



# EMPIRE RUNNERS Newsletter

APRIL, 2007  
Volume XXXII, No. 4

*"You better run, run, run, run, run, run, run, run, run..."*  
--Tracy Chapman

## RUN TO SUPPORT KATHY VAN RIPER AND "KATHY'S CAMP" A NEW SONOMA COUNTY NON-PROFIT

Kathy Van Riper (Dalton) is a 36 year old wife and mother of two children. She has a long and illustrious running history in Sonoma county, and an equally long membership in the Empire Runners running group. Many of you may or may not know that Kathy was diagnosed with breast cancer 6 years ago. She underwent surgery, chemotherapy and radiation treatments that in total lasted a year. Unfortunately the cancer returned a year later, and she is now fighting cancer in her bones, lung, and liver. Kathy recently reached her 4 year anniversary of constant chemotherapy! Her fight against cancer is a valiant one, and one that is filled with perseverance and determination. This fight is documented on two websites which are both accessed by visiting [www.kathysrace.com](http://www.kathysrace.com)

Some months back her husband, Marc Van Riper, pledged to run in honor of Kathy and her race against cancer. Kathy's race is a race against a disease that is trying to steal time from her and one that she struggles with every single day. The race he runs in her honor is from Cotati to Kaiser Santa Rosa. He makes this 11 mile run every three weeks on the day of her chemotherapy. He would like to invite members of the Empire Runners group, and the community to join him in supporting Kathy and her race.

He would also like to draw attention to a new project his family is working on. He is in the process of forming a new non-profit to benefit children who have a parent or primary caregiver who is dealing with cancer. As of now they are calling it "Kathy's Camp" and the primary focus of this organization is to get the children together, focus on fun and allow them to develop relationships with children who are going through a similar situation. Please visit [www.kathysrace.com](http://www.kathysrace.com) for more details on this needed resource.

### Details of the run

The first run to be held on Thursday March 15th and continue every 3rd Thursday of the month thereafter.

*Please note arrival times are estimated and may be plus or minus 10 minutes depending on pace.*

### For an 11 mile run:

Meet at the Cotati Veterans Park (corner of Macklin Drive and Old Redwood Hwy in Cotati) at 7:30am. We will leave by 7:45.

### For a 7 mile run

Meet at Roberts Lake (off Roberts Lake Drive in Rohnert Park which is next to the Old Red Lion/Doubletree Hotel) next to the lake itself at approximately 8:25am. Please park in the Park-n-Ride lot or the Mary's Pizza/Latitude parking lot. Meet next to the grassy area next to the lake.

### For a 4 mile run

Meet at Costco in Santa Rosa (Santa Rosa Ave) at 9:00. Park in spots next to Santa Rosa Ave and look for us running on the East side of the street.

Arrive at Kaiser approximately 9:30am

Please RSVP to Marc Van Riper at [kmvrrun@sbcglobal.net](mailto:kmvrrun@sbcglobal.net) or 707-664-9577 as he needs to coordinate transportation back to your starting point. As long as you RSVP you will have a ride back to your vehicle. We welcome all running speeds. Feel free to contact Marc with questions.

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Doc 'n Mojo Productions presents  
The Zekteenth Annual

# Loop de Loop and First Annual Loop de Loop Relay!

That's right folks. On Sunday, April Fool's Day, the infamous Loop de Loop 14 miler begins as usual at 8:00a.m. at the Cobblestone Trailhead on Channel Drive. At the very same time, on the very same scenic 7 mile course, we now offer a two-person relay, an event more palatable for those whose appetite for rocks, dirt and blood is merely half that of full bonafide Double Loopers.

Both the races will award full grand prix points and all participants will receive this year's secret and soon-to-be-coveted extra-special fancy thingamajigwhoozits award gizmo. Plus (yes, there's more!) all runners will enjoy the nearly-capsizing portapotty and the sumptuous repast at the three eerily-similar aid stations.

Want to run the relay but don't have a partner? No worries: just show up and we'll put teams together on race day. Or, just embrace your inner goat, put your head down and run both loops. Need more info? Call Doc 578-3025 or Mojo 591-9390. See you there.

## Spring Cleaning on Brush Creek

Be part of the solution to pollution: join us on Saturday, April 21, for our semi-annual creek clean-up. Meet at the footbridge over Brush Creek, behind the Hampton Woods neighborhood (north end of Yulupa Avenue) at 9:30 a.m. We're usually done by 11:30, noon at the latest, so it's not a big time commitment. Wear your grubbies; gloves and tools are provided by the city and we'll have good coffee, bagels, bananas, etc. to keep you energetic. Want to run, too? Of course you do. Then be there, ready to run, at 8:30. We'll get in 4-6 miles before the clean-up. Questions? Call Doc at 578-3025.

Now on the club website:

## Humiliating Family Secrets Exposed!

Click on "JOIN/RENEW", then on "IS MY RENEWAL DUE?"

### Minutes of the Empire Runners February 2007 Club Meeting

(pending approval at the March 22, 2007 club meeting)

President **Val Sell** called the February 2007 meeting of the Empire Runners to order at 6:33pm on February 22nd, 2007.

#### Secretary's Report:

Secretary **Lars Andersen** read the minutes from the January 2007 club meeting. They were approved as read.

#### Treasurer's Report:

Treasurer **John Harmon** reported on the club's finances. Starting balance \$15,026.44. Ending balance \$14,636.02.

#### Recent Events:

No reports.

#### Upcoming Events:

See the "Empire Runners Club 2007 Race Schedule."

Napa Valley Marathon: March 4th.

Point Reyes Run: March 11th.

Way Too Cool 50k: March 11th.

Ilsanjo: March 18th.

Loop de Loop: April 1st. In addition to the usual 14-miler, there will be a handicapped 2x7-mile relay option.

#### Old Business:

**Val Sell** reported that the new Grand Prix Czar **Anna Derho** has updated the 2007 rules. They can be found online.

**Jerry Lyman** reported on the Kenwood Footrace. The course may have to be modified. See the March 2007 newsletter for details.

#### New Business:

**Jerry Lyman** presented his ideas about a sponsorship program. Jerry envisions that we apply for charitable organization status via RRCA, and implement a donations/rewards program where businesses pay in exchange for exposure. This was discussed for a loooooong time. In the end, we decided to apply for charitable organization status via RRCA. Jerry will share his proposal with club members via the e-group. Club members interested in helping out should contact Jerry. Jerry hopes to make a proposal at the March meeting.

**Larry Meredith** reported that a couple of club members have expressed an interest in buying running jackets with the club logo on it. These can be made for \$64 per jacket if we order 12 or more. Larry will gauge the level of interest via the e-group, and make a proposal at the March meeting.

**Dale Peterson** reported that the Thursday run will move to 5:30pm and the club meeting will move to 7:30pm starting in March.

**Jerry Lyman** reported that Guy Schott is hoping to set the world records for the number of pull-ups/chin-ups done in a 6-hour and 12-hour period. He is looking for judges who are willing to contribute at least one hour to help. Please contact Jerry for details.

**George Urdzik** reported that club members get 35% off at Kendall Jackson in February if they mention Super G.

#### Raffle/Drawing:

Raffle: **Anette Niewald** (\$23).

Drawing: **Susanne Eraldi** (\$200, not present). Next month's drawing is for **\$200**.

#### Newsletter:

The March 2007 newsletter was folded, stapled and stamped.

#### Attendance:

Lars Andersen, Steve Cleal, John Harmon, Bill Browne, Shirley Fee, Paul Berg, Don Sampson, Dale Trowbridge, Super G, Bob Shor, Dave DeSelle, Gil Moreno, Pappy, Val Sell, Anna Derho, Bob Finlay, Susan Kelleher, Larry Meredith, Andrea ???, Gunther's Mom, S.L. Edge esq., 409, Paul ???

Respectfully submitted,

**Lars Andersen**

# 35<sup>th</sup> Ilsanjo Classic

The 35<sup>th</sup> annual Ilsanjo Classic was run on Sunday March 18<sup>th</sup>. The turnout was outstanding. Seventeen (17) ran the Newt Scoot with Jonathan Peck (4:02) and Jillian Van Riper (4:38) as the overall winners. All of the kids running received a free cup of yogurt from Yogurt Farms.

I knew even before the 4-Mile Neoclassic and the 10-Ilsanjo Classic started that the course could be a little rough. I was still sore for taking a fall just putting out the ribbons the evening before. So when Bill Browne and Bernie Hollander came back a little worse for wear it didn't surprise me. At 9 a. m. Bob Shore started the race that included 30 women and 34 men running the Neoclassic and 30 women and 57 men in the Classic. The total at the start was a very surprising 151 runners! With the fog hanging low and keeping things cool the pace started off quick. Coming up to the 2 mile mark/turnaround Three runners were close together with only Montgomery High's Quin Coughlin making the turn to run the 4-miler with Rich Anderson "Mr. Fit Guy" and Ty Strange, our web master, heading up to Lake Ilsanjo competing in the 10-miler.

In the time of 24:27 Quin Coughlin crossed the finish line to win the Neo Classic followed by two master runners; Don Nauman (25:49) and Steve Cleal (26:23). On the women's side the 4 mile race was won by Lissette Gragg (27:55) followed by Vanessa Fuchs (28:35) and our Club President, Val Sell (29:24) was third.

In the 10-mile Classic master runners were the theme in the men's race, while youth was served in the women's. After passing the two mile mark Rich Anderson held onto his lead over Ty Strange until heading back down from Lake Ilsanjo where Ty passed him and ended up winning in the excellent time of 58:43. Not bad for 46 years old. He was followed by Rich Anderson in 59:21 and Don Stewart in 1:00:32. All of these runners are over forty!

The women's race was won by Fleet Feet's 29 year old Melanie Lovrin in the time of 1:06:08 follow by Healdsburg High's 17 year old Sara Sumpter 1:07:14. Third place was 33 year old Krista Williams in 1:17:37. Solid times all around and none of them are masters!

I have to say that I was blown away by our attendance and also blown away by our volunteers and sponsors this year. The list of volunteers is long; Liz Sinna, Alyce Parks, Carl Jackson, Gil Moreno, my son Greg who got up at

6 a. m. to help place the signs and cones and stuck around to help monitor before going to work, Jerry Lyman who placed the monitors in Annadel and picked up the ribbons afterwards, Bob Shore and Doug Courtemarche. (If I missed someone please let me know so you can get the proper ER points.) Without their help and others who offered to help the race would not have run as smooth as it did. A special thanks to Jeanine Bingham and the Healdsburg High School volunteers. It was their biggest group yet. They helped at registration, the finish line, and monitoring thought out Spring Lake and Annadel State Park. Great job guys! To that end our club will be donating \$500 to their track and cross country programs.

Our sponsors this year came through like champs. Yogurt Farms (Todd Phillips) sponsored the Newt Scoot with a Scoop of yogurt for the kids; Lads Supermarket (Art & Jeff Maybrun) supplied the bananas and oranges. No small feat with the orange crop in California in its current condition. Costco of Rohnert Park supplied a gift certificate. Montecito Heights Health and Racquet Club (Cathy Dubay) supplied three one month membership gift certificates and our biggest supporter Fleet Feet of Santa Rosa (Ron and Ronda) supplied gift certificates and running items.

All I can say is thanks; thanks to all who ran, thanks to all who helped and thanks to all who support Empire Runners in supporting the running community in the Sonoma County region.

**Dave DeSelle/Race Director**



*Lead runners race through the fog across the Spring Lake dam. On their way back, the fog had cleared.*

NEWT SCOOT 1K RACE-GIRLS				Dv.
Place	Name	AgeGroup	Place	Time
1	Jillian Van Riper	10	1st	4:38
2	Isabella Coenen	7	1st	6:36
3	Andrea Meza	5	1st	6:36
4	Kallista James	6	1st	6:59
5	McKenna Sell	6	2nd	8:15

NEWT SCOOT 1K RACE-BOYS				Dv.
Place	Name	AgeGroup	Place	Time
1	Jonathan Peck	12	1st	4:02
2	Antonio Meza	10	1st	4:12
3	Ian Van Riper	7	1st	4:49
4	Rickey Meza	7	2nd	4:52
5	Aaron Waugh	11	1st	4:58
6	Mitchell Johnson	10	2nd	5:05
7	Joshua Peck	10	3rd	5:29
8	Andres Meza	9	1st	5:30
9	Tosh Vyreniolo	7	3rd	6:34
10	Orion James	4	1st	7:56
11	William Stewart	5	1st	8:04
12	Teddy Stewart	4	1st	8:50

4-MILE NEOCLASSIC-WOMEN				Dv.
Place	Name	AgeGroup	Place	Time
1	Lissette Gragg	30-39	1st	27:55:00
2	Vanessa Fuchs	30-39	2nd	28:35:00
3	Val Sell	40-49	1st	29:24:00
4	Shannon Rich	12 to 19	1st	29:59:00
5	Amy Wells	20-29	1st	31:42:00
6	Shelli Gordon	40-49	2nd	31:54:00
7	Lisa T. Isebeau	40-49	3rd	32:35:00
8	Wolcott Gshi	40-49	4th	35:46:00
9	Molly Wolf	50-59	1st	36:37:00
10	Leslie Curry	40-49	5th	37:21:00
11	J. Bustillos	20-29	2nd	38:47:00
12	Joni Fausone	40-49	6th	39:58:00
13	Lauren Golden	20-29	3rd	40:02:00
14	Lisa Anderson	30-39	3rd	41:09:00
15	Anne O'Donnell	50-59	2nd	41:39:00
16	Kara O'Hara	40-49	7th	41:52:00
17	Carol Meyer	50-59	3rd	41:56:00
18	Aussa Coenen	30-39	4th	42:05:00
19	Beki Berrey	30-39	5th	42:06:00
20	Teresa McColley	40-49	8th	44:00:00
21	Robyn Robles	30-39	6th	44:20:00
22	Karen Wender	50-59	4th	46:38:00
23	Tina Mourad	30-39	7th	46:39:00
24	Anna Derho	50-59	5th	47:47:00
25	Cherine Salazar-Freak	30-39	8th	50:53:00
26	Kin Torrilhon	30-39	9th	54:08:00
27	Cherie Wurst	40-49	9th	54:17:00
28	Marilyn Gardner	70+	1st	60:24:00
29	Jenette Eubank	30-39	10th	1:17:24
30	Christina Haley	20-29	4th	1:17:24

4-MILE NEOCLASSIC-MEN				Dv.
Place	Name	AgeGroup	Place	Time
1	Quin Coughlin	12 to 19	1st	24:27:00
2	Don Nauman	40-49	1st	25:49:00
3	Steve Cleal	40-49	2nd	26:23:00
4	Chris Edwards	12 to 19	2nd	26:47:00
5	Mark James	40-49	3rd	27:20:00
6	Reesey Byers	12 to 19	3rd	28:12:00
7	Bob Finley	50-59	1st	28:22:00
8	Kevin Poteraacke	12 to 19	4th	28:41:00
9	John Pegram	50-59	2nd	28:54:00
10	Joss Cates	20-29	1st	28:58:00
11	Gary Mornini	50-59	3rd	29:10:00
12	Vinny Fausone	12 to 19	5th	29:52:00
13	Tim Garcia	12 to 19	6th	30:00:00
14	Marcus Suarez	20-29	2nd	30:05:00
15	Dan Preston	60-69	1st	30:07:00
16	Carl Triola	30-39	1st	30:11:00
17	Marc Van Riper	30-39	2nd	31:29:00
18	Dave Sell	40-49	4th	31:30:00
19	Dale Trowbridge	60-69	2nd	32:15:00
20	Don Sampson	50-59	3rd	32:31:00
21	Dan Tuohy	70+	1st	33:17:00
22	Matt Harashi	30-39	3rd	33:57:00
23	Paul Peck	40-49	5th	35:35:00
24	Jack Fausone	12 to 19	7th	36:42:00
25	Aaron Fausone	40-49	5th	36:54:00
26	Dale Leyhe	70+	2nd	44:22:00
27	Rene Meza	40-49	6th	44:32:00
28	Ken Zendols	40-49	7th	46:46:00
29	Blayne Salazar-Freak	12 to 19	8th	50:52:00
30	Ken Boltz-Freak	40-49	8th	50:55:00
31	George Urdzki	60-69	3rd	51:51:00
32	Peters Winters	12 to 19	9th	52:16:00
33	Daniel Robles	30-39	4th	54:01:00
34	Derek Osterdock	20-29	3rd	61:30:00

10-MILE IL SANJO CLASSIC-WOMEN				Dv.
Place	Name	AgeGroup	Place	Time
1	Melanie Lovrin	20-29	1st	1:06:08
2	Sarah Sumpter	12 to 19	1st	1:07:14
3	Krista Williams	30-39	1st	1:17:37
4	Elizabeth Meza	30-39	2nd	1:19:24
5	Tori Meredith	40-49	1st	1:20:18
6	Debbie Beem	40-49	2nd	1:22:17
7	Leslie Graves	40-49	3rd	1:23:52
8	Joyce Giammatti	40-49	4th	1:24:40
9	Gillian Sakai	30-39	3rd	1:24:48
10	Marianne Waugh	50-59	1st	1:24:51
11	Robin Stovall	40-49	5th	1:29:54
12	Anette Niewald	50-59	2nd	1:31:14
13	Kristi McCullough	30-39	4th	1:32:16
14	Edda Stickle	60-69	1st	1:32:40
15	Jeanine Burnett	40-49	6th	1:34:10
16	Liz Bernstein	30-39	5th	1:35:01
17	Judy Dix	50-59	3rd	1:35:33
18	Polly Goodsun	30-39	6th	1:35:43
19	Monie Yee	30-39	7th	1:39:01
20	Jennifer Ogne-Stevenson	30-39	8th	1:39:02
21	Wendy Cole	50-59	4th	1:40:11
22	Diane Greenagh	50-59	5th	1:42:31
23	Wendy French	40-49	7th	1:44:10
24	Lisa Cox	40-49	8th	1:44:14
25	Nicole Willemsen	12 to 19	2nd	1:44:14
26	Linda Reed	40-49	8th	1:44:59
27	Jan Schwartz	40-49	9th	1:45:36
28	Muzinie Doty	50-59	6th	1:45:36
29	Hilary Mark	12 to 19	3rd	1:46:10
30	Beth Ann Turner	20-29	2nd	1:56:40

10-MILE IL SANJO CLASSIC-MEN				Dv.
Place	Name	AgeGroup	Place	Time
1	Ty Strange	40-49	1st	58:43:00
2	Richard Anderson	40-49	2nd	59:21:00
3	Don Stewart	40-49	3rd	1:00:32
4	Joshua Skillman	30-39	1st	1:01:33
5	Brian Tuohy	20-29	1st	1:03:52
6	Eric Bohn	40-49	4th	1:04:41
7	Bradford Bryon	40-49	5th	1:05:09
8	Tim Lohrenz	40-49	6th	1:05:31
9	Travis Carranza	20-29	2nd	1:07:26
10	Larry Meredith	40-49	7th	1:08:11
11	James Ramirez	12 to 19	1st	1:09:27
12	Erick Roeser	40-49	8th	1:10:23
13	Peter Kirk	40-49	9th	1:10:56
14	Vince Fausone	40-49	10th	1:11:01
15	Rob Main	40-49	11th	1:11:25
16	Ron Svith	40-49	12th	1:11:53
17	Andrew Furlong	20-29	3rd	1:14:25
18	Mike Winters	40-49	13th	1:14:32
19	Marc Strozzyk	30-39	2nd	1:14:53
20	Baron Coenen	40-49	14th	1:14:55
21	Paul Berg	50-59	1st	1:15:02
22	Adam Citarella	30-39	3rd	1:15:05
23	Dave Seochitano	40-49	15th	1:16:23
24	Sebastian Baum	30-39	4th	1:16:27
25	Vance DeWitt	40-49	16th	1:17:20
26	Jim Moore	40-49	17th	1:17:21
27	Dale Peterson	40-49	18th	1:17:21
28	Michael Winters	50-59	2nd	1:17:41
29	Hutch	60-69	1st	1:18:31
30	Sam Strabino	12 to 19	2nd	1:18:32
31	Alfredo Garcia	30-39	5th	1:18:34
32	Don Mebsell	40-49	19th	1:19:50
33	Tyler Burnett	12 to 19	3rd	1:20:53
34	Doug Starr	50-59	3rd	1:21:10
35	Martin Jones	60-69	2nd	1:21:25
36	Patrick Temple	40-49	20th	1:21:52
37	Joe Himde	12 to 19	4th	1:22:08
38	Peyton Willert	40-49	21st	1:22:12
39	Dan Walters	40-49	22nd	1:22:20
40	Bill Browne	50-59	4th	1:22:57
41	Paul Lambrecht	30-39	6th	1:24:12
42	Alex Cosnata	40-49	23rd	1:24:28
43	Al Tagliaferri	50-59	5th	1:25:02
44	Sal Citarella	60-69	3rd	1:25:22
45	Fred Garcia	40-49	24th	1:25:25
46	Jim Bidasman	50-59	6th	1:25:42
47	David Veveiros	40-49	25th	1:28:45
48	Marcus Bilgar	40-49	26th	1:29:29
49	Ernst Bohn	60-69	4th	1:29:36
50	Bernie Hollander	70+	1st	1:31:00
51	Brett Byers	40-49	27th	1:31:28
52	John Anderson	50-59	7th	1:36:05
53	Darryl Beardall	70+	2nd	1:36:06
54	Bob Bales	40-49	28th	1:36:37
55	Marc Groce	50-59	8th	1:36:51
56	Tom Hinde	40-49	29th	1:40:48
57	Asher Nathan	50-59	9th	1:41:14



Saturday, March 10

# Way Too Cool 50 K

## Kenny Brown

Saturday morning I awoke feeling nervous but ready for my first ultra marathon.

Heading down the first mile everyone is joking and talking. As we came up to the end of the road and turn onto the trail the mood suddenly changes to serious, as people began to jockey for position, some moving up while others dropping back. I found myself in 5<sup>th</sup> place as the trail narrowed. By the time we had completed 3 miles I was in the lead, and running alone. This was not the place I wanted to be in. I was in luck because before the first aid station at 6 miles 2 runners came screaming past me on a steep down hill.

After leaving the aid station the three of us continued on a single track trail that made its way down to the American River and then parallels it. Somewhere along this stretch 2 runners from Virginia started to drop back and I was in the lead again. I was trying to decide how to run... Do I pick it up and try to put some distance on second and third or do I relax knowing that I still have 22 miles to go. I decided to take some advice from Kathy "it's just another run in Annadel" and relax. I think this was the only time I allowed myself to look around and take in the views of the canyon. Several miles later I hit the first hill that I was forced to walk (so much for a run in Annadel).

Zig Zagging along the canyon wall for the next few miles I tried to distance myself by surging, sometimes the straight-aways and sometimes the turns, trying to get around he next corner before second could see me. At the second aid station I was getting my water bottle filled as second came into view. All that hard running and it only got me less than a minute!!!!

For the next 4 miles I continued around a big loop gradually descending towards the river. At the steepest downhill (Waterfall trail) I suddenly herd footsteps coming fast behind me. Two runners went flying past. As the trail began to level

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out I was in danger of getting left in the dust. At that moment I remembered before the start Eric Bohn told me "you can run with any of them" I regained contact. After a few turns at the bottom we made a hard turn and ran into the steepest part of the course. Not only is it the steepest but  $\frac{3}{4}$  of a mile long. One guy seemed to run up it with ease while we were left to trudge up to the aid station.

After refueling, first is out of site and second is 2 steps in front of me. We are returning on the same trail we went out on. Besides just being a narrow winding single track trail now it has about 100 runners coming the other direction. Around almost every corner runners are jumping out of the way trying to give us as much room as the steep hillside will allow. We are flying along at about 6:30 pace trying not to miss a step and go tumbling down the cliff. Somewhere along the way second moves over and lets me pass. Now I am the one that has to pick the path through the oncoming runners.

The marathon mark is at the top of another climb and the distance is beginning to take its toll on me. I reach the summit and am told that first is "only 45 seconds ahead". I think I can catch him because I have been running faster on the flats. But my quads start screaming as I start to descend down the other side. Not long after that I am passed again going down hill with my quads unable to respond. Over the next 3 miles I maintain my pace the best that I can, waiting for the last aid station.

Passing the last aid station is a big relief.... And much needed motivational boost with all of the

cheering. One last long half mile hill. As I begin to trudge up the hill I am more than halfway up before I hear cheering for the next runner. In the meantime the leader has been overtaken by second place. I finish feeling strong but am ready for it to be over. Looking forward to next year.

**KB**

(Way Too Cool continues...)



**Kenny Brown finished 3<sup>rd</sup> overall with a time of 3:47:23.6, 7:22 per mile.**

## Eric 'Danger' Downing

### **How an Ultra Marathon can be Ultra Fun**

I had some experience with the Ultra distances. I had done some pacing and crewing at different times for some friends, and had a great time assisting them get to the finish line. After helping E.J. Bohn at a few different events, he had offered to help me if I ever decided to try one on my own. After thinking about it for two years, I decided I would try one he recommended, the Way Too Cool 50K.

It turned out many Empire Runners were thinking the same thing. After I told E.J. I had some interest in running it, he told me Kenny Brown and Ty Strange were also thinking of running an Ultra. Soon thereafter, Don Stewart asked me if I was interested. I guessed that he may have been approached by Brian Purcell. In all, there would be at least 9 runners from the area entering the event. Knowing that we had a big group, some who were very experienced and some attempting it for the first time, made the training sound like fun. There would be plenty of company for long training runs and opportunities to trade info about being prepared.

Training went great. Although we did not all get together as often as we thought we would, I did get to know a few guys I hadn't spent much time around before, I ran some different trails for training, and tried running with a different approach. Instead of running with a time goal in mind, my only goals were: 1) Get to the starting line healthy, and, 2) Get to the finish line healthy. My long runs went from 17 miles at a good pace to 25 miles at survival pace. I had to practice fueling during a run. Time spent on my feet was more important than the pace I was running on my long runs. For the three month build up in mileage, I only had to run by myself once for my long run. As the event got close, and I began to cut my mileage, it was obvious to me my first goal would be met.

I arrived at the starting line healthy as planned and ready for a long day. What ever it would take, I felt I was prepared. My game plan was to go out easy, stay conservative and in control until at least mile 25, then pick it up if I had anything left.

The first mile or so would tempt me to go out harder than planned, as it was slightly downhill and paved. I stayed calm and let lots of runners pass me for the first 40 minutes. When I got to the first hill less than 5 miles in, I walked. Walking uphill was definitely part of my plan. I arrived at the first aid station right on pace I thought I should run (50 minutes for 6.1 miles).

From here, the pack started to thin. It was here I first recognized a group of about 10 runners I would be spending the day with, each at different times but reoccurring throughout the race. E.J., who spent the entire race next to me, knew some of the runners from his Ultra experiences. One runner, Bill Finkbeiner, has finished the Leadville 100 (100 mile trail race at high altitude) 23 consecutive times. He and E. J. spent some time chatting and catching up. I saw Gordon Ainsleigh (pioneer of the Western States 100) leading a group of about 10 runners. As I approached, it first appeared it would be hard work passing by the pack. It is not at all like the Dipsea, where some pushing or running on the shoulder of the trail is necessary to

pass. It is much more polite. Runners would typically let you know they wanted by or would step off the trail as you approached. But getting by 10 runners in a group could take a lot of communication and cooperation. At the time, I also was not aware who Gordon Ainsleigh was. E.J. quickly gave me the rundown, and it became clear that this group was very comfortable letting the Ultra legend lead the pace for a while.

E.J. and I took our place in line and ran comfortably for a bit. We soon enough came to a creek crossing and the group broke up and E.J. and I were running our own pace again. Another unique situation to Ultra running was the amount of laughter heard out on the course. This was a common occurrence throughout the race, even 15-25 miles into it. I found myself cracking up at comments fellow athletes were making even late in the race. People kept a positive attitude, knowing this would help them cover the distance if problems came up.

While I did enjoy the event immensely, there were difficult times. Perhaps running too hard from mile 20 to 25, I noticed I was slowing down. My energy level still felt good, and I was not breathing hard, but I was feeling the effects of 25 miles in my legs. There is a decent sized hill to negotiate as you approach 26 miles, and after walking to the top of the climb, it was difficult to get started running again. I began to experience pain for the first time in the run. It hurt each time I placed my feet down while running. It felt like the shock of landing was being absorbed by only a small area around my knees, causing discomfort with every step. But once again, I was prepared for this. I had gone through this in training, and E.J. had suggested that despite not feeling well in the moment, it could be something that would pass and I would be able to recover and run well again. He was right. After "running" about 3 ½ miles at 13 minute mile pace, it suddenly went away, and I was able to finish the last 2 miles strong (about 7 minute mile pace).

Although I was not running for a specific time, I was pleased with my finish (5 hours 14 minutes). I had great time getting through the run. The course was spectacular and offered beautiful scenery. The aid stations were well supplied and got me what I needed quickly. The runners around me were great, offering encouragement and advice throughout the race. I would recommend to anyone who wanted to try an Ultra to pick one similar to this: Well organized, somewhat low-key, and scenic. Run it with a friend and make other friends as you go. I may try to improve my time at this distance in the future, but this particular Ultra Marathon was definitely Ultra Fun.

My splits: 49:54 (6.1M); 2:14:47 ((14.45M); 3:14:36 (20.84M); 4:21:46 (26.24M); 5:01:42 (29.19M); 5:13:54 (30.89M)

**ED**

## Todd Bertolone

### **O n e W a y C o o l**

You wonder why a person does an ultra. After I signed up for an ultra, many people asked me, "Why?" and quite frankly I wasn't sure if I answered the question honestly. Before the race, I was telling people the reason I was going to run an ultra was so that I could run long and slow, enjoying the scenery and

not caring about my finish time or pace. At least my weekend training runs were that way.

On March 10, 2007, my first ultra run at Way Too Cool 50K was like this:

7:45 am – It was a perfect day for racing; cool dry and plenty of Empire Runners and other Sonoma Country friends sharing laughs and figuring out last minute running attire.

7:58 am - Thinking that they named the race Way Too Cool, because the Porto Potties only had a 1 minute wait with two minutes before race time. Nice!

7:59: 55 am -Finding Team Eric (Eric Bohn & Eric Downing) feeling that I found two perfect guys to start this race with.

8:00 am - Gun goes off and its just so fun starting a race this long and knowing that today's race was dependent upon me being totally relaxed for as long as possible. I hung with the Eric's for about 3 miles, as we chit chatted along the course. Soon, the course got narrow for a bit and I slowly merged ahead. I really didn't want to get ahead of my two buddies, but as I turned to look for them, they weren't following too closely to me anymore and I felt I should just continue forging ahead. In no time at all, I was jogging down to the first aid station at mile 6.

8:48 am - Needing only water and to strip off my gloves and long sleeve, I crossed Hwy 49 and headed for the unknown. The trail was soft, the air was cool and the runners on the course were doing a lot of talking. The trail was flat or descending down to the American River and I felt great. I couldn't believe the beautiful scenery I was running in and how everyone around me was so damn happy. After a few miles of running next to the river, we headed up and up and up. We were hitting our first big uphill (Brown's Bar) and I was surprised to see the people in front of me taking their time. When I reached the top, the course changed to a path of easy rollers. (Some up, some down and some flat).

10:05 am - At the second aid station (Mile 14.5), I stopped at the buffet table. It was an enjoyable minute. All the volunteers were so nice and they wanted me try a little of everything. I started to oblige them, but out of the corner of my eye, I noticed all these runners slipping up the hill. I had to make a decision, was I there to eat or to run? I knew the next 6 miles was a circle and I could eat later, so I moved on. The next 3 miles was fairly flat and a really nice trail. I stayed behind this guy with a red shirt the entire time. The course then zig zagged down a hill. The path became more treacherous and I was concentrating on taking it easy; I was trying to prevent the pain. While I was preventing the pain, I was passed by a girl and two guys. Although they passed me, I wouldn't let them out of my sight. We all caught up to the guy in the red shirt as I must have ramped up my effort at that time. This is when I hit "Ball Bearing" hill (.7 miles), and it was definitely an effort to get up there.

11:15 am - I arrived at the buffet table again (20.5 miles), but nothing looked good to eat. I rolled two boiled potatoes into the salt bowl and munched on them. There was a bucket of

water w/sponges, so I doused myself until I was dripping wet. Time to move on. As I started my run I thought the last 10 ½ miles would get tougher, but I really didn't understand what was about to happen. I was totally comfortable and confident up until then, and I kept reciting to myself that this was Way Too Cool. What happened next was a total change in attitude. I was out in the warm mid day sun. I was no longer running up the rolling hills. I was trying to preserve my energy by walking up the hills, but I was realizing that my tank was nearly drained. I finally got myself to Goat Hill and saw a sign that said it was only 2.9 miles to Hwy 49. I could do it. I locked in with three other runners. It felt like a sprint, but it took forever. Any little ant hill, and I was walking. It got real ugly. My legs were cramping and I didn't like myself anymore. I kept asking, "Why would I do this to myself?"

11:47 am - I reached the Hwy 49 aid station again and the sign read, "1.7 miles to the finish". Normally, I would have told myself that I had to finish the last 1.7 miles in 13 minutes in order to finish in 5 hours; but, at that point, I said, "Screw it...just finish." The guy in the red shirt was there. He looked at me and yelled that I've been dogging him all day and this last part should be easy for me. I limped up the steep hill and suffered some more serious leg cramps. I was afraid I was going to lock up like those triathletes coming into the Ironman finish. I was afraid my training buddy, Kevin Pierce (who I hadn't seen the entire race) was going to come jogging past me as I was walking up this last steep hill. When I got to an almost flat spot I started a slow run again. Some guy sitting under an oak tree yelled "Get going, you only have a mile left." If I would have had any energy I would have kicked his ass, but I was too weak. I ran another 500 yards and I saw all the parked cars just past the meadow. I was there nearing the finish. I was content staying 30 yards behind the guy in front of me, but then he made a tactical error. I then pushed harder and put him behind me; not really trying to put myself one place better, but more because there was a modest group of supporters trying to lure us into the finish.

12:02 pm – I did it.

12:07 pm - I don't feel well, I've got to sit down, I don't care where, even this thistle looks good.

12:08 pm - My training buddy Kevin comes in the finish.

As friends came by to congratulate me or offer me help, I begin to realize why I ran the ultra. It's not because I could run long & slow and enjoy the scenery. It's because it's a damn challenging thing to do. When a person takes on a tough challenge and you accomplish it, it makes life more meaningful, especially when you do it with friends.

As far as the name of this event, I think they should change it to "One Way Cool, One Way Not"; because once you hit that 20 mile mark and start heading back, the last 1/3 of the race can eat you up.

See you at the next one!!

**TB**

## Eric Bohn

For years now, I have been trying to convince my very capable running friends that running an ultra can actually be whole lot of fun. A few accepted the challenge (Eric Walker, Dale Peterson, and my Dad), and I hope it's fair to say that they actually found that the crazy adventure of running past 26 miles and 385 yards to be worthwhile. Well, this winter I finally found someone who not only wanted to run a 50K, but thought it would be fun to run it together - Eric Downing - and we made plans to run the Way Too Cool 50K. I was delighted at the prospect of having someone to share the experience with. And then suddenly, it seemed that everyone wanted to run this year - about 10 club members! (depending on how you count people in Empire Runners running for Tamalpa). I really enjoyed this winter's training, crossing paths with friends on (really) long training runs, and talking about things like how to walk, water bottle colors, electrolytes capsules, and what flavor of Ensure tastes best.

Take the time to listen to what others have to say about their ultra experiences, as races like these are great for giving stories to tell. For my part, it was a PW in regards to time, but certainly the most fun I've had running this race (yes it's true, we were laughing during the last mile). I really enjoyed running the race with Eric and it was nice to see how strong (mentally and physically) he ran. Like the months preceding the race, what I enjoyed most after the race was hearing about everyone's experiences on race day. Not everyone reached their ideal goal, but everyone ran great. It was certainly an amazing group performance, especially with so many people running the distance for the first time. Past the finish line I listened to my teammates talk about eating and drinking (and retching), the (approximately) 314 body parts that were aching, steep hills (up and down), but also about the scenery, support on the course, and socializing on the trail. By now, the recall of challenging moments (inevitable over this distance and time) from race day is hazy and the memory of high points and sense of accomplishment are more strongly etched in our minds (this is what gets us to run again). Anyone else want to try - or try again? I'm game if you are.

*EJB*

## Way Too Cool 50K

*Saturday, March 10, 2007*

Ovrl Place	Name	Age	Time	Pace
3.	Kenny Brown	36	3:47:23	7:22/M
28.	Don Stewart	46	4:15:37.9	8:17/M
71.	Ty Strange	46	4:44:43.3	9:13/M
105.	Todd Bertolone	44	5:02:30.4	9:48/M
137.	Eric Downing	36	5:13:53.7	10:10/M
138.	Eric Bohn	40	5:13:54.4	10:10/M
404.	Darryl Beardall	70	7:30:53.7	14:36/M

*Apologies to any club members we missed.*

## Welcome to the Empire Runners Club Tim Lohrentz and Mary Ann Weber.

Tim, age 45, moved to Sonoma County from Chicago-area three years ago and ran the SF marathon last year. "I am proud and a bit embarrassed that my 33:23 10K in 1984 is still the school record at the NAIA school I attended.

Mary Ann, age 43 says, "I love to trail run- especially hills. Have completed 18 marathons around the world: Greece (Athens), Australia (Six Foot Track- "Australia's Toughest Off-Road Marathon"), China (Great Wall), Moorea (Blue Lagoon). Am running Boston in April and Antarctica next February (2008). Also, I did multi-sport adventure Race Speights Coast to Coast on the south island of New Zealand, 150 miles of trail run, bike and kayak.

*Sunday, March 4*

## Napa Valley Marathon Empire Runners (story next page)

Place		Time	Div.	Div. PI
218	Madelyn Stewart	3:34:50	Wm 40-44	6/89
228	Michelle Lydon	3:35:50	Wm 45-49	4/74
253	Brendan Hutchinson	3:37:58	Men 60-64	4/31
479	Shelli Gordon	3:58:05	Wm 45-49	13/74
691	Tanya Narath	4:16:27	Wm 40-44	40/89
742	Tom Hinde	4:20:42	Men 45-49	76/108
746	Carl Triola	4:21:07	Men 35-39	93/134
820	Bob Bellino	4:27:51	Men 60-64	17/31
1052	Darryl Beardall	4:52:10	Men 70-74	3/4

*Apologies to any club members we missed.*

# Napa Valley Marathon 2007

Submitted By **Rob Main**

There are not many good reasons to get out of bed Sunday at 4:30am – This is one good reason: To watch, coach and support your teammates on their 26.2 mile odyssey from Calistoga to Napa.

On this Sunday morning Val and I were the support crew for Shell Bell, Hutch, Shelly L, and Tanya. All, except Hutch, had aspirations of qualifying for the Boston Marathon. Shell Bell and Shelly had to run 4:00:59 or better; Tanya had a tougher task: 3:50:59 or better. And Hutch just said: “Try to find me if I don’t make it to the finish in less than four and a half hours”. My mind wandered to a scene 5 hours after the race start of finding Hutch wandering around a mustard grass field talking to wild turkeys.



**Mady Stewart, Coach Sell, Shelli Gordon, Shelly Lydon, Tanya Narath and Brendon ‘Hutch’ Hutchinson**

After the Star Spangled Banner at 7:00am Val and I said our goodbyes and jogged back to the car carrying our teammate’s warm-up bags. We had mapped out our route to intercept our teammates at miles 3, 8, 13, and 18 before heading for the finish line.

Mile 3 found everyone in good spirits. Everyone smiled for the camera and Hutch waved as he went by – everyone was on pace and looking good.

sun was up and Val and I stopped in St Helena for coffee – life is good in the support wagon.

Status quo at mile 13 – half way there; and I was happy that Hutch had not wandered off course to commune with nature.



**Shell-shocked!**

Mile 8 at Deer Park Road found everyone still looking good and smiling but there seemed to be a more serious look on everyone’s face. Perhaps they were now awake enough to realize the significance of the undertaking. After mile 8, the

Mile 18 was trying for everyone except Shelly who seemed unaffected by the previous 18 miles. She was looking like she had just completed a moderate 5 mile warm-up. As we later discovered, she was on pace to beat her marathon PR by over 5 minutes. Tanya had her calf injury come back to life and had to fall off pace. From here on for her it was just a question of being able to finish – hopefully without re-injuring herself. Val was concerned. I thought about saying some encouraging words to Shell Bell like “You are looking good, hun, keep it up!” But I couldn’t lie – she looked like she felt and that was not good at all. So all I could say was “keep it up, you’re doing great, see you at the finish!”

The Finish – At the finish the story was two fold: 1. Did the stars align to allow you to run strong enough to finish, and 2. Were you able to use your training and determination to meet your goal time. In my book all of the athletes performed awesome. I am proud of all of them for their strong effort on that Sunday morning. Hutch, Shelly and Shell Bell all qualified for Boston. Tanya’s injury prevented her from qualifying; perhaps next time. Val and I had a great time watching, coaching, photographing, and being sherpas for our teammates.

# Empire Runners / Fleet Feet Grand Prix 2007

O'all PI	First Name	Last Name	Div.	Res.Run	Vlly Frd	Total	O'all PI	First Name	Last Name	Div.	Res.Run	Vlly Frd	Total
1	Andy	Howard	40s	95	98	193	1	Shelly	Gordon	40s	96	98	0
2	Chris	Edwards	14-19	92	99	191	1	Val	Sell	40s	100	94	0
3	Rob	Main	40s	88	98	186	2	Robin	Stovall	40s	93	96	189
4	Brad	Zanetti	50s	87	97	184	3	Leslie	Wolcott	40s	85	96	0
5	Mark	James	40s	84	98	182	3	Lisa	Anderson	30s	86	95	0
6	Bob	Finlay	50s	82	97	179	4	Molly	Wolf	50s	82	96	178
6	Gary	Morini	50s	83	96	179	5	Kathy	Koenig	40s	77	94	171
7	Michael	Zanetti	14-19	78	100	178	6	Lauren	Zanetti	14-19	75	94	0
8	Sam	Strobino	14-19	77	99	176	6	Michelle	Zanetti	14-19	75	94	169
9	Bill	Browne	50s	80	92	172	7	Lori	Houston	40s		100	0
9	Don	Sampson	50s	76	96	172	7	Jaque	Taylor	14-19	100		100
10	Dale	Trobridge	60s	74	92	166	7	Cathy	Dubay	40s		100	100
11	Daryl	Beardall	70s	71	91	162	7	Tina	Mourad	30s		100	100
12	Dale	Peterson	40s	65	96	161	7	Amy	Gandy	50s		100	100
13	Dan	Tuohy	70s	69	91	160	8	Shannon	Rich	14-19	99		99
14	Harold	Nordvold	50s	68	90	158	8	Melanie	Lovrin	20s		99	99
15	Ernst	Bohn	60s	64	91	155	8	Liz	Sinna	40s		99	99
16	Carl	Jackson	70s	62	91	153	9	Debbie	Beem	40s	98		98
17	Paul	Peck	40s	61	90	151	9	Tori	Meredith	40s		98	98
17	John	Anderson	50s	56	95	151	10	Shelly	Lydon	40s	97		97
18	Duane	Koenig	40s	53	94	147	11	Leslie	Curry	40s		95	0
19	Sean	Fitzpatrick	30s	100		100	11	Alyce	Parks	40s	95		95
19	Quin	Coughlin	14-19		100	100	12	Cameron	Tully-Smith	20s	94		94
19	Larry	Meredith	40s		100	100	14	Alisha	Rice	20s	92		92
20	Ty	Strange	40s	99		99	15	Janet	Peterson	40s	91		91
20	Gordon	Winstrom	60s		99	99	16	Jillian	VanRiper	10to13	90		0
20	Steve	Cleal	40s		99	99	17	Diane	Palczny-Stevenson	50s	89		0
21	Ryan	Aldridge	14-19	98		98	18	Marcia	Siem-Bossier	50s	88		0
21	John	Harmon	50s		98	98	19	BethAnn	McIntosh-King	50s	87		87
22	Danny	Aldridge	50s	97		97	20	Anne	O'Donnell	50s	84		84
22	Andy	Furlong	20s		97	97	21	Elizabeth	Boyd	40s	83		83
22	Bruce	Tuohy	20s		97	97	22	Anna	Derho	50s	81		81
22	Brian	Tuohy	20s		97	97	24	Kathy	VanRiper	30s	80		80
23	Eric	Downing	30s	96		96	25	Leslie	Howell	50s	79		79
23	James	Lynch	40s		96	96	26	Wendy	Breazeale	40s	78		78
23	Brendan	Hutchinson	60s		96	96							
24	Scott	Montrose	40s		95	95							
24	Mark	Mathewson	40s		95	95							
25	Greg	Jennings	30s	94		94							
25	Jesse	Lucia	14-19		94	94							
25	Matt	Lucia	14-19		94	94							
25	Al	Tagliaferri	50s		94	94							
26	Jason	Petersen	14-19	93		93							
26	Bob	Holland	60s		93	93							
26	Dennis	Fagent	50s		93	93							
27	Dave	Sell	40s		92	92							
28	Brian	Tuohy	20s	91		91							
29	Peter	Kirk	40s	90		90							
29	Austin	Champie	10to13		90	90							
29	Tim	Lohrentz	40s		90	90							
30	Andy	Roth	30s	89		89							
31	Dan	Preston	60s	86		86							
32	Mike	Stafford	50s	85		85							
33	Jerry	Lyman	50s	81		81							
34	Carl	Triola	30s	79		79							
35	Mark	Van Riper	30s	75		75							
36	John Paul	McIntosh-King	50s	73		73							
37	Gary	Breazeale	40s	72		72							
38	Wes	Beeson	60s	70		70							
39	Don	Meixsell	40s	67		67							
40	Bob	Bellino	60s	66		66							
41	Eric	Bohn	40s	63		63							
42	Ralph	Harms	70s	60		60							
43	Dale	Leyhe	70s	59		59							
44	Ian	Van Riper	<10	58		58							
45	Dave	DeSelle	50s	57		57							
46	Terry	McNeill	60s	55		55							
47	George	Urdzik	60s	54		54							
48	Roger	Anawalt	70s	52		52							

Please check the club website for updated scores since the IIsanjo Classic will be held after the newsletter deadline. Questions? Please contact Anna Derho, 584-4680, annaderho@comcast.net.



# Walk/Run 5k/10k

Hidden Valley Lake, California  
Saturday May 5<sup>th</sup>, 2007  
8:30am

Hartman Rd. exit off of Hwy 29  
(4 miles North of Middletown)

Race day sign-ups at  
Coyote Valley School from  
7:30am to 8:15am

Sign up by April 29<sup>th</sup> for discount

Race Hosts: HVL Milers

- Fast, flat, 5k RUN/Walk with Kid-friendly age divisions
- Challenging 10k Run with varied terrain & great views
- \$15.00 19 and Under, \$20.00 Adult entry fee (by April 29th). \$20.00/\$25.00 after April 29<sup>th</sup> and on race day.
- Special Family rate \$45.00 up to 2 adults & two youths (19 and under) same household (by April 29<sup>th</sup> mail-in entry only)
- Free drawing with great prizes!
- Artful Event tee-shirt
- Custom Medals to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place each age division
- Star Sponsors: HVL Realty and HVL CSD  
(Brochures available these locations on March 15<sup>th</sup>)
  - A large portion of this year's Race proceeds will benefit Middletown High School Track and Field program

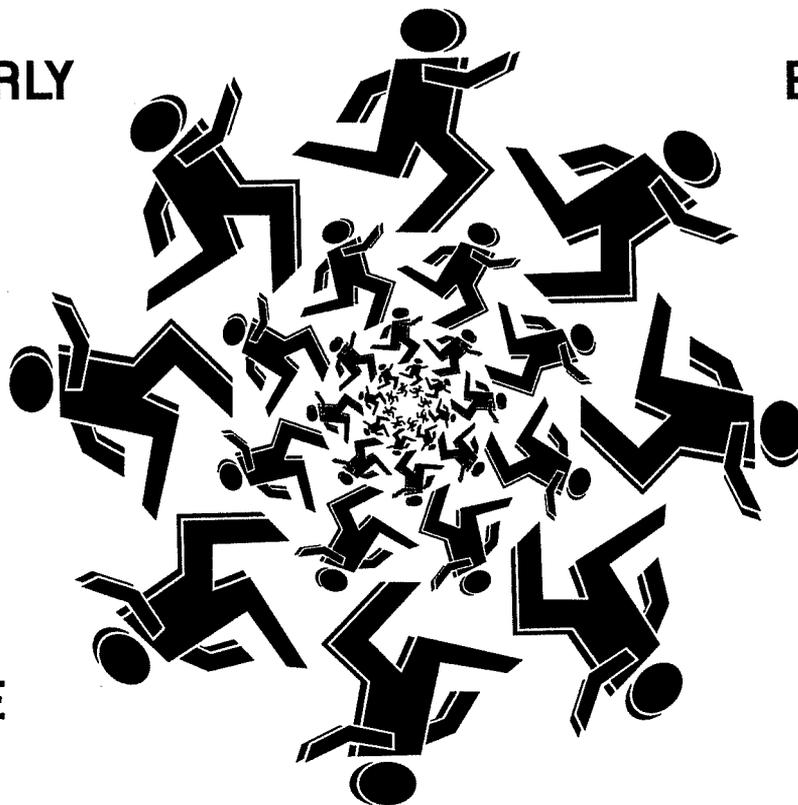
Go to [www.hvlmilers.com](http://www.hvlmilers.com) for mail-in entry form or on-line sign-up option.

The 4th Annual

# FORT ROSS FUN RUN

REGISTER EARLY  
FOR ONLY  
\$5

EVENTS FOR  
ALL AGES



FUN FOR  
THE ENTIRE  
FAMILY

DAY OF  
THE EVENT  
\$7

## SUNDAY, APRIL 29, 2007

sign-in and packet pick-up will begin at 9:00 am

EVENT	DIVISION	START TIME
100 METERS	UP TO 6 YEARS	10:00 AM
1/4 MILE	6-9 YEARS	10:15 AM
1/2 MILE	9-12 YEARS	10:30 AM
5K WALK/RUN	10 YEARS & UP	11:00 AM

ALL RACES WILL BEGIN NEAR THE TIMBERCOVE VOLUNTEER FIRE DEPARTMENT 30800 SEAVIEW RD. CAZADERO, CA

**BENEFITS THE FORT ROSS SCHOOL ATHLETIC PROGRAM**

FOR MORE INFO CONTACT JILL AT [JMACKNICKI@YAHOO.COM](mailto:JMACKNICKI@YAHOO.COM)

Empire Runners Training

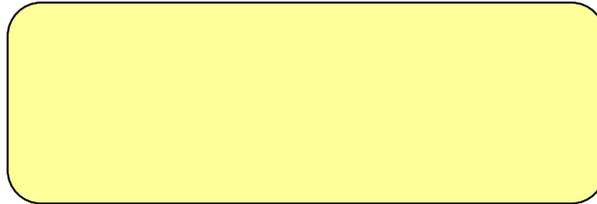
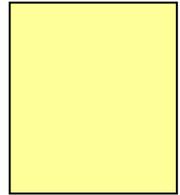
# April 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>14M race</b>  <b>ERGP Race: 8 a.m.</b>  <b>Loop-de-Loop 14M Trail Race, Channel Drive, SR</b></p> <p><b>1</b></p>	<p><b>6M at comfortable pace</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> <p><b>2</b></p>	<p><b>3x800m@2M GP; 6x400m@1M GP; jog half-distance after each</b>                      5:30p 3390 Princeton Drive, SR</p> <p><b>3</b></p>	<p><b>7M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>4</b></p>	<p><b>10M total with 4M (23-28 min.) at strong pace</b>                      5:30p Howarth Park</p> <p><b>5</b></p>	<p><b>6M at comfortable pace or Off</b></p> <p><b>6</b></p>	<p><b>3M total with 10x20 sec. @ 2M GP, jog 20 sec.</b>                      8:30a Training Run, Railroad Square, SR</p> <p><b>7</b></p>
<p><b>12M at medium pace</b>                      8:30a Cobblestone Trailhead on Channel Drive</p> <p><b>8</b></p>	<p><b>4M at comfortable pace</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> <p><b>9</b></p>	<p><b>20x200m@1M GP; jog 100m after each</b>                      5:30p 3390 Princeton Drive, SR</p> <p><b>10</b></p>	<p><b>7M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>11</b></p>	<p><b>8.5M total with 10x1 min. at strong pace</b>                      5:30p Howarth Park</p> <p><b>12</b></p>	<p><b>6M at comfortable pace or Off</b>                      7:00p ER Movie Night, Rialto Theater on Summerfield</p> <p><b>13</b></p>	<p><b>2M at comfortable pace or Off</b>                      8:30a Training Run, Railroad Square, SR</p> <p><b>14</b></p>
<p><b>13M at medium pace</b>                      8:30a Parktrail Drive at Summerfield Drive</p> <p><b>15</b></p>	<p><b>6M at comfortable pace</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> <p><b>16</b></p>	<p><b>3x1M@5K GP; walk 200, jog 600 after each</b>                      5:30p 3390 Princeton Drive, SR</p> <p><b>17</b></p>	<p><b>6M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>18</b></p>	<p><b>Newsletter Deadline: Dan Preston, Editor</b>  <b>11.5M total with 20x40 sec. at strong pace</b>                      5:30p Howarth Park</p> <p><b>19</b></p>	<p><b>5M at comfortable pace or Off</b></p> <p><b>20</b></p>	<p><b>Brush Creek Cleanup Day!</b>                      Footbridge near Hampton Estates: Group run at 8:30a.m. Creek cleanup starts at 9:30 a.m.</p> <p><b>21</b></p>
<p><b>8M at medium-strong pace</b>  <b>Race: Just Go! 10K &amp; 5K, Santa Rosa</b>                      8:30a Cobblestone Trailhead on Channel Drive</p> <p><b>22</b></p>	<p><b>6M at comfortable pace</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> <p><b>23</b></p>	<p><b>16x300m@1M GP; walk 50, jog 50 after each</b>                      5:30p 3390 Princeton Drive, SR</p> <p><b>24</b></p>	<p><b>5M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>25</b></p>	<p><b>8M total with 3x3 min. at strong pace</b>                      5:30p Howarth Park  <b>7:30p Club Meeting, MV RT Pizza</b></p> <p><b>26</b></p>	<p><b>4M at comfortable pace or Off</b></p> <p><b>27</b></p>	<p><b>Race: Viking Track Classic 2M, MHS, Santa Rosa</b>  <b>8M total with 4x5 min. @ 10K GP, jog 2 min. 4x800@2M GP; walk 200, jog 200 after each</b>                      8:30a Training Run, Railroad Square, SR</p> <p><b>28</b></p>
<p><b>Race: Fort Ross Fun Run 5K &amp; Kids Events</b>  <b>12M at medium pace</b>                      8:30a Parktrail Drive at Summerfield Drive</p> <p><b>29</b></p>	<p><b>6M at comfortable pace</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p> <p><b>30</b></p>	<p><b>2x1M@2M GP; walk 200, jog 600 after each</b>                      5:30p 3390 Princeton Drive, SR</p> <p><b>1</b></p>	<p><b>6M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>2</b></p>	<p><b>9.5M total with 3x6 min. at strong pace</b>                      5:30p Howarth Park</p> <p><b>3</b></p>	<p><b>6M at comfortable pace or Off</b></p> <p><b>4</b></p>	<p><b>2M at comfortable pace or Off</b>  <b>Race: Spring Has Sprung 5K/10K, Middletown, 8:30 a.m.</b>                      8:30a Training Run, Railroad Square, SR</p> <p><b>5</b></p>

## Empire Runners Club

PO Box 4241

Santa Rosa, CA 95402



Are your DUES DUE?

Find out now at [www.empirerunners.org](http://www.empirerunners.org). Click on "Join/Renew." Then on "Is My Renewal Due?"

### **Mark Your Calendar!**

*Sunday, April 1, 8 AM      The zekteenth annual LOOP de LOOP  
and first annual Loop de Loop Relay (details, p. 2)*

*Saturday, April 21      Brush Creek Clean Up (details, p. 2)*

*Thursday, April 26, 7:30 PM      Club Meeting, Montgomery Village RT Pizza*

*Saturday, April 28      Viking Classic 2 miler, MHS*

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