the plan is to be at my best late in the year, not now. I can't throw away 3 months of hard work. I must "stay the course", as President Ronnie loved to preach, rambling on about sunsets and star wars. I hope this course is more fruitful than his was.

Let me remind you which direction this course is headed. The training plan was intended for my personal goals. It is constructed to fit around my personal schedule, including the races in which I intend to test myself.

My immediate goals are to race more often in April and May. My near-term goal is to be prepared to compete in summer track meets and short road races of 3000 to 5000 meters. My long-term goals are to run my best road races in the fall and to run a strong cross country season for the club team.

It's not likely that these goals will suit many other runners in the club. And certainly the precise schedule of hard days, easy weeks, vacations and important races is different for every individual. But those who appreciate the structure of these workouts can make the necessary adjustments in the workout schedules to meet their needs and achieve a good deal of success. So stay the course and see where you end up.

April brings some relief in total mileage but the intensity of the workouts will increase so don't start the celebration just yet. Again, it is important to run the interval workouts at your designated goal paces. The

Tuesday track workouts are shorter and faster than in March. The Thursday tempo runs are replaced by long intervals. Saturday will soon be another regular track session, when races don't get in the way.

The Loop-de-Loop 14-mile trail race on April 13 is a convenient way to get another long run in. Can people really race that far on steep rugged trails? I recommend DNA tests for any who can. They are not of our species.

My serious race for the month will be the Russian River 8K on April 28, although I can't seem to find it on any race calendars. If that race isn't held, then I'll plan on the Pacific Association's 10K championship race in Cupertino on April 21, called Compaq's Up and Running.

The best thing about making this schedule is the number of training partners I've picked up. For every difficult workout I've had 4 to 8 friends pushing and pulling me to greater efforts than I could ever achieve on my own. Jerry Lyman, a.k.a. "Ol' Pappy," matches me stride for stride at most workouts. Jon "Thermo" Hermstad, also an exceptional over-50 runner, is often there and always questions my choice of workouts, yet runs them just the same. His fuel line gets clogged regularly, forcing him to cut out parts of the difficult sessions. Club prez Dale Peterson is a regular and may be in line for a "Most Improved" award this year.

Alec Isabeau and Bob Rogers routinely beat me up on the Thursday tempo runs, after catching a spent Mike Weddington along the way. Scott Ames is usually nearby on that night and at some track workouts, though his immediate target is a marathon in May. John "Mojo" Royston, battling injuries, is always game to push his personal envelope of pain in workouts, along with Louis Garcia. Peter Kirk is my main cheerleader on Thursdays but he remains on a secret plan and will no doubt shock us all in upcoming races. John Harmon is a Tuesday evening customer, ripping through the shorter intervals with ease.

During the hill repeats we hammered out in January and February we had John Anderson, Tori Meredith, Robin Stovall and Dave "Digger" DeSelle turning in impressive efforts. I can count on Cathy DuBay and Val Sell to keep me company on the Sunday long runs, and they always manage to keep the pace honest, which is just what I need. Mike Stafford has often joined us, but now he's leaving for the Central Valley. Fortunately we have a new Mike (Drash?) that enjoys punishment.

These friends and others who have joined us from time to time make the tough workouts worthwhile. After each session there is a mutual respect for what we have just put ourselves through. It is true: misery loves company! Carry on!

2002 LAKE ILSANJO RESULTS

NEWT SCOOT - BOYS

NAME	AGE	TIME
KYLE SOMMERS	8	5:42
KEVIN MAURER	7	5:57
BRYCE SILVER BATES	5	6:41
MICHAEL CURRY	3	8:56

NEWT SCOOT - GIRLS

NAME	AGE	TIME
KATIE SOMMERS	7	5:56
KARA CURRY	4	7:29
MELANIE DUBAY	3	7:34
MELINA AMES	3	7:35

4-MILE RUN-MEN

NAME	AGE	TIME	PL	GR
KAI BERFHEERT	47	26:44	1	40-49
BRUCE TUOHY	16	26:57	1	12-19
DAN PRESTON	59	27:03	1	50-59
BENITO ROSALES	43	28:28	2	40-49
B. HUTCHINSON	58	28:51	2	50-59
ROBERT WHEELER	17	29:08	2	12-19
ABEL ABARACA	24	29:18	1	20-29
QUINN COUGHLIN	12	29:53	3	12-19
CARL TROLIS	33	30:31	1	30-39
DON SAMPSON	54	31:19	3	50-59
WALT BASINGER	52	32:37	4	50-59
ELDEN RICE	19	32:44	4	12-19
DALE TROWBRIDGE	61	32:55	1	60-69
WES BEESON	59	33:10	5	50-59
SCOTT MONTROSE	44	34:51	3	40-49
DAN TROUGHY	66	35:55	2	60-69
TOM HINDE	42	37:01	4	40-49
J. KWAITKOWSKI	56	38:13	6	50-59
RICK PETERS	53	39:57	7	50-59
ED FELDMAN	50	41:52	8	50-59
GEORGE URDZIK	58	42:49	9	50-59
CHARLES HOUGLAND	74	43:55	1	70+
DALE LEYHE	70	43:56	2	70+
JOSEPH ZAPPELLI	12	NT	5	12-19
JIM LUYROLBERG	8	NT	1	-12
RYUN ZAPPELLI	8	NT	2	-12

4-MILE RUN -WOMEN

NAME	AGE	TIME	PL	GR
VAL SELL	37	27:28	1	30-39
LORI WINKLER	43	30:12	1	40-49
CARRYL HARDY	32	33:53	2	30-39
LESLIE CURRY	38	34:23	3	30-39
ELLEN KRUSMAGI	45	35:14	2	40-49
SANDRA MAURER	45	36:04	3	40-49
DEBRA VIALI	46	36:14	4	40-49
JENNY SURPISE	29	37:23	1	20-29
KATHY BISOUDI	36	38:40	4	30-39
GINGER KWIATKOWSKI	57	38:41	1	50-59
CARLEY FARDELL	19	40:20	1	12-19
CHRISSEY BROWN	27	41:08	2	20-29

ANGIE CURRY	13	45:51	2	12-19
MARAH PARKER	7	NT	1	-12
LISA ZAPPELLI	38	NT	5	30-39

10-MILE RUN-MEN

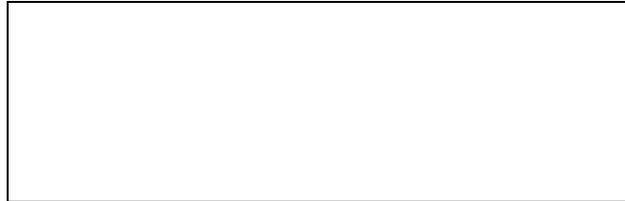
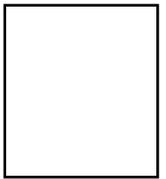
NAME	AGE	TIME	PL	GR
TONY McGETTIGAN	39	57:56	1	30-39
TY STRANGE	41	58:56	1	40-49
JOHN FRIZIW	39	1:00:51	2	30-39
MARK CURRAN	41	1:04:22	3	40-49
KENNY BROWN	32	1:04:22	3	30-39
ALEC ISABEAU	40	1:04:39	4	40-49
ERIC DOWNING	31	1:05:09	4	30-39
BOB ROGERS	45	1:05:35	5	40-49
LOU GARCIA	45	1:05:59	6	40-49
SKY PILE	26	1:06:14	1	20-29
JERRY LYMAN	52	1:06:41	1	50-59
LARRY MERDITH	44	1:08:19	7	40-49
BRIAN CRAWFORD	41	1:10:01	8	40-49
GREG CLAMENTI	44	1:10:09	9	40-49
KEITH MAURER	46	1:10:31	10	40-49
SCOTT AMES	43	1:11:21	11	40-49
TONY SMYTH	42	1:11:35	12	40-49
BOB FINLAY	45	1:11:52	13	40-49
DALE PETERSON	44	1:11:52	14	40-49
PETER KIRK	38	1:12:17	5	30-39
MICHAEL PARKER	35	1:12:17	6	30-39
ROB MAIN	43	1:12:39	15	40-49
JOHN CULLEN	47	1:13:52	16	40-49
TOM ANDERSON	54	1:14:50	2	50-59
MIKE QUIGLEY	50	1:17:14	3	50-59
MARTIN JONES	58	1:20:06	4	50-59
FRED HOPPE	50	1:20:25	5	50-59
JOHN ANDERSON	48	1:21:02	17	40-49
SCOTT McELDAWNEY	37	1:22:27	7	30-39
BILL BROWN	52	1:23:04	5	50-59
PAUL J. GASLORI	47	1:23:33	18	40-49
DAVE SECCHITANO	43	1:23:45	19	40-49
ERNST BOHN	62	1:26:54	1	60-69
DARRYL BEARDALL	65	1:31:23	2	60-69
MICHAEL WEDDINGTON	40	1:33:14	20	40-49

10-MILE RACE-WOMEN

NAME	AGE	TIME	PL	AG
CATHY DUBAY	37	1:06:36	1	30-39
TORI MEREDITH	44	1:14:51	1	40-49
LEAH ETUING	23	1:15:29	1	20-29
CORY MAY	36	1:19:54	2	30-39
KITTY FRAZIER	33	1:22:58	3	30-39
DEB STEFFENHAGER	36	1:23:22	4	30-39
CINDY ROACH	42	1:30:11	2	40-49
NANCY ABILA	41	1:31:35	3	40-49
JODY LASHINSKI	39	1:34:55	5	30-39
SUSAN GLOISTON	37	1:36:08	6	30-39
AMY GANDY	48	1:41:14	4	40-49
SHELLE SCCABAUEL	38	1:47:39	7	30-39
LISA ANDERSON	33	1:50:06	8	30-39
SUZANNE STARKE	30	NT	9	30-39

Empire Runners Club

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Mark Your Calendar:

April 13: LOOP DE LOOP, 14 Mile Trail Race, Empire Runners Grand Prix Series, 8:00AM, Channel Drive at Cobblestone Trail, Santa Rosa.

April 25: Empire Runners Club Meeting, 7:30PM at Montgomery Village Round Table Pizza

April ~~28: Russian River Marathon, Half-Marathon, and 8K~~

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