



McCormick, Nacouzi, Howard, & McCready Lead Ilsanjo Classic 10-Miler and Neo-Classic 4 Meza & Rosales Take the Scoot



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Warning!

Loop de Loop 14-Mile Race and 2X7 Relay is
Sunday, April 11, 8 am, Annadel State Park,
Cobblestone Trailhead, Channel Dr.

FLEET FEET
Sports
SANTA ROSA



Heart & Sole
SPORTS
65 Brookwood Ave - Santa Rosa

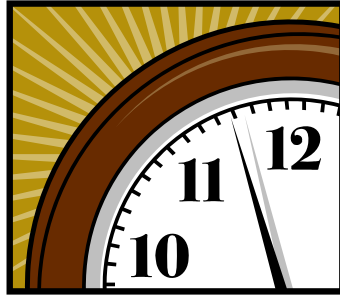
Tagliaferri's
Delicatessen & Cafe

ER March 25, 2010 Club Meeting

Il Presidente (IP) Koch

started meeting at 7:40pm
There were 19 'hearty' souls in attendance

Secretary's Report: Brad Zanetti read the February 2010 minutes which were approved as read.



Treasurer's Report: John Harmon (standing in for himself) reported the **current club balance** is \$34,388.16, up \$4,368.56 compared to March 2009. The **Student Grant Fund** is currently \$2070 up \$619 compared to March 2009. High School Donations are \$630 YTD which doesn't include \$625 to SSU Women's XC. **Race Financials:** The **Annadel Half Marathon** netted \$25,739 for Annadel State Park. A check is ready for presentation to the Park Officials. There was discussion of getting "good press" from Chris Smith of the Press Democrat and some sort of official presentation. **Ilsanjo and Neoclassic:** The income was \$952 which is way down compared to last year (\$1518) and the first race since 2008 that the number of runners and income was down. Complete expenses and the net are not available yet (net in 2008 was \$682). The expected net is much lower and maybe a negative flow.

President's Report: IP Koch reported on the board meeting, 3/15/2010 attended by Nate Koch, Dale Peterson, John Harmon, Paul Berg, Val Sell, Alex Wolf-Root and Jerry Lyman. The purpose of the meeting was to: **1-** Discuss the bylaws revision proposed by Gil Moreno. It was decided the shelve Gil's proposal until a thorough legal review of our Bylaws can be completed. At that point we would welcome Gil re submit a bylaw proposal. IP Koch, officially standing in for Gil, stated that Gil has withdrawn his proposal. **2-** Make the monthly meetings more efficient. IP Koch has asked that any and all proposals be submitted to him and the secretary in writing 10 days prior to the next meeting. Nate will in turn send out the proposal via egroup 7 days prior to said meeting for review. This will hopefully develop livelier and more succinct discussions. Finally there was discussion of more orderly member comments and more use of secret ballots vs. show of hands (ps anyone can ask for blind ballot at any time) There was no consensus but a hope for more order at the meetings. **3-** A need for discretionary spending guidelines for the board members, race directors and committee chairs to allow for smaller expenditures allowed without having to make a proposal at the monthly meeting. No specific amount was agreed on.

Race Reports:

1- Ilsanjo and Neoclassic (3/14/2010) - The numbers (and revenue) were down significantly from last year. The feeling of the group was that the race went off well overall. There were some complaints of 'lost runners' and Mark probably needed to provide 5-6 more course monitors. There was a serious injury to a runner at the 'hairpin'. Need to find out how medical aid was procured for the runner. It was noted that he was being attended by some bikers. This and other questions will be

discussed with race director as well as finalizing the financial side.

Upcoming Races:

1- Loop de Loop- 4/11(doc and mojo production)

All members are encouraged to e-register (prerace) for this race through the membership site to test our new software program. There will still be race day registration.

2- Petaluma Footrace- 4/18

Noted there is an ER discount if register before 4/1

3- Just Go- 4/25

4- Save the Tour 10K- 4/25

Sponsored by Heart and Sole (contact for more info)

(for the not too faint of heart- it is possible to race both races on 4/25 due to a 2 hour differential on race starts)

Committee Report:

1- Membership Software Update- Chris Mason reported that the Wild Apricot Software is in place and pretty much complete. All members should have received an email about the new software, its capabilities and how to sign on. In the case of family memberships, the head of family only recd the email (sorry Tori). The event registration portion seems to be working well although the numbers are low so far. Thanks to Chris (and his group) for the effort and speed in which this was implemented.

2- It was reported that Val Sell has contracted with Capitol Road Race Management for 'chip timing' and race management for the Kenwood Footrace.

3- IP Koch Proposed. Seconded by Brad Zanetti

Asked the group to allocate **up to** \$600 to hire Linda Rosen to help us update our Bylaws to current non-profit R&R's. Linda is a non profit consultant, recommended by Ginny Doyle. Her fee is \$95 per hour. Ginny also has a lot of experience with non profits

And will assist with the process on a volunteer basis.

The proposal was passed with a unanimous show of hands.

Monkey Business:

1- (Alex Wolf-Root) - noted that all ER running gear can now be purchased at Heart and Sole. The gear is being sold at club prices as a good will promotion. Be prepared to pay cash/check only, no credit cards please. (Heart and Sole, corner 4th and Brookwood)

2- (Nate Koch) ER running gear will be available soon as well at:

Fleet Feet (3rd St, Santa Rosa) and Athletic Soles (Petaluma Blvd, Petaluma)

3- Raffle- 50/50 pot was \$35. It was won by LT and SuperG who in turn lovingly donated it to the scholarship fund

Random Drawing- The night was brought to an abrupt end as the ER member list was forgotten (Naaate), hence no random drawing. (BOOOOO!)

IP Nate Koch concluded the meeting @8:15pm.

The 38th Ilsanjo Classic 10 mile, the 4 mile Neo classic and 1k Newt Scoot Race Report

Mark James
-race director

Say what you will about Bob Shore-- I still think he is the most loyal volunteer and starter in the history of track and cross country! With that being said it was silly of me to think that I could possibly ask him to wait an extra 5 minutes to start the 1k Newt scoot while I made sure my SSU XC runners were setting up the water station properly at the 2 mile turn around/ 8 mile mark of the 4 mile and 10 mile race. I was cutting it close. I had to manage with only 8 runners from Sonoma State and my wife and kids to not only set up and run registration but also monitor, steer the finish-line and hand out water on what was looking to be a warm day. My 9-year-old daughter Kallista who was carrying supplies to the turn around station would have started the Newt Scoot two minutes late once again! Fortunately for her no matter how she placed she would still be a winner and get a finisher's ribbon and the coveted scoop of frozen yogurt from Yogurt Farms thanks to Todd Phillips who once again offered to sponsor the kids' race which of course began ON TIME at 8:45am.

Daylight savings may have played a cruel trick on some of the on-line registrants and those who had planned on doing the 38th annual edition of the 10 Mile classic (which for \$5 (Empire Members) takes you through a City, Regional and State Park) only to wake up too late. Indeed there was plenty of Starbucks coffee (thanks to Starbucks Bennett Valley for filling up the 5 gallon container for us at half price), bagels, oranges, and bananas for just about everyone not to mention some decent Pinot from my own cellar and a few gift certificates from Fleet Feet that my dear friend Rhonda threw in at the last minute. Okay: onward to the race report which I'm writing from memory one week later due to a 100 hour work week to keep the house and feed my children.

The Newt Scoot Race

I don't know how many kids over the age of 10 were actually turned away from doing this race. Hopefully

none. I missed the start as aforementioned but got to the finish line just as Ricky Meza and Cynthia Rosales came tearing through the finish-line shoot in 3:38 and 3:40 respectively. The next three finishers were Kathryn Rauch (4:16), Orion James (4:18) and McKenna Sell (4:36) It is always great seeing the sheer determination in the kids' faces from the start to the finish. Above everything else is the fun I see them having and the pleasure of crossing that finish-line. Unfortunately only the top 5 times were recorded--my apologies for that.

The 4-mile Race

There was a little bit of confusion when the 10 and 4 mile race would actually start and whether the 10 was a 10k or



Brad Zanetti, 5th place in the 4-miler, did not feel his 55 years until the day after.

10-miler, but that is beside the point. I suppose changing things up the past two years to a tried and true system the past 36 years of having both races start at the same time was confusing. Never-the-less the 4 mile started exactly 10 minutes after the 10 mile race (to avoid confusion and to prevent runners from changing their minds midway through the race about what distance they were going to run). The clock had barely hit 25:27 when Empire

Masters phenom Andy Howard came blazing through in

first place. He looked pretty good and undoubtedly could have probably gone out and did the 10 miler despite the 10 minute handicap and still placed! The second over all finisher and first female across the line was SSU's Cross

Country Sophomore Carly McCready in 26:26. I had told her if she wanted to race she had best hurry so she could help at the finish-line which she did. It should be noted that there were 59 finishers of whom nearly everyone wound up placing either 1,2 or 3rd in their age groups but didn't stick around long enough to get their ribbons blessed by the Dali Lama himself (what a shame!) Rounding up the top three overall for the Men was 2nd place finisher Risha Catz in 26:52 and Piner's Brian Goodwin in 26:54. For the Women El Molino sophomore Nicole Lane posted 27:19 and Montgomery Coach Val Sell was third in 28:35. Special note goes to the kids: Ian Van Riper 38:45 (at age 10), 12 year olds Andreas Mesa (33:38) and Nicholas Rauch (36:37) and 7 year old Orion James (41:04) who used the Newt race as warm up and made a go of it in the 4 mile race despite the lack of a golden yogurt incentive at the finish-line. You guys and gals are the future of running-- congrats!

The 10-mile Classic Race

I was truly impressed by the turnout in this race and the fast times not to mention the local celebrities who showed up to strut their stuff. Top women finishers were 16 year old Montgomery Junior running sensation Julie Nacouzi (1:02:30-- can you say all time Women's Classic record!!) and the Chico All American and All Academic Shannon Rich (1:08:26) who moved up a place from last year. Ashley North rounded out the top 3 with a time of 1:12:28. The Men's champion was Gerald

McCormick from Seattle who just happened to be in the area and ran a spanking 59:48! Empire Masters runners Don Stewart (surely not recovered yet from his sub 3 hour Napa Marathon one week prior) finished 2nd (1:00:13) and last year's champion Ty Strange came in third not far behind in 1:01:46. The sad news of the day was 20 year old Andrew Shepherd who took a fall and injured his knee--earning him a Ranger Ambulance Escort to the hospital. We wish him a speedy recovery.

As always he or she who finished 38th overall in the Classic (the number of this year's race) (would have) received a bottle of Pinot Noir and a trip to Paris for two. Unfortunately that runner (Linda Morrissey) was no longer present so the prize went to Alyce Parks (1:24:35) who was 39th. Okay I was joking about Paris, but Alyce did take the wine!

Again special thanks to you--the runners--who came out to do the race. I hope you all had a good time and didn't get lost despite the orange streamers the SSU assistant coach Chandra Farnham put out the day before. To Bob Shore and Jerry Lyman who were the first to get to Howarth race morning and the last to leave, to my family who chopped oranges and bagels and gave up precious "Daddy" time, and to my Sonoma State Cross Country ladies who always makes me proud: Thank You, Thank You!



Shannon Rich
2nd place woman, 10-miler



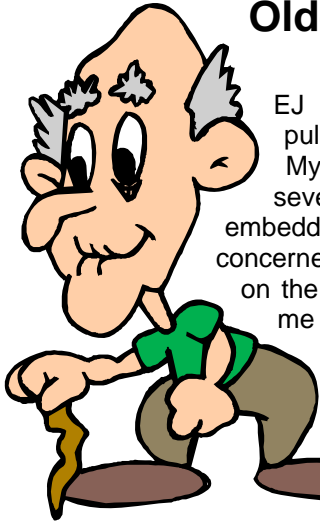
'Gameface' Don Stewart finishes 2nd, one week after a sub-3 hour Napa Marathon



Mark James

Way Too Cool 2010

Older, Wiser and Way Slower!



EJ helped me to my feet, half pulling me out of the sticker bush. My right arm was scratched in several places with stickers embedded in the flesh but what concerned me most was a sharp pain on the side of my nose. EJ assured me that I did not have any big cuts or other visible signs of trauma so I was a bit relieved. Just as suddenly as I tripped hard and fell trying to foolishly avoid yet another mud puddle, my attention shifted to my injured pride and worse yet, the mud slathered all over my USA Track and Field running cap.

With only about 2 or 3 miles to go my luck had finally run out after countless near misses on the incredibly soggy and slippery single-track trail that we had followed literally all day long.

A little more cautious now I started running again until we hit the next steep and treacherous section whereupon I proceeded to walk for the umpteenth time. Unconcerned about time we slogged on.

In 2005 I wrote an article entitled *Way Too Cruel*, a summary of my experience at that year's Way Too Cool race and my first 50K. On that day the trails were mostly dry with one or two major exceptions but the biggest challenge was the temperature. While the mercury had risen to 80 degrees in '05, today it was maybe 62 with a very cool breeze.

I had wanted to do a 50K for some time before '05 figuring that I had to in order to have completed the *whole spectrum* or running distances from the sprints on. Going into that first 50K I knew that I should walk the very steep sections but otherwise I ran it much like I would have run a marathon. This worked great for about 27 miles but then I broke down and suffered mightily and barely managed to complete the 31 miles of the race. I had knee problems off and on for the next two years as a result of the punishment and severe quad cramping that day.

After my race in '05 I was very disappointed in my time of 6:08:47 and quickly vowed that I would return and with my new knowledge get under six hours.

Well, years went by with no return. Other goals such as qualifying for Boston took precedent. Boston came and went and still I did not return to Cool. **Bill Browne** would often ask me when I was going to do Cool again. I would

have something smart to say but I would not commit to when I was going to run Cool.

After I ran the New York Marathon this past November I decided that in the fall of 2010 to run the Clarksburg 20. Someone... maybe Bill said "you can't count that as a marathon!" and he was right. So, I thought maybe I should run Cool and then I can count that as my "marathon" for the year to keep my streak going. So, in January I started training.

This year I decided that the most important goal, really almost the only goal would be to finish the distance and still be a *functioning human being*. I did not want to be a ball of cramps. I did not want to take six months to return to feeling good and training hard. So I decided that I would try to get into great marathon shape but then run the race extremely conservatively. Between January 1st and February 28th I ran seven 2 to 2 ½ hour runs including the Annadel Half, four 3 to 3 ½ hour runs, two 4 hour runs and two 6 hour all day run/walks. Not counting additional mileage doing speed work, hill repeats and shorter runs I figure the long runs alone come to about 285 miles. Granted these were very slow miles. Especially the 6 hour all day affairs in which I tried to mimic an ultra pace by walking all the uphill sections and running very easy on the gentle sections. Training went well. I ran most of my long runs on Saturdays and did 2 hour "shorter" runs the following Sundays on tired legs. I did nearly all of this running solo but **Paul Berg** who is getting ready for the Vancouver Marathon joined me for my last easy 3 hour run two weeks before Cool. It seemed very easy.

I had the good fortune of having three great friends join me in Auburn this time around. **Eric Danger Downing** volunteered to be driver and *sherpa*. **EJ Bohn**, he of the ultra-running and Western States fame, decided to jump into Cool on very little training due to ongoing injuries. EJ brought along his son, the ever entertaining ball of energy known as **Sebastian**! While EJ and I negotiated the course, Eric and Sebastian would have a play day. Three changes of clothes is nothing when there is mud and you are five years old.

The weather was beyond threatening, raining hard all day Friday and most of that night. I was really hoping it would clear for race day but did not lose any sleep, drifting off in our lovely Motel 6.

Race day morning proved to be absolutely beautiful though chilly. Eric got us to the start just in time to avoid hanging around and spending precious time on our feet. The race started promptly at 8am and nearly six-hundred runners began the long twisting journey deep into the canyons along the American River.

I had remembered incorrectly that much of the course would be on fire roads. Actually except for the first mile and ½ nearly the entire course is on very narrow rock-strewn single-path. While the trail conditions were not quite as bad as at the Annadel half, it was close. Though

the elevation is only in the 1200-1600' range, most of it is very steep. And there are many water crossings - one so deep EJ and I had to pause and contemplate the safest way to cross before aiding a female runner who was rightfully intimidated.

EJ was a fantastic partner to have on the course regaling me with stories of ultra races and ultra runners. He knew a lot of people out on the course who I did not. One runner I did know of course was **Brian Purcell** (4:38:10 2nd 50-59) who we saw when he was heading back while we were still heading out.

Not long after my epic crash into the sticker bushes, EJ and I made it to the Hwy 49 aid station where we had a welcoming committee in Eric and Sebastian. The four of us made our way back toward the finish line. I felt good enough to pick it up and run nearly all of the last mile. I came in feeling good. My time was incredibly slow at 7:32:59 but I did not care. EJ came in right behind at 7:34:36. . Like I told EJ "it may not be a record for speed, but it is a record for time on my feet!"

I felt pretty darn good. I felt like I could keep running if I needed to or wanted to. Now as I write this I am anxious to get back to training with a focus on track and x-country. Most importantly I truly enjoyed the experience. It really meant a lot to me to be able to run the entire course with

EJ and I know that he appreciated the company as well. If you have never done an ultra I definitely recommend Way Too Cool. It is a great, well organized event with awesome volunteers and aid stations. Just put in the big miles beforehand and be prepared to go slow, slow and slower. If you do those things it can be a fun, rewarding experience.

DM Peterson

April 1, 2010

Mojo

Non-Member of the Year!

In consideration of extraordinary past, current, and future contributions to the Empire Runners Club, John 'Mojo' Royston has been acclaimed Empire Runners Club Non-Member of the Year. Taller being better, he has for years been the better half of Doc 'n Mojo Productions, proving time and time again that it doesn't have to be fun to be fun. Those lucky enough to experience the annual Loop de Loop Race & Relay, the Riverfront River Rat Rendezvous Relay and bReakfast Revelry, or any of the numerous legendary Doc 'n Mojo events, can attest to the fact that no participant has ever knowingly died, even when Mojo marked the course and cooked for them after the race.



Doc 'n Mojo

And speaking of Mojo's cooking, nothing surpasses the profound sense of cleanliness and purity experienced after consuming Mojo's signature multi-grain breakfast creation, Mojo's Morning.

For energy, creativity, and natural leadership no one tops Mojo for the generous contributions he has made to the Empire Runners Club. Most of the signs and race accessories in the club trailer are of Mojo's design and construction. Mojo's enormously sturdy and complicated display clock stand has more than any other factor kept Bob Shor physically and mentally acute just lugging the thing around and figuring out how to put it together and take it apart. Whether serving as a club officer, organizing adventure runs, relay teams, or aid stations, or refusing to pay membership fees, Mojo has always demonstrated unrelentingly principled dedication to the club's best interests.

Mojo, we salute you!

April & Jess Foo Lin

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
Class of 2010
Bob Holland
Jim Ray
Al Tagliaferri

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, www.empirerunners.org.

What is Wild Apricot?

& why every Empire Runner needs to know

The Empire Runners Club now uses the Wild Apricot™ online member software to manage the club database (your membership information, due dates, etc.) and to process online event registration for club races.

The Wild Apricot system

- Automatically emails membership renewal notices and allows for online payment of dues.
- Automatically emails notices of club races and allows for online event registration and payment of entry fees.
- Allows members to make changes to their own data profiles (for example, to update an email address or change from an individual to family membership).
- Provides another way for the club to email announcements to the membership, including the link to the monthly newsletter.
- Includes other members-only features, such as a membership directory, forums, and blogs, that we'll be unveiling in the near future.

The Wild Apricot software is integrated into our club website. When you click on a link to renew your membership or to see the registration details of a club race, you are directed to a webpage in the Wild Apricot system.

In the upper right hand corner of the club website homepage, you'll see a "Members Only Page Sign In" button. Signing in gives you access to your data profile and eventually to other content exclusively for club members.

Signing in requires you use the email address we have for you in our database and a password. An email announcement sent on March 17 to club members included a temporary password. If you did not read that email or forgot or lost your password, the Wild Apricot system has a "forgot your password?" feature and will send you your password.

One member in each family membership has been designated administrator in charge of managing the family account. Usually this is the person who signed up the family in the first place. To give other family members access to their own accounts, the "admin" family member must login to the family account and assign an email address and password for each family member.

Online payments for membership dues or race entry fees are securely made via Paypal using either your credit card or Paypal account.

THERE ARE NO ADDED TRANSACTION CHARGES WHEN YOU PAY YOUR CLUB DUES OR RACE ENTRY FEES ONLINE!

We highly encourage everyone to use the online payment feature.

Send any questions you may have to onlineservices@empirerunners.org.

To make sure your email software is not blocking club messages sent to you from Wild Apricot please place the following email address in your email contact list:

EmpireRunnersClub@memberlodge.com

ATHLETA PETALUMA FOOTRACE

5 mile run
3 mile fun run/walk



April 18, 2010

petalumafوترace.com

CAMELBAK

ATHLETA



2010 ATHLETA PETALUMA FOOTRACE

Sunday, April 18, 2010 - Petaluma Marina

Complete Entire Form - 1 entry per form please

Please print neatly using capital letters

Official Use Only

☐ 5 MILE

☐ 3 MILE

Choose One

Mail completed form and fee to: Petaluma Footrace • PO BOX 7246 • Petaluma, CA 94955

Name (First)

(Last)

Address

City

State

Zip Code

E-Mail Address

Phone

Team or Group Name (ER Club Members: write Empire Runners)

M F

Birthdate

School (if participant is a student)

M M D D Y Y
*Age divisions calculated by birth date

Waiver (Must be signed)

YOU MUST READ, COMPREHEND, AND AGREE TO THE FOLLOWING STATEMENT, THEN SIGN AND DATE BELOW. ALL UNSIGNED ENTRIES WILL BE REJECTED. By participating in the Athleta Petaluma Footrace (hereafter known as "event"); I will be required to assume any and all risks or losses which may arise, whether directly or indirectly related to my participation, or the participation of a minor (under 18 years old) who is under my custody. I declare that I am physically capable of completing a 5 mile run or 3 mile walk/ run. In consideration of accepting this entry, I, the undersigned, intending to be legally bound, herby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Athleta Petaluma Footrace, Enrich and Educate Fund, City of Petaluma, State of California, Old Adobe Union School District, Sheraton Hotel, Basin Street Properties, Inc., Lakeville & Marina, LLC., Athletic Soles Inc., Athleta Corporation, Gap Inc., Camelbak Products, LLC., Petaluma Marina Office Investors, LLC., all employees, sponsors, contributors, volunteers, entertainers, administrators, or participating parties involved in the event; their representatives, and successors, for any and all personal losses or injuries arising from my participation in said event, including but not limited to serious injury and/ or death. Furthermore, I understand that this is a monitored, but not a closed course, and all traffic laws must be obeyed. I permit the free use of my name and/ or pictures in any medium or form for use in future promotion of this event. THERE ARE NO REFUNDS AND ENTRIES ARE NOT TRANSFERABLE.

Signature of Athlete (or parent/guardian if under 18)

Date

Performance Tee:

New for 2010: High Quality Performance T-Shirts with a commemorative Petaluma Footrace Design.
Available with your registration for only \$10! **Please select size and add \$10 to your registration fee:**

XS S M L XL

All race entry fees include commemorative Camelbak water bottle, goodie bag & 1 raffle entry.

Fees: make checks payable to Enrich & Educate Fund

Thru March 31:

Adult: \$20

Youth (18 & under): \$15

Family Member (per person) \$15

Family is 3 or more

Thru April 14:

Adult: \$25

Youth (18 & under): \$20

Family Member (per person) \$20

Family is 3 or more

Total Enclosed

\$ _____

Empire Runners Discount \$3

Online Registration Available @ PetalumaFootrace.com



**The 8th annual Spring Has Sprung Run 5K/10K
Sunday, May 23, 2010 at 8:00 AM
www.lakecountymilers.com**

The Lake County Milers would like to extend a warm welcome to the Empire Runners and friends to this year's Spring has Sprung Run (The 10k is our own version of the Kenwood footrace, while the 5k is almost completely flat). We also have an awesome kids 1k and "wildflower corral" so parents can do their own race.

New for this year:

Commemorative stainless-steel water bottles for 5K/10K participants (must register by May 15), provided by the Star Sponsor, HVL Community Services District (promoting water awareness). Register by May 15 and you also receive the artful Spring Has Sprung event T-shirt.

A certificate good for a one-night stay at the boutique Tallman Hotel in Upper Lake will be awarded to the First Place winners overall, male and female, in the 5K and 10K!

Make a getaway weekend out of your participation in the race and stay at the Tallman Hotel. Upon booking, ask for the special "Spring Has Sprung" race discount. Register by May 15, and your race packet will be waiting for you at check-in. Note: Allow 1 hour and 15 minutes of scenic travel time on race morning to get to the starting line on time! For more details, go to www.tallmanhotel.com

All 5K/10K participants signed up by May 15 are entered into a drawing for awesome "springy" and "winey" prizes to be awarded as soon as you cross the finish line.

Upgrade your event T-shirt to a wicking singlet for an additional \$10.00 (while supplies last).

A large portion of net proceeds will benefit Upper Lake High School Cross Country Team.

Go to www.allsportcentral.com/EventInfo.cfm?EventID=21931 for more information and to register online. Download mail-in form at lakecountymilers.com
Questions? Email jmburnett2@mchsi.com

Empire Runners Club Sponsors

To find out how to become a Club Sponsor visit the club website (www.empirerunners.org, see "Sponsors") or contact the Sponsorship Director, Shirley Fee, at (707) 328-4745 or mrrunner1@sbcglobal.net

Partners in Fitness

The following fitness-related businesses or organizations display the Empire Runners Club Poster or provide ER Club race schedules for the benefit of their clients.

FLEET FEET SPORTS, 111 Third St., Santa Rosa. 707- 569- 1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707-545-SOLE (7653)

TRAIN TO ENDURE, amy@traintoendure.com ., Santa Rosa 707-696-8364

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, 707-763-0700

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707-545-SOLE (7653)

MIKE WINTERS CUSTOM SECURITY & SOUND, 707-544-7525 M-tronix@sbcglobal.net

3D FITNESS, 707-495-0509, iervolino1@att.net

Donors

The following have given cash or in-kind donations to the Empire Runners Club of \$200 to \$499 in value

Allies

ALEC ISABEAU, D.C., Chiropractic Sports Medicine, 707-586-5555

STEPHEN STARKWEATHER, Massage & Hypnotherapy, 707-544-5143

WINE COUNTRY MARATHON/EVENTS WITH SOLE, 707-888-6256

Backers

SIR SPEEDY PRINTING, 707-546-3900

CULLIGAN WATER OF SONOMA COUNTY, 707-545-1330

CHATEAU ST. JEAN. 8555 Sonoma Highway, Kenwood

NORTH BAY PORTABLES, northbayportables.com 707-586-2286

Champions


FLEET FEET SPORTS, 111 Third St., Santa Rosa. 707-569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707-545-SOLE (7653)

TAGLIAFERRI'S DELICATESSEN & CAFE, Novato 415-897-9677

KZST 100.1

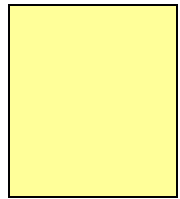
April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Race: Across the Bay 12K, San Francisco 10M at medium pace 8:00a Parktrail Drive at Summerfield Drive	29 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	30 1600m@5K G.P., 1200m@5K G.P., 2x800m@2M G.P., 4x400m@2M G.P., 5:30p Interval workout, 3390 Princeton Drive, SR	31 5:30p Fleet Feet shoe store, 3rd St., SR	1 6M total with 2M (12-15 min.) at strong pace 5:30p Howarth Park	2 6:00p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run	3 8:30a Welcome New Members Training Run, Railroad Square, SR Coffee after!
4 10M at medium pace 8:00a Lawndale Trailhead on Lawndale Rd. in Kenwood	5 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	6 3x800m@2M GP, 6x400m@1M GP, jog half-distance after each 5:30p Interval workout, 3390 Princeton Drive, SR	7 5:30p Fleet Feet shoe store, 3rd St., SR	8 8.5M total with 10x1 min. at strong pace 5:30p Howarth Park	9	10 8:30a Welcome New Members Training Run, Railroad Square, SR Coffee after!
11 ERGP Race: 8 a.m. Loop-de-Loop 14M Trail Race/Relay Channel Drive in Santa Rosa	12 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	13 20x200m@1M GP, jog 100m after each 5:30p Interval workout, 3390 Princeton Drive, SR	14 5:30p Fleet Feet shoe store, 3rd St., SR	15 Newsletter Deadline: Nate Koch, Editor 9.5M total with 20x40 sec. at strong pace 5:30p Howarth Park	16	17 8:30a Welcome New Members Training Run, Railroad Square, SR Coffee after!
						
18 Race: Petaluma Footrace 3M & 5M, 9 a.m., Petaluma Marina 12M at medium pace 8:00a Parktrail Drive at Summerfield Drive	19 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	20 3x1M@5K GP, walk 200, jog 600 after each 5:30p Interval workout, 3390 Princeton Drive, SR	21 5:30p Fleet Feet shoe store, 3rd St., SR	22 8M total with 3x3 min. at strong pace 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza	23	24 8:30a Welcome New Members Training Run, Railroad Square, SR Coffee after!
25 Race: Just Go! 10K & 5K, Santa Rosa Race: Marin County Marathon, San Rafael 8M at medium-strong pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive	26 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	27 10x300m@1M GP, walk 50, jog 50 after each 5:30p Interval workout, 3390 Princeton Drive, SR	28 5:30p Fleet Feet shoe store, 3rd St., SR	29 6M total with 2M (12-15 min.) at strong pace 5:30p Howarth Park	30	1 8:30a Welcome New Members Training Run, Railroad Square, SR Coffee after!

Empire Runners Club

PO Box 4241

Santa Rosa, CA 95402



Mark Your Calendars!

Sunday, April 11, 8:00am	Loop de Loop Race & Relay, 14 or 2 X 7 miles <i>Annadel State Park, Cobblestone Trailhead</i>
Thursday, April 15	Newsletter Deadline, Nate Koch, editor
Sunday, April 18, 9:00 am	Petaluma Footrace <i>Petaluma Marina, Shollenberger Park</i>
Thursday, April 22, 7:30 pm	Club Meeting <i>Montgomery Village Round Table Pizza</i>
Sunday, April 25, 8 am	Dr. McDonald Just Go! 5K & 10K <i>2360 Becker Blvd. (near Airport), Santa Rosa</i>
Sunday, April 25, 10 am	Keep the Tour 10K Fun Run <i>3rd & B Street, Santa Rosa</i>

2010 Club Officers

<u>President</u> Nate Koch (707) 237-1043 nathankoch@gmail.com	<u>Vice-President</u> Dale Peterson 707 569-9859 sledge26.2@gmail.com	<u>Secretary</u> Paul Berg (707) 823-2135 pmberg@sonic.net	<u>Treasurer</u> John Harmon (707) 575-0847 jj2harmon@yahoo.com
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