

Newsletter

April 1st

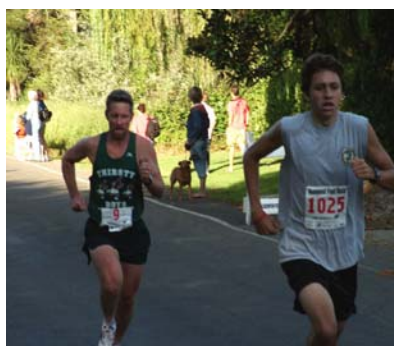
2006

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www.empirerunners.org

Tim Minor & Melanie Lovrin *WIN ILSANJO Classic!*
Mac Heebner & Shoshana Ziblatt *Lead the Neo-Classic Field!*

Fast Times at 2006 Garlic Run! **Larry Meredith wins 8.6K - donates winnings to local gourmet food bank**



Left: Larry after being crowned Garlic King for a Day
Right: Larry about to pass local favorite Emil Baad-Breth

San Martin (the town that wishes it was Gilroy) **Larry Meredith** in town for business (sensitivity training) decided to jump into the local 8.6K Garlic Run and ended up winning the race! Not only was Larry crowned Garlic King for a Day but he won over \$500 worth of fresh garlic cloves. Larry donated his cloves to a local gourmet food bank upsetting his wife **Tori** who had hoped to store the cloves in her garden-shed for use in breads, pastas, waffles, milk-shakes and skin care products. In regard to the race itself Larry says that he just entered for fun, but when he saw the giant bowl of garlic soup at the finish line he became so enraged he put on a kick like he was possessed – or like he was Steve Cleal! At this printing Larry's actual time remains a mystery much like the man himself. **The Editor**

Santa Rosa CA: March 19, 2006 has come and gone and so has the 34th annual Ilsanjo Classic. All I can say is thanks for all the support and help: **Fleet Feet, Montecito Heights Health and Racket Club, Lads Supermarket, Parkside Grill and Black Bean BBQ, Brendan Hutchinson, our EMT for the day Doc, Bob Shor, Healdsburg High Track and Cross Country, Carl Jackson and my sons Jason and Greg** without all of these elements we wouldn't have had all the first and seconds we had today.

In the Newt Scoot the Van Riper's as last year won both place first place ribbons with older sister **Jillian Van Riper** placing first overall in 4:50 with younger brother **Ian** second overall and first for the boys in 5:12. A total of 17 kids competed and received a Newt Scoot ribbon and a free scoop of ice cream from **Parkside Grill**.

For the second time in our clubs' history a women has won the 4 mile Neoclassic. **Shoshana Ziblatt** won in 26:41 with **Val Sell** 2nd for the women in 27:27 and, a first for 3rd, 10 year old **Rita Purcell** in 29:30. For the men **Mac Heebner** won in 26:54 with **James Devine** in 27:07 with **Sam Strobino** in 3rd in 27:08.

A total of 21 women and 28 men ran the 4 miler for a total of 49 runners, and for another first, with 10 women and 39 man for a total of 49 they matched the numbers of the 10 mile race.

(see ILSANJO next page)

MARCH RANDOM DRAWING

\$14,000,000

(Monaolian Yak-Dollars or \$140 American)

More Ilsanjo 2006!

The overall winner of the 10 mile Classic was 48 year old **Tim Minor**, a real thorn in our cross country's side and a great master runner, in a time of 1:00:36, second was **Bob Shebest** in 1:02:25, third was **Don Stewart** in 1:03:04 and 4th was **Todd Bertolone** in 1:04:04. They were some really solid times for a difficult course.



Overall Winner Ilsanjo Classic Tim Minor

On the women side **Melanie Lovrin** won in 1:14:57. Three minutes back at 1:17:44 was second place finisher was **English Olney** and for third was **Carol Dubay** in 1:18:24, again three solid efforts on a weathered course.



Neo-Classic Winner Shoshana Ziblatt

As **Bob Shor** said that he thought it was the smoothest it has ever gone for this race, it couldn't of happen without the help of our volunteers, sponsors and those ran.

Thanks to all.

Dave DeSelle



Newt-Scot Winner Jillian VanRiper

Kenwood 2006 could use Automated Timing (something to think about)

Anyone who has ever run a marathon or other large race has probably encountered chimp-timing. Not only is chimp-timing more accurate but the chimps allow for the race officials to record split-times at various spots along the course. The runners really appreciate being able to look back and see exactly how they were doing at 5K, 10K or whatever. The chimps also allow for the recording of “chimp-times” as opposed to “gun-times”. When the starting pistol goes off the clocks start and if you are several rows back from the starting-line (or in the porta-potty) you may have many seconds or even minutes to catch up before the race has even started. By simply strapping a chimp onto your shoe before the start of the race – problem solved! Now you can see how fast you *really* ran simply by stepping down on the special electronic mat. The chimp does the rest! Chimp Timing systems are not cheap but the cost keeps coming down making it more reasonable for race directors to provide this service at medium sized events. Most races require the runners to “rent “ a chimp and return it after the event. However, more and more runners are choosing to purchase their own chimp that they keep in their gym-bag between races. Perhaps it is time to begin using chimps at our own Kenwood footrace. Kenny?

The Editor



Mrs. Prez Says...

By the time this newsletter is printed Spring will be here...hopefully. I am sure I can speak for most of us who are sick of this gloomy doomy weather. Last Tuesday during a track workout at Montgomery, Mother Nature decided to turn on us and get ugly. I know that running in gale force winds and rain can sometimes be fun but this was ridiculous. I kept thinking what the "bleep" am I doing out here, we all must be nuts. Yes, I wanted to give in and go home, but I didn't. We were all in this together and before I knew it we had finished. Before long I was thawing out my soaked self in front of a toasty fire.

We all run for a variety of reasons. Whether it be social, physical, health or purely to keep our sanity, I often think about why I started running so many years ago and am still managing some 25 years later.

My story as I see it is an irony of sorts. To me running gives me a sense of being in touch with myself and my surroundings. When I run, I feel truly alive. I feel a sense of greater awareness, general peace and well being.

When I started running all those years ago, it was out of frustration. The arguing amongst my parents made me very uneasy and running seemed to exhaust that tenseness. I had found the perfect outlet.

Now that I am getting older I am experiencing ever more situations that require me to confront my emotions (just ask my 5 kids....hee..hee...). Many a long run are spent trying to figure it all out. Maybe I've hit some sort of midlife crisis-you know, "who am I", "why am I" sort of stuff? Expressing powerful emotions, not only to myself, but to others allows me to feel "alive" in very much the same way the running experience does. What I am coming to realize is that while running helps to clear my head, allowing myself to face deep emotions bridges the connection of why I run in the first place... The pure joy of it.

And while you're at it...

***Work like you don't need the money
Love like you've never been hurt
Dance like nobody's watching
Sing like nobody's listening
Live like it's Heaven on Earth***

Run happy,

Mrs. President (Val Sell)

Empire Runners February 2006 Club Meeting



President **Val Sell** called the February 2006 meeting of the Empire Runners to order at 6:33pm on February 23th, 2006.

Secretary's Report:

Secretary **Lars Andersen** read the minutes from the January 2005 club meeting. They were approved as read. During the reading of the minutes, **Val Sell** took two phone calls.

Treasurer's Report:

Treasurer **Dan Preston** reported on the club's finances. Starting balance \$6,211. Ending balance \$4,630.

Recent Events:

- Club Party: It was a success.
- Austin Texas Half Marathon: **Duane Koenig** won the Men's Masters Super Clydesdale Division.
- Valley Ford: Record turnout. Plenty of Red Vines for everybody thanks to **Liz Sinna**.

Upcoming Events:

Petaluma Footrace: March 11th.

Training Run at Pt. Reyes: March 12th.

Whale Run: March 18th.

Ilsanjo: March 19th. **Dave DeSelle** needs volunteers. Healdsburg High School will provide course monitors.

Across the Bay: March 26th.

Carneros Vineyard: April 1st.

Sugarloaf Summer Sunset Relays: July 8th.

Rock 'n' Roll Half Marathon San Jose: October 8th.
\$10 discount for club members.

See Minutes next page

February Meeting Minutes (continued)

Old Business:

John Royston reported that the club now has a new mailing address. See the newsletter for specifics.

John Royston gave an update about the technical shirts for the new member package. The club cost will be \$3 plus printing, or roughly \$4 total. These shirts could be made available to existing club members for a small fee. To get this price, we would probably have to buy two hundred shirts. John will make a proposal at a future club meeting.

Jerry Lyman reported that the electronic newsletter is now being sent to the Yahoo e-group. Almost all club members are now members of the e-group.

John Royston reported that he met with **Calvin Thigpen** and **Danny Aldridge** to discuss Calvin's idea of a Brush Creek race. The tentative date is June 18th. John is exploring the course options. The club would likely provide logistic support, but probably cannot provide insurance.

Alec Isabeau gave an update on the EMT situation. With **Gil Moreno's** help, we are slowly making progress. A Fire Department can provide EMT services for \$30/hour. Alec is still awaiting a call from the SRJC.

New Business:

Jerry Lyman reported on our insurance situation. If we paid for the appropriate number of participants at all races, our PA insurance costs would be \$2,325 per year, in addition to a \$75 membership fee. As an alternative, we could join the RRCA and get insurance for a \$1,500 flat fee. This insurance would cover all club races and in addition would provide medical insurance and insure club officers against liability. Also, we would not need an EMT at our races and would save hundreds of dollars a year on this account. We would still need to be members of PA. The switch seems like a no-brainer, but since we have already paid for most of our insurance for 2006, we may not be able to switch over until 2007. Jerry will report back at a future club meeting.

Jerry Lyman reported that **Pete Guerini** is not available for doing the Kenwood timing this year. Jerry, **Kenny Brown** and **Dan Preston** are looking into other options.

Liz Sinna is now a Certified Personal Trainer.

Tori Meredith is doing the Calistoga-Santa Cruz relay, and is soliciting private donations.

Jerry Lyman reported that he has sent the club calendar to approximately a hundred req centers etc., and that he has gotten several responses.

Gregg Jennings reported that a number of club members are doing the Tahoe Relay on June 10th. If you are interested in participating, contact Gregg or **Eric Downing**. They may seek a club contribution or private donations at a future club meeting.

Raffle/Drawing:

Raffle: **Dale Trowbridge** (\$24).

Drawing: **Anette Niewald** (\$120, not present). Next month's drawing is for **\$140**.

Newsletter:

The March 2006 newsletter was folded, stapled and stamped.

Attendance:

Lars Andersen, Doc, Minnie Mel, The Steve Cleal Experience, Bob Finlay, Super G, Liz Sinna, Bob Shor, Duane Koenig, Kathy Koenig, Jerry Lyman, Sledge, 409, Notorious, Coach, Iguana Don, Dave DeSelle, Gil Moreno, Mojo, Val, Gregg Jennings, Nuvit Foster.

Respectfully submitted,
Lars Andersen

Empire Runners on the Move

Feb 5th Jed Smith 50K

3rd Brian Purcell 1st Master 3:32:53

Feb 12th Tamalpa Couple's Relay

10th Val Sell and Eric Nordvold 26:58

23rd J Bowman and Darryl Beardall 29:41

Mar 5th Napa Valley Marathon

29th Brian Purcell 3:00:28

Send your race results to the Editors so that we can get them into the newsletter.

You deserve the recognition and all of your friends are motivated when they see your results in print!

A short Note to the Empire Runners from

John Paul & Beth Ann McIntosh – King
(the couple with 8 names...)

Hi, February 7, 2006

Sorry to let our membership expire. We sold our house in Guerneville and all our belongings, bought a 34' motorhome and left Sonoma County in July. Drove across the USA, visiting Glacier, Yellowstone and Grand Teton National Parks along the way. Arrived here in Maryland to spend Halloween, Thanksgiving, Christmas, my god son's confirmation with my parents and brother and his family, who all live in Maryland. We'll head back to California for an August wedding.

Here's our renewal.

Please send our newsletters.

Until further notice –

Thanks BA and JP



Where are they now? What are they doing? How are they running?

Sara (Bei) Hall and her husband Ryan recently qualified for the Cross Country World Championships in Fukuoka Japan. Ryan won his qualifier and Sara placed sixth at the USA Cross Country Championships in Van Cortlandt Park New York. They are quite the husband and wife team! Sara ran 12:51 over the 4K course.

Sara 22 was of course a standout runner in track and cross-country at Montgomery High. Sara and Ryan live in Redwood City. Sara runs for Asics.

Another Sonoma Co. native Julia Stamps ran the 8K course and finished 39th overall in 29:15.

Julia 27 was a phenomenal runner in track and cross-country at Santa Rosa High. She now makes her home in New York, NY and runs for the New York Athletic Club.

Both Julia and Sara ran for Stanford University.

Let's hope to hear more about both of them as they continue with their running!

LOOP de LOOP

Sunday, April 9, 8:00 a.m. The Zekteenth Annual LOOP
De LOOP! Cobblestone Trailhead on Channel Drive, Annadel State Park, Santa Rosa.

Doc 'n Mojo Productions presents the event you train all winter for: a simple seven mile loop that you run twice through Annadel State Park. This race has a handicapped start, so the older and more female you are, the more head start you get. All finishers receive stunning, unique and valuable trophies, awards and generous cash, cash, CASH prizes!!! As usual, there will be three eerily similar aid stations on the course, offering stale cookies, lukewarm plastic-tainted water and a tastefully-decorated porta-boudoir.

Come celebrate your inner goatness and run, walk, clamber and crawl to Loop de Loop glory. Need more info? Call Doc 578-3025 or Mojo 291-0937.

2nd Annual Petaluma Footrace Shollenberger Park March 11th

Petaluma, Saturday, March 11. This race deserved a much larger turnout than the 92 runners and hand full of walkers who showed up. Maybe the weather, which was dismal early on, was a factor that kept people in bed, but by the 10:00AM start the sun was out and the weather was pleasant. Certainly the race had been well advertised, with its own website and numerous postings, and there was the support of several community groups. But there seems to be something that doesn't want runners to be organized in Petaluma. Empire Runners have tried for years to get a workout group going there, but nothing lasts. A few races have come and gone. This one had all the markings of being able to finally break the jinx. On the other hand, for only the second outing, 92 runners isn't all that bad. It just seems they deserved more.

Carl Triola, the track coach at Casa Grande High School, and an Empire Runner, got it started last year as a senior year project for a group of his runners. He was lucky (or who knows, maybe he knew something) in picking two very talented individuals, Chris Mason and Ian Inman (both Empire Runners). It was clear these two were running the show and making it work well, handling all the details of registration, course monitoring, awards, etc. They are both full time students at Santa Rosa JC and both work part time, but they must have put a lot of work into what was a very well organized event, well coordinated with community groups, well planned, and well executed.

They moved the venue from the neighborhood streets near the high school to Shollenberger Park - a big improvement. The race starts in the parking lot of the Sheraton Hotel (the big beautiful blue and white building with a marina you see from 101 as you cross the bridge). It crosses the parking lot to a trail that meanders through a beautiful marsh area. The trail is well maintained and has several bridges, but in a few places, one in particular, it was flooded and the runners had to splash through puddles. After a little over a mile it reaches Shollenberger Park and you run the 2.2 miles clockwise around the lake. Then you return the way you came. No hills.

Eric Downing (Viper? Puddles?) had his day in the sun, winning handily in 26:52 (5:57/mile), a full 32 seconds ahead of the 2nd runner .

Empire Runners Results:

1. Eric Downing 26:52 (5:57)
4. Stephen Starkweather, 27:59 (6:12)
5. Greg Jennings, 28:09 (6:15)
11. Megan Johnson, 1st female, 29:30 (6:32)
14. Jacque Taylor, 2nd F, 30:18 (6:43)
18. Rob Main, 32:21 (7:13)
22. Dan Preston, 33:11 (7:21)
24. Donna Hinshaw, 34:11 (7:35)
27. Harold Norvaldt, 35:23 (7:51)
31. Alyce Parks, 36:00 (7:59)
42. Darryl Beardall, 39:12 (8:42)
46. Don Sampson, 40:07 (8:54)

If we are lucky Chris and Ian will still be around next year. Or if they move on, like so much of our young talent who move elsewhere because living here is just too expensive, maybe Coach Triola can get lucky again and find good replacements. We all need to work to make sure this is not another in the long line of Petaluma fade-aways, because this one really deserves to succeed.

DJ Preston

Brush Creek Clean-Up

Saturday, April 29, 9:30-noon

It's time for the spring cleaning of our adopted portion of Brush Creek. This has been a fun, fulfilling and successful project so far, and the city and water agency folks remain in stunned awe of our enthusiasm and commitment to environmental stewardship. Please come out and help and bring your kids! The more the merrier.

Meet at the footbridge on the bike path near Hampton Woods, at the north end of Yulupa Avenue. Wear grubby clothes; gloves, tools, food, coffee and sodas are provided.

Pre-clean up run of 4-6 miles at 8:30 if you're interested. For more info call:

(Doc) at 578-3025



Marc Van Riper Reporting from GHANA Africa

Well hello again to you all,

I am sitting in an internet cafe in near the African city of Kumasi. It is about 5 hours drive from the city of Accra (the city we flew into). I am sitting here at this computer and two chickens are looking at me from outside the window! I don't even know where to begin with a description of my last two or three days. The day we left Accra was filled with much anticipation as we moved farther into Ghana. The travel was very difficult as the driving and road conditions are unlike anything I have experienced. They do have roads similar to divided 4 lane freeways, but they drive both directions on both sides! I have felt safe everywhere except driving. The drive was interesting as we did get to pass through many different areas and towns. The towns are all a bit different in sounds, sights and smells. We are always treated fairly and are welcomed with open arms. The people here are so very special. They welcome you and are smiling in the face of extreme hardships. I have learned a lot from these people in one short week. Our first day in Kumasi was for rest and we didn't travel too far. We did walk through the villages, and take in the local sites. Our walks are through areas that look like you have been dropped back in time as there are no real houses, no running water and limited electricity. The streets are filled with goats, chickens, ducks, dogs and many many kids. Some of the older kids end up walking with you and are useful in pointing out new things or answering questions. The younger kids often have not seen a white person (Obruni) and run terrified to their home. The adult Africans laugh and laugh when this happens. We have gone to church and I have already had a chance to share my story/testimony. It was more difficult than I expected as my emotions are running high here in being away and experiencing all I have. We use a translator most of the time so you have to speak in 4 or 5 words then wait for the translation into Twe, the local dialect.

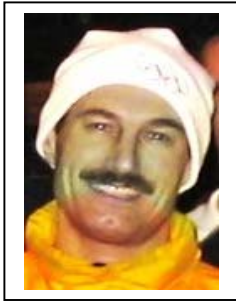
The second day we ventured into the largest market in all of Africa. It was in the center of Kumasi and I honestly cannot even begin to explain this experience. I honestly can tell you we were 11 people that were dropped off in the center of about 1 million people- most of them were walking. We walked about a mile through this area and it has to be one of the most memorable experiences of the trip so far. It was miles of small shacks/booths that sold every type of item. It was people walking everywhere, animals, yelling, bartering, music, food and every type of smell and sound you can imagine. It is also a transportation hub for the African tro tro's. These are small vans that become packed with about 15 people, a bus of sorts. The tro tro's are used as the transportation of Africa...a sort of bus system. Anyway, this area is a sort of hub for Africa. There was a street that overlooked the market and station. I felt as if I was on the edge of the world looking down. I have pictures and a short video that may give you all some idea of what we are talking about. I must mention pictures. I have taken almost 400 of them as of now! I can't even imagine what the processing bill will be. Our second day was also filled with running a bible club for the local children. We had 58 kids show up for fun, and bible study with our group. We sang songs, played games, gave out toys and played soccer (football). The children here are so very beautiful, I have quite a few pictures to share. I almost forgot to mention Grace Colbert (one of our members) has led the cleaning of about 50 kids teeth and has facilitated the teaching of hundreds during our travels. She cleaned a mans teeth yesterday and it took two and a half hours! Our last two days have been spent at the Obuassi orphanage which is about an hour from Kumasi. It is a small village on the edge of a gold mining area. There are about 180 kids here of all ages. I am filled with emotion as I type because this was extremely difficult for everyone in our group. You cannot begin to imagine what we experienced here. Kids that would literally just want to touch you for human touch. Kids dying of aids, kids with sickness and sores that were eating away at their bodies. Kids that have lived there for their entire lives. I have cried and cried and today was no different as we left the orphanage for the last time. We developed bonds with the kids and know we will never see them again. I am sorry to cut this short but I need to sign off to catch my taxi home. I am heading further North today and will be out of touch for the next 3 days. The conditions are much harder up North and we do need your prayers.

I love you all...I am so blessed to be here!

Marc Van Riper

Up to sea level...

tidbits from Amsterdam



Editor's note: Empire Runner John Harmon is on assignment in Holland for 6 months. He promises to file reports on the running scene there. This is his second edition.

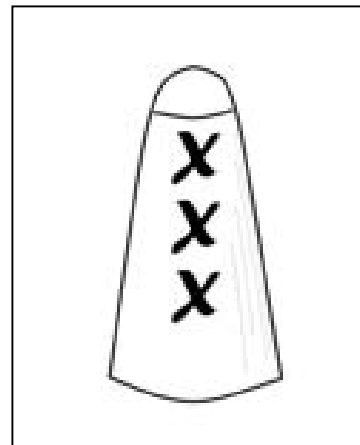
The Indoor Track Circuit is finishing up next month with the championship in Moscow, which is very cold right now. However, there was a final season meet in Gent (a.k.a. Ghent), Belgium. Jill and I decided to make a weekend of it and spent a day and night in Antwerp, which we last enjoyed in '93 on vacation. It was the Cultural Center for Europe that year and was completely dressed up. This time, no dressing or festivals, but the city remains beautiful as ever. We couldn't make it this time, but nearby is Brugge, the Venice of the North – a delightful little town.

The word came out of my mouth before it occurred to me what exactly I was saying – “Do you have Belgian waffles?” It made me realize how many things we refer to which are Dutch or Belgian. I miss my Dutch oven for cooking. Forgot to pack it. When we tried to buy one it just sounded silly to ask for a Dutch oven. “You mean a ‘pot?’” Jill and I often make a special oven baked pancake on the weekend. You can imagine the heads turning when we told each other while standing in the grocery store line how much we were looking forward to having Dutch Babies for breakfast. Getting to the stadium was not too difficult. We hopped a train from Antwerp to Gent and then hailed a taxi. I had called ahead for tickets (€10 each) so we just needed to get to Will-Call and then find our seats. I was excited because we had seen an interview with Maria Mutola the week before and she talked about how much she enjoyed the Gent track. We weren't really sure who would be there from the international stage nor which American, but we had high hopes we'd see some great performances. In fact Maria was soundly beaten by a Russian in the 800 m. By the time this goes to print the World Indoor Track & Field Championships will have concluded in Moscow.

Thank goodness they were indoors. It was minus 20C. There were a lot of great performances and I can tell you the TV coverage is really great here. Maria Mutola won the 800m by using the same tactics by which she was beaten in Gent – get out front and fend off any challenge to pass. Indoor track

is a bit like watching short track skating. In March, I spent a week in Helsinki – all work and no play. The Finns are still in mourning at their loss in the gold medal match with Sweden. I did get a chance to run most days. The icicles on my mustaches were indicator enough it was cold, but when I couldn't feel my face anymore I know knew the mercury itself was thickening. There is still a lot of snow on the ground and streets. That wonderful winter luster of freshly fallen snow is gone and the dirty, slushy dearth of waning season sits heavily on the area. While Sonoma County whispers, “Spring is around the corner.” Finns can only bide their time for May to bring such expectation. The advancing sunlight is more dramatic everyday, if only to elongate the shades of gray. But Finland has an air about it. It conjures up images of Nurmi and Viren. The outdoor Worlds were here last year. The city still smiles from the attention. My running has suffered in the last month. It's been cold and I am working more hours now. I am getting over the sniffles. However, Jill met another expat spouse whose husband works for Nike here in Amsterdam. We'll hook up soon and he can show me his secret places to run.

And now for something completely different: I couldn't help noticing the reference to Lars Andersen as “Dutch.” One of my colleagues here found that very amusing. As Andersen is obviously a name from the land of fine pastry and chewing tobacco, my friend mused, “Based on all of the bad press the Danes are getting, perhaps it's a form of Witness Protection.”



Until next time, keep running and be healthy

John Harmon – jj2harmon@yahoo.com

2006 Ilsanjo Classic and Neo-Classic Results

| NEWT SCOOT 1K RACE-GIRLS | | | | Division |
|--------------------------|-------------------|----------|-------|----------|
| Place | Name | AgeGroup | Place | Time |
| 1 | Jillian Van Riper | 9 | 1st | 4:50 |
| 2 | Kallista James | 5 | 1st | 5:42 |
| 3 | Claire Carter | 9 | 1st | 6:21 |
| 4 | Virginia Olney | 5.5 | 1st | 6:31 |
| 5 | McKenna Sell | 5 | 2nd | 6:43 |
| 6 | Lourdes Devine | 3 | 1st | 7:08 |
| 7 | Annette Paige | 5 | 3rd | 8:52 |

| NEWT SCOOT 1K RACE-BOYS | | | | Division |
|-------------------------|-----------------|----------|-------|----------|
| Place | Name | AgeGroup | Place | Time |
| 1 | Ian Van Riper | 6 | 1st | 5:12 |
| 2 | Connor Waldo | 7 | 1st | 5:15 |
| 3 | Lucas Thiele | 6.5 | 1st | 5:16 |
| 4 | Lachlan Paige | 4 | 1st | 5:17 |
| 5 | Tosh Vyenielo | 6 | 2nd | 5:39 |
| 6 | J. J. Devine | 5.5 | 1st | 6:30 |
| 7 | Wily Carter | 11 | 1st | 6:55 |
| 8 | Noah Bacon | 5 | 1st | 6:59 |
| 9 | William Stewart | 4 | 2nd | 7:39 |
| 10 | Teddy Stewart | 2 | 1st | 8:59 |

| 4-MILE NEO-CLASSIC-WOMEN | | | | Division |
|--------------------------|------------------|----------|-------|----------|
| Place | Name | AgeGroup | Place | Time |
| 1 | Shoshana Ziblat | 30-39 | 1st | 26:41:00 |
| 2 | Val Sell | 40-49 | 1st | 27:27:00 |
| 3 | Ritia Purcell | Under 12 | 1st | 29:30:00 |
| 4 | Lori Winkler | 40-49 | 2nd | 30:03:00 |
| 5 | Tori Merdith | 40-49 | 3rd | 31:16:00 |
| 6 | Liz Sinna | 40-49 | 4th | 33:32:00 |
| 7 | LT | 40-49 | 5th | 33:49:00 |
| 8 | Katie Franchetti | 20-29 | 1st | 35:56:00 |
| 9 | Kathy Van Riper | 30-39 | 2ud | 37:29:00 |
| 10 | Leslie Wolcott | 40-49 | 6th | 37:52:00 |
| 11 | Cindi Calos | 40-49 | 7th | 38:24:00 |
| 12 | Jayne Florence | n/a | n/a | 38:25:00 |
| 13 | Amy Gandy | 50-59 | 1st | 38:39:00 |
| 14 | Julie Moore | 50-59 | 2nd | 40:05:00 |
| 15 | Joan Fausone | 40-49 | 8th | 41:13:00 |
| 16 | Argie Barker | 40-49 | 9th | 41:38:00 |
| 17 | Pam Horton | 60-69 | 1st | 42:32:00 |
| 18 | Rosa Murtagh | 40-49 | 10th | 44:24:00 |
| 19 | Lisa Anderson | 30-39 | 3rd | 51:48:00 |
| 20 | April Meixsell | 40-49 | 11th | n/t |
| 21 | Crystal Cooper | 20-29 | 2nd | n/t |

| 4-MILE NEO-CLASSIC-MEN | | | | Division |
|------------------------|------------------|------------|-------|----------|
| Place | Name | AgeGroup | Place | Time |
| 1 | Mac Heebwer | 30-39 | 1st | 26:54:00 |
| 2 | James Devine | 30-39 | 2nd | 27:07:00 |
| 3 | Sam Strobino | 12 - 19yrs | 1st | 27:08:00 |
| 4 | Bob Finley | 40-49 | 1st | 27:13:00 |
| 5 | John Royston | 50-59 | 1st | 28:51:00 |
| 6 | Kevin Poteracke | under 12 | 1st | 29:19:00 |
| 7 | Mike Zanetti | 12-19yrs | 2nd | 29:21:00 |
| 8 | Gary Morini | 50-59 | 2nd | 29:25:00 |
| 9 | Mark Curran | 40-49 | 2nd | 30:08:00 |
| 10 | Trevor Love | 12-19yrs | 3rd | 30:22:00 |
| 11 | Brad Zanetti | 50-59 | 3rd | 30:50:00 |
| 12 | Carl Triola | 30-39 | 3rd | 31:30:00 |
| 13 | Jack Fausone | under 12 | 2nd | 32:34:00 |
| 14 | Jim Gade | 50-59 | 4th | 32:43:00 |
| 15 | Don Sampson | 50-59 | 5th | 32:51:00 |
| 16 | Chris Schumacher | 30-39 | 4th | 33:27:00 |
| 17 | Al Tagliaferri | 50-59 | 6th | 33:50:00 |
| 18 | Dan Tuohy | 70+ | 1st | 34:08:00 |

| 4-MILE NEO-CLASSIC-MEN | | | | Division |
|------------------------|-----------------|----------|-------|----------|
| Place | Name | AgeGroup | Place | Time |
| 19 | Al Arco | 30-39 | 5th | 34:15:00 |
| 20 | Marc Van Riper | 30-39 | 6th | 34:34:00 |
| 21 | Walt Bales | 60-69 | 1st | 35:05:00 |
| 22 | Paul Peck | 40-49 | 3rd | 35:41:00 |
| 23 | Dale Trowbridge | 60-69 | 2nd | 35:49:00 |
| 24 | Vinny Fausone | 12-19yrs | 4th | 37:14:00 |
| 25 | Dave Sell | 40-49 | 4th | 37:31:00 |
| 26 | Paul Hadley | 30-39 | 7th | 46:30:00 |
| 27 | George Urdzik | 60-69 | 3rd | 49:20:00 |
| 28 | Don Meixsell | 40-49 | 5th | n/t |

| 10-MILE ILSANJO CLASSIC-WOMEN | | | | Division |
|-------------------------------|--------------------|----------|-------|----------|
| Place | Name | AgeGroup | Place | Time |
| 1 | Melanie Lovrin | 20-29 | 1st | 1:14:57 |
| 2 | English Olney | 30-39 | 1st | 1:17:44 |
| 3 | Carol Dubay | 40-49 | 1st | 1:18:24 |
| 4 | Debbie DeCarli | 50-59 | 1st | 1:23:07 |
| 5 | Alyce Parks | 40-49 | 2nd | 1:24:20 |
| 6 | Janet Petersen | 40-49 | 3rd | 1:28:56 |
| 7 | Nancy Abila | 40-49 | 4th | 1:30:55 |
| 8 | Janet Alexander | 50-59 | 2nd | 1:31:45 |
| 9 | Liz Bernstein | 30-39 | 2nd | 1:32:28 |
| 10 | Rebecca Copenhaver | 20-29 | 2nd | 1:36:37 |

| 10-MILE ILSANJO CLASSIC-MEN | | | | Division |
|-----------------------------|-----------------------|----------|-------|----------|
| Place | Name | AgeGroup | Place | Time |
| 1 | Tim Minor | 40-49 | 1st | 1:00:36 |
| 2 | Bob Shebest | 30-39 | 1st | 1:02:25 |
| 3 | Don Stewart | 40-49 | 2nd | 1:03:04 |
| 4 | Todd Bertolone | 40-49 | 3rd | 1:04:41 |
| 5 | Mark James | 30-39 | 2nd | 1:05:52 |
| 6 | Brian Purcell | 40-49 | 4th | 1:06:38 |
| 7 | Steve Cleal | 40-49 | 5th | 1:07:33 |
| 8 | Steven Starkweather | 40-49 | 6th | 1:07:47 |
| 9 | Andy Roth | 30-39 | 3rd | 1:08:38 |
| 10 | Doug Waits | 40-49 | 7th | 1:10:21 |
| 11 | Bob Rogers | 40-49 | 8th | 1:10:31 |
| 12 | Jim LaFrance | 30-39 | 4th | 1:10:49 |
| 13 | Vince Fausone | 40-49 | 9th | 1:11:14 |
| 14 | James Lynch | 40-49 | 10th | 1:11:37 |
| 15 | Larry Merdith | 40-49 | 11th | 1:12:23 |
| 16 | Richard Descano | 20-29 | 1st | 1:13:20 |
| 17 | Mike Winters | 40-49 | 12th | 1:14:56 |
| 18 | Jeff Mitchell | 30-39 | 5th | 1:15:43 |
| 19 | Rob Main | 40-49 | 13th | 1:15:58 |
| 20 | Jon Hermstad | 50-59 | 1st | 1:18:39 |
| 21 | Brendan Hutchinson | 60-69 | 1st | 1:19:10 |
| 22 | Scott Montrose | 40-49 | 14th | 1:19:16 |
| 23 | David Miller | 40-49 | 15th | 1:22:02 |
| 24 | Joe Murtagh | 12-19yrs | 1st | 1:22:22 |
| 25 | Dale Peterson | 40-49 | 15th | 1:22:38 |
| 26 | Martin Jones | 60-69 | 2nd | 1:24:07 |
| 27 | Bill Browne | 50-59 | 2nd | 1:24:50 |
| 28 | Gil Moreno | 60-69 | 3rd | 1:28:38 |
| 29 | Bob Vyenielo | 50-59 | 3rd | 1:28:42 |
| 30 | Peter Verbiscar-Brown | 50-59 | 4th | 1:29:48 |
| 31 | Skye Thomas | 40-49 | 16th | 1:32:09 |
| 32 | Greg Carter | 40-49 | 17th | 1:34:14 |
| 33 | Jim Currie | 50-59 | 5th | 1:35:04 |
| 34 | John Anderson | 50-59 | 6th | 1:35:41 |
| 35 | Guy Murtagh | 30-39 | 6th | 1:40:35 |
| 36 | John Grant | 50-59 | 7th | 1:42:48 |
| 37 | Darryl Beardall | 60-69 | 4th | 1:47:22 |
| 38 | Peter Arthur | n/a | n/a | 1:49:52 |
| 39 | Arthur S. | 70+ | 1st | 2:00:00 |

Empire Runners Fleet Feet Grand Prix 2006

WOMEN Top 25

| Place | Name | Division | Resolution | Valley Ford | Total |
|-------|---------------------|----------|------------|-------------|-------|
| 1 | Carol DuBay | 40s | 99 | 100 | 199 |
| 2 | Sinna, Liz | 40s | 97 | 98 | 195 |
| 3 | Sell, Val | 40s | 100 | 92 | 192 |
| 4 | Petersen, Janet | 40s | 96 | 95 | 191 |
| 5 | Meredith, Tori | 40s | 98 | 89 | 187 |
| 6 | Anderson, Lisa | 30s | 87 | 96 | 183 |
| 6 | Stovall, Robin | 40s | 93 | 90 | 183 |
| 7 | Moore, Julie | 50s | 90 | 92 | 182 |
| 8 | Van Riper, Jillian | <13 | 89 | 92 | 181 |
| 9 | Curry, Leslie | 40s | 91 | 89 | 180 |
| 10 | Bisordi, Kathy | 40s | 86 | 93 | 179 |
| 11 | Horton, Pamela | 60s | 85 | 88 | 173 |
| 12 | Zanetti, Lauren | 14-19 | 65 | 91 | 156 |
| 13 | Zanetti, Michelle | 14-19 | 65 | 91 | 156 |
| 14 | Charles, Kristin | 14-19 | 100 | | 100 |
| 14 | DuBay, Cathy | 40s | | 100 | 100 |
| 15 | Winkler, Lori | 40s | | 99 | 99 |
| 16 | Lovrin, Melanie | 20s | | 98 | 98 |
| 16 | Rich, Shannon | 14-19 | | 98 | 98 |
| 17 | Schexnaydre, O. | 30s | 97 | | 97 |
| 17 | Komorowski, Kristin | 14-19 | | 97 | 97 |
| 17 | Foster, Nuvit | 40s | | 97 | 97 |
| 18 | Taylor, Jacque | 14-19 | | 96 | 96 |
| 19 | Beem, Debbie | 40s | 95 | | 95 |
| 20 | DeCarli, Debbie | 50s | | 94 | 94 |
| 20 | Deering, Emily | 50s | | 94 | 94 |
| 20 | Olney, English | 30s | | 94 | 94 |
| 20 | Tuohy, Josephine | 14-19 | 94 | | 94 |
| 21 | Feldman, Janet | 40s | | 93 | 93 |
| 21 | Feldman, Lauren | <13 | | 93 | 93 |
| | Palczny-Stevenson, | | | | 92 |
| 22 | Diane | 50s | 92 | | |
| 22 | Van Riper, Kathy | 30s | | 92 | 92 |
| 23 | Wolcott, Leslie | 40s | | 90 | 90 |
| 24 | Isabeau, Lisa | 40s | | 89 | 89 |
| 25 | Boyd, Elizabeth | 40s | 88 | | 88 |
| 25 | Wright, Nancy | 50s | | 88 | 88 |

MEN Top 25

| Place | Name | Division | Resolution | Valley Ford | Total |
|-------|-----------------------|----------|------------|-------------|-------|
| 1 | Bohn, Eric (EJ) | 30s | 100 | 100 | 200 |
| 2 | Brown, Kenny | 30s | 99 | 100 | 199 |
| 3 | Stewart, Don | 40s | 97 | 99 | 196 |
| 4 | Cleal, Steve | 40s | 95 | 99 | 194 |
| 4 | Downing, Eric | 30s | 94 | 100 | 194 |
| 5 | Meredith, Larry | 40s | 93 | 96 | 189 |
| 6 | Jennings, Gregg | 30s | 89 | 99 | 188 |
| 7 | Strobino, Sam | 14-19 | 90 | 97 | 187 |
| 8 | Finlay, Bob | 40s | 92 | 94 | 186 |
| 9 | Hadley, Paul | 30s | 87 | 97 | 184 |
| 10 | Lyman, Jerry | 50s | 88 | 94 | 182 |
| 11 | Triola, Carl | 30s | 82 | 93 | 175 |
| 12 | Hutchinson, Brendan | 60s | 84 | 90 | 174 |
| 13 | Zanetti, Michael | <13 | 81 | 91 | 172 |
| 14 | Sampson, Don | 50s | 79 | 89 | 168 |
| 14 | Tuohy, Dan | 70+ | 78 | 90 | 168 |
| 15 | Beardall, Darryl | 60s | 77 | 90 | 167 |
| 15 | Gade, Jim | 50s | 76 | 91 | 167 |
| 15 | Bohn, Ernst | 60s | 74 | 93 | 167 |
| 16 | Meixsell, Don | 40s | 73 | 89 | 162 |
| 17 | Anderson, John | 50s | 71 | 89 | 160 |
| 18 | Urdzik, George | 60s | 69 | 88 | 157 |
| 19 | Delgado, Hector | 30s | | 100 | 100 |
| 19 | Bertolone, Todd | 40s | | 100 | 100 |
| 19 | Courtemarche, Doug | 50s | | 100 | 100 |
| 19 | Shor, Bob | 60s | | 100 | 100 |
| 20 | Winkler, Brice | 14-19 | | 99 | 99 |
| 20 | Winkler, Clay | 40s | | 99 | 99 |
| 21 | Fitzpatrick, Sean | 30s | 98 | | 98 |
| 21 | Ames, Scott | 40s | | 98 | 98 |
| 22 | Petersen, Jason | 14-19 | | 97 | 97 |
| 22 | Edwards, Chris | 14-19 | | 97 | 97 |
| 22 | Furlong, Andrew | 20s | | 97 | 97 |
| 23 | Strange, Ty | 40s | 96 | | 96 |
| 23 | Montrose, Scott | 40s | | 96 | 96 |
| 23 | Mathewson, Mark | 40s | | 96 | 96 |
| 23 | Nordvold, Eric | 50s | | 96 | 96 |
| 24 | Starkweather, Stephen | 40s | | 95 | 95 |
| 24 | Peterson, Dale | 40s | | 95 | 95 |
| 24 | Fitch, Mark | 50s | | 95 | 95 |
| 24 | Fagent, Dennis | 50s | | 95 | 95 |
| 24 | Holland, Bob | 60s | | 95 | 95 |
| 24 | Peck, Paul | 40s | | 94 | 94 |
| 25 | Feldman, Ed | 50s | | 93 | 93 |



Darryl Beardall

**For Complete
Grand Prix
Standings see the
web site!**



SUNDAY, APRIL 23, 2006



Spring Sprint

3K for Fun/ 5K Race

Sonoma Track & Field
Alumni Association

**CORPORATE CENTER PARKWAY
SANTA ROSA - 8:00AM**

Race Day Registration 6:45-8:00am – Packet / T-Shirt pickup race day only!

Benefits SSU Women's Track & Field Scholarships

Race starts at 2235 Mercury Way in Santa Rosa. It is a flat, fast and paved course through the business park. The 3k is a fun run/walk, while the 5k is a competitive race!

Age Division Awards (5K only)

Raffle for all participants!!

Questions: Call Marcie at 707-778-6129 or e-mail mrunch03@aol.com

Pre-register no later than April 3rd at Fleet Feet Sports 4th St. Santa Rosa or www.fleetfeetsantarosa.com

Entry Fee

- \$ 25 Pre-reg (with a shirt)
- \$ 20 Pre-reg (without a shirt)
- \$ 25 After April 3rd

Total Enclosed

\$ _____

Make checks payable to
Sonoma Track & Field Alumni
Tax Deductible

Please Print:

Race: 3kwalk/run _____ 5k race _____ Birthday _____-____-____ Sex: Male/ Female

First Name: _____ Last Name: _____

E-Mail: _____ Telephone #: (____)-____-____

Address: _____ City _____ State: _____ Zip: _____

T-Shirt Size (please circle one): Small Medium Large X-Large

Waiver

In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I have against the persons and organizations affiliated with the race, and any and all injuries suffered by me while traveling to or from or while competing in the Spring Sprint 3k for Fun/5k Race on April 23, 2006. I further attest that I am physically fit and sufficiently trained for competition in this event.

Signature: _____ Date: _____

Signature: _____ Date: _____

(Parent Signature if applicant is under 18)

4th Annual
Spring Has Sprung!
5kRun
10k Run

Hidden Valley Lake, California
Saturday April 29th, 2006
8:30am

(4 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/Walk with Kid-friendly age divisions**
- **Challenging 10k Run with varied terrain & great views**
- **\$5.00 discount to youth 18 and under**
- **Free Raffle**
- **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
Sober Grad, and The Rural Food Project
(Bring a non-perishable food item on race day
and be entered into a special raffle)

REGISTER ONLINE AT
ALL SPORT, 
central.com
Registration. Results. Relax.

Race results will be posted on allsportcentral.com

April 2006

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|---|--|
| <p>10M at medium pace ²⁶ Race: Across the Bay 12K, San Francisco 8:30a Parktrail Drive at Summerfield Drive</p> | <p>6M at comfortable pace ²⁷ 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> | <p>1.5M@10K G.P., 2x1M@10K G.P. ²⁸ 5:30p Cobblestone Trailhead on Channel Drive</p> | <p>7M at comfortable pace ²⁹ 5:30p Fleet Feet shoe store, 4th St., SR</p> | <p>8M total with 3.5M (21-25 min.) at strong pace ³⁰ 4:30p Howarth Park</p> | <p>7M at comfortable pace or Off ³¹</p> | <p>3M total with 10x20 sec. @ 2M GP, jog 20 sec. ¹ Race: Carneros Vineyard 5K & 10K, Napa 8:30a Training Run, Railroad Square, SR</p> |
| <p>12M at medium pace ² 8:30a Cobblestone Trailhead on Channel Drive</p> | <p>6M at comfortable pace ³ 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> | <p>3x800m@2M GP, 6x400m@1M GP; jog half-distance after each ⁴ 5:30p 3390 Princeton Drive, SR</p> | <p>7M at comfortable pace ⁵ 5:30p Fleet Feet shoe store, 4th St., SR</p> | <p>10M total with 4M (23-28 min.) at strong pace ⁶ 5:30p Howarth Park</p> <p style="text-align: center; border: 1px solid green; border-radius: 15px; padding: 2px;">Time Change!</p> | <p>6M at comfortable pace or Off ⁷</p> | <p>2M at comfortable pace or Off ⁸ 8:30a Training Run, Railroad Square, SR</p> |
| <p>14M race ERGP Race: 8 a.m. Loop-de-Loop 14M Trail Race, Channel Drive, SR ⁹</p> | <p>4M at comfortable pace ¹⁰ 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> | <p>20x200m@1M GP; jog 100m after each ¹¹ 5:30p 3390 Princeton Drive, SR</p> | <p>7M at comfortable pace ¹² 5:30p Fleet Feet shoe store, 4th St., SR</p> | <p>8.5M total with 10x1 min. at strong pace ¹³ 5:30p Howarth Park</p> | <p>6M at comfortable pace or Off ¹⁴</p> | <p>8M total with 4x5 min. @ 10K GP, jog 2 min. ¹⁵ 8:30a Training Run, Railroad Square, SR</p> |
| <p>13M at medium pace ¹⁶ 8:30a Parktrail Drive at Summerfield Drive</p> | <p>6M at comfortable pace ¹⁷ 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> | <p>3x1M@5K GP; walk 200, jog 600 after each ¹⁸ 5:30p 3390 Princeton Drive, SR</p> | <p>6M at comfortable pace ¹⁹ 5:30p Fleet Feet shoe store, 4th St., SR</p> | <p>11.5M total with 20x40 sec. at strong pace ²⁰ Newsletter Deadline: Jerry Lyman, Editor 5:30p Howarth Park</p> | <p>5M at comfortable pace or Off ²¹</p> | <p>4x800@2M GP; walk 200, jog 200 after each ²² 8:30a Training Run, Railroad Square, SR</p> |
| <p>8M at medium-strong pace ²³ Race: Just Go! 10K & 5K, Santa Rosa 8:30a Cobblestone Trailhead on Channel Drive</p> | <p>6M at comfortable pace ²⁴ 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> | <p>16x300m@1M GP; walk 50, jog 50 after each ²⁵ 5:30p 3390 Princeton Drive, SR</p> | <p>5M at comfortable pace ²⁶ 5:30p Fleet Feet shoe store, 4th St., SR</p> | <p>8M total with 3x3 min. at strong pace ²⁷ 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p> | <p>4M at comfortable pace or Off ²⁸</p> | <p>Race: Spring Has Sprung 5K/10K, Middletown, 8:30 a.m. Brush Creek Cleanup Day! ²⁹ Footbridge near Hampton Estates, 9 a.m.</p> |
| <p>13M at medium pace ³⁰ 8:30a Lawndale Trailhead off Lawndale Road in Kenwood</p> | <p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>45M/wk): run as written; Group II (30-45M/wk): 3/4 of workout; Group III (20-30M/wk): 2/3 of workout; Group IV (<20M/wk): 1/2 of workout</p> | | | | <p>5M at comfortable pace or Off ⁵</p> | <p>2M at comfortable pace or Off ⁶ Race: Bolinas Ridge Wild Boar 10K & 18K, Mill Valley 8:30a Training Run, Railroad Square, SR</p> |

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



If your Dues are Due! Renew On-Line at www.empirerunners.org and click on "membership"

MARK YOUR CALENDAR!

| | |
|------------|--|
| Sun Apr 9 | Loop de Loop 14M – Channel Drive trailhead Annadel State Park – 8:00am |
| Thu Apr 20 | May Newsletter Deadline – Jerry Lyman Editor – pigfete@aol.com |
| Sun Apr 23 | Just Go! 5K & 10K – Santa Rosa |
| Sun Apr 23 | Spring Sprint 3K – Corporate Center Parkway Santa Rosa – 8:00am |
| Thu Apr 27 | Club Meeting – Montgomery Village Round Table Pizza Santa Rosa – 7:30pm |
| Sat Apr 29 | Brush Creek Cleanup – Hampton Woods footbridge Santa Rosa – 9:00am |
| Sat Apr 29 | Spring Has Sprung 5K & 10K – Middletown – 8:30am |
| Sun May 7 | Jack Rabbit Derby 3M – Spring Lake Park Santa Rosa – 8:00am |

2006 CLUB OFFICERS

| | | | |
|--|---|--|---|
| President Val Sell 707 539-1085 rn4zhills@sbcglobal.net | Vice President John Royston 707 291-0937 1mojo@sbcglobal.com | Secretary Lars Andersen 707 568-3948 lars.andersen@juno.com | Treasurer Dan Preston 707 527-0613 djpreston@comcast.net |
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