

# EMPIRE RUNNERS Newsletter

## August 2008

Volume XXXIII, No. 8

[www.empirerunners.org](http://www.empirerunners.org)

### Kenwood returns as huge success in 2008!

Jackson & Lovrin, Fleet Feet duo sweep 10K! Kim Conley wins 8th consecutive 3K!



Jeff Jackson wins 10K by a large margin & moves to 13<sup>th</sup> on all-time top times list.

#### 50 New Entries

#### in the Kenwood Record Books

Check out the 2008 Kenwood Race results and complete updated list of Kenwood All-Time Records on the Empire Runners Club website. Currently there are links on the website homepage. You can also go to the Race/Results page and find both 2008 results and "Kenwood Records" on the table of Empire Runners Club Races.

#### Highlights among new listings

- **Jeff Jackson** moves to 13<sup>th</sup> on the men's 10K top times list; **Melanie Lovrin** to 21<sup>st</sup> on the women's list!
- **Cathy DuBay** and John Litzenberg add to their 10K top 10 finishes with 17 each!
- Tamalpa's Russ Kiernan smashes the men's 70-79 10K record by over 2 minutes!
- 7 new entries in women's 50-59 10K best times list!
- **Kim Conley** moves to 4<sup>th</sup> on women's 3K top times list, has 9 top 10 finishes!
- Don Nauman leads 3K top 10 finishers with 8!

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AND ...  
 Track Results #1, #2, #3  
 Phil Widener Empire Open Flyer,  
 Salmon Creek Beach Runs Flyer  
 Mustang 5K Flyer,  
 XC BBQ and Pep Rally Flyer  
 Our Sponsors  
 August Training Calendar



65 Brookwood Ave - Santa Rosa CA 95404



## Many thanks from Race Director Val Sell

Unfortunately I missed all of the finish line excitement but the feedback from the participants reassured me that the day was a success. The pancake breakfast was a hit and the Parade was like going back in time to a simpler life. We moved all activities into the Kenwood Plaza Park where the awards were enjoyed by those lounging on the grass. Tee shirts were upgraded to Hi-tech which were enjoyed by all and the kids looked so cute parading around in their finisher shirts. I am already looking forward to further improvements to make Kenwood 09 even better.

A HUGE thank you to Rhonda at Fleet Feet for all of her support and patience! Also to our other sponsors, New Balance, Tagliaferri's Deli, Sir Speedy, KZST, KJZY, Events with Sole.com, Safeway Rincon Valley and Culligan.

It because of you that our participants have come to expect the quality race that you help us put on.

I would like to thank all those who made Kenwood a continued tradition. In addition to the 40+ volunteers from Santa Rosa's Track and Cross Country program I would like to acknowledge the following people who gave up time in their busy schedules to be apart of our biggest fundraiser.

John Anderson, Lars Anderson, Brian Bauer, Paul Berg, Kathy Bisordi, Ernst Bohn, Eric Bohn, Steve Brown, Bill Browne, Janine Carpenter, Steve Cleal, Dave Conley, Doug Courtemarche, K.B. Cummings, Deb DeCarli, Dave DeSelle, Jason DeSelle, Eric Downing, Dennis Fagent, Shirley Fee, Bob Finlay, Bill Fisher, Nuvit Foster, Fred Garcia, Sherri Guinn, Andrea Guzman, Jon Harmon, Jon Hermstad, Zenia Horning, Pam Horton, Warren Huber, Brad Illing, Danielle Illing, Liz Illing, Alec Isabeau, Greg Jennings, Joe Judge, Susan Kelleher Nathan Koch, Shelly Lydon, Jerry Lyman, Shelli Main, Rob Main, Chris Mason, Mike McGuire, Tori Meredith, Gil Moreno, Tanya Narath, Harold Nordvold, Alyce Parks, Carrie Peterson-Kirby, Cindy Roach, Bob Rogers, Rhonda Roman, Don Sampson, Val Sell, Bob Shor, Deb Skinner, John Staroba, Ty Strange, Mike Stremba, Lanna Stremba, Pete Sweeney, Al Tagliaferri, Elaine Trowbridge, Dale Trowbridge, Dan Tuohy, George Urdzik, Leslie Wolcott, Bev Zanetti, Lauren and Michelle Zanetti.

Until next year...

Run happy,

**Val Sell**

*With eight consecutive first place Kenwood 3K finishes, Kim Conley has established a record not likely to be equaled.*



## Empire Runners June 2008 Club Meeting

[Pending approval at the July 24, 2008 club meeting]

**President Bob Finlay** ([bfinlay@sbcglobal.net](mailto:bfinlay@sbcglobal.net)) called the June 26, 2008 meeting of the Empire Runners to order at 7:34pm.

**Vice President Dave DeSelle** was not in attendance and **Dale Peterson** was **Treasurer John Harmon's** proxy (input evil laugh).

### Secretary's Report:

Secretary **Nate Koch** ([nathankoch@gmail.com](mailto:nathankoch@gmail.com)) read the May minutes which were approved as read.

### Treasurer's Report:

**Secretary Nate Koch** read **John Harmon's** Treasurer's report. The month started with \$30,501.03 total which put the General Fund at \$27,074.03 and \$3,427.00 in the Student Grant Fund. The General Fund on this date is at \$21,036.07 and the Student Grant Fund is at \$3,509.00 with a grand total of \$24,545.07.

**John's** report indicated that the drop in balance was due to the Kenwood Footrace expenses and Student Grant Fund checks. Those checks will put the Student Grant Fund at deficit of \$191. John is unsure of the reason for the deficit and will look into it further.

The Summer Track series is bringing in about \$275 a night. **Doc and Mojo** continue their shameless pattern of profitability by netting a whopping 50 cents at the inaugural Riverfront Relay.

**John** also reported that **Paul Berg** is playing treasurer for the Kenwood footrace and if anyone needs a check, contact **Jerry Lyman**.

### President's Report

**President Bob Finlay** reported that he had contacted the Tamalpa Runners president about the race conflicting with the Kenwood Footrace. They will still hold the race this year and removed the reference to the Kenwood Footrace from their website. They have been very cooperative and we are waiting to see what effect this has on our race this year.

### Recent Events:

**Tahoe Relay** – **Dale Peterson** reported that the Men's Open team cut off 9 minutes off of their PR and placed 4<sup>th</sup> overall. The Senior Team placed first in their division. It was suggested that a women's team be formed for next year.

**Riverfront Relay** – It was a great race. **Bob Finlay** meekly asked, "Where the hell was the river?"

**Summer Track Series** – **Val Sell** reported that there has been great attendance. The first meet had 92 runners and the second yielded 100. 44 of those ran in both meets.

**Hit the Road Jack** – Results were finally published online but may not be accurate.

**Fitch Mountain** – **Tori Meredith** reported that there were 57 more runners than last year and it went smoothly. It was also noted that it made 400 dollars for the club.

It was reported that **Kenny Brown** ran the Comrades Marathon in South Africa. He finished the race in 8:46

**Don Stewart** finished 2<sup>nd</sup> at the Double Dipsea and several other members ran the Dipsea and finished well.

### Upcoming Events:

**Summer Track Series** – 7/9/08

**Kenwood Footrace** – 6/4/08

**Salmon Creek** – 8/3/08

### Committee Reports

**Kenwood Footrace** – **Race Director Val Sell** reported that at the closure of the online registration there were 522 runners registered which is 20 less than last year. In store registration starts Friday, June 27<sup>th</sup>. She bought 200 kids shirts which can be reused next year. The Tech shirts are "gorgeous" there is still a need for people to help with traffic and parking. The bibs did not come with a second tear off and so that will present a problem for the breakfast. Several ideas were given to remedy the situation.

**Bob Finlay** reported that he still needs 15 volunteers (several can still run the race).

**Student Grant Fund** – **Bob Finlay** reported that notifications have been sent out to the recipients.

### Unfinished Business:

**Annadel State Park Donation** – **Bob Finlay** made several attempts to contact Annadel but has made no progress.

### New Business:

**Bob Finlay** read a letter from the El Molino All Weather Track Committee. In the letter it was reported that \$7000 is still needed to complete the All Weather Track. **Nate Koch** suggested that an E-group announcement be sent out and a request be made on the website. **Pappy** motioned to donate \$1000 to the project. Discussion followed with several suggested a higher amount and **Val Sell** suggested waiting until after the Kenwood Footrace to see how much profit was made. The motion was tabled until the next meeting.

### Raffle/Drawing:

Raffle: **Super George** won (\$23)

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

President **Bob Finlay** concluded the meeting at 8:32pm.

### Attendance:

"Bones" Koch, Andrea Guzman, Mini-Mel, Alyce Parks, Darryl Beardall, Bob Shor, Dale Trowbridge, Carl Jackson, Super George, Iguana Don, Pappy, Bob Finlay, Chris Mason, Sledge Hammer, Victoria L. Meredith, Larry Meredith, Val Demort Sell, LT, Bob Rogers, Susan Kelleher, Bill Browne

*The Empire Runners Club*

**HALL OF FAME**

The Inaugural Class of 2008

Darryl Beardall

Mort Gray

Carl Jackson

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](http://www.empirerunners.org).

# Cross-Country

## A Czar is Born

Over the past many years, Larry Meredith has been our Cross-country Team Czar. His performance has been exemplary. With his dedication and leadership, team participation has increased dramatically and he has introduced many Empire Runners to the joys of cross-country racing. We all owe him a debt of gratitude. Thank you, Larry!

Alas, Larry has decided to step down and I have begrudgingly decided to step up. This is a tough act to follow. Fortunately Larry will continue to be the Senior Men's team Captain and the ER Training Director.

Our goals are simple: Have fun and beat Tamalpa (which is redundant).

### Next Steps:

#### 24 July: Entry Fee Subsidy Proposal at Club Meeting

In past years, including the last year, the Club has paid for members' entry fees to team races provided each person paid for their first race – typically our hosted Empire Open. I am reviewing this policy with several members of the Club officers and regularly involved individuals. We will approve the policy for the 2008 season at the Club Meeting on July 24th. If you have an opinion or want to make your voice heard, please attend the meeting or send a proxy.

#### 27 July, 3 to 6 pm:

#### Kick-off Meeting & BBQ (Potluck) (See flyer inside)

We will have a Kick-off Meeting and BBQ as always. I will host it at my home in Santa Rosa – 1664 Deer Run (off Hoen Frontage Road/Townview). This is a great opportunity to meet team members, great new XC participants and enjoy the summer weather.

R.S.V.P. to John Harmon @ 575 0847 or [jj2harmon@yahoo.com](mailto:jj2harmon@yahoo.com) and I'll send you a map with instructions.

#### Become a card-carrying Member of the USATF

"No tickee, no laundry." If you plan to run cross-country and have not already renewed your USATF membership, please do so ASAP. You cannot run without one and it takes time.

Verify you are on the list by going to <http://www.pausatf.org/data/members.php?club=143> to find your name - ([www.pausatf.org](http://www.pausatf.org) | Members | Member List | Club List | Empire Runners | Roster).

Sign up on line at [www.pausatf.org](http://www.pausatf.org) | Join Now! We are club No. 143 (Empire Runners).

#### Get Some Threads – you'll need a uniform

Black shorts or running skirt and an ER singlet are required to run as a team member. You can purchase your singlet from

Outgoing XC Czar Larry Meredith



Incoming XC Czar John Harmon



Gil Moreno ([runfire@earthlink.net](mailto:runfire@earthlink.net)). See the club website for further information.

### Team Captains

We need team captains. If you are willing to be a captain please contact me ASAP. Many thanks to volunteers thus far:

Age Group	Women's	Men's
Open	Melanie Lovrin	
Master	Tori Meredith	
Senior	Tori Meredith	Larry Meredith
Super Senior	Tori Meredith	Bob Holland
Veteran		

### Race Schedule

Date	Race	Location
Aug 23	16th Annual Phil Widener Empire Open, Spring Lake Park (see flyer)	Santa Rosa
Sep 06	22nd Annual Golden Gate Park Open	San Francisco
Sep 20	8th Annual UC Santa Cruz Cross Country Challenge	Santa Cruz
Sep 27	4th Annual Garrin Park XC Challenge	Hayward
Oct 04	10th Annual Presidio Challenge	San Francisco
Oct 25	11th Annual Shoreline Open	Mountain View
Nov 01	12th Annual John Lawson Tamalpa Challenge	San Rafael
Nov 23	23rd Annual PA Cross Country Championships	San Francisco

I hope to see many of you join in the fun and build our team participation.

Good racing,  
**John Harmon**

## Eugene 08 Ringside Seat at the Trials

Having been to the 2004 Olympic Trials in Sacramento and to an off-Olympic year USA championship at Stanford, I couldn't pass up the chance to go to this year's Trials in Eugene and the storied Hayward Field. I didn't know much about the history really. A Washington State native, I knew of Prefontaine and the U of O teams but only as competitors to WSU's line-up – Jerry Lindgren and later the Kenyans. I was just between my freshman and sophomore year at Wazzu when Pre died.

For those of you who know me, the Olympics have always had a special place in my heart. I am a hopeless romantic about them. I've never been so the US Olympic Trials has been my only shot at witnessing first hand that level of talent. It never fails to disappoint. But the human drama played out in each event, in each individual's journey to that point is equally compelling. In a microcosm of real life, success is part talent, part focus, part timing and part opportunity. It's a cruel stage and exhilarating all at the same time. Top three finish with an "A" standard and you punch your ticket to Beijing. As one city bus displayed:

***"Fare from Airport to Downtown: \$1.50. From Downtown to Beijing: Top Three Finish."***

Eugene is a wonderful city apart from the track & field as well. They rolled out the red carpet. But it is Tracktown USA and they did themselves proud. And the weather cooperated. It was hot and humid the first few days but cooled off later on.

Jill and I drove north and met Dale, Robin, Larry and Tori there at a nice hotel along the Willamette River and adjacent to Pre's Trail. My brother from Seattle, join us a few days later. Pre's Trail is a network of bark-laden paths in the flood basin along the river and connects to a larger network of bike paths. It's not Annadel but it is nice running.



And we visited Pre's Rock. Everyone does. I went for a run the last morning I was in town up to the Rock. It is quieter and less busy – only the residents leaving for work are there at that time. People have left things such as race numbers, finisher medals from races, old shoes, flowers, etc. It's a bit much at times but it also is a galvanizing point for a lot of people – a shrine if you will.

We also ran the Butte-to-Butte on July 4th. Close to 8-10,000 people. I ran with my brother and enjoyed the time immensely. Robin sneaked by us at the finish. A-r-r-h-h.

Oregon is a beautiful state. We visited the Columbia River Gorge – many waterfalls and Crater Lake. The weather was perfect – which is unusual.

The Trials themselves had many wonderful moments – only some of which was covered in the papers or in the TV coverage (one of the great injustices of our day). The Oregon paper coverage was excellent. It's true they know their track & field and the "get" distance running.

I could bore you with details of the events themselves, but there's not enough room and I'm sure it wouldn't be that interesting to most of you. I will, however, highlight a few that were exceptional experiences:

### **10,000m Women**

The first day featured the Women's 10,000m. There were big expectations for Shalane Flanagan and Kara Goucher. We were shocked when after the Men's 5000m semis, a lot of the crowd got up and left. It was a wonderful race to watch and the remaining crowd got into it, but doubts lingered regarding this storied Hayward crowd.

### **10,000m Men**

How can you not like this race. Abdi Abdirahman leading the whole race with Galen Rupp challenging at the finish. Abdi ran his victory lap faster than the remaining field and celebrated by jumping into the steeplechase water hazard to cool off.

### 100m Men

I'm not a big sprint fan, but I enjoy the actual races, not the peacock displays before and after. Tyson Gay almost blew his chance in the 100m. Why sprinters feel compelled to shut down early eludes me. He barely made it into the quarterfinals. But he made up for it with his wind-aided (3.0m) 9.66 in the Semis. Wow!

### 800m Women

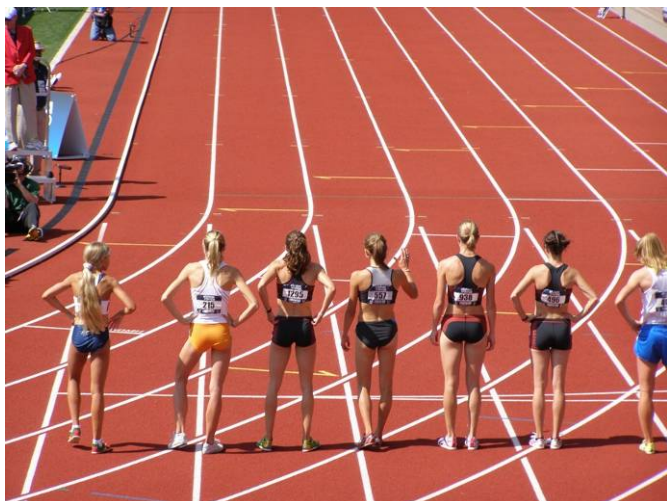
Alice Schmidt and Hazel Clark are joys to watch,, but the real drama came in a semi round involving a spill. Four runners, including Nicole Teter, were added to the final. No one was DQ'ed for the spill. In the final, Teter placed 4th but will go to Beijing because #3, Bennett, didn't have an "A" time. My TiVo replay shows Bennett caused the Semi trip with an illegal lane change, so the track gods got it right.

### 800m Men

This was the highlight of the Trails. The 800 is such a great test because you have to negotiate traffic and there's no time to recover from mistakes. The Oregon Sweep could not have played out better. The race was fantastic and the crown went absolutely nuts. It has to be one of the greatest races I've ever seen from a pure spectacle standpoint. Nick Symmonds got out from his box with "a little hockey shoulder" at 150m to go to win going away in 1:44.1. He is one cool dude – Brad Pitt in spikes.

### 1500m Men

Forget Alan Webb, this is an immigrants' story. For an event the US perennially performs poorly in, we are sending three naturalized citizens. Lopez Lomong is adopted after being one of the Sudan's Lost Boys –kidnapped as a young boy, escaping to Kenya and eventually adopted by an American couple. His Sudanese family even buried him in absentia. He has visited the site since. He was NCAA runner up. Leonel Manzano came to Texas as an 8-year old. He's 5'5". Bernard Lagat went to college at WSU (University of Kenya at Pullman) but earned Olympic medals as a Kenyan. He naturalized last year in time to run on the World's Team and is now doubling in the 5000 and 1500. These are immigration stories worth telling.



#1 Jordan Hasay watches as #4 Sara (Bei) Hall is introduced

### 1500m Women

What heartbreak for Sara Hall. She struggled. The highlight was witnessing the poise and tenacity of 16-year-old Jordan Hasay of SLO. She ran smart from the back and out of traffic in both the semi and final. Her American High School Record 4:14 was a thrill and got her into that final.

### Pole Vault Women

After almost no-height'ing, Jen Stuczynski went on to set a new American Record – only the 2nd woman to vault over 16 ft.

### Discus caddy

The throws were great to watch but the geek in me loved the use of radio controlled model pick-up truck to return the discii back to the cage – very clever.



### Javelin

There is a wonderful moment when javelin throwers warm up as they progress out into the field as a phalanx flicking their javelins 10m in front of them. It's poetic and you can hum a Viennese waltz to it. The over-40 vet who qualified for the Trials but used it as a fashion runway was the highlight.

For each of his Semifinal throws he peeled off his uniform to reveal another colorful uniform. He didn't make the final but was the crowd-please of the day.

Hayward Field will host the 2012 Trials. It's not too soon to plan. I'll be there.

*John Harmon*

**Wanted**  
**Female Coaches and Assistant Coaches for Girls on the Run**

What: Girls on the Run is an after school program for 3<sup>rd</sup> – 5<sup>th</sup> grade girls which uses running and life lessons to build confidence and self esteem.

When: 2 days per week after school; September – November 9

Why: Because you love to run and would like to instill this love in others!

How: [www.gotrsonomacounty.org](http://www.gotrsonomacounty.org)



**Girls on the Run**

# COMRADES MARATHON

## The Ultimate Human Race

The night before the race which was held on June 15<sup>th</sup> this year, I was having a hard time sleeping, not because I was running, but because I had to drive on the left side of the road. We had been in South Africa three weeks prior to Comrades; however I put off driving until the race. With directions mapped out we set out the morning of the race at 4 am. Kenny went in the runner's gate at 5 am for a 5:30 start time. My first stop to see him was at Hillcrest aid station, which is 19.2 miles into the race. I was relieved to be driving at 5 in the morning with not much traffic to speak of. I made it to the aid station and had an hour and a half wait before I saw him, 5 minutes ahead of schedule. He looked good and things seemed to be going well. I made my way back to the car; at this point people were parking three or more miles away and walking to the race with their families, lawn chairs, BBQ's etc. I drove to the second aid station I planned to see him, Cato Ridge which was 35 miles into the race. They were having us park on the side of the road in a field with no parking supervision. I parked the car behind another car not thinking anything about it. I made my way to the aid station, which was a couple of miles from the car. I found a place to wait. After an hour and forty five minutes I see him a half an hour ahead of schedule. He said his quads were taking a beating from the downhills. Still looking like the race is going well. I decide to head to the finish. I get back to the car and find I'm sandwiched in and have no way out. After waiting about forty five minutes a small car pulled out leaving me barely enough room to exit. As I made my way to the finish, the racecourse actually runs along side of the freeway, so you can see the runners. The finish in Pietermaritzburg was a stadium finish. I stayed in the International Area which was supplied with food and drink. It was quite a wait in the heat of the day, after two hours and forty five minutes I see him enter the stadium with a finishing time of 8.46.54.

Comrades is a big deal in South Africa. The race attracts over 11,000 runners yearly. And millions come to spectate the race. The course is a point to point from Durban to Pietermaritzburg. Fifty-four miles commemorating the fallen South African soldiers who fought in World War I. It was interesting to be at a race participated by so many countries yet predominantly South Africans (75%). It was quite an experience being at the race but at one point I thought to myself, this is very similar to a race in the US.

*Kathy Brown*

## MY COMRADES

*By Kenny Brown*

After 2 ½ weeks of a sightseeing trip in South Africa, Kathy and I arrive in Durban for the reason we made this trip, to run in the Comrades Marathon. Comrades is an Ultra Marathon that has been run since 1921 in order to serve as a living memorial to those who served in World War I. It is the worlds oldest and largest ultra. The race is a point to point alternating

direction every year. About 10,000 participate annually. In the 70s while South Africa was in the middle of its violent apartheid era this race was the only one to allow blacks and whites to compete together.

5:30 am Durban, South Africa. I am standing in my corral with almost 10,000 other runners. I was beginning to feel like I was in any other big city marathon back in the states. Looking ahead of me, I am about 50 yards back but positioned in the middle of the first corral. We were all waiting for the crow of a rooster to signal the start of our challenge (54 miles of pavement, Sea level to 2800 feet). Songs sung before the race began included: the South African national anthem and the Zulu song "Shosholozza", which I learned translates into; "Keep going, Move faster on those mountains". It brought me back to reality that I was standing on the starting line in a foreign country ready to attempt my longest run ever.

Several minutes after starting we rounded the first corner and everyone seemed to slow while our eyes adjusted to being plunged into complete darkness on the city streets. With sunrise not until 6:30 and the first 15 miles being run on the freeways leading out of the city, I am not missing out on much scenery. Even at this hour spectators are at every access road and bridge cheering us on. My thoughts are to keep a nice relaxed pace, stay hydrated, hope Kathy is not having any no trouble finding her way to our first meeting spot.

All of the markers are in kilometers to go. Not only did I need



to convert kilometers to miles but kilometers to go minus 86.9 K. The only person I know that can do this while half tired is Eric Bohn. Luckily I had a watch that was doing it for me.

By the time I reach Hillcrest (19 miles), I start to worry that I will miss Kathy. We had discussed to meet before the aid station. The problem was for the last mile the spectators were lining both sides of the road 2 to 3 deep and I was unable to tell where aid stations started or ended because of all the “unofficial” aid stations. I was also never running alone, there were always runners around. Luckily, we found each other and I was able to refuel.

It took a while to become accustomed to the aid stations. No water cups, no ice, and no extra goodies. Water is given in 8 - 10 ounce clear plastic “Sachets” or packets that are long and skinny; think over sized Otter Pops. The volunteers would try to hand you two at a time. They had also been kept cold so they were wet and slippery making it hard to hold onto let alone open because they were not perforated and had to be ripped open with your teeth. Try doing this 20 miles into your next run!! The Sachets would eventually end up on the ground half used or unopened. Not only are you trying to negotiate the people but make sure not to step on an unopened water balloon.

The crowds on the course never let up. Coming into a little town or major intersection there were crowds that rivaled most big city marathons. Even the farmland areas had spectators that were set up with lawn chairs, water coolers, umbrellas and barbeques. Planned walking breaks were difficult because as soon as I started to walk someone was there calling out my name, telling me to not give up and keep going.

On the tour of the course 2 days prior we had been told that if we felt we needed anything to ask the spectators and you would get it. As the day wore on and became warmer I became desperate for some ice. Usually when I asked I would have 2 to 3 people running for the coolers to get me ice.

I got connected with one of the local clubs that had an aid station at the halfway mark for their runners. I was allowed to have my drink and electrolytes at their aid station. As I came running around the corner they all leapt up and were more than eager to help fill my bottle and send me back on my way. I was about 15 minutes ahead of my goal time. Prior to the race one of the teammates made sure that I had everything that I needed prior to the start she gave me tips on the course (she was an 8 time finisher) and even helped with driving directions for Kathy.

The course passes in front of the Ethembeni (“Place of Hope”) School for blind and physically handicapped children. The students are lining the course in wheelchairs, on canes and crutches. After running through that area my shoulder is sore from giving high fives or low fives.

At 35 miles I saw Kathy for the second and final time before the finish. At this point the course is at the same level as the finish but there are no flat sections. Why they call it “The

Flats” I will never understand. I was really looking forward to seeing Kathy at this point because that signified the major climbing was over!! The temperature was climbing into the low 70s with the high point and the most exposed portions of the course to come.

I felt my quads start to tighten on the small downhill, not a good sign. Within a mile or so I was forced to walk the down hills but was able to run the up hills. Every other aid station I was stopping to get my quads massaged. It would help for about a half mile before the pain slowly began creeping back in. I had been walking/jogging with another runner for the last several miles. We would get passed by what seemed like 50 runners on the long downhill’s (not to mention the amount while I was in the aid station) and then be able to pick of about half on the ups. Still a net loss...

9K to the finish! The last of the big five hills awaited me something similar to Fountain Grove. I wasn’t dreading the 1 ½ mile up, it was down the other side that worried me. The heat and the miles were taking their toll on me. I wish I knew the words to Shosholoz. Somewhere I started to question how I got here. It all started with Kathy asking a South African last year “how do you get into Comrades?” I was still moving faster than most on the up hills.

5k to go... The road flattens!! I am now in Pietermaritzburg. Both sides of the road are filled with spectators. I wish I could run faster to show support of all the cheering. I could hardly hear myself think. One mile to go and it is all downhill. I am trying everything I can to run but I can’t. The crowds are 3 to 4 people deep being held back by the barricades. Metal signs are hanging down from the barricades and spectators are pounding on them, doing everything they can to be as loud as possible. At this point my goal is to be able to run the final 300 yards around the “oval”, a stadium that was built over 2 weeks specifically for this race.

Several thousand people are now crammed in the oval. Somehow I am able to hear Kathy’s voice and see her, was I hallucinating? I cross the finish in 8hours 46min 54sec good for 1547 place. The course record had been set almost 3 hours prior and there were still more than 3 hours to go before the gates closed to block the finish.



The theme of the race was “The ultimate human endurance, this race will define you”. Looking back I don’t think it is the ultimate in human endurance or if it defined who I am but on that day it was the ultimate in endurance. --KB







# Summer Track Series #1

1600m						
Place	Bib No.	Name	Sex	Age	Heat #	Time
1	3	Aria Kiani	F	16	2	4:52.79
2	49	Reese Byers	F	16	2	4:58.88
3	37	Tenzing Sherpa	M	15	2	5:05.54
4	7	Greg Jennings	M	38	2	5:06.04
5	1	Chris Bendana	M	18	2	5:13.10
6	36	Chris Edwards	M	17	2	5:14.67
7	41	Austin Hermsillo	M	17	2	5:26.88
8	13	Larry Meredith	M	50	2	5:27.39
9	33	Josh Vanetti	M	20	1	5:33.70
10	31	Stephen Cann	M	15	2	5:39.36
11	17	Nathan Koch	M	27	2	5:40.29
12	23	Suzie Rozga	F	16	1	5:40.99
13	48	Sean Fitzpatrick	M	36	1	5:41.07
14	4	John Harmon	M	52	1	5:53.63
15	27	Paul Berg	M	53	1	5:54.35
16	56	Quinton Mendoza	M	15	1	5:54.55
17	42	Mark James	M	41	2	5:55.06
18	47	Chris Strunk	M	38	1	5:56.73
19	22	Rob Main	M	49	1	5:59.92
20	18	Sarah Jakel	F	31	1	6:05.09
21	9	Jaime Silav	M	13	1	6:11.62
22	50	Sam Strobino	M	18	1	6:14.08
23	66	David Quach	M	16	2	6:14.17
24	60	Kris Neid	M	38	1	6:15.42
25	6	Lisa Titus-Isabeau	F	49	1	6:54.14
26	32	Shelli Main	F	47	1	6:58.11
27	12	Tori Meredith	F	50	1	6:59.25
28	26	Ian Van Riper	M	8	1	6:59.43
29	21	Tucker Rosenbusch	M	11	1	7:20.47
30	39	Justin Plott	M	10	1	8:08.10
31	57	Rory Fette	M	9	1	9:27.85
32	16	George Urdzik	M	65	1	10:02.63

100m						
Place	Bib No.	Name	Sex	Age	Heat #	Time
1	67	Adarian Barr	M	42	7	11.90
2	56	Quinton Mendoza	M	15	6	12.69
3	49	Reese Byers	F	16	6	13.32
4	48	Sean Fitzpatrick	M	36	6	13.47
5	14	Alyssa Page	F	14	6	13.48
6	15	Heather Moore	F	17	6	13.96
7	41	Austin Hermsillo	M	17	7	14.07
8	86	Celeste Berg	F	17	6	14.19
9	23	Suzie Rozga	F	16	6	14.67
10	55	David Zarate	M	50	7	14.81
11	66	David Quach	M	16	7	15.16
12	61	Koby Einstein	M	13	5	15.49
13	36	Chris Edwards	M	17	6	15.86
14	75	Michael Ahnberg	M	11	5	15.96
15	25	Terrell Reed	M	10	5	16.16
16	40	Brian Shears	M	71	7	16.29
17	?	Lane 7	M	?	7	16.99
18	32	Shelli Main	F	47	7	17.19
19	46	Regan Connell	F	9	4	17.2
20	83	Jillian Van Riper	F	11	5	17.25
21	21	Tucker Rosenbusch	M	11	5	17.29
22	53	Maya Morales	F	11	5	17.44
23	26	Ian Van Riper	M	8	4	18.1
24	57	Rory Fette	M	9	4	18.5
25	38	Trinley Sherpa	F	9	4	18.6
26	19	Parker Jakel	F	8	4	19.6
27	85	Riley Fette	F	7	4	21.4

4x400						
Place	Bib No.	Name	Sex	Age	Heat #	Time
1	N/A	Frisbee	N/A	N/A	1	4:05.54
2	N/A	Domination	N/A	N/A	1	4:15.60
3	N/A	Devo	N/A	N/A	1	4:23.76
4	N/A	Termination	N/A	N/A	1	4:44.08
5	N/A	Chi Chi's	N/A	N/A	1	6:06.61

800m						
Place	Bib No.	Name	Sex	Age	Heat #	Time
1	52	Marcus Whitehead	M	24	2	2:02.87
2	82	Patrick Conroy	M	17	2	2:09.61
3	48	Sean Fitzpatrick	M	36	2	2:16.05
4	81	Eric Downing	M	37	2	2:17.01
5	49	Reese Byers	F	16	2	2:17.02
6	8	Zekaryas Mebrhtu	M	13	2	2:18.73
7	88	Jason Petersen	M	17	2	2:19.93
8	33	Josh Vanetti	M	20	2	2:21.40
9	10	Luis Luna	M	13	2	2:24.47
10	73	Keven Poteracke	M	13	1	2:24.57
11	36	Chris Edwards	M	17	2	2:25.11
12	68	Neil Pinkerton	M	44	2	2:25.92
13	41	Austin Hermsillo	M	17	2	2:26.77
14	50	Sam Strobino	M	18	1	2:30.42
15	47	Chris Strunk	M	38	1	2:36.97
16	4	John Harmon	M	52	1	2:38.04
17	74	Jonathan Ahnberg	M	12	1	2:40.55
18	80	Dave Sell	M	44	1	2:42.42
19	23	Suzie Rozga	F	16	1	2:43.07
20	84	Randy Fette	M	48	1	2:53.72
21	18	Sarah Jakel	F	31	1	2:58.39
22	66	David Quach	M	16	1	3:03.45
23	24	Gil Moreno	M	65	1	3:07.24
24	46	Regan Connell	F	9	1	3:48.16
25	57	Rory Fette	M	9	1	3:48.66
26	54	Lian Morales	F	8	1	3:49.54
27	?	?	?	?	1	4:14.93

200m						
Place	No.	Name	Sex	Age	Heat #	Time
1	3	Aria Kiani	F	16	4	25.24
2	56	Quinton Mendoza	M	15	5	26.74
3	14	Alyssa Page	F	14	5	27.15
4	49	Reese Byers	F	16	4	28.02
5	88	Jason Petersen	M	17	4	28.54
6	86	Celeste Berg	F	17	5	28.90
7	80	Dave Sell	M	44	5	29.81
8	27	Paul Berg	M	53	5	29.91
9	48	Sean Fitzpatrick	M	36	4	30.21
10	51	Jenny Aldridge	F	24	5	30.44
11	41	Austin Hermsillo	M	17	4	30.54
12	36	Chris Edwards	M	17	4	30.71
13	84	Randy Fette	M	48	5	30.92
14	66	David Quach	M	16	4	31.69
15	23	Suzie Rozga	F	16	4	32.54
16	32	Shelli Main	F	47	5	36.06

400m						
Place	Rost	Name	Sex	Age	Heat #	Time
1	82	Patrick Conroy	M	17	2	0:57.50
2	48	Sean Fitzpatrick	M	36	2	1:00.69
3	36	Chris Edwards	M	17	2	1:04.31
4	41	Austin Hermsillo	M	17	2	1:05.51
5	88	Jason Petersen	M	17	2	1:06.11
6	50	Sam Strobino	M	18	2	1:06.63
7	23	Suzie Rozga	F	16	2	1:10.18
8	66	David Quach	M	16	2	1:14.32

3000m						
Place	No.	Name	Sex	Age	Heat #	Time
1	7	Greg Jennings	M	38	1	10:04.91
2	49	Reese Byers	F	16	1	NT
3	10	Luis Luna	M	13	1	10:15.39
4	1	Chris Bendana	M	18	1	10:15.84
5	91	Dan Aldridge	M	9	1	10:35.66
6	81	Eric Downing	M	5	1	10:46.96
7	73	Keven Poteracke	M	7	1	11:03.55
8	5	Jesse Zarate	M	16	1	11:06.81
9	8	Zekaryas Mebrhtu	M	13	1	11:14.97
10	11	Epifanio Nunez	M	13	1	11:18.97
11	13	Larry Meredith	M	50	1	11:57.36
12	17	Nathan Koch	M	27	1	11:57.39
13	31	Stephen Cann	M	15	1	12:01.66
14	22	Rob Main	M	49	1	12:08.39
15	27	Paul Berg	M	53	1	12:09.85
16	18	Sarah Jakel	F	31	1	12:18.41
17	79	Val Sell	F	7	1	12:20.35
18	90	Tim Audiss	M	4	1	12:59.87
19	23	Suzie Rozga	F	16	1	14:00.78
20	48	Sean Fitzpatrick	M	36	1	14:00.95
21	88	Jason Petersen	M	13	1	14:09.34
22	36	Chris Edwards	M	17	1	14:09.42
23	82	Patrick Conroy	M	11	1	14:10.16
24	41	Austin Hermsillo	M	17	1	14:25.54
25	12	Tori Meredith	F	50	1	14:39.52
26	32	Shelli Main	F	47	1	14:49.21
27	89	Ernst Bohn	M	43	1	15:57.42
28	6	Lisa Titus-Isabeau	F	49	1	14:58.89
29	66	David Quach	M	16	1	17:04.70
30	92	Kathy Van Riper	F	17	1	17:26.79
31	80	Dave Sell	M	44	1	17:26.59

## Summer Track Series #2

1600m						
Place	Bib No.	Name	Sex	Age	Heat #	Time
1	49	Reese Byers	F	16	2	4:48.19
2	97	Alex Wolf-Root	M	21	2	4:52.65
3	48	Sean Fitzpatrick	M	36	2	4:55.72
4	133	Mike Wortman	M	22	2	4:57.95
5	1	Chris Bendana	M	18	2	4:59.27
6	81	Eric Downing	M	37	2	4:59.75
7	96	Zach Nave	M	18	2	5:03.98
8	36	Chris Edwards	M	17	2	5:05.44
9	88	Jason Petersen	M	17	2	5:11.12
10	118	Don Stewart	M	47	2	5:12.90
11	73	Keven Poteracke	M	13	2	5:15.77
12	101	Michael Zanetti	M	16	2	5:19.41
13	91	Dan Aldridge	M	51	1	5:22.79
14	5	Jesse Zarate	M	16	1	5:29.31
15	130	Matt Lanz	M	19	2	5:29.73
16	7	Greg Jennings	M	38	2	5:30.64
17	86	Celeste Berg	F	17	1	5:30.80
18	13	Larry Meredith	M	50	2	5:32.19
19	50	Sam Strobino	M	18	1	5:37.74
20	23	Suzie Rozga	F	16	2	5:38.53
21	17	Nathan Koch	M	27	2	5:43.43
22	123	Steve Cleal	M	50	2	5:47.69
23	4	John Harmon	M	52	1	5:54.26
24	80	Dave Sell	M	44	2	5:55.43
25	22	Rob Main	M	49	1	5:56.44
26	104	Stephen Rauch	M	44	1	5:57.09
27	27	Paul Berg	M	53	1	6:00.29
28	132	Greg Simson	M	22	1	6:01.91
29	100	Brad Zanetti	M	53	1	6:07.80
30	99	Dave Houts	M	44	1	6:08.77
31	66	David Quach	M	16	1	6:17.50
32	109	Jason Chodora	M	46	1	6:18.50
33	129	Shelly Lydon	F	48	1	6:23.52
34	98	Bill Browne	M	58	1	6:29.99
35	125	Andrea Guzman	F	27	1	6:36.35
36	102	Karen Frindell	F	32	1	6:43.54
37	95	Bob Holland	M	64	1	6:46.19
38	32	Shelli Main	F	47	1	6:50.09
39	122	Robin Stovall	F	48	1	6:51.99
40	108	Carly Miller	F	15	1	7:17.24
41	110	Nicole Chodora	F	13	1	7:19.16
42	115	Ricky Meza	M	8	1	7:44.06
43	112	Elizabeth Meza	F	39	1	7:44.30
44	105	Nicolas Rauch	M	11	1	7:44.80

100m						
Place	Bib No.	Name	Sex	Age	Heat #	Time
1	134	Eric Arneson	M	17	5	11.96
2	67	Adarian Barr	M	42	6	12.48
3	111	Ryan Chodora	M	17	5	12.61
4	103	J.P. Crudo	M	13	4	13.05
5	113	Antonio Meza	M	12	4	13.26
6	107	Joe Theberge	M	12	4	13.85
7	5	Jesse Zarate	M	16	5	13.86
8	133	Mike Wortman	M	22	6	13.87
9	101	Michael Zanetti	M	16	5	14.06
10	10	Luis Luna	M	13	4	14.36
11	73	Keven Poteracke	M	13	4	14.45
12	11	Epifanio Nunez	M	13	4	14.76
13	136	Rosalyn Dilillo	F	16	5	14.86
14	55	David Zarate	M	50	6	14.90
15	8	Zekaryas Mebrhtu	M	13	4	15.18
16	135	Neal Arneson	M	50	6	15.65
17	75	Michael Ahnberg	M	11	3	15.95
18	9	Jaime Silav	M	13	3	16.15
19	25	Terrell Reed	M	10	3	16.63
20	105	Nicolas Rauch	M	11	3	17.39
21	114	Andres Meza	M	10	3	17.89
22	115	Ricky Meza	M	8	3	18.34

2-Mile						
Place	Bib No.	Name	Sex	Age	Heat #	Time
1	97	Alex Wolf-Root	M	11	1	10:38.07
2	7	Greg Jennings	M	38	1	10:39.60
3	133	Mike Wortman	M	50	1	10:57.34
4	1	Chris Bendana	M	18	1	10:57.95
5	81	Eric Downing	M	9	1	10:58.64
6	10	Luis Luna	M	13	1	11:00.09
7	118	Don Stewart	M	7	1	11:05.84
8	146	Art Martin	M	38	1	11:25.51
9	49	Reese Byers	F	16	1	11:35.96
10	13	Larry Meredith	M	50	1	11:43.80
11	96	Zach Nave	M	2	1	12:09.11
12	11	Epifanio Nunez	M	13	1	12:09.12
13	17	Nathan Koch	M	27	1	12:18.30
14	8	Zekaryas Mebrhtu	M	13	1	12:29.06
15	27	Paul Berg	M	53	1	12:44.33
16	9	Jaime Silav	M	13	1	12:46.33
17	73	Keven Poteracke	M	7	1	13:03.50
18	68	Neil Pinkerton	M	44	1	13:03.78
19	4	John Harmon	M	52	1	13:18.44
20	93	Dale Peterson	M	7	1	13:44.72
21	66	David Quach	M	16	1	14:39.37
22	95	Bob Holland	M	11	1	14:44.58

800m						
Place	Bib No.	Name	Sex	Age	Heat #	Time
1	124	Cappy Sorentino	M	22	2	2:11.78
2	97	Alex Wolf-Root	M	21	2	2:11.93
3	49	Reese Byers	F	16	2	2:12.98
4	111	Ryan Chodora	M	17	2	2:15.38
5	36	Chris Edwards	M	17	2	2:21.54
6	88	Jason Petersen	M	17	2	2:24.62
7	68	Neil Pinkerton	M	44	2	2:25.52
8	8	Zekaryas Mebrhtu	M	13	1	2:29.53
9	48	Sean Fitzpatrick	M	36	2	2:30.75
10	23	Suzie Rozga	F	16	2	2:31.06
11	50	Sam Strobino	M	18	1	2:31.60
12	10	Luis Luna	M	13	1	2:36.24
13	86	Celeste Berg	F	17	1	2:37.69
14	104	Stephen Rauch	M	44	2	2:37.99
15	74	Jonathan Ahnberg	M	12	1	2:38.59
16	11	Epifanio Nunez	M	13	1	2:39.34
17	4	John Harmon	M	52	1	2:39.58
18	78	McKenna Sell	F	7	1	2:43.52
19	66	David Quach	M	16	1	2:47.27
20	27	Paul Berg	M	53	1	2:49.20
21	136	Rosalyn Dilillo	F	16	1	2:54.34
22	109	Jason Chodora	M	46	1	2:54.39
23	113	Antonio Meza	M	12	1	2:54.96
24	83	Jillian Van Riper	F	11	1	2:55.83
25	26	Ivan Van Riper	M	8	1	3:12.86
26	108	Carly Miller	F	15	1	3:15.23
27	110	Nicole Chodora	F	13	1	3:15.55
28	115	Ricky Meza	M	8	1	3:42.36
29	106	Catherine Rauch	F	7	1	3:46.16
30	126	Jacob Valenzuela	M	6	1	4:10.50
31	112	Elizabeth Meza	F	39	1	4:10.73

200m						
Place	No.	Name	Sex	Age	Heat #	Time
1	134	Eric Arneson	M	17	6	23.73
2	111	Ryan Chodora	M	17	6	25.66
3	96	Zach Nave	M	18	6	25.68
4	5	Jesse Zarate	M	16	6	28.25
5	107	Joe Theberge	M	12	5	28.80
6	103	J.P. Crudo	M	13	5	29.21
7	86	Celeste Berg	F	17	5	29.51
8	173	Daniel Breazeale	M	16	5	30.58
9	136	Rosalyn Dilillo	F	16	5	31.48
10	113	Antonio Meza	M	12	4	32.30
11	66	David Quach	M	16	6	33.04
12	75	Michael Ahnberg	M	11	4	35.39
13	83	Jillian Van Riper	F	11	4	36.17
14	25	Terrell Reed	M	10	4	37.57
15	114	Andres Meza	M	10	4	38.04

400m						
Place	No.	Name	Sex	Age	Heat #	Time
1	48	Sean Fitzpatrick	M	36	4	0:56.19
2	49	Reese Byers	F	16	4	0:58.19
3	130	Matt Lanz	M	19	4	0:58.38
4	88	Jason Petersen	M	17	4	0:59.33
5	8	Zekaryas Mebrhtu	M	13	4	1:00.65
6	111	Ryan Chodora	M	17	4	1:02.06
7	134	Eric Arneson	M	17	4	1:03.35
8	50	Sam Strobino	M	18	3	1:03.42
9	5	Jesse Zarate	M	16	3	1:05.41
10	101	Michael Zanetti	M	16	3	1:05.89
11	80	Dave Sell	M	44	3	1:08.34
12	86	Celeste Berg	F	17	3	1:08.56
13	36	Chris Edwards	M	17	4	1:09.09
14	23	Suzie Rozga	F	16	3	1:09.28
15	73	Keven Poteracke	M	13	2	1:10.76
16	112	Elizabeth Meza	F	39	3	1:11.16
17	109	Jason Chodora	M	46	2	1:11.25
18	100	Brad Zanetti	M	53	2	1:14.67
19	136	Rosalyn Dilillo	F	16	3	1:20.47
20	108	Carly Miller	F	15	2	1:27.03
21	110	Nicole Chodora	F	13	2	1:31.53
22	131	Mason Hallin	M	4	2	2:36.61
23	143	Evan Sanders	M	4	2	2:47.26
24	94	Julian Pell	M	5	2	DNF

4x400						
Place	Bib No.	Name	Sex	Age	Heat #	Time
1	N/A	Sticky Baton	N/A	N/A	1	4:12.72
2	N/A	Frisbee	N/A	N/A	1	4:18.39
3	N/A	Crusaders	N/A	N/A	1	4:48.99



# Cross-Country Kick-off Meeting & Potluck BBQ

**Sunday, July 27 @ 3-6 pm**

## To Bring:

### For the meeting:

1. Your PA/USATF Membership Number
2. Give some thought as to how many races you might do

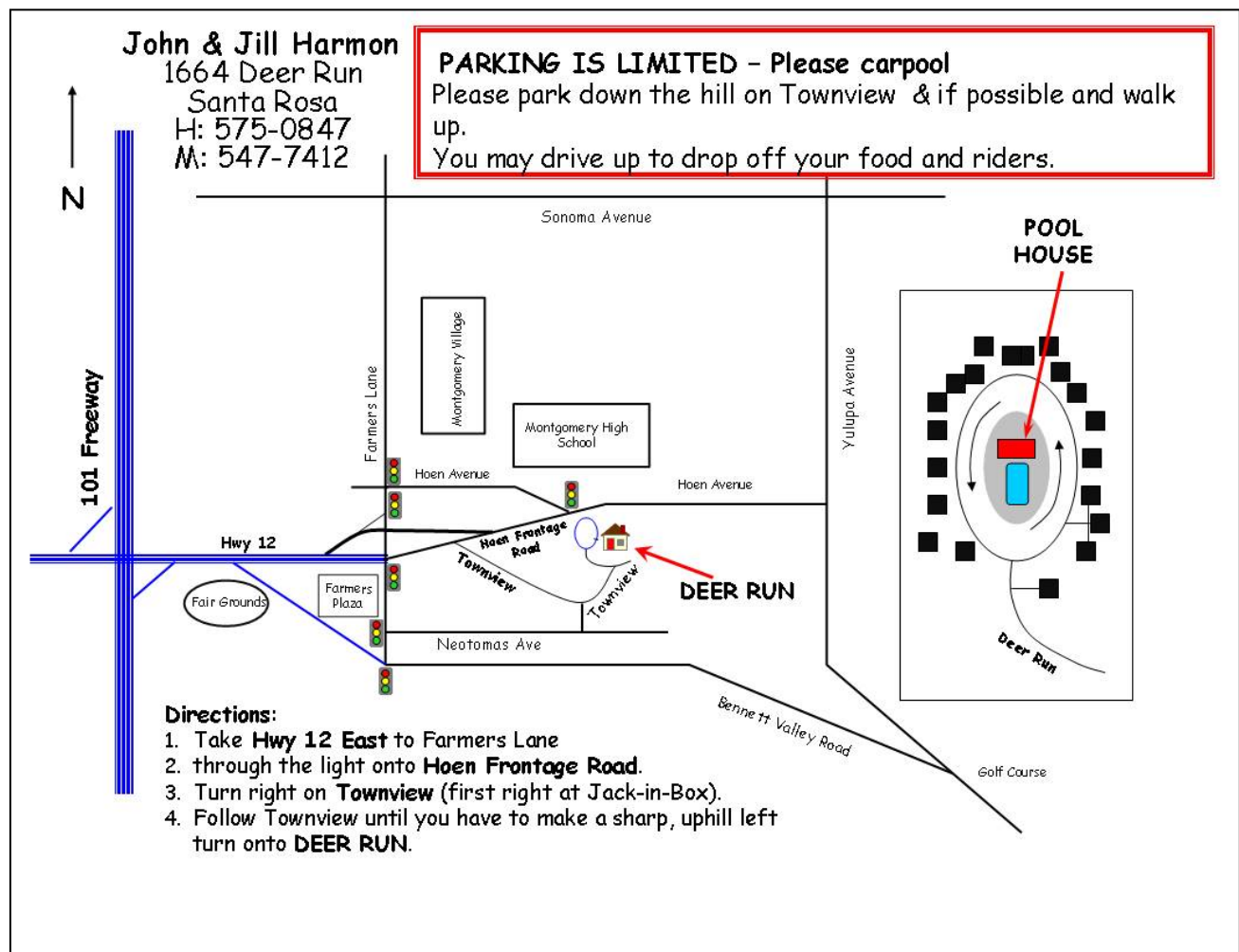
### For the Potluck:

1. Something to Grill
2. Something to share for 6-10 people  
*including serving utensils - mark them for safe return*
3. Something to Drink (*Water, Ice provided*)
4. Tableware – Forks, knives, spoons, glasses – *if you want something other than plastic.*

R.S.V.P. by Sat, July 26

[jj2harmon@yahoo.com](mailto:jj2harmon@yahoo.com)

or 575-0847





The 32<sup>nd</sup> Annual  
Salmon Creek  
**Beach Runs**  
August 3<sup>rd</sup> 2008  
Sunday 10:00 am



Course descriptions...

There are two events: The main event 5-Mile race, and a 2-Mile fun run and walk. Both events start at the same time, are out-and-back on the beach, and have a self-monitored turn-around point. You choose where you want to run on the beach – and have some say in whether or not your feet get wet!

Awards and Grand Prix...

There will be awards to the overall male and female winners of each race and divisional awards in the 5-Mile race. Empire Runners Grand Prix points are awarded only for the 5-Mile race.

Following the Run...

There will be a potluck meal after everyone is done running. Bring something to share, your own drinks and plastic/paper-ware. If you want to BBQ, Mojo (or understudy) will be the captain of the grill. Games on the beach likely to follow.

Directions...

Go West on HWY12/Bodega Hwy. Turn/merge right on CA Hwy 1 and go through town of Bodega Bay. Continue about 1.5 miles North of town and past the Salmon Creek Ranger Station. Park in lot on the left and at top of cliff. Down the steps to the beach for registration, running, eating, and playing.

Registration now open...

Register online at [www.empirerunners.org](http://www.empirerunners.org), give cash to E. J. Bohn, or register on the morning of the race. The 5-Mile race is \$5 for Empire Runners club members and \$7 for guests. 2-Mile Fun Run & Walk is \$1 for Empire Runners club members and \$3 for guests.



For more information...

This event hosted by the Bohns. Contact E. J. Bohn by phone at 537 – 0513 (before 8:00pm) or by email at [ejrun@sbcglobal.net](mailto:ejrun@sbcglobal.net)



The days are getting short, the nights cool. The leaves are turning. You can feel it in the air.

# ARE YOU READY FOR SOME FOOTFALL?!

The Empire Runners Club presents

**The 16<sup>th</sup> Annual**

## **Phil Widener Empire Open**

1<sup>st</sup> event in the 2008 PA/USATF Cross Country Series

3.43 miles

--Saturday, August 23--

Spring Lake Regional Park, Jackrabbit boat ramp area

Women's race: 9:00 am

Men's Masters (40+): 9:45 am

Men's Open: 10:30 am

High Performance T-shirts awarded to Top 10 finishers in each race.

Race is open to the general public

\$1500 prize purse for PA/USATF clubs and members only

### **In Memory of Phil Widener**

Phil Widener, a dedicated Empire Runner for over 20 years, epitomized the spirit of the runner in every one of us. Running filled his life with joy, challenge, accomplishment, and camaraderie, and, though he wasn't the fastest, no one ran with more heart or showed more enthusiasm for his club mates. Phil died in 2002 at age 55. His running style made him easily identifiable at a distance. Memories of that pleasant image will remain with us always. Run on.

### **THE PHIL WIDENER EMPIRE OPEN**

Race Day Fee: \$20.

\$15 pre-registration fee if mailed (postmarked) by August 16 or online by August 20: [www.empirerunners.org](http://www.empirerunners.org)

Make check payable to *Empire Runners Club* and mail to *2345 Hilltop Court, Santa Rosa, CA 95404*.

Info: 707 527-9020

Name (PRINT LEGIBLY!!!) \_\_\_\_\_ Sex: M F Age on race day \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Are you currently registered as a member of the PA/USATF? (circle one) YES NO

Club affiliation (or "unattached") \_\_\_\_\_

**WAIVER:** *(The following must be signed to enter the race. If you are under 18, your parent or guardian must sign for you.)*

**In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive and release forever any and all rights and claims or damages I may accrue against any and all organizations, sponsors, and/or individuals connected with this event, their representatives, successors and assigns for any & all injuries suffered by me in connection with this event including pre and post race activities.**

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_



5th ANNUAL

## MUSTANG 5K/ YOUTH MILE CHALLENGE AND RAFFLE!



A "FUN"-D RAISER TO SUPPORT SAN MARIN CROSS COUNTRY

WHEN: LABOR DAY, MONDAY --SEPTEMBER 1, 2008

5k starts at 8:30 am; Youth Mile starts at 10:00 am

IF YOU CANNOT ATTEND, SIGN UP TO WIN A RAFFLE PRIZE—LAST YEAR'S MERCHANTS DONATED \$1,000+ IN GIFT CERTIFICATES

(Need not be present to win!!)

WHAT AND WHERE: CHALLENGING TRAIL RUN--OPEN SPACE & TRAILS, HILLS AND HAY BALES @ INDIAN VALLEY COLLEGE (SIGN UP NEAR SOCCER FIELDS) Take Highway 101 through Marin County to southern Novato, and exit at Ignacio Blvd. Go "west" on Ignacio Blvd as far as you can until it ends at the Indian Valley college campus entrance. Follow campus road to its end. Park in the parking lot. The race will begin and end on the soccer fields.

AWARDS: Gift certificates totaling over \$1,000.00 provided by sponsoring merchants. Awards and Goodies to All, plus Age-Group Awards!

EARLY REGISTRATION FEES: (must be received by 8/25/08). AFFORDABLE-\$15 FOR 18 & OVER & \$10-UNDER 18; \$5.00 Youth mile (tax ID #: 94-1356970).

Register online: REGISTER EARLY-SAVE \$\$\$\$

[http://www.active.com/page/Event\\_Details.htm?event\\_id=1575239&assetId=25614987-78e8-4f75-8884-e1aa81fb7f44](http://www.active.com/page/Event_Details.htm?event_id=1575239&assetId=25614987-78e8-4f75-8884-e1aa81fb7f44)

RACE DAY FEES: \$20.00—18 AND OVER; \$15.00 UNDER 18; \$5-Youth Mile.

RACE DAY REGISTRATION: 5k: 7 AM TO 8:15 AM; Youth Mile: till 9:45 am.

FOR COURSE MAPS/INFO: <http://www.eteamz.com/Mustang5k/>

INFO: 415-892-0597; [cjstern1@verizon.net](mailto:cjstern1@verizon.net)

**WITH THIS BEING A HIGH FIRE SEASON—CHECK OUR WEBSITE IN CASE WE MUST USE AN ALTERNATE COURSE.**

Last Year's Featured Sponsors & Raffle Prizes: Neil Hennessey Funds; Apple Market(bananas); Cacti Restaurant (gift certificate), El Encanto Restaurante y Cantina (gift certificates); Fernando's Restaurant (gift certificates); Finnegan's Marin Restaurant (gift certificate); Flour Chylde Bakery (gift certificate); Golden Egg Omelet Restaurant (gift certificate); Henry's Burgers (gift certificates); The Hilltop Café (gift certificates); Keva Juice; Long's Drug Stores (water); L&M Cleaners; Marin Brewing Co. & Moylan's Brewery & Restaurant (gift certificates); Marvin's Restaurant (gift certificate); Matt and Jeff's Carwash and Detail Center (gift certificates); Noah's Bagels (yummy bagels); Old Town Sports (free bike tune-up), Pacifica Pizza (gift certificates), Pasta Pomodoro (gift certificate); Pini Ace Hardware (gift certificate); Powell's Sweet Shoppe (gift certificates); Star Restaurant (gift certificate); Starbucks Coffee; Tagliaferri's Delicatessen and Café (3' long sandwich); Trader Joes (lots of goodies); Villa Roma Sourdough Pizza Co.(gift certificate) + more..

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, Dave DeSelle, at 707 523-3590, [daviddeselle@sbcglobal.net](mailto:daviddeselle@sbcglobal.net).

## 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:*

## **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:*

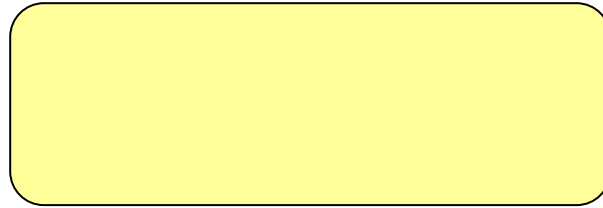
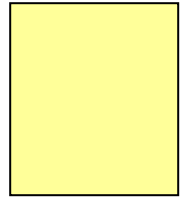
**FLEET FEET SPORTS -- 111 Third St., Santa Rosa, 569-1494**  
**HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE**  
**TAGLIAFERRI'S DELICATESSEN & CAFE, Petaluma & Novato, [www.tagsdeli.com](http://www.tagsdeli.com)**

# August 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><b>27</b></p> <p><b>10M at medium pace</b> 8:00a Parktrail Drive at Summerfield Drive</p>	<p><b>28</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>29</b></p> <p><b>4x1M@5K GP, walk 100, jog 300</b> 5:30p 3390 Princeton Drive, SR</p>	<p><b>30</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>31</b></p> <p><b>7M at medium pace</b> 5:30p Howarth Park</p>	<p><b>1</b></p>	<p><b>2</b></p> <p>8:30a Training Run, Railroad Square, SR</p>	
<p><b>3</b></p> <p><b>Race: 10 a.m. Salmon Creek 5M and 2M Fun Run/Walk</b></p>	<p><b>4</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>5</b></p> <p>5:30p 3390 Princeton Drive, SR</p>	<p><b>6</b></p> <p><b>All-Comers Track Meet</b> <b>6:30p All-Comers Track Meet, Montgomery HS</b></p>	<p><b>7</b></p> <p><b>7M at comfortable pace</b> 5:30p Howarth Park</p>	<p><b>8</b></p>	<p><b>9</b></p> <p><b>Race: Angel Island 12K &amp; 25K, Tiburon</b> 8:30a Training Run, Railroad Square, SR</p>	
<p><b>10</b></p> <p><b>11M at medium pace</b> 8:00a Cobblestone Trailhead on Channel Drive</p>	<p><b>11</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>12</b></p> <p><b>Lawn Relays:</b> <b>2x1000m;</b> <b>2x500m at strong pace</b> 5:30p SRJC Lawn along Mendocino Avenue</p>	<p><b>13</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>14</b></p> <p><b>Hilly 10M - strong pace on all uphill</b> 5:30p Howarth Park</p>	<p><b>15</b></p>	<p><b>16</b></p> <p>8:30a Training Run, Railroad Square, SR</p>	
<p><b>17</b></p> <p><b>8M at medium pace</b> 8:00a Parktrail Drive at Summerfield Drive</p>	<p><b>18</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>19</b></p> <p><b>20x200m @XC race pace, jog 100</b> 5:30p 3390 Princeton Drive, SR</p>	<p><b>20</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>21</b></p> <p><b>Newsletter Deadline: Nate Koch, Editor</b> <b>Preview of Empire Open XC Course</b> 5:30p Howarth Park</p>	<p><b>22</b></p>	<p><b>23</b></p> <p><b>Race: 9 a.m. Empire Open PA Cross Country 3.43M, Spring Lake</b></p>	
<p><b>24</b></p> <p><b>Race: Salt Point Trail Run 11K, 26K, &amp; 50K, Jenner</b> <b>12M at medium pace</b> 8:00a Cobblestone Trailhead on Channel Drive</p>	<p><b>25</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>26</b></p> <p><b>Hill Repeats: 10x80 seconds</b> 5:30p 3390 Princeton Drive, SR</p>	<p><b>27</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>28</b></p> <p><b>9M with 5x3min.@XC race pace</b> 5:30p Howarth Park <b>7:30p Club Meeting, MV RT Pizza</b></p>	<p><b>29</b></p>	<p><b>30</b></p> <p><b>Race: Santa Cruz 4M XC</b> 8:30a Training Run, Railroad Square, SR</p>	
<p><b>31</b></p> <p><b>12M at medium pace</b> 8:00a Parktrail Drive at Summerfield Drive</p>	<p><b>1</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>2</b></p> <p><b>JC Lawn Repeats: 6x500m at strong pace</b> 5:30p SRJC Lawn along Mendocino Avenue</p>	<p><b>3</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace</b> Group I (&gt;45M/wk): run as written; Group II (30-45M/wk): 3/4 of workout; Group III (20-30M/wk): 2/3 of workout; Group IV (&lt;20M/wk): 1/2 of workout</p>			<p><b>6</b></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!

<i>Sunday, July 27, 3 to 6 pm</i>	<b>Cross County Kick-off Potluck BBQ</b> <i>info session and pep rally. See "Czar is Born" article and XC flyer inside.</i>
<i>Sunday, Aug. 3, 10 am</i>	32nd annual <b>Salmon Creek Beach Runs</b> 5M/2M (flyer inside)
<i>Wednesday, Aug 6, 6:30 pm</i>	<b>All-Comers Summer Track Series, #5</b> Montgomery High School Track
<i>Thursday, Aug. 21</i>	<b>Newsletter Deadline, Nate Koch, editor</b>
<i>Saturday, Aug. 23, 9 am</i>	<i>PAUSATF cross-country series opener</i> 16th annual <b>Phil Widener Empire Open</b> (flyer inside)
<i>Thursday, Aug. 28, 7:30 pm</i>	<b>Club Meeting, Montgomery Village Round Table Pizza</b>
<i>Monday, Sept. 1, 8:30 am</i>	<b>Mustang 5K/Youth Mile Challenge</b> Novato (flyer inside)
<i>Sunday, Sept. 7, 8 am</i>	24th annual <b>Annadel Loop</b> 7M

### 2008 Club Officers

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