

Empire Runners Sonoma County, Ca.

December 2000 Newsletter

Volume XXVI, Number 2

IT'S HAPPENING!

THE ANNUAL EMPIRE RUNNERS TURKEYDAY RUN

THURSDAY, Nov. 23, 9 AM

President's Message

Everything's a week early this month (this newsletter, and the club meeting) because of the Thanksgiving Holiday. Lucky for us, because it gives us the chance to include items in this newsletter that should have been in the last one. This is the time of the year when we all get social and the club is no exception. The Thanksgiving Day morning run and the Jingle Bell Run will happen, despite the absence of any mention in last month's newsletter. These events always draw a big crowd, so expect to see runners you haven't seen all year (or even in years).

We are out scouting now for a band for the annual club party, and as soon as we get one we'll book the venue and set a date. Fleet Feet is sponsoring the Grand Prix awards, and we are looking at bringing

MARK YOUR CALENDAR

- Sunday, November 26: Run to the Far Side 5K & 10K, SF.
- Thursday, November 28: Empire Runners TurkeyDay Run, Channel Drive, 9 AM
- Sunday, December 3: Folsom: Cal. International Marathon.
- Sunday, December 10: SF: Christmas Relays 4X4.6m
- Thursday, December 14: Newsletter Deadline
- Saturday, December 16: The Last 10K and Final 2 Mile, Howarth Park, 9 AM
- Tuesday, December 19: JINGLE BELL RUN, 6:00 PM, 1932 Yolo Court, SR
- Thursday, December 21: CLUB

back some of the fun awards we used to give out, and maybe some new serious ones. If you have any ideas for the club party or are interested in being on the committee, contact me.

Cross-country is down to its last races for the season. I have been involved at three levels, as a runner on our Open and Senior teams on the PA Grand Prix, as an observer at the high school level, and as a coach for the youth club Santa Rosa Express. It's been exciting at all levels. I am watching high school runners now who I coached for Express, and there are runners on the PA circuit who I watched in high school. It is very rewarding to see kids start early and make a running a life style.

I have also gotten more involved with the PA/USATF and am on their Communications Committee and helping to maintain their website,

www.pausatf.org. I have always admired this group of talented volunteers who have given the PA one of the best race circuits in the nation, and it's nice now to be able to help.

We have had huge turnouts at our Express workouts, over twenty kids some days, but there is one middle high schooler, Branndon, who is so far ahead of everyone I have to let him go to stay with the group and hope he doesn't get lost (he does anyway). I've challenged him to a race at the Last 10K (for the 2 Miler) and I am actually intimidated as I watch him run. It should be a good race.

The last 10K will be the last run on our Grand Prix. For next year, Bill Browne has graciously offered to take over the arduous job of compiling results from Bob Finlay who has done it for years. And speaking of taking over, by the time you get this newsletter we should have a slate of nominees for next month's election of club officers. If you are at all interested in serving, talk to the incumbents and let them know you are interested. Same goes for race directing. Bob Merritt, who has done the Annadel Loop for years, is turning it over to John (Mojo) Royston. We try to get these all lined up, with committed directors and dates, before the calendar year starts.

So plan ahead...get your Christmas shopping done early, and we'll see you Thanksgiving Day morning.

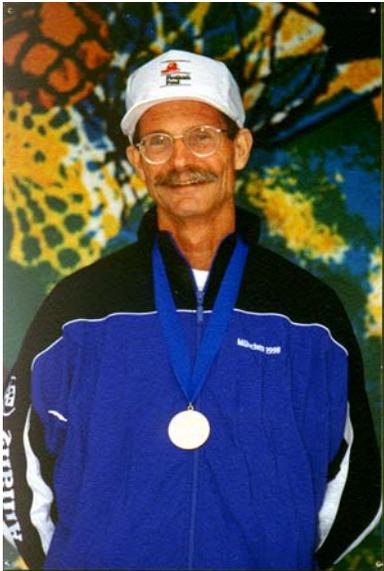
Minutes: October Club Meeting
Attendance:

John & Lisa Anderson	Dan Preston
Larry Meredith	Tori Meredith
Carl Jackson	Liz Sinna
Alec Isabeau	Lou Garcia
Dale Peterson	Dave & Greg DeSelle
Ron Jacobs	Rick Peters
Bob Finlay	Jerry Lyman
Bob Shor	Eric Pots Nordvold
Darryl Beardall	Phil Widener
Peter Masi	

Old Business: Past races were reported on. Look for articles in the newsletter. Scholarship committee- the application is ready and will be made available to the schools after the new year. Non-profit status - we are already non-profit with the state and Carl has sent in the proper paper work for the federal government. A vote was passed by the members present to increase our annual dues. Effective January 1, the family rate is \$25 and single rate \$20. The student rate remains the same. The \$5.00 increase will go toward the scholarship fund.

New Business: McGuire's Breakfast run Nov 5, 8:00 a.m. Last 10k and Final 2 Mile is December 16, 9:00 a.m. start. The Thursday club runs are now at 4:30 with the club meetings at 6:30 p.m. Nominations coming for new club officers. Treasurer's report \$11,494.57 of available funds. Drawing #2 was for Silas Stafford. Had you been present you would have won \$20.

Lisa Anderson



Dan Preston

A Rallying Call To the Slow and Steady

Kathleen Stalter, who recently completed the Marine Corps Marathon in 5:33, has agreed to try to resurrect a training run for those interested in a less hurried pace—either because they're new to running or because they like the sight-seeing possibilities of LSD (that's "long, slow distance"). Even if it's "short, slow distance" for you, please join her at 7:30 AM, Sunday, Dec. 3, at the Howarth Park upper parking lot for the inaugural run. We need a core group to get this going, and Kathleen has agreed to be the core of the core. If the group works out, we'll publish its training run in the monthly calendar.

For information call Kathleen at **415-899-5167**, or email her at kstalter@ffic.com

3rd Annual Shiloh Ranch Ridge Run

The 3rd Annual Shiloh Ranch Ridge Run lived up to its billing as one of the toughest footraces in Sonoma County. Due to the temporary closing of the single-track "Creekside Trail", the challenge this year started with a redesign of the 10k course and the loss of the shorter 6k course. Another formidable course, again with a middle single-track segment, was found. An additional out and back section at the start insured this new course measured a fairly true 10k distance.

With a race start at 8:00 am, a late October morning in daylight savings time (7:25am sunrise) proves that Empire Runner volunteers can setup a race quickly. The previous Friday and Saturday were very windy, so Sunday morning's clear skies and slight breeze were a welcome change.

With a slight delay getting course monitors placed on this new course, the race started at about 8:10am. The race started with 30 dedicated runners heading out on the lower Big Leaf Trail to a turn around 400 meters out. Unknown to the runners, that 400-meter section was just about the closest to a flat/level track on the course! But wait, you say the race director has no compassion? But I do, the course finishes over this same 400-meter section. Back to the race, the runners backtracked past the picnic area with the lead group consisting of the top 5 men finishers **Stephen Starkweather**, **Alec Isabeau**, **Scott Ames**, **Bob Finlay**, and **Dan Preston**. Following just a few seconds behind were

the 2 top women finishers **Kelly Ridgway** and **Tori Meredith**. Two minutes later all runners were out of sight, climbing the Ridge Trail on towards the wicked section nicknamed appropriately "The Head Wall". For the runners that haven't run Shiloh before, the Head Wall in the last two previous races were at the 4.2-mile point. This year's course put the head wall at the 1.5-mile point. I purposely set this section of trail always on an ascent because of its danger. This short, maybe 100-150 feet section is a rubble strewn 45-degree incline. In the previous course most mortals walked this section!

Unfortunately, because of the steep terrain, Shiloh Park does not have easy access vantagepoints for spectators. Whatever racing went on after the runners headed east into the interior of the park you'll have to ask the finishers. The Head Wall, this year, seemed to give a false sense of security to the runners that had tested Shiloh Park in the past. Waiting down the fire road was a trail I dubbed NuTrail. This fire road /single track starts at the south end boundary and heads east. But before going east NuTrail goes down and down and down. The consensus from the runners was the never-ending climb back out. This section was not steep, but a steady gradual ascent that brought you over one hill looking at another and another. Oh Fun!

Let's move on to the finish. **Stephen Starkweather** crossed the finish line in 44:28.2, followed by **Alec Isabeau** in 44:55.6. Doc has finished all 3 Shiloh Runs in 2nd place. Scott Ames finished 3rd in 46:55.8. **Kelly Ridgway** once again won the women's division in 50:26.0. Kelly has

(SHILOH continued)

won all 3 Shiloh Runs. **Tori Meredith** finished 2nd in 53:21.6 followed by **Liz Sinna** in 57:55.5.

I'd like to thank all of the volunteers and participants for showing their support of a great little park in Sonoma County. I want to acknowledge everyone who helped out, especially **Marline Peters, Dan Preston, John Anderson, Jerry Lyman, Alec Isabeau, Scott Ames, and the Windsor High School Cross Country Team.** Thanks again to the Sonoma County Regional Parks for the use of Shiloh Regional Park.

Rumors have it that Creekside Trail may be open next year in time for the 2001 season. If this is true be ready for another diabolical course. I'll do my best to stay to the 10k distance. If we can get support from the club a new short course will be added (probably 2-3mi out and back).

See you next year at the 4th Annual Shiloh Ranch Ridge Run.

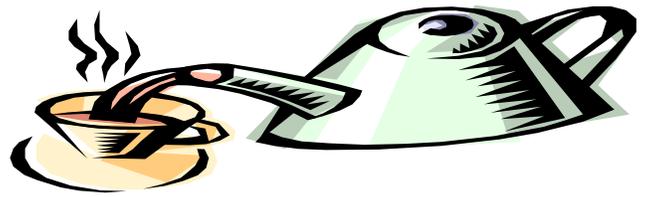
Rick Peters

Shiloh Ranch Ridge Run 10K Oct. 22, 2000

Men	time	pace	age
1 Stephen Starkweather	44:28.2	7:09	40
2 Alec Isabeau	44:55.6	7:14	39
3 Scott Ames	46:55.8	7:33	42
4 Bob Finlay	49:12.1	7:55	43
5 Dan Preston	49:12.9	7:55	58
6 John Anderson	53:59.7	8:41	47
7 Dale Peterson	54:35.4	8:47	43
8 Michael Vioria	55:09.1	8:53	39
9 Chris Henry	57:30.3	9:15	39
10 Eric Nordvold	58:42.0	9:27	53
11 Ernst Bohn	58:55.4	9:29	60
12 Greg DeSelle	1:00:42.7	9:46	16
13 Ed Feldman	1:06:32.9	10:43	49
14 Dave DeSelle	1:08:02.1	10:57	50
15 Joe Milani	1:13:45.8	11:52	43
16 Ralph Harms	1:15:30.0	12:09	65
17 Charles Hoagland	1:18:09.2	12:35	72
18 George Urdzik	DNF	NA	57

Women

1 Kelly Ridgway	50:26.0	8:07	42
2 Tori Meredith	53:21.6	8:35	43
3 Liz Sinna	57:55.5	9:19	35
4 Lisa Titus-Isabeau	58:57.4	9:29	41
5 Leslie Curry	1:06:23.4	10:41	36
6 Pam Horton	1:06:47.9	10:45	57
7 Anna Derho	1:07:12.0	10:49	46
8 Marcia Seim-Bossier	1:08:27.9	11:01	43
9 Amy Gandy	1:12:42.0	11:42	46
10 Lisa Anderson	1:13:04.0	11:46	32
11 Nancy Henry	1:18:19.0	12:36	34
12 Sue Marcus	DNF	NA	44



**McGUIRE'S BREAKFAST
RUN GETTING OLD
...but not tired**

Must be young folks don't like to get out of bed. Or, perhaps they find the climb over the Fountain Grove Parkway too intimidating. For reasons unknown, the median age of the participants of this year's McGuire's Breakfast Run was **50**. Everybody was a winner. The day was beautiful, the course invigorating (brutal), the post-race feast a gourmand's delight (more or less), and the race director, **Mike McGuire**, his affable, fiendish self. There was plenty of coffee, and only 2 runners managed to run off course. Indicative of the wisdom of division winners: the chocolate went first, then the lottery tickets. All in all, a great success! Thank you, Mike, and thank you, Hidden Valley School.

JL

McGuire's Breakfast Run

3K RESULTS

1. Bob Finlay	43	11:46
2. Dan Preston	58	11:55
3. Greg DeSelle	16	11:57
4. Jerry Lyman	51	12:22
5. Ray Corona	50	12:28
6. Liz Sinna	35	12:31
7. Tori Meredith	43	12:32
8. Dave DeSelle	50	12:48
9. Dale Trowbridge	60	12:53
10. Leslie Curry	37	13:38
11. Phil Widener	54	13:39
12. John Anderson	47	13:40
13. Dale Peterson	43	13:40
14. Ernst Bohn	60	14:17
15. Ralph Harms	65	14:17
16. George Urdzik	57	15:40
17. Melissa Bates	43	15:50
18. Amy Gandy	46	15:59
19. Jaime Feldman	9	16:12
20. Janet Feldman	41	16:13
21. Lisa Anderson	31	16:15
22. Eric Norvald	53	16:31
23. Terry McNeill	57	16:32

(Continued)

McGuire's

SOMETHING-LIKE-6-MILES RESULTS

1. Jerry Lyman	51	42:43
2. Ray Corona	50	44:43
3. Brendan Hutchinson	57	45:04
4. Tori Meredith	43	45:53
5. Darryl Beardall	63	47:39
6. Lisa Isabeau	41	50:25
7. Dale Peterson	43	50:26
8. John Anderson	47	50:27
9. Phil Widener	54	51:18 (est.)
10. Liz Sinna	35	52:14 (est.)
11. Eric Norvald	53	53:30
12. Ernst Bohn	60	55:26
13. Leslie Curry	37	55:52
14. Ralph Harms	65	56:24
15. Ed Feldman	50's	56:40
16. Greg DeSelle	16	56:47
17. Marcia Seim-Bossier	43	57:03
18. Anna Derho	46	57:45
19. Bob Finlay	43	57:46
20. Dave DeSelle	50	57:48
21. Charles Hoagland	70's	1:05:00

SWIMMING IN A BATHTUB

**(Better known as the Ukiah World
Championship Triathlon)**

by Deb Murray

So the water is a little warm compared to just about every other Triathlon we do. So you have to wade through about 20 feet of mud to actually get to the water. At least this year the fog burned off in time to start the race only 10 minutes late.

Here's a tip for a first time Triathlete – don't bring your own body-marking pen. Those who want to share your pen are not always those you want to touch. At least not in the numerous places you have to write numbers. Arm marking – acceptable, leg marking – well, kinda iffy.

Great turnout of Sonoma County people this year, even some people of questionable judgment who had recently completed Ironman Canada. At least Shelly had the good sense to just come out and cheer. The race itself is a lot of fun, but the best part is sitting on the grass afterwards, watching people finish and drinking an ice-cold beer. Or two. Or more.

And the finishers were:

Cathy DuBay	1:41:22
Jim McCray	1:43:18
Deb Murray	1:45:22
Len Allaire	1:55:44
Laurie Martin	1:56:40
Chris Martindill	1:56:52
Kim Kennon	2:02:37
Robin Stovall	2:03:33
Margie Tonelli	2:11:14
Jody Lashinski	2:16:41

Calistoga to Santa Cruz Relay

A Rooster's View In the Hen House

by Jess Murray

It all seemed like a noble and selfless act some months ago when discussing “The Relay.” The task – one man to drive 6 women and coordinate with another 6 women in Van # 2 199+ miles over mostly backroads from Calistoga to Santa Cruz -- all the time while each is taking her turn running over various hills, valleys and dirt trails – in the heat of the day and the dark/cold of the night. My charge – get our team to their designated areas on time despite minimal communications due to dead spots in the cell areas. Solution: a spreadsheet with estimated and actual times with calculations to determine future exchange times. This turned out to be our best tool and quite accurate.

These women are collectively bright, ambitious and very determined. Despite a last minute drop out, a race injury and, many other minor disasters, they remain focused and determined to finish this undertaking. The first hero appears in “pre-flight” – Cindy Roach. She happily agrees to take the place of our original member Marie on the day prior to the race! First major disaster averted. Hero # 2 appears in “pre-flight” – Shelly volunteers (knowing the possibility of doubling for leg 6) to run Leg # 1 for Cindy who cannot make the start but will appear for Leg # 6.

(ROOSTER continued)

Which, thank God, works perfectly. The remainder of Van # 1's legs go smoothly as they all run faster than their predicted times - a great accomplishment despite very warm conditions.

Van # 2 begins innocently enough. Cathy blisters her leg # 9 and puts quite a scare into the Calistoga Water Team – great job! Cecelia is an unrealized “pre-flight” hero. This becomes evident when we come to understand just how difficult her first leg is – Wow! What a gutsy performance! The next twist comes from Pam as she runs off course – quite easy considering the lack of clear markers for the evening legs. She does a great job of correcting and getting us back on course. Judy brings Van # 2 home to the exchange on a very tough leg and yet another hero. She is so tired she thinks she has lost the band. As she completes the last 200 yards she frantically looks for the band (I am running along side of her in the dark) and I hear “ Oh my God, Oh my God, Where's the band, Oh my god, Oh my God – I can't find it. Where is it? Where is it? Oh my God, Oh my God. Oh here it is!” It was on her wrist holding the flashlight! Yet another disaster averted.

Van # 1 is on the clock. Cindy's leg begins with the Van following – Cindy says “Go on, you don't need to follow!” So we go ahead a little and begin to leap frog. At one point someone drives by and yells something derogatory at her (we are out of sight) and scares her. As she approaches the Van she asks us to “stay close” as this was a frightening experience. No problem. We follow her the rest of the way just like we will do with all of my “little Hens.” I am determined to protect my flock from harm – not to mention pretty pissed off that anyone would scare them. The remainder of our legs have some very difficult spots. Jody and Deb run some difficult hills and Robin runs unprotected over some dark and desolate bike paths. Shelly's leg has a difficult hill coming out of Sausalito, but oh what a payoff. Imagine running over the Golden Gate Bridge at 2:45am – what a view! There are many funny and interesting occurrences during this relay. I am betting a couple of the best were – Shelly doing a Pee test on her camera and Laurie picking it up for her in the dark, Deb mooning the Van during the middle of her night run and Laurie doing her “touchdown” dance.

Van # 2 begins at 2:53am, and, just to make us all realize how dangerous this event can be, a runner less than an hour ahead of us is hit by a car. Thank God the runner was not seriously injured. At last check the runner was in stable condition. All of the night runs are more difficult due to the darkness, fatigue. Linda and Lynda have the unenviable task of getting their group off to a good clean start. Both are up to the task despite ever-increasing fatigue. As each runner completes her leg during the early hours of the morning, thoughts of sleep and a shower fill their minds. Judy has the last leg and must succumb to an IT Band problem – a great effort despite the pain and discomfort. Now the “pre-flight” hero, Cindy, becomes an “in-flight” hero when she steps up to the plate and takes the last mile for Judy and continues on for her leg. As she reaches the exchange area she can be heard saying “051 in and 051 out” amongst comments of what? Is she running both?

As Van # 1 is in it's final set we are all fighting fatigue. We have all gotten 45 minutes to 1½ hours sleep. Not really any help. And, the gourmet food available at the College is only surpassed by its sleeping conditions. Our most difficult test comes during Robin and Shelly's legs. The VH listed is not too concerning until we realize the climb associated with these legs. 3.0 and 3.1, respectively, both are punishing but especially Shelly's. Hers goes straight up for the entire length. Despite this she continues to pass runner after runner all the way up the hill! It has now become BEER time! Except for one lone lamb – who will volunteer to take Judy's leg?

The Captain takes one for the team! Deb volunteers to run the final leg of Van # 2.

Van # 2 complete their 5 legs and look pretty good despite their fatigue. As Lynda, Cathy and I are waiting for Pam we are actually discussing what we would change for next year. Our final hero – Deb - begins her fourth leg. She runs as fast as her torched body will go and is greeted and accompanied the final 100 yards by her team.

A special thank you to yet another hero - Vickie Chung who volunteered her time to accompany the team and shuffle from van to van the whole way. She made tired and sore muscles go when everyone thought they could not. All this despite getting dehydrated and quite ill. Vickie may

not have run the relay, but her hands allowed others to!

I guess in the grand scheme of things the Pick of the Vine Team's efforts were not unlike many others in this race. However, being on the inside and seeing the efforts that everyone made makes their accomplishment more special. The race was only one part of the tremendous effort needed to make all this happen. The heroes are the Pick of the Vine team. Everyone did a terrific job and should be proud of her efforts and accomplishments! Outstanding!!!

THE RELAY

by Laurie Martin

An exercise in stupidity? Perhaps insanity? "It's all for a good cause," we tell ourselves. "It sounded like a good idea in January!" Organ donation is a noble reason to run a 199-mile relay. Right? Of course!

And run we did. Our team, Pick of the Vine, was comprised of 12 women, a combo of Empire Runners and triathletes; Jess Murray our heroic driver for Van 1 (see A Rooster in the Hen House) and Vicki Chung, who volunteered as our personal massage therapist. We were quite the envy of many other teams.

The runners: Deb Murray (awesome team captain), Cindy Roach (who was a very willing last minute replacement, we bribed her with beer), Shelly Lydon, Jody Jeppson, Laurie Martin, Robin Stovall, Lynda Burch, Linda Benjamin, Pam Horton, Cecelia Peters, Cathy DuBay and Judy Gottlieb.

How to describe The Relay? Unlike any other challenge I've ever faced. Fun! Especially in the wee hours of the morning when we were all sleep deprived and miraculously not ready to kill each other. Inspiring. To see that many people coordinate this huge effort for such a worthy cause. A truly bonding experience for all those involved. (I feel especially close to Shelly. Ask her about the camera incident.) It is difficult to put into words the range of emotions we each experienced, similar to all but individual as well.

First leg: This is cool! Remember, don't go out too fast and blow your wad before the second and third legs.

Second leg: Ok, this is the middle of the night. Kinda creepy in some areas. But Jess is right behind with the headlights to light the way. (Anyone want to fly? Or dance? Or see a full moon? You'd be surprised what you do to amuse yourself and your van in the middle of the night!)

Third leg: This sucks!!! I'm tired, my legs hurt (see Judy and Cecelia), bodily functions are NOT functioning normally (talk to Cindy), but keep on running because everyone else feels the same way. At least they'd better. If I'm the only one suffering they're going to pay for this. That beer better be COLD!

Finish line: It was all worth it!

I'll never forget it and can't wait to do it again.

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Panthers in Victoria

[This is the second and final installment of Coach Doug Courtemarche's account of the adventures of the Santa Rosa Cross-country Team in Victoria, British Columbia. When we last left our intrepid group, the big races were about to begin.]

Saturday began clear and warm, according to Coach Turnbull, just an ordinary day in Victoria. Carrie and I with Turnbull struck out for Beacon Hill Park, the site of the races. The girls would run 4K, while the boys went a new distance, 6K. Our senior boys thought that would be great, while Empire Runner Anna Shaver felt cheated because she wanted to do the 6K also. Well, after the races Anna still had the same feeling. She finished second, losing to the phenom girl from Lambrick Park, Adrienne Attorp.

The course was an unexciting side of a very small hill with a lot of heavy grass. It was a continuous use of out and back looking like so many U's. It was very spectator friendly. You could see almost the entire race from just one spot. Anna Shaver was in the top three grouping with Attorp and the girl from Vancouver. After two miles the Vancouver girl fell way off and it was Anna and Adrienne and then with 200meters to go

(PANTHERS continued)

Attop took off and put some distance in front of Anna. Anna was well ahead of the third girl. The rest of our girls, Daphne Bilge, Graceann Tonna, Becka Parker, Lilly Hayden, and Marissa Imrie ran fine races gradually picking off Canadians through the race. Freshman Tonna could have been our number two runner that day but didn't think she was supposed to pass Daphne. All of our girls finished in the top third of the race. I was a little bit surprised at how well they performed. Traveling so far always takes it's toll on at least half of the team, but this trip everyone ran quite well especially our freshmen Tonna and Imrie. Our seniors Anna and Daphne admitted to not having the usual adrenaline rush when they woke that morning and both feel that perhaps they could have performed a little better. Our juniors Becka and Lilly both had solid races keeping us well ahead of Oak Bay.

Oak Bay has been the British Columbian Provincial champion the past 5 years. This was the first race they have lost during that time. Our host parents and Lambrick Park athletes were very excited about that happening. The girls went for a very long warmdown so that we wouldn't have to worry about getting our long Sunday run in the next day.

The boy's race had twice as many competitors as the girl's and proved to be a very competitive field. Our top 4 guys settled into a nice early pace settling in around 10th through 13th. Niles VanDeventer led our pack with Joe Tonna and Steven Nopola just a step behind. Empire runner Chase Stafford was about 10 to 15 yards behind that pack. Empire Runner Silas Stafford, freshman, was about 20th after 1 1/2 miles. Our pack, like the girls began picking off runners very gradually. They move as a pack into spots 6,7, 8 and Chase at 9th. The leaders were an all star team from Vancouver all from different high schools. They were good. They didn't count as a team because of that. With about a kilometer to go Chase Stafford begins his steady drive to the finish passing all of his teammates leading our boys to a very lopsided victory. Our boys top 4 finished within 19 seconds while Silas moved up into 12 place at the finish less than a minute behind his brother. Casey Peters and Chris Knight finished 18th and 19th.

The awards ceremony followed immediately after the boy's race and our girls were still on their

1-hour warmdown. Well our guys graciously accepted the team ribbon to many hoots from the Canadian crowd and their own coaches. The boys went on their own warmdown along the shoreline of the Canadian coast, as did the girls, although I believe the boys detoured into town for a bit. After the warmdowns we went across the street to the diner for burgers and for me the richest ice cream cone I have ever encountered. It was as thick as butter and tasted like real cream. UMMM!

Carrie took some of our kids to their homes while I took the rest for more Victorian shopping time. From downtown I dropped off most of the kids to their homes. Lilly, Juliana and myself went directly to Boston Pizza (owned by the father of one of the host girls). Many of the parents, the host kids and coaches gorged on pizza that night. From there the runners were off for a night of Canadian stuff. I gave an 11 o'clock curfew, which I'm sure, was not upheld by anyone. They again assaulted Mt. Doug and went to a beach party. I asked Anna to write about that but she said no one needs to know about that stuff.

We all arrived early at Lambrick School. We said our good-byes and took a whole lot of pictures. Carrie and I received so many favorable comments about how our team behaved and how much fun they were and how "well spoken" they were. I was very proud of them and would take the bunch of 'em anywhere. Runners are just darn nice people at any age.

We easily made the 9 o'clock ferry to Vancouver. It was getting cold. Some of our heartiest runners rarely left the deck after breakfast. Anna was the most dedicated outside passenger. It was so beautiful. Islands everywhere, snow-capped mountains to the south (Washington) and east (Canada). We even saw a bunch of very large sea lions cavorting around the ship. We departed the ferry and once to the border did some cavorting ourselves on the actual border. We spent about an hour there. We traveled south to Seattle, boarded our plane and arrived in San Francisco about 8:30. We knew two sets of parents were going to be there to drive our team back to Santa Rosa. We were not prepared for our reception. 14 parents and some team members were in the lobby cheering for us as we came into view. It was very heartwarming. They all had on the bright orange t-shirts we have for cross-country. They were asked more than once

if they were just let out of jail as inmates always travel in bright orange.

Our trip home in my van had seniors and juniors and Silas. All of my riding assignments were tossed out the airplane window. At that time there were only 5 athletes, Carrie and myself. It was a very boisterous ride home convincing Daphne that Bob Dylan is god. After a loud rendition of Like a Rolling Stone I believe she may believe. A lot of songs were sung. Seems to be a thing in that Dougiemobile.

A wonderful trip. Our runners made friends with the Canadians and Carrie and me have new friends with Tom Turnbull and his wife Lynne. Such gracious hosts. We were not very exciting but our evenings discussing sport and life and the movies and Canadian comedy shows were priceless. New friends that will be coming down to visit us soon I Hope. We were told by previous visitors to Victoria on what to see and what to do. I don't think that they were accompanied by 14 very bright and energetic teenagers. We went to the museum for our only "thing to do." There our students learned a little bit of British Columbia culture. Climbs on Mt. Doug and the beach party and experiencing Canada as a teenager with Canadian teenagers will be so much more memorable than a trip to any tourist spot. Carrie and I really got to relax and enjoyed the grand company of our host family. The ferry ride was spectacular. Cold but spectacular. The parents were so gracious. Cheering for our kids as well as those from Lambrick Park.

Every one of our teammates loved the trip and can't wait to go back. We'll see what next year brings. I haven't been to New York that many times.

Doug Courtemarche

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NBL Girls Cross Country Championships Nobody Hotter Than Amber Trotter

There should not have been any doubt that Ukiah junior Amber Trotter was capable of this. After all, her 30-second victory at Stanford couldn't

be called a fluke. Trotter's 17:11 at Mt. SAC is equivalent to a 16:46 on the Spring Lake 2.97M course, which would be 3rd only to the phenomenal Julia Stamps (Santa Rosa HS, 16:12 in 1995) and Montgomery's Sara Bei (16:43 in 1998).

The doubt was there because Trotter had never beaten Bei -- heck, no one had beaten Bei in NBL track or cross country competition over 4 years! And Bei is so tough at the end of a race. How could Trotter prevail? She did it by never giving Bei the opportunity to use her overpowering kick.

The November 3 North Bay League championship meet at Spring Lake Park brought out a big crowd of spectators to see the showdown that also included state 1600 meter champ Jenny Aldridge, a junior from Maria Carrillo. As expected, Trotter bolted right after the starting gun fired, running the first quarter-mile that is mostly uphill in 78 seconds, 3 seconds ahead of Bei and Aldridge.

Trotter had expanded her lead to 6 seconds by the mile mark, reached in a reasonable 5:37. Bei was in 2nd and had opened up a 5-yard gap on Aldridge, the first sign that the Maria Carrillo runner might not be in contention much longer.

The team battle between favorite Montgomery and challenger Carrillo began to play out 30 seconds later when Sarah Basher of Montgomery came through just in front of a surprising newcomer to the NBL, Rancho Cotate freshman Phyliss Blanchard. Another 14 seconds passed before a large pack of runners came through, led by the Montgomery trio of junior Elisa Pedersen and freshmen Christy Sweaney and Kim Conley. Close on their heels were Anna Shaver, a senior from Santa Rosa, frosh Shelby Leland of Ukiah and Carrillo's next 2 runners, Ashlee Drady, a soph, and Megan Boes, a freshman. Shaver, a top-5 prospect in the meet, and Boes were both suffering the effects of the flu. The Montgomery pack was missing junior Joy Terribilini, sitting this one out to rest a leg injury, yet the Viking girls were clearly in command of the team picture with just 27 points to Carrillo's 60. The Santa Rosa duo of Daphne Bilge and Becka Parker were running strong in 13th and 14th and then Piner senior Naomi Bisagno, who qualified for state last fall, held 15th.

Amber Trotter did not weaken during the 2nd mile. On the contrary, she followed her

(NBL GIRLS continued)

opening 5:37 with a 5:34 and now held a 13-second advantage over Bei, who had run 5:43/5:41. At 11:11 Trotter was on pace to become just the 3rd girl to break 17 minutes in the 13-year history of the Spring Lake course. Although the deficit for Bei appeared huge, there were many in the crowd who had witnessed at least one of her miraculous late-race comebacks over the years. Aldridge (MC), at 11:38, was another 14 seconds behind Bei but nearly a minute ahead of the rest of the field. Her hopes of a repeat win over Trotter gone, she was destined to cover the last mile alone.

Bashel (Mont) was still holding onto 4th at 2 miles, crossed in 12:42, now 4 seconds ahead of Blanchard (RC). The Viking trio of Pedersen, Sweaney and Conley were closing in, just 6 second behind Blanchard. Moving up from 11th and 12th into 9th and 10th were Carrillo teammates Boes and Ashlee Drady. The biggest move over the 2nd mile came from Piner's Bisagno, going from 15th to 11th. Shaver's illness was taking its toll as she dropped 3 spots to 12th. Bisagno and Shaver led a string of 6 runners in a span of 10 seconds, with Leland (Uk), Bilge (SR), senior Jenny Drady of Maria Carrillo, and Parker (SR) doing battle. Montgomery's team lead was still very firm at 27 to 54 over Carrillo.

As Trotter raced down the grass slope just a quarter-mile from the finish she held a 9-second lead over Bei and had a determined look on her face. Bei had fought hard to cut the lead by a third but then Trotter felt the strong pull of the finish line and her first league title. Crossing the line at exactly 17:00, Trotter had claimed the first of what might be 5 battles with Bei over a period of 6 weeks. Aldridge, at 17:52, was just 6 seconds off her best mark from last fall for 3rd.

Bashel (Mont) finished in 18:59, holding off the hard charge of Ashlee Drady (MC) to claim 4th and accomplishing the rare feat of placing among the top 5 here for 4 straight years. Drady had moved up 4 places over the last mile, passing the Montgomery pack of Pedersen, Sweaney and Conley and then Rancho's Blanchard on the final downhill to claim 5th. The Viking girls all finished strong, going by a fading Blanchard one-by-one. Pedersen took 6th in 19:05, Sweaney was just a second back and then Conley was 8th in 19:08.

Blanchard capped a great freshman NBL season by taking 9th in 19:10.

Boes (MC), despite the flu, placed 10th, seemingly quarantined by the packs 28 seconds ahead of her and 22 seconds behind her. Bisagno (P) finished off her best race of the season by hanging on to 11th then an ailing Shaver (SR) led teammates Bilge and Parker across in 12th, 13th and 14th. Leland (Uk) claimed 15th and then the Carrillo pair of Jenny Drady and Carina Hendricks sewed up 2nd place for the Puma team. Carrillo dropped their own score from 60 to 51 over the final 2 miles but Montgomery maintained their low total of 27 throughout the race to win the league title for the 2nd year in-a-row. Santa Rosa placed 3rd with 80 points, avenging a regular-season loss to Ukiah who wound up with 107.

NBL Results

Varsity Girls

Scoring Teams:

1. Montgomery	27
2. Maria Carillo	51
3. Santa Rosa	80
4. Ukiah	107
5. Rancho Cotate	126
6. Ursuline	146
7. Piner	158
8. Elsie Allen	incomplete

Top 20 Individuals

1	Amber Trotter (11)	Uk	17:00
2	Sara Bei (12)	Mo	17:12
3	Jenny Aldridge (11)	MC	17:52
4	Sarah Bashel (12)	Mo	18:59
5	Ashlee Drady (10)	MC	19:01
6	Elisa Pedersen (11)	Mo	19:05
7	Christy Sweaney (9)	Mo	19:06
8	Kim Conley (9)	Mo	19:08
9	Phyliss Blanchard (9)	RC	19:10
10	Megan Boes (9)	MC	19:38
11	Naomi Bisagno (12)	P	20:00
12	Anna Shaver (12)	SR	20:03
13	Daphne Bilge (12)	SR	20:09
14	Becka Parker (11)	SR	20:16
15	Shelby Leland (9)	Uk	20:19
16	Jenny Drady (12)	MC	20:39
17	Carina Hendricks (9)	MC	20:51
18	Amelia Thomas (11)	Mo	21:03
19	Lauren Charles (11)	RC	21:04
20	Marissa Imrie (9)	SR	21:14

Prelude To A Championship

Montgomery senior Sara Bei and Ukiah junior Amber Trotter arrived at the NBL cross country championship meet having taken separate paths through the 2000 season. Maria Carrillo junior Jenny Aldridge left her mark on both along the way.

Bei, who has her sights set on an unprecedented 4th-straight California state title, had her 3-year-long string of 44 straight cross country wins (while competing for Montgomery HS) end abruptly in the season-opening Rancho Invite as Aldridge opened up a big lead and held on to win. A week later Bei was back on top, running by Aldridge late in the race to win the Ed Sias Invitational in Martinez.

A turned ankle kept Bei out of the first potential matchup with Trotter, the Viking Opener 2-mile at Spring Lake. Until that day Trotter was considered by most who follow the sport as an outstanding runner but probably not a threat to the duo of Bei and Aldridge. All that changed when Trotter pulled away from Aldridge to win the Viking Opener.

While Bei and her teammates were winning the Iolani Invite in Hawaii, Trotter was crushing the field of top runners at the Stanford Invite. A week later Trotter erased Bei's Ukiah course record in winning an invitational there. Bei then won the Castro Valley Invitational in dominating fashion. Trotter sat out the NBL tri-meet against Montgomery so that both runners could be fresh for the nation's largest invitational, Mt. SAC in Southern California, later that week.

Even at Mt. SAC the pair could not go head-to-head as Bei and the highly ranked Viking squad tested themselves in a race of the top teams in the state while Trotter faced a group of outstanding individuals in a separate premier race. Bei won her race after a slow start, finishing in 17:19. Trotter bettered that mark by taking 2nd in her race with a time of 17:11, becoming the 7th-fastest runner in the long history of Mt. SAC. Bei's 17:05 from 1998 and 1999 stands as the 4th-best mark. Aldridge improved her stock in the NBL picture when she finished the regular season by outrunning Trotter at Maria Carrillo.

NBL Boys Cross Country Championships Vikings In A League Of Their Own

As 3 red-and-gray clad runners pulled away from the rest of the field halfway through the boys North Bay League cross country championship meet, the only remaining question of "who will be the individual champ?" was narrowed in scope considerably. That the winner would be a Montgomery Viking was very apparent but which of the 3 seniors -- twins Jon and Zac Fitch and Nick Millar -- was still anyone's guess.

The race began in unusual fashion with Zac Fitch and sophomore teammate Regan Masi uncharacteristically pushing the pace up the first hill. Another pair of potential race winners, Ukiah juniors Chase Vau and Casey Chadd, followed closely but it was still odd to see Montgomery runners ahead of Ukiah's leaders so early in the race.

The situation righted itself somewhat by the mile mark as Vau was a step ahead of Zac Fitch, both runners passing through in a relatively mild 5:13. That paced allowed the top 9 runners to be grouped in a 4-second span and 5 of those were from Montgomery. A threesome of Chadd, Jon Fitch and Cardinal Newman junior Kirk Brandt were in the top 5, all within 2 seconds of Vau. Right behind them were Elsie Allen sophomore Jose Alvarez and Montgomery's Millar and Masi. Then came Montgomery senior Drew Fagent, running 9th at 5:17.

A number of other runners were within 10 seconds of the lead. Santa Rosa junior Niles VanDeventer led Ukiah senior Nick Troia for 10th, then Maria Carrillo had Kevin Fickert in 12th, Ukiah's Nick Franklin was in 13th and the Santa Rosa pair of Steven Nopola and Joe Tonna filled out the top 15. At this point Montgomery had a 17-point advantage over Ukiah, 31 to 48. Santa Rosa was running 3rd with 77 points.

The Fitch boys and Millar broke away from the pack just after halfway and by the 2-mile mark, reached in 10:31, were running together a full 10 seconds ahead of the nearest pursuer. Montgomery was looking incredibly strong as Drew Fagent pulled into 4th, just ahead of Vau (Uk). Fighting for 6th place were Alvarez (EA) and Brandt (CN) at

(NBL BOYS continued)

10:49 and then came Chadd, who appeared to be struggling. The 1999 state meet qualifier from Ukiah had battled a respiratory illness all season and it was apparent here that this would not be his day.

Of the next 5 runners, 4 were Panthers from Santa Rosa: VanDeventer, Nopola and Tonna holding 9th through 11th and senior Chase Stafford in 13th, just a step behind Cardinal Newman freshman J.K. Withers. Montgomery's Masi, in the lead pack for the first mile, was succumbing to the ravages of the flu which he suffered just 2 days before the meet. In 15th at 2 miles, he had Viking reinforcements close at hand in fellow soph Andrew Gallagher who had moved up to 16th. Montgomery's team score had dropped to 24 points and Santa Rosa had made a big move to overtake Ukiah for 2nd, 63-65.

On the final downhill a quarter-mile from the finish Millar held a 2-second lead over teammate Fitch, who was now 5 seconds ahead of his twin, Jon. Once again racing at his best in the most important meets, Millar surged to a 5-second margin of victory with a 15:51, 20 seconds faster than his previous personal best. Zac Fitch broke 16 minutes for the first time for 2nd place and brother Jon narrowly missed that barrier with a 16:02 for 3rd.

Vau (Uk) rallied late to reclaim 4th and then VanDeventer (SR) led a Panther surge by taking 5th, passing Montgomery's Fagent at 2.75 miles. Fagent was struggling to the finish and was nipped by Nopola (SR) at the line for 6th. Alvarez (EA) and Tonna (SR) pulled away from Brandt (CN) just before the finish and then K.C. Withers (CN) made it 2 Cardinals in-a-row to take 11th, the first freshman in. Montgomery's scoring was topped off by Gallagher in 12th, the soph moving up 4 spots over the final mile. Chadd (Uk), Stafford (SR) and Troia (Uk) battled for their team's quest for 2nd place, rounding out the top 15. Montgomery took their 2nd straight league title with 25 points to Santa Rosa's 51 and Ukiah's 68.



NBL Results

Varsity Boys

Scoring Teams:

1. Montgomery	25
2. Santa Rosa	51
3. Ukiah	68
4. C. Newman	113
5. Rancho Cotate	134
6. Maria Carillo	143
7. Elsie Allen	177
8. Piner	incomplete

Top 20 Individuals

1	Nick Millar (12)	Mo	15:51
2	Zac Fitch (12)	Mo	15:56
3	Jon Fitch (12)	Mo	16:02
4	Chase Vau (11)	Uk	16:14
5	Niles VanDeventer (11)	SR	16:18
6	Steven Nopola (10)	SR	16:26
7	Drew Fagent (12)	Mo	16:26
8	Jose Alvarez (10)	EA	16:29
9	Joe Tonna (12)	SR	16:30
10	Kirk Brandt (11)	CN	16:32
11	J.K. Withers (9)	CN	16:37
12	Andrew Gallagher (10)	Mo	16:40
13	Casey Chadd (11)	Uk	16:41
14	Chase Stafford (12)	SR	16:46
15	Nick Troia (12)	Uk	16:50
16	Nick Franklin (12)	Uk	17:04
17	Alex Chesnik (12)	SR	17:11
18	Alex Teicheira (12)	RC	17:12
19	Scott Jereb (12)	CN	17:12
20	Marcos Barrales (11)	Uk	17:13

The Road To Success

Millar Avoided Short Cuts, Detours

The road to the NBL cross-country title was a long one for Montgomery senior Nick Millar. Like the race itself, he set off on the road at a pace he could handle, a pace that appeared to be too slow to result in victory. Like the race itself, few people noticed him along the way as he held his goal pace, making no mistakes, moving up through the pack, benefiting from his fellow competitors' lapses of judgment or weaknesses at difficult moments. Like the race itself, few people saw him coming until he had already arrived, right on schedule, ahead of everyone else.

More than 2 years ago Nick Millar chose the straightest road possible, the road with milestones and goals that only he could see. Millar was not slowed by obstacles in the road, by headwinds or driving rainstorms, by traffic or steep hills. These were all merely part of the road he chose and he handled them all at the same pace, always seeing

the next milestone, always moving toward the goals.

Millar had to be on the road by 6 a.m. on many cold, dark, rainy winter mornings and again that evening at dusk. He could stay on the road only if he was disciplined in his diet and only if he limited his social life. At times the road went through the weightroom every other day. On trips far from home Millar stuck to the road -- only the scenery changed.

There were often companions for Millar along the road. Some covered a great deal of the route with him but none could stay on the road for weeks at a time, let alone the months and years that Millar traveled.

The NBL title is just a reward; a prize even Millar may not have noticed on the road until just a few weeks ago. But be certain the road has not ended for Millar -- it's more likely that it's just begun. Only *he* can see what lies ahead.

A Time of Queens and Kings NBL Produces Running Royalty

When Santa Rosa's Julia Stamps ended her spectacular high school running career in the spring of 1997 it was natural to believe that local high schools would never see that kind of talent again. After all, she was the best cross-country runner in the history of California, was crowned state champion 7 times and was the national high school cross-country champion in 1994.

While Stamps' individual accomplishments have yet to be eclipsed, her legacy has spawned a parade of phenomenal performers who have kept the North Bay League in the state and national spotlights. Less than 6 months after Stamps ran her last high school race she was no longer the only NBL runner to win a state cross-country title. Former teammate Trina Cox, in her junior season, made it 4 division I titles in-a-row for SRHS and then, only a couple of hours later, freshman Sara Bei shocked cross country followers by her come-from-behind win in the division III state final. Both runners would qualify for the Footlocker National Championship meet a week later.

That was just the beginning. Bei went on to take 1600- and 3200-meter state track titles later that school year. In the fall of 1998 Bei won her 2nd state cross country title and was joined in the winners' circle by fellow NBL runners Ryan Mack

of Ukiah (D-II) and Celedonio Rodriguez of Elsie Allen (D-III). Bei, Cox and Rodriguez all qualified for Footlocker Nationals that year, an unheard of accomplishment for local runners before Stamps came along. Bei finished 3rd, Cox 6th and Rodriguez 18th in the nation. At the state track meet these 3 runners and Mack were joined by the Maria Carrillo HS pair of Steve Laurie and Jenny Aldridge. A league that rarely had more than a single distance runner at any state meet suddenly had 6. Bei came home with a pair of 2nd-place medals that spring.

The fall of 1999 was another undefeated season for Bei and she finished it off with a division II state meet record, joining Stamps and 2 others as the only 3-time cross country state champions in California history. Aldridge blossomed into a great 1600 runner in her sophomore track season last spring and, although beaten by Bei on numerous occasions, staged one of the great final laps in state meet history to out-kick Bei for 1st in the state championship meet. Bei claimed 2nd in the 3200 again, a race that saw the emergence of another NBL star, sophomore Amber Trotter of Ukiah. Trotter finished 7th. Maria Carrillo HS runner Jordan Kinley recorded one of the fastest sophomore times in the U.S. for 1600 meters, a 4:14, and competed in the state meet.

This fall, with her triumph over Bei and Aldridge in the NBL cross-country final, Trotter has earned national attention. She must deal with Bei at section and state meets in division II while Aldridge seeks her own state crown in division III. All 3 girls are considered strong contenders to qualify for the national championship meet. And the beat goes on.

SCL Girls Cross Country Championships

Rogers Goes It Alone

A year ago Healdsburg freshman Kelly Rogers toed the starting line in the Sonoma County League cross country championship with a total of one high school race under her belt. Less than 20 minutes later she had claimed her first league crown and a star was born.

There was little doubt as to Rogers' status as favorite for the 2000 SCL final, held at Spring Lake on November 8. In front from the start, she built a

(SCL GIRLS continued)

19-second lead by the mile mark over Angela Kabanuk of Casa Grande, the 3rd-place finisher here last fall. Rogers rolled through at 6 minutes even, looking very comfortable. Bailey Kennedy of Windsor, at 6:26, was holding a 2-second edge over Whitney Smith of Sonoma for 3rd place. The Petaluma duo of Jacki Vance-Geoffrion and Natalie Kauk were side by side in 5th/6th at 6:37. Laurel Weil, the 1998 SCL champion from El Molino who has been plagued by serious injuries over the past 2 years, held 7th place. A group of 3 runners came by next, Julia Beers of Analy, Emily Merriman of Petaluma and Healdsburg's Bonnie Brudie. Besides their 3 runners in the top 9, Petaluma held the 14th and 24th positions. Sonoma runners were in 4th, 11th, 12th, 16th and 19th making the team score at 1 mile a very close 59-62 in favor of Petaluma.

Rogers crossed 2 miles in 11:54 and was 56 seconds in front, having covered the 2nd mile in 5:54, 6 seconds faster than the first. Kabanuck's (CG) lead over Kennedy (W) had tripled to 21 seconds and Smith (S) was another 10 seconds back. The Petaluma pair of Vance-Geoffrion and Kauk were gaining ground and teammate Merriman had pulled up 2 spots to hold 7th. Weil (EM), Beers (A) and Brudie (H) came through next and then Petaluma's 4th runner, Stephanie Laslo, had moved up 3 places to 11th. Petaluma was pulling away from Sonoma in the team score at 2 miles, leading 52 to 63.

Rogers slowed over the final mile, finishing in 18:23, more than a minute ahead of Kabanuck's 19:27. Rogers was just fast enough to break the SCL course record by a second. Vance-Geoffrion (P) reeled in Kennedy (W) and broke the 20-minute barrier to take 3rd. Kauk kept up the Petaluma charge by passing Smith (S) for 5th place and Merriman gave the Trojans 3 finishers in the top 7. Weil (EM) took 8th and then Brudie (H) out-kicked Beers (A) for 9th. Laslo (P) held on to 11th and then teammate Jean Zapata sealed the team title for the Trojans by moving from 23rd to 19th over the last mile, making the final score Petaluma 45, Sonoma 80. Healdsburg (90) edged Analy (94) and Windsor (98) for 3rd.



SCL Results

Varsity Girls

Scoring Teams:

1. Petaluma	45
2. Sonoma	80
3. Healdsburg	90
4. Analy	94
5. Windsor	98
6. El Molino	115
7. Casa Grande	115

Top 10 Individuals

1 Kelly Rogers	H	18:23
2 Angela Kabanuck	CG	19:27
3 Jacqui Vance-Geoffrion	P	19:56
4 Bailey Kennedy	W	20:10
5 Natalie Kauk	P	20:22
6 Whitney Smith	S	20:31
7 Emily Merriman	P	20:47
8 Laurel Weil	EM	21:05
9 Bonnie Brudie	H	21:10
10 Julia Beers	A	21:11

SCL Boys Cross Country Championships

Long Wait For Brady

Windsor senior Matt Brady must have had the Sonoma County League cross country championship meet on his mind often in the past year. Just hours before the 1999 championship race Brady, after turning in an outstanding season, came down with the flu and had to sit out the meet. Not this time.

Instead, he faced an unexpected challenge from sophomore newcomer Reuben Mora of Analy. Mora had pulled off an upset of Brady on Windsor's home course just one week prior to the SCL final. Last year's SCL runner-up, Sean Harrell of Healdsburg, finished 3rd in that same tri-meet and seemed to be repeating his strong, season-ending surge of a year ago, a surge that carried Harrell all the way to the state meet.

Just like in 1999, Windsor's Scott Timko could not resist jumping into the lead in the first 100 meters of the race and pulled a crowd up the first hill on the course. At the quarter-mile mark he was caught by teammate Brady and Mora (A) and the race was on.

Brady and Mora churned through the mile mark shoulder-to-shoulder at 5:14, 9 seconds ahead of Harrell. Petaluma's Adam Holdren was running in 4th at 5:28 and then El Molino's Will Atkinson

came through a step ahead of Healdsburg's Tim Fertl at 5:31. Petaluma had Steven Cozza in 7th and then Analy started looking good in the team department with Brandon Holve and Bill Tuohy running together in 8th and 9th. Jesse Hallet of El Molino was running 10th. The team score was incredibly close with Analy at 54, Healdsburg at 56 and Petaluma at 60.

The sideache that Mora (A) complained of before the race forced him to drop off the pace during the 2nd mile. Brady pulled away, stretching his lead over Harrell (H) to 15 seconds at 2 miles as he came through in 10:36. Holdren (P), at 10:56, Atkinson (EM), at 11:09, and Cozza (P), at 11:11, had also moved past Mora and the Analy soph was clearly in pain at this point, having followed his opening 5:14 mile with a 6:03. The next 7 runners were all from the 3 teams fighting for the title. Fertl (H) held 7th, Holve (A) and Tuohy (A) were 8th and 9th, Nick Thompson (H) had climbed to 10th, Brian O'Grady (P) was 11th, Victor Feno (A) was 12th and Ben Seisdodos held 13th. Several places were swapped during the 2nd mile, yet the team score was nearly identical to the 1st mile with Analy having 54 to Healdsburg's 56 and Petaluma falling a point further back at 61.

Brady (W) lost only 2 seconds to Harrell over the last mile and claimed his first league cross country crown, finishing in 16:16 to Harrell's 16:29. Holdren (P) held onto 3rd and then teammate Cozza moved up a spot to claim 4th. Atkinson (EM) came through next in 5th and then the team battle began in earnest. Analy had Holve in 6th, Bill Tuohy in 8th, Feno in 11th and Bruce Tuohy in 16th. Mora had dropped from the Tigers' top position to number 6 on his team and had faded all the way back to 21st but would still play a key role in the team outcome. After Harrell, Healdsburg had Fertl in 7th, Thompson in 9th and Seisdodos in 12th. Petaluma had number 3 runner O'Grady place 10th but their final two scorers were back in 19th and 21st. Cody Mork decided the team score in favor of Healdsburg when he came in 26th place. Healdsburg ended up with 56 points to 59 for both Analy and Petaluma. It was the ailing Mora that broke the tie in favor of Analy, giving the Tigers the overall SCL championship by virtue of their undefeated regular season.



SCL Results

Varsity Boys

Scoring Teams:

1. Healdsburg	56
2. Analy	59
3. Petaluma	59
4. Windsor	88
5. El Molino	110
6. Casa Grande	125
7. Sonoma	incomplete

Top 10 Individuals

1	Matt Brady	W	16:17
2	Sean Harrell	H	16:29
3	Adam Holdren	P	16:42
4	Steve Cozza	P	16:56
5	Wes Atkinson	EM	17:02
6	Brandon Holve	A	17:17
7	Tim Fertl	H	17:21
8	Bill Tuohy	A	17:26
9	Nick Thompson	H	17:28
10	Brian O'Grady	P	17:28

LM

Jingle Bell Run

-Tori Meredith



Have you noticed the bite in the air? That bite is a little reminder to all of us that it is that time of year to start thinking about wearing warm clothes, jingle bells and running around the neighborhoods spreading warm wishes and fun to everyone. Yes that's right! The 11th annual Jingle Bell Run is once again happening. Mark your calendar for Tuesday, Dec. 19th at 6 p.m. Start dusting off your jingle bells and let's start jingling around.

This year we are going to meet at the Isabeau /Garcia abode located at 1932 Yolo Court. Here's how to get there. If you are coming from Highway 12 you need to continue onto Hoen Ave., take a right onto Yulupa Ave., turn left turn onto Sacramento Ave., then go down to the end of the street, take a right onto Calaveras Ave., then take the first left turn onto Yolo Court. It is a small court and I recommend that you park on Calaveras.

This year the course will wind through Bennett Valley neighborhoods. Rumors have it that our favorite house will not be decorated because the

(JINGLE BELL continued)

person who did the decorating is not able to do it anymore. If there is a consensus maybe we can still sing them a song for old time sake.

For years now we have had a gathering of about 60 people who have donned their bells and sweats for this occasion; so as tradition has it there will be a potluck after the run. Bring something yummy to share, preferably enough to feed 10 or more people. Try to plan on staying to mix, mingle and be merry on this joyous occasion.

Is the Jingle Bell run a race? No, not at all. The purpose of this harmonious event is to check out the lights in the neighborhood and run at a singing pace. Of course, we do have people who like to pick up the pace but don't let that keep you away. We always regroup with a Christmas carol in front of a friend's house.

So come one, come all and spread your holiday spirit to a little piece of Santa Rosa.

Looking Forward to



Thursday

The report is due. Overdue. The boss is jabbering something about his latest plan to save the account, take over the world and fund his early retirement. Phone is ringing with more bad news. Mind drifts. Seeking refuge. Only a couple of more hours of this slow torture. Gym bag sitting on the floor full of my other life. Gotta figure out a way to satisfy all the vultures and still get outta here by 5:00pm! Hammer out the damned report. Fire off a few emails full of promises to do the impossible for the umpteenth time. Phone rings. Oh crap! Let'em get the voice mail. Write a few post-it notes to jog the failing memory in the morning. Grab the gym bag and boogie to the

men's room, hopefully unseen by any lingering work-a-holics.

Safe in my tiled sanctuary, I methodically change from slacks, tie and hard shoes into shorts, singlet and running shoes. Eat your heart out Superman! Now fly down the backstairs and out the door to challenge the traffic and flaunt the jaywalking laws, heading to the old Toyota for the getaway. What time is it? 5:18pm. Better get going if you want to run with the gang tonight!

Dodging the gauntlet of cars trying to turn left every 50 yards all along Sonoma Avenue, I know I am going to get a ticket one of these days, but keep going faster than I should anyway. Some idiot is not going even though the light has turned green for at least three seconds! Come on dammit! Don't you know I gotta get to my Thursday night run?

Finally, I swing my little 4x4 onto the short narrow road leading to the Lake Ralphine parking lot. Quickly scan for the forms of runners and available spaces. Looks like I made it! Yank the parking break, turn off the motor, put on the shades and jump out.

Everyone is here, or soon will be. Hand shakes, nods, smiles and small talk are exchanged. All the regulars are here. And look! It's good ol' so and so, who we haven't seen since who knows when! Another comeback? Yeah sure. Finally when we are just about at critical mass, the last few faces appear just in time to join the others. Where the hell were you? I'm glad you made it! How far ya going tonight? Over the hill? Up to the hairpin? Someone yells, "Let's go!" and the horde starts off, still talking and laughing. Spirits are high. Even the low feel good or at least better among their comrades. Just another Thursday night run. But it could be any of the other group training runs. Good stuff.

I have been a member of the Empire Runners for eight years now. In that time I have participated in countless races and enjoyed the support of all the friends I have made in this wonderful club. However, for a variety of reasons, I never really availed myself of the clubs organized training runs. For one, I thought I was too slow and could not keep up. For another, I have always found social situations somewhat unnatural and oddly depressing. Yet for reasons I do not remember, I began going to most of the Thursday

night runs about a year or so ago. Even so, I would chat with others before the start of the run only to end up running solo. Once or twice I ran into someone at some trail junction and we ran together the rest of the way back to the parking lot, but generally I ran completely alone, much as I had before ostensibly joining the group run.

This year I was fortunate enough, to fall in with a great group. They know who they are. Even though we have not always run every week or every mile as a cohesive group, we have shared enough time together to become pretty close. Some days it was hard to keep up with the group. Other days it was hard to hold back when others were struggling. Yet we all continued to support each other and keep each other running through the long summer. I don't know for sure, but I would bet that these other folks looked forward to Thursday as much as I did. And I'll bet you the dynamic in our little group was duplicated in other groups week in and week out.

Now the long days are over and I am in my taper, making final preparations to run CIM (Cal International Marathon). I am sitting here wondering why it took me so long to take advantage of the group training opportunities that the club

provides. I am in better shape now than I have been in years, I have met new people and I have finally gotten to really know people that I should have opened up to years ago. They have all helped me in so many ways that go beyond mere miles per week or minutes per mile. I will run the marathon alone, and yet I will carry the support of these friends with me every step of the way.

My sincere thanks to everyone who ran a few hundred yards, or a few hundred miles with me this summer. You have made me a better runner and a better person. I hope I have helped you in some way too. I still enjoy a solo run, but running with others will be a priority for me from now on.

At this time I need to also say a special thanks to my wife and family for putting up with me over this last year which has been a tough one. It was a good thing that I had my running therapy to keep me marginally sane!

If you are thinking about joining one of these club training runs, my advice would be to do so as soon as possible. You will not be disappointed!

DM Peterson



2000 EMPIRE RUNNERS / FLEET FEET GRAND PRIX SERIES

The 2000 Grand Prix Series has only one race left, the Last 10K and Final 2 Mile. It's been a great year of competition and it's not over yet. Remember that Ron Jacobs and Rhonda Roman of Fleet Feet Sports are sponsoring the series this year by providing prizes for the top three finishers in both the men's and women's overall competition. The prizes are gift certificates for Fleet Feet Sports in Santa Rosa as follows: \$100 first place, \$75 second place, and \$50 third place. As in the past I am asking for volunteers to provide age group awards. This tradition was started by Eric Bohn several years ago and has provided for some fun and interesting prizes. Awards will be presented at the annual club party. The complete series results to date are printed beginning on the next page. Please check them over carefully and inform me of any errors or omissions. Note the race director and volunteer points are underlined.

Bob Finlay, Grand Prix Series Director

2000 Empire Runners/Fleet Feet Grand Prix Series

Women's Standings as of 11/5/00

Place	Name		Div.	Y2K5 K	V. Ford	Ilsanjo	Loop D Loop	Jack Rabbit	Ken- wood	Track Series	5K Track	Salmon Creek	Annadel Loop	Shiloh	McGuire's	Total
1	Tori	Meredith	40-49	100	100	98		99	75	100	98	100	97	100	100	1067
2	Lisa	Anderson	30-39	92	99	85	77	93	76	100	94	94	67	92	93	1062
3	Lisa	Titus-Isabeau	40-49		100	96	83	98	75	75	97	99	82	98	99	1002
4	Amy	Gandy	40-49		99	99	80		85	100	95	96	74	93	96	917
5	Leslie	Curry	30-39	95	99	88		96	88			97	80	97	98	838
6	Anna	Derho	40-49	96		87	85		81			95	71	95	95	705
7	Liz	Sinna	30-39			93	89	95	97	25		98		99	100	696
8	Sheila	Masi	40-49	75	99	98			84	100	96		79			631
9	Cathy	Dubay	30-39		100	100		100	100	50	100					550
10	Pam	Horton	50-59			92	82		75				75	96		420
11	Sally	Schalich-McGuinn	30-39	93					89	25			76			283
12	Marcia	Seim-Bossier	40-49						86					94	96	276
13	Tanya	Narath	30-39			95	81		90							266
14	Dianne	Paleczny-Stephens	40-49			89		94	83							266
15	Christy	Sweaney	13&U						92	75	99					266
16	Lauren	Charles	14-19	97					98	50						245
17	Kristin	Charles	13&U					97	96	50						243
18	Carol	Hasenick	40-49			86	76		79							241
19	Kelly	Rogers	14-19			100			100	25						225
20	Robin	Stovall	40-49	99					99	25						223
21	Shawn	Chapler	30-39		100	99										199
22	Carol	Dubay	30-39		100	96										196
23	Donna	Ames	40-49	94	99											193
24	Val	Sell	30-39			97			96							193
25	Sue	Marcus	40-49		100									91		191
26	Leslie	Howell	50-59			97			91							188
27	Edda	Stickle	50-59			90			93							183
28	Cathy	Charles	40-49					92	85							177
29	Sherri	Guinn	50-59	91					78							169
30	Marline	Peters	40-49						92					75		167
31	Ellen	Luca	60&O						73			93				166
32	Rhonda	Roman	30-39			91			75							166
33	Cindy	Roach	40-49				84		75							159
34	Anna	Shaver	14-19						95	50						145
35	Marilyn	Calderon	50-59						77			66				143
36	Naomi	Bisagno	14-19						91	50						141
37	Rebecca	Smyth	13&U					100		25						125
38	Ashlee	Drady	14-19						99	25						124
39	Jenny	Drady	14-19						97	25						122
40	Shelly	Lydon	30-39						100							100
41	Linda	Phaby	50-59									100				100
42	Kari	Mastrocola	40-49		99											99
43	Katie	Stafford	14-19	98												98
44	Melissa	Bates	40-49												97	97
45	Julianne	Baker	14-19						95							95
46	Chris	Martindill	30-39		95											95
47	Jaime	Feldman	13&U												95	95
48	Jenny	Charles	14-19						94							94
49	Nicole	Disher	20-29									94				94
50	Linda	Ross	30-39						94							94
51	Janet	Feldman	40-49												94	94
52	Jennifer	Martindill	13&U						93							93
53	Veronica	Pineda	40-49				93									93
54	Cheryl	Collins	40-49						90							90
55	Sheryl	Enders	30-39						89							89
56	Julianna	Bratsburg	13&U						88							88
57	Kelly	Baker	13&U						87							87
58	Deborah	Hodesson	40-49						87							87
59	Lynn	Flores	40-49									86				86
60	Bethann	McIntosh-King	40-49						86							86
61	Judy	Withee	50-59						82							82
62	Sara	Cullen	30-39						80							80
63	Cathy	Burgett-Lyman	40-49						75							75
64	Kim	Kennon	40-49						75							75
65	Hillery	Main	30-39		75											75
66	Kathleen	Stalter	40-49						75							75
67	Madelyn	Stewart							75							75
68	Cecilia	Akbar	40-49						74							74
69	Joan	Bennett	50-59						72							72
70	Helen	Kuziara	60&O						71							71
71	Jenny	Aldredge	14-19							25						25

2000 Empire Runners/Fleet Feet Grand Prix Series Men's Standings as of 11/5/00

Place	Name		Div.	Y2K5K	V. Ford	Ilsanjo	Loop D Loop	Jack Rabbit	Ken-wood	Track Series	5K Track	Salmon Creek	Annadel Loop	Shiloh	McGuires	Total
1	Dan	Preston	50-59	85	94	98	99	92	<u>75</u>	100	95	96	98	96	99	1127
2	Dale	Peterson	40-49	66	100	83	91	100	<u>75</u>	100	92	86	72	94	97	1056
3	John	Anderson	40-49	64	98	80	87	85	76	100	<u>100</u>	90	77	95	96	1048
4	Dave	DeSelle	40-49	71	98	<u>100</u>		86	91	75	93	91	69	89	96	959
5	Ralph	Harms	60&O	79	94	92		80	90	75		87	70	88	92	847
6	Phil	Widener	50-59		96	95	90	84	79	75		92	85		94	790
7	Bob	Finlay	40-49	84	98	96			87	25		95	89	97	100	771
8	Stephen	Starkweather	30-39		99	98			95	100		98	95	100		685
9	Darryl	Beardall	60&O	74		79	78	82	<u>75</u>			88	90		98	664
10	Alec	Isabeau	30-39		100	97	<u>100</u>	97	<u>75</u>				91	99		659
11	Eric	Nordvold	50-59		99				80	25	96	93	73	93	94	653
12	Regan	Masi	14-19	95	99	<u>75</u>		99	99	50	98					615
13	Greg	DeSelle	14-19	75		<u>75</u>		88	95	75				91	98	597
14	Don	Sampson	50-59		97	96		87	75	100		89				544
15	Larry	Meredith	40-49	<u>100</u>				96	<u>75</u>	75	97	97				540
16	Jon	Hermstad	50-59		98	94	95	93	98	50						528
17	Peter	Masi	40-49	<u>75</u>	99	86		83	93				74			510
18	Ernst	Bohn	50-59	68		76	88					85		92	93	502
19	Bill	Browne	50-59	82		91	92		85	50			92			492
20	Jerry	Lyman	50-59	87					<u>75</u>	50			96	<u>75</u>	100	483
21	Doug	Courtemarche	50-59	<u>75</u>	<u>100</u>	<u>75</u>			<u>75</u>	<u>75</u>			75			475
22	Bob	Shor	50-59	<u>75</u>	<u>100</u>	<u>75</u>			<u>75</u>	<u>75</u>			<u>75</u>			475
23	Rob	Main	40-49	83	95	93		90	86							447
24	Mort	Gray	60&O	69	94	94			89				93			439
25	Les	Brodie	50-59	78	96	82			72				83			411
26	George	Urdzik	60&O						<u>75</u>			82	62	86	89	394
27	Don	Madronich	50-59	65		91		78	78				64			376
28	Jeff	Gardina	14-19	98					96	75	100					369
29	Terry	McNeill	50-59		97	78			55	50					87	367
30	Scott	Ames	40-49	90	100				<u>75</u>					98		363
31	Charles	Hoagland	60&O			72			52				65	87	87	363
32	Brendan	Hutchinson	50-59	89		<u>75</u>						94			99	357
33	Rick	Peters	50-59		96	93			61					<u>100</u>		350
34	Lou	Garcia	40-49		100	99			<u>75</u>	<u>75</u>						349
35	Bob	Holland	50-59	81	97					75	94					347
36	John	Royston	40-49				100	91	63				87			341
37	Carl	Jackson	60&O	70	97	<u>75</u>			86							328
38	Tim	Stewart	40-49			<u>75</u>			<u>75</u>	<u>75</u>	<u>100</u>					325
39	Ty	Strange	30-39	96						25		100	99			320
40	Mike	Stafford	40-49			95	94	94		25						308
41	Eric	Bohn	30-39	99		100	100									299
42	Brian D.	Purcell	20-29						97	100		99				296
43	Nick	Millar	14-19	93						100	99					292
44	Ben	Rosales	40-49	88		99				100						287
45	Tyler	Main	13&U		95	100			82							277
46	Tony	Smyth	40-49			92	96	89								277
47	Brian	Wehmeyer	30-39			87	86		83							256
48	Andrew	Jensen	50-59	80		89			82							251
49	Jordan	Kinley	14-19	100					100	50						250
50	Dale	Trowbridge	60&O									84	63		95	242
51	Jacob	Smyth	13&U			98		99		25						222
52	Tom	Hinde	40-49			84			58				73			215
53	Ken	Brown	30-39					100	100							200
54	Andrew	Stevenson	13&U			99		100								199
55	John	Staroba	20-29	94					98							192
56	David	Capron	40-49	91						100						191
57	Ed	Feldman	40-49											91	91	182
58	Bernie	Hollander	60&O			85			96							181
59	Jonathan	Martindill	13&U		95				81							176
60	John	Cullen	40-49			90			84							174
61	Jason	Fung	14-19	86					88							174
62	Jason	DeSelle	20-29			<u>75</u>		98								173
63	Ted	Chapler	40-49		99	73										172
64	Randall	Caselli	40-49		100				70							170
65	Bob	Hasenick	40-49			88							81			169
66	Jim	Petersen	50-59			90			79							169
67	Jim	McCray	40-49	73					94							167
68	Gil	Moreno	50-59	77					87							164
69	Peter	Verbiscar-B.	50-59						77				84			161
70	Pete	Gang	40-49						78				78			156

Grand Prix Standings—Men (continued)

Place	Name		Div.	Y2K5K	V. Ford	Ilsanjo	Loop D Loop	Jack Rabbit	Kenwood	Track Series	5K Track	Salmon Creek	Annadel Loop	Shiloh	McGuire's	Total
71	Ron	Jacobs	30-39			77			75							152
72	Jim	Gibbons	50-59			100				50						150
73	Marc	Richardson	40-49			75			69							144
74	Mike	Duggan	50-59					81	62							143
75	Robert	Collins	30-39					79	56							135
76	Bruce	Touhy	14-19		99					25						124
77	Eric	Walker	30-39						99	25						124
78	Mark	Fitch	40-49	75						25						100
79	Richard	Flores	40-49	100												100
80	Bob	Merrett	40-49										100			100
81	Scott	Montrose	40-49		100											100
82	Joe	Phaby	50-59									100				100
83	Brian	Purcell	40-49										100			100
84	Mike	McGuire	50-59												100	100
85	Brian	Hake	40-49						97							97
86	Jordan	Lucia	13&U			97										97
87	Jim	Noonan	30-39			97										97
88	Dan	Touhy	50-59		96											96
89	Mark	Curran	30-39					95								95
90	Drew	Fagent	14-19						94							94
91	Kirk	Brandt	14-19						93							93
92	Zac	Fitch	14-19						92							92
93	John	Lander	50-59						92							92
94	Todd	Stevens	20-29	92												92
95	Jon	Fitch	14-19						91							91
96	Nathan	Bisbee	20-29						90							90
97	Greg	Clementi	40-49						89							89
98	Walt	Bales	50-59										88			88
99	Quin	Coughlin	13&U						88							88
100	Bryan	Bei	13&U						85							85
101	Conner	Fagent	13&U						84							84
102	Doug	Schrock	40-49						83							83
103	Dave	Sell	30-39									83				83
104	Daniel	Green	30-39			81										81
105	Jeff	Shaver	40-49						81							81
106	Geoff	Bratsberg	14-19						80							80
107	Bill	Butcher	50-59				79									79
108	Tyler	Baker	13&U						77							77
109	Bill	Baker	40-49						76							76
110	Larry	Clark	50-59	76												76
111	Jim	Coughlin	40-49						75							75
112	Jan	Hobbel	30-39						75							75
113	Chase	Stafford	14-19							75						75
114	Len	Allaire	40-49			74										74
115	Justin	Bratsberg	13&U						74							74
116	Ray	Young	60&O						74							74
117	George	Bratsberg	40-49						73							73
118	Fletcher	Clover	30-39						73							73
119	Zander	Fung	13&U						72							72
120	Tim	Stafford	40-49	72												72
121	Shel	Fung	40-49						71							71
122	Chris	Martindill	40-49						71							71
123	Tom	Charles	40-49						70							70
124	Brett	Bryars	30-39										68			68
125	Joe	Heckel	40-49						68							68
126	Warren	Huber	50-59						67							67
127	Andrew	Hidas	40-49						66							66
128	Johnpaul	McIntosh-King	40-49						65							65
129	Gilman	Jung	60&O						60							60
130	Rick	Howell	50-59						59							59
131	F.K.	Chapler	60&O						57							57
132	Ron	Cope	40-49						54							54
133	Bruce	Scott	60&O						53							53
134	Joe	Kidd	40-49						51							51
135	Josh	Doris	20-29							50						50
136	David	Holligan	40-49							25						25
137	Alan	Levine	50-59							25						25

Empire Runners Cross-Country Teams Update

Empire Runners competed in three PA-USATF cross-country races since the last newsletter and now have the Championship coming up this Saturday (Nov. 18) in Golden Gate Park. Exactly where our teams stand is hard to say. Statistically-challenged PA officials are agonizingly slow to tabulate team grand prix standings, an inexcusable incompetence that undermines the competitive interest of teams participating in these events. When will PA-USATF catch on and develop an efficient scoring system that will keep teams up to date week by week?

In spite of the inept shortcomings of its governing body, the cross-country series has been fun, and Empire Runners have done well. Twenty-three Empire Runners ran the John Lawson Memorial Tamalpa Challenge, a very strong showing in a race honoring a friend and fellow runner who suffered a fatal heart attack only last year.

We hope next month to be able to report on final team standings.

Crystal Springs Challenge (October 21)

Place	Div/Place		Div.
Empire Men			
49	40	Ken Brown	22:57.59 Open
53	43	Eric Bohn	23:06.15 Open
88	62	Eric Downing	24:46.34 Open
89	25	Stephen Starkweather	24:52.00 Master
106	5	Jerry Lyman	25:39.18 Senior
108	72	Alec Isabeau	26:00.16 Open
143	13	Bob Holland	29:20.03 Senior
145	14	Phil Widener	29:26.46 Senior
152	16	Don Sampson	30:30.01 Senior
160	20	Gil Moreno	33:08.69 Senior
Empire Women			
48	5	Lisa Titus Isabeau	20:43.14 Master
104	81	Lisa Anderson	27:39.64 Open

Shoreline Open (October 28)

12	Phil Widener	31:18	Senior
14	Don Sampson	32:14	Senior
15	Gil Moreno	34:28	Senior

John Lawson Memorial Tamalpa Challenge (November 4)

Open Men		
5	Ty Strange	25:13
11	Eric Walker	26:01
13	Eric Bohn	26:04
14	Christian Wagner	26:07
30	Eric Downing	28:56
39	Alec Isabeau	29:45
Masters Men		
20	Scott Ames	27:49
Senior Men		
7	Jerry Lyman	28:59
10	Dan Preston	29:16
20	Bill Browne	31:52
21	Bob Holland	32:09
23	Phil Widener	33:08
27	Don Sampson	33:42
39	Gil Moreno	39:49
42	Terry McNeill	42:02
Master Women		
7	Lisa Titus Isabeau	32:46
14	Robin Stovall	36:03
26	Amy Gandy	41:05
Open Women		
24	Shelly Lydon	32:02
25	Lisa Youmans	32:04
43	Deb Murray	34:51
58	Laurie Martin	37:32
66	Lisa Anderson	43:33



Dear Dan...

Dan,
(saw the new web site. Looks good!!)

Please pass my name on to the MHS Alumni Hood-Coast Team captain. Maybe the captain would consider me for a member of the team. I live in Seattle. I participated in Track and CC at MHS and graduated from MHS in 1980. I have run in the Hood to Coast twice before in the early 90's.

My folks live in SR off Summerfield road. I will have to join your club for a run over Christmas Vacation. I remember when Empire Runners just started in late 70's. Seem to remember that Mike McGuire was a contributor to getting the club started and organizing activities. I once finished 4th in the Ilsanjo Classic 10-miler in 64 minutes.

happy running, Steve Filippetti

Empire Runners Club Presents
**The Last 10K And Final 2 Mile
of 2000**

Date/Time: Saturday, December 16
9 A.M. Start Time
Site: Start/Finish at Howarth Park, Santa Rosa. (Summerfield Rd.)
Courses: 100% Paved, flat to gently rolling.

Registration Fees:	Club Members		Non-Members	
	<u>With Shirt</u>	<u>No Shirt</u>	<u>With Shirt</u>	<u>No Shirt</u>
If pre-registered by December 8:	\$18	\$8	\$20	\$10
Late/Race-Day Registration:	N/A	\$8	N/A	\$10

(T-Shirt by pre-registration only. A few may be on sale race day for \$10)

Checks Payable to Empire Runners.

Send entries to: John Anderson
1110 Cornell Dr.
Santa Rosa, CA 95405

Information: 527-0673

(Cut Here)

Name _____ Male ___ Female ___ Age ___

Address _____

Club Member: Yes ___ No ___ T-Shirt Size (Pre-reg. only): M ___ L ___ XL ___ XXL ___

Race Entered: 10K ___ 2-Mile ___ Fee _____

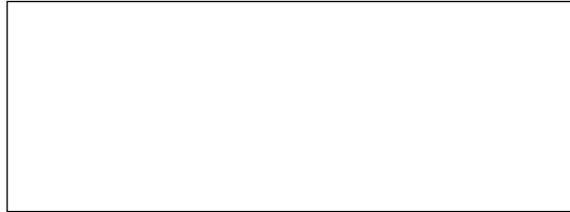
(Checks Payable to Empire Runners)

Waiver: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights, claims, or damages I may accrue against the Empire Runners, the City of Santa Rosa, and all officials of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the last 10K footrace held December 16, 2000, at Howarth Park, Santa Rosa, California.

Signed _____ Dated _____

Empire Runners Club

3648 Evergreen Road
Santa Rosa, CA 95405



North Bay Race Schedule

- **November 23, Sacramento: Run to Feed the Hungry 10K.** Info: www.jps.net/runinfo/feedhung.htm, (916) 719-4400.
- **November 25, Quadruple Dipsea, 28.4m.** Info: www.run100s.com/qd.htm, (415) 759-2690.
- **November 26, SF: Run to the Far Side 5K & 10K.** Info: www.rhodyco.com/farside00.html, (415)759-2690
- **December 3: Folsom: Cal. International Marathon.** Info: www.runcim.org, (916) 983-4622.
- **December 10: SF: Christmas Relays 4X4.6m, Lake Merced,** Info: (510) 262-8736.
- **December 16: The Last 10K and Final 2 Mile,** Howarth Park, www.empirerunners.org, John Anderson, 527-0673
- **December 17: Christmas Classic 5K and Miracle Mile.** SF GGPark, JFK Drive. Info: (650)589-0837 www.peopleevents.org/Christmas_Classic_2000.html
- **December 25: Christmas Blind Date Relay, 2 X 2m.** SF GGPark, Stowe Lk Boathouse. Info: (415)978-0837 www.dserunners.com/Schedule2000.html
- **January 1, 2001: Resolution Run 5K,** Montgomery High School

2000 CLUB OFFICERS

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