

The Empire Runner



August 2011 | empirerunners.org | Vol. XXXVI No. 440



Salmon Creek Beach Runs This Sunday

[Click Here for More Info & to Register](#)

The Prez Says...

A message from club president Alex-Wolf Root



The Long & Short of It

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



The Month That Was

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



Grand Prix Update

An update on the 2011 series from GP Czar Gerald McCormick

[Mens Standings](#)
[Womens Standings](#)



Blast from the Past

Memorable newsletter articles and photos



FLEET FEET
Sports
SANTA ROSA

Heart & Sole
SPORTS
65 Brookwood Ave - Santa Rosa



Tagliaferri's
Delicatessen & Cafe

Over 1,200 runners compete in the 40th annual Kenwood Footrace



It's the end of July and it all seems like a blur that this year's race is already over. Months of planning and preparation for an event that is over within just a few hours. This year was no different than most with new ideas floating in my head many months in advance. It is my goal to improve on the race each year... [Read Race Report](#), by Val Sell, Race Director

August Election

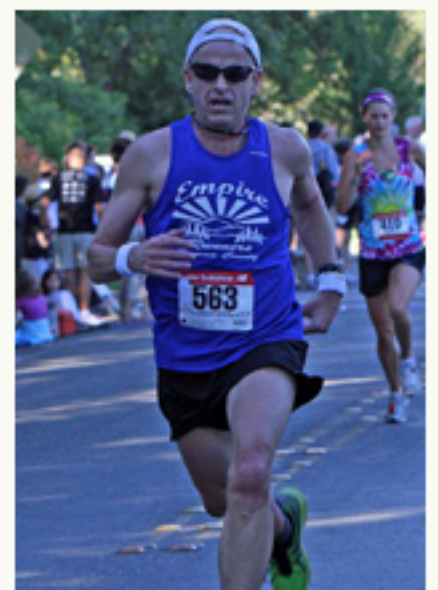
As part of the bylaw revisions passed at the July Meeting, the club's Board of Directors will expand to 7 with the election of 3 additional board members at the next club meeting. 5 candidates were nominated at the July meeting, and write-in votes may be made as well. Board members will serve two year terms and be responsible for voting on club issues.

[Vote by Mail Ballot](#)

Kenwood Footrace Finish Line Video

We've just posted some video footage from Kenwood Footrace finish line.

[3K Finish Video](#)
[10K Finish Video](#)



From the Board Room

[July Meeting Minutes \(Secretary Paul Berg\)](#)
[July Treasurer's Report \(Treasure Tanya Narath\)](#)
[Email the Board of Directors](#)

Important Links

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Empire Runners Club
Hall of Fame

The Empire Runner



The Prez Sez...

Hey Club-Mates,

As you likely know, the club has just passed new bylaws. Under these, there will be seven board members who are to be held legally accountable for the club. As such, these seven board members will be the ones who can make binding resolutions for the club. That's why it's important that you, the club at large, pick carefully as to whom you want to represent you for the benefit of the club.

The current board, which consists of myself, John Staroba, Tanya Narath, and Paul Berg, will continue to hold our board positions through December 31st, 2011. But the other three board positions need to be filled.

On Thursday the 25th, at our 7:30pm meeting at Round Table Pizza, the club will vote for these next three board members. Their term of service will begin immediately and end December 31st, 2012. Directly after the new bylaws were passed, the following members were nominated for these board positions:

Jerry Lyman

Larry Meredith

Will Ortlinghaus

Luis Rosales

Val Sell

Nominations will continue to be taken until Wednesday the 17th. A full list of nominees will be sent out in the meeting agenda email on the 18th.

To nominate someone, email boardofdirectors@empirerunners.org. Just make sure that the individual whom you are nominating is okay with being nominated! And yes, you certainly can nominate yourself.

For the vote on the 25th, each member will pick his/her top-3 choices, and the overall top three vote-getters will become board members.

For more information, please read the new club bylaws.

I look forward to seeing many of you at our next club meeting.

Till then,

Run Happy,

Alex Wolf-Root

Empire Runners July 28, 2011 Club Meeting

(Pending approval at the August 25, 2011 meeting)

President Alex Wolf-Root (president@empirerunners.org) called the July 28, 2011 meeting to order at 7:35 pm.

Secretary's Report: Secretary Paul Berg (secretary@empirerunners.org) read the *June 2011* meeting minutes (recorded by Brad Zanetti), which were approved as read.

Treasurers' Report: Treasurer Tanya Narath (treasurer@empirerunners.org) reported that the current club balance is \$51,494, *up \$4,356 from the same time last year. This amount includes Annadel Half Restricted Funds of 11,457. The Student Grant Fund balance is \$2684, approx \$111 more than the same time last year.*

Riverfront Relay lost \$88 vs. \$15 profit last year.

Kenwood Footrace had net income of \$18,391 vs. \$10,448 last year.

President's Report: President Alex Wolf-Root reported that the Diamond League track & field would be taking place this weekend in Europe on Universal Sports TV.

New member Peter Lasky was introduced to the club.

Congrats to new dad Nate Koch whose daughter Rebecca was born July 8.

Race Reports:

Recent races/Runs:

1. Summer Track Series 6/28/11, 7/12/11, & 7/26/11 –Turnout about normal. There have been some great times in all age groups. Reese Byers putting on a great show.
2. Kenwood Footrace - 7/4/11 Good turnout, very well run event. Some very good times, near all-time men's record.
3. Theresa Manchester had fun at the Wharf-to-Wharf run

Upcoming Races/Runs:

1. Salmon Creek Beach Run 8/7/11 2 mile and 5-mile runs. Potluck breakfast after.
2. Final Summer Track series, DMR. 6:30 pm SRHS
3. Phil Widener XC Open 8/27 9am
4. Lagunitas Beer Chicks looking for additional female runners, Sept 16-17 relay.

Committee Reports:

1. Resolution to transition to an extended Board of Directors under proposed new bylaws:

RESOLVED:

In the event that the membership of the Empire Runners Club approves amended club bylaws that increase the number of members of the Board of Directors to seven and redefine their duties and responsibilities:

That the four currently elected club officers (Alex Wolf-Root—President, John Staroba—Vice- President, Paul Berg—Secretary, and Tanya Narath—Treasurer) retain their positions as members of the Board of Directors and as club officers under the new bylaws until the end of their elected terms of office on December 31, 2011,

*That nominations for the remaining 3 vacant positions on the new Board of Directors with terms of office ending December 31, 2012 be accepted immediately following the vote approving the new bylaws,
That the election to fill the remaining 3 vacant positions on the new Board be held as the first order of business at a special membership meeting to be held on the fourth Thursday of the month following the approval of the bylaws,*

That the current bylaws become void and the amended bylaws take effect immediately after the election at which time the new Board presides over the completion of the meeting.

Proposed by Alex Wolf-Root, 2nd by Dale Peterson. Passed unanimously by hand vote.

2. Vote on new Club Bylaws. Jerry Lyman summarized the past 2 years journey of the revised bylaws.

By Secret Paper Ballot (19), Mail (2), Proxy (2)

23- YES, 0- NO

Passed Unanimously

New Business

Nominations of new Board Members. Five members were nominated:

Luis Rosales, Val Sell, Larry Meredith, Jerry Lyman, Will Ortlinghaus

Elections will be held at next month's meeting.

Monkey Business

Raffle: Peter Lasky won \$21, and \$22 went to the student grant fund

Drawing: Jason Ramsey would have won \$200 if he attended the meeting.

President Alex Wolf-Root concluded the meeting at 8:24 pm.

Attendance:

Paul Berg, Bones Koch, Mini-Mel, Todd B, Jen and Will O, Staroba, Jerry Lyman, David Sell, Dale Trobridge, Super George, Bob Shor, Don Sampson, Chris Mason, Peter Lasky, Alex Wolf-Root, Dale Peterson, Tanya Narath, Ginny Doyle, Theresa Manchester

Following the membership meeting, the Board of Directors Unanimously approved the

Empire Runners Club CONFLICT OF INTEREST AND COMPENSATION APPROVAL POLICY

Purpose of Conflict of Interest Policy: The purpose of this conflict of interest policy is to protect this tax- exempt corporation's interest when it is contemplating entering into a transaction or arrangement that might benefit the private interest of an officer or director of the corporation or any "disqualified person" as defined in Section 4958(f)(1) of the Internal Revenue Code and as amplified by Section 53.4958-3 of the IRS Regulations and which might result in a possible "excess benefit transaction" as defined in Section 4958 (3)(c)(1)(A) of the Internal Revenue Code and as amplified by Section 53.4958 of the IRS Regulations. This policy is intended to supplement but not replace any applicable state and federal laws governing conflict of interest applicable to nonprofit and charitable organizations.

Definitions:

(a) Interested Person.

Any director, principal officer, member of a committee with governing board delegated powers, or any other person who is a "disqualified person" as defined in Section 4958(f)(1) of the Internal Revenue Code and as amplified by Section 53.4958-3 of the IRS Regulations, who has a direct or indirect financial interest, as defined below, is an interested person.

(b) Financial Interest.

A person has a financial interest if the person has, directly or indirectly, through business, investment, or family:

- (1) An ownership or investment interest in any entity with which the corporation has a transaction or arrangement,
- (2) A compensation arrangement with the corporation or with any entity or individual with which the corporation has a transaction or arrangement, or
- (3) A potential ownership or investment interest in, or compensation arrangement with, any entity or individual with which the corporation is negotiating a transaction or arrangement.

Compensation includes direct and indirect remuneration as well as gifts or favors that are not insubstantial.

A financial interest is not necessarily a conflict of interest. Under Section 3, paragraph b, a person who has a financial interest may have a conflict of interest only if the appropriate governing board or committee decides that a conflict of interest exists.

Conflict of interest avoidance procedures:**(a) Duty to Disclose.**

In connection with any actual or possible conflict of interest, an interested person must disclose the existence of the financial interest and be given the opportunity to disclose all material facts to the directors and members of committees with governing board delegated powers considering the proposed transaction or arrangement.

(b) Determining Whether a Conflict of Interest Exists.

After disclosure of the financial interest and all material facts, and after any discussion with the interested person, he/she shall leave the governing board or committee meeting while the determination of a conflict of interest is discussed and voted upon. The remaining board or committee members shall decide if a conflict of interest exists.

(c) Procedures for Addressing the Conflict of Interest.

An interested person may make a presentation at the governing board or committee meeting, but after the presentation, he/she shall leave the meeting during the discussion of, and the vote on, the transaction or arrangement involving the possible conflict of interest. The chairperson of the governing board or committee shall, if appropriate, appoint a disinterested person or committee to investigate alternatives to the proposed transaction or arrangement.

After exercising due diligence, the governing board or committee shall determine whether the corporation can obtain with reasonable efforts a more advantageous transaction or arrangement from a person or entity that would not give rise to a conflict of interest. If a more advantageous transaction or arrangement is not reasonably possible under circumstances not producing a conflict of interest, the governing board or committee shall determine by a majority vote of the disinterested directors whether the transaction or arrangement is in the corporation's best interest, for its own benefit, and whether it is fair and reasonable. In conformity with the above determination, it shall make its decision as to whether to enter into the transaction or arrangement.

(d) Violations of the Conflicts of Interest Policy.

If the governing board or committee has reasonable cause to believe a member has failed to disclose actual or possible conflicts of interest, it shall inform the member of the basis for such belief and afford the member an opportunity to explain the alleged failure to disclose. If, after hearing the member's response and after making further investigation as warranted by the circumstances, the governing board or committee determines the member has failed to disclose an actual or possible conflict of interest, it shall take appropriate disciplinary and corrective action.

Compensation Approval Policies:

A voting member of the governing board who receives compensation, directly or indirectly, from the corporation for services is precluded from voting on matters pertaining to that member's compensation. A voting member of any committee whose jurisdiction includes compensation matters and who receives compensation, directly or indirectly, from the corporation for services is precluded from voting on matters pertaining to that member's compensation. No voting member of the governing board or any committee whose jurisdiction includes compensation matters and who receives compensation, directly or indirectly, from the corporation, either individually or collectively, is prohibited from providing information to any committee regarding compensation.

When approving compensation for directors, officers and employees, contractors, and any other compensation contract or arrangement, in addition to complying with the conflict of interest requirements and policies contained in the preceding and following sections of this article as well as the preceding paragraphs of this section of this article,

the board or a duly constituted compensation committee of the board shall also comply with the following additional requirements and procedures:

(a) the terms of compensation shall be approved by the board or compensation committee prior to the first payment of compensation.

(b) all members of the board or compensation committee who approve compensation arrangements must not have a conflict of interest with respect to the compensation arrangement as specified in IRS Regulation Section 53.4958-6(c)(iii), which generally requires that each board member or committee member approving a compensation arrangement between this organization and a “disqualified person” (as defined in Section 4958(f)(1) of the Internal Revenue Code and as amplified by Section 53.4958-3 of the IRS Regulations):

1. is not the person who is the subject of compensation arrangement, or a family member of such person;
2. is not in an employment relationship subject to the direction or control of the person who is the subject of compensation arrangement
3. does not receive compensation or other payments subject to approval by the person who is the subject of compensation arrangement
4. has no material financial interest affected by the compensation arrangement; and
5. does not approve a transaction providing economic benefits to the person who is the subject of the compensation arrangement, who in turn has approved or will approve a transaction providing benefits to the board or committee member.

(c) the board or compensation committee shall obtain and rely upon appropriate data as to comparability prior to approving the terms of compensation. Appropriate data may include the following:

1. compensation levels paid by similarly situated organizations, both taxable and tax-exempt, for functionally comparable positions. “Similarly situated” organizations are those of a similar size and purpose and with similar resources
2. the availability of similar services in the geographic area of this organization
3. current compensation surveys compiled by independent firms
4. actual written offers from similar institutions competing for the services of the person who is the subject of the compensation arrangement.

As allowed by IRS Regulation 4958-6, if this organization has average annual gross receipts (including contributions) for its three prior tax years of less than \$1 million, the board or compensation committee will have obtained and relied upon appropriate data as to comparability if it obtains and relies upon data on compensation paid by three comparable organizations in the same or similar communities for similar services.

(d) the terms of compensation and the basis for approving them shall be recorded in written minutes of the meeting of the board or compensation committee that approved the compensation. Such documentation shall include:

1. the terms of the compensation arrangement and the date it was approved
2. the members of the board or compensation committee who were present during debate on the transaction, those who voted on it, and the votes cast by each board or committee member
3. the comparability data obtained and relied upon and how the data was obtained.
4. If the board or compensation committee determines that reasonable compensation for a specific position in this organization or for providing services under any other compensation arrangement with this organization is higher or lower than the range of comparability data obtained, the board or committee shall record in the minutes of the meeting the basis for its determination.
5. If the board or committee makes adjustments to comparability data due to geographic area or other specific conditions, these adjustments and the reasons for them shall be

recorded in the minutes of the board or committee meeting.

6. any actions taken with respect to determining if a board or committee member had a conflict of interest with respect to the compensation arrangement, and if so, actions taken to make sure the member with the conflict of interest did not affect or participate in the approval of the transaction (for example, a notation in the records that after a finding of conflict of interest by a member, the member with the conflict of interest was asked to, and did, leave the meeting prior to a discussion of the compensation arrangement and a taking of the votes to approve the arrangement).

7. The minutes of board or committee meetings at which compensation arrangements are approved must be prepared before the later of the date of the next board or committee meeting or 60 days after the final actions of the board or committee are taken with respect to the approval of the compensation arrangements. The minutes must be reviewed and approved by the board and committee as reasonable, accurate, and complete within a reasonable period thereafter, normally prior to or at the next board or committee meeting following final action on the arrangement by the board or committee.

Annual Statements: Each director, principal officer, and member of a committee with governing board- delegated powers shall annually sign a statement, which affirms such person:

- (a) has received a copy of the conflicts of interest policy,
- (b) has read and understands the policy,
- (c) has agreed to comply with the policy, and
- (d) understands the corporation is charitable and in order to maintain its federal tax exemption it must engage primarily in activities, which accomplish one or more of its tax-exempt purposes.

Periodic Reviews: To ensure the corporation operates in a manner consistent with charitable purposes and does not engage in activities that could jeopardize its tax-exempt status, periodic reviews shall be conducted.

The periodic reviews shall, at a minimum, include the following subjects:

- (a) Whether compensation arrangements and benefits are reasonable, based on competent survey information, and the result of arm's-length bargaining.
- (b) Whether partnerships, joint ventures, and arrangements with management organizations conform to the corporation's written policies, are properly recorded, reflect reasonable investment or payments for goods and services, further charitable purposes, and do not result in inurement, impermissible private benefit, or in an excess benefit transaction.

Use of Outside Experts: When conducting the periodic reviews as provided for in the above section, the corporation may, but need not, use outside advisors. If outside experts are used, their use shall not relieve the governing board of its responsibility for ensuring periodic reviews are conducted.

CERTIFICATE

This is to certify that the foregoing is a true and correct copy of the Conflict of Interest and Compensation

Policy of the Empire Runners Club and that the board of directors of said corporation duly adopted this policy

on the date set forth below.

Date Adopted: _____

Secretary

The Empire Runner

KENWOOD FOOTRACE 2011



Well, here it is, the end of July and it all seems like a blur that this year's race is already over. Months of planning and preparation for an event that is over within just a few hours.

This year was no different than most with new ideas floating in my head many months in advance. It is my goal to improve on the race each year until someone steps up with newer and better ideas, wanting to take it over. With the recent addition of Dri-tech shirts and Chip Timing the race had stepped up into the 21st century. This year's race however marked a special goal, it's 40th Anniversary. I wanted to do something commemorative for the event without snowballing the workload. I started thinking about all of the things that make the Kenwood Footrace a special tradition for so many of us. The Pancake breakfast, the Parade, the Pillow fights (or lack of), the knarly 10k course, the narrow 3k course, the pint glasses, "God Bless the USA" over the PA system, the National

Anthem, the hometown feeling that takes us back in time, the great course monitors and all of the folks cheering us on to the finish line. One of the many memories I have is of **Bob Shor** raising his pistol to the sky and guiding us to a timely start. I have known Bob for many years and appreciate all of the time he puts in to this sport. After last years race I started thinking about ways to celebrate this year and it suddenly came to me. What could be more iconic? More 4th of July? Uncle Sam, of course! However, not just any Uncle Sam, I envisioned a caricature of Bob replicating the original Uncle Sam poster. Something like "I Want You Kenwood Footrace". So there it was, the concept was born. After some searching I found a San Francisco based caricature artist who created a design of incredible likeness.



One benefit of being a race director is that you get a good lesson in delegating. Of course my family would tell you that delegating is not exactly one of my short comings but it is difficult at times to let people take on the responsibility, having faith that they will come through at the end. Thankfully we have an amazing group of dedicated and knowledgeable volunteers that come back year after year.

For many years Doug Courtemarche and the Santa Rosa High School XC team has been working the finish line and aid stations. Now that we have the Chip Timing crew at the line, Doug and his group can focus on the aid tables and course monitoring. **Bob Finlay** was finally able to take a much needed break on the 4th and turn over the job of traffic to **John Harmon, Luis Rosales** and the Piner XC team. With Bob's guidance on the 3rd for setup and John's work on the new bestseller "Traffic Control for Dummies" everyone felt comfortable and ready for the task. I decided to bring on Piner XC for the traffic duty for a donation much like what we do for Santa Rosa XC. This way I wouldn't have to search for volunteers and the team could earn some much needed \$.



Traffic control: Luis Rosales and the Piner Cross Country Team

Probably the biggest change this year was the switch to on-line only registration. I really had no idea how it would go over. Runners have been registering last minute at Fleet Feet for many years and were used to that routine. I felt after talking to other race directors that this was the next step for this race so I took the plunge. In 2010 we had 600 on-line registrations and this year I was hoping to double. We also set a tiered registration price that gave folks the opportunity to save money while testing the price increase waters. It worked perfectly. About half of the folks signed up early and the other half put more money in the bank. Thanks to **Chris Mason** and to **Jerry Lyman** for guiding me through this process.

I felt that I had a lofty goal this year. Save money, make more money. Give more money away. In 2010 the Club made roughly \$10,500 after all expenses. Anything more than that I would be happy. But secretly I had a number. \$15,000 was my goal.

The last two weeks before registration closed my nerves were beginning to fry. The downside of on-line registration is that you can check the status often to track how things are going. This is not a good thing. I often found myself leaving the house just to get away from the computer. It wasn't until the first track meet on June 14th that we had made enough money on registrations to break even. I was somewhat relieved at this point that we wouldn't lose money although we needed over 400 registrations to hit my goal with only 14 days left.

I am not sure why I don't trust that the trend that I have been watching every year. I shouldn't be surprised, especially in this economy, why people wait until the very last minute. In the 2nd to last week we had 119 folks sign up which got us a bit closer to our goal and a staggering 400 sign up in the last five days. So, I went from thinking we wouldn't make money to thinking we may run out of everything. I was ready for a vacation from the madness.

In-store packet pickup went off without a hitch. Thank you to our volunteers who gave up their valuable time to help out. **Dave, Kathy and Brian Goodwin, Karen Frindell, Shirley Fee, Renee Garvin, Pam Horton, Jen and Will Ortlinghaus, Vernon Stafford, Nate Koch, Brad Zanetti, Steve Cryer, Andrea**

Guzman, Ty Strange, Tanya Narath, Bill Rogers, Nuvit Foster, Alyce Parks, Tori Meredith and Shelly Lydon.



Volunteers Brad, Will, Vernon and Steve at packet pickup

Race day is my favorite part and once setup is done I get to stand back and enjoy the morning. I was even able to run the 3k for the first time. I wasn't confident enough to run the 10k but felt I could sneak away for a few minutes. With Pete Sweeney doing his announcing gig and our very own **Sara Downing** singing a beautiful rendition of the National Anthem the day was officially beginning. **Carl Jackson** arranged for the very first Kenwood 10k winner from 1972 to come out and be interviewed from Pete. Doug Rustad finished in 34:14 that year and seemed thrilled to be a part of such a great tradition 40 years later.



I was very excited for the 10K race this year. Jeff Jackson was returning after running a 66-minute half marathon just two weeks prior. There was a lot of talk of the course record possibly being broken. **Kevin Jones**, currently living in Oklahoma, set the current record of 31:06 in 1986. Kevin was all too ready to see his record go down and was cheering Jeff on through the Kenwood Facebook page. Reese Byers, a Sophomore at Sac State would be pushing the pace looking for a best time while Jaimie Silva, a Junior from Piner HS XC was expected to set a big PR after a successful track season. Julia Stamps (3k record holder and SRHS standout) would be racing her first Kenwood 10k just 5 months after the birth of her second baby. **Catherine Dubay** would no doubt put in the challenge for all the women while representing the Masters group.



In the 3K, the Petaluma Boys XC team would set out to prove that summer training works. Kevin Poteracke took top billing in the 3k in 9:32 with teammate Alexi Taylor hanging on to his boot strings in 9:34. **Guy Schott** (47), placed 6th overall proving that age matters while senior runner **Don Stewart**, placed an impressive 7th overall despite entering a new age group (50-54). He will be one to watch in the upcoming XC season. Victoria Tomaszewski (16) running for Windsor HS would take the honors in 11:29 ahead of yours truly in 11:42. **Dale Leyhe** (80), and **Roger Anawalt** (91) completed yet another 10k and 3k respectively and were the oldest finishers of the day.

While the last of the 3k runners were tricking in, a glimpse of the first 10k finisher could be seen in the distance. We already knew that the record would not be taken this year but a good finish is always exciting to see. Jeff Jackson made it worth the wait and edged out Reese Byers by 6 seconds at the line for a solid time of 32:45. **Gerald McCormick** held his own for 3rd leading 16-year-old Piner runner Jaime Silva to a PR of 34:31. **John Litzenburg** earned top masters honors placing 7th overall. John holds the record of 20 top 10 wins for the 10k. That is 10 more than anyone in history.



In the women's race, former SRHS standout **Julia Stamps Mallon** would run the 10k for the first time, taking the victory in 38:05. **Nicole Lane** (16) would take 2nd and best personal finish while building her confidence for the upcoming XC season. Veteran **Catherine Dubay** led the master women and took 3rd overall with a time of 41:20 for 3rd place. Catherine also holds the record for the most top ten finishes and has been the 10k champion 8 times.



As always most of us read this and are inspired to train harder, run faster and are looking toward next year with the aspirations of a faster finishing time. But the true grit of the race is in the stories of accomplishments of being a first time finisher. Maybe you were running in honor of someone, maybe you were helping to inspire a fellow runner. No matter what reason it was I witnessed it all while standing at the finish line. Nothing can compare to a huge smile on the face of a youngster who finished his first 3k. Priceless!



A big thank you to everyone who crawled out of bed at the crack of dawn to help on race day, **John Anderson, Brad Zanetti, Laurie Martin, Jim Parks, Mark and Orion James, Lori Barekamn, Dale Peterson, Cindy and Jerry Roach, Paul Berg, Brad Illings, Gil Moreno, Bob Shor, Susan Kelleher, Dave DeSelle, Pam Horton, Karen Kissick, Larry and Tori Meredith, Troy Tuscher, Alex Wolf-Root, Nate Koch, Bob Finlay and John Harmon.** You all bring such enthusiasm and genuine love for the event that it really does translate into the Empire Runners building a reputation that is second to none.



Part of the
setup crew: L to R:
Nate, GP CZAR,
Puddles, Secretary,
Coach and Mrs.
Puddles

My mind is already spinning with ideas for next year. Maybe a free breakfast for all entrants? How about a corporate division? Maybe a \$\$ incentive to bring in more competition for faster times? I welcome and encourage all ideas to make 2012 even better. Email me with your comments and suggestions.

I would like to thank our sponsors, Fleet Feet Sports of Santa Rosa, New Balance, Kathy's Camp for Kids, Wild Birds Unlimited, Starkweather Massage, KZST, Kenwood Winery, Chateau St. Jean Winery, Culligan Water and North Bay Portables.

I recently looked at the many photos that were taken by **Dave DeSelle** and **Jerry Moreno**, most intently at the award ceremony pictures. Loads of hugs and smiles that prove the quality and pure enjoyment this event brings. Look for them on the website on the photos page. Until next time, run happy.

Val Sell

Empire Runners Club
PO Box 4241
Santa Rosa, CA 95402

Member Name:

Member Age:

Member Signature:

August 2011 Special Election - Expanded Board of Directors

Vote for up to three candidates for Board of Directors (listed in order of being nominated)

- Luis Rosales
- Valerie Sell
- Larry Meredith
- Jerry Lyman
- William Ortlinghaus

Write-in Candidates:

- _____
- _____
- _____

The August 25 club meeting has been designated a special membership meeting for the purpose of electing three new members to the Empire Runners Club Board of Directors.

Current club members who cannot attend the August meeting can vote by mail by using this ballot.

All mail-in ballots must be signed and mailed by Thursday, August 18, 2011. Ballots must be mailed to: PO Box 4241, Santa Rosa, CA 95402

Members must be 18 years or older to vote.



The Long and Short of It – Dale Peterson

Where has the Summer Gone? or Time to Renew

I am sitting here on the last day of July struggling to get something into the August newsletter. I just dug through my box filled with ER Newsletters looking for old articles for *The Doctor is In* and the *Blast from the Past*. It is very hard to look through the old newsletters without getting distracted and impossible to do so without noticing the passing of time.

Before I started on these newsletter chores I got online and renewed my State Parks Pass and my USATF membership. Both of these are important – the parks pass for what I hope are by now obvious reasons and the USATF membership for the upcoming PA Cross-Country season.

There is still one more **Summer Track Series** all-comers meet at Santa Rosa HS starting at 6:30pm sharp on Tuesday August 9th. If you have not yet come out, you are missing a lot of fun. This is your chance to run something much shorter than you typically would do all year and see how fast you really are.

If you are thinking about running in any of the upcoming **PA Cross-Country** meets you will need to be a member of the USATF. Without a membership you can still run, but you cannot score, which is the whole point of being on a team. So, google USATF-PA and sign-up or renew today!

USA Track and Field Olympic Team Trials – Eugene OR July 2012

I understand that you can still get tickets for the Olympic Trials next summer. I am not sure if you can still get complete full-week packages, but individual days apparently are still available. If you have never gone you really owe it to yourself to do so. This not just a track meet, it is a carnival and festival and a celebration that spills far beyond the stadium walls. The entire town gets into the spirit and you will too.

Go to Eugene2012.com to learn more!

If you *are* going you should start checking on lodging soon as it fills up very fast.

Fall will be here before you know it or Time to Get Going

If you are thinking about a marathon in October you are already behind schedule. If you are looking to November or December than it is time to go over your plans and get started. I know at least a few club members are planning on doing CIM – Cal International this year which will be on December 4th in Sacramento.

I did my first long run this morning in preparation for CIM and hope that I see many of you out there on the roads and trails during as the dog-days of August and September lead into the cooler and shorter days of October and November.

Pick an event. Sign up. Make it happen.

The Empire Runner

USA's are in the books and the Diamond League circuit is heating up! Most every nation is finishing up their World's selection process, with many still chasing those elusive standards. Of course, this also brings out some awesome competitions, and with that oftentimes some surprise marks. With all that being said, it's time for another edition of *The Month That Was!*

Paris Diamond League

1,500m men

The first weekend of July saw the Paris Diamond League Meeting, and key to many USA fan's was the men's 1,500m. Our top finishers at USA's were **Matt Centrowitz**, **Bernard Lagat**, **Leo Manzano**, and **Andrew Wheating**. With Lagat dropping to focus on the 5,000m, that made the top three – and the possible contingent for World's – Centrowitz, Manzano, Wheating. I say possible, because after USA's Manzano was the only one eligible.

Ya see, to run at World's, an athlete needs either an A or a B standard. Country's can send up to three athletes if they all have the A, or if two do and the other a B. Only one B can go per team.

The problem is that, after USA's, Centrowitz didn't even have the B. Manzano and Wheating did, but not yet the A. Standards are 3:35 and 3:38. With PB's significantly faster than both, Manzano and Wheating shouldn't be worried. And if they get the A, Centrowitz only needs a B. And we get our full team.

But things don't always happen as expected. They'd still have to run some of the best races of their lives, and we know how tough it is to get three men to put it all together on the same day.

Well, long story short, they did. 3:33.66 for Manzano, 3:34.39 for Wheating, and a huge PB of 3:34.69 for the American Champ Centrowitz. O, and Lagat was in the race too, as he ran 3:33.11. We have our A-team.

That's the big news for the American's, sure, but the race was pretty crazy itself. With 19 guys in the race, it went out faaaaast. Like WR pace fast. Guys were in lane two despite the scintillating pace, but it was just too bunched up for it to be otherwise. With a lap to go, Olympic Champ **Asbel Kiprop**, the favorite (for me at least) for the win, got boxed by the huge pack, as did American Record-Holder Lagat. And then **Amine Laalou** took off.

Laalou, who broke 3:30 last season and is the owner of a 1:43 800m PB, blew everyone out of the water, taking the W by nearly a second in 3:32.15. The Olympic Champ Kiprop closed as the best of the rest, finishing in 3:33.04, right ahead of the aforementioned Lagat. The top 8 all broke 3:34, with 12 under the World's A Standard of 3:35. Olympic Silver Medalist **Nick Willis** moved from last all the way up to 4th, just .11 off Lagat in the final straight.

5,000m women

The Empire Runner

From the international standpoint, this race was all about Olympic Champ **Meseret Defar**. Her accolades are too long to list; let's just say that if I had to compile a top-10 about her, some World Titles would likely be left off.

Defar's goal was to run 14:20 and take the 2011 world lead below 14:30. Considering that she is the second fastest woman in history at 14:12.88, that seemed doable. But, then again, she hadn't cracked 14:35 in the last two years, so, there were doubts.

There were also doubts about who'd actually get then win. Also in the field was compatriot **Sentayehu Ejigu**, who boasted a 14:28.39 from Paris last season, as well as **Mercy Cherono** of Kenya, who was third at the Prefontaine Classic at 14:37.01 one month before.

As expected, these three quickly split the field, and the typical bunched-up style of 5,000m races never took place, as no one else in the pack could be comfortable. It was clearly a three-woman battle, though the pace lagged at halfway, making a sub-14:20 very unlikely. With a kilometer to go the question now was: could anyone break 14:30? The answer was: yes!

With all three at contention going into the bell lap, Defar unleashed her blistering kick, covering the last lap in right around 60 seconds, to squeak under, running a world-lead of 14:29.52. Ejigu held on to finish at 14:31.66, while Cherono couldn't find that last gear and clocked 14:35.13, which was a new PB.

From an American standpoint, the highlight was **Shalane Flanagan** trying to retake her 5,000m AR. If you remember, last season **Molly Huddle** just edged Flanagan's record, 14:44.76 down from 14:44.80. Flanagan had run a 14:49 earlier this season, so clearly was fit enough to go for it. All she needed was a 0.05 second PB.

But it wasn't to be. From the start, Flanagan clicked off a steady pace, putting her in contention. Originally in 12th, she moved on up as everyone ahead of her died from the blistering pace. But having to do all the work and essentially running solo the entire time must have taken that extra 1% needed, as she came home in a very respectable but just not quite enough 14:45.20 for fourth.

3,000m Steeplechase men

This is Kenya's event. They have won every global gold ever. Let that sink in. Every Olympic Games. Every World Championships. Each time the men's steeplechase winner was from Kenya. But may things soon change?

Mahiedine Mekhissi-Benabbad may be thinking just that.

The Frenchman broke up the sweep in Beijing by snagging the Silver waged a war with Kenya's **Patrick Langat** and **Ezekiel Kemboi**. If Kemboi's name doesn't ring a bell you don't follow the steeple. One World Champs gold medal, one World Champs Silver, one Olympic Games gold, one all Africa Games gold, and a sub-8 to his credit, the list goes on and on. But it will not include Paris Diamond League Champ.

The Empire Runner

Mekhissi-Benabbad was trailing slightly with a k to go, but on the second-to-last water jump started to close the gap. Suddenly, he's up on their shoulders, and at the bell made the move. Instantly, Langat goes backwards (ended up 6th). Well, Kemboi didn't really go backwards, but it may have looked that way. Over the last lap, he lost nearly 5 seconds on the Frenchman, who's last two laps were right around 2flat, as he crossed in 8:02.09.

110m hurdles men

People complain that the big-three of sprinting – **Assafa Powell**, **Usain Bolt**, and **Tyson Gay** – often duck the competition. Well it's anything but that for men's short-hurdlers.

Two of the three fastest men in history gladly lined up (against other top-athletes as well) in what was arguably the event of the night. There was the Cuban World-Recordholder in **Dayron Robles**, versus the American Record-Holder in **David Oliver**. Robles PB: 12.87. Oliver's: 12.88. O, and the other of the Big Three: **Liu Xiang** at 12.88.

Well, it was Oliver and Robles, flanked by some of the best hurdles in history – including double-Olympic Silver Medalist **Terrance Trammell** – who went head to head for exactly 110m. The full 110m.

Robles got out hot, instantly with a lead on the much larger Trammell. Around hurdle six it looked like Trammell started to pull even, certainly was there by hurdle eight, just edging in front by hurdle nine, and looked to maybe have a lead at the line, but Robles was the better leaner, getting his shoulder out faster. At the line, it was anyone's to win.

At the end, they both recorded a 13.09, with Robles getting the W. Throw Liu Xiang in there and it looks to be a very, very exciting event come Worlds.

Long Jump men

With the 2012 Olympic Games coming to London, the Brits are looking for everything they can to earn some coveted T&F medals. One rising star may be **Chris Tomlinson**, who put together a fine showing in the long jump. Starting with an 8.10m jump into a headwind, he improved on his next two attempts to set a British Record of 8.35m (0.9m/s) and to take the lead over **Irving Saladino**. But of course the former Olympic and World Champ had one more response, leaping 8.40m on round five for the W.

Birmingham Diamond League

1,500m women

UCENY! Reigning USA 1,500m Champion **Morgan Uceny** has got to be one of America's best bests for a mid-distance/distance medal at the World Champs. First, she runs a perfect race to win her first Outdoor USA Title,



then wins the Lausanne Diamond League Meet in the final 200m, and then here in Birmingham she pulls away from a stacked field to win another Diamond League Meet.

In case you're wondering, "stacked field" refers largely to the following two ladies: **Maryam Yusuf Jamal** of Bahrain and **Kalkidan Gezahegne** of Ethiopia. Gezahegne is the reigning World Indoor Champion, who boats a PB of 4:00.97 (and 8:37.41 indoors). Jamal is the two-time defending Outdoor World Champion, who's PB is a blistering 3:56.18, plus 1:57.80 speed and 8:28.87 endurance. (Uceny had a 4:02.40 to her credit).

The race itself played out much as expected with so many studettes; slow opening, jockeying for position midrace, and a crazy burst with about a lap to go. Like in her last Diamond League outing, Uceny stayed right off the front until the final ~200m where she dropped a 29point for the W (4:05.64) over Gezahegne (4:05.96) and Jamal (4:06.39).

5,000m men

Double—European Champ **Mo Farah** of GB. USA Distance Darling **Galen Rupp**. Australia's Big Mizunga **Craig Mottram**. Bekele-slayer **Alistair Cragg** of Ireland. World XC Champ **Imane Merga** of Ethiopia. These and more toed the line of what looked to be a phenomenal 5,000m. And it was. But none of these are the subject of this month's *Spotlight on the Stars!*

That honor goes to Rupp and Farah's coach, **Alberto Salazar**. Love him or hate him, he's a huge player in American distance running, past and present.

Salazar started his athletic career as a prep runner in the 70's, earning Massachusetts's XC State Championship in '75. From there, he went on to Oregon, winning both Team and Individual NCAA XC Titles, as well as earning many All-American honors. Shortly there-after he earned a spot on the Olympic Boycott Team in the 10,000m, and broke the AR in the indoor 5,000m. After moving up to the marathon, he won many majors, including three straight NYCM titles.

Over the course of his career he set AR's at 5,000m, 10,000m, and 10km, plus nearly broke the WR in the Marathon, won USA XC and Track titles, and a silver at the World XC Champs in 1982. Solid, solid career.

But perhaps one of his more storied races was the 1978 Falmouth Road Race, where he lost. Battling it out with American All-Stars **Bill Rodgers** and **Craig Virgin**, Salazar pushed his body truly to the limit. With about 2km to go, he started going backwards. Vision blurred, memory got hazy, and before he knew it, he woke up in a tub of ice.

Turns out, Salazar pushed his body to the point that his temperature reached a shocking 108 degrees, and medical personal on staff didn't think he'd make it. He was read his last rights as doctors did everything they could to get him to normal. They did, then he got too cold, then they fixed him up again. But yea, he's that badass.



Anyways, why am I talking about Salazar now? O yes, because he's the coach of the **Oregon Project**, that group up north with the badass Skull and Wings logo, where he coaches, among others, Galen Rupp and Mo Farah.

As with the 1,500m on the women's side, a hot pace never materialized due to such a studded field. They didn't dilly-dally, but no world lead's were going to be set. All the key players were there through 4km, which was passed in a tick over 10:40, or 13:20 pace. And then, as normal, things took off.

But everyone was still there as they started to drop to 60low laps. Going into the bell lap, there were about 7 men, with Mo Farah and 2005 World Bronze Medalist Craig Mottram sharing the lead. But while Mottram hung on for a solid 13:11.51, Farah showed that he may be the favorite for worlds with a blistering 54-second final lap. On the home straight, he pulled well clear of Merga, who looked to be set for second. But then, Farah's training partner in Galen Rupp stormed by, edging his way to a second place, 13:06.86 PB.

The top 10 finishers all bettered the World's A standard of 13:20, but this will most likely be remembered as the day Farah put himself as a double-threat for World Gold. (First threat: 10,000m as shown at Pre.)

Monaco Diamond League

5,000m men

As was the case in Birmingham, this race featured **Mo Farah** and **Galen Rupp**, though also a slew of other top 5,000m men. Included in that list is American 10,000m Record-Holder – yet member of 2009 and 2011 World's 5,000m squad – Chris Solinsky, as well as American 5,000m Record-Holder **Bernard Lagat**. **Craig Mottram** of Australia was back, as was **Imane Merga**. Add in American **Matt Tegenkamp**, himself a sub-13 runner and 4th placer at the 2007 World Champs, and this was sure to be a barn burner.

All in all, there were 13 men under 13 minutes, with another at 13-flat, going into the race.

Unlike in Birmingham, though, Rupp failed to impress, though through no fault of his own. With only 4-5 laps to go, Rupp got shoved to the ground, missing out on any chance to show where his fitness really was. Then, just a lap later, Solinsky was pushed inside the track. And with that, two American medal hopefuls lost their best chance for a fast time – and possibly American Record – before the World Championships.

Still, all was not lost from an American point of view. '07 World Champ Lagat was in a large lead pack of about 6 as the pace quickened in the final laps. At the bell, Lagat was trailing only Farah, though with Kenyan National Champion **Isaiah Koech** and **Imane Merga** among the others within two steps.

But Farah and Rupp had something else in the tank, and the two started to pull away with 300m to go, and at 200m these two were neck and neck. For a moment it looked as though Lagat – the second fastest 1,500m man in the history of the world – would get the best of Farah, but it was not to be. The Brit cemented his place as World's favorite, pulling away to win 12:53.11 to 12:53.60. Both set National Records.



Behind these two came a slew of sub-13's, with the top 7 under that magical mark. To put that in perspective, previously this season only three runners had run that fast.

3,000m Steeplechase men

Paul Koech is angry. The 7th fastest steepler in history, multi-time Olympic and World's finalist, was not selected to the Kenyan team for the 2011 World Champs. Koech says he's terrible at altitude, which is where the Kenyan trials are held. He's never finished better than 4th. Yet he has a multitude of medals for Kenya at international competitions. With their system, the first two at the trials go, with the third being picked. This was Koech's chance to show the selectors they made a big, big mistake.

Thus, it was no surprise that from the gun this race was hot. American fans had **Billy Nelson** and **Dan Huling** in the race, but honestly, they weren't even on the video half-way through. (Nelson did run a nice 817.27 PB).

Master pacer **Haron Lagat** took the race out for the first kilometer, dogged by Koech, 2004 Olympic Champ and reigning World Champ **Ezekial Kemboi**, and 2008 Olympic and 2007 World Champ **Brimin Kipruto**. And once the pacer dropped the pace really didn't slow, seemingly a rarity in these events. And that's all thanks to Koech.

Taking the lead, Koech tried to put the hurt on his competitors, but also to make a show for the officials back in Kenya. And what a show it was! These three put themselves in a completely different race than the rest of the field, which included the Silver and Bronze medalists from the World Champs.

At the bell, Koech still led, but that was about to change. Kemboi made the first move, and Koech couldn't quite hang as Kemboi then Kipruto flew by. On the home straight Kipruto began to pull even, then took over going into the turn. And suddenly, it was all Olympic and World Champ Brimin Kipruto.

Somehow opening a second-plus lead out of nowhere, Kipruto flew down the home-straight, on his way to a sub-8 clocking and a huge win.

And the second fastest time in the history of the world.

Completely unexpected to everyone, Brimin Kipruto roared home in 7:53.64, a mere 1/100th of a second off the World Record. Kemboi came home in 7:55.76, with Koech still dropping an impressive 7:57.32. That is his 9th sub-8 performance, out of only 27 ever. He may have been beaten here, but he's still the man when it comes to steepling.

Stockholm Diamond League

3,000m Steeplechase men

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the Kenyan trials are held. He's never finished better than 4th. Yet he has a multitude of medals for Kenya at international competitions. With their system, the first two at the trials go, with the third being picked. This was Koech's chance to show the selectors they made a big, big mistake.

Wait, I just said that, didn't I? O yes, Koech was back, ready to put on another show. Unfortunately for him, there really was no competition this time around. True, **Benjamin Kiplagat** of Uganda, with his 8:03 pb, sat on Koech for the first 5 or so laps, the result was never in doubt. With two laps to go, Koech started to race, finishing at 8:05.92, a full 8.5 seconds ahead of Kiplagat.

Should Koech go to World's? That's not up to us. But, if he does, watch out!

5,000m women

Olympic, World, and World XC Champ **Vivian Cheruiyot** is going to make Defar work very, very hard come Daegu. Heck, she made the rabbit work so hard that she couldn't do her job! That's right, at 2km Cheruiyot passed the rabbit who was supposed to go the first 3km. Turns out, it was necessary, as that first 2km pace was significantly faster than her overall run.

Really, it was a time-trial then a race for second. Cheruiyot got up to a 100m+ lead, winning in 14:20.87, a new Kenyan National Record, and over 20 seconds ahead of second. O, and it was the 4th fastest time in the history of the world.

Fighting for second was **Shalane Flanagan**, as well as Kenyan 10,000m runner-up **Sally Kipyego**, whose agent is none other than our very own **Vince Ewing**.

Shalane was moving her way up the large chase pack for much of the second half of the race, but with less than a km to go Kipyego took off, finishing at 14:43.87. Flanagan came home in a respectable 14:46.80, just behind **Sylvia Kibet**. That's the third time this year she's run under 14:50 but missed the AR of 14:44.76.

Also of note for American fans was Olympic Marathoner **Magdalena Lewy-Boulet**, who dropped her PR under 16 for the first time to 15:14.25. Just behind was **Jenny Barringer-Simpson**, the American Record-Holder in the steeple, as she continues to struggle after leaving her longtime coach **Mark Wetmore**.

Well, I'm exhausted. For more (and better) coverage of the world of athletics, go to Letsrun.com and TrackAndFieldNews.com. Better yet, go to Universal Sports and buy their T&F package. Support the sport you love!

Till next time,

Run More, Think Less



Blast From the Past!!!!!!! – June 1978 ER Runner

HOW CAN YOU DECIDE WHICH RACES TO RUN ?

by Glenn McCarthy

With more and more races in our area we are faced with the problem of deciding which of the races we will run and race. I have a few suggestions on choosing your race. We all benefit much more and succeed as well if we have a plan to guide us.

Let me divide us up into 2 groups, marathon runners and distance runners. Marathon runners run mostly marathons and longer races, this is a problem for them. They run so much distance work that they feel they cannot run well at shorter distances. They run slow to cover the distances they need to run a marathon, the problem is that slow running does not make running fast short races easy. They are just not ready to run faster. So they become stuck in a cycle of not running the shorter faster work they need to reach their potential. Either they say "I don't race well over shorter distance so why try racing them?" or "that race is only 4 miles, and I need a 15 mile day". They can run for hours, just not very fast.

The distance runner is the type of runner who may run a marathon but is usually content with races in the 3-12 mile range. Usually this runner does well at the shorter distances, and feels he is not competitive at the longer distances. When trying the marathon this runner does not run as well as he does at shorter runs and decides to give up on that aspect of running.

Most of us fit into one group or the other (More or less), so pick a group. From here lets discuss various distances as they affect these types.

One to 3 miles-our marathoner probably won't even look at these on his schedule. (It is on my 20 mile day, I'll spend as much time getting there as I'd need to run my 20). The distances require speed, not one of his developed commodities. If by chance he does run he goes out to fast for his ability and fades, to which he decides I am just not made to race these short races. Our moderate type eats up this distance. The stress is low and it makes it possible for him to race these distance even several times a week. Both types of runner can use these races to keep themselves racing sharp. The speed is good and the anaerobic running helps keep the anaerobic level high.

3-6 miles- our marathoner may run one or two of these a year but again as he has not developed an anaerobic capacity tires early from a fast early pace and is dissatisfied by his performance. He still uses these performances to rationalize his belief that he cannot run anything but marathons. He should be racing over this range more often to improve his speed and economy of motion to run faster marathons. Our moderate man may run these races too often and loose that zest for competition, or not be able to run well all the time, he should decide to run some relaxed and others harder. In our area he may decide to race hard at Kenwood, or some other highly competitive run.

6-12 miles-The marathoner runs fairly well over this range and doesn't hesitate to race over these distances. The only problem is that he does not have the co-ordination of speed and anaerobic capacity to race up to his ability. He may still loose to the moderate runner who is tired at the end of the run but ahead of the marathoner who is not. The moderate runner runs fairly well over this distance range, but still feels to tired from the effort to feel this is his range. He should race this range more often to gain strength and confidence.

12-20-The marathoner will run most any race you put on in this range but there is little speed requirement, this only goes to reinforce his belief that the longer races are where he belongs. Our moderate runner may never enter one of these. Preferring to stay away from "Them long runs" because he does poorly. However, if only to use it as a training run, he should run a couple of these a year.

20 and longer-The marathoner is home here, no problem here except that he may run so many that he is either "building up for" the next one or "recovering" from the last. It is a good excuse for not racing the shorter distances he needs to improve his speed. Poor moderate runner, he runs only one of these every three years (it takes that long to forget the last one) and does poorly, usually because of fast early pace. He needs to finish an easy one for the confidence.

So which do you choose, the best bet is a potpourri of the whole bunch. A group of shorter runs for the speed and anaerobic capacity it will develop and longer runs for the confidence with faster paces over the longer distances. We all need all these aspects, whether we are trying to race the mile or the marathon. Pick and choose your races and your running will probably improve with intelligent decisions.



August Grand Prix Update

Thanks to almost 50 volunteers, another successful Kenwood is in the books. As promised, all volunteers were awarded 75 points; and these points really shook up the standings.

Karen Kissick is threatening to run away with the overall women's title. But Val Sell isn't too far behind and has been running strong. Nate Koch has regained the upper hand in a see-saw battle atop the men's standings. And watch out for little Orien, who has clawed his way into the top 5.

Just like in a race, it is most difficult to stay focused in the middle part of the year long Fleet Feet Grand Prix. Don't lose hope and keep racing! There are plenty of races left before the final winners are crowned. So get out there, lace up your trainers, and toe the line.

Happy Racing!

First Name	Last Name	Div	Res Run	Vlly Ford	Illsanjo	LoopdeLoop	JckRbbt	Track	RiverFront	Kenwood	Total
Nathan	Koch	30's	97		98	100	87		99	75	556
Dave	Goodwin	50's	79		91	103	75		98	75	521
Steve	Cryer	50's	81		97	95	76		91	75	515
John	Staroba	30's	98		99	99	97		100		493
Orion	James	under 10			99	91	100		87	75	452
Andy	Howard	40's	94		99	93	94				380
Jim	Parks	50's	55		91		63		88	75	372
Jon	Hermstad	60's	73		88	101			89		351
Jerry	Lyman	60's	72			105	77		97		351
Brian	Goodwin	14-19	83				88		98	75	344
Vernon	Stafford	50's	75		90	102				75	342
Brad	Zanetti	50's	91				83		93	75	342
Kevin	Teuscher	50's	58		89	97			94		338
Ryan	Terschuren	20's	74		85	95	73				327
Rob	Main	50's	71		88		69		95		323
Bob	Rogers	50's			95		61		88	75	319
William	Rogers	40's	62		99	96	61				318
Dale	Peterson	50's	41			98	100			75	314
Mark	James	40's				91	59		87	75	312
Vince	Ewing	40's	95			109	90				294
Evan	LaBrazzo	14-19	99		87	98					284
Daniel	Pride	10 13	87		86	99					272
Peter	Kirk	40's	88		83	100					271
Troy	Tuscher	50's			96				97	75	268
Larry	Meredith	50's	86		89		82				257
Stephen	Rauch	40's			94		70		91		255
Brian	Morrey	30's	67			94			92		253
Paul	Berg	50's			94		81			75	250
Duncan	Meech	40's			84	99	54				237
Bill	Browne	60's	59		88				89		236
Brendan	Hutchinson	60's	69				66		93		228
Joe	Sanchez	50's	56		78				90		224
Ernst	Bohn	70's	43			92			85		220

Paul	Peck	50's	40		86				86		212
Guy	Schott	40's			100	107					207
Sid	Andreis	30's			98	106					204
David	Veveiros	50's	57		74		67				198
John	Anderson	50's	23			87			85		195
Don	Sampson	60's	48				58		86		192
Harrison	Wistock	14 19					93		99		192
Hugo	Yescas	30's			93	98					191
Michael	Parker	40's	92		97						189
Nick	Utter-Leyton	20's			92	97					189
Skip	Feldman	50's				93			93		186
Jerry	Finlay	30's	90						96		186
Bryan	Porter	40's	89						97		186
Chris	Rostel	50's				90			94		184
Brent	Smith	40's			88	96					184
Ryan	Nguyen	10 13	84			99					183
Matt	Schiffer	30's			80	98					178
Ty	Strange	50's	100							75	175
Alex	Wolf-Root	20's				100				75	175
Darryl	Beardall	70's	49		68		56				173
Paul	Archibald	50's			72	95					167
Mark	Strozyk	40's			73	94					167
Dale	Leyhe	70's	32		85		48				165
Nicholas	Rauch	14 19					74		90		164
Zach	Rounds	30's			71	93					164
John	Katchmer	50's			70	90					160
John	Harmon	50's					80			75	155
Al	Myers	40's			66	89					155
Bryan	Bradley	30's				94	60				154
Dave	Sell	40's					68		86		154
Dave	DeSelle						75			75	150
Mike	Quigley	50's	65		77						142
Bob	Finlay	50's	66							75	141
Matt	Pride	40's	45		92						137

William	Ortlinghaus	40's	60							75	135
Daniel	Eperson	40's	47						87		134
George	Nacouzi	10 13	39			89					128
David	Garcia	40's	34						91		125
Rene	Meza	40's	30						89		119
Rustin	Prior-Hodenfield	under 10	20				98				118
Don	Stewart	50's				110					110
Steve	Behler	40's				108					108
Philip	Sevilla	30's				104					104
Sammy	Nacouzi	under 10	18						85		103
Devin	Carranza	40's				100					100
John	Liztenberg								100		100
Luis	Luna	14 19					100				100
Connor	Schott	under 10			100						100
Nick	Spector								100		100
Michael	Zanetti	20's			100						100
Matthew	Anderson	under 10					99				99
Stephen	Cann								99		99
Epi	Nunez	14 19					99				99
Kevin	Moffett								98		98
Efren	Reyes	14 19					98				98
Barrett	Klein	20's				97					97
Dario	Zea	30's				97					97
Joseph	Bootier	40's			96						96
Patrick	Burden	20's				96					96
Greg	Fitch								96		96
Jonathan	Hayden	50's	96								96
Zekaryas	Mebrahtu	14 19					96				96
Asher	Nathan	60's				96					96
Alvin	Otani								96		96
Joe	Eichenseher	30's				95					95
Ian	Inman								95		95
Matthew	Mulligan	14 19					95				95
Chad	Nathanson								95		95

Doug	Starr	50's			95						95
Burt	Braden	50's				94					94
Brandon	Crowell								94		94
Jason	Salig	40's	93								93
Dave	Secchitano	50's			93						93
Zchary	Woodson	30's				93					93
Dan	Cuniberti								92		92
Scott	Curry								92		92
Eric	Downing	40's					92				92
Nic	Mark	20's				92					92
Jim	Newman	50's				92					92
Robert	Thille	40's				92					92
Ulysses	Esparza	14 19					91				91
Arvan	Williams	40's				91					91
Ricky	Zamora	10 13	38				53				91
Chris	Sevilla	30's				90					90
Alex	Mendoza	14 19					89				89
Dan	Myers	20's				89					89
Jonathon	Choe	30's				88					88
Bob	Holland								88		88
Derek	Felciano	30's	86								86
Eric	Kroh	14 19					86				86
William	Tran	14 19					85				85
Carl	Jackson	70's	35				49				84
Ed	Lopez	14 19					84				84
JR	Mintz	40's	82								82
William	Rostel	50's			82						82
Chris	Alejos	30's			81						81
Philippe	Thibault	40's	80								80
Alejandro	Escutio/Escutia	10 13			79						79
Eric	Roman	14 19					79				79
Scott	Bice	30's					78				78
Patrick	Temple	40's	78								78
Lon	Wiley	60's	77								77

Mark	Cole	30's	76								76
Adel	Dahmani	30's			76						76
John	Anderson									75	75
Surachai	Intarapravich	50's			75						75
Chris	Mason						75				75
Gil	Moreno									75	75
Vince	Fausone	50's					72				72
Philip	Tran	14 19					71				71
James	Wiley	40's	70								70
Michael	Pallatrolì	50's			69						69
Tony	McCormick	50's	68								68
Julio	Gutierrez	10 13			67						67
David	Hoytt	20's					65				65
Guillermo	Oropeza	10 13					64				64
Jordan	Scobey	10 13	64								64
Carl	Triola	40's	63								63
Rory	Fette	10 13					62				62
George	Bratsburg	50's	61								61
Rigo	Magallanes	10 13					57				57
Ricky	Meza	10 13	54								54
Clayton	Smithson	20's	53								53
Vance	DeWitt	40's	52								52
Peter	Howley	70's					52				52
Armando	Madriz	10 13					51				51
Steven	Solari	30's	51								51
Todd	Belluomini	40's					50				50
Bob	Frazer	60's	50								50
Jason	Azat	30's	46								46
Thomas	Grinder	60's	44								44
Misael	Giron	40's	42								42
Nick	Rogers	20's	37								37
Dale	Trowbridge	70's	36								36
Drue	Rostel	40's	33								33
Curt	Hayden	60's	31								31

Charlie	Johnson	30's	29								29
Dan	Thomson	40's	28								28
Nico	Zamora	under 10	27								27
Ron	Franklin	60's	26								26
Al	Tagliaferri	60's	25								25
Gilman	Jung	70's	24								24
Jacob	Berg	10 13	22								22
Cooper	Prior-Hodenfield	under 10	21								21
Mariko	Wesley-Fagundes	30's	19								19





First Name	Last Name	Div	Res Run	Vlly Ford	Illsanjo	LoopdeLoop	JckRbbt	Track	RiverFront	Kenwood	Total
Karen	Kissick	50's	87		96	110	91		97	75	556
Val	Sell	40's	100		99		97		99	100	495
Karen	Frindell-Teuscher	30's	97		99	97			94	75	462
Alyce	Parks	50's	80		94	96	82			75	427
Tanya	Narath	40's	76		90	99	81			75	421
Ashlee	Staroba	30's	96			99	96		100		391
Karen	Teuscher - Frindell	30's	97		99	97			94		387
Shelly	Lydon	40's	94		99	109				75	377
LT	Isabeau	50's			94	99	80		88		361
Andrea	Guzman	20's	91			94	93			75	353
Stephanie	Nacouzi	50's	63		95	98			85		341
Shelli	Main	40's	82		96		65		95		338
Mel	Belluomini	30's			100		99		99		298
Lydia	Alcazar	30's				108	87		92		287
Susan	Kellerher	30's			88	103				75	266
Shirley	Fee	70's	74			105				75	254
Jennifer	Ortlinghaus	40's	84				83			75	242
Renee	Garvin	40's	61						87	75	223
Lori	Prior	40's	60		78		76				214
Lisa	Anderson	40's	53			87	69				209
Nicole	Lane	14 19					100		100		200
Cathy	Dubay	40's	99		100						199
Sylvia	Moffett	50's					92		98		190
Catherine	Rauch	10 13					100		90		190
Linda	Reed	50's			86	104					190
Reyana	Ewing	40's	81			106					187
Cara	Tocchini	30's			91	96					187
McKenna	Sell	under 10			100				86		186
Melanie	Mathewson	10 13	88		97						185
Julie	Nacouzi	14-19	100						85		185
Elizabeth	Meza	40's	95						89		184
Margie	Al-Ghanim	50's			92	91					183
Lori	Barekman	50's				93				75	168

Maggie	Allen	20's			74	93					167
Drue	Rostel	40's			76	90					166
Tori	Meredith	50's	90							75	165
Ruby	Garcia	30's	71						91		162
Zuley	Munoz	10 13			81		79				160
Adriana	Torres	14 19			79		77				156
Britney	Baxmen	14 19			80		75				155
Claudia	Caballero	10 13			82		73				155
Cathy	Goodwin	50's	79							75	154
Mina	Ewing	under 10	51				99				150
Laura	Roesner	30's	72				66				138
Jodi	Zamora	30's	62				74				136
Kathy	Dowdall	40's	52				67				119
Lori	Behler	40's					107				107
Jessica	Dawney	20's					100				100
Sarah	Hallas								100		100
Anne	Henderson	F					100				100
Zoe	Miller	30's					100				100
Kallista	James	under 10			99						99
Shannon	Mitchell	30's			99						99
Ashley	Moffett								99		99
Christina	Curry								98		98
Carly	McCready	20's					98				98
Jen	McLendon	30's					98				98
Leila	Nacouzi	14-19					98				98
Carrie	Peterson-Kirby	30's	98								98
Alisha	Rice	30's			98						98
Anya	Skrypka								98		98
Delaney	White	10 13			98						98
Kelly	Gaab	30's			97						97
Mariko	Wesley-Fegundes	40's					97				97
Samol	Williams	F					97				97
Gretchen	Forrey								96		96
Marina	Galvin	40's					96				96

Dana	Aguero	30's				95					95
Michaela	Baltasar	30's				95					95
Allyson	Bricker	14 19			95						95
Anne	Eichenseher	30's				95					95
Ashley	Holtze	20's					95				95
Veronica	Kays	14 19					94				94
Bria	Myers	20's				94					94
Anna	Myers	40's				94					94
Tessa	Berg	30's	93								93
Jen	Clouse	20's			93						93
Janet	Feldman								93		93
Sheila	Masi	50's			93						93
Sharon	Strom	30's				93					93
Bridget	Dempsey	40's			92						92
Leah	Pulis	40's				92					92
Odessa	Schexnaydre	30's	92								92
Tina	San Azzaro	40's			91						91
Lexy	Cruz	30's			90						90
Meaghan	O'Day	20's					90				90
Jessica	Aguilar	14 19			89						89
Veronica	Bosque	20's					89				89
Suzanne	Howard	20's	89								89
Theresa	Manchester	50's			89						89
Jocelyn	Mendoza	14 19					88				88
Stephanie	Roesner	30's				88					88
Janeth	Garcia	30's			87						87
Robin	Clark	30's					86				86
Deb	DeCarli	50's	86								86
Megan	Basinger	30's	85								85
Dezirae	Johnson	14 19					85				85
Alandra	Torres	14 19			85						85
Lori	Adams	30's			84						84
Krya	Johnson	14 19					84				84
Salma	Ewing	10 13	83								83

Marina	James-Galvin	40's			83						83
Alexandra	Pinada	10 13					78				78
Rachel	Pride	10 13	78								78
Nancy	Abila	30's	77								77
Wendy	Cole	50's			77						77
Sara	Azat	40's			75						75
Anette	Niewald	50's	75								75
Vera	Ewing	10 13	73								73
Riley	Fette	10 13					72				72
Suzy	Fette	40's					71				71
Jordan	Pride	under 10	70								70
Bernice	Uraga	10 13					70				70
Erica	Bosque	20's	69								69
Susan	Miller	40's	68								68
Melanie	Rosales	40's					68				68
Michelle	Nacouzi	14-19	67								67
MaryAnn	Frazer	50's	66								66
Michelle	Thompson	40's	65								65
Tiffany	Ettedgui	40's	64								64
Leah	Garcia	10 13	59								59
Roberta	Kralj	20's	58								58
Stephanie	Thibault	40's	57								57
Leslie	Curry	40's	56								56
Mackenzie	Mathewson	under 10	55								55
Stephanie	Jones	30's	54								54
Mary	Kern	60's	50								50
Nataleigh	Johnson	under 10	49								49
Yasmine	Zamora	under 10	48								48
Katelin	Riolo	20's	47								47
Maleah	Giron	under 10	46								46
Toni	Giron	40's	45								45
Ann	Allen	40's	44								44
Shaline	Echols	30's	43								43
Xenia	Echols	under 10	42								42

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>31</p> <p>Race: San Francisco Marathon 11M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p>1</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>2</p> <p>20x200m @XC race pace, jog 100 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>3</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p> 	<p>4</p> <p>6M at comfortable pace 5:30p Howarth Park</p>	<p>5</p>	<p>6</p> <p>8:30a SR Creek Training Run, Railroad Square, SR</p>
<p>7</p> <p>ERGP Race: 10 a.m. Salmon Creek 5M and 2M Fun Run/Walk</p>  	<p>8</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>9</p> <p>5:30p Heart & Sole Sports Jog/Run, 3-5 miles 6:30p All-Comers Track Meet, Santa Rosa HS</p>	<p>10</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>11</p> <p>Hilly 10M - strong pace on all uphill 5:30p Howarth Park</p>	<p>12</p>	<p>13</p> <p>8:30a SR Creek Training Run, Railroad Square, SR</p>
<p>14</p> <p>11M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p>15</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>16</p> <p>Hill Repeats: 10x80 seconds 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>17</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>18</p> <p>Newsletter Submissions Deadline 3x1M on Empire Open XC Course 5:30p Howarth Park</p>	<p>19</p>	<p>20</p> <p>PA Cross Country Race: Santa Cruz 4M XC 8:30a SR Creek Training Run, Railroad Square, SR</p>
<p>21</p> <p>9M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive</p>	<p>22</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>23</p> <p>Lawn Repeats: 6x500m at strong pace 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 5:30p SRJC Lawn along Mendocino Avenue</p>	<p>24</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>25</p> <p>Preview of Empire Open XC Course 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p>	<p>26</p>	<p>27</p> <p>XC Race: 9 a.m. Empire Open PA Cross Country 3.36M, Spring Lake Race: Angel Island 12K & 25K, Tiburon 8:30a SR Creek Training Run, Railroad Square, SR</p> 
<p>28</p> <p>9M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p>29</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>30</p> <p>2x1600m@2M GP: walk 200, jog 600 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>31</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>1</p> <p>5.5M with 4x2min. at strong pace 5:30p Howarth Park</p>	<p>2</p>	<p>3</p> <p>PA Cross Country Race: Golden Gate 4M XC 8:30a SR Creek Training Run, Railroad Square, SR</p>