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The Empire Runner

August 2012

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www.empirerunners.org

The Realm of Possibility!

By Larry Meredith



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Also in this Issue:

- Another SOB
- Team Skirt
- Plus More!

The Empire Runner

IN JUST OVER THREE HOURS I will join friends, club mates and a few newcomers on the sand for the 35th Annual Salmon Creek Beach Run. It is a cool, misty, gray dawn and I am picturing the beach training scene from the film *Chariots of Fire*. This year the mental images are more meaningful than usual given the fact that (a) the Olympic Games are in London, (b) the track and field events began just two days ago and (c) in 42 hours our local star, Kim Conley, will make her Olympic debut in the women's 5000 meter run.

More than ever the Santa Rosa area is tuned in to Olympic track and field, thanks to the local, regional and even national media coverage of Kimmy since her stunning qualification run in Eugene five weeks ago. I have enjoyed debating with my group of friends just what will take place when the gun goes off for Kim's first-round race. By the time most of you read this, the story will have already played out.

In my long-ago coaching days I found that the toughest job was giving tactical advice to a runner either in a qualifying round or in the championship event itself. At the high school level, and probably far beyond, the runner often has built up a great deal of trust in their coach's judgment. The coach knows this, realizes it is a delicate balance and sometimes has a long and torturous internal debate about what to tell the athlete just prior to their big event. In some cases the fate of their future relationship can rest on the outcome.

As an interested follower the debate is much less stressful but just as challenging. What will Kimmy do? What *should* she do? There are two 5000-meter heats and to qualify for the final Kim will need to either place among the top six in hers or hope that she is one of the top three non-automatic qualifying times. Her options, in my meaningless opinion, are as follows.

Kim can do what almost everyone else does in almost every Olympic qualifying heat for the 5000-meter event. Follow the pack through a seemingly pedestrian pace for eight laps or so and then respond to the inevitable jailbreak that will take place in the last mile of the race. Given that Kim ran her final mile in Eugene in about 4:43 (each of her first two miles were run in about 5:01), she might have enough confidence in her finishing strength to consider this a reasonable strategy. It is risky. If Kim takes this route and fails to move on she will be doubly disappointed because her time will almost certainly not be near her best.

If anyone in her race sets a hard, early pace, Kim won't have to worry about that first option. She can just follow along and see what happens on the final lap.

Another thing for Kimmy to consider is to run this event with the intent to run her absolute best effort which, according to her post-race comments in June, will result in a time of around 15:05. She would finish knowing that she performed at her peak against the best runners in the world and, qualify or not, can take a huge measure of satisfaction from that. It is risky. Almost every unknown runner who has tried this in championship events ends up fading into anonymity over the final laps.

The Empire Runner

Poor weather would rule out this scenario. No one wants to push the pace into gusts of wind and sheets of rain.

Kim is overmatched, of course, having just squeaked into the Olympics with a qualifying time only 0.2 seconds better than the “A” standard. We all understand that and know that the odds are stacked heavily against her moving on to next Friday’s final. After all, Kim’s best is not among the top 30 in the world this year and then you come to the sobering fact that 18 of the top 19 times have been turned in by women from either Kenya or Ethiopia. The one exception is a runner from Morocco.

But then one’s mind begins the counterattack. Of those 18 Kenyans and Ethiopians only six will be in London on race day. Throw in the Moroccan and now you see that the eighth-best women’s 5000 meter runner of 2012 at the Olympics this year has a best time of 15:08. Hell-O-oo! That’s right in Kimmy’s ballpark!

So yes, Kim Conley has a legitimate chance to make the Olympic 5000-meter final. It will not be easy. It will not be expected. But anyone who saw Kimmy race in Eugene must realize that anything – and I mean *anything* – is possible.



TREASURER'S REPORT AS OF May 31, 2012

ASSETS	<u>05/31/12</u>	<u>04/30/12</u>
Current Assets		
Checking/Savings		
Chase Bank Certificates of Deposit	\$2,351	\$2,351
Exchange Bank	\$57,044	\$53,941
PayPal Money Market	\$4,701	\$1,752
Total Checking/Savings	\$64,096	\$58,043
Petty Cash	\$425	\$425
Total Current Assets	\$64,521	\$58,468
Other Assets		
Security Deposits	\$300	\$300
TOTAL ASSETS	\$64,821	\$58,768

Fund Balances

Annadel Half Restricted Fund Balance	\$1,601	\$2,251
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Student Grant Restricted Fund Balance	\$4,073	\$4,043
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Kenwood Restricted Fund Balance	\$26,367	\$17,717
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Empire Runners Club Fund Balance	\$32,780	\$34,758
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Membership Dues	<u>2012</u>	<u>2011</u>
Membership dues received year to date	\$5,561	\$3,320

Race Income and Expense	<u>2012</u>	<u>2011</u>
<u>Jack Rabbit Derby</u>		
Race entry fees	\$265	\$337
Race expenses	(\$412)	(\$459)
Net Income	(\$147)	(\$122)



TREASURER'S REPORT AS OF June 30, 2012

ASSETS	<u>06/30/12</u>	<u>05/31/12</u>
Current Assets		
Checking/Savings		
Chase Bank Certificates of Deposit	\$2,351	\$2,351
Exchange Bank	\$68,527	\$57,044
PayPal Money Market	\$4,459	\$4,701
Total Checking/Savings	\$75,337	\$64,096
Petty Cash	\$825	\$425
Total Current Assets	\$76,162	\$64,521
Other Assets		
Security Deposits	\$300	\$300
TOTAL ASSETS	\$76,462	\$64,821

Fund Balances

Annadel Half Restricted Fund Balance	\$1,601	\$1,601
Student Grant Restricted Fund Balance	\$4,128	\$4,073
Kenwood Restricted Fund Balance	\$40,983	\$26,367
Empire Runners Club Fund Balance	\$29,750	\$32,780

Membership Dues	<u>2012</u>	<u>2011</u>
Membership dues received year to date	\$5,725	\$3,735

The Empire Runner

Notes From Another SOB



July 13th, my wife and I trekked up to Mt Ashland (Oregon) for another attempt to grind the SOB into submission. The S>O>B> is actually a race: 15k starting and ending atop Mt Ashland ski area just across the Calif/Oregon border on I5 (not THE 5 for you southlanders). It has become A) my favorite race, B) my toughest yearly race C) one of the most scenic and grueling races anywhere and D) an obsession (everyone needs at least one).

The S>O>B> stands for Siskiyou Outback or out and Back. It is mostly on the Pacific Crest Trail, mostly single track with views of 6-10 other mountain peaks, depending on weather, including Mt Shasta and Mt Lassen at times. The best part of the view is there are no other taller peaks nearby blocking the views since the race starts and ends atop Mt Ashland at 6000 ft.

I have done this race three times now and it definitely helps to know the course when attempting to race it, and not just outlast or endure it. There are plenty of hills, and the altitude definitely factors into your results and effort, but a lot of the course is rolling, gently sloping, single track side hills with nearly perfect footing, considering it is trail or dirt road

The Empire Runner



throughout. The first 1/3 takes you through some wildflower single tracks with foliage ankle high to chest high. Awesome is the only word for it. It almost seduces you into enjoying the experience while you are suffering through the miles and altitude. This year the weather was nearly perfect: 60 or so with a nice breeze at the start and finish, yet protected from any headwinds as you run along the side of the mountain for the entire first half.

After the first aid station, 2 ½ miles in or so, it does enter a forested area, similar to parts of Annadel or the dipsea, and it climbs, mostly gradually for about the next 4 miles. The toughest part is a 2-3 minute series of steep, hot switchbacks that most people end up walking some portions (and of course the camera is positioned right at the worst part of this section, I guess there is a rule about that in trail races). After this section you reach another aid station at the turnaround point and head up a dirt road for a mile or so, not too steep, but exposed and still climbing, but you can see the top (also a false top to enjoy if you haven't run it before). The views are great up here also if you can get your gaze up off the trail in front of you, you can see the single track below that you just came up and a few of the later runners. There is usually still some snow off to the sides here also, which is always inviting.



You finally reach the downhill on this dirt road and can try to fly and gain back some time and a few places in the race if you have conserved some energy or will. Then you are back at aid station 1 (and 3) and back to the single track and last 2 ½ miles, mostly flat or slightly downhill, except for the ½ mile back up the dirt road you came down and then the 1/3 mile of parking lot at the start/finish.

Anyway, this is an awesome race, yet tough, which I guess adds to the intrigue and enjoyment, if you are a typical masochistic runner (is that a redundancy?). If you don't ever race it at least stop to hike, run it if you are ever on I5 just south of Ashland/ north of Yreka. There is an exit marked Mt Ashland and it is just 8 miles up the hill on Mt Ashland road. You owe it to yourself

The Empire Runner

to at least drive up there and have a picnic or beverage and check out the view, it is one of the best vistas you will ever see that you can drive right up to.

Final thoughts and results of this year's race: winner broke 1 hour, unbelievable, first 60 something ran 1:12 also astonishing, I was 5th 60 something ran 1:48 just between my hi/low estimates of 1:45-1:50. About what I ran 2 years ago, and happy with time since there were moments in first mile or two of not finishing or walking in, with short twinges in calf and hammies, but disappeared as new muscles started firing or talking to me. I try to train with heart monitor in longer races and altitudes and my rate stayed between 154-168, about the same as it was at Kenwood. Will definitely be back next year if healthy.

Bill Browne

Nominations are open for the Empire Runners' Hall of Fame, Class of 2013. Qualifications are listed on the Hall of Fame page, under "Awards" on the club website.

Nominations close October 1. Self-nominations are permitted. Contact Mike McGuire (mmcguire@pacbell.net or 542-6687) with questions or comments.

The Empire Runner

DeCelle Memorial Lake Tahoe Relay 2012

Team Skirt; 7 smiles for 72 miles

Robin Stovall: leg 1, 9.6 miles

Tori Meredith: leg 2, 8.2 miles

Shelli Main (Shell Bell): leg 3, 10.3 miles

Shelly Lydon: leg 4, 12.3 miles

Tanya Narath: leg 5, 10.6 miles

Lisa Youmans: leg 6, 10.5 miles

Val Sell: leg 7, 10.5 miles



Members of Team Skirt keep smiling after receiving their awards.

Team Skirt places 3rd in the women's masters 40 and older division with a time of 10 hr, 44 min, 45 sec. an improvement of 17:30 min from their third place finish in 2011. We were 55th out of 112 teams. A big improvement from last year as well. Not to mention we were the oldest women's team overall out in the field of competitors.

The race was great fun from start to finish including our decorated van that read "does this skirt make my butt look fast" We managed to pick off 51 road kill (meaning we passed 51 runners over the 72 miles). It is the best relay event in that you only have to run one leg and you are done by early evening. The best team name that we saw out on the course was a co-ed team named "Tight Butts and Sweaty Nuts"

Leg 1 is 9.6 miles; **Robin Stovall** was ready to go when the gun went off at 7am along with the other 111 runners running past all the shops and casinos. It is always good to be done first and have all the pressure off for the rest of the day.

Leg 2 is 8.2 (STEEP) miles; **Tori Meredith** kept asking us, "Where is the hill?" We chuckled knowing when that very steep hill finally came, she would master it like a champ! She stomped on 16 teams as she climbed strong and steady.

The Empire Runner

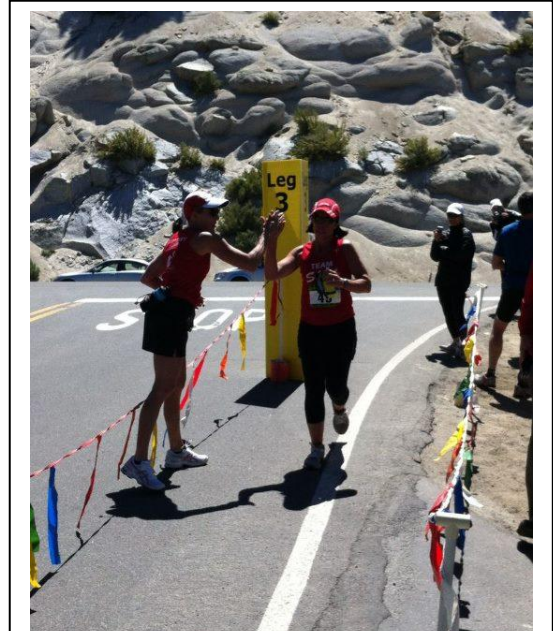


Team Skirt (continued)

Leg 3 is 10.3 miles, **Shelli Main** (Shell Bell) LOVES downhill and she managed to lose all the elevation that Tori had just gained and got the team back to lake level while passing her lucky number "17" teams.

Leg 4 is 12.3 miles (the longest leg in the relay) **Shelly Lydon** had the heat of the day to contend with and more mileage than she remembered from last year but, as always, she excelled! She had to watch her team pull in to the Safeway parking lot for lunch while she ran her skirt off.

Leg 5 is 10.6 miles; **Tanya Narath** was so happy with her time this year improving by several minutes and handed off to Lisa Youmans with a big smile on her face.



Shelli Main hands off to Shelly Lydon

Leg 6 is 10.5 miles; **Lisa Youmans** had the hardest leg of the day with a very tough climb that keeps going and going in the heat of the day. She rocked it!

Leg 7 is 10.5 miles; **Val Sell**, on the last leg of the event, managed to pass 13 teams which moved us up into 55th place out of 112 teams. She surpassed her personal goal by 5 minutes, no surprise from Val, and led her team across the finish line like the leader that she is.



Val Sell crosses the finish line fast and strong.

August 2012

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chris@empirerunners.org

July 2012							August 2012							September 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4								1
8	9	10	11	12	13	14		5	6	7	8	9	10	11						2
15	16	17	18	19	20	21		12	13	14	15	16	17	18						3
22	23	24	25	26	27	28		19	20	21	22	23	24	25						4
29	30	31						26	27	28	29	30	31							5
																				6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 12M Trail Run 8:00 AM Parktrail Drive	30 7:00 PM 1932 Yolo Court, SR	31 Lawn Repeats: 6x500m 5:30 PM Heart & Sole Run 5:30 PM SRJC Intervals	1 5:30 PM Fleet Feet Run	2 7M at Medium Pace 5:30 PM Howarth Park	3	4 8:30 AM Railroad Square, SR
5 10:00 AM Salmon Creek Beach 5M & 2M	6 7:00 PM 1932 Yolo Court, SR	7 6:30 PM Summer Series Track Meet	8 5:30 PM Fleet Feet Run	9 9.6M w/Surges on Hills 5:30 PM Howarth Park	10	11 8:30 AM Railroad Square, SR
12 11M at Medium Pace 8:00 AM Parktrail Drive	13 7:00 PM 1932 Yolo Court, SR	14 Hill Reps: 10x80 sec. 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	15 5:30 PM Fleet Feet Run	16 3x1M on Em...en XC Course 5:30 PM Howarth Park	17	18 8:30 AM Railroad Square, SR 9:00 AM PA XC: Santa Cruz 4M
19 9M at Medium Pace 8:00 AM Channel Drive	20 7:00 PM 1932 Yolo Court, SR	21 Lawn Repeats: 6x500m 5:30 PM Heart & Sole Run 5:30 PM SRJC Intervals	22 5:30 PM Fleet Feet Run	23 Preview of E...en XC Course 5:30 PM Howarth Park 7:30 PM ER Club Meeting	24	25 9:00 AM PA XC: Empire Open 3.36M
26 9M at Medium Pace 7:00 AM Santa Rosa Marathon/Half-M/5K 8:00 AM Parktrail Drive	27 7:00 PM 1932 Yolo Court, SR	28 2x1600m at 2M Pace 5:30 PM MHS Track 5:30 PM Heart & Sole Run	29 5:30 PM Fleet Feet Run	30 7M w/3.5M Tempo 5:30 PM Howarth Park	31	1 8:30 AM Railroad Square, SR 9:00 AM PA XC: Rebels 5K/8K

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



Renew Online at www.empirerunners.org and click on “membership”

MARK YOUR CALENDAR!

Sun Aug 5	Salmon Creek Beach Runs – Salmon Creek State Beach – 10:00am
Tue Aug 7	Summer Track Series Meet #5 – Montgomery HS – 6:30pm
Thu Aug 23	ER Club Meeting – MV Round Table Pizza – 7:30pm
Sat Aug 25	Phil Widener Empire Open – Spring Lake – 9:00am
Sun Sep 2	Annadel Loop 7-mile Trail Race – Channel Drive – 8:00am
Sun Sep 16	Petaluma Clo-Cow ½ Marathon & 5k – 7:00am
Thu Sep 27	ER Club Meeting – MV Round Table Pizza – 7:30pm

2012 CLUB OFFICERS and Contacts

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