

The Empire Runner

April 2011 | empirerunners.org | Vol. XXXVI No. 436



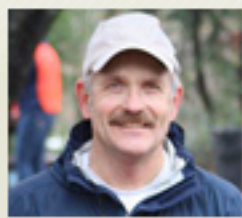
Annadel Half Marathon almost Full!

The 2nd annual Annadel Half Marathon is fast approaching, and the event is nearly sold out! Visit empirerunners.org today to register for the half marathon or Kathy's Race 5K



The Prez Says...

A message from club president Alex-Wolf Root



The Long & Short of It

Commentary, random musings, and occasional Deep Thoughts -- Dale Peterson



The Month That Was

Alex Wolf-Root reports on the month that was in local and national running



Grand Prix Pulse

An update on the 2011 series from GP Czar Gerald McCormick

[Mens Standings](#)

[Womens Standings](#)



The Doc is In

Running, fitness and injuries -- Alec Isabeau, DC



Blast from the Past

Memorable newsletter articles and photos



2011 Ilsanjo Classic: Zanetti, Schott Win



The 2011 Ilsanjo Classic 10-miler & Neo Classic 4-miler featured one of the largest fields ever, 280 finishers, and fast times by many. Michael Zanetti, 19, won the 10 mile race with 59:55 and Guy Schott, 48, won the 4 mile race in 24:56. On the ladies side, Cathy Dubay, 46, won the 10-miler in 1:10:30, and Mel Belluomini, 33, won the 4-miler (3rd place overall), in 25:50. Check out the complete results by [Clicking Here](#)

A New York Visitor

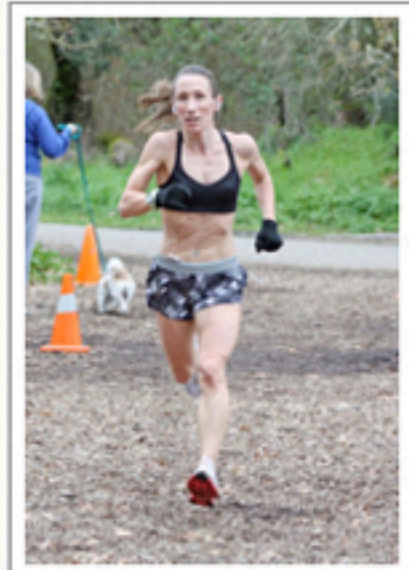
The first day of 2011 began much as the last days of 2010 ended – rainy and cold. This did not deter a huge turnout at this edition of the traditional first run of the year. *By Dale Peterson, Newsletter Staff*

Cross-Country in May!

Get set! The Twentieth Annual Jack Rabbit Derby is coming Sunday May 1st 2011. *By Dale Peterson.*

More new members!

Please welcome our new members! *By Gil Moreno, Membership Director*



From the Board Room

[March Meeting Minutes \(Secretary Paul Berg\)](#)

[March Treasurer's Report \(Treasure Tanya Narath\)](#)

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*Empire Runners Club
Hall of Fame*



The Prez Sez...

Running is not a crime.

We've all seen those "skateboarding is not a crime" shirts. Skateboarding is as much of a crime as running; specifically it isn't. A few months ago former president Nate Koch came up with the above saying as just a badass expression, something we may make into a cool tech-shirt or whatever.

Well, now it has a more personal meaning.

I'm currently taking a class at the Santa Rosa Junior College two days a week. As its track season, I've been hitting the track for workouts when class is done. As it is a public track there really weren't any issues. Sure, there were some classes out there, but from day one I talked to the PE teachers asking permission to be out there, as well as offering to take whatever lanes they wanted, and do the best I could to stay out of their way. I don't want people standing in my lanes, and they don't want people running through their classes. We're all on the same page.

In fact, one of the teachers even had me give a talk to his class, and several students talked to me about running. Not only was I getting my workouts in, but I was able to spread the joy of running, or at least knowledge pertaining to running, to a bunch of students. Things were going good with this time overlap.

Well, so I thought.

After over a month of doing my workouts, and here and there having to go outside my assigned lanes to not run into people just standing around, one of the PE teachers came over to me. Despite only being out on the track for about 10-20 minutes each time I was there, she told me that I had to find a new time to run. I was taken aback. Her reasoning wasn't that I wasn't allowed on the track, but that my being there was dangerous, as I was running too fast and could hit someone. Yes, this happened. Not gonna lie, it did stroke the ego hearing that I was too fast, but that didn't make up for what she was telling me. Because my velocity was such that I could potentially knock someone over (there had been no negative interactions before), I was strongly advised to not run at that time (she admitted she didn't have the right to kick me off).

To be fair, I was informed that I could run other places than just the track, or not run every day, or run at Santa Rosa High School (which is a closed campus and would be illegal for me to break onto during school hours). Yea...

So that day I waited for her class to end, then, with the blessing of the other teachers who were out there who had no problems and were always aware and had great, respectful students, did my workout.

The next time I was scheduled to come out, I decided to wait until the one teacher with whom I talked came out, to see if there was some way that we could all run together. I planned to again offer to run in any lane in which she picked, start and stop at whichever segment of the track she needed, and of course apologize if I was at all quick or rude at our first interaction (I was taken aback by being told I couldn't run, so who knows).

Well, the whole idea of patching things up ended before it began, as a cop pulled up.

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A Santa Rosa Police Officer. Gun and all.

Needless to say, my conversation with the aforementioned PE instructor was short, and I figured out I'd now have to run at 7am before class. After, I did have the chance to talk to the police officer, to whom I sincerely apologized for having to be called out for something as ridiculous as this. He seemed to agree, and we shook hands. Mr. unnamed officer: I am again sorry that your time was wasted with such a complaint.

Now, when I finish up my 7am workouts, another PE class comes out. The teacher is, like the rest I interacted with before, awesome. He is excited that there are community members being active, and wants that love of fitness to spread to his kids. I want to stress how great most all of these PE teachers have been, and how much they really care about fitness and the community.

Moral of the story: don't run too fast, or they'll call a cop on you.

Running is not a crime!

Disclaimer: the above, while true, should not be taken as any ill-will towards Santa Rosa Junior College or the Physical Education department. The fact that they keep their track open to the public (during non-ICA practice) is extremely admirable, and they do much for the community.

Run Happy,

Alex Wolf-Root



The Long and Short of It – Dale Peterson

Listen to Your Coach

Every runner has a coach. Some of these coaches carry clip-boards and blow whistles. Some of these coaches wear funny looking shorts, sunglasses and visors. Some try to blend in with the runners themselves in terms of their attire. Some like to be called coach and some would rather be called by their first name.

Many of us had our first formal running experience in junior or senior high-school. My coaches tended to be of the clip-board, whistle, funny shorts and visor variety. In retrospect I realize that some knew more than others but that they all did the best they could with the information they had available subject to the evolution of the sport, and their awareness of or lack thereof in regard to the strengths, weaknesses and particular needs of the runners under their direction.

My junior college coaches seemed to have had not much more information than my prep-school coaches and what they did have was doled out in greater quantity in direct proportion to one's perceived abilities or lack thereof. No wonder I am not very fond of this group.

However, one thing was constant for me and I'd say ninety-five percent of my peers in high-school and junior college – we all *listened* to the coach. If the coach said we were going to practice starts today or if they said we were going to do 20x220 under 28 that is what we did. The five percent who chose not to listen or who openly rebelled quickly found either new coaches or something else to do on spring afternoons.

Good coaches and by that I mean sincere coaches, always have some kind of program in mind in which they are guiding the runners in order for them to reach their potential. Whether the goal is to beat the cross-town rivals in the next dual meet, to make it to the regional competition or simply to shave x-number of seconds or tenths of a second off of a particular time – it is all based on following a program. Adjustments are usually made to this program based on a plethora of factors including but not limited to progress, fatigue, injury, weather and the relative state of the competition etc.

When new to running we typically have few pre-conceived ideas about what constitutes an effective program vs a less effective program and so we tend to listen to our coach. This coach is often but not always someone who has been assigned the duties of coaching us whether through a school or club based program or through some financial arrangement in which the runner or runners pay someone deemed more knowledgeable or experienced to provide them with direction.

However, once we start making even minimal progress as a runner we soon begin to critique even the best coach, advice, or program. The best coaches listen to their runners and while reserving the final say make appropriate adjustments based on the feedback that they are getting whether thru direct communication or thru observation of results in practice or competition.



When you listen to your coach, and weigh it against your own observations and results you may hear things that you might otherwise have missed if you just blindly follow along without thinking.

As we grow and become more seasoned runners we find that besides the classic clip-board and whistle carrying coach there is an almost endless supply of advice and programs available thru magazines, newsletters, the internet and the “buzz” among the running community in general. Ah for the simpler days of waiting for the coach to blow the whistle and bark out some orders!

Knowing what “coach” to listen to becomes more and more challenging especially as differing philosophies are expounded, grow and finally fade only to rise again. Depending on who you listen to and when you will hear that high mileage is the way to go, that if there is no pain there will be no gain or you will hear that less is more, and rest is best. Likewise you will hear that you should try to mimic a particular running form or NOT... you should run “naturally”. Most recently you will hear that running in minimalist shoes is best even though for the past 40 years you were told that you should only run in highly structured “mechanically correct” shoes. People will tell you that intense speed-work sessions are the key to improving your times. Still others will say that having a strong “core” is the key. You will hear equally baffling and contradictory information on nutrition and other topics.

To make things even more confounding, all of your “coaches” will be right at least part of the time depending upon on everything from your age, level of fitness, genetics, time of the year and weather conditions to your mental attitude, time commitment and particular goals.

In particular for the runner who is no longer under the direction of a formal coach and in order to get the maximum return from this confusing mix of information it becomes even more important to *listen*. You must of course continue to listen to your external coach or “coaches” but to truly reach your potential you must learn to listen to your *internal* coach.

The concept is obvious enough to your average adult but may in fact prove challenging to implement.

It may mean designing your own program or modifying one supplied by your external “coaches”. It may mean cutting a workout short when everybody else is going long that day. Conversely you may be the only one left on the track as the sun is going down. You have to be willing to go it alone.

In my experience it is always easier to be the one going long or the one doing the extra repeats than it is to be the one cutting the workout short. But ultimately only YOU, if you have been paying attention to your program, health, results and progress can judge the best course of action.

At times it may be beneficial to put yourself completely in the hands of another or to follow a prescribed program to a T, but at some point your success in reaching your goals and your ultimate happiness as a runner will only be found from within.

Temper your decisions and adjust your program and goals based on all the sources of information available to you but in the end be sure to *listen* to your coach.

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THE MONTH THAT WAS...

Like February, March is an odd month in that indoors, outdoors, and XC all have a major presence. But World Cross Country is in March, and as there is no other event on the planet that compares to World XC, we will start there in the March edition of *The Month That Was!*

IAAF World Cross Country Championships:

This is the most competitive, most prestigious race on the planet. But don't take my word for it, listen to the great **Paul Tergat**, former Marathon World-Record holder: *"It's probably the toughest distance race in the world to win. World class runners from 1500m to the marathon contest it and instead of just three runners from each country, like in the Olympics or World Championships, in the senior men's race there are nine."* (Well, now there are 6 runners, but that point is still valid...) It may not get the same press as the Olympics, but in my mind it is, or at least should be, a bigger deal.

Last year, Kenya won all 8 gold medals (junior and senior, men and women, team and individual), and were of course looking for the repeat. But it's tough to match pure perfection, and the team looked quite different than a year ago.

All the reigning individual champions failed to make the team this year. Let that sink in for a minute. Four world champions all failed to qualify for Team Kenya. Yea, that means they are deeeeeep. In fact, not only did **Joseph Ebuya** fail to make the senior team after dominating last year (as discussed in the last month that was), the World 10km and 15km Record-Holder in **Leonard Komon** was cut from the team for failing to report to the mandated Athletics Kenya training camp, so that he could train as he and his coach saw fit. (Yea, Athletics

Kenya is messed up, but that's an full article itself...) But still, Kenya destroyed in the men's race. But I'm getting ahead of myself here.

First up, the junior women's race. From the club's point of view, this likely was the most important race, as it was the international debut of club member **Julie Nacouzi**. Nacouzi qualified for Team USA in virtue of her 5th place finish at the USA Cross Country National Championships in February. She was one of four high school girls to make the team.

Everyone around here knows how good Nacouzi is. She's straight up won some local events, set many a course record, and placed third in the Footlocker National HS XC Champs. But World XC is a completely different level. After lap one of the three-loop, 6km course, Nacouzi was at 7:13. That's sub 5:50 miles, over a course with hills and logs and such. Yet she was a full 1:03 behind the lead pack of 8. 15:01 after 2 loops put her 2:22 behind the top two, and her finish of 22:46 put her 3: 53 behind the winner. This isn't to bash her, it is incredible for her to make it to such a high level and compete,



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but just to show how good the world's best, even in the junior ranks, can be. Still, an incredible race for Nacouzi, who helped Team USA to a 7th place finish with 145 points (4 runners of the 6 score). Ethiopia just edged Kenya, 17-19, with Japan taking bronze at 75. The junior men finished 1 place worse at 8th (153) with Kenya (20), Ethiopia (24), and Uganda (50) taking home the medals.

The Senior Men's race started off incredibly bunched, as the first 39 runners were all within 5 seconds at 2km (5:35-5:40), and 100th only 27 seconds back. By 2km things had started to break apart, with "only" 24 within 10 seconds of the leaders. USA Champion **Brent Vaughn** was 16 seconds back in 32nd, but all the international big dogs were still in contention up front. Things stayed pretty similar for the next few k, with an 11 people in the front pack at 6km and 10 in contention at 8km.

And then the hammer began to drop. Kenyan foursome of **Mathew Kisorio, Geoffrey Mutai, Vincent Chepkok, and Paul Tanui**, along with Ethiopian **Imana Merga** took off, gapping the chase pack by nearly 10 seconds over the next 2km loop. This list of names illustrates what I said earlier, about world XC being so freakin' deep.

Kisorio: Sub 13 5,000m man, 7:34 3,000m (about an 8:06 2mile), 27:15 10,000m, and 1:00:10 half-marathon. 5,000m silver medalist at '08 World Junior Champs.

Mutai: 27:27 10,000m, 59:30 half-marathon, and 2:04:55 marathon. 3rd '10 African Champs 10,000m, Kenyan XC Champ.

Chepkok: 7:31.41 3,000m and 12:51.45 5,000m. '07 World Junior XC Silver

Tanui: 13:14 and 27:17.

Merga: 7:51 3,000m, 27:15 10,000m, and 12:53.58 5,000m. Also inaugural Diamond League 5,000m Champ Noticeable too were many big-name runners who were being dropped, including **Moses Kipsiro** of Uganda (3:37/7:30/12:50/2 World XC medals/1 World 5,000m Bronze). The top American at this point was **Ben True**, over a minute and a half back.

While Kenya obviously had the team title in the bag, with all four scorers in the top five, the individual medals were anyone's to go at this point. Merga began to push the pace, but all were there with a kilometer to go. The pace continued to quicken, with the pace being too much for marathon specialist Mutai with 500m to go. Kisorio, Chepkok, Tanui, and Merga were all there with 400m left, 300m left, 200m left, but then Merga unleashed a final burst of speed to put him a full two seconds clear of Tanui. Chepkok was just 1 second back for bronze, and Kisorio was a well-beaten 4th.

Despite being dropped hard with half a km to go, Mutai still easily held on to 5th, giving Kenya a close-to-perfect 14 points. Ethiopia was a not-so-close second at 38, with Uganda next at 49. The United States, led by 36th place finisher and 3:59.99 miler (yup) Ben True, was a not-so-impressive 10th at 199, right behind Portugal. The USA's only other top-50 finisher was **Max King**, a 4-time Team USA World XC member.

The storyline heading into the **Senior Women's race** was World Champ versus World Champ. And by that I mean Kenyans **Vivian Cheruiyot** and **Linnet Masai**.

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Cheruiyot is the 5,000m World Champ, with **Masai** reigning Champ in the 10,000m. **Cheruiyot** has a world 5,000m silver as well, as well as a first, second, third, fourth, and fifth from the World XC junior races. **Masai** only had one World Junior XC appearance, but it was a gold, and she also had two silver and one bronze from previous World XC senior races. **Cheruiyot** has a PR's of 4:06, 8:28, 14:22, and 31:07, with **Masai** slower on the speed side with a 4:12, 8:38, 14:31, but an impressive 30:26 for the 10,000m.

Two other big headliners were **Meselech Melkamu** and **Wude Ayalew** of Ethiopia. **Melkamu** had 5 bronze medals from World XC, as well as a silver from both World Outdoors (10,000m) and World Indoors (3,000m), and boasted a sub-30 10,000m. **Ayalew** had one bronze from the World 10,000m, a 30:11 PB in that event, and showed strength with her 1:07:58 half-marathon.

The great American hope was **Shalane Flanagan**, the subject of this month's *Spotlight on the Stars!*

Flanagan was a 15-time All American while at the University of North Carolina. Can I stop there? 15 times! Wow. Two of those came as NCAA XC titles (2002 and 2003), and one as an NCAA indoor 3,000m title (2003). After graduation in 2004, Flanagan placed 3rd at the USA Olympic Trials in the 5,000m, earning a chance to represent the USA in the Olympics, though she was only 11th in her heat.

Her first full year as a pro saw her winning the 2005 USA 5,000m title and (now defunct) short-course XC title. She ranked #1 in the USA at 5,000m and #3 at 3,000m. 2006 looked primed to be great for her, but injury stopped her for competing the entire year.



But bouncing back she showed that she was going to be a force to reckon with on the world stage, as she set an American Record in the indoor 3,000m (8:33.25) and outdoor 5,000m (14:44.80). She captured the USA indoor 3,000m title, and again took the USA 5,000m crown. That year she made the final at the World Championships, placing 8th in the 5,000m. This earned her not only the #1 US ranking at 5,000m, but also a #10 on the World list.

Yet she is most known for her 2008 performance at the Beijing Olympics, where she captured the 10,000m bronze medal in an American-Record performance of 30:22.22. Understandably ranked #3 in the world and #1 in the US, this was the year for Flanagan. Thus far.

While she had success in 2009 (indoor 5,000m AR and 14th at World 10,000m) and 2010 (USA Half and XC Champ), Flanagan was looking to do something big to prove that her Olympic Bronze was not merely a fluke.

Well, back to the race, she put herself into position to do that.

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Like the men's race, the women's started off pretty bunched, with 14 runners within 2 seconds at 4km. At 5km **Masai** began to heat things up, but there were still 8 in contention at the 6km mark. Her **Masai** and **Cheruiyot** began to pull away from the field, as expected before the race. The pack began to thin, as **Flanagan** was three seconds back and seemingly fading fast in 7th. **Melkamu** was the only runner to hang, but she was quickly disconnected from the World Champs and running in no-woman's land.

But the chasers weren't done yet, and Flanagan found herself at the front of the chase pack with about a 1.5km to go, and started gaining ground on Melkamu. Flanagan broke away from her pack and passed Melkamu as they jumped a log barrier. Now in third, the question was how much farther up could she move.

While she was able to close on a fading Masai, Flanagan ended up 3rd, 3 seconds off silver and 12 off champion Cheruiyot. This made Flanagan the first non-African to place top-10 since 2006, and the first to medal since **Deena Kastor's** silver in 2003.

In addition to Flanagan, team USA ran superb to take bronze a second year in a row. The rest of the American scorers all finished next to each other in places 17, 18, and 19. They were **Molly Huddle**, the current American Record-Holder at 5,000m and Olympic Marathoners **Magdalena Lewy-Boulet** and **Blake Russell**. Kenya took the win with 15 points over Ethiopia with 29. No other country besides these three had any runners in the top-10...

NCAA Indoor Nationals

The name **Jordan Hasay** has been known around the running circles for about 8 years now, as she first popped onto the scene as a prep phenom at a tiny Division V school in SoCal. She earned the distinction of being only the second girl to ever win 4 California XC title (the first being Montgomery's **Sara Bei**), and the rest of her HS accolades are far too long to list here. (Seriously, go to her Oregon bio, it's painfully long.) But being such a stud for so long, people always thought she would burn out, or never truly reach her potential, or never reach the same heights she did as a highschooler. No matter how you looked at it, the bar was set high. And, for a time, while she was doing well on the college scene, people were expecting more. Namely, an individual national title.



Going into the final leg of the distance medley relay, Oregon was in the front, but just barely. Hasay, the anchor leg, got the baton just .17 ahead of Villanova's **Sheila Reid**. The big story was, she lost. Reid edged Hasay, crossing the line just .38 ahead. Hasay split an impressive 4:30 for 1,600m, but it wasn't enough.

Well, that was day one. On day two, Hasay was back in action, this time in the mile. Following on the heels of teammate **Zoe Buckman** for the majority of the race, Hasay and **Kate Van Buskirk** of Duke took off with just one lap to go, making it a three-person race for the final 200m. For much of Hasay's career, while viewed as a strong runner, people thought

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she just didn't have that finishing speed. Well today, they were wrong.

Closing in 30.94 for the final circuit, Hasay blasted away from her two challengers, crossing the line a full 7-tenths of a second ahead of Buskirk. After losing close national title races the night before, the fall in cross country, and last outdoor season in the 1,500m, she finally got her title.

Less than two hours later, she got title #2. As the night before in the DMR, Reid was on Hasay's tail at the bell. But unlike the night before, Hasay was able to fight her off while they drifted into the outside lanes on the final straight. Reid finished in lane 4, Hasay in 3, but the only number Hasay cared about was 1. (For the W.) (Okay, maybe 2 for the double. Dang, I butchered that one...)

New York City Half Marathon

On the same day as World Cross was the NYC Half Marathon, which had some intriguing storylines. Arguably the most intriguing pre-race was that of American Record-Holder **Ryan Hall**, who has recently left his training group and is coaching himself. He hasn't had much success of late, and this was going to be a good test to see how his experiment is going. Though, to be fair, he is shooting for the marathon at Boston, so that isn't fully conducive to a fast half. Still, it was sure to be an interesting and over-analyzed performance.

Also in the field was the "old guard," so to speak, of American distance running. Specifically you had **Abdi Abdirahman**, a three-time US Olympian and 61:07 runner, as well as **Meb Keflezighi**, the 2004 Olympic Silver Medalist and 2009 NYCM Champ. The biggest international names had to be the 2010 NYC Marathon Champ **Gebre Gebremariam** of Ethiopia and the reigning Champion **Peter Kamais** of Kenya.

But, there were two big debut's that everyone was talking about: America's **Galen Rupp**, and Britain's **Mo Farah**. Farah, last year's European Champion at 5,000m and 10,000m, had just switched from a long-time adidas athlete to a deal with Nike, so as to be able to be coached by **Alberto Salazar** and train with Rupp in Oregon. Rupp is the second fastest American ever at 10,000m, made the Olympics while still in college, has multiple NCAA Championships to his name, etc. Both are studs, and both had never raced a half before. This was going to be interesting.

Well, the race was on at 4:30am or something crazy my time, and I was asleep. So I didn't watch it. But from reports, it sounds like it went out at relaxed pace (for these athletes at least), with over 20 runners in the lead pack after 5k (covered in just over 15 minutes). But then the pace began to quicken, and with a ~14:30 second 5k the leaders were down to about 10. Kamais, Gebremariam, Rupp, and Farah were all there, but Hall, Abdi, and Meb were starting to fade ever so slightly.

The pace then dropped to just over 14 minutes, with 9 in the pack. And then things started to take off. The runners started to throw in some surges, and quickly we were down to a pack of four: Gebremariam, **Tesfaye Girma**, Rupp, and Farah. Kamais, Irish all-star **Alistair Cragg** held on for a while, but were over 10 seconds back with the final kilometer to go.



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Gebremariam has been known for his finishing prowess in these long distances, and as he and Farah started to break away entering the final straight it looked like he may just have it. But Farah showed that his 5,000m speed was able to translate well to the half distance, as he blitzed away in the final hundred meters to win in 1:00:23, with Gebremariam two seconds back. Rupp followed just 5 seconds later at 1:00:30, good for the 5th fastest American ever. The final 5km for these top runners was under 14 minutes. Gross.

While some awesome half performances for sure, overseas there was another race of note in Portugal. There, Eritrea's **Zersenay Tadese** won by over two minutes in 58:30, good for the second fastest time ever run for the distance. The fastest time ever? 58:23, set one year and one day beforehand, by none other than Zersenay Tadese. Yea, he's a badass.



Grand Prix - April Update

Three races are in the books for 2011. Unfortunately, only two races have been scored by the Grand Prix Czar. I was just about done with the scoring, and then I realized I made a huge mistake and everyone's points were wildly inaccurate. So it is back to the drawing board for Valley Ford scoring.

On the brighter side, we have some good competition forming. On the women's side, Cathy DuBay is out front with 199 out of a possible 200 points! For the men, John Staroba is clinging to a slight lead over Nate Koch, Andy Howard, and Michael Parker. With the new rules requiring only 8 races to be scored, there is still plenty of time to make up points and move up the standings. Nobody is safe: the trophy is still up for grabs. So get running and I'll see you at the races!



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Out to Lunch

The Doctor is

Only You Can Prevent...*SARCOOPENIA*

Go ahead, say it out loud: *sar-co-pee-nee-uh*. The word may make you blush a bit, but it's merely the fancy medical term we use which means a loss of muscle tissue. Once you learn about age-related sarcopenia I think you'll agree that it's something you really do want to prevent, or at least minimize.

In our affluent, sedentary society, as we age through the decades a steady degradation is generally noted in the body: we tend to get progressively fatter, even though we may actually eat fewer calories than we used to. We get weaker and routine physical tasks become more challenging and ultimately impossible. We stumble and fall more often, get injured more frequently and don't recover readily. We run out of steam earlier in the day. We eventually become truly frail, fragile and fearful of activity. This is not a pretty picture, but it is indeed a valid generalization of the aging journey for too many of us.

A variety of factors contribute to this downward spiral of vitality, durability and function, but sarcopenia is always a major culprit. Traditionally, we have considered age-related sarcopenia to be purely biologically hard-wired and irreversible; after all, even aging horses and gorillas develop sarcopenia. But in modern humans, sarcopenia develops prematurely and is profoundly accelerated by our sedentary lifestyles. Therefore, *we can, and should*, do something about it. Aerobic fitness alone is inadequate. Health and functional independence require reliable, strong and powerful muscles, right on into our 90's and beyond.

So what's the antidote for sarcopenia? Strength training, plain and simple. Studies suggest we should engage in some form of strength-enhancing activity at least twice a week; three times per week is much better. Strength training needn't be very time-consuming, nor complicated. 40 minutes of devoted strength training, three times per week, can make you *very* strong and you'll never regret it. And don't fret about getting bulky and looking like a fire hydrant – it simply won't happen, particularly if you maintain a high level of aerobic fitness. Strength training has an easy, short learning curve, but do make the effort to learn how to do it right. Hire a smart trainer for a few sessions and you should be good to go. You'll learn that we now emphasize full-body strengthening with free weights and body weight workouts. The benefits of seated, artificial, machine-based training absolutely pale when compared to the profound, functional benefits of multi-dimensional, compound training performed with body weight and free weight exercises.

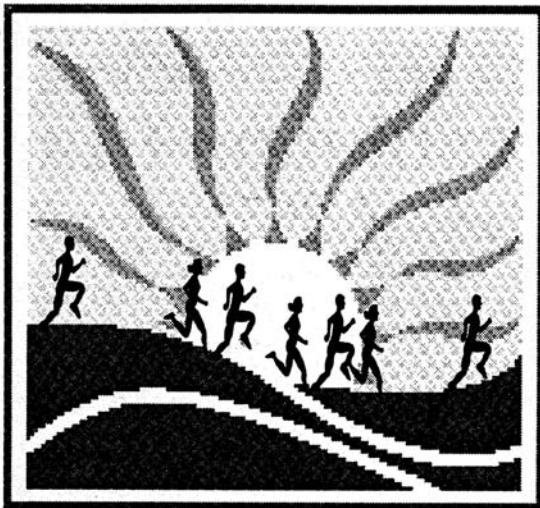
Sarcopenia. The word even sounds like a bad thing and it truly is. And only *you* can prevent sarcopenia. I'll meet you at the pull-up bar and we'll get right to it.

Alec Isabeau, D.C.



Blast From the Past : December '99

Locations changed for two major Club races as the calendar transitioned to Y2K. The Last 10K, held for years on the western edge of Santa Rosa along increasingly busy Piner and Guerneville roads, moved to its present location in Howarth, Spring Lake, and Annadel parks. Resolution Run, a two-fer including both a 5K and a 10K, moved from Strawberry Elementary to Montgomery High and dropped the 10K. Here's a snapshot from the December '99 newsletter.



Empire Runners Newsletter

Volume XXIV, Number 12, December 1999

Race Locations Changed!

On The Move . . .

Last 10K at Howarth Park

The Last 10K and Final 2-Mile, held at Piner Elementary School for the past several years, has moved to Howarth Park. Race Director **John Anderson** cites the hazards of increased traffic on the roadways as the key factor. The 10K race will now head out to Spring Lake and along Channel Drive. The new location allows John to go back to the later start so be ready to toe the line at 9:00 a.m. on Saturday, December 11 *at Howarth Park!*

Resolution Run at Montgomery High School

This year's Phaby-Gray Resolution Run

The Empire Runners Club | www.empirerunners.org | newsletter@empirerunners.org

will also move from its long-time location. Held annually on January 1st at Strawberry Elementary School in Santa Rosa, it will now start and finish at Montgomery High School. In addition -- or subtraction, really -- there will be no 10K race, only a 5K. This year it will be called the Y2K5K.

Race Director **Larry Meredith** dropped the 10K so as not to interfere with the Millenium Marathon & Half Marathon that will be run for the first time on New Year's Day. Those of us who stayed out too late and partied too hard still would like a shorter race to bring in the next thousand years. The site was changed because the facilities and insurance at Montgomery will be available since the event is a fund raiser for the school track team.

Expect a flat, paved course through neighborhoods with a few more turns than the big block around Strawberry School. As always, the race will begin at 10 a.m. to give revelers a reasonable chance to stagger up to the starting line. Enter race day.



A New York Visitor — Gil Moreno

Since becoming membership director I have worked to make the Empire Runners Club a active and visible part of the Sonoma County running community.

I asked the Club to purchase a canopy and I would do the rest. Membership has grown the project has been a success. Not only have I had the opportunity to represent and expose the Empire Runners but I have had a great time doing so. I have had the opportunity to meet so many wonderful people from all over the country. I really think the free Red Vines have been the big reason for the many visitors to our booth.

If you see our booth setup at a Club race or other local event please stop by and introduce yourself I would love to put a face with the name. See what we have to offer in the way of running related flyers and discount coupons

Here is an email and photos I received from Mark Brautlach a booth visitor from NY.

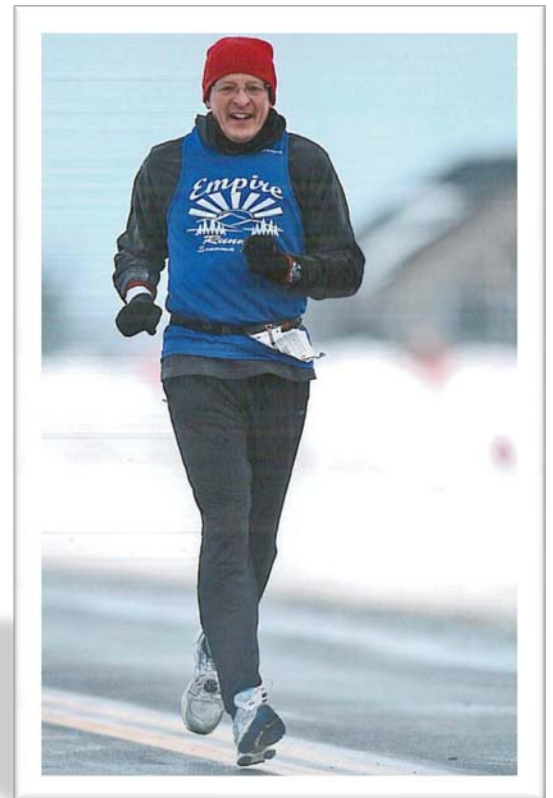
Dear fellow runners,

My wife and I ran the Wine Country Half Marathon last October in Healdsburg and at the post race expo we met Gil Moreno, at your stand. Gil was just great to us. I bought a singlet and he said if I ever ran in a race with it on, to send him a photo - so here's two.

I ran in the Lockport Y-10, ten mile race in early February and proudly wore the blue and white. The race temps were in the 20's. The first couple miles were run in clear skies, then we ran through a blizzard in miles 4 & 5. At that point, we turned to run the next three miles directly into a 30 mph wind and finished with a steady uphill to the finish. I finished in just under 1:28:00.

Thanks for your great hospitality last year and if you're ever in Buffalo and have time for a run or a beer - or both - please let me know.

Mark A. Brautlacht
Member of the Lancaster Striders running club





Cross-Country in May — Dale Peterson

The Twentieth Annual Jack Rabbit Derby is coming Sunday May 1st 2011.

The **Bunny Hop “kinda sorta 1K”** for kids will start at **8:00am** and the **3 Miler at 8:15am**.

Race Day Registration ONLY. \$1 for Bunny Hop - \$5 ER Members - \$10 non-Members

County Park Parking fees are not included.

Whether the sun shines or the skies open up and pour down it will be a true cross-country style race run on a 3 Mile version of the same course used by the high-schools.

Last year **Luis Luna** of **Piner High School** missed by one second the all-time men’s record of 15:29 set by **Kenny Brown** back in 1994.

Likewise **Julie Nacouzi** of **Montgomery High School** was a scant fourteen seconds behind the all-time women’s record of 17:32 set by **Jacque Taylor** in 2007.

Luis’ second best overall is the only men’s top-ten mark set since the millennium.

Who will show up this year to threaten the top-ten leaders for the men and women?

Who will challenge the top-three in each of the age divisions?

Come out and see for yourself!

Jack Rabbit Derby 1992-2010

All Time Top Finishers

Men				Women			
1 – Kenny Brown	1994	15:29		1 – Jacque Taylor	2007	17:32	
2 – Luis Luna	2010	15:30		2 – Julie Nacouzi	2010	17:46	
3 – Eric Walker	1995	15:44		3 – Michelle Nielsen	1995	17:50	
4 – EJ Bohn	1995	15:51		4 – Eileen Vukicevich	1992	18:11	
5 – Scott Pierce	1994	15:59		5 – Cathy DuBay	2002	18:12	
6 – Louis Garcia	1992	16:03		6 – Lura Damiano	1992	18:19	
7 – Dan King	1993	16:07		7 – Christi Holligan	1993	18:29	
8 – Larry Meredith	1992	16:24		8 – Val Sell	2002	18:47	
9 – Ty Strange	1999	16:28		9 – Kim Conley	2003	19:16	
10 – Ron Smith	1992	16:32		10 – Julia Stamps	1992	19:23	

Jack Rabbit Derby All Time Top Three per Division

Boys 12 & Under				Girls 12 & Under			
1 – Kevin Poterake	2007	19:23		1 – Kristin Charles	1997	22:21	
2 – Quin Coughlin	2001	19:25		2 – Jaime Feldman	2002	23:03	
3 – Connor Fagent	2002	21:09		3 – Lia Winfield	1997	25:55	
Men 19 & Under				Women 19 & Under			
1 – Luis Luna	2010	15:30		1 – Jacque Taylor	2007	17:32	
2 – Jason Selby	1995	16:35		2 – Julie Nacouzi	2010	17:46	
3 – Matt Fitch	2003	16:37		3 – Kim Conley	2003	19:16	
20-29				20-29			
1 – Kenny Brown	1994	15:29		1 – Cathy DuBay	1994	18:43	
2 – Eric Walker	1995	15:44		2 – Melanie Lovrin	2006	20:02	
3 – EJ Bohn	1995	15:51		3 – Leah Etling	2002	20:22	
30-39				30-39			
1 – Louis Garcia	1992	16:03		1 – Michelle Nielsen	1995	17:50	
2 – Dan King	1993	16:07		2 – Eileen Vukicevich	1992	18:11	
3 – Kenny Brown	2003	16:23		3 – Cathy DuBay	2002	18:12	
40-49				40-49			
1 – Ron Smith	1992	16:32		1 – Cathy DuBay	2005	18:13	
2 – Ty Strange	2002	16:42		2 – Tori Meredith	2000	19:54	
3 – Louis Garcia	1998	16:54		2 – Val Sell	2006	19:54	
50-59				50-59			
1 – Dan Preston	1992	17:06		1 – Ann-Marie Von Hoene	1995	20:22	
2 – Karl Greipenberg	1994	17:38		2 – Tori Meredith	2010	21:20	
3 – Jerry Lyman	1999	17:43		3 – Karen Kissick	2010	22:49	
60-69				60-69			
1 – Mort Gray	1992	19:19		1 – Shirley Fee	2009	25:45	
2 – Darryl Beardall	1999	19:50		2 – Pam Horton	2004	29:59	
3 – Jerry Lyman	2009	20:22		3 – Leslie Howell	2008	38:55	
70-79				70-79			
1 – Bernie Hollander	2007	23:57		No Finishers to Date			
2 – Darryl Beardall	2007	25:31					
3 – Ernst Bohn	2010	26:08					
80+				80+			
1 – Charles Hoagland	2008	35:45		No Finishers to Date			

The Empire Runner

NEW MEMBERS

Please welcome the following new members to the
Empire Runners Club

Cotati

Adel Dahmani and Iman Senan

Healdsburg

The Myers Family
Al and Anna

Petaluma

Harrison Wistock

Santa Rosa

The Ciudad-Real Family
Hellen and Robert
The Gaab Family
Kelly, Emily and Jackson Blake, Shannon Poore
Jon Foyt
Marina James-Galvan
Jennifer McClendon
Paul Greve

Sonoma

Leticia Cruz

Windsor

Cara Tocchini
Cheryl Carey

Empire Runners March 24, 2011 Club Meeting (pending approval at the April 28, 2011 meeting)

President Alex Wolf-Root (president@empirerunners.org) called the March 24, 2011 meeting to order at 7:30 pm.

Secretary's Report:

Secretary Paul Berg (secretary@empirerunners.org) read the February 2011 meeting minutes, which were approved as read.

Treasurer's Report:

Treasurer Tanya Narath (treasurer@empirerunners.org) reported:

Total Current assets \$57,578, including restricted proceeds from Annadel Half/Kathy's Race in the amount of \$ 22,183.

Excluding Annadel Half/Kathy's Race funds, current club balance is \$32,242, down \$ 76. from the same time last year.

The Student Grant Fund balance is \$3153, approx \$1083 more than last year.

HS donations budget for 2011 is \$9525, of which we've spent \$1255 YTD.

Race reports:

Resolution Run: Net income \$1511 vs. \$768 for 2010

Valley Ford Relays: Net loss \$135 vs. \$10 for 2010

Ilsanjo Classic: Net income \$188 vs. \$157 loss for 2010

President's report:

President Alex Wolf-Root reported that a favorable turnout of volunteers and parents saved SR Express youth running program for another year. They are still looking for more volunteers to run with the kids.

Race Reports:

A. Recent Events

1. Ilsanjo Classic and Neo Classic - 3/13/11 Muddy. Poorly organized at registration and finish line. Several 10mi walkers who held up results.
2. Montgomery senior Julie Nacouzi ran at the World XC Championships in Spain, March 20.
3. Way Too Cool 50k. Several club members. Shirley Fee set an age group record.
4. Jen & Will Ortlinghaus ran the Shamrockin Half in Sacramento 3/13

B. Upcoming Events

1. April Fools 5k - 4/2/11
2. Loop de Loop - 4/3/11
3. Petaluma Footrace - 4/10/11
4. Annadel Half Marathon & Kathy's Race- 4/17/11 Registration still open.
5. Kenwood Footrace - 7/4/11 40th annual!
6. Carlsbad 5k 4/03/11
7. Boston marathon 4/18/11

Reports of Committees:

A. Bylaws. No report

New Business:

A. Timing: A committee lead by John Staroba and Chris Mason has been studying the various options available to upgrade our timing system to produce more timely and accurate results. With an accompanying handout of cost options, the proposal:

We propose to allocate up to \$7000 for a race timing system, capable of generating timely (on-site, usually within minutes of race conclusion) results for ER races (with the exception of Kenwood). Total system expenditure may be decreased depending on club availability of a power generator and / or the refurbishing of the club's existing Time Machine.

Proposed by Alex Wolf-Root, 2nd by Bob Shor.

John Staroba explained that this was the best system for our club, but that it still would require 4-6 trained volunteers to make sure someone was available to set up the program. There was a show of hands indicating that there were at least 5 present at the meeting who would be willing to be trained on the system.

John said that ½ hour of instruction would be sufficient to train volunteers for data entry. There ensued a lengthy discussion of databases and lookup entry of members, and how this could facilitate registration.

Questions were raised about the vulnerability of computers in wet weather, where it would be stored and if it would be capable of handling relay events, handicapped races or the summer track series.

Val Sell submitted a written statement read by Tori Meredith that addressed many of the same points.

After lengthy discussion, the vote count was:

Yes-9, No-7, Abstain-2

B. Heart and Sole Elite Mile amendment

Due to a lack of interest from elite women, there will be a men's race only this year, though the hope is to reinstate a competitive women's field in future years. Thus, for 2011, it is proposed that the motion which passed at the October 28th club meeting, specifically:

The Empire Runners Club will designate \$1000 each to the women's and men's races to be divided among the top three finishers in each race as decided by the Elite Mile race director. Additionally, the club will designate another \$2000 to be divided equally among all men who break 4:00 in the mile and all women who break 4:40 in the mile. If passed, the club will pay \$2000 with a potential maximum of \$4000.

be altered to

The Empire Runners Club will designate \$1000 to be divided among the top finishers as decided by the Elite Mile race director. Additionally, the club will designate another \$2000 to be divided equally among all men who break 4:00 in the mile. If passed, the club will pay \$1000 with a potential maximum of \$3000.

Proposed by Alex Wolf-Root, 2nd by Brad Zanetti. **Passed Unanimously.**

Monkey Business

Raffle: Larry Meredith won \$14, and \$14 went to the student grant fund

Drawing: Tessa Hill would have won \$200 if she attended the meeting.

President Alex Wolf-Root concluded the meeting at 9:03 pm.

Attendance:

Paul Berg, Jen & Will Ortlinghaus, Tanya Narath, Nicolay Rostov, Larry & B. Tori Meredith, Alex Wolf-Root, Chris Mason, Brad Zanetti, Super G, Dale Trobridge, Bob Shor, Gil Moreno, Don Sampson, Mini Mel, Mr. Mini Mel, John Staroba



TREASURER'S REPORT AS OF MARCH 23, 2011

Current Assets

Checking/Savings	Chase Bank Certificates of Deposit	\$2,351
	Exchange Bank	\$19,126
	PayPal Money Market	\$35,676
Total Checking/Savings		\$57,153
	Petty Cash	\$425
Total Current Assets		\$57,578

Fund Balances **2011** **2010**

Annadel Half Restricted Fund Balance	\$18,367	
Kathy's Race Restricted Fund Balance	\$3,816	
Student Grant Restricted Fund Balance	\$3,153	\$2,070
Empire Runners Club Fund Balance	\$32,242	\$32,318

Donations

2011 Budget: High School/SSU Donations	\$9,525
High School & SSU Donations Paid YTD	(\$1,255)
Balance remaining	\$8,270


Race Income and Expense **2011** **2010**

<u>Resolution Run</u>		
Race entry fees	\$2,215	\$1,416
Race expenses	(\$389)	(\$315)
Donation to Piner High School Cross-Country	(\$315)	(\$315)
Net Income	\$1,511	\$786

<u>Valley Ford Relays</u>		
Race entry fees	\$807	\$830
Race expenses	(\$627)	(\$505)
Donation to Santa Rosa High School Cross-Country	(\$315)	(\$315)
Net Income	(\$135)	\$10

<u>Ilсанjo Classic</u>		
Race entry fees	\$1,312	\$952
Race expenses	(\$499)	(\$484)
Donation to SSU Cross-Country	(\$625)	(\$625)
Net Income	\$188	(\$157)

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>10M at medium pace 27 8:00a Parktrail Drive at Summerfield Drive</p>	<p>6.5M at 7:30 pace 28 7:00p 1932 Yolo Court, SR</p>	<p>1600m@5K G.P., 1200m@5K G.P., 2x800m@2M G.P., 4x400m@2M G.P. 29 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 30</p>	<p>6M total with 1.5M (8-11 min.) at strong pace 31 5:30p Howarth Park</p>	<p>1</p>	<p>8:30a SR Creek Training Run, Railroad Square, SR 2</p>
<p>ERGP Race: 8 a.m. Loop-de-Loop 14M Trail Race/Relay Channel Drive in Santa Rosa 3</p> 	<p>6.5M at 7:30 pace 4 7:00p 1932 Yolo Court, SR</p>	<p>3x800m@2M GP, 6x400m@1M GP; jog half-distance after each 5 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 6</p>	<p>6M total with 2M (12-15 min.) at strong pace 7 5:30p Howarth Park</p>	<p>8</p>	<p>8:30a SR Creek Training Run, Railroad Square, SR 9</p>
<p>Race: Petaluma Footrace 3M & 5M, 9 a.m., Petaluma Marina 10M at medium pace 10 8:00a Lawndale Trailhead on Lawndale Rd. in Kenwood</p>	<p>6.5M at 7:30 pace 11 7:00p 1932 Yolo Court, SR</p>	<p>20x200m@1M GP; jog 100m after each 12 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 13</p>	<p>8.5M total with 10x1 min. at strong pace 14 5:30p Howarth Park</p>	<p>15</p>	<p>8:30a SR Creek Training Run, Railroad Square, SR 16</p>
<p>Race: Annadel Half-Marathon & 5K 17</p>	<p>6.5M at 7:30 pace 18 7:00p 1932 Yolo Court, SR</p>	<p>3x1M@5K GP; walk 200, jog 600 after each 19 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 20</p>	<p>Newsletter Submissions Deadline 9.5M total with 20x40 sec. at strong pace 21 5:30p Howarth Park</p>	<p>22</p>	<p>8:30a SR Creek Training Run, Railroad Square, SR 23</p>
<p>Race: Just Go! 10K & 5K, Santa Rosa 8M at medium-strong pace 24 8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p>6.5M at 7:30 pace 25 7:00p 1932 Yolo Court, SR</p>	<p>10x300m@1M GP; walk 50, jog 50 after each 26 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 27</p>	<p>4M total with 2x3 min. at strong pace 7:30p Club Meeting, MV RT Pizza 28</p>	<p>29</p>	<p>8:30a SR Creek Training Run, Railroad Square, SR 30</p>