

Newsletter

April

2005

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Brown and Dubay take Long Race Honors Nauman and Sell win the Short Course

Ilsanjo Madness 2005

Well the madness that is the Ilsanjo Classic is completed. With rain, wind, mud and sun all in one day it was for everyone, quite an adventure. For me it started Friday morning when my back cramped up on me. Bent over like the hunchback and with help of **Dale Trowbridge** I managed to mark the course with ribbon the day before, roughly 8 miles. So, I already knew how muddy the course was going to be. At 6 a. m. race day the sky was clear with some outlying clouds. By the start of registration it had already downpoured once, but the rain managed to hold off during the running of the races.

At 8:45, the legendary **Bob Shore** started the Newt Scoot. It was the **Van Ripper** show with Juillian the first overall runner and first girl in 5:11 and younger brother Ian the first boy in 5:46. In all 10+ Newt Scooters ran the race and all did well.

At 9:00 the main races were started. With 35 runners in the 4-mile Neoclassic and 50 in the 10-mile Ilsanjo Classic, I knew that they would be coming back muddy.

Don Nauman, the winner of the 4-mile Neoclassic in the time of 25:11, had mud well up his back as did most of the finishers. Second was **Don Stewart** in 25:50 and **Bruce Tuohy** was third in the men's race in 29:06. On the women's side first was **Val Sell** in 28:25, second was **Lori Winkler** in 29:34 and in third was Shannon Rich.

In the Ilsanjo Classic, there was more drama in the men's race than expected with top three within 2 minutes of one another. First was, Fleet Feet's, **Kenny Brown** in 1:00:52. Not far behind in 1:01:26 was Bob

Shebest and in 1:02:53 was Donny McClure for third. All three were open runners. In the 40-49 division first

was **Steve Cleal** in 1:06:27. In the 50-59 division first was **Terry Goetzl** in 1:05:57. The 60-69 division winner was Mike Repp 1:17:19 and **Charles Hoagland** won the 70+ division in 1:59:00. Yes I said the 70+ division.

In the women's race **Cathy Dubay** quickly ended any doubts by running 1:08:18 a 9+ minute margin. The second overall finisher was **Tori Meredith** in a time 1:17:31. Third was **Shelly Lydon** in 1:21:36. All were part the Masters (40-49) Women's Championship Cross-Country Team for Empire Runners on the P.A. circuit this past fall. In the 20-29 division the winner was Karin Svensen in 1:21:55 and in the 50-59 division was **Debbie DeCarli** in the excellent time of 1:26:48.

Last, I would like to say thanks to all those who helped. First, our sponsors; Fleet Feet, Monticeto Heights Health and Racquet Club, Clos Parkside Cafe and Art Maybrun of Lad's Supermarket. Second the helpers: **Bob Shore, Doug Courtemarche, John Anderson, Dale (Ultra) Peterson, Carl Jackson, Gil Moreno, Bob Rogers** and my son **Greg**. Lastly I would like to thank Healdsburg High School for monitoring the Annadle section of the 10-mile race (the runners said they did a great job of directing the runners) and their coach Jenny Simpson who helped at the finish chute and registration. They will be \$500 richer due to the Empire Runners enrichment program for their participation.

Thanks to all – **Dave "Digger" DeSelle**

The Prez Sez...

Well, here it is April and my term is ¼ of the way through. This is pretty painless, other people do all the work and I get all the credit, so far so good!

We want to extend our thanks to John Anderson, Permits and Insurance Wizard Retired and James Devine, Permits and Insurance Wizard Active. Now, with the position of Permits and Insurance filled, I feel like I am on a role. So here is my next idea:

Help Wanted! (still)

Sounds familiar, huh? Remarkably so. In fact this position is pretty much like the one that I asked for help on last month. And again this would be a person with a few hours a month, that's right, a few hours a month, and some organizational skills. This is not a big time commitment but it is a very big contribution to the club. This would be for the Promotions and Publicity Person Position. Okay, we'll let you change the title to something befitting the position. I will help you to recruit a committee so that you do not actually have to do anything. In fact, I will be a committee member and you can tell what to do.

This idea is not new but the thought of creating a committee is. This will reduce the individual load and, at the same time, increase the level of activity. This committee will be self-defining, since there is no current mandate or protocol. But there is a reason to develop the committee and some of the committee action should be defined by that reasoning. First is to improve the participation at our club events. This will be accomplished by working with race directors to make sure that our events are promoted by cultivating the means available and developing new means. That would entail making sure that events are published in or by any appropriate method, i.e. Press Democrat, The Schedule, other local publications as practical, distributing fliers at health clubs, gyms and athletic wear outlets. By getting a committee together, several people, contributing only a few hours a month will accomplish what would take one person days. Secondly, greater participation may lead to enlisting more people to share the load of carrying on club work. There is a lot more to making this club work than paying membership dues and race entry fees. Without the voluntary contributions of the few, the many would not be served. So for all of those who have yet to make any meaningful contribution to your club, this is your opportunity. If you are ready to help out (remember when you joined and checked that little box "Interested

in Volunteering) or even thinking about it give me a call at 291-0937 today.

In other news: We are making progress on our community bulletin boards. We have three slated to be up before the end of April. If all goes according to plan we will be displaying club information at Montecito Health Club, Fleet Feet and Stan Bennett's Gym on Santa Rosa Avenue. We will be looking for other, appropriately oriented businesses with whom to partner.

There are rumors afloat that there are more runs in the planning to get us out of our ruts. It has been suggested that Hutch might take us out to see the elk with at rerun of the Bull Run sometime in early June. Doc has suggested that early May would be a good time to revisit the Palisade/Oathill Mine run. This hilly 11 miler is not for everyone and I think that Doc has a 5 mile variation in mind for the tenderfoot.

And finally, the website committee is making a lot of progress on a host of changes. I do not want to steal their thunder so I am not going to go into detail about what they are doing. But I do want to make sure that credit is given for the work that they are doing. The changes are many, complex and will give us a great, flexible and useful website with many advanced features that we do not now have. I have met with this remarkable group: Dan Preston, Ty Strange, Dale Peterson, Jerry Lyman and Larry Meredith, and listened to their sage technical advice and discussions. Then after all of the discussion everyone goes home and Dan does all of the work. Thanks for the Herculean effort Dan, and to the rest for showing up.

Prezmo

Flame – On!!

Saturday March 5th marked the inauguration of the new Santa Rosa High School *all-weather* track.

To mark the occasion our own **Doug Courtemarche**, alumnus **Darryl Beardall** and **Bill Fisher** along with another gentleman ran a short torch-relay around the new synthetic surface.

Adding more than just a little style to the event was the fact that the torch they carried was one in the same as the very torch that Doug carried as part of the 1996 Atlanta torch relay. It must have been quite a sight!



Empire Runners February 2005 Club Meeting

President **John Royston** called the February 2005 meeting of the Empire Runners to order at 6:30pm on February 24th, 2005.

Secretary's Report:

Secretary **Lars Andersen** read the minutes from the January 2005 club meeting. They were approved as read.

Treasurer's Report:

Treasurer **Michelle McConnico** reported on the club's finances. Starting balance \$8,435.00. Ending balance \$5,868.00.

Recent Events:

Valley Ford: **Larry Meredith** reported that there was 16 teams (64 runners) which is a bit less than we have had in the past. **Bob Shor** said that the event lost a little bit of money because of expensive porta-potties. According to **Jerry Lyman**, more publicity could probably get us 25-30 teams.

Davis Stampede 5K: **Carl Jackson** reported that this was a good event, despite an uneven pavement that caused him and many other runners to fall.

Upcoming Events:

March for Music: March 12th.
Ilsanjo Classic: March 20th. Like last year, Healdsburg High School will help out. **Dave DeSelle** could use help with registration and possibly with placing the course monitors on the course.
Creek Clean-Up: April 9th.
Loop de Loop: April 16th.
Spring Sprint: April 24th.
The Human Race: May 7th.
Spring has Sprung: May 14th/15th.
Sugarloaf Summer Solstice Relay: July 15th.
Salmon Creek: Date TBD. **Eric Bohn** will be the race director.
"Short Ultra" In Annadel: Date TBD. The first year, it will probably be a low-key trial event, perhaps with by-invitation-only participation of local ultra runners.

Old Business:

Dan Preston has started to contact some of the walkers in the area to champion the inclusion of walkers in the club. He will report back at a later meeting.

John Anderson is retiring as Permits & Insurance Chair. He will reluctantly keep doing the work until a replacement is found. **John Royston** will approach **James Devine** who had expressed interest in helping out the club.

John Royston displayed a prototype for a bulletin board which could be used to promote the club at various fitness clubs. One of these costs about \$25, and we will buy as many as needed. **Dale Throwbridge** volunteered to contact Bennett's Gym in Rohnert Park. By the next meeting, **John Royston** will follow up with all the members who volunteered to contact local fitness clubs. See the minutes of the January club meeting for details.

Jerry Lyman reported that him and **Dan Preston** are working on updating the club's membership database. He also inquired about the idea of publishing the newsletter either via e-mail or on-line. **John Royston** will set up a meeting for the club's website committee.

Jon Hermstad suggested the creation of an Empire Runners license plate frame. He volunteered to look into the costs and report back at the next meeting.

New Business:

John Royston pointed out that the executive committee is empowered to conduct club business outside of the regular monthly club meetings. This could potentially expedite club business.

Outgoing Grand Prix Czar **Dale Peterson** honored **Bob Shor** with a plaque as 2004 Grand Prix Volunteer of the Year. **Eric Downing** will be the new Grand Prix Czar.

Raffle/Drawing:

Raffle: **Dale Peterson** (\$18).
Drawing: **Tim Stewart** (\$20, not present).

Slide Shows:

Larry Meredith showed a slide show with both old and new photos from road and cross-country races.

John Royston showed a slide show from Point Reyes.

Newsletter:

The March newsletter was folded, stapled and stamped.

Attendance:

Lars Andersen, Dave DeSelle, Bill Browne, Thermo, Super G, Runner Liz, Bob Shor, Sledge, Michelle McConnico, Bob Finlay, 409, Danger Downing, Dauge, Weeeeeeeeeeeezle, Bob Rogers, Neil Pinkerton, WrongWay, Don Sampson, Stephen Starkweather, Carl Jackson, Tenzing Sherpa, Dale Throwbridge, Pappy, Tori, Larry.

Respectfully submitted,
Lars Andersen

2005 Nike ACG

United States National Snowshoe *Kincaid Park, Anchorage, Alaska*

The 10K Snowshoe Nationals were a lot like running the Dipsea race. The successful racer needs to be fearless as well as reckless on the downhill and know how to pass the other snowshoer's on the narrow trails. I have been a recreational snowshoe jogger for two years while my kids would snowboard. It is great exercise when you have resistance training at altitude. Last year Eric Bohn told me about snowshoe racing when he did the National race at Squaw Valley and said the 2005 race would be at sea level.

I signed up for the qualifying race at Squaw Valley in January with my daughter Rita who did her first Dipsea last year as an eight year old. The qualifier was my slowest 10K by 45 minutes (1:31) due to three feet of new snow and a brutal ski slope you ran up and down. Rita was smart and passed on the first race and ran the qualifier three weeks later. She was the youngest qualifier at the National Jr. 5K. Rita had never worn snowshoes before her qualifying race. Two other Sonoma County races joined me in Anchorage – Kenny Brown and Eric Bohn as well as the Tamalpan John Stauffer. Another Tamalpan Mary Fagan also qualified but could not get to Alaska.

The 10K started under cloudy skies in 37-degree temperature with 76 races from seventeen states. I settled into the middle of the pack as many sprinted the first two hundred yards up hill. The first two miles was on groomed XC ski trails and I worked on not falling and getting my rhythm. I passed about six races in this section before we hit the cross-forest single track. For the next four miles I traded places with the Colorado runner Brian Gunnarson, he passed me on the up hills and I passed him on the flats. The forest section was hilly with many sharp turns and made me feel like I was running the Dipsea. The last mile plus was a steady uphill on groomed track and I was able to pass three more races and finish 19th place and second in my age group (Silver Metal). Kenny finished 1st and Eric was 2nd in their age groups.

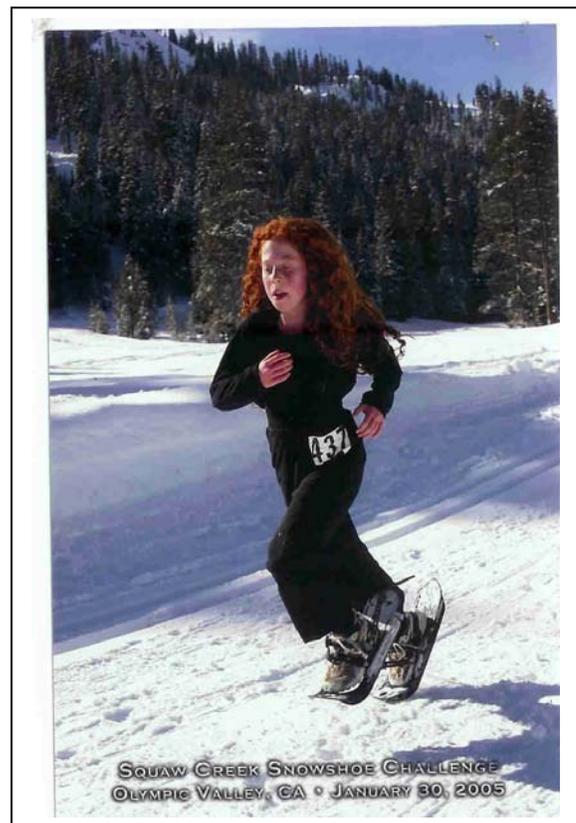
Rita had been fighting a cold all week so she was low on energy but in the competitive spirit she gave her best effort. There were five girls under 19 who qualified for the Nationals and three were sixteen or older and the other one was twelve. Rita finished three and half minutes behind the twelve year old and was 5th place. Look for her to move up in the standings over the next ten years especially if she keeps running the invitational Dipsea.

On Sunday Eric, Kenny and I joined Mike Decker from Minnesota for the 4x 2.5K relay race. We all had sore quads and felt like we had run a hard 20 miles race the day before. We were matched against an awesome team of: John Clark, Mike McManus, Tom Borschel,

and John Clark. Mike McManus is the all time record holder for the fastest times in the Dipsea and Tom Borschel has the Mt Tam Hill Climb record (~30 minutes) and wants to do the hill climb when he turns 50 in three years. Tom competed in a 50K skate skiing race that morning to give us a fighting chance. Due to poor markings four of the races (including myself) either added or took off some of the course but we finished in a dead sprint with the other team and won the National Championship Relay my 2 seconds. It was an honor to race with my teammates and against such good competition. We all looked forward to next years snowshoe races. I hope we see more Empire and Tamalpan runners at those races.

Race Results:

<http://www.snowshoeracing.com/home.htm>



**Rita Purcell, youngest qualifier at
the National Snowshoe Champs!**

Way Too Cruel

One man's encounter with the world of Ultra-Running

A Week before the Big Race

How long is a long race? Some would say ten miles is a long race while others might say thirteen, twenty or twenty-six "point" two. Personally I have been in very long races that were much shorter. I particularly remember a certain 12K that seemed to be positively interminable. Races come in several typical categories: track events, 5Ks, 10Ks, Half-Marathons, Marathons and Ultras. I have competed in all of these categories except one – the Ultra. But that is about to change. As I sit here writing, it is only about 11 days until my first ultra – the Way Too Cool 50K.

Why in the world would I do this? Well, three reasons come to mind 1) I want to live the ultra experience so I can write about it 2) I needed a goal to keep me doing long runs all year round in preparation for a fall marathon and 3) My ego wants me to be able to say that at one time or another I have competed at every distance between 50 meters and the Ultra. Okay?

So, being a sort of running idiot savant, I recognized early on that this ultra business was not quite the same gig as a marathon. Not just longer but typically on rougher terrain and requiring specialized preparation and training. So, I after I decided to run (idiot) I sought advice from our very own **Eric Bohn** (savant).

Eric explained early on that it is vital to a successful race, to train like you were going to run on race day. Conserving energy, eating whole food while on the run and above all else to always keep moving. Slow and steady really does win the race apparently! Eric stressed the importance of getting in several very long runs in which the most important thing was to simply be on my feet for at least 4 hours. So I ran for 4.25, 4.5 and 4.75 hours. I threw in a fair amount of walking, lots of food and water, and a keep-on-moving attitude.

Training seemed to go well. I learned how to eat and drink and run at the same time, though the pace was quite slow on these monster training runs. I fooled around with different hydration options and finally settled on a Camelbak waist-pack system that will allow me to carry 1.4 Liters of water with no sloshing and both hands free. I will be carrying at least two bagels, 5 or 6 Gu packets and a Powerbar or two. Also there will be several aid stations along the way and we get to leave a designated "drop-bag" with items we may want at the 26.2 mile mark (cyanide pills?). Hopefully learning to run and drink at the same time will pay off in faster aid-station visits when I get back to marathon training in the fall.

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Way Too Cool will be run on trails adjacent to the American River. I can expect hilly terrain, not too high (less than 2000' at the highest point) a fair number of trees and lots of mud! There will be over 400 people on the course so I don't expect to have to run alone much of the time. I am driving up the Friday before and not coming back home until Sunday – staying at the exclusive Auburn

Motel-6.

It should be a very interesting experience indeed!

The Race – March 12 2005

For months I had been hoping that it would not rain the day of the race. I guess I hoped a little too hard because the week previous saw record temperatures across northern California. Heat became the wild card. If I had a magic-wand I would have used it to make it cooler. But what can you do? Just try to adjust. For me that means running slower, drinking more fluids and trying to avoid expending extra energy.

Way Too Cool has to be one of the best-organized runs I have ever had the pleasure to participate in. Everything from race-packet pickup to parking to course monitoring to aid-stations to timing was efficient and professional. Apparently new this year was chip-timing which made the finish chute a very brief pause on the way to the food! I think we should consider this as an option at Kenwood.

The erstwhile mining town of Cool is located about six miles east of Auburn in the Sierra foothills. Except for the American River and its meandering canyon, the terrain is very similar to that found in Annadel. The race takes part primarily in the Auburn State Recreation area, but begins and ends at the Cool fire station.

The race starts on a flat paved-road and continues thusly for about a mile or so. Then it turns abruptly onto a wide dirt trail or road, which shortly turns to single-track trail. Early on I tried very hard to go super slow and when the whole group began to walk on the uphill sections I walked right with them. The first aid-station is right on Hwy 49 after which you cross the road and immediately ascend the very narrow and rocky Western States Trail. Because of recent storms this section was exceedingly muddy and slippery. It was hard to walk let alone run. Fortunately the footing soon got better and we had a long section that turned out to be the easiest going of the day with some of the best views of the American River off to our left at the bottom of the canyon. But all good things come to an end and we soon were walking up the very steep Brown's Bar Trail. On and on we went crossing a myriad of small streams most of which we were able to

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Way Too Cruel (continued)

ford without getting our feet too wet. Along this section I decided to pick up the pace and passed a lot of runners – feeling like I had to make up for so much walking – this would prove later to have been a tactical error. Several miles later I suddenly realized that a runner was coming towards me. Surprised I gave him what room I could and continued on now realizing that it was the lead runner heading back after doubling back over this section of the course. He was already about five miles ahead of me! A short time later the second-place runner zoomed by and finally, just as I was approaching the Auburn Lake Trails aid-station (14.45 miles) the third-place runner went by as well. I was a little disappointed hoping to have reached this spot before the leaders came back through. After being jokingly chastised by the aid-station crew to “get out of our aid-station”, I headed up a long series of switchbacks on one of the more challenging sections of the course so far.

What goes up, must come down I heard someone say and sure enough we were soon at the precipice of the aptly named Waterfall Trail. It was dry, but straight down over a series of rocks and boulders and exceptionally slippery. I was passed by a few folks on this section choosing to be very conservative in my running – that is walking – in order to avoid sprains, strains and abrasions. Hallelujah we finally hit Dead Truck the 20-mile aid-station and unofficial “half-way” point on the course. The implication being that the last eleven miles are roughly equal to the first twenty – scary! At this point in the race I still felt that I had a good shot of finishing in 5:45 – slower than my hoped for 5:30 – but considering the heat not too bad. However, we were about to head up the truly heinous “Ball Bearing” which is less than a mile in length but virtually straight up. Much of this trail was more like climbing than walking and meanwhile the clock just kept ticking. Finally at the top, we were able to resume running, but for me it suddenly was becoming much more difficult. The next stop was Goat Hill aid station, 26.2 miles!

In a way I was glad to finally be running beyond the marathon distance - finally to be truly in the world of the ultra-marathon. But I was not glad about my time at this point of the run. I had now been out on the course for 5 hours with about 5 miles to go. The worst thing was that it took me almost an hour and one-half to go 6.2 miles! I could only hope that the terrain would become better up ahead, but I knew that we would soon be backtracking over the slippery mud-filled trenches of the Western States Trail. Soon somewhere on this section I began to feel the first telltale twinges in my calves and quads. I had been drinking what seemed like a lot of Gatorade (carried in my Camelbak), GU-02 (at the aid-stations) and taking electrolyte capsules, but even so the heat was

beginning to take its toll. Later I learned that it was 47 degrees at the start of the race but the mercury had quickly risen to 81 degrees. The worst thing was that although I had been diligent in walking the uphill sections, it was now the downhill sections that were bothering me the most. Too tired to pound uphill and too beat up to get any speed downhill I stumbled badly more than a few times expending what little precious reserve energy I had left avoiding falls. I had eaten about 5 GU packets, a PowerBar and one-and-one-half bagels up to this point but I was expending glycogen faster than digestion could produce more and my fuel tank was nearly empty.

I knew that the Hwy 49 Aid Station had to be drawing near for as on the rest of the course you could hear the commotion from half a mile away – plus I could hear the traffic on the road – as I slogged through the muddy trenches no longer trying to avoid getting my feet wet. Finally I was waived across the hwy and entered the last aid station. 1.7 miles to go proclaimed the sign. I looked at my watch and realized that if I could put on a modest effort requiring me to run about an 8:30 mile pace, I could still break six hours. However I also realized that I could not run more than a few yards at a time. My quads and calves were cramping hard and making it difficult to walk let alone run. Perhaps fearful of having to bale out altogether, I said aloud that I was going to finish even if I had to crawl. So I limped off up a series of cruel little hills hoping for the best.

One of the many runners who passed me as I limped along asked me how much further it was. I said that it must be about a mile, but I soon came up over a little rise and could see the finish line no more than four or five hundred yards distant. I tried to run and cramped. I fought off the cramps, walked about 20 yards and tried again. I kept doing this until I finally hit the last little stretch and managed to gimp and grunt in a sort of peg-legged shuffle finally completing the course in 6 hours 8 minutes and 47 seconds. A really slow run, but a really fast hike!

Post Mortem

After receiving my finisher’s medal and sitting on my tired rump for about 30 minutes I wandered over to the big tent full of food and drinks. I ran into **Brien Purcell** who was running for Tamalpa this day. Brien told me that my teammates **Mark Grismer** and **Suzanna Bon** had run well. Mark 18th overall in 4:18:19 and Susanna 37th overall in 4:36:46. For Brien’s part he was 19th overall in 4:18:36. Amazing! How anyone can carry that kind of speed over such a distance and on such terrain boggles the mind.

Way Too Cruel (continued)

After talking to Brien for a while I finally had some soup and spent the better part of the next hour and one-half alternately sitting and staring, walking around talking to perfect strangers and reviewing the results board. I even took the time to wander around the tiny little town of Cool thinking that it would be good to stretch my legs before rigor-mortis set in. I glanced around one last time and finally I crawled into the cab of my truck and headed back to my motel in Auburn where a hot shower and cold beer waited.

A few Daze later...

Well, now the race is but a memory. My legs are starting to feel okay again and already I have begun to think of ways I could have gone faster. So, I have determined that I will run this race again. Only this time things will be different. I will stay hydrated, spend as little time as possible in the aid stations and run slower but walk less! I'll train longer and harder and I'll get my time down to 5:30.

If you have done a couple of marathons and are looking for a new challenge, I highly recommend doing a "short" ultra like the Way Too Cool 50K. You have lots of time to get ready for next years race.

Sure this was a long article... but it was an even longer race!

DM Peterson

2005 Student Grant Fund Applications

The Empire Runners Student Grant Fund Committee is accepting applications from 2005 high school graduates that are going on to college. We will again this year award at least two grants of \$500.00 each with additional grants being awarded as funds permit. In the past we have awarded as many as four grants to deserving students per year. All Sonoma County graduates meeting the eligibility requirements contained in the application are encouraged to apply. Membership in the Empire Runners is not required. These grants may be used by the students however they wish to help with their college expenses. Applications are available in this months newsletter or on our web site at www.empirerunners.org. Applications should be postmarked or hand delivered by April 30th 2005 for consideration in this years grants. Announcements of awards will be made on or before May 15th 2005 and the Grant checks will be awarded at the Kenwood Foot Race on July 4th 2005.

(Grants – Continued)

These Grants are made possible in part through funding provided by Empire Runners Club membership dues. Five dollars of each membership fee annually goes toward these grants, however additional donations can be made by filling out the appropriate section on your membership renewal or by sending a check to the Empire Runners noting that it is for the Student Grant Fund. There is also a raffle held at each months club meeting to help raise money for the fund. Donations of any size are welcomed. The more money we raise the more we can help deserving students in their continuing education.

If you need more information on applying or donating to the fund please feel free to call the numbers listed below.

Bob Finlay, 544-2251, Alec Isabeau, 578-3025 Student Grant Fund Co-chairman.

Loop de Loop Scheduled

Date Set in Mud: April 16

Once again Doc n' Mojo Productions presents our annual spring sufferfest, the Loop de Loop! For those of you new to this planet (or if your intensive psychotherapy has finally succeeded in blocking all painful memories of this event), here's the scoop on the Loop de Loop: You (yes, YOU) will run, walk, crawl, slither and thoroughly enjoy 14 miles of Annadel dirt and rock (OK, 1.5 miles are actually paved), starting and hopefully finishing at the Cobblestone Trailhead on Channel Drive, on Saturday, April 16. This race is handicapped, so the older you are the more head start you get, while the fast kids like Eric Bohn, Kenny Brown and Eric Downing start last. Race starts at 8:00 a.m; cost is \$8, race day registration only. Of course we will shower all survivors with unique and valuable prizes and CASH CASH CASH!!! Scrumptious 3-year old stale cookies and luke warm plastic-tainted water will be served at the three eerily-similar aid stations on the course. Need more info? Contact Doc (578-3025) or Mojo (291-0937). See you there!

2005 Fleet Feet

EMPIRE RUNNERS GRAND PRIX

Men		Resolution Run				Valley Ford					
Place	Name	Division	Jan 1st	Feb 20th	Total	Place	Name	Division	Jan 1st	Feb 20th	Total
1	Kenny Brown	30-39	99	100	199						
2	E.J. Bohn	30-39	98	100	198						
3	Sean Fitzpatrick	30-39	97	100	197						
4	Eric Downing	30-39	89	100	189						
5	Larry Meredith	40-49	94	94	188						
6	Don Stewart	40-49	91	94	185						
7	Jerry Lyman	50-59	90	94	184						
8	Bob Finlay	40-49	88	95	183						
9	Bob Holland	60-69	83	97	180						
10	Brendon Hutchinson	60-69	85	93	178						
11	Bill Browne	50-59	84	92	176						
12	Don Sampson	50-59	79	96	175						
13	Dale Peterson	40-49	77	90	167						
14	Darryl Beardall	60-69	78	89	167						
15	Carl Triola	30-39	80	86	166						
16	Paul Peck	40-49	76	89	165						
17	Ralph Harms	60-69	72	88	160						
18	Carl Jackson	70+	71	88	159						
19	John Anderson	50-59	67	89	156						
20	George Urdzic	60-69	66	85	151						
21	J. K. Withers	14-19	100	0	100						
22	Clay Winkler	40-49	0	99	99						
23	Brice Winkler	14-19	0	99	99						
24	Dennis Fagent	50-59	0	97	97						
25	Mark Fitch	50-59	0	97	97						
26	Ty Strange	40-49	96	0	96						
27	Jon Hermstad	50-59	0	96	96						
28	Eric Nordvold	50-59	0	95	95						
29	Mike Wortman	14-19	95	0	95						
30	Bill Fisher	70+	0	94	94						
31	Jim Frazier	40-49	93	0	93						
32	Todd Bertalone	40-49	92	0	92						
33	Ian Inman	14-19	0	91	91						
34	Neil Pinkerton	40-49	0	91	91						
35	James Devine	30-39	0	91	91						
36	Ray Cataldo	50-59	0	90	90						
37	Dan Tuohy	60-69	0	88	88						
38	Ernie Bohn	60-69	0	87	87						
39	Peter Kirk	40-49	87	0	87						
40	James Lynch	40-49	86	0	86						
41	Dale Trowbridge	60-69	0	85	85						
42	Dan Preston	60-69	82	0	82						
43	Jeff Shaver	50-59	81	0	81						
44	Jim Gade	40-49	75	0	75						
45	Tenzing Sherpa	13 & Under	74	0	74						
46	Don Madronich	50-59	73	0	73						
47	Jim Ray	70+	70	0	70						
48	Dale Leyhe	70+	69	0	69						
49	Ben Bacon	30-39	68	0	68						

Women		Resolution Run				Valley Ford					
Place	Name	Division	Jan 1st	Feb 20th	Total	Place	Name	Division	Jan 1st	Feb 20th	Total
1	Lori Winkler	40-49	99	99	198						
2	Tori Meredith	40-49	97	95	192						
3	Shelly Lydon	40-49	100	92	192						
4	Robin Stovall	40-49	94	90	184						
5	Emily Deering	50-59	91	93	184						
6	Kristin Charles	14-19	95	87	182						
7	Leslie Curry	40-49	88	89	177						
8	Cathy Charles	50-59	85	87	172						
9	Pam Horton	60-69	86	85	171						
10	Leslie Howell	50-59	84	85	169						
11	Kathy Bisordi	30-39	0	98	98						
12	Anna Shaver	20-29	98	0	98						
13	Kitty Frazier	30-39	96	0	96						
14	Debbie DeCarli	50-59	0	95	95						
15	Liz Sinna	30-39	0	93	93						
16	Susan Baker	30-39	93	0	93						
17	Julie Moore	40-49	92	0	92						
18	Amy Gandy	50-59	0	92	92						
19	Lisa Anderson	30-39	0	91	91						
20	Sally Cataldo	50-59	0	90	90						
21	D Paleczny-Stevenson	50-59	89	0	89						
22	Sherri Guinn	50-59	87	0	87						

**Creek Clean-Up
Saturday April 9**

Now that the Empire Runners have "adopted" a portion of Brush Creek (the section running from Highway 12 down to the confluence with Santa Rosa Creek), it's time to turn our good intentions into really good deeds. Our first clean-up session will be Saturday, April 9, from 9:30 to noon. All we need to provide is enthusiasm and energy, the city and water agency will provide gloves, tools, garbage bags, etc. Our club will also provide food and beverages for all volunteers. Please come help and bring your kids: this is the kind of hands-on environmental stewardship that youngsters ought to be involved in, and it's certainly a worthy project for all of us local runners.

For those interested in a little pre-work warm-up, Mojo and I will lead a run up the creek path at 8:30. For more info call me (Doc) at 578-3025.





***EMPIRE RUNNERS CLUB of SONOMA COUNTY
STUDENT GRANT FUND 2005***

The Empire Runners Club of Sonoma County will award a minimum of two student grants in the amount of \$500.00 each to graduating high school seniors in the year 2005. At least one grant will be awarded to one male and one female graduate with additional grants being awarded as our funds permit.

To be eligible for one of these grants you must meet the following minimum requirements:

1. Be a graduate of any Sonoma County senior high school in the year 2005.
2. Have participated in a minimum of one year on a track and/or cross country team.
3. Be planning to attend college and run on a track or cross country team at that college. (Verification of enrollment may be required.)
4. Complete the attached application. (Use additional sheets if more space is required)
5. Submit one copy of high school transcripts with application.
6. Submit two letters of recommendation, one each from a teacher and a coach.

EMPIRE RUNNERS of SONOMA COUNTY STUDENT GRANT FUND 2005

APPLICATION

Please complete this form and submit it with a 500-750 word essay describing your running experience and your college academic and running goals and how you would use this scholarship. Applications should be mailed to Empire Runners Club Student Grant Fund, o/c Bob Finlay, 2922 Sonoma Avenue, Santa Rosa, CA 95405. Applications must be postmarked by April 30, 2005. If you have questions concerning this application you may call Bob Finlay at (707) 544-2251 or Alec Isabeau at (707) 578-3025.

Name: _____

Address: _____

Phone number: _____

Age: _____ Date of Birth: _____

Social Security #: _____

Parent's names and occupations: _____

High school attending: _____

Name and location of college that you are planning to attend:

Do you plan to run? Track: _____ Cross Country: _____.

Achievements or awards received for running:

Other information that you would like to be considered: _____

Applicant's Signature: _____ Date: _____

Announcements will be made on or before May 15, 2005.

NEWT SCOOT 1K RACE-GIRLS			Dv.
Place	Name	AgeGroup	Place Time
1	Jullian Van Riper	8	1st 5:11
2	Melane Mathewson	4	1st 5:23
3	Madison Pelosi	7	1st 6:00
4	Kara Curry	7	2nd 6:08

NEWT SCOOT 1K RACE-BOYS			Dv.
Place	Name	AgeGroup	Place Time
1	Ian Van Riper	5	1st 5:46
2	Michael Curry	6	1st 5:51
3	Jackson	6	2nd 6:07
4	Will Stewart	3	1st 8:26
5	Parker Jakel	5	1st 8:33
6	Teddy Stewart	1	1st 9:39

10-MILE ILSANJO CLASSIC-WOMEN			Dv.
Place	Name	AgeGroup	Place Time
1	Cathy Dubay	40-49	1st 1:08:18
2	Tori Meredith	40-49	2nd 1:17:31
3	Shelly Lydon	40-49	3rd 1:12:36
4	Kaarin Svensen	20-29	1st 1:21:55
5	Debbie DeCarli	50-59	1st 1:26:48
6	Carol Dubay	40-49	4th 1:27:31
7	Melissa Frediani	30-39	1st 1:35:04
8	Ann Dubay	40-49	5th 1:35:14
9	Becky Craig	30-39	2nd 1:35:18
10	Tuylla Robert	40-49	6th 1:36:43
11	Kajtia Svendsen	30-39	3rd 1:38:02
12	Cheri Shoults	30-39	4th 1:42:23
13	Surani Landon	40-49	5th 1:44:12
14	Debbie Beein	40-49	6th 1:44:16
15	Anette Navald	40-49	DNF

4-MILE NEOCLASSIC-WOMEN			Dv.
Place	Name	AgeGroup	Place Time
1	Val Sell	40-49	1st 28:25:00
2	Lori Winkler	40-49	2nd 29:34:00
3	Shannon Rich	12-18yrs	1st 29:44:00
4	Sara Jakel	19-29	1st 30:18:00
5	Leslie Curry	40-49	3rd 37:08:00
6	Kathy Bisordi	30-39	1st 37:14:00
7	Heather Green	30-39	2nd 39:13:00
8	Julie Moore	40-49	3rd 39:26:00
9	Cathy Jorin	40-49	4th 40:08:00
10	Joni Fallsone	40-49	5th 40:53:00
11	Pam Horton	60-69	1st 41:27:00
12	Lisa Anderson	30-39	3rd 46:51:00
13	Selena Manani	30-39	4th 53:39:00
14	Shern Detiolia	40-49	6th 53:39:00

10-MILE ILSANJO CLASSIC-MEN			Dv.
Place	Name	AgeGroup	Place Time
1	Kenny Brown	30-39	1st 1:00:52
2	Bob Shebest	30-39	2nd 1:01:26
3	Donny McClure	20-29	1st 1:02:53
4	James Devine	30-39	3rd 1:05:10
5	Terry Goetzel	50-59	1st 1:05:57
6	Steve Cleal	40-49	1st 1:06:27
7	Alec Isabeau	40-49	2nd 1:06:33
8	Todd Bertolone	40-49	3rd 1:07:13
9	Eric Downing	30-39	4th 1:07:38
10	Jerry Lyman	50-59	2nd 1:07:56
11	Larry Merdith	40-49	4th 1:08:43
12	Bob Finlay	40-49	5th 1:08:54
13	Ken Reid	40-49	6th 1:09:26
14	Mark Curran	40-49	7th 1:10:23
15	Jim Lynch	40-49	8th 1:11:27
16	Neil Pinkerton	40-49	9th 1:11:31
17	Peter Kirk	40-49	10th 1:12:45
18	Jim LaFrance	30-39	5th 1:13:24
19	Steven Starkweather	40-49	11th 1:14:22
20	John Cullen	50-59	3rd 1:14:34
21	Mike Quigley	50-59	4th 1:14:49
22	Mike Repp	60-69	1st 1:17:19
23	Dave Secchitno	40-49	12th 1:17:29
24	Bill Browne	50-59	5th 1:17:56
25	Darrin Jenkins	30-39	6th 1:19:04
26	Doug Starr	50-59	6th 1:19:42
27	Joe Sanchez	40-49	13th 1:19:52
28	Paul Hadley	30-39	7th 1:20:32
29	Jon Hermstad	50-59	7th 1:20:59
30	Scott Montrose	40-49	14th 1:21:24
31	Jim Moore	40-49	15th 1:24:53
32	George Frazer	50-59	8th 1:25:20
33	Jeremy Olsan	40-49	16th 1:25:30
34	Buz Buckley	50-59	8th 1:36:18
35	Charles Hoagland	70+	1st 1:59:00

4-MILE NEOCLASSIC-MEN			Dv.
Place	Name	AgeGroup	Place Time
1	Don Nauman	40-49	1st 25:11:00
2	Don Stewart	40-49	2nd 25:50:00
3	Bruce Tuohy	19-29	1st 29:06:00
4	Carl Triola	30-39	1st 30:48:00
5	Sam Strobino	12-18yrs	1st 31:17:00
6	Don Sampson	50-59	1st 32:01:00
7	Vinny Fausone	12-18yrs	2nd 33:43:00
8	Jim Gage	40-49	3rd 34:26:00
9	Eric Norvold	50-59	2nd 34:32:00
10	Jack Fausone	under 12	1st 34:48:00
11	Aaron Fausone	40-49	4th 35:10:00
12	Dan Tuohy	60-69	1st 35:33:00
13	John Anderson	50-59	3rd 37:09:00
14	Ralph Harns	60-69	2nd 38:40:00
15	Teneing Sherpa	12-18yrs	3rd 39:38:00
16	Dale Leyhe	70+	1st 40:03:00
17	Tyler Ashton	12-18yrs	4th 44:17:00
18	Super Urdzik	60-69	3rd 45:31:00
19	Todd Frediani	30-39	2nd 57:27:00
20	Matt Spadia	19-29	2nd 1:05:10
21	Dale Trowbrdige	60-69	NT

Spring Sprint

3K RUN / WALK

Benefiting SSU Women's Track & Field Scholarship Fund

8:00am SUNDAY, APRIL 24TH

2235 Mercury Way – Off of Corporate Center Parkway in Santa Rosa

TO REGISTER: Fill out the bottom portion of the form, mail the form along with your money to:
Fleet Feet Sports at 6433 4th Street, Santa Rosa, CA 95405 – 707 569-1494

Pre-Race day registration is: \$20 (with a shirt) and \$15 (without a shirt)

Race-Day registration is \$20 (no shirt). Registration begins at 7:00am

Age Divisions:

- 19 and under
- 20-29
- 30-39
- 40-49
- 50-59
- 60 +

Prizes:

- Prizes will be awarded to the top male and female winner of the entire event as well as the top 3 finishers of each age division!
- There will also be a raffle for all participants after the race!

SPRING SPRINT 3K RUN / WALK

Age: _____ Birth Date: ____ - ____ - ____ Sex: _____ Team: _____

Please Print

First Name: _____ Last Name: _____

Email: _____ Telephone: (____) - _____ - _____

Address: _____ City: _____ State: __ Zip: _____

T-Shirt Size (Please Circle): Sm Med Lrg XL **Entry Fee is Non-Refundable and Non-Transferable**

Waiver: (must be signed) In consideration of the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against USATF as the event principals, the city of Santa Rosa, all sponsors and their representatives and any and all claims of damages, demands, actions, whatsoever in any manner, as the result of my participation in the Spring Sprint 3K Run/Walk including , but not limited to any injuries I might suffer. I acknowledge that I am aware of the inherent risk in participating in an athletic event of this type. I attest and verify that I am physically fit and have sufficiently trained for competition in this event and that a licensed medical doctor has verified my physical condition. Furthermore, I hereby grant full permission to any and all of the foregoing to use my name, voice, and or picture in any broadcast, advertising, promotion or other account of this for any purpose whatsoever. I understand that my entry fee is non-refundable and non-transferable.

Signed: _____ Date: _____

If athlete is under 18 years of age, the parent or legal guardian must sign this waiver. This is to certify that the above minor has my permission to compete in the Spring Sprint 3K Run/Walk is in physical condition to compete and that the race officials have my permission to authorize emergency treatment if necessary.

3rd Annual Spring Has Sprung! Run 5kRun 10k Run

Hidden Valley Lake, California

Saturday May 14th, 2005

8:30am

(6 miles north of Middletown)

Take Hartman Rd. exit off of Hwy 29

Hosted by Hidden Valley Lake Milers Running Club

For complete information

and to download registration form

Go to www.hvlmilers.com

- Fast, flat, 5k RUN with Kid-friendly age divisions
- 5K Fitness Walk
- Challenging 10k Run with varied terrain & great views
- Free Raffle
- Cash prizes to 1,2nd,3rd Overall M/F 5k/10k run
- Custom Medals to 1st, 2nd, 3rd place each age division
- Choice of unisex tank or tee

Race Director: Jeanine Burnett

Phone: 707-987-3229

Email: jmburnett2@mchsi.com

**A large portion of this year's Race proceeds will benefit Middletown H.S.,
Lower Lake H.S., Kelseyville H.S.,
& Santa Rosa Christian H.S. Cross Country Teams**



Timing by Ready Set Go www.rdysetgo.com

Race results will be posted on allsportcentral.com

April 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>27</p> <p>10M at medium pace 7:45a Carpool from Montgomery HS or 8:15a Meet at Lake Sonoma Visitor's Center 8:30a Start run from "No Name" trail</p>	<p>28</p> <p>6M at comfortable pace 7:00p 1932 Yolo Court, SR</p>	<p>29</p> <p>12x400m@2M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>30</p> <p>7M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>31</p> <p>7M total with 3M (18-22 min.) at strong pace 4:30p Howarth Park</p>	<p>1</p> <p>6M at comfortable pace or Off</p>	<p>2</p> <p>3M total with 10x20 sec. @ 2M GP, jog 20 sec. Race: Carneros Vineyard 5K & 10K, Napa 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
<p>3</p> <p>12M at medium pace 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>4</p> <p>6M at comfortable pace 7:00p 1932 Yolo Court, SR</p>	<p>5</p> <p>3x800m@2M GP, 6x400m@1M GP; jog half-distance after each 5:30p 3390 Princeton Drive, Santa Roa</p>	<p>6</p> <p>7M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>7</p> <p>10M total with 4M (23-28 min.) at strong pace 5:30p Howarth Park</p>	<p>8</p> <p>6M at comfortable pace or Off</p>	<p>9</p> <p>Brush Creek Cleanup Day! Footbridge near Hampton Estates 8:00a Group Run 9:30a Cleanup Begins - food & beverages provided</p>
<p>10</p> <p>12M at medium pace 8:30a Parktrail Drive at Summerfield Drive</p>	<p>11</p> <p>4M at comfortable pace 7:00p 1932 Yolo Court, SR</p>	<p>12</p> <p>20x200m@1M GP; jog 100m after each 5:30p 3390 Princeton Drive, Santa Roa</p>	<p>13</p> <p>7M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>14</p> <p>8.5M total with 10x1 min. at strong pace 5:30p Howarth Park</p>	<p>15</p> <p>5M at comfortable pace or Off</p>	<p>16</p> <p>14M race ERGP Race: 8 a.m. Loop-de-Loop 14M Trail Race, Channel Drive, SR</p>
<p>17</p> <p>13M at medium pace Race: Just Go! 10K & 5K, Santa Rosa 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>18</p> <p>6M at comfortable pace 7:00p 1932 Yolo Court, SR</p>	<p>19</p> <p>3x1M@5K GP; walk 200, jog 600 after each 5:30p 3390 Princeton Drive, Santa Roa</p>	<p>20</p> <p>6M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>21</p> <p>11.5M total with 20x40 sec. at strong pace Newsletter Deadline: Jerry Lyman, Editor 5:30p Howarth Park</p>	<p>22</p> <p>4M at comfortable pace or Off</p>	<p>23</p> <p>2M at comfortable pace or Off 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
<p>24</p> <p>8M at medium-strong pace 8:30a Parktrail Drive at Summerfield Drive</p>	<p>25</p> <p>6M at comfortable pace 7:00p 1932 Yolo Court, SR</p>	<p>26</p> <p>16x300m@1M GP; walk 50, jog 50 after each 5:30p 3390 Princeton Drive, Santa Roa</p>	<p>27</p> <p>5M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>28</p> <p>8M total with 3x3 min. at strong pace 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p>	<p>29</p> <p>6M at comfortable pace or Off</p>	<p>30</p> <p>8M total with 4M at strong pace 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>

Empire Runners Club

2345 Hilltop Ct.
Santa Rosa, CA 95404



MARK YOUR CALENDAR!

Sun Apr 17	Loop de Loop – Cobblestone Trailhead – Annadel State Park 8:00am
Thu Apr 21	May Newsletter Deadline – Jerry Lyman Editor – pigfete@aol.com
Sun Apr 24	Spring Sprint – Santa Rosa 8:00am
Thu Apr 28	Club Meeting – Montgomery Village Round Table Pizza 7:30pm
Sun May 22	Jackrabbit Derby 3 Miler – Spring Lake Park S.R. – 8:00am

2005 CLUB OFFICERS

President John Royston 707 538-1418 1mojo@sbcglobal.com	Vice President Val Sell 707 539-1085 rn4zhills@sbcglobal.net	Secretary Lars Andersen 707 568-3948 lars.andersen@juno.com	Treasurer Michelle McConnico 707 579-9314 michmcco@earthlink.net
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