



## Strange/Lovrin DQ'd at 37<sup>th</sup> Ilsanjo Classic!

Ty Strange and Melanie Lovrin, apparent male and female winners of the 37<sup>th</sup> annual Ilsanjo Classic 10-Miler, were unceremoniously stripped of their titles earlier this week pending an investigation of performance-enhancing drug violations. A high ranking club official cited Human

Growth Hormone (HGH) and Human Ungrowth Hormone (HUH) as likely abused substances. "It's kind of obvious, don't you think? Like Barry Bonds, these people are physically improbable. Whom do they think they're fooling?" [see **Criminal charges pending**, p.11]

Sunday, April 5, 8 AM

## 17<sup>th</sup> Loop de Loop Changes Course!

Fewer Hills Accommodate Aging Race Director

It's one thing to be forced to end a streak after running 16 straight Loop de Loops. It's another to forfeit the bottle of champagne\* contested over all these years. Rather than give up the prize at stake in the "last man running" duel with rival **Dale Peterson**, race co-director **Alec Isabeau**, currently suffering from acute altitude-induced hip dyspleasura, made an executive decision. This year's Loop de Loop will avoid Annadel hills altogether.

The course will go out Channel Drive as in the past but will continue on flat ground into Oakmont Village. A brief loop through Santa Rosa's Premier Active Adult Community will pass the new Empire Runners Clubhouse on Stone Bridge Road before reentering Annadel State Park at the holding pond and heading back on Channel Drive to the finish.

"The flat, paved course will open up the race to club members with walkers and motorized wheelchairs," explained Isabeau. "It's quite a bit shorter than in the past. Most members will be grateful. It also offers several more bathroom stops. It's still really burly."

Participants are invited to rest up half way at the new ERC Oakmont clubhouse, and, for those wishing to call it a day at that point, representatives from Oakmont Village will provide a free shuttle back to starting line parking with optional stops to tour available homes in the Oakmont development.

[\*Unfortunately, the original aged bottle of Sparkling Ripple was consumed in the past year "by mistake." It's been replaced by a vintage bottle of Ensure '09. To the victor go the spoils!]

## ERC Falls Victim to Madoff Ponzi Scheme!

"We're wiped out!" laments Club Treasurer John Harmon

It seemed a good idea at the time. With club coffers full after years of barely getting by, why settle for meager certificate of deposit interest rates when solid returns of 10% or more were virtually guaranteed?

Empire Runners Club officers secretly placed the entire club treasury in the hands of the investment securities firm of Wall Street Pied Piper Bernard L. Madoff. The money

is now gone and our officers are scrambling to avoid joining Madoff in the federal penitentiary.

[see **Criminal charges pending**, p.11]

**All-You-Can-Eat SR Creek Clean-Up**

Saturday, April 25, 9AM. Optional run at 8

Meet at Pierson St. bridge near Railroad Square



## Ty Strange/Mel Lovrin Victorious at Ilsanjo Classic!

### Don Nauman/Shelli Main Take the 4-Miler

*Mark James*

*Ilsanjo Classic Race Director*

Directing a running race is kind of like throwing your own birthday party...you hope lots of people come and everyone has a good time. So when I heard the pitter patter of rain as I lay in bed still awake at 1 am the night before I thought "Uh oh, no cake!"

I got to Howarth Park at 6:15am which looks a lot different in pitch black. I had picked up a 2.5 gallon container full of Starbuck's finest a few minutes earlier and realized that the .5 had actually saturated the passenger seat of my grandparents Toyota! Fortunately the rest of the day went a whole lot smoother. Not just because it had stopped raining but largely in part for those that went out of their way to help me out. I could write a whole letter listing all the names but the news letter can only be so long. First off I have to recognize the man who this race means so much to- **Dave "Digger" DeSelle** who recently stepped down as Race Director. In honesty, I think he probably worked more this year than any other with me as his apprentice Director. From frequent emails to cutting up oranges and delivering them to me the morning of the race and then setting up cones with a bum ankle Dave was there. Also special thanks to Bob Shor and Doug Courtemarche at the Finish line; Tori and Fleet Feet Rhonda at the finish chute and my sister Marina James-Galvin and the Sonoma State XC ladies and a select few of my high school kids from the El Molino Swim team at registration and as monitors on the course. Everyone who helped out is blessed with forever good karma and the knowledge that I never forget those who help me out!

Okay now about the races: At 8:45 the Newt Scoot started off with the biggest group ever! 33 kids from age 2-12 participated in the out and back course. 12-year old **Josh Peck** and Eduardo Mondragon hammered out the 1k distance race in 4:55 with Josh just edging out the win by half a second. 8-year old **Catherine Rauch** was the first girl finishing about 35 seconds later. All



**Ty Strange, 48, beats the crap out of everybody in the 10-miler.**

Newts received a finishers ribbon and a Mini Scoop of frozen yogurt from Yogurt Farms and Josh and Catherine received a coveted Deer photograph from **Brendon "Hutch" Hutchinson**. Next year we will go 10 and under and offer full college scholarships to the overall winners if they break 4 minutes!

Ten minutes after the 10-mile race started, off went the 55 runners in the Neo Classic 4- miler. The top male was former winner Don Nauman in a ripping 24:18.



**SSU Frosh Katie Bolce, 2<sup>nd</sup> place in the 10-Miler**

Don was followed closely by **Andy Howard** (24:28) and 14 year old **Kevin Poteracke** who took 2:15 off his time from last year in 24:31! I want to do that!! The top female finisher was **Shelli Main** in 31:35 who stayed just ahead of 51 year old **Karen Kissick** (31:47). Third place overall female was **Tori Meredith** who crossed the line in 32:34 and went straight to work figuring out those finish tags and times for me! Of note were the former “Newts” who stepped up to the plate to show their mettle in the “adult” distance race: 11 year old Philip Hill was 12<sup>th</sup> in 32:56, Kyle Gomez-Fower was 13<sup>th</sup> in 32:58 and 12 year old **Jillian Van Ripper** was 5<sup>th</sup> overall young woman in 34:42. While they were no longer rewarded with frozen yogurt full bragging rights are allotted to these young runners!

After taking last year off from this race, **Ty Strange** came back in cool guy black including black tights and gloves to dominate the 10 mile race in 1:00:20 for his 5<sup>th</sup> Ilsanjo Classic win. **Don Stewart**, who having raced and placed 2<sup>nd</sup> in the Cool 50k the day before, finished second AGAIN in 1:02:53...just how he does it with three kids is amazing! (or the sign of a very understanding and loving wife!) **Danger Downing**, sporting a killer aero hair cut, rounded up the top three in 1:03:20.

In the women’s side **Mel Lovrin** managed to stay away from SSU freshman Katie Bolce in 1:05:57. Mel broke away at mile two and never looked back for her fourth consecutive win. Bolce finished in 1:07:44 (thinking she now wants to do marathons), followed by

Chico State’s DII XC National Team member **Shannon Rich** in 1:14. . There were 118 finishers in the 10 mile race and surprisingly and gratefully no injuries to report. Mike Quigley was acknowledge with a special prize as the 37<sup>th</sup> finisher to recognize how many years this race has been happening and the top three in each age group were awarded Hutch photos.

Former sponsors helped out once again. Very special thanks go to: Fleet Feet for their support and sending so many runners our way, **Cathy Dubay** at Montecito Heights Health Club for Club Memberships, Yogurt Farms for 32 plus scoops of frozen yogurt and Lad’s Supermarket who supplied the bananas and oranges at the finish line. New sponsors included Dawna Hall at Barbara’s Bakery, **Stephen Starkweather** for massage certificates, Frank Tibbens Construction who provided a couple cases of Guai Qui ice tea and Sonoma State Cross Country for supplying wine, Martinelli’s, water and t-shirts.

Lastly thanks to all of you runners. With sooo many running races these days to choose from thank-you for your participation in the Ilsanjo Classic races. And with that said I blow out the candles and hope to see you next year!

*(full results at [www.empirerunners.org](http://www.empirerunners.org))*

*The Empire Runners Club*  
**HALL OF FAME**  
The Inaugural Class of 2008  
 Darryl Beardall  
 Mort Gray  
 Carl Jackson  
Class of 2009  
 Pamela Horton  
 Brendan Hutchinson  
 Dan Preston

Learn more about the Hall of Fame, its members, and how to nominate a club member for the Hall of Fame by visiting the club website,

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## Minutes

# Empire Runners

## February 2009 Club Meeting

(pending approval at the March 26, 2009 meeting)

President **Bob Finlay** ([bfmfinlay@sbcglobal.net](mailto:bfmfinlay@sbcglobal.net)) called the February 2009 meeting to order at 6:35 pm.

### Secretary's Report:

Secretary **Paul Berg** ([pmberg@sonic.net](mailto:pmberg@sonic.net)) read the January 2009 meeting minutes which were approved as read.

### Treasurer's Report:

Treasurer **John Harmon** ([jj2harmon@yahoo.com](mailto:jj2harmon@yahoo.com)) reported that the current club balance is \$31, 238.82, up \$3200 from the same time last year. The major expense in the past month was the Annual Banquet, which cost \$1788, about \$500 more than last year. It was noted that this included the plaques for the Hall of Fame and the Kathy Van Riper awards, the cost of the hall increased, and beer and wine were purchased this year, where in previous years was donated.

The Student Grant Fund balance is \$1120, approx \$520 less than the same time last year.

\$250 was donated to SRHS for their help on the Valley Ford Relay, which netted \$1012.

### President's Report:

President **Bob Finlay** reported that we are seeking a Sponsorship director or perhaps a Sponsorship committee to continue the effort undertaken by **Dave DeSelle** over the past few years. An egroup message was sent last week explaining the position.

### Race Reports:

#### Recent races/Runs

- Tamalpa Couples Relay 2-08-09, Photos on the website
- Valley Ford Relays 2-15-09. **Bob Shor** reported that the weather gods cooperated; it was the best attended VF event ever. Kudos to **Doug Courtemarche** and his SRHS team for a well-organized event, complete with prizes for all. Age group records were set by **Shirlee Fee**, **Mini-Mel**, and the masters co-ed team of **Val Sell**, **Kenny Brown**, **Ty Strange**, and **Mel Lovrin**. Article by **Larry Meredith** in the newsletter.

#### Upcoming Races/Runs:

- Napa marathon 3-01-09. **Darryl Beardall** will be running for the 28<sup>th</sup> time, **Paul Berg** for the first time.
- Pt. Reyes Trail run 3-08-09

- Ilsanjo Classic 3-15-09. **Mark James** will be assisted by Sonoma State athletes, but can still use some race-day help. Since this is the 37<sup>th</sup> annual running, there will be an award for the 37<sup>th</sup> finisher. To ease the race day registration, there will pre-registration at Fleet Feet on Saturday, 3/14. An egroup message will be sent. Mark reminded the attendees of the 1 mile newt scoot that will take place at 8:45 am to the adult race.
- Loop-de-Loop 4-5-09.
- Petaluma Footrace 4-19-09. **Chris Mason** reported that there is NO race day registration for this event, and it always sells out before race day, so pre-register online.

### Committee Reports:

- Awards Banquet 1-31-09. **Bob Finlay** congratulated **Val Sell** on a well-run event, and her moving tribute to Kathy Van Riper
- Vineman Aid Station: a volunteer coordinator is still needed for this event, which is in August
- Student Grant Fund: **Bob Finlay** reported that he has mailed applications to 39 coaches, Ads and counselors in Sonoma County for this year's scholarships for graduating HS seniors who will continue running in college. The application can also be downloaded from the website.
- Creek Cleanup 4-25-09.
- Membership software update. The committee will be meeting next week to come to a decision soon. **Bob Finlay** reported that **Jerry Lyman** and the committee have spent many hours researching the various products.

### Unfinished Business: none to report

### New Business

- Beginning March 1, Thursday training runs will change to 5:30pm, and March monthly meeting will move to 7:30pm with the time change.
- Lake Sonoma 50 is requesting Empire Runners to man an aid station on March 28. It requires 4 people for 6-7 hours.

Raffle: ~~Nate Koch~~ oops, **Dale Trowbridge** won \$31, and \$31 went to the student grant fund

Drawing: **Megan Johnson** would have won \$200 if she attended the meeting....

President **Bob Finlay** concluded the meeting at 7:08 pm.

### Attendance:

Mark James, miniMel, Nate Koch, Darryl Beardall, Don Sampson, Super George, Dale Trowbridge, Dave DeSelle, Thermo, Shirley Fee, Stephen Starkweather, Pappy, Lorenzo Meredith, Victoria Lynn Meredith, Bob Shor, Chris Mason, Hutch, Bob Finlay, Paul Berg.

Dear Empire Runners Club,

I am writing to THANK YOU for the most wonderful surprise the other evening at the Annual Empire Runners Party. As always, we love to participate in your events and I find myself counting the days we can participate again, (in hopes that a soccer game won't interfere!!!!). Of course, I have been around for many years, but I have been so proud to be able to have my kids participate in the events as well. I was SO excited when Jillian, now 12 (at the age of 4) wanted to come with me to participate in the Summer Track Series! That was "way back when" when she would be one of the few kids actually participating. Things have changed!! I am so thrilled that my family has experienced enough Empire Runners events to now become familiar and even ask me, "when is that race again, where we get free ice cream certificates?!" Or, "what about that relay race?"

If you were not able to attend the dinner, then you missed Val Sell presenting an award that knocked me off my seat! That award was presented to me, and what an incredible and honorable surprise that was. I have been battling cancer for years and February marks my 6<sup>th</sup> year of constant chemotherapy. No break.....non-stop...see why I'm so proud to be able to share the Empire Runners Events with my family? Running is the number one thing about me, that keeps me real, honest, in tune, sane, and ME! To take on the challenge as cancer patient while continuing to live as if nothing has changed has been my biggest challenge, yet the only way that I feel driven. Continuing to live as if "nothing has changed" has forced me to continue to run, and to show up, with my family in tow, to the various running events, and share my love of the sport to others. I am so thankful to still be fighting, and I am so thankful for my God given determination to keep running through the storm. This award means so much to me, and what an honor to stand behind it. This annual award will be so meaningful to my family in the years to come. Thank you from the bottom of my heart for honoring my perseverance during the most challenging race of my life. I feel proud you chose me to lead it!

THANK YOU!!!

Love, Kathy (Dalton) Van Riper

***Interested in finding out more about Kathy's new non-profit to benefit the children of cancer patients? Go to [www.kathyscamp.org](http://www.kathyscamp.org) for more information.***

## El Molino's New Track

*"It doesn't give you shin splints".*

*"Much nicer to run on".*

*"The old one had dust and puddles everywhere".*

*"We missed a lot of practice in the winter because of the mud".*

Those are just some of the appreciative comments from the students at El Molino High School as they welcomed seven Sonoma County schools to the First Annual El Molino Relays on March 14th. The star of the show, besides the athletes, was the new all-weather 8-lane track, recently completed after nearly 4 years of fundraising and several months of site work.

**Coach Doug Hasting expressed his gratitude for the Empire Runners' donation of \$2000 last year to help put the financial effort over the top.**



The total cash outlay of \$142k included generous contributions from the State, the Bohemian Club, and the El Molino boosters club, and private donations. \$27k was also raised by the students last year at an all-night jog-a-thon. Materials and labor donations were also substantial, with nearly \$100k from Canyon Rock quarry, Boudin Company, Fedco construction, and Peters Excavating.

"It really was a community effort, and it all benefits these kids", said Coach Hastings. "Every day when we come out here to practice, we can't help but smile. Thanks again to the Empire Runners for their support."





## The Great Shoe-In

was established in the spring of 2008 when it took its first steps helping children and adults in meeting one of humanities most basic needs. The program, initiated by Congregation Shomrei Torah, collected nearly 2,500 pairs of gently worn athletic shoes to be distributed to those who could use a foot up.

The Great Shoe-In is a perfect example of how our community can make a difference and reminds us how nearly everything we consume has more than one life and how every one of us can help renew our environment. Through "One World Running" a Colorado based foundation we distributed many of the shoes collected to third-world countries. Various local shelters and social agencies were genuinely grateful to receive some of the shoes. The remaining shoes, not suitable to be worn were sent to the "Nike's Reuse a Shoe" program where they get ground up and turned into material to make playground surfaces.

In 2009, a greater focus is being put toward distributing shoes locally and nationally, while still participating on a global level. Already over 20 schools have asked to collect shoes as well as a host of local retailers.

The Great Shoe-In is asking the community to collect and donate their unwanted shoes during the month of April. To make things easier for you to participate, drop off centers will be located at Shomrei Torah (2600 Bennett Valley Rd).Coddington Mall, Santa Rosa High School and will be on site at the "Just Go 10/5 k" Fun Run. [Also at Fleet Feet Sports] Individuals, businesses and organizations can bring their donations to any of these locations. Drop off locations being manned to accept your gifts on April 11 & 12 and 25 & 26th 10:00-4:00 with daily drop offs at the Santa Rosa Highs Tennis courts Tuesdays through Friday 3:00-5:00 during April.

We're challenging all the health clubs, fitness centers, sports retailer and organizations to get their clientele and members to participate. Some businesses are using it as a promotional tool, others are putting collection boxes at their locations which they will bring to our drop off centers others are simply putting our posters in their facilities.

Regardless of how you choose to get involved, your participation is greatly appreciated.

**Deborah Telesmanic, Fleet Feet Sports, Santa Rosa**



## Running Buddies Needed for GOTR Sonoma County

Mentor a young girl through a 5k this spring.

For women (18 years or older) who want to make a difference but aren't available to coach, you're invited to be a Running

Buddy for the next GOTR Sonoma County 5k event on Sunday, April, 26 2009 at 7:30 AM. Running Buddies mentor and encourage young girls running (or walking) the 5k! At the end of the event, Running Buddies help celebrate completing the 5k and crossing the finish line with their girl.

Past Running Buddies report that this is a very heart warming and inspiring experience. For more information, visit [www.gotrsonomacounty.org](http://www.gotrsonomacounty.org).



## PARK PASS OFFERS OPPORTUNITIES GALORE!

Donna LaGraffe  
Marketing Specialist  
Sonoma County Regional Parks

Runners have numerous ways to enjoy Sonoma County's Regional Parks. Steep or gentle grades, paved roads, dirt trails, or sandy beaches – there are many parks that offer great running trails, including Spring Lake, Shiloh Ranch, Foothill, Helen Putnam, Sonoma Valley and Riverfront. Regional Parks also offer lifeguard supervised swim areas, camping, picnicking, boating and fishing. And now, there's even more reasons to get out to these parks!

The Annual Park Pass offers unlimited day-use parking in all 43 parks for a full 12 months. Instead of paying the \$6

day-use fee each time, you buy a pass and park free for a year! And during the pass promotion, April 1 - June 30, every pass buyer receives up to \$200 worth of special offers available only during this 3-month promotion. Working in partnership with local businesses, Regional Parks is pleased to present the following promotional offers this year:

- Free ceramic coffee mug with logo - Sebastopol Hardware Center
- Free home water conservation checkup - Santa Rosa Plumbing
- Free one night camping - Sonoma County Regional Parks
- Free one-hour kayak rental (holidays excluded) - Spring Lake Boat Rentals
- Free water bottle & 15% off any purchase (one-time use – excludes sale items & bikes. In-stock merchandise only) at either store - NorCal Bike Sport / The Bike Peddler
- Free water bottle with \$20 purchase & one free camping/backpacking gear rental - Sonoma Outfitters
- Free logo T-shirt or hat - Santa Rosa BMW Motorcycles
- \$25 off outdoor gear rental - REI Santa Rosa
- \$30 off a new surfboard or wetsuit & 50% off surf or beach rental equipment - Bodega Bay Surf Shack
- 25% off MAJOR bike tune-up (repeatable) and 20% off regular priced parts, accessories, and clothing and 10% off regular priced bicycle or car rack (one time use) - Rincon Cyclery
- 2 for the price of 1 on an existing bike tour & \$10 off bike rental - Getaway Adventures
- Rent one canoe, get second free - River's Edge Kayak and Canoe
- Rent one canoe, get second free (with advance reservation) - Burke's Canoe Trips
- Rent one kayak, get second free (or 50% off one kayak) - Bodega Bay Kayak

The \$60 Day Use passes are for individuals or families. Golden Years passes are for those ages 60+ and cost \$27. For those with permanently disabilities, the Access Pass costs \$21.

During the promotion, the Day Use & Golden Years passes are available at: Longs Drugs in Sonoma County, REI Santa Rosa, Sonoma Outfitters, Rincon Cyclery, The Bike Peddler, NorCal Bike Sport, Bodega Bay Surf Shack, Sebastopol Hardware Center, and Santa Rosa BMW Motorcycles. You can also buy a pass at any staffed Regional Park entry station. Day Use passes may also be purchased online. Access passes are available only through the parks' main office. For more information, call (707) 565-2041 weekdays, or visit [sonomacountyparks.org](http://sonomacountyparks.org)

## Alex Wolf-Root Heads to Maccabiah Games

(with your help, please)

When my high school coach Danny Aldridge first started talking me into running last October's Wine Country Half-Marathon, I laughed. But as those of you who read the December '08 newsletter know, he eventually won out, and I got far more than I bargained for. And, as it turns out, my half-marathon career isn't ending there.

The reason for that (besides, like most of you reading this, that I'm a crazy distance runner) is that I've just been selected for the 18<sup>th</sup> Maccabiah Games this summer in Israel. The Maccabiah Games happen once every four years and there will be over about 60 countries represented there by over 7,000 athletes. No surprise that it's often called the "Jewish Olympics."

First off, I have to thank you guys for helping me get to this point. I've been a member since the week I graduated HS, and you guys have done some awesome things for my running, obviously. And besides all the intangibles such as being part of the XC team and just having the general running community, the club also played a more direct role. You see, right when I started to really feel bad, around mile 8 or so, there was an ER water station. And though the majority ended up on my uniform, who knows what would have happened without that extra hydration? I don't even want to think about it!

But, alas, like most things in life, this trip has a price tag, \$3,300 to be precise. As everything else in life, this has a price-tag; in this case, \$3,300. I'm supposed to raise this money in my community and, as I associate most with my running community, I figured I should ask the Empire Runners.

Of course, I know times are tough, so I don't expect anything. But, if any of you can help at all, that would be most appreciated.

To donate, you can go to <http://www.active.com/donate/usahalfmarathon/wolf-root>. Or if you prefer, checks can be made out to "Maccabi USA/Sports for Israel" and sent to me, **Alex Wolf-Root**, at 1506 Misty Cloud Place, Santa Rosa, CA 95409.

Again, I know times are tough, but I do appreciate any and all help. And, more-so, I appreciate everything the local running community has done to help me get to this point in the first place. So thank you.

-Alex



*[The following story by Bill Bradley was forwarded to us by Shelli Lydon. This race was held in February. A Bob Padecky article about Bill appeared in the 3/21/09 Press Democrat. Bill is not an Empire Runner. We see him regularly running in Annadel. Mt. Redoubt blew this weekend.—Ed.]*

## **SUSITNA 100 MILE RUN IN ALASKA FINISHED IN 54:45!!!!**

The pre race meeting started with us being handed a filtered dust mask and told it was mandatory equipment to be carried at all times. Mt Redoubt a volcano only 100 miles away could blow any day!!! Man was this going to be an Epic Weekend!!!

We were also told the temperature would be in the 20's with snow in the forecast for the race. The good news about temperatures in the 20's is you won't get frostbite and loose any parts. The bad news is the snow would be very soft. Not good for runners who will be sinking in it like soft sand. My beach training would be tested!!!

As the race started I was able to run much of the first 10 miles since it is well traveled trail and very compact. Then the soft conditions brought me down to a power walk. I hit the 22 mile checkpoint at Peggy's cottage at about 7 hrs and 30 mins. I was strong!!! I filled up my camelback and was in and out fast. It was now getting dark as I headed out to the next check point 22 miles away. I decided to just stick with my running tights and not put on my wind pants because the temperature was still in the 20's. This would turn out to be a FOPA!!!

2 hrs out on the trail the first snow flakes began to come down. I remember touching one just to make sure it was snow and not volcano ash!!! No Problem!!! Nice and cold!!! No mask yet!!! I continued to make good time to the Eagle Song 44 mile check point despite the soft snow conditions. But I was working hard!!! I hit Eagle Song around 2 am after 17hrs of racing and was ready to sleep. I had planned to take maybe an hour or so to sleep. I went into the room where maybe 10 racers were already sleeping. I grabbed a couple blankets and layed down to sleep in the middle of the floor. I remember thinking man this room feels cold. Last year it was so hot!! It felt like the A/C was on. I then started to shiver even with the blankets on me. I then realized my tights must have gotten wet from the snow and I was in the early stages of hypothermia. I could not stop shivering and on top of that I started having leg cramps from working so hard in the soft snow!!! After an hour I didn't get any sleep nor did I ever warm up. I knew if I left with out getting my core

warm I would never make the next check point. A down sleeping bag freed up and a spot right next to the wood burning stove. I put on 3 layers and got in the down sleeping bag next to the stove and after another hour I finally felt normal and I had even managed to get a little sleep. I was ready to Roll again!!!

Although a necessity that extra hour had cost me any cushion I had in making the later cutoffs. As I headed out on the trail to the next check point 22 miles away with it still snowing, I was wearing my wind pants!!! The snow continued to accumulate on the trail making pulling my 40lb. sled with my emergency gear and food tougher with every passing hour!!!

I was still making a steady trek at a little more then 2 miles an hour. When I hit the 66 mile check point at Luces Lodge and after eating a quick sandwich and refilling my camelback. I had an hour and a half cushion on the cutoff. I knew I would need every minute of it as the conditions continued to deteriorate with the snow fall getting heavier!!!

At about 79 miles I was down to only about 20 minutes of cushion and I was working hard. It was now snowing very heavy!! This is when things really got Really UGLY!!! I had 6 miles to go to the 85 mile checkpoint and I couldn't stay awake!!! It was now about 10 pm. Sunday night I had been racing for 37 hours with only 40 minutes of sleep. I would be walking on the trail one minute. I would nod off and I would wake up walking in the deep snow next to the trail!!! After this happened about 3 times I knew I needed to take action. So I started drinking Redbulls one after another. Within an hour I had drank 3 redbulls and was still nodding off. I was also slapping snow on my face every 5 minutes also with no luck!!! Finally I started shoving snow down the front and back of my shirt to try to shock myself awake!!! Probably not the smartest thing to do in a snow storm!! But neither is sleep walking in a snow storm!!! It was like being tortured!!! My 20 minute cushion had dissipated as I headed toward the 85 mile cutoff. I was also hallucinating badly I kept thinking I saw the lights of Peggys cabin only to realize as I got close it was only a hallucination!!! When I finally reached the base of the hill to her cabin and the 85 mile check point I only had a few minutes to spare. I took the harness off to my sled and ran up the hill and checked in with a minute to spare!!!

I told Kit who was working the checkin that I needed a half hour of sleep before I could go on. He informed me the 1 am. cutoff was for leaving the check point. I told him well just let me close my eyes for 2 minutes and I would go. I went in the cabin layed on the couch for 2

minutes grabbed my camel back and began heading for the door. A wave of nauseousness came over me!! I ran to the door opened it and proceed to throw up all over Peggys front porch!!! It was all liquid. All the Red Bulls had left me the hard way!!!

Now I was in a Quandary I was big time sleep deprived and now my stomach was shutting down!! I felt absolutely Wiped Out!!! If I left I would be lucky to make it 2 miles down the trail, I was so weak!!! I knew if I stayed an official finish wasn't going to happen but I also knew if I left it wasn't going to happen anyway. I had done that last year and ended up with acute hypothermia being put in a snowsuit and hauled off the course.

I chose to stay and get some sleep and then go for an unofficial finish. I went to sleep and told some one to wake me in 2 hrs. They tried but I was still comatose with exhaustion. I finally woke up after 5 1/2 hours of sleep. I felt recharged!!! I informed Kit and Peggy I would be finishing off the last 15 miles on foot even though I knew it wouldn't count as an official finish. Kit called Rita (The Race Director) and told her I would be finishing it off on foot. She told him to let me know every one would be gone and I would be out there on my own. I looked out the window and saw that it was snowing the hardest it had snowed since the race began!!! I grabbed my camelback and headed out the door and said " I'm GOOD!!!"

On the home front during this same time my dad and his wife Murphy had seen my DNF on the website and had called Rita to make sure I was okay. Rita told them I was at the 85 mile checkpoint. I was fine and would be hauled out by snowmobile in the morning.

KEEPING THE FAITH!!!! At the same time my buddy and my friend for over 38 years Dave and his brother Matt were following me on GPS and on the race website. Matt said to Dave the GPS hasn't moved in hours and the website said I had DNF'd (Did not Finish). What did he think? Dave said keep an eye on that GPS. Bill hates to quit!!!

A few hours later Dave received a phone call from Matt who screamed you were right!!! Bill's on the move again. At the same time my dad recieved a call from Rita saying Bill was walking it in and would have no support!!! ( Be thankful you are not related to me unless you are, Sorry!)

Kit told me just as I left he would be leaving on his snowmobile a couple hours after me and he would check me one last time. I headed out on the trail knowing I must pay close attentions to not miss a trail marking. That

would not be good!!! I was asked earlier in the race if I had seen a certain racer who had left eagle song check point and not showed up at the next checkpoint. They were out looking for him!!! As I headed down the trail I couldn't believe how hard it was snowing. I was thinking someone really doesn't want me to finish this thing.

I didn't see another soul for about 3 hours. Then I saw a guy on a snowmachine heading the other way he slowed down and asked if I was Okay? I must have looked like hell!!! But of course I said I was living the Dream Alaskan Style!!!

After about 4 hours you could barely tell where the trail was. I was at around mile 93. The wind had kicked up and the snow was now blowing sideways. When I would see a sign I would have to wipe the snow off with my glove to see what way the arrow was pointing. But man did they do a good job marking the trail. I had no difficulties folowing the trail markings. Kit caught me on his snowmachine with 4 miles to go and told me it was snowing so hard my foot prints were covered up and if I had took a wrong turn they wouldn't have known where to look for me.

I finished off the last 4 miles to the finish at the Point Mckenzie store. My finishing time was 54:45. Everyone was gone. The last official finishers had finished over 6 hours ago. The finish line banners were down. You could not even tell there had been a race. I saw a guy getting into his truck and asked him if he could film me when I crossed where I thought the finish line was!!!

I then walked over to the little coffee shop in the Point Mckenzie store to get a cheeseburger that I had been craving for hours. As I walked up to the door I started patting my hair down. I had serious hat hair. Then I heard someone say you look fine. The owner of the Point Mckenzie store was sitting in a chair by the door. She said you must be Bill. Rita let us know you might be coming by. Then she said " Great Job!!!" and she started clapping for me. I started to tear up. I had been out there along time!!! I then went into the coffeeshop and the six customers in there also clapped for me!!! I may have been unoffical. I would be in no record books. I would receive no medal. But I was having my own award ceremony!!!!

THE FACTS: There were 88 official entrants in the 3 divisions run, bike and ski. 30 of which were runners. There were 59 official finishers. Most of them skiers. I raced for over 35 hours by myself on the Frozen Tundra. Way to much alone time!!! It snowed over 40 hours of the time I was in the race.

We gratefully acknowledge our...

# Empire Runners Club Sponsors

To find out how to become a Club Sponsor visit the club website ([www.empirerunners.org](http://www.empirerunners.org), see "Sponsors") or contact the Sponsorship Administrator, Bill Browne, at 707-528-7963, [bbruns2win@aol.com](mailto:bbruns2win@aol.com)

## Partners in Fitness

*The following fitness-related businesses or organizations display the Empire Runners Club Poster or offer Club race schedules for the benefit of their clients:*

**FLEET FEET SPORTS -- 111 Third St., Santa Rosa; 569-1494**  
**HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE**

## Member Discounts

*The following businesses or organizations offer discounts of at least 10% to Empire Runners Club members:*

**ATHLETIC SOLES – 49 Petaluma Blvd N., Petaluma, 763-0700, [www.AthleticSoles.com](http://www.AthleticSoles.com)**  
**JEANNE BROWNE, Family Law Attorney, 575- 5162, [JMBCounsel@aol.com](mailto:JMBCounsel@aol.com)**

## **DONORS**

### Friends

*The following have given annual cash or in-kind donations to the Empire Runners Club of \$100 or more in value:*

### Allies

*The following have given annual cash or in-kind donations to the Empire Runners Club of \$200 or more in value:*

**ALEC ISABEAU, D.C. – Chiropractic Sports Medicine, 586-5555**  
**STEPHEN STARKWEATHER – Massage & Hypnotherapy, 707-544-5143**

### Backers

*The following have given annual cash or in-kind donations to the Empire Runners Club of \$500 or more in value:*

**KZST & KJZY**  
**CULLIGAN WATER OF SONOMA COUNTY–707-545-1330**  
**SIR SPEEDY PRINTING–3451 Airway Drive Santa Rosa, 707-546-3900**  
**EVENTS WITH SOLE, INC., [www.winecountrymarathon.com](http://www.winecountrymarathon.com)**

### Champions

*The following have given annual cash or in-kind donations to the Empire Runners Club of \$1000 or more in value:*

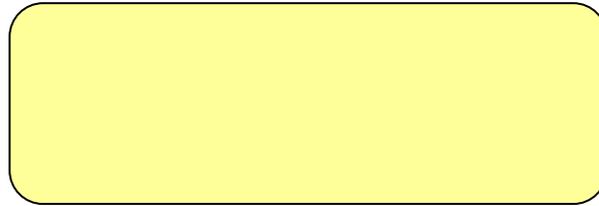
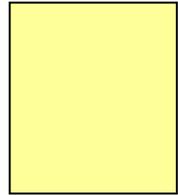
**FLEET FEET SPORTS -- 111 Third St., Santa Rosa, 569-1494**  
**HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE**  
**TAGLIAFERRI'S DELICATESSEN & CAFE, Petaluma & Novato, [www.tagsdeli.com](http://www.tagsdeli.com)**

# April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>10M at medium pace</b> 8:00a Cobblestone Trailhead on Channel Drive</p> <p style="text-align: right; color: green;">29</p>	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p style="text-align: right; color: blue;">30</p>	<p><b>12x300m@5K G.P., walk 50, jog 50</b> <b>jog half-distance after each</b> 5:30p 3390 Princeton Drive, SR</p> <p style="text-align: right; color: blue;">31</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p style="text-align: right; color: blue;">1</p>	<p><b>8M total with 3x3 min. at strong pace</b> 5:30p Howarth Park</p> <p style="text-align: right; color: blue;">2</p>	<p style="text-align: right; color: blue;">3</p>	<p><b>8:30a Welcome New Members Training Run, Railroad Square, SR</b> <b>Coffee after! Coffee after! All members encouraged to attend!</b></p> <p style="text-align: right; color: green;">4</p> 
<p><b>14M race ERGP Race: 8 a.m. Loop-de-Loop 14M Trail Race, Channel Drive, SR</b></p>  <p style="text-align: right; color: green;">5</p>	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p style="text-align: right; color: blue;">6</p>	<p><b>3x800m@2M GP, 6x400m@1M GP; jog half-distance after each</b> 5:30p 3390 Princeton Drive, SR</p> <p style="text-align: right; color: blue;">7</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p style="text-align: right; color: blue;">8</p>	<p style="text-align: right; color: blue;">9</p> <p><b>8.5M total with 10x1 min. at strong pace</b> 5:30p Howarth Park</p>	<p style="text-align: right; color: blue;">10</p>	<p><b>8:30a Welcome New Members Training Run, Railroad Square, SR</b> <b>Coffee after! Race: Muir Woods Marathon, 25K &amp; 7 Mile, Stinson Beach</b></p> <p style="text-align: right; color: green;">11</p>
<p><b>12M at medium pace</b> 8:00a Lawndale Trailhead on Lawndale Rd. in Kenwood</p> <p style="text-align: right; color: green;">12</p>	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p style="text-align: right; color: blue;">13</p>	<p><b>20x200m@1M GP; jog 100m after each</b> 5:30p 3390 Princeton Drive, SR</p> <p style="text-align: right; color: blue;">14</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p style="text-align: right; color: blue;">15</p>	<p><b>Newsletter Deadline: Nate Koch, Editor</b> <b>11.5M total with 20x40 sec. at strong pace</b> 5:30p Howarth Park</p>  <p style="text-align: right; color: blue;">16</p>	<p style="text-align: right; color: blue;">17</p>	<p><b>8:30a Welcome New Members Training Run, Railroad Square, SR</b> <b>Coffee after!</b></p> <p style="text-align: right; color: green;">18</p>
<p><b>Race: Petaluma Footrace 3M &amp; 5M, 9 a.m., Petaluma Marina 13M at medium pace</b> 8:00a Parktrail Drive at Summerfield Drive</p> <p style="text-align: right; color: green;">19</p>	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p style="text-align: right; color: blue;">20</p>	<p><b>3x1M@5K GP; walk 200, jog 600 after each</b> 5:30p 3390 Princeton Drive, SR</p> <p style="text-align: right; color: blue;">21</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p style="text-align: right; color: blue;">22</p>	<p><b>10M total with 4M (23-28 min.) at strong pace</b> 5:30p Howarth Park <b>7:30p Club Meeting, MV RT Pizza</b></p>  <p style="text-align: right; color: blue;">23</p>	<p style="text-align: right; color: blue;">24</p>	<p><b>Santa Rosa Creek Cleanup Day 9AM to noon Pierson St. Bridge near Railroad Square</b> <b>Bring the family and work clothes. Optional run at 8.</b></p> <p style="text-align: right; color: green;">25</p>
<p><b>Race: Just Go! 10K &amp; 5K, Santa Rosa 8M at medium-strong pace</b> 8:00a Cobblestone Trailhead on Channel Drive</p> <p style="text-align: right; color: green;">26</p>	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p style="text-align: right; color: blue;">27</p>	<p><b>16x300m@1M GP; walk 50, jog 50 after each</b> 5:30p 3390 Princeton Drive, SR</p> <p style="text-align: right; color: blue;">28</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p style="text-align: right; color: blue;">29</p>	<p><b>6M total with 1.5M (8-11 min.) at strong pace</b> 5:30p Howarth Park</p> <p style="text-align: right; color: blue;">30</p>	<p style="text-align: right; color: blue;">1</p>	<p><b>8:30a Welcome New Members Training Run, Railroad Square, SR</b> <b>Coffee after! Coffee after! All members encouraged to attend!</b></p>  <p style="text-align: right; color: green;">2</p>

# Empire Runners Club

PO Box 4241  
Santa Rosa, CA 95402



Are your DUES DUE? Check to see or renew online at [www.empirerunners.org](http://www.empirerunners.org). Click on "Join/Renew."

Mark Your Calendars!	
<b>Wednesday, April 1</b>	<b>National Stay Home &amp; Sleep In Day</b>
<b>Sunday, April 5, 8 am</b>	<b>Club Race: Loop de Loop and Relay</b> <i>Channel Drive at Cobblestone Trailhead, Annadel</i>
<b>Thursday, April 16</b>	<b>Newsletter Deadline, Nate Koch, editor</b>
<b>Sunday, April 19, 9 am</b>	<b>Petaluma Footrace, 5-Mile Run, 3-Mile Run/Walk</b> <i>Petaluma Marina</i>
<b>Thursday, April 23, 7:30 pm</b>	<b>Club Meeting, Montgomery Village Round Table Pizza</b>
<b>Saturday, April 25, 9 am</b>	<b>Santa Rosa Creek Cleanup</b> <i>Pierson St. bridge, near Railroad Square. Optional Run at 8 am</i>
<b>Sunday, April 26, 8:30 am</b>	<b>Just Go! 5K/10K</b> <i>Sonoma County Airport</i>

## 2009 Club Officers

<b><u>President</u></b> Bob Finlay (707) 544-2251 bfinlay@sbcglobal.net	<b><u>Vice-President</u></b> Nate Koch (707) 237-1043 nathankoch@gmail.com	<b><u>Secretary</u></b> Paul Berg (707) 823-2135 pmberg@sonic.net	<b><u>Treasurer</u></b> John Harmon (707) 575-0847 jj2harmon@yahoo.com
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## Directors, Managers, Committee Chairs, Potentates

<b><u>Membership</u></b> Gil Moreno (707) 546-9142 runfire@earthlink.net	<b><u>Group Training</u></b> Larry Meredith (707) 526-4536 Thirstyboy1@sbcglobal.net	<b><u>Club Race Coordinator</u></b> Jerry Lyman (707) 527-9020 pigfete@aol.com	<b><u>Sponsorship Administrator</u></b> Bill Browne 707-528-7963 bbruns2win@aol.com.
<b><u>Student Grant Fund</u></b> Bob Finlay (707) 544-2251 bfinlay@sbcglobal.net Alec Isabeau (707) 578-3025 docisabeau@sbcglobal.net	<b><u>Website</u></b> Chris Mason (707) 291-5797 usingthegift@gmail.com	<b><u>Grand Prix Series</u></b> Bob Rogers (707) 539-7391 Rogers44@pacbell.net	<b><u>Kenwood Footrace Director</u></b> Val Sell (707) 539-1085 rn4zhills@sbcglobal.net
<b><u>Newsletter Editor</u></b> (Jan, May, September)) Nate Koch (707) 525-1329 nathankoch@gmail.com	<b><u>Newsletter Editor</u></b> (February, June October) Chris Mason (707) 291-5797 usingthegift@gmail.com	<b><u>Newsletter Editor</u></b> (March, July, November) Dale Peterson 707 569-9859 sledge26.2@gmail.com	<b><u>Newsletter Editor</u></b> (April, August, December) Jerry Lyman (707) 527-9020 pigfete@aol.com