



2010 Kenwood Footrace

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Looking back I am not really sure how I got myself into the predicament of the whole Kenwood Director job 3 years ago. I somewhat recall it happening during the course of a Monday night run with Alec, Mojo and Lars. Each year I gain momentum to make the next year better than the last. With the support from the club and a great committee that keeps me focused we are able to maintain Kenwood as a local traditional favorite.

Of course part of what makes this race great is the vast knowledge and commitment from our volunteers. You guys are the best and I can't thank you enough. I won't babble on and on but would like to mention those who helped.

First off, my biggest thanks goes to Jerry Lyman. Many months of preparation involving permits and insurance is what it takes to put on a successful event. Thanks Jerry for being so knowledgeable and diligent! ([Read Complete Article](#))

New Format for The Empire Runner

We are excited to debut the new format of The Empire Runner with this, our 428th edition. The Empire Runners Club Newsletter, which started in 1975, has been the product of the tireless efforts of the many club members who have worked so hard to turn it out every month. We hope you find that our new format makes it easier to read the articles that are of interest to you, and as always, we encourage ALL club members to participate by sending us stories. In the upcoming months keep an eye out for new monthly columns by members at large, as well as the randomness you have come to know over the years.

Time Machine: A Blast from the Past!

Take a quick look at some of the stories of The Empire Runner over the past decades.

The Board Room

[July Meeting Minutes](#)

[July Treasurer's Report](#)

Contact the Board of Directors at boardofdirectors@empirerunners.org

Visit the Club [Contact Page](#) for full list

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The Prez Says...

Well, June was a busy month with track meets and, of course, our big event of the year, the Kenwood Footrace. If you haven't already, check out the website for results, pictures, and the finish line video. I want to say a big "thanks" to Race Director Val Sell for getting us through another 4th of July. ([Read Complete Article](#))



The LONG and the SHORT of It

by Dale Peterson

Empire Runners Compete in Double Dipsea

By numbers the Double Dipsea which runs from Stinson Beach to Mill Valley and back, is 13.7 miles long (can we get a second opinion?), 4,400 ft of elevation gain, 672 steps down into and up out of Mill Valley, 2 times over a route that has served the Dipsea Race for over 100 years... ([Read Article](#))



The DOC is

IN

Grand Prix Pulse

Ok, folks. Here we are, just about half-way through the Grand Prix race series. 50 year old runners have really stepped up and are dominating the overall spots in both Male and Female categories. Brad Zanetti is atop the men's standings and Alyce Parks is the one to catch for the ladies. ([Read Article and Full Standings](#))

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August Training
Calendar

Empire Runners Club
Hall of Fame

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Sports



Tagliaferri's

Heart & Sole
SPORTS

The Empire Runner

Kenwood 2010

By Val Sell
Kenwood Footrace Director

For complete Kenwood results, photos, and finish line videos, please go to <http://www.kenwoodfootrace.com>.

I knew that all was good on the morning of July 4th when I saw **Bob Shor** walking around after he had started the races with a big smile on his face. After years of dealing with the stresses of the finish line he was now in somewhat of a daze as to what to do. The same was true for **Doug Courtemarche** as he consoled one of his Santa Rosa High School parents who jokingly accused the Chip Timing folks that they had stolen her job. "Hiring the chip timing company was the best decision we ever made", I was telling myself all day. The Empire Runners has now stepped up a notch and has joined the new era of racing.

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First off, my biggest thanks goes to **Jerry Lyman**. Many months of preparation involving permits and insurance is what it takes to put on a successful event. Thanks Jerry for being so knowledgeable and diligent!

The volunteers came out in force as we claimed our spot at Fleet Feet the morning of the 2nd. We beefed up the crew this year and everyone easily handled the 475 registrations and shirt collections. Thank you to all. **Pam Horton, George Urdzik, LT Isabeau, Karen Frindell, Shirley Fee, Tiffany Hobson, Bill Browne, Jen and Will Ortlinghaus, Vernon Stafford, Ty Strange, Nuvit Foster, Shelli Main, Stephen Rauch, John Anderson, Dan Tuohy, Bob Rogers, Gerald McCormick, Laurie Martin, Tanya Narath, Brent Smith, Alyce Parks, Michelle, Lauren and Brad Zanetti, Bill Rogers, Larry and Tori Meredith and Andy Howard.**



Extraordinary volunteers John Anderson and Doug Courtemarche epitomize the effort that makes the Kenwood Footrace a success.

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On race morning controlled chaos was unleashed upon the little town of Kenwood at 5am. **Eric “Puddles” Downing** trucked in the post race goodies while the timing company rolled in and set up their canopies and equipment in a flash. **John Anderson** did wheelchair repeats in Kenwood Park, trying to stay warm, while waiting for his assignment. **Laurie Martin** headed up the packet pickup with **LT Isabeau, Pam Horton, Lidia Alcazar and Alicia Rice**, while **Karen Kissick** and **Troy Tuscher** raked in the money for those who decided to pay a hefty sum for race day reg.

Back for a solo performance and spectacular to say the least, fellow Empire Runner **Will Meyer** set the patriotic tone with his operatic version of the National Anthem. **Tori Meredith** laid out the most organized awards table I have ever seen, coordinating poetically with the timing folks. Meanwhile, **John Harmon, Jerry Lyman, Bob Finlay, Carl Jackson, Bob Rogers, Andrea Guzman, Elaine Trowbridge, Alec Isabeau and Craig Wasserkrug** had the race day traffic under control.

El Presidente **Nate Koch, Bob Finlay and Ron Svinth** constructed the start line structures with ease. **Paul Berg and Dale Peterson** had finagled a video at the finish line for all of the finishers to view on the website. Behind the scenes **Chris Mason**, web master extraordinaire,



Scenery? What scenery? Eric Walker and Empire Runners Club President, Nate Koch, push it up the hill in the 10K.



Fifteen year-old Santa Rosan Nicole Lane and 2006 10K champ Jenny Wong (Oakland) finished 3rd and 2nd, respectively, in the women's 10K.

launched the Kenwood Footrace website for year-round viewing. **Bob Shor** gets the most attention of the day as silence stirs when the gun goes off and then all attention is redirected to the announcer, **Pete Sweeney**, as everyone waits in anticipation of the first runner.

1460 pint glasses stood at attention as **Alec Isabeau, Dave Goodwin, Mike McGuire, Tanya Narath, George Urdzik and Gilman Jung** were ready to hand out the treasured glassware. No one was going home empty handed this year. **Doug Courtemarche and Sean Fitzpatrick** had their Santa Rosa HS squad ready and waiting at the aid stations and carefully placed as monitors along the narrow 3k course.

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Avi Bello and Ginny Doyle came to the aid of the SRHS parents to help setup the food area. **Bill Browne, Harold "Pots" Nordvold, Steve and Leslie Cryer**, all started their 4th of July celebration early, as they seemed to be having a great time running the ER booth. Thanks to **Bob Finlay** who scoured over applications for the Student Grant Fund with **Alec Isabeau** and proudly announced this year's winners.

Rarely seen but greatly missed **Lou Garcia** returned to be the sweep bike. Thank you for keeping our runners in check! **Brad Zanetti and Larry Meredith** who were seen helping in many areas always seem to know what to do to get the job done.

To my race committee, **John Harmon, Jerry Lyman, Bob Shor, Nate Koch and Doug Courtemarche**, thanks for being my guidance and sounding board.

And to our sponsors: Fleet Feet Santa Rosa, New Balance, Tagliaferri's Deli, Wild Birds Unlimited, KZST, North Bay Portables, Chateau St Jean Winery, Kenwood Winery, Culligan, Sir Speedy

and Safeway-Thank you, Thank you!

A special thank you to the town of Kenwood, the Kenwood Fire Department and the Kenwood Community Church. Thank you for helping us to keep the tradition alive.

Until next year...

Run happy,

Val



Lead and sweep bike rider, Lou Garcia, with 10K winner and former Piner High School standout, Jeff Gardina



The Empire Runner



The Prez Sez...

Well, June was a busy month with track meets and, of course, our big event of the year, the [Kenwood Footrace](#). If you haven't already, checkout the website for results, pictures, and the finish line video. I want to say a big "thanks" to Race Director Val Sell for getting us through another 4th of July. Also, thank you to all of you who helped out and volunteered. It takes a lot of people to make a race like this happen.

We have a pretty heavy line-up as we head into August and then into the fall. Cross country season is coming up and encourage you all to come out and participate. See John Harmon's article or the [club website](#) for more information. The cross country season is a great way to become more involved with the club and to meet some great people.

Before we head too far into getting ready for cross country though, the Summer Track Series is still going on. Our [last meet](#) is August 10th, and I hope to see you there. And don't worry if you've never run in a track meet before or you feel like you just aren't fast enough. We have runners of all ages and abilities. It's a great opportunity to get acquainted with the sport.

Happy Running,

Nathan Koch

The Empire Runner

There is nothing like the first experience of the Double Dipsea. Nothing prepares you but there is something so magical in completing it no matter what the time may be. This course gives you a will and a desire as a runner to know that any obstacle is possible and racing this course brings a new perspective to you as a runner. This course is forever etched in my mind as one that I hope to tackle for many years to come.

--Alisha Rice

Double Dipsea 2010

By Rob Main

By numbers the Double Dipsea which runs from Stinson Beach to Mill Valley and back, is 13.7 miles long (can we get a second opinion?), 4,400 ft of elevation gain, 672 steps down into and up out of Mill Valley, 2 times over a route that has served the Dipsea Race for over 100 years, handicaps that range from 61 minutes for over 80 year old ladies to scratch for under 40 year old guys, 570 total runners and 5 Empire Runners in 2010, and more post-race aches and pains than can be counted.

However, the Double Dipsea experience is not about the numbers. It is about tremendous panoramas of Mt Tamalpais, Stinson Beach, Muir Woods and Mill Valley. It is about traveling thru micro climates of cool foggy beach, dense ferns in shady canyons, near rain-like conditions where trees wring moisture from the fog, and sunny ridges of dry grass overlooking the Pacific Ocean. It is about numerous opportunities to look inward at the challenges of climbing 1,400 ft at the start of the race, running back up the 672 steps that you just ran down, seeing Stinson Beach 1,400 ft below you while your legs are shaking and screaming stop, but you race down Steep Ravine to the finish. It is about the shared experience that occurs when participating in extreme events; and the great sense of accomplishment that greets you as you cross the finish line.

I have run the Double Dipsea a number of times over the last 40 years, and whenever I complete the course it turns out to be one of my athletic highlights for the year. Perhaps it is the great accomplishment of completing the rugged and grueling course, or perhaps it is because the locations you travel thru are so varied that you get a tremendous sense that you went somewhere. I look forward to the next time I am blessed with the ability to experience the Double Dipsea.

Empire Runners' Results (Actual Time)

97 th	Rob Main	2:28:26
334 th	Alisha Rice	3:01:25
250 th	Lidia Alcazar	2:50:16
290 th	Don Meixsell	2:50:25
370 th	Darryl Beardall	3:35:34



The Empire Runner

Grand Prix Pulse

By Bob Rogers

Empire Runners/Fleet Feet Grand Prix Director

Ok, folks. Here we are, just about half-way through the Grand Prix race series. 50 year old runners have really stepped up and are dominating the overall spots in both Male and Female categories. Brad Zanetti is atop the men's standings and Alyce Parks is the one to catch for the ladies. With six races and track meets still to be counted, the front runners remain within reach of the pack. Remember, at the end of the year only 11 of the 14 possible events will count toward your Grand Prix points total. That means it's a good idea to make as many races as possible! You'll be banking points in case you have to miss future races, and you'll have a better group of scores, from which we take your top 11 showings. And don't forget, to be considered for an award you need to have raced or volunteered at 5 or more events. Last year some of the female awards were not given because the 5 event minimum had not been met. Only five events, really? You got that in the bag! Look over the Grand Prix standings and make sure I have accounted for all the races you have been part of. Let me know of any discrepancies. Hope to see you at the next Empire Runners event.

Stay tuned for future installments of the Grand Prix Pulse!

Click below for Women's Grand Prix Standings through Kenwood (not including track meets):

<http://www.empirerunners.com/newsletters/aug2010/2010GPTotalsPostKenwoodFemale.pdf>

Click below for Men's Grand Prix Standings through Kenwood (not including track meets):

<http://www.empirerunners.com/newsletters/aug2010/2010GPTotalsPostKenwoodMale.pdf>

The Empire Runner

IN WITH THE NEW, OUT WITH THE OLD

Updates to the Kenwood Footrace Record Book

By Jerry Lyman

Congratulations to those who ran well enough this year to make it into the All-Time Best Times Kenwood Footrace Records, either in the lists of best times overall or in age group divisions. Thirty-nine years of Kenwood Footraces mean tens of thousands of runners have crossed the 3K and 10K finish lines. To have run fast enough to be listed with the best over 39 years is a laudable achievement. Every year as someone new makes it in, someone old gets nudged out, the quality of records goes up, and the club of record holders gets more and more exclusive.

The updated lists of Kenwood records can be found at

<http://www.empirerunners.com/events/kenwood/kenwoodrecordsthru10.pdf>

There are 51 new entries, each highlighted in red. A runner can be named only once in a particular list, his or her best time qualifying for that list.

Update Highlights

Men's 10K	Who's In (place on the list and time)	Who's Out (year made the list and time)
All-Time Best Times Top 100	Jeff Gardina (49th, 33:36) Reese Byers (96th, 34:28)	No one. Three runners who were tied in 98th place are now tied in 100th place.
19 & under Top 20	Reese Byers (96th, 34:28)	No one. Three runners who were tied in 19th place are now tied in 20th place.
40-49 Top 20	John Litzenberg (13th, 33:35)	Bill Jensen (1975, 36:06)
70-79 Top 20	Bill Corralitas (16th, 59:49)	Ken Murray (1988, 1:04:34)

Men's 3K	Who's In (place on the list and time)	Who's Out (year made the list and time)
All-Time Best Times Top 50	Jeffrey Peterson (12th, 9:10) Spencer Hall (25th, 9:23)	John Litzenberg (1993, 9:45) Josh Bobiak (2000, 9:45)
19 & under Top 10	Spencer Hall (8th, 9:10)	Mike Tebo (1987, 9:26)
40-49 Top 10	Guy Schott (6th, 10:23)	No one. 3 now tied for 9th place
70-79 Top 10	Dale Trowbridge (7th, 15:35)	Virgil Schrock (1998, 16:47)
80+ Top 10	Charles Hartman (5th, 34:05)	No one. Only 5 on the list.

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(Kenwood Record Updates, p. 2)

Women's 10K	Who's In (place on the list and time)	Who's Out (year made the list and time)
All-Time Best Times Top 100	Nicole Lane (55th, 41:15)	Vickie French (1984, 42:44)
19 & under Top 20	Nicole Lane (10th, 41:15)	Jennifer Martindill (2007, 42:38)
50-59 Top 20	Mimi Willard (4th, 44:29) Ann Thrupp (12th, 47:21)	Ann Hardham (1997, 50:31) Joan Smith (2001, 51:22)
60-69 Top 20	Gayle Burns (11th, 58:14) Donna Eichner (14th, 1:00:43)	Gayle moved up from 14th Pam Horton (2004, 1:03:58)

Women's 3K	Who's In (place on the list and time)	Who's Out (year made the list and time)
Top 50 All-Time Best Times	Ann Downey (44th, 11:44) Victoria Tomaszewski (50th, 11:53)	Jamie Feldman (2003, 11:54) JoAnne Nickle (1997, 11:55)
60-69 Top 10	Deborah Salomon (5th, 17:41)	Pat Farrell (2005, 19:14)

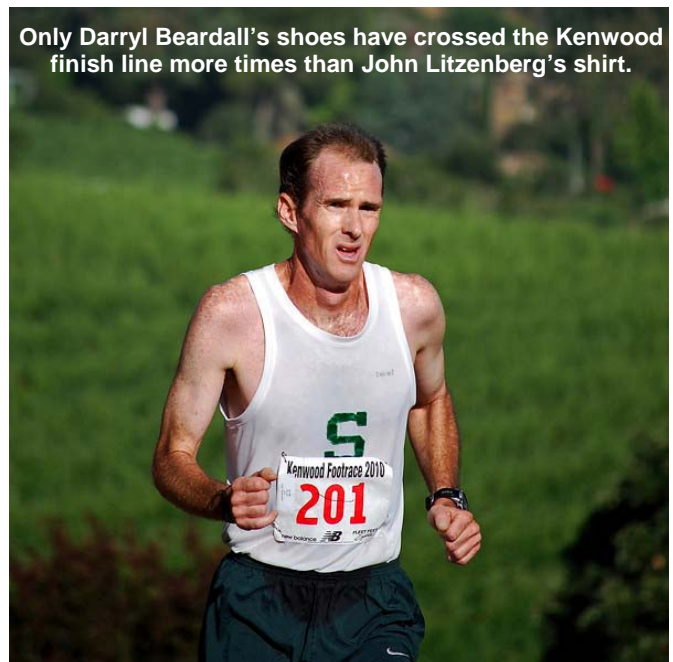
Notable milestones:

Winning her second 10K, Melanie (Lovrin) Belloumini is one of only 3 women with multiple 10K wins. Cathy DuBay has 8 and Leslie McMullin has 3.

John Litzenberg now has 19 top 10 finishes in the men's 10K. Kenny Brown moves into a tie with 2 others with 10. Cathy DuBay still leads the women with 17.

Litzenberg, now 40, added his name to his third 10K list, placing 13th in the 40-49 age group. Twelve years ago, he ran 33:18 to place 39th on the overall best time list. Twenty-two years ago, he ran 34:14 to place 12th on the 19 & under list. Ironically, he also just got bumped off the all-time best times list for the 3K, which he ran 17 years ago in 9:45.

Only Darryl Beardall's shoes have crossed the Kenwood finish line more times than John Litzenberg's shirt.



The Empire Runner

The Time Machine

Blasts from the Empire Runner Past!

1980

THE EMPIRE RUNNER is the newsletter of the Empire Runners, a group that supports running as an enjoyable, healthy activity. Running is its own reward. The \$8.00 per year membership assures members a newsletter by mail each month. Empire Runners is a chapter of the Road Runners Club of America and member of the PA-AAU.

1990

PRESIDENT'S MESSAGE – August – a month that's good for one thing only: It's time to train for the Annadel Loop. Hill repeats are certainly in order, as are couple long runs for endurance. Plan a couple Saturday ventures onto the course to imprint the cruel twists, turns, rocks and dust wallows into your cerebral cortex; get in a few quick snappers on the track so you out-grimace your rival down the final stretch on Channel Drive; and maybe even risk a time trial on the course 10 days before race day! (**President Alec Isabeau**)

2000

KENWOOD A BIG SUCCESS – The big news at this year's Kenwood Footrace was the record attendance: over a thousand runners for a race where we have averaged 7-800 for years. The extra 2-300 runners were handled with the usual efficiency that keeps them coming back every year.

2005

CLUB MEETING MINUTES – There was a question about whether a \$1000 payment to the Kenwood Pillow Fights was the total cost or just a partial payment. Race director Kenny Brown explained that the total cost was \$3,000 in 2004, is \$3,250 in 2005 and will be \$3,500 in 2006. There was some discussion about this. There is a rumor that the Kenwood Pillow Fights might not want a race in future years. Given the steep recent rate hikes, it was proposed to establish a committee to look at the financial prospects for the race in the next three to five years. This would be separate from the committee actually putting on the race and will be discussed at a future club meeting.

The Empire Runner

The Long and Short of It — Dale Peterson

Empire Runners Summer Track Series

Have you been out to one or more of the **Empire Runner Track Meets** being held at **Piner High School**? If not, you are missing one of the really fun running events of the summer. For a mere \$3 you can run in up to seven events covering the gamut from sprints to middle-distance and beyond. If ever wanted to challenge yourself to see just how fast you really can go, this is the place to do it. Low-key, friendly and family oriented, the meets go by quickly and everyone seems to really enjoy themselves. Bring the kids – they run for only \$1. Two meets remain July 27 and August 10th.

Finding a balance between LSD and Track Work

All last winter I was doing extreme LSD. No, I did not become a disciple of Timothy Leary – but rather more like a disciple of Joe Henderson. The reason being I was preparing for the Way Too Cool 50K in March. Once that epic came and went I decided after several years of dedication to the marathon (and beyond) to change tack and see if I could get my leg speed out of the rut I was in. It seemed to me that so much LSD had made it harder and harder to run fast – I had just one speed and that was slow! So I rededicated myself to **Larry Meredith's** Tuesday night workouts where each week “coach” has some new workout designed to increase your speed and stamina. My secret weapon however was to sneak over to the Montgomery High School track each Saturday on my own and do interval workouts. Then to really round things off I have been trying to do more 45-60 minute tempo runs – not quite all out but just pushing into the discomfort zone. I shall see how this all works out in the end. I seem to be battling a lot of little nagging injuries but on the other hand I surprised myself at the last track meet running an age-graded PR in the mile! So don't be afraid to mix and match your workouts. Variety is a good thing.

Who are You?

Without doing an outright plug for any particular company – let's just say carrying or wearing some kind of ID when running is a good idea. You are probably aware that two prominent club members both suffered falls and injuries in recent weeks in the park. One required an evacuation and hospitalization. The other banged his head pretty good and was reportedly quite woozy afterwards. In both cases they were quickly found by or otherwise among friends. Now imagine if you were solo and had a similar serious fall, accident or other emergency, were unconscious and had no ID. Not only does carrying identification assist emergency personnel, but it also gets the word out to your loved ones right away. Before John and Ty had their accidents I had been thinking of getting an ID and in fact had already given one to Robin as a gift. Now I have my own.

Calling all Harriers

X-Country season is nearly upon us. Where did the summer go? Hope to see a lot of you out there. If you have never participated you really should give it a try. Lots of fun and camaraderie guaranteed.

The Empire Runner

Empire Runner Classics

Body Language - August 1990

Doc Isabeau: ***Rest Your Legs! Train your Brain!***

Way back in the dark ages (sometime around 1984), as a fledgling intern in chiropractic school, I had the good fortune to meet a man named Jerry Lynch. Dr. Lynch was my psychology professor; on the side, he was a consultant in sports psychology to the Olympic Training Center and he was (maybe still is) a nationally ranked masters runner.

When the prescribed subject matter of our courses got too dull, Lynch would liven things up by talking about his experiences as a sports psychologist to elite Olympic athletes. One thing he mentioned really sticks in my mind. Lynch would ask these athletes, “what percentage of your athletic performance on any given day, is attributable to your current mental fitness, as opposed to your current physical fitness?” Almost across the board, the elite athletes would say, “80-90% mental, without a doubt.”

That’s a startling response, when you consider that most of us (myself included) never or rarely ever devote any focused attention to the mental side of training. We train our heart and muscles intensively day after day, only to leave our performance on race day hinging on 80-90%, upon our untrained brain. How much of our true potential is sabotaged by excessive anxiety, negative imagery and self-destructive, self-fulfilling prophecies? I, for one, have ruined many a good race even before the gun has gone off!

The realm of sports psychology is fascinating and offers a rich opportunity for athletes, recreational and elite, to enhance their performance and, most importantly, their enjoyment of the sport. For those of you interested in training your brain, get a hold of one or more of the following books. They are all very informative, enjoyable and insightful, and you may end up accomplishing more with your running than you ever thought possible. As Dr. Lynch says about running a great race, “Whether you think you can, or think you can’t, you’re right”.

1. ***The Competitive Edge***: Mental Preparation for Distance Running, by Richard Elliott
2. ***The Total Runner***, by Jerry Lynch Ph.D.
3. ***The Mental Athlete***, by Kay Porter, Ph.D. and Judy Foster

Editors Note: A quick check on-line revealed that all of these books are still available in 2010.