



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

