



Kenwood 2009 Hits Record Turnout

Val Sell

Each year as I take on the task of being the Kenwood Footrace Director my husband Dave rolls his eyes. He has learned over the years to not question my lunacy. Understanding the commitment that it takes, he has proved to be my greatest support. This year he even took a vacation day from work the day before the race because he wanted to be at my disposal for last minute errands, bless his heart.

For many months **Jerry Lyman, John Harmon** and I planned and schemed to make Kenwood a success. As you may know, the continued ability to engage in contributions outside the Club relies on our fundraising efforts at this event. Each year there are changes to be made and this year was no exception. Price adjustments were made to



It feels so good! Michael Zanetti, Clinton Stevens, Chris Edwards, and 52 year-old phenom Danny Aldridge battle down the stretch of the Kenwood 3K.

Jeff Jackson wins the 10K for the second year in a row. Sarah Sumpter takes the women's division.



registration, announcements were sent out to encourage on-line entry, even a trivia page was sent out—very cool!

We had no idea what to expect this year. With the economy looking bleak and the race being held on a Saturday, there were a lot of questions about participation. We decided to forge ahead and keep our fingers crossed. Would this be the year for a major financial flop?

When registration opened in May and well into the middle of June the registrations were few. Feeling a slight panic, I reassured myself that most

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people wait until the last minute. During the last few days of on-line registration it became apparent that my instinct was right. By the time registration closed on July 1st, we had nearly doubled our on-line numbers from last year. I was amazed and we hadn't even started in-store registration yet.

I spent a lot of time at Fleet Feet the following two days and the traffic of people coming to register was nothing less than staggering! The poor staff at Fleet Feet worked so hard during those two days as more than 1000

runners filtered through the doors.

I was beginning to see a trend of increased numbers at this point and now I was starting to get nervous about race day registration. If this trend continued we could see a record turnout this year. Could we handle a huge race? What would registration be like? At this point my nerves were shot.

On race morning we were ready! Like an army of soldiers ready to go to the front line, the volunteers invaded Kenwood at 5am sharp. The registration crew was trained and ready for whatever came their way. The data entry system was upgraded and 10 laptops sat at attention, eagerly waiting for race day registrations. **Bob Shor** and **Doug Courtemarche** were setting up the finish line and aid station tables while **Bob Finlay** and his crew were painstakingly setting out traffic and parking signs.

A long time ago someone said to me, "Race day is like standing on the top of a cliff behind a large boulder. For weeks before the race you just stand there. On race morning you push the boulder over the edge and you lose control of what will happen next. If all your planning is done you won't have anything to worry about."

...So, this is exactly how I felt. The boulder

was tumbling down the mountainside, and all I could do was watch...and wait.

As the first runners approached the registration tables the excitement began and before we knew it the race was about to start. We ended up having only 150

new sign ups—perfect! All of the efforts for early registration had paid off. I felt really good at this point, one major hurdle behind us.

Then came the announcement for the Anthem. This year we had two new singers, both of which are Club members. **Will Meyer** and **Sara Downing** sang an unbelievable operatic duet that left everyone in amazement! Sometimes you just aren't aware of the talents that our members have.

Before I knew it the gun went off and what seemed like just seconds later the first finisher of the 3k was in sight. I could hear **Pete Sweeney's** voice from afar as he announced for the third consecutive year that Santa Rosa High grad **Rory McLeod** had taken the top honor in 9:44,

followed by Montgomery's **Aria Kiani** in 9:53. In the women's race, Casa Grande Senior standout **Jacque Taylor** easily grabbed 1st place in 10:40, followed by Montgomery High grad **Celeste Berg** in 11:37.

By the time the 3k was finished 540 runners had crossed the finish line—our largest 3k ever! The 10k followed suit as our biggest ever with 745 finishers. **Jeff**



Above: The Indispensables—Bob Finlay, Bob Shor, Doug Courtemarche, and Pete Sweeney. Left: Rory McLeod wins his 3rd 3K. Below: Jacque Taylor battles Charlie King while taking the 3K women's division.



Jackson ran an impressive 32:27 to take the win, followed by UC Davis grad **K.C. Cody** in 32:41. These two worked together well and managed to put nearly a two-minute gap on the third place finisher.

When all was done I was pleased with the outcome. Of course because of the turnout we ran out of tee shirts and glasses. I even had to beg for someone to give up a glass to give to a woman who was in tears because she didn't get one. There was a little snafu with the results but all-in-all the feedback has been good. The awards went smoothly and all but one Scholarship Awardee was present.



Student Grant Fund awardees: Rory McLeod, Kevin Mawhinney, Alex Bland, Douglas Emery, & Celeste Berg. Not present, Wesley Young.

Planning has already started for next year. We will be upgrading to chip timing to get results out sooner and make the finish line run more efficiently, increasing the numbers of shirts and glasses to avoid any tears and we'll be keeping our fingers crossed once again for a good turnout.

I want to extend a HUGE thank you to our sponsors. Rhonda Roman and the staff at **Fleet Feet, New Balance, Tagliaferri's Deli, Chateau St. Jean Winery, Sir Speedy Printing, Culligan Water** and **Safeway**. Their on-going support is invaluable to our success. I also want to thank the volunteers. It takes an amazing staff to make this all happen. Our club is very fortunate to have a large group that is willing to return, year after year to help us out!

Bob Rogers, Larry and Tori Meredith, Will Meyer, Sara Downing, Jesse Lucia, Lisa and Alec Isabeau, Paul Berg, John

Harmon, Cindy Roach, Pam Horton, Chris Mason, Nate Koch, Hilda Shum, Robin Stovall, Steve Brown, Deb Skinner, Tanya Narath, Denise Adlington, Curt Hayden, Bill Fisher, Pete Sweeney, Andrea Guzman, Audrey Schrift, Dave DeSelle, John Anderson, John Staroba, Ernst Bohn, Dave Goodwin, Diane Doyle, Lou Garcia, Joe Judge, Gil Moreno. Bill Browne, Laurie Martin, Dale Trowbridge, George Urdzik, Brad Zanetti and Family, Scott Allen, Mike McGuire, Dave Sell, Rob and Shelli Main, Debbie Beem, Bob Shor, Doug Courtemarche, Bob Finlay, Jerry Lyman, Dale Peterson, Eric Downing, Shelly Lydon, Lars Anderson, Ty Strange, Brad Illing, Vernon Stafford, George Moskoff, Lana and Mike Stremba, Will and Jenn Ortlinghaus and the Santa Rosa High School Cross Country runners and parents.

Until next year...

Run Happy

Jenna Lowder, #444, places 4th in the 10K women's division.



John Litzenberg III, left, finished 4th and now has 18 Top 10 10K finishes. Two-time 10K winner, K.C. Cody, finished 2nd for the 2nd time in a row.

Empire Runners June 25, 2009 Club Meeting

(pending approval at the July 23, 2009 meeting)

President **Bob Finlay** (bfinlay@sbcglobal.net) called the June 25, 2009 meeting to order at 7:37 pm.

Secretary's Report:

Secretary **Paul Berg** (pmberg@sonic.net) read the May 28 meeting minutes which were approved as read.

Treasurer's Report:

Treasurer **John Harmon** (jj2harmon@yahoo.com) reported that the current club balance is \$28,148.537, up \$3603 from the same time last year.

Kenwood Footrace expenses to date are \$7242; income is \$1938, plus approximately \$2000 from Active.com.

The Student Grant Fund balance is \$1841, approx \$416 less than the same time last year.

Riverfront relay: Income \$440, Expenses \$467, Net Loss of \$27.

Summer Track series: Income \$793 after 2 meets vs. \$550 in 2008.

President's Report:

President **Bob Finlay** reported that he will be starting a job out of town on July 20 that will keep him away during the week for at least the rest of the year. After consulting with the Board, he has decided that he will be able to conduct club business via email and phone, and will continue in his post until his term expires at the end of the year. Bob also shared the student grant fund winners' essays, which were passed around the room.

Race Reports:

Recent Races / Runs

Spring Has Sprung 5-30-09: No report

Fitch Mountain Footrace 6-7-09: **Tori Meredith** reported approx 25 runners less than last year, despite conflict with Hit the Road, lots of ER volunteers

Hit the Road Jack 6-7-09: 5 Empire runners

Summer Track Series 6-10-09: 153 athletes, 63 new, 12 heats of 100m

Tahoe Relay 6-13-09: open team 7th place overall, tough competition; senior team 25th overall, first in age group

Riverfront Relay 6-20-09: 32 teams, lots of fun, plus breakfast

Summer Track Series, Meet #2, 6-24-09: 149 athletes, 55 new

Dipsea 6-14-09: several ER, article in newsletter

Upcoming Races / Runs

Kenwood Footrace 7-4-09 (see committee reports)

Summer Track Series 7-8-09 / 7-22-09 / 8-5-09.

New Members Run in Petaluma. 7-11-09. **Chris Mason** reported ER partnering with Athletic Soles. 8:30 am, downtown Petaluma. Coffee after.

Double Dipsea 6-27-09 **Stephen Starkweather** is looking for running companions.

Committee Reports:

Kenwood Footrace. **Val Sell** reported that online and mail-in registration are both up compared to last year. She reminded members that there is no fee for online registration. Val is still in need of one more laptop for registration.

Cross Country Team Meeting. **John Harmon** reported that he is hosting a potluck BBQ on July 26 to discuss the upcoming season. John reminded members to update their PA membership.

Constant Contact, **Jerry Lyman** explained the email notification system trial he is conducting, and explained that only one of 1230 recipients have opted out of the mailing after 3 messages. He explained the pricing structure and asked how to proceed. **Tori Meredith** motioned that we spend \$252 for the full year. 2nd: **Gil Moreno**. Passed unanimously.

Website and membership program update, **Chris Mason** and **Steve Rauch** explained that after Kenwood footrace the website will be using a new hosting service for nonprofits. It will allow them to manage the database more effectively, and allow members to set preferences. President **Finlay** expressed the club's gratitude to Chris and Steve for many hours of work on improving the website.

Unfinished Business:

Voting on the proposal for 2009 Cross Country team funding.

John Harmon proposed the motion:

"To continue the 2008 XC subsidy policy, namely: Participants must run at least 3 races and pay for their first race. The Club will pay entry for as many as 5 more races per person.

If participants choose to not accept the subsidy, they may do so by:

- 1 *Enter themselves and pay their own entry fee*
- 2 *Provide a check when they return their completed entry forms for all of the races*
- 3 *Submit money to team captain or directly to treasurer after each race*
- 4 *Wait until the end of the season to submit for the races they ran.*

2nd by **Jerry Lyman**. Passed unanimously by hand vote, without proxies.

John Harmon said he received 7 email responses to this issue: 6 positive, 1 negative.

New Business:

John Harmon reported that he has received letters acknowledging donations to Komen for the Cure and Kathy's Camp.

Gil Moreno showed a book he received from Shutterfly displaying photos of ER races.

Dale Petersen informed members that **Tim Stewart** was injured in a climbing accident, resulting in a broken ankle and fibula fracture.

Monkey Business:

John Harmon informed members of the Tuesday night group of a Farewell Dinner for **Jenn Macy** on 6-30-09 after the workout.

Raffle: **Gil Moreno** won \$26, and \$26 went to the student grant fund

Drawing: **Fred Garcia** would have won \$200 if he attended the meeting.

President **Bob Finlay** concluded the meeting at 8:50 pm.

Attendance:

Susan Kelleher, Paul Berg, Bill Browne, Sledge, Jerome Reed, Tori Lynn, Larry Eugene, Gil Moreno, Chris Mason, Stephen Rauch, Stephen Starkweather, Super George, Iguana Don, Dawn Haight, John Harmon, Mini Mel, Bones Koch, Bob Finlay.

Kenwood-Schmenwood!

We all want to read about the 2009 Riverfront River-Rat Relay, rrrright? I thought so.

On the last day of spring a record turn-out of 32 teams showed up at beautiful, secluded Riverfront Regional Park in Windsor, ostensibly to race, but only because that was a prerequisite for the subsequent bReakfast Revelry. This new venue, which replaces the old Sugarloaf Summer Solstice Sunset Relay, appears to be a hit, based upon the comments, smiles and post-breakfast burps of the participants. The course is an accurately measured, gently rolling 5K entirely on dirt (OK, there's one very short suicide downhill section), looping around a big lake and through a redwood grove. The repast, cooked up by Uber-Chef Mojo and his team of sous-chefs, included scrambled eggs, taters, bagels, coffee and juice.

Many thanks to our wonderful volunteers and to all the participants. Herewith are the official results. Any disagreements or conflicts regarding these results must be submitted before midnight yesterday to the U.S. Department of Apathy and Misunderestimation, P.O. Box 3579-ish, Trona, California.

*A Doc n' Mojo Production,
where it don't have to be fun, to be fun*

RESULTS:

1. The River Rebels: Ken Brown 17:16; Ty Strange 17:24
2. The Pet Boys: Alexi Taylor 17:22; Kevin Poteracke 17:24
3. Team Mexi-Asia: Jesse Zarate 18:09; Aria Kiani 17:15 (fastest leg of the day!)
4. Vince Ewing 19:36; Don Stewart 17:31
5. Andy Howard 18:07; Sam Strobino 20:39
6. Team Koch: Stephen Cann 19:55; Nate Koch 19:07
7. Goodie 4 Shoes: Dave Goodwin 20:29; Brian Goodwin 19:07
8. The Fernglen Fliers: William Rostel 21:01; Brendon Crowel 19:30
9. Late and Lost: Bob Finlay 20:39; Andrew Carlson 20:53
10. Here Only For Breakfast: Stephen Rauch 20:40; Mark Cole 21:01
11. Wood (??): Ben Stafford 21:01; Vern Stafford 21:54
12. The Pleasant Hillbillies: Karen Kissick 23:09; Paul Berg 20:27 (1st coed team)
13. Lydia and Jon: Lydia Alcazar 23:40; Jon Hermstad 22:58 (2nd coed team)
14. Team SBT: Shelly Main 23:37; Rob Main 21:21 (3rd coed team)

15. The Chafed Mamaz (ouch!): Carrie Kirby 23:17; Reyana Ewing 23:32 (1st female team)
16. The X-Coaches: Lisa Isabeau 23:49; Bob Holland 23:05
17. Jennifer Vucinich 26:00; Peter Kirk 20:58
18. Old and Crippled: Don Sampson 25:33; Brendan Hutchinson 22:03
19. Pretty Pink Ponies: Ian Inman 20:00; Kyle Gomez-Fowerz 28:25
20. Team Mason: James Mason 23:05; Chris Mason 26:13
21. The Bubbalicious Babes: Shirley Fee 25:11; Alisha Rice 24:35 (2nd female team)
22. OEY: Mark James 21:22; Orion James 32:22
23. The Blithering Idiots (I'll say!): Bill Browne 23:35; Carl Jackson 30:33
24. Nameless and Aimless: Cathy Goodwin 26:25; Sue Buchmann 30:00
25. The Slow Bros: Nicholas Rauch 26:15; Catherine Rauch 30:54
26. Go Ahead!: Carl Triola 24:11; Dale Trowbridge 36:24
27. Liza Bernard 32:32; Ian Van Riper 28:15
28. Jillian Van Riper 32:32; Kathy Van Riper 28:19
29. My Knee Hurts!: Mike Prescott 29:16; Joy Prescott 35:56
30. The Pretty Committee: Selma Ewing 29:48; Vera Ewing 36:16
31. Electraglide in Powder Blue: Larry Meredith 20:14; Tori Meredith (time?)
32. George Urdzik 53:22; Pam Horton 34:05

Dipsea 2009

Chris Cole

Even though it was Don Stewart's idea, Ty Strange provided the pre-race strategy. But the credit for the Empire repeat in the Dipsea Runners Section has to go to Jerry Lyman. I owe him dearly for his three words, absolutely informative, perfectly timed, personalized call to action in the closing meters of the 99th Dipsea.

The Dipsea is the second oldest sanctioned race in the U.S., after the Boston Marathon. But the incomprehensible rules, secret shortcuts, log jammed trails and the fickle application process keep most of us away. The flip side is that it has a tradition that beckons diehards every year on a course that is guaranteed to rattle your bones, that is, if you can get in.

Upon Don's urging, I submitted the paperwork. I encourage you to drop the names of your most prominent running acquaintances into your entry

“plea letter”. It worked for me. The entry card with my race section and handicap minutes arrived in mid May.

One of the peculiarities of this event is that all ‘first years’ must run in a second race, called the Runners Section. This race within a race starts 30 minutes behind all the seasoned Invitation Section racers. This means that there are plenty of elbows to be had along the 7.5 mile trail to Stinson Beach, depending on which route you take. But that’s another story.

The race is also age handicapped, which makes it more attractive for kids, women and senior men, not necessarily in that order. If the race is perfectly handicapped, everyone will finish at the same time with one glorious dash for the line. So it was on June 14, for the Runners Section of the 99th running of the Dipsea race.

While the Invitational Runners are chasing the coveted top 35 black tee shirts (yes, Don and Ty), a second, forgotten contest amongst the newbie Runners Section is unfolding in the back. Some 800 Runners are fighting for a high finish that will secure next year’s Invitational entry. There are no other awards for this group of ne’er-do-well Runners, except the first place cup. Did I tell you that Ty Strange won the Runners Section cup in 2008? And Jerry Lyman some years prior? There’s an Empire string going here...

As the mass of Runners moves towards the finish, we start to pick up the Invitational stragglers. As a competitor, you can’t tell the two groups apart, as the color coded Section race numbers are not visible from behind.

Coming into the village of Stinson Beach, I am now picking off racers quickly on the downhill. They all show the serious fatigue of struggling Invitational racers. With 200 meters left, I spot a smooth striding woman, moving equally fast towards the line. Could she be Runner Number 1? Maybe, but there is no chance; not enough ground left. But I’m closing.

With 100 meters left, the crowd roaring on the last turn, I hear “Get her, Chris”. These are now my orders, origin unknown. My target has been identified. Knees up and arms engaged (well, at least that’s what my brain said). With 40 meters left, I catch her and downshift into that long forgotten rusty gear. She rallies, but she lost a precious meter on the jump. I prevail by one second. The near perfect handicap went my way this time!

We double up past the line, wheezing from the charge. Then Pappy arrives on the scene, all smiles. “Did you hear me?”

Hypnotic Trance or Hallucination? A Double Dipsea Experience

Stephen Starkweather

I got the idea about doing Marin County’s hilly 14-mile Double Dipsea again a couple months ago. Just like it often happens in the spring – that ill-fated idea just seems to pop in and won’t leave until the crazy deed is done. Apparently the same thing happens to 400 other people each year.

I was deep in an altered state and “bleep bleep bleep” says the alarm clock. It’s early. Gotta get to the D.D. down at Stinson Beach. It’s an hour drive. My start time is 8:51 AM since I have a 9 minute head start based on my age and gender.

I had put myself in a hypnotic state back a couple months ago and told myself *maybe* I should think about doing the D.D. again. Now I think I was there, but perhaps I’m still in the hypnotic state, or is all this just a hallucination??

Did I really do the Double Dipsea at all this year? As I remember it went by fast and it was a lot easier than last year. Last year for me the D.D. meant Defeated and Depleted. That was the horrendous year I went shirtless and got dehydrated and sunburned and really felt I just about died. I just remember after I thought I was dying, eating watermelon for a long time to revive myself on the way back up on Cardiac Hill.

But this year was relatively easy. This year I made a vow not to walk – the walking always seems to bring me down to that old hellish, defeated feeling. So I didn’t succumb to walking even as others sometimes walked faster than my running on the steep uphill.

Stinson Beach was foggy at the start. The Steep Ravine Canyon creek was so beautiful – a most amazing, peaceful feeling there...cool water and the smell of fresh fog drip and plants and trees...

I was going up the dusty “Swoop” and passed a whole herd of people who were all walking up the hill. Right there the temperature instantaneously changed from 50 degrees to 90 degrees. I cruised up

to Cardiac and I'm feeling pretty darned good! Warmed up now, I downed some water and speed down into the wet woods. This is a totally beautiful part of the course – it is so wet from the fog drip it's like a rain forest. The smell of that wet earth...!

I get to Muir Woods and as I take the first steps up the steep hill my body is now finally resisting. By now it's getting really hot out. But due to the hypnotic state or possible hallucinations my mind does not falter here! Me and the rest of those 400 poor sweaty souls chug along up to Windy Gap and then over and down to those famous Dipsea stairs. I don't seem to run the stairs as fast going down as I used to. In case you haven't experienced the famous stairs, if you aren't hypnotized yet at this point in the race, running down the stairs will easily induce you into a pretty good trance, whether you want that or not...

So now on the return trip coming back from Mill Valley I see Darryl. He's looking strong and I tell him I'm trying to beat him this year. He said "Well that's what you're doing."

Back through Muir Woods I secretly tell myself I *only* have two and half miles to the top of Cardiac. That thought saves me from last year's fate. I won't be dying this year. Throughout the second half of the race, a 20-something girl dashes by me on every uphill. We exchange encouraging words, but I always catch her on the downhills because she has apparently almost never run trails in her life -- she just works out entirely on a stairmaster in a gym!

The final ascent up Cardiac feels incredibly successful to me – it's as though the training I did the last two months actually worked. The newspaper later reported it was 95 degrees on that hill. I run down to Stinson again and the beach is still in the fog. So that means I cancel my plans for the usual ocean swim today.

I think this is my tenth Double Dipsea and strangely I guess I like the D.D. experience! There wasn't too many Empire Runners this year at the D.D. And even I still wonder -- did I really do the D.D. this year or am I still in a hypnotic state? This opportunity to debrief myself of the experience makes me feel I might be coming back now...

Stephen Starkweather is a massage therapist and professional hypnotherapist/www.starkweather.biz or www.facebook.com/starkweather

Notes from The S.O.B.

Bill Browne

Recently, while scanning Southern Oregon races, late at night, as I'm known to do, searching for the Crater Lake Rim Runs, I came across this SOB race at Mt Ashland. It consists of a 50k and a 15k race on dirt roads, single track trails and parts of the Pacific Crest Trail! Exactly the kind of race I look for. Also the entry fee was only \$10, wow (though it did cost \$60 in gas). Did I mention it starts and ends at 6500 feet? Awesome. Altitude, like IQ, is just a number to me, very subjective and relatively meaningless. As long as you respect the altitude, and adjust your pace, it is just another element of the challenge.

Well I hit the enter key and months later, my wife and I found ourselves heading to Yreka the night before the race. Got checked in, walked some of the historic district and got dinner and set the alarm for 5 am, while tossing and turning wondering about what the course would be like, how bad the hills would be, how the extra 3 miles (above the 10k distance I am used to) would play out and just wanting to finish with a good effort injury-free, having missed much of last year to recurring hamstring maladies.

We got to the top of Mt Ashland, picked up packets and waited while the 50k took off (164 crazy ultra runners doing 30 miles at 6500 ft with 4500 ft elevation gain). Our race began later, great weather, 60's cloudy. We began out of the parking lot, off the pavement and down a not so gradual dirt road for about a mile, then turned onto the single track Pacific Crest Trail (hooray). That meandered for mile, mostly slight ups and downs and the most beautiful trail and scenery I've ever seen in my 40 years of running!! Tons of wildflowers knee high and other bushes waist high, almost obscuring the trail, but breathtaking, with mountain peaks and ranges (Mt Shasta, Mt McCloughlin and Siskiyou and Cascade ranges). Anyway, the single track and altitude kept everyone at a reasonable pace and I tried to stay conservative, still not knowing how many or bad the hills would be, but apprehensive since we started at the top of the mountain the last miles would probably be climbing back up to the finish. None of the miles were marked, but I heard a guy with gps say that we were at 13 minutes at 1 ½ miles, about 9 minute pace seemed good for me till we hit hills anyway.

The only bad part on the first ½ was a short series of switchbacks uphill that many walked. Was at 38 minutes at the turnaround (not an exact out and back but at least the beautiful single track was run both ways). After the turn was a few miles of uphill dirt road grinders, but not too bad, then back onto single track and up the last dirt rd to the finish. I finished in 1:38 and felt good about my time, 91st overall, of 129, and 5 of 10 in 50's age group. My goal going in was 140-150 range, since I saw last years 50's results were 130-155 range.

I recommend this race to everyone. It was my first true 15k and was very doable as long as you are in 10k shape with some hills in your legs. The altitude did not bother me, though I think I am not as affected as others, having done 3 Crater Lk runs, 2 Squaw Valley hill climbs and a few Tahoe races, all at mile high. I have always arrived the night before these races (some say to get there earlier to acclimate, but I never have had the luxury). I've been running about 8 min/mile in 10k's so I think the elevation cost me 1 min mile, the hills may have cost another 45 sec/mile and the extra 3 miles above a 10k added about 30-45 sec/mile. So if you, hydrate, respect the altitude and distance and hills, anyone could do this race. I really enjoy these mountain races, as there is a lot of camaraderie and encouragement from all and you really see some great scenery you might never get to if you don't venture outside our local races. I'll be back next year and hope to take some other ER mountain people with me. Oh, the SOB part of the name is for Siskiyou OUT back race.

Phil Widener
EMPIRE OPEN
pausatf XC
8/29/09
YOU WILL LOVE IT!!



*Some
 Mohawks
 are credible
 and some
 are not.
 Mark and
 Orion James
 show their
 style at
 Kenwood.*

The Empire Runners Club **HALL OF FAME**

The Inaugural Class of 2008

Darryl Beardall

Mort Gray

Carl Jackson

Class of 2009

Pamela Horton

Brendan Hutchinson

Dan Preston

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



The 33rd Annual
Salmon Creek
Beach Runs
August 2nd 2009
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...

Contact E. J. Bohn to pre-register, 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



Empire Runners Club Sponsors

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

Partners in Fitness

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

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

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

Member Discounts

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

ATHLETIC SOLES, 49 Petaluma BLVD N., Petaluma, 763-0700

Jeanne Browne, Family Law Attorney, 575-5162, JMBcounsel@aol.com

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

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

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

Donors

Allies

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

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

STEPHEN STARKWEATHER, Massage & Hypnotherapy, 707 544-5143

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

Backers

The following have given cash or in-kind donations to the Empire Runners Club of \$500 to \$999 in value:

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

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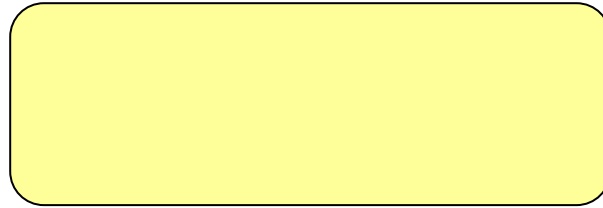
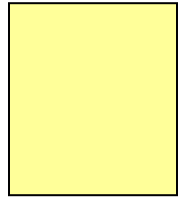
August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive 26	6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR 27	3x1600m at 5K GP; jog 800 after each 5:30p Track workout, 3390 Princeton Drive, SR 28	5:30p Group run, Fleet Feet shoe store, 3rd St., SR 29	7M at medium pace 5:30p Trail workout, Howarth Park 30	31	8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W. 6th & Wilson Sts.) Coffee after! All members encouraged to attend! 1
ERGP Race: 10 a.m. Salmon Creek 5M and 2M Fun Run/Walk  2	6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR 3	4	5:30p Group run, Fleet Feet shoe store, 3rd St., SR 6:30p All-Comers Track Meet, Maria Carrillo HS  5	Hilly 10M - strong pace on all uphill 5:30p Trail workout, Howarth Park 6	7	8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W. 6th & Wilson Sts.) Coffee after! 8
11M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive 9	6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR 10	Lawn Relays: 2x1000m; 2x500m at strong pace 5:30p SRJC Lawn along Mendocino Avenue 11	5:30p Group run, Fleet Feet shoe store, 3rd St., SR 12	7M at comfortable pace 5:30p Trail workout, Howarth Park 13	14	8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W. 6th & Wilson Sts.) Coffee after! 15
12M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive 16	6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR 17	Hill Repeats: 10x80 seconds 5:30p Trail workout, 3390 Princeton Drive, SR 18	5:30p Group run, Fleet Feet shoe store, 3rd St., SR 19	Newsletter Deadline: Nate Koch, Editor 3x1M on Empire Open XC Course 5:30p Trail workout, Howarth Park  20	21	8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W. 6th & Wilson Sts.) Coffee after! Race: Angel Island 12K & 25K, Tiburon  22
12M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive 23	6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR 24	20x200m @XC race pace, jog 100 5:30p Track workout, 3390 Princeton Drive, SR 25	5:30p Group run, Fleet Feet shoe store, 3rd St., SR 26	Preview of Empire Open XC Course 5:30p Trail workout, Howarth Park 7:30p Club Meeting, MV RT Pizza  27	28	XC Race: 9 a.m. Empire Open PA Cross Country 3.43M, Spring Lake  29
7M at medium pace 8:00a Trail run, Lawndale Trailhead on Lawndale Rd. in Kenwood 30	6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR 31	JC Lawn Repeats: 6x500m at strong pace 5:30p SRJC Lawn along Mendocino Avenue 1	5:30p Group run, Fleet Feet shoe store, 3rd St., SR 2	5M with 1.5M at strong pace 5:30p Trail workout, Howarth Park 3	4	8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W. 6th & Wilson Sts.) Coffee after! PA Cross Country Race: Golden Gate 4M  5

Empire Runners Club

PO Box 4241

Santa Rosa, CA 95402



Are your DUES DUE? Check to see or renew online at www.empirerunners.org. Click on **“Join/Renew.”**

Mark Your Calendars!

Sunday, Aug 2, 10 a.m.	Salmon Creek Beach Runs <i>5-Mile Run and 2-Mile Fun Run/Walk and Beach Potluck</i>
Wednesday, Aug 5, 6:30 p.m.	All-Comers Track Meet #5 <i>Maria Carrillo High School Track</i>
Thursday, Aug 20	Newsletter Deadline, Nate Koch, editor
Thursday, Aug 27, 7:30 pm	Club Meeting <i>Montgomery Village Round Table Pizza</i>
Saturday, Aug 29	Phil Widener Empire Open -- pausatf XC <i>Spring Lake Park; Women 9 a.m., Masters Men 9:45, Open Men 10:30</i>
Sunday, Sept 6, 8:00 am	Annadel Loop <i>Channel Dr., Cobblestone Trailhead</i>

2009 Club Officers

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

Membership Gil Moreno (707) 546-9142 runfire@earthlink.net	Group Training Larry Meredith (707) 526-4536 Thirstyboy1@sbcglobal.net	Club Race Coordinator Jerry Lyman (707) 527-9020 pigfete@aol.com	Sponsorship Administrator Bill Browne 707-528-7963 bbruns2win@aol.com.
Student Grant Fund Bob Finlay (707) 544-2251 bfinlay@sbcglobal.net Alec Isabeau (707) 578-3025 docisabeau@sbcglobal.net	Website Chris Mason (707) 291-5797 usingthegift@gmail.com	Grand Prix Series Bob Rogers (707) 539-7391 Rogers44@pacbell.net	Kenwood Footrace Director Val Sell (707) 539-1085 rn4zhills@sbcglobal.net
Newsletter Editor (Jan, May, September)) Nate Koch (707) 237-1043 nathankoch@gmail.com	Newsletter Editor (February, June October) Chris Mason (707) 291-5797 usingthegift@gmail.com	Newsletter Editor (March, July, November) Dale Peterson 707 569-9859 sledge26.2@gmail.com	Newsletter Editor (April, August, December) Jerry Lyman (707) 527-9020 pigfete@aol.com