

# National Empire-er

All the Gossip – Half the Truth!

## SPECIAL BONUS

Bob Finlay shares his  
ALL BUD & MAYO DIET!!

Lose up to 12 lbs a day!!

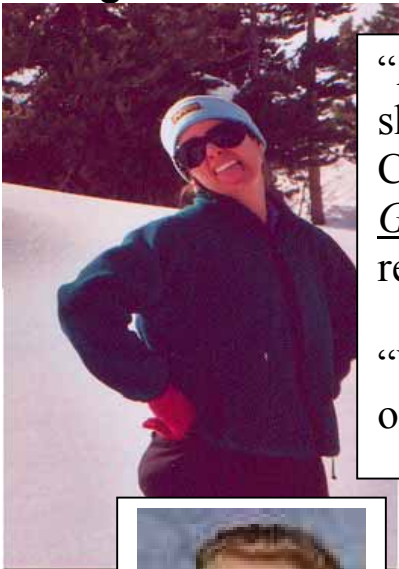
Volume 1

Number 1

April 1<sup>st</sup> 2004

## Tori Goes Shopping!!

Larry and "Friend" rendezvous in Zurich  
Tori goes on wild shopping spree!



"After she got home, she was cooking. Cooking with Garlic!" Says reliable source.

"You're not the boss of me!" says Tori.



Saddam Hussein

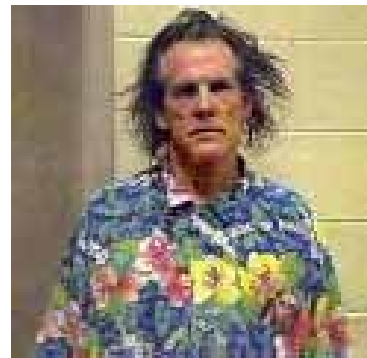


Bill Browne

**Bill Browne and Saddam separated at Birth!!!**

Club President rumored digging Spider hole in Annadel w/ Hutch

**Cadillac's Sad Last Days**  
**(more inside )**  
(not really)



**Actual Photo**  
(not Jim Coughlin)  
(but an actual photo none the less)



**Lou Garcia Abducted by Space Aliens!!!**

Last seen riding on Trinity Road looking for the "mother ship"

"He may never run again" laments TOP Scientist (Lars)

# Empire Runners Training

## April 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>45M/wk): run as written; Group II (30-45M/wk): 2/3 of workout; Group III (20-30M/wk): 1/2 of workout; Group IV (<20M/wk): 1/3 of workout			<b>31</b> <b>7M at comfortable pace</b> 5:15p Fleet Feet shoe store, 4th St., SR	<b>1</b> <b>8.5M total with 10x1 min. at strong pace</b> 5:30p Howarth Park	<b>2</b> <b>6M at comfortable pace or Off</b>	<b>3</b> <b>3M total with 10x20 sec. @ 2M GP, jog 20 sec.</b> 8:30a Y'Allcomers Training Run, Railroad Square, SR
<b>4</b> <b>14M race</b> <b>ERGP Race: 8 a.m.</b> <b>Loop-de-Loop 14M Trail Race, Channel Drive, SR</b>	<b>5</b> <b>4M at comfortable pace</b> 7:00p 1932 Yolo Court, SR	<b>6</b> <b>20x200m@1M GP; jog 100m after each</b> 5:30p SRJC Track	<b>7</b> <b>7M at comfortable pace</b> 5:15p Fleet Feet shoe store, 4th St., SR	<b>8</b> <b>10M total with 4M (23-28 min.) at strong pace</b> 5:30p Howarth Park	<b>9</b> <b>6M at comfortable pace or Off</b>	<b>10</b> <b>8M total with 4x5 min. @ 10K GP, jog 2 min.</b> 8:30a Y'Allcomers Training Run, Railroad Square, SR
<b>11</b> <b>12M at medium pace</b> 8:30a Parktrail Drive at Summerfield Drive	<b>12</b> <b>6M at comfortable pace</b> 7:00p 1932 Yolo Court, SR	<b>13</b> <b>3x800m@2M GP, 6x400m@1M GP; jog half-distance after each</b> 5:30p SRJC Track	<b>14</b> <b>7M at comfortable pace</b> 5:15p Fleet Feet shoe store, 4th St., SR	<b>15</b> <b>11.5M total with 20x40 sec. at strong pace</b> <b>Newsletter Deadline: Jerry Lyman, Editor</b> 5:30p Howarth Park	<b>16</b> <b>5M at comfortable pace or Off</b>	<b>17</b> <b>4x800@2M GP; walk 200, jog 200 after each</b> 8:30a Y'Allcomers Training Run, Railroad Square, SR
<b>18</b> <b>13M at medium pace</b> 8:30a Cobblestone Trailhead on Channel Drive	<b>19</b> <b>6M at comfortable pace</b> 7:00p 1932 Yolo Court, SR	<b>20</b> <b>3x1M@5K GP, walk 200, jog 600 after each</b> 5:30p SRJC Track	<b>21</b> <b>6M at comfortable pace</b> 5:15p Fleet Feet shoe store, 4th St., SR	<b>22</b> <b>8M total with 3x3 min. at strong pace</b> 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza	<b>23</b> <b>4M at comfortable pace or Off</b>	<b>24</b> <b>2M at comfortable pace or Off</b> 8:30a Y'Allcomers Training Run, Railroad Square, SR
<b>25</b> <b>Race or 8M at medium-strong pace</b> <b>Race: Just Go! Run/Walk, 10K &amp; 5K</b> 8:30a Parktrail Drive at Summerfield Drive	<b>26</b> <b>6M at comfortable pace</b> 7:00p 1932 Yolo Court, SR	<b>27</b> <b>16x300m@1M GP; walk 50, jog 50 after each</b> 5:30p SRJC Track	<b>28</b> <b>5M at comfortable pace</b> 5:15p Fleet Feet shoe store, 4th St., SR	<b>29</b> <b>11.5M total with 3.5M (20-25 min.) at strong pace</b> 5:30p Howarth Park	<b>30</b> <b>5M at comfortable pace or Off</b>	<b>1</b> <b>8x2min@2M GP</b> <b>Races: • Spring Has Sprung 5K/10K, Middletown • Angel IIsand 5M &amp; 1M</b> 8:30a Y'Allcomers Training Run, Railroad Square, SR



# Newsletter

April

2004

Volume XXIX, No. 4

[www.empirerunners.org](http://www.empirerunners.org)

**Late Breaking NEWS: Ilsanjo Classic – Chris Gilbert / Phyllis Blanchard win 10 Miler  
Lori Winkler / Kai Mazur win 4 Miler** see website for complete results and updated Grand Prix standings!

## Empire Runners PA X-Country Club of the Year!

### Dan Preston Volunteer of the Year!

The Empire Runners were awarded Club of the Year at the annual USATF/PA Awards Banquet on January 31 (same day as our annual awards party), the Empire Runners were awarded Club of the Year for Participation and Achievement. This was largely due to the tremendous turn-out our club had during the cross country season. Unlike the Road Grand Prix which has huge races with big sponsors, XC depends on club turn-out as it is financed only from the entry fees. At some races the Empire Runners supplied nearly half of the total runners. This kind of tremendous turn-out by our club began a few years ago when **Larry Meredith** retired as track coach at Montgomery HS and found the time to organize the participation. With the renewed vigor supplied by Larry and the on-going efforts of all of our Cross Country team captains, participation has steadily increased to the high levels seen today. A special thank you to captains Larry and **Tori Meredith, Jerry Lyman, Terry McNeill** and **Eric Bohn**. Everyone who participated should feel rightfully proud of our Club's accomplishment! Participation is important in Cross Country and our various teams were quite successful this past season in large part due to the number of runners we were able to consistently field. Our team fielded over 230 runners during the season so you are all obviously too numerous to name! In regard to teams, our Masters Women took 2<sup>nd</sup> place overall as did our Senior and Super Senior Men. Next year our Women's Masters will "re-load" when standouts **Cathy DuBay** and **Val Sell** move up to the next age division. We expect once again for all of our teams to be competitive. And what should not be lost in all of this, is how much FUN it is! So be proud of your club and start putting in that speed-work this spring and summer and be prepared to join the ranks of our harriers in the fall!

ER EDITORS

EMPIRE RUNNERS NEWSLETTER, April 2004



Loop  
de  
Loop

Sunday  
April 4<sup>th</sup>

8am

Channel  
Drive

Annadel  
State  
Park

### Dan Preston PA X-Country Volunteer Of the Year (seen here at Santa Cruz – 2002)

Our club also contributes to the PA in the person of **Dan Preston** who is the X-Country Scorer. He received an award as Cross Country volunteer of the year for his work, and is also an active webmaster on the pa/usatf website. But that is far from all! Dan Preston epitomizes all that is good about PA X-country in particular and cross country running in general. Dan has been active as a PA runner and volunteer

(SEE VOLUNTEER on next page)

[www.empirerunners.org](http://www.empirerunners.org)

## Presidential Ponderings

Well by the time you get your hands on this, the Ilsanjo 10 and 4 will be just a soreness in your quads and most of the mud will have washed down the drain. Next on the racing agenda is the dreaded Loop de Loop. Every year I get sucked into thinking the Ilsanjo 10 will prepare me, at least in some small way, for the Loop2. Fool! Don't be led down this miserable turn. Nothing prepares you for the Loop2.

And furthermore, the Loop2 doesn't prepare you for anything else either!

During the race you may be telling yourself that at least this 14 miles will whip you into some kind of better shape. But about all it has ever done for me is to prove to me every year that I can't race anything for 2 hours, and I usually take about a week off after the race to make sure all my parts are still intact. So much for gettin into shape. Aside from all this, I will see you out there before the Loop2 and may even run the blasted thing as some sort of payment for past transgressions.

If you missed it **Jerry Lyman** and his wife **Cathy**, mostly the latter, put on quite a shindig for the first Kenwood race planner. For someone who keeps saying he wants to relinquish his race directordom, he sure is going about it the wrong way. In fact I hereby nominate him for permanent Kenwood Race Director, I think I heard a second, and hope there is a Planning Party every month. Thanks Cathy and Jerry.

A note from the **Coach** (Larry Meredith) was read by **Tori** prior to the Kenwood Planner. It went something like this: (If you didn't know, Larry and **Lou (Garcia)** traveled to Switzerland for some high altitude training) "Zurich is remarkably similar to Stockton ...!" Who knew? Most likely the dreaded altitude sickness, or beer.

Well I'll leave you with that since I don't know how to follow that.

### **BILL BROWNE**

#### **VOLUNTEER – continued from previous page**

for many years. Most of you know that Dan was a standout runner in college where he ran a 4:09 mile, earning his nickname of 409. Dan has been a fixture at PA cross-country meets for years most recently as the official scorer. This past season Dan spent countless hours behind the scenes ensuring that the races were scored properly and efficiently.

In addition to his work with the PA, Dan is past president of the Empire Runners, directed the Kenwood footrace and has helped in countless ways. He is a fixture at the monthly club meetings, is one of the newsletter editors and has been responsible for most of the day to day updates to the club web-site. In short, Dan is an asset to both the PA and the Empire Runners. If you see him just say "thanks". He will appreciate it in his own modest and unassuming way! From everybody who runs cross-country and appreciates having their individual and team score calculated quickly and efficiently, THANKS Dan!

**DM PETERSON**

## February Club Meeting Minutes

The February meeting of the Empire Runners was called to order at 6:35PM, February 26<sup>th</sup>, 2004, Bill Browne presiding.

**Minutes:** Approved as read.

**Treasurer's Report:** \$12,504 available for expenses.

**Guest Speaker:** Our very own Alec Isabeau spent fifteen minutes talking about functional fitness.

#### **Race Reports:**

Valley Ford: We had excellent weather. 24 teams participated. Exciting finishes!

Ilsanjo: March 21<sup>st</sup>, 9AM, at Howarth Park.

Loop De Loop: This year it will be run backwards (and forwards). Same handicap as last year. April 4<sup>th</sup>.

Jackrabbit: Will be in May.

The Hidden Valley Milers will have a race in Middletown on May 1<sup>st</sup>.

#### **New Business:**

SRJC Track: The infield looks beautiful.

Track Series: LT to check Analy High School's availability.

**Raffle:** Digger Dog (donated) **Drawing:** Bill Browne (also donated)

#### **Attendance:**

Tintin  
Herr Sledgemeister  
Doc  
El Prezidente  
Carl Jackson  
Super G  
Dale Trowbridge  
Iguana  
Starky  
LT  
Digger  
Pappy  
Bob F.



Like, totally submitted:

**Eric le journaliste (Eric Downing)**

**LOOP de LOOP!!**  
**Sunday April 4<sup>th</sup> 8:00am**

**Where the physically fit meet the  
mentally unfit for 14 Miles of brutal  
fun! Plus food, prizes and \$ CASH \$**  
**Annadel State Park - Cobblestone  
Trailhead on Channel Drive**

## LOOP De LOOP!

The 12th annual 14 mile spring wildflower tour and self-floggathon is just days away, so get your nails polished, your will signed, and throw in one more hard hill repeat workout for good measure.

Be at the Cobblestone Trailhead on Channel Drive, Sunday April 4 at 8:00 a.m.

Look for the brass band, the hot air balloons and the media helicopters

overhead. As always: the race is two seven mile loops, age/gender handicapped, features three identical aid stations, and now costs you \$8 (very cheap on a dollar per mile basis) because we are official, with permits, insurance, portapotty and a marked and monitored course! ...and we sincerely apologize for all that officialness stuff.

Plus: incredible gourmet dining, unique and priceless gifts and awards and CASH CASH CASH for everyone in the vicinity of the post-race gala extravaganza. See you there! A Doc n' Mojo (and Puddles helped, too) Production. Call 538-1418 or 578-3025 for more info.

## NorCal John Frank Memorial Ten Mile

The ten mile race follows on a bike path next to the Sacramento river. The course is an out and back that crosses the river twice. There are some good hills at mile three and mile six that result in times that are one to two minutes slower than the Cal 10. The course is beautiful however and the weather was perfect for running / racing.

### Empire Runner's Results:

Place	Div / Place	Age	Name	Time	Pace
16	5 of 20	36	Gary Blanco	55:33	5:34
45	6 of 22	47	Brian Purcell	59:27	5:57
60	1 of 26	39	Cathy DuBay	1:02:03	6:13
170	13 of 18	40	Carolyn DuBay	1:17:56	7:48

### BRIAN PURCELL

## Dipsea Coming in Spring!

Terry McNeill, Jerry Lyman, Leslie Curry and others are planning to run again this year in June. See them about details, training etc if you are interested! **EDITOR**

EMPIRE RUNNERS NEWSLETTER, April 2004

## Three Hills – Eight Days



The author in the Desolation Wilderness in January (photo by Larry Meredith)

This hurts. Every step I lift my snowshoe up about two feet and then sink down 22 inches. Lot's of powder. Beautiful though, once your eyes un-cross and focus long enough to see! Saturday morning, making my way up the slopes of Brokeoff mountain in Lassen National Park. This is my second hill of the week.

That was Saturday. But Tuesday I was on an arguably more difficult hill. Not on some extinct volcano, but right here in Santa Rosa. You see this night I was "running" up Grace Drive with the rest of the Tuesday night workout crew. I say running in quotes because this hill is so steep your 85 year-old grandmother can probably sleep-walk faster than we were running. But what a workout! On this night it was the coach, **Larry Meredith**, his better half **Tori**, **Val Sell**, **John Harmon** and myself. They say the hill is so steep you have to be careful not to lean forward and scrape your nose. We do ten repeats which weren't too bad until you got to the second one!

Okay, so that was the first hill. Then later in the week for recreation I drove up to Lassen and tackled my old friend Brokeoff mountain for more lung-busting "fun".

The third hill was the following Tuesday and innocent looking enough. Over and around Yulupa Circle in **Tom Hinde's** neighborhood. **Tori**, **John Harmon** and I doing 800 meter repeats! Keep saying "think how fast the track will seem!" until you start to believe it...

**DM PETERSON**

[www.empirerunners.org](http://www.empirerunners.org)

## Empire Runners compete at National Championships! (of the U.S. Snowshoe Association)



Eric Bohn flying over the snow!

During our summer long runs and fall road trips to cross country races, Chris Gilbert shared some of his snowshoe racing experiences with the rest of the team. Always interested in a new endurance adventure, he piqued my interest and eventually I was convinced to join Chris at a race this winter. The race Chris had in mind turned out to be one of two Western Region qualifying meets for the National Championships (top 10 qualify). After one day-trip to practice, Chris declared me ready enough to compete. The race turned out to be wonderful fun – a 10K at Squaw Valley that featured a 1.5 mile climb up a ski run, a steep downhill involving several tumbles, and 3 flat miles to the finish across the snow-covered golf course. Chris showed his Alaskan roots with a great battle that put him 2<sup>nd</sup> overall in 40:08. I surprised myself with 4<sup>th</sup> overall in 47:50 – off to the United States Snowshoe National Championships! Luckily, this year's national championships were to be held on an extended version of the same Squaw Valley course that Chris and I had qualified on. Unfortunately, the longest running cold of my life, and Chris' move to their new home reduced our training to near zero in the weeks before the race. Still, any chance to run at a national championships is not to be missed. Race day brought out a field that was serious and experienced – and from all over the country: New York, Michigan, Wisconsin, Alaska, Utah, and Colorado to name a few. Chris ran an inspiring race to finish 8<sup>th</sup> overall and 1<sup>st</sup> Californian in 42:40, narrowly missing the top 5 who are named to the national team and sent the world championships in Italy! I was very happy with my 34<sup>th</sup> overall and 5<sup>th</sup> Californian finish in 51:50.

EMPIRE RUNNERS NEWSLETTER, April 2004

I'll almost certainly jump in a couple of snowshoe races next year (nationals are in Anchorage in 2004) and put a pair of fancy titanium snowshoes like Chris's on my Christmas wish list. Let us know if you're interested in trying it out – we'd always welcome some more people to carpool with. Happy (snow-covered) trails!

**EJ Bohn**

## Sugarloaf Relays Coming in June!

Second Annual Sugarloaf Solstice Sunset Soiree Saunter and Campout: Friday  
June 18, 6:30 p.m.

Back by popular demand, Doc 'n Mojo Productions presents this two-person cross country relay race (each runner covers 2.7 miles on trails) on Friday, June 18 at 6:30 p.m. at the group campsite at Sugarloaf State Park in Kenwood. Awards and barbeque follow the race and up to 50 people can camp out afterward. Saturday morning we will go for a relaxed run and have breakfast before heading home mid-morning.

Stay tuned next month for details on fees, registration, etc., but put this on your calendar now. This was a very fun event last year, in spite of the grizzly bear that rampaged through the camp at night...kidding. Call Doc or Mojo for more info.

## Blue Wave



Empire Men at Golden Gate Park PA Cross Country 2003. "That's what I'm talkin' 'bout!"

[www.empirerunners.org](http://www.empirerunners.org)

Spring Has Sprung 2004



Hidden Valley Lake

2<sup>nd</sup> ANNUAL

# SPRING HAS SPRUNG! RUN

**SATURDAY MAY 1<sup>st</sup> 2004**  
**5k Walk/Run, 10k Run**  
 Hosted by the Hidden Valley Lake Milers  
 (a non-profit organization) [www.hvlmilers.com](http://www.hvlmilers.com)  
 To benefit Coyote Valley School Physical Education  
 Middletown High School Cross Country Team

20 scenic miles  
 north of Calistoga,  
 on  
 Hwy 29

## “Lake County’s Great Little Foot Race”

**Race Start: 8:30a.m. Sharp!** Coyote Valley School, Hartman Rd. exit off Hwy 29.  
 Hidden Valley Lake, Middletown Ca.

\*\*\*5K RUN/WALK- fast/flat course with scenic views of mountains and golf course.

\*\*\*10K RUN great course (one challenging hill) with gorgeous views of golf course, mountains, and lake.

Water stations: at Approximately 2, 3 ½ and 5 mile marks. Timing by Ready Set Go

Register: Register on-line at [www.allsportrunning.com](http://www.allsportrunning.com), or mail in registration. **Entry fee 20.00 thru 4/20/04.** After 4/20 and on race day, fee is 25.00. Race day registration 7:30am to 8:15 am. Special youth rate (16 yrs old and under) \$15.00 (mail in registration only) by 4/20/04. After 4/20 and on race day, youth fee is \$20.00.

**Highlights: A UNISEX TANK TOP TO ALL PARTICIPANTS**

**A commemorative wine glass to first 36 finishers of 10k**

Free random drawing during awards ceremony, all race participants eligible\*\*\*Great Prizes\*\*\*

**Grand prize: Glider Ride provided by Crazy Creek Glider Port, Middletown**

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall for Male/Female 5k/10k race, and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place for each age division.

5k age divisions: 8-10,11-13,14-16,17-19, 20 to 69 10 year age divisions, 70+.

10k age divisions: 19 and under, 20 to 69 ten year age divisions, 70+.

**Star Sponsors: \*\*\*Hidden Valley Lake CSD(Promoting Water Awareness)\*\*\***

**\*\*\* Hidden Valley Lake Realty \*\*\***

**Silver Sponsors: Airport Auto Brokers, Happy Smiles Dental Practice, Hardester’s Markets, Hidden Valley Food Mart, Muscle Matrix Gym, Redbud Community Hospital**

**Bronze Sponsors: Middletown Curves, Calistoga Water, Wal Mart**

Mail payment and entry form to: Hidden Valley Lake Milers, PO Box 490 Middletown Ca. 95461  
 Make check payable to Hidden Valley Lake Milers. Race contact: Jeanine Burnett (707) 987-3229 or [jmburnett2@mchsi.com](mailto:jmburnett2@mchsi.com)

Last name: \_\_\_\_\_ First \_\_\_\_\_ Sex F M

Age on race day \_\_\_\_\_ date of birth \_\_\_\_\_ phone \_\_\_\_\_ email \_\_\_\_\_

Address \_\_\_\_\_ city \_\_\_\_\_ zip \_\_\_\_\_

Select event: 5k run/walk \_\_\_\_\_ 10k run \_\_\_\_\_ Tank Top size (circle one) S M L XL  
 (adult sizes)

**Extras:** Additional Tank tops \_\_\_\_\_ (quantity and sizes) \$12 each wine glass \_\_\_\_\_ @ \$6.00 ea.

Waiver: I know that running a road race is potentially a hazardous activity. I am medically able and properly trained for the event that I am participating in. I assume all risk associated with running in the event including, but not limited to, a fall, contact with other participants, effects of weather, traffic and the condition of the roads, all such risks of racing being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting this entry I, for myself, and heirs, executor, or anyone entitled to act on my behalf, waive and release all officials, volunteers, and all race sponsors including but not limited to: Hidden Valley Lake Milers club, Hidden Valley Lake Realty, the town of Middletown, Coyote Valley Elementary, Middletown High School, Hidden Valley Lake Association, Hidden Valley Lake Community Services District, Lake County, and all government entities, and any of their representatives and successors from all claims or liabilities of any kinds arising out of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, seen or unseen, known or unknown.

Signature \_\_\_\_\_ Date \_\_\_\_\_

All participants must sign waiver (parent or guardian if under 18)

**Empire Runners Club**  
 3648 Evergreen Road  
 Santa Rosa, CA 95405



**MARK YOUR CALENDAR!**

<b>Sun Apr 4</b>	<b>Loop de Loop – Cobblestone Trailhead – Annadel State Park 8:00am</b>
<b>Thu Apr 15</b>	<b>May Newsletter Deadline – Jerry Lyman Editor – pigfete@aol.com</b>
<b>Sun Apr 18</b>	<b>Daffodil Run – Penn Valley CA – Joan Bumpus (530) 432-9102</b>
<b>Thu Apr 22</b>	<b>Club Meeting – Montgomery Village Round Table Pizza 7:30pm</b>
<b>Sat May 1</b>	<b>Spring Has Sprung 5K / 10K - Middletown</b>
<b>Sun May 2</b>	<b>Jackrabbit Derby 3 Miler – Spring Lake Park S.R. – 8:00am</b>

**2004 CLUB OFFICERS**

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