



# Newsletter

December

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[www.empirerunners.org](http://www.empirerunners.org)

**Late Breaking NEWS: Prince Greenway Race a Success – Mystery man & DuBay win**  
Empire Runners shine – see website for complete results!

## Shoreline Lives up to Expectations

It was a bad combination. An unusually warm day for late October and a dry, dusty course with no shade. We were warned that the course at Shoreline Park would not be among our favorites in the PA cross-country series. That warning was validated and then some thanks in part to the little heat wave that caused so much trouble in California this fall. It's not that Shoreline isn't a real cross-country course. Those who ran this in previous years gave us the impression that the course was virtually flat. For the record, there is a hill -- a pretty decent one -- that can cause aggravation early, and then again, late in the race. Much of the course is on gravel and dirt trails that are as wide as roads so, except for the choking dust created by the bottleneck start, there was plenty of room to maneuver throughout the race. And there are sweeping views of the south end of San Francisco Bay and an overlook of the famous amphitheater, although this is only a plus during warm-up and cool-down jogs to all but the most casual of competitors. For spectators it's fabulous, as one can view about 90 % of the race from the hilltop. So I guess the missing ingredients at Shoreline are trees and undulations. In cross country you don't necessarily want to see the course -- and for many of us, the multitude of runners drifting away from us like remnants of the Big Bang -- a half-mile into the future. (see **Shoreline** next page)

## Senior Men Flex Muscle at Tamalpa

The Tamalpa Challenge course in China Camp State Park is everything that Shoreline isn't. It's shady. It rolls constantly. It's narrow in many places. It winds through forests. And it was cool. And so 52 Empire Runners -- nearly twice the number that ran Shoreline -- answered the call for the final regular season cross-country meet on November 1.

The story of the day was the showdown between the host club and our boys in blue for the Seniors Men's title. The Tamalpans were out in full force, presenting their most talented lineup. Little did they know that ER Seniors Men's captain **Jerry Lyman** had finally succeeded in putting all the parts of his team puzzle together. The final pieces came in the form of Sonoma's **Butch Alexander** and **Parker Mills**, coming all the way from Elk (wherever that is). Lyman's persistence at recruiting **Terry Goetzel** and Alexander, along with a little help from teammate **Dan Schafer** in getting Mills, finally paid off at just the right time.

Alexander stole the show, placing 2<sup>nd</sup> among seniors in the most competitive race of the year. Goetzel actually had an off day, due to illness, yet placed 7<sup>th</sup> in the senior race, holding off teammate Lyman by just 1 second. Then Schafer in 13<sup>th</sup> and Mills in 19<sup>th</sup> assured the Empire Runners of their second skin-of-their-teeth victory in-a-row over (see **Tamalpa** next page)

## **Shoreline** (cont. from prev. page)

We'd rather the path curve out of sight, disappear into the trees, dive into a hollow. And then, when we least expect it, catch a glimpse of a teammate or a familiar competitor who may become the focus of our attention, distracting us from the suffering we must endure. No chance of this at Shoreline. And on October 25, we could have used some shade.

The masters women were there to run their shortest race of the year, a 5K. With a 9 a.m. start and a relatively short distance to cover, the heat was not going to play a role in this race. As the runners crested the first climb our team was led by **Lisa Youmans**. **Tori Meredith** was about 15 yards back and then, after another 15 yards or so, came **Shelly Lydon**. **Debbie Albers** was our next runner and then **Ellen Besobrasov**, who was making her season debut for the team.

The field descended the hill and began their long, flat, rectangular lap around the golf course. When they returned, Meredith was still in the middle of our top 3 but Youmans and Lydon had switched spots, Lydon now leading the way. Meredith reeled her in by the top of the final climb but Lydon surged past on the final downhill to finish 9<sup>th</sup> among masters runners in 20:57, just 4 seconds in front of Meredith, who took 10<sup>th</sup>. Youmans came in 19 seconds later for 11<sup>th</sup>. Albers came in 18<sup>th</sup> and Besobrasov took 21<sup>st</sup> to help the Empire Runners finish in 2<sup>nd</sup> place to Fleet Feet of Sacramento, edging out the Pacific Striders by 4 points and the Impalas by 5.

The men's divisions were also combined this time, putting 186 runners on the narrow starting line and creating a traffic jam for the first quarter-mile of the race. The temperature was on the rise and so was the dust. With a race distance of 4.6 miles life was going to get tough for these guys.

While the young gazelles sped away at sub-5-minute-per-mile pace our teams of Masters, Seniors and Super-Seniors were doing battle

(see **Shoreline** next page)

## **Tamalpa** (cont. from prev. page)

Tamalpa, this time by the score of 14 to 15. The Seniors Men's team has now won 3 races in the series this fall.

Adding insult to injury, the ER Seniors Men's B-Team outran their counterparts from Tamalpa by 10 points with **Jon Hermstad** leading the way in 21<sup>st</sup>. That team included **Don D'Avanzo**, **Bob Holland**, **Bill Browne** and **Don Sampson**.

**Terry McNeill** again led the way for our Super-Seniors Men's team, placing 7<sup>th</sup> to **Wes Beeson's** 10<sup>th</sup> and **Ernst Bohn's** 11<sup>th</sup>. That group placed 2<sup>nd</sup> in the team standings.

Our Masters Women continued their battles with Impala, Fleet Feet and Pacific Striders, this time taking 3<sup>rd</sup> place. **Janet Feldman** repeated her team-leading Presidio performance by taking 10<sup>th</sup> place among masters. **Tori Meredith**, in 14<sup>th</sup>, **Lisa Youmans**, 15<sup>th</sup>, and **Shelly Lydon**, 16<sup>th</sup>, were a close trio once again and the A-team was completed by **Lori Winkler**, making her season debut for the Empire Runners.

The B-team in that division was impressive as well, beating the host club's A-team by 10 points. **Donna Hinshaw**, one of the stalwarts of last year's strong squad, made her first appearance of the season to lead this group. She was followed closely by **Lisa Titus-Isabeau**. The team was filled by **Carol DuBay**, **Ellen Besobrasov** and **Audrey Schrift**.

**Cathy DuBay** ran an incredible race to place 5<sup>th</sup> overall in the women's race and lead our Open Women to a 6<sup>th</sup>-place team finish. **Val Sell** joined the team for the first time this fall and pulled down 21<sup>st</sup> place among open women. **Michelle McConnico** took 34<sup>th</sup>, **Deb Murray** was 45<sup>th</sup>, **Jennifer Surprise** finished 54<sup>th</sup> and **Kathy Bisordi**, also in her season debut, claimed 56<sup>th</sup>.

The Masters Men were glad to see **Ty Strange** at the starting line for the first time this year. Strange was the individual masters champion for the series just 2 years ago. Although spending much time training for

(see **Tamalpa** next page)

## **Shoreline** (cont. from prev. page)

in the middle of the pack. The long-awaited debut of ER senior runner **Terry Goetzel** of Sebastopol was at hand and he did not disappoint. By mid-race he was a couple hundred yards ahead of team captain **Jerry Lyman** and fellow senior **Dan Schafer**, the top runners on our team up to this point in the season. Goetzel was just getting warmed up. He moved up more than 10 places over the final half of the race and ended up 4<sup>th</sup> among senior men with a 26:45 – a pace of 5:56-per-mile. Lyman finished in 6<sup>th</sup> place in that division, 84 seconds later. Schafer, who specializes at shorter distances, was strong enough to place 9<sup>th</sup>, just 6 seconds ahead of **Jon Hermstad**, who greatly enjoyed the relative lack of hills here. **Bob Holland** wrapped up the A-team for our club with his 17<sup>th</sup>-place finish. The final score for Seniors Men showed a 12-all tie for first with Tamalpa but when Hermstad edged their 3<sup>rd</sup> runner by just 3 seconds; the Empire Runners had won the tiebreaker.

The Empire Seniors Men's B-team took 7<sup>th</sup> place with the killer-Ds: **Don Sampson**, **David DeSelle** and **Dennis Fagent**. Fagent was running well through 3 miles when he apparently began suffering from heat exhaustion. After struggling up the final hill he was barely able to stay on his feet. Teammates assisted him as he walked much of the last half-mile and then sprinted to finish chute. Medical technicians at the race treated Fagent for about an hour and then it was nearly another hour before he started feeling better. By evening he was back to normal and even went out for a run on the Monday following the race.

**Terry McNeill** turned in his best performance of the season to place 4<sup>th</sup> among the Super-Seniors Men, leading the Empire Runners to a 2<sup>nd</sup>-place team finish. He was supported by **Wes Beeson**, 7<sup>th</sup>, **Martin Jones**, 9<sup>th</sup> and **Dan Tuohy**, 10<sup>th</sup>.

**Jim Frazier** led the Masters Men for the second time in-a-row, placing 8<sup>th</sup> in 24:59, a

(see **Shoreline** next page)

## **Tamalpa** (cont. from prev. page)

triathlons, he can still run with the big boys, placing 12<sup>th</sup> here among masters. **Mark Curran** was in his usual position at the front of the ER main pack when, at the 3-mile mark, he stepped off the course with hamstring pain. He was able to loosen up and jog later but couldn't finish the race.

**Bob Rogers** took over Curran's role and led a group of 4 ER masters runners who finished in a span of 44 seconds. Rogers took 47<sup>th</sup> in the division and was followed by **Alec Isabeau** in 51<sup>st</sup>, **Stephen Starkweather** in 53<sup>rd</sup> and **Larry Meredith** in 55<sup>th</sup>. **Scott Ames** moved onto the A-team with a 59<sup>th</sup>-place finish and **Bob Finlay** wrapped it up in 63<sup>rd</sup>, earning the team 7<sup>th</sup>- place in the race standings.

The Masters Men B-team finished 11<sup>th</sup> with **Todd Bertolone** leading the charge. Behind him came **Jim Lynch**, **John Harmon**, **Dale Peterson**, **Mark Fitch**, **Todd Skabelund** and **Michael Vloria**.

The Open Men's race was devastated when more than half the field, including the lead group, ran off course and lost a couple of minutes. Only one Empire Runner – **Christian Wagner** – made the wrong turn and that was due to a Tamalpa runner in his group insisting that he knew where he was going. After several days of deliberation and protests, the Pacific Association decided to allow the finish results to stand, giving the Empire Runners 3<sup>rd</sup> place in the team standings. Final individual places had **Chris Gilbert** leading our team in 7<sup>th</sup> place. **Kenny Brown** was next in 18<sup>th</sup>, **Eric Walker** took 28<sup>th</sup>, **John Staroba** was 58<sup>th</sup>, **Eric Downing**, in his first race of the season, finished 67<sup>th</sup> and Wagner, despite his detour, placed 74<sup>th</sup>.

There were 27 Empire Runners in the race who had competed on the same course a year before. Of those, 10 improved on their times. 61-year-old Wes Beeson did it best, cutting 2:23 from his 2002 mark here. A relative youngster, Eric Walker, at 35, cut 1:06 off from last year. Mark Fitch, who has

(see **Tamalpa** next page)

## PRESIDENTIAL PLODDINGS

Eric and Natalie did a great job of saving the Breakfast Run! The Run lived up to all the expectations we have built up over the years. The crowd was low-key and ready to enjoy a break in the monsoon season. I know that Mike McGuire would have been proud of the 9.5K course. It had just enough markings to make me wonder if I would ever get back to Austin Creek School.

The time has changed. The days are shorter and our afternoon workouts (Thursday Night @ Howarth Park) are now at 4:30pm. Speed work has moved to Larry and Tori's house but remains at 5:30pm on Tuesdays. The monthly club meeting for December will be Thursday the 18<sup>th</sup> at 6:30pm. The location is the same, the Round Table Pizza Parlor in Montgomery Village. The newsletter deadline for the January edition is also a week early, December 11<sup>th</sup>.

We have two popular events coming up in December. The Last 10K and Final Two Mile will be held on Saturday the 20<sup>th</sup> at 9:00am. The start is the same place as it has been for the last few years, at the upper parking lot by Lake Ralphine. This year's version of the Jingle Bell Run will be held on December 23<sup>rd</sup> at 6:00pm at Peter and Lisa Kirk's house. Both of these events are long-time club favorites. Put them on your calendar!

John Anderson

## Shoreline (cont. from prev. page)

a pace of 5:33-per-mile. The team placed 5<sup>th</sup>, edging main rival Santa Cruz by 4 points with the help of **Mark Curran** in 18<sup>th</sup>, **Stephen Starkweather**, running his best race of the season to place 26<sup>th</sup>, **Bob Rogers** in 29<sup>th</sup>, **Larry Meredith** in 31<sup>st</sup>, **Bob Finlay** in 35<sup>th</sup> and **Jim Lynch** in 41<sup>st</sup>. Also running in the masters race for ER was **John Harmon** in 43<sup>rd</sup>, **Michael Vloria** in 46<sup>th</sup> and **Brett Bryars** in 47<sup>th</sup>.

(see **Shoreline results** next page)

## October Club Meeting Minutes

The October meeting of the Empire Runners was called to order at 7:35pm, October 23<sup>rd</sup>, 2003, John Anderson presiding.

**Minutes:** Approved as read

**Treasurer's report:** Current monies available for expenses 13,800.

**Race Reports:**

P.A. X-country Grand Prix: Master Women won Presidio. Master Men placed 3<sup>rd</sup> at Presidio.

Prince Greenway 8K: Starts at Julliard Park November 15<sup>th</sup>. Race sponsors are Fleet Feet, City of Santa Rosa, and Empire Runners.

Redwood Marathon Run: Team Relay from Grants Pass to San Francisco.

**New Business:**

\$636 for purchase of 12 Empire Runners jackets to sale was approved.

**Raffle:** Larry Meredith Drawing: Michael Vloria (not present)

**Attendance:**

F. Puddinski, Doc Doc Goose, Sledge Hamma, Stark the Ark, Iguana Don, Dr. Dutch Andersen, Dale Trowbridge, Dave "Digger Dog" DeSelle, Bob Shor, John Anderson, NoTorious Meredith, Coach Meredith, Super Gee

Respectfully submitted,

F. Puddles Downing ER Secretary

## Tamalpa (cont. from prev. page)

routinely been the most improved runner for our club this fall, was near the top again with an improvement of 1:03. Terry McNeill turned on the jets to shatter his 2002 time by 55 seconds. John Staroba, coming off a 50-second improvement at Presidio, shaved 49 seconds off in this race. Kathy Bisordi showed her fitness in her only race this fall, cutting off 43 seconds from last year's time.

(see **Tamalpa** next page)

## Shoreline Open ER Results

Masters Women, 5K, 2 <sup>nd</sup> Place		
Pl.		Time
9	Shelly Lydon	20:57
10	Tori Meredith	21:01
11	Lisa Youmans	21:20
18	Debbie Albers	22:59
21	Ellen Besobrasov	24:06

Masters Men, 4.6M, 5 <sup>th</sup> Place		
Pl.		Time
8	Jim Frazier	24:59
18	Mark Curran	26:59
26	Stephen Starkweather	27:21
29	Bob Rogers	27:36
31	Larry Meredith	27:52
35	Bob Finlay	28:41
41	Jim Lynch	30:08
43	John Harmon	30:32
46	Michael Vioria	31:36
47	Brett Bryars	35:27

Seniors Men, 4.6M, 1st Place		
Pl.		Time
4	Terry Goetzel	26:45
6	Jerry Lyman	28:09
9	Dan Schafer	28:43
10	Jon Hermstad	28:49
21	Bob Holland	31:07
25	Don Sampson	33:43
28	David DeSelle	35:41
30	Dennis Fagent	36:52

Super-Seniors Men, 4.6M, 2nd Place		
Pl.		Time
4	Terry McNeill	31:52
7	Wes Beeson	33:01
9	Martin Jones	35:50
10	Dennis Tuohy	36:33

### Stephen Starkweather Massage Therapy

*....relaxing and therapeutic massage....*

#### **Christmas shopping time!**

*Empire Runners can get 20% off  
gift certificates through December*

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Order now! Visa M/c accepted

--special gifts for your special friends--

## Tamalpa (cont. from prev. page)

Don Sampson was 41 seconds better this year, just slightly more than the 40 second-improvement by Bob Holland. Jerry Lyman, with an 11-second improvement, and Rick Peters, at 10 seconds, finished off the list of those who can say they are faster this year. There were several others who should get smiley faces for their consistency. Just missing last year's marks were Tori Meredith and Todd Skabelund (2 seconds), Lisa Youmans, Larry Meredith and Ernst Bohn (7 seconds), Lori Winkler (9 seconds) and Val Sell (10 seconds).

(see **Tamalpa results** next page)

## Foothills Challenge 10k

**November 8, 2003**

It was a cold and stormy morning. This race had a handicapped start, with people starting each minute, the oldest with a 70 minute head start. There was about 50 people all together.

Us runners huddled under a temporary gazebo as the rain poured down around us. Each minute the starter would announce which age group was going, and they would head off into the storm to get totally drenched. It was like swimming. The course started at the Windsor Community Center and went up the streets into Foothills Regional Park. It followed a lot of the same trails as the Phil Widener Empire Open. I ended up taking a wrong turn at mile five, and cut the course short. So I ended up first across the finish line but they took me out of the results. The winner was Don Ritchie, age 57. The Empire Runners were represented by Michelle McConnico, coming in 5th and Donna Hinshaw in 3rd.

It was a good cross country race including trails, mud, hills, and good people. I would do it again and hopefully I won't go off the course next time.

Stephen Starkweather

## Tamalpa Challenge ER Results

### Open Women 4.6M, 6<sup>th</sup> Place

Pl.		Time
4	Cathy DuBay	28:22
21	Val Sell	30:10
34	Michelle McConnico	31:57
45	Deb Murray	33:38
54	Jennifer Surprise	37:48
56	Kathryn Bisordi	41:11

### Masters Women, 4.6M, 2<sup>nd</sup> Place

Pl.		Time
11	Janet Feldman	31:59
15	Tori Meredith	32:38
16	Lisa Youmans	32:51
17	Shelly Lydon	33:25
19	Lori Winkler	33:41
21	Donna Hinshaw	34:21
23	Lisa Titus-Isabeau	34:35
28	Carol DuBay	35:38
32	Ellen Besobrasov	36:35
33	Audrey Schriff	37:29

### Open Men, 4.6 M, 3<sup>rd</sup> Place

Pl.		Time
7	Chris Gilbert	25:00
18	Kenny Brown	25:36
28	Eric Walker	25:55
58	John Staroba	27:26
67	Eric Downing	29:53
74	Christian Wagner	30:05

### Masters Men, 4.6M, 7<sup>th</sup> Place

Pl.		Time
12	Ty Strange	26:44
47	Bob Rogers	28:41
51	Alec Isabeau	28:51
53	Stephen Starkweather	29:17
55	Larry Meredith	29:25
59	Scott Ames	29:48
63	Bob Finlay	30:01
65	Todd Bertolone	30:42
73	Jim Lynch	31:45
75	John Harmon	31:58
77	Dale Peterson	32:15
78	Mark Fitch	32:22
80	Todd Skabelund	33:38

### Masters Men 4.6M (cont.)

Pl.		Time
81	Michael Vioria	33:42

### Seniors Men, 4.6M, 1st Place

Pl.		Time
2	Butch Alexander	28:20
7	Terry Goetzel	29:29
8	Jerry Lyman	29:30
13	Danny Shafer	29:58
19	Parker Mills	30:30
21	Jon Hermstad	30:40
30	Don D'Avanzo	31:09
40	Bob Holland	33:19
42	Bill Browne	33:59
49	Don Sampson	35:31
56	David DeSelle	37:17
60	Rick Peters	40:33

### Super-Seniors Men, 4.6M, 2nd Place

Pl.		Time
7	Terry McNeill	33:39
10	Wes Beeson	35:40
11	Ernst Bohn	36:27

## PA X-Country Grand Prix

### Open Men

Chris Gilbert	10 <sup>th</sup>
Kenny Brown	14 <sup>th</sup>

### Masters Men

(no runners in top 20)

### Senior Men

Jerry Lyman	4 <sup>th</sup>
Jon Hermstad	17 <sup>th</sup>

### Super Senior Men

Wes Beeson	8 <sup>th</sup>
Terry McNeill	9 <sup>th</sup>
Dennis Tuohy	10 <sup>th</sup>
Martin Jones	16 <sup>th</sup>

### Open Women

Cathy DuBay	19 <sup>th</sup>
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### Masters Women

Lisa Youmans	8 <sup>th</sup>
Tori Meredith	11 <sup>th</sup>

# That's What I'm Talkin' About!

## Quotes from PA Cross Country Meets

### Mark Fitch

It was a great day! The Tamalpa team does a great job putting on a race! (Except of course for the Open Men's race). China Camp has excellent trails to run on! Coach Larry told me that all but one of the world distance records have been run with negative splits. This time I decided to run it that way. I think I came reasonably close for a novice. I went out deliberately slow (6:40 mile?) and tried to go faster from there. I passed people rather than got passed. My goal was to beat two Spartan Track Club members who generally beat me. This time I finished ahead of Spartanman #2 by 1:13! And! I was :02 back of Spartanman #1. At Golden Gate I'm going to get those guys!

### Lisa Titus-Isabeau

The John Lawson Tamalpa Challenge was as beautiful as ever. I was a little surprised at the changes in the course since I had not run there since 2000. I was ready for my downhill kick through the campground! My times are slower this year but I'm happy with my running. Just being able to run is great! As for Tagliaferri's, my portobella mushroom sandwich filled me up for the rest of the day...yum!

### Larry Meredith

Shoreline Open -- Thoughts at mile 1: That new guy, Goetzel, went out too fast. I'll see him later. Thoughts at mile 2: Hmmm . . . seems like everybody went out too fast. And they're still going too fast. Thoughts at mile 3: That new guy, Goetzel, must be finished by now. I'll see him later. Thoughts at mile 4: Starkweather finally got me. Kids these days. Thoughts at the finish line: I'm getting fatter and lazier. Oh, well.

### Cathy DuBay

Perhaps it was the Halloween candy from the night before, or maybe the sudden change in weather had something to do with it. More likely it was due to several months of hard training-speedwork, weight training and weekly tempo runs with Nika Bowen. Whatever the reason, I had one of those "race of a lifetime" experiences at the Tamalpa cross-country race. Everything came together; great weather (cool and still), a great course (perfect up and down), good competition and lots of cheering from the club all added up for a race I won't soon forget.

### Jim Lynch

This is my first racing season with the Empire Runners. I have been a member for a number of years but never active with the club. This year I decided to run Cross Country. I would love to whine about the hamstring/glute problem I had most of this year or the racing that has not matched my overly optimistic expectations after an injury. I won't whine (I think I just did!). Instead, I would like to thank all who have made this an enjoyable racing year. I have met some wonderful people and enjoyed racing and traveling with you guys.

It was the Shoreline race that showed me the spirit of the Club. When Dennis suffered his heat problems I was torn in my own race between stopping to help and running. I paused and he said he was okay. The remainder of the run my focus was lost and my concerns were for him. The support for Dennis at the end reminded me how unimportant my little running successes are. That running is about overcoming our own personal challenges and being a better human being for it. I am glad I felt that twinge of uncertainty for going on. It is a reminder that caring for others is what life is all about. I know my racing will improve and times will get better. What I look forward to more is the friends and new relationships that I have developed. See you all at XC Championship!

### Terry McNeill

After a quiet season tailing Darryl Beardall (was Tamalpa paying me?), tactics were changed for both my Shoreline and Tamalpa/Lawson Challenge races. And the tactics were: go out with a little more poop, and maybe there won't be so much in the tank at the end. It worked pretty well, with Tamalpa's Bernie Hollander close at the finish for both races, and a 6:39 first mile at the Challenge generating a 55-second faster race than last year. Finishing a few strides in front of Empire's Michael Vioria and Bill Browne was a rare treat. I must admit to missing the big pots of chili after the Challenge, but the ale was as good as ever. Presumably I shall revert to the usual caboose role with Darryl at the PA Championships later this month.

(see **Quotes** next page)

## Quotes (cont. from prev. page)

### Bill Browne

From the bi-czar-ro file: the only runners I'm scarin' these days are the ones ridin' down in my vehicle to da race. I ran good for 3 miles and then let everyone pass me including a wheezin' Tamalpa and a pleading Terry McNeill. The course is the best in the cross country series and the competition was there. I guess snorklin' in hawaii doesn't do much for your race fitness. Someone kick my lazy butt back into trainin mode, pleeeze.

### Ellen Besobrasov

Only saw a sea of royal blue ahead of me! Go Empire!

### Stephen Starkweather

SHORELINE -- Coach Larry said it was my best race of my season. Don't know about that, but in any case, I came in ahead of the coach, and even Bob Rogers, and that NEVER happens. One theory was that everyone was dying from the heat. I would agree that I do all right in heat, but that sounds a little canine. Ruff! Off the subject there. The course was not dead-flat like everyone said it was. There was definitely some hills there. The air was full of dust and grass fragments. I started sneezing after the race and sneezed for 3 days afterwards. Anyhows, I tried to hang on to our teammate Terry Goezel for the first couple miles but he zoomed off to finish WAY up there in the pack. At the turnaround place I thought Larry, Jerry, and Bob were going to be right there behind me, but they were way back. What happened you guys? I wore these old racing flats. Made the mistake of not wearing socks. So during the race I had painful bleeding heel blisters. That'll make ya run fast!

TAMALPA -- Tamalpa has a fine course. We were shocked and surprised to see Wrongway (Mark Curran) on the sidelines at mile two, holding his leg in pain. Pulled a hamstring I guess. And he never complains about anything so it must have been bad. At least our race stayed on the right course, since the Open team's race got all messed up after someone took down the yellow tape marking the course. In this race I felt I wasn't running fast, but I was going as fast as I could. Did you ever feel that way? I remember the sound of the other runners breathing around me on the uphill towards the end. If you've ever been skiing, they sounded like the squeaky wheels of a chair lift. That's what I heard. If you don't understand, ask me about it....

### Christian Wagner

"Hey this is the wrong way! This is the wrong trail! We're off the course!"

"I'm from Tamalpa - This is the right way!"

### Dale Peterson

I love the whole China Camp, Tamalpa John Lawson experience. The smell of fall in the air, the leaves underfoot, the quality of the light.

This is a race I actually look forward to unlike some that you do more out of a sense of duty or to just be able to say later that you did it! Yes, I look forward to China Camp and don't seem to get as nervous as I do for other races.

The first half of the race is just a setup for the real race that begins when you hit the switchbacks after three, three and a quarter miles. Everyone by then is locked into their own little race of four or five people. You can't tell what is happening ahead of your group or behind and you don't much care. The turns are so tight you can catch glimpses of your rivals as you swing around, trying hard not to lose your footing. Up and down over the rollers under the oaks. Finally you spring out onto the pavement for the final hard kick to the finish. Perfect. Mosey over and mooch a beer from the friendly Tamalpans. What a great way to spend a fall morning!

### Eric Walker

Prior to the open men's race at Tamalpa Alec provided the mantra for the day: "Commit". I asked "Commit to what, pain?" He said "Just commit, Walker." I said "OK" and headed to the line. Turned out "commit" had several meanings throughout the race: 1) Commit to starting off under control, and saving the oxygen debt for later; 2) Commit to paying attention to the shred of yellow tape that was marking the course past mile three, where half the field would go astray; and 3) Commit to hanging with the original race leaders as they blew past me after getting back on the course. Thanks, Alec! Worked like a charm.



Dan Tuohy and Gil Moreno ( at Shoreline)

## Bohn's Host Breakfast Run

Since at least 1980, Mike and Sandy McGuire have welcomed sweaty and hungry runners into their home and neighborhood for the annual Breakfast Runs. Unfortunately, Mike learned that he would be unable to host this year's event, due to new use-permit requirements at the school we have been using for our post-race gathering. I learned of this development as the newsletter was going to press (or Kinko's anyway) and as we were preparing to leave town for the Humbolt Marathon. I quickly consulted with Nathalie and we agreed to step in and host this year's event. A quick note to Larry to change his cover story about the Breakfast Runs and we were committed! We only hoped that we would be able to live up to the history of this event. We had less than three weeks to come up with a plan: devise courses, certify the courses, draw course maps, create awards, get award donations, buy paper plates, clean the garage,... The day before the race it poured (and hailed) in Santa Rosa, causing us to panic a bit about hosting so many people in our home for breakfast. I also ran a 50-mile race, causing me to have a difficult time just moving around. We needn't have worried, however, as race day morning brought beautiful weather and a wonderfully good-natured group of Empire Runners who were ready to have a fun run and tasty breakfast no matter the weather, the location, or the physical condition of the race director!

By the start of the short race 30 people had scrounged the 23 cent race fee for the privilege of warming up on the 2.3K course. Matt Blanchard and Val Sell took top honors in new course records. They were awarded the coveted "Brioche" trophies and "Fancy Soap" for their efforts. 26 people chipped in an additional 95 cents to be allowed to run the long race and be treated to a tour of the hills of the Los Alamos, Skyhawk, and St. Francis neighborhoods. Top honors in these races went to Matt Blanchard and Phyllis Blanchard, who both established new course records. It should be noted that the previous day Matt finished 5<sup>th</sup> in the Northern California Community College Cross Country Championships, while Phyllis ran to the individual NBL Cross Country title in Ukiah. For their efforts they were awarded the traditional "Croissant" trophies and a bag of homegrown apples from the Bohn family orchard. Second and third place runners overall received "Nerds" and "Bottlecaps." Divisional awards (actual divisions somewhat of a mystery) were donated by Avalon

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Natural Products. After the race, everyone went back to our house for the most important part of the day – breakfast! Our home was a bit crowded, but the weather was wonderful and in addition to sitting in the living room, kitchen, and on the stairs, we were able to spill comfortably onto the patio outside. It was clear that this event is important to many of the runners in our club as I listened to stories about previous years events, while sampling the wonderful array of tasty breakfast dishes. Mike and Sandy hope to be able to host their Breakfast Runs again next year. In any case, rest assured that the Breakfast Runs will go on next year, and if the need arises, Nathalie and I will be happy to keep the tradition going!

EJ Bohn

## The Montrail Ultra Cup the closest thing to a National Ultra Championship

At the start of 2003, I was looking for a new challenge. In 2002 I was thrilled with winning the Pacific Association Ultra Grand Prix, but didn't feel that I wanted to try to defend my title, especially with the large number of long races I would have to run. I also didn't get selected in the lottery for the Western States 100 (which was at least partially a relief) nor did Brian Purcell. We both decided to follow the Montrail Ultra Cup, in its second year of existence. This is a series of seven races contested at various locales across the United States where your best four races are scored. You are required to complete in at least one each of the 50K, 50-mile, and 100-mile events. We were fortunate that two of the 50K races were in Northern California, so we would have to travel less than some of the other runners. The series gives prize money to the top five individuals, totaling about \$20,000. Here's a wrap-up on the year-long season...

### Way Too Cool 50K (Cool, CA)

March 8<sup>th</sup>

The starting line for this race featured what was almost certainly the most competitive field of any ultra in the country this year. In a race that is always already very competitive, there were (see **Ultra** next page)

[www.empirerunners.org](http://www.empirerunners.org)

## **Ultra** (cont. from prev. page)

dozens already there to run the first event of the Montrail Cup in hopes of a good finish at the end of the year. First overall went to Uli Steidl, a 2:16 marathoner and member of the German national mountain running team. He obliterated the course record and field winning in 3:18:17. Neither Brian nor I were in top form, Brian overcoming bad plantar fasciitis and me recovering from so many races in 2002. I finished 15<sup>th</sup> in 3:56:41 and Brian was 23<sup>rd</sup> in 4:05:51.

### **Zane Grey 50 Mile (Payson, AZ)**

April 26<sup>th</sup>

This race bills itself as “The Toughest 50 Miler” and even Brian agreed it was the roughest race he’d ever done. In the months following this race, I managed to find one runner who did not fall once, but have yet to locate anyone who did not get lost! Brian and I ran the first 25 miles of this one together. Luckily we did not get lost for more than a few minutes and our multiple falls did not slow us down until the next day. This event again featured one of the finest ultra fields gathered in the country. The race elevation ranged from 5500 to 7000 feet and constantly climbed and descended. The trail was so rocky and uneven that run-off erosion ditches often looked better than the trail – one of the reasons so many people got lost. It also featured distances of up to 12 miles between aid stations, a long way when moving at such a slow pace, at high altitude, and very warm temperatures. I ran one section carrying two large bottles and a belt pack of water and still ran out.

Brian fared well in the later half of the race, moving up to 20<sup>th</sup> overall in 10:14:23, while I held on to 33<sup>rd</sup> in 10:57:43. On this rugged course we both set 50-mile PW’s (personal worsts) by about three hours! We both agreed that we had “done” this race, and had no need to ever go back again!

### **Vermont 100 Mile (South Woodstock, VT)**

July 19<sup>th</sup>

This was a great event, and Brian and I both had good races. We did notice a slight drop in the Montrail Ultra Cup competitors, but the field was still very strong, and was one of the largest 100 milers in North America this year. The other option for the 100 mile distance in the Ultra Cup was Western States, just a few weeks before, where a number of top runners DNF’ed, but were too

beat up to come back for this race, and were thus eliminated from the series standings.

I was determined to enjoy this 100-miler and just try to run steady. I truly enjoyed this race from beginning to end. Kenny Brown and Kathy Bisordi were wonderful in their support and pacing, and directors put on a great event. Everywhere we looked it was green and lush, with picturesque farmhouses and covered bridges. I kept true to my mantra of enjoy the experience and have fun. It worked perfectly as I ended up 13<sup>th</sup> overall in 17:54:26. Brian ran a much more aggressive race, and despite just about everything going wrong that possibly could, ended up 4<sup>th</sup> overall in 16:17:45.

### **Headlands 50K (Marin, CA)**

August 23<sup>rd</sup>

Five weeks is not enough time between a 100-mile race and a fast 50K trail race. Didn’t matter though, as I needed this one to complete the Montrail Ultra Cup. By now the field of Montrail Ultra Cup runners had shrunk, due to DNF’s at the required distances and injuries, not to mention mounting travel expenses. By now, I had moved into the top ten in the standings, and Brian was looking towards a top five finish. Unfortunately, one of the casualties at this point was Brian himself, who injured his calf post-Vermont and was unable to compete. This would sadly disqualify him from the Ultra Cup standings, despite good racing all year.

I too had injured my calf training for the demanding hills of the Marin Headlands course. It didn’t slow me down, but was enough to encourage me to start conservatively. The slow start paid off as I gradually picked my way up through the field as we climbed and descended more than 4000 feet, and traversed very technical trails that included stairs, much of the Dipsea course, and even a ladder! This race doubled as the 50K trail National Championships, so I was quite happy with my 15<sup>th</sup> overall finish in 4:24:43

### **Season Wrap-up**

By the time we reached the end of the season, only 10 males and 5 females were able to complete the series! I wished that I had been able to compete better, particularly in the first two events.

(see **Ultra** next page)

## Montrail Ultra (cont. from prev. page)

However, when I think back to the elite fields at the start of the year (most of whom were not able to complete the series) I am thankful for my 8<sup>th</sup> overall finish. The overall winners (and \$5000 richer each) were Scott Jurek (winner of 5 consecutive Western States 100 titles) and Jenny Capel (of Reno, NV).

EJ Bohn

## Breakfast Run Results

### 2.3 Kilometer Race

(results approximate)

1. Matt Blanchard	9:01
2. Ty Strange	9:03
3. John Staroba	9:16
4. Kenny Brown	9:17
5. <b>Val Sell</b>	12:13
6. <b>Phyllis Blanchard</b>	12:14
7. Bob Rogers	12:15
8. Bob Finlay	12:17
9. Todd Bertolone	12:18
<b>10. Kim Conley</b>	12:20
10. Bill Browne	12:20
<b>10. John Anderson</b>	12:20
<b>10. Lisa Isabeau</b>	12:20
10. Alec Isabeau	12:20
10. David Sell	12:20
16. John Royston	12:56
17. Jerry Lyman	12:57
<b>18. Sheila Walker</b>	13:39
19. Eric Walker	13:39
20. Ernst Bohn	13:43
<b>21. Kathryn Bisordi</b>	13:45
22. Terry McNeill	14:10
<b>23. Robin Stovall</b>	14:11
24. Stephen Starkweather	14:34
25. Brendan Hutchinson	14:35
<b>26. Lisa Anderson</b>	15:14
27. Dale Peterson	15:15
<b>28. Kristin Charles</b>	15:16
29. Dave Deselle	15:17
<b>30. Cathy Charles</b>	17:08

## Breakfast Run Results

### 9.5 Kilometer Race

1. Matt Blanchard	38:12
2. Kenny Brown	38:14
3. John Staroba	38:16
4. Eric Walker	38:17
5. Ty Strange	39:18
6. <b>Phyllis Blanchard</b>	40:59
7. Bob Rogers	41:00
8. Stephen Starkweather	41:01
9. Brendan Hutchinson	43:54
10. Todd Bertolone	44:29
11. Bob Finlay	44:29
12. <b>Val Sell</b>	45:04
13. <b>Kim Conley</b>	45:05
14. John Royston	47:20
15. Jerry Lyman	47:21
16. Bill Browne	48:30
17. John Anderson	51:36
18. <b>Lisa Isabeau</b>	51:53
19. Alec Isabeau	51:53
20. David Deselle	52:15
21. <b>Sheila Walker</b>	52:39
22. <b>Robin Stovall</b>	54:08
23. Dale Peterson	54:08
24. Ernst Bohn	55:27
25. Terry McNeil	55:28
<b>26. Kathryn Bisordi</b>	58:11



## Jet-Settin' in St. Helena



Ray Cataldo, Robin Stovall and Sally Cataldo in front of the Porche they won. (not really)

On October 25<sup>th</sup> Ray and Sally Cataldo and I (Robin Stovall) ran the St. Helena Hometown Harvest Festival Run. I have run this race the last few years and was disappointed when it coincided with the Providian Relay last year. It is a very low-key fun run. The first year I was shocked when I finished the race and they immediately handed me my age group award. I assume that nobody stays around for the awards so they just hand them out as soon as you finish. How great is that? No more waiting around two hours for the awards ceremony!

I ran the 5K while my compatriots ran the 10K. As they kept telling me all morning long, they were not really racing so why not get in 6.3 miles? My only strategy was to try and remember this was a road race and not cross-country. I needed to jet out and try to get some leg turn over. I could not slog along at my cross-country pace while running on the flat smooth roads. I kept telling myself to keep pushing it and to remember that I used to be a runner.

I was the third female finisher and felt like I made a good effort. Unfortunately there was another old lady ahead of me who won our age division. All was not lost, as I had won a raffle prize. All runners receive a raffle ticket and the winning numbers are posted.

As I was pawing my way through the prize table there were many bottles of fine wine. As someone who cannot tell the difference

between a \$40 bottle of cabernet and "Two-Buck Chuck", I decided to pass on the wine. There were various gift-bags and other items and I couldn't make up my mind. At this point the woman behind the prize table pointed out that she had a \$40 gift certificate to a store in St. Helena. I was a little wary that it might be to a wine store. I grabbed it quickly. I knew I was glad I hauled myself out of bed that morning. A \$40 gift certificate. I was in the big leagues now! I grabbed my camera and waited for Sally and Ray to finish the 10K.

My head started clearing and a thought entered my mind about my beloved prize. While a \$40 gift certificate would clothe a family of six at Ross, how far would it go at a clothing store on the main street of St. Helena? Doubt started creeping in. I pushed those negative thoughts aside and cheered on my friends. Sally finished and Ray was not far behind. They both won their age groups and received several bottles of wine. Sally also picked up another bottle by winning a raffle prize. I couldn't wait to tell Sally about my prize and when I did she quipped, "I hope they carry socks".

At this point we decided the best races to do were the small, secret races that most other runners don't know about. It's not about being fast (we swore our times to secrecy), just being old and showing up gets you great prizes. We are definitely going back next year!

For those of you who have never done this race, this is a big weekend for St. Helena. They have a street faire with vendors selling their wares and all kinds of different food. My favorite part is the Pet Parade at 10am. We got our latte's and proceeded to stake out our spot to watch the parade. At this point we were joined by Dale who earlier had to attend to job duties and couldn't make the race. We watched as children and pets in costume went by. There were the usual assortment of dogs masquerading as skunks, ballerinas, witches and even Elvis.

(see **Jet-Set** on next page)

## Jet-Set (cont. from prev. page)

There were cats, ponies, chickens and rats. The highlight was the two little girls dressed in Nascar pit-crew uniforms behind whom was a hamster spinning his wheel which was inside his own little racecar. He was propelling the car down the street. Lucky for him, someone periodically picked him up and carried him. Otherwise the one-block parade route would be equivalent to a hamster marathon!

After the parade was over, it was time to claim my prize. The anticipation was building and I tried to contain my excitement. Once I found the store, and viewed the objects in the window, I knew I was in trouble. There were Italian designer clothing and shoes. It appeared that several ostriches had bravely sacrificed their feathers so that some rich women could get new purses. I decided to hold my head high and go on in. I'm sure that I was a site to behold in my running attire and dirty shoes. I headed straight for the 50% off sale rack (I did find a nice sweater marked down to \$160). I looked around further and most price tags were not readily apparent. And you know the old saying: I you have to ask....

Still, I was not to be dissuaded. I decided to look at the smaller items in the store. They had fake designer eyeglasses and some small jewelry items. This looked promising. I still couldn't find the price tags on most items. I saw a pair of earrings that I liked, but would they cost \$20, \$80 or \$400? Apparently the man behind the counter saw me jumping up and down trying to find the price on the rack. He showed me the earrings and they were \$60. This was in my price range!

After scraping my money together including pilfering some ones from Dale and cleaning the quarters out of the ashtray of my car, I had the balance owed. I was then able to finally claim my prize. I'm sure the intent of the store was to have someone pay another \$400 along with the gift certificate and pick up a skirt or something. Little did they know that

this runner's average checking account balance is \$37.

Anyway, it was a great day and I would highly recommend doing this race next year. Of course if you all decide to stay home next year, Ray, Sally and myself won't be too upset. We will be busy at the prize table. Choosing wisely, of course!

Robin Stovall

## And now....



## A Word from your CZAR....

Remember the following as you enter the last Fleet Feet Empire Runners Grand Prix race this 2003 season:

- The last race of the season is the LAST 10K to be held Saturday Dec. 20<sup>th</sup>
- ONLY the 10K race will count towards Grand Prix points.
- Run hard and have fun!!

Thank you, you may now go back to grubbing out a meager existence while you adore my handsome countenance and spiffy uniform.

Bill Browne (actually Dale Peterson for Bill Browne) (hey, he's a friggin' Czar, you think he does his own writing?!)

### 2003 Fleet Feet Grand Prix Men Note - top five in each age division ONLY

	ResRn	ValleyFd	lIsanjo	L de L	Jackrbt	Track	Track2	Track3	Track4	Kenwd	Track\Salmon	Loop	TOTAL
1 Larry	95	99	94	96	95	25	25		25	98	96	95	843
2 Bob	92	100	92	94	90	25	25	25		82	25	91	832
3 Jerry	91	98	96	99	94	25	25		100	100	95	98	821
4 Bill	79	100	84	79	83	25	25	25	25	79	88	88	780
5 John	60	97	94	82	72	25	25	25	25	50	25	85	743
6 Dave	50	97	100	50	78	25	25	25	25	85	25	84	725
7 Dale	50	96	50	90	100	25	25	25	25	50		84	620
8 Chris	97	100	98		97	25				94	99		610
9 Dan	68	97	95		77	25	25	x		84	25	82	603
10 Eric	90	97	95	87	93					88		50	600
11 Ken			100	100	100					99	100	93	592
12 Mike	96	100	97		96	25	25	25	25	99	x	97	586
13 Don		99	97	80	80	25	25		61	61	81		523
14 Ian		99	100		100	25	25	25	25	91	x		490
15 Alec		99	85	100	89							100	473
16 Neil		97	91		92	25	25	25	25	85	x		465
17 Darryl	71	97	81		79					53		82	463
18 George	56	99	87		65					75			460
24 Ralph	67	100	91		68					87			413
26 Greg	76	99			82	25	25	25	25	82			389
30 Brice	89	100			82					100			339
31 Wes	65	97	96		75				25				333
33 Dan	100	98			13					50		50	311
35 Carl		100	50		69					81			300
40 Dale	58		88		66					54		74	274
41 Charles			79		66					50		75	270
43 Quinn	74				88	25				76			263
51 Josh		100			98			25					223
59 Mort		100								80			180
65 Dave													167
74 Carl			92				25	25	25				132
75 Michael			100		50					57	25		125
90 Jacob						25				100			100
99 Connor										95			95
102 Jason	94												94
108 Brian										91			91
112 Drew										89			89
117 Max										83			83
130 Bill					67								67
138 Javier						25							25
139 Ian								25					25
143 Javier									25				25



# Jingle the Night Away!

## Jingle Bell Run 2003 Set for December 23

**What:** Group Jog, Caroling and Potluck Dinner

**When:** Tuesday, December 23, Meet at 6 p.m., Run Start at 6:30

**Where:** 4608 Parktrail Court, Santa Rosa

Well it's that time of year again to start thinking about wearing warm clothes, jingle bells and running around the neighborhoods spreading warm wishes and cheer to everyone. Yes that's right! The **15th annual Jingle Bell Run** and Potluck is nearing. Mark your calendar for **6 p.m. on Tuesday, December 23** and start dusting off or upgrading your jingle bells. This year the meeting place moves to the home of **Peter Kirk** and **Lisa Hubenette** at **4608 Parktrail Court** in Santa Rosa. From the intersection of Hoen Avenue and Summerfield Drive, go south on Summerfield about a quarter-mile to Parktrail Drive on the left. Take Parktrail Drive east to the first right turn, Parktrail Court. The



house is just around the next corner on the left.

Please bring a potluck item that serves 6-8 people for the post-run dinner. You need to bring your own beverages. And of course you need to bring the loudest jingle bells you can find. The more you wear the more the whole group resonates its sound throughout the neighborhoods teasing all those little ones' ears that might think Santa has come early.

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 those frisky Rudolphs quickening the pace but don't let that steer you away. We always regroup with a Christmas carol in front of a friend's house.

We'll begin with a loop of about three-miles and then swing by the starting point so that anyone who wants to run short can stop and those who want to run further may do so.

Let's ring in Christmas with good friends, cheer and a good time. Ho! Ho! Ho! If you have questions, call Peter at 539-9669.

# SATURDAY

*The Empire Runners Club Presents*

## **The Last 10 K**

*and Final 2-Mile  
of 2003*

Date/Time: Saturday, December 20, 9:00 a.m. start.

Site: Start/Finish at Howarth Park, Santa Rosa.

Near intersection of Summerfield Road and Sonoma Avenue.

Courses: 100% paved, flat to gently rolling.

	Club Members		Non-members	
	<u>with shirt</u>	<u>no shirt</u>	<u>with shirt</u>	<u>no shirt</u>
If pre-registered by Dec. 11:	\$18	\$8	\$20	\$10
Late or race-day registration:	NA	\$8	NA	\$12

(T-shirt by pre-registration only. A few may be on sale race day for \$12.)

Checks payable to Empire Runners. Send entries to:  
John Anderson, 1110 Cornell Drive, Santa Rosa, CA 95405

# DECEMBER 20

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Club Member: Yes \_\_\_ No \_\_\_ T-Shirt size (pre-reg. only): M \_\_\_ L \_\_\_ X \_\_\_ XL \_\_\_

Race Entered: 10K \_\_\_ 2-Mile \_\_\_ (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 20, 2003, at Howarth Park, Santa Rosa, California.

INFORMATION: 527-0673

Signed \_\_\_\_\_

# Empire Runners Apparel for Sale

Numbers are quantities available

## Shirts, Jackets, Sweats with Empire Runners Logo

	Small	Medium	Large	X-Large	Price	Enter Quantity Ordered				Total \$
						S	M	L	X	
Cotton Tank Top, White	6	7	3		\$ 7					\$
T-Shirt, White	1				\$ 8					\$
T-Shirt, Royal	1	3	7		\$ 8					\$
Long Sleeved T-Shirt, White	1	1	4		\$ 11					\$
Long Sleeved T-Shirt, Royal		1	4		\$ 11					\$
Crew-neck Sweatshirt, Royal	1	2	2		\$ 16					\$
Hooded Sweatshirt, White					\$ 20					\$
Hooded Sweatshirt, Royal	1	4	6	3	\$ 20					\$
Men's InSport CoolMax Singlet, White	2			2	\$ 15					\$
Women's InSport CoolMax Singlet, White	5				\$ 15					\$
Men's Brooks Singlet, Royal	6		4	3	\$ 20					\$
Women's Brooks Singlet, Royal	8	4	6		\$ 20					\$
Women's Brooks Singlet, White	2	8	4		\$ 20					\$
Men's Hind Nylon Singlet, White			3		\$ 10					\$
Women's Hind Nylon Singlet, White	1	1			\$ 10					\$
Men's Nylon Micromesh Singlet, Lt.Blue	1		1	1	\$ 15					\$
Women's Nylon Micromesh Singlet, Lt.Blue			1		\$ 15					\$
Boathouse Jacket, Royal/Black	3	4	3	2	\$ 50					\$

## Shorts & Pants

	Small	Medium	Large	X-Large		S	M	L	X	
Black Microsoft B.O.A. Shorts	5		4		\$ 20					\$
Men's Black Supplex Shorts	2				\$ 15					\$
Women's Black Supplex Shorts	1	2	1		\$ 15					\$
Men's Royal Nylon Shorts, BR		1			\$ 10					\$
Women's Royal Nylon Shorts, BR			1		\$ 10					\$
Asics Ultra-Lyte Rival Pants, Black		1	1		\$ 30					\$

## Shirts, Jackets, Sweats with Thirsty Logo

	Small	Medium	Large	X-Large		S	M	L	X	
Thirsty Boys Cotton Tank Top, Royal	1			1	\$ 7					\$
Thirsty Girls Cotton Tank Top, Royal	2		4	1	\$ 7					\$
Thirsty Boys T-Shirt, Navy			2 youth		\$ 8					\$
Thirsty Girls T-Shirt, Royal	2	2	3		\$ 8					\$
Thirsty Boys Hind Nylon Singlet, Royal				3	\$ 10					\$

Mail Check & Form to:

Larry Meredith, 3390 Princeton Drive,  
Santa Rosa, CA 95405

**Order Total:**

Arrange for pickup or add \$4 for shipping and include mailing address below

**Total (check payable to Empire Runners):**

### How to Order:

**Option 1:** e-mail order info to [Thirsty@saber.net](mailto:Thirsty@saber.net) then send check & form

**Option 2:** phone Larry Meredith at 526-4536 and then send check & form

**Option 3:** mail check & form to Larry Meredith, 3390 Princeton Drive, Santa Rosa, CA 95405

**Shipping/Pick-up:** add \$4 and include mailing address or avoid shipping charge by arranging for pick-up (call or e-mail).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

# Empire Runners 2003 Club Elections Candidate Profiles



Candidate: Bill Browne  
Office: President

Experience: Current Grand Prix Czar  
Quote: "Okay, if nobody else will..."

Favorite Race: The Dipsea as soon as it is over  
Wait, that wasn't P.C... er...  
Kenwood, yeah.. that's it!

Achievement: Bronze medal at 1983 Paris Olympics



Candidate: Alec "Doc" Isabeau  
Office: Vice President

Experience: Incumbent VP  
Former President

Quote: "Up is good"

Favorite Race: Any Death March

Achievement: 2<sup>nd</sup> place finish at thirty-two consecutive Ilsanjo Classics



Candidate: Stephen Starkweather  
Office: Treasurer

Experience: Incumbent  
Quote: "how should I know where the money is?"

Favorite Race: the one he's in!

Achievement: fastest naked mile ever above 12,000 ft.



Candidate: Eric Downing  
Office: Secretary

Experience: Incumbent  
Quote: "paper or plastic?"

Favorite Race: any with mud-puddles!

Achievement: appearance on "Cops"



Candidate: Lars Andersen  
Office: Secretary

Experience: Rocket Scientist  
Quote: "I'm Danish, not Dutch!"

Favorite Race: what's a race?

Achievement: too many to list

Any resemblance between the photograph's/pictures above, the actual Empire Runners Candidates and any other person real or fictitious, living or dead, is a pure coincidence. While the offices that the actual candidates are running for are real and as best we can tell the candidates are real, we can never be absolutely certain that we are actually living in actual vs. virtual reality. All quotes were painstakingly taken out of context or otherwise completely made up by a)the editor b)Dick Cheney c)the office of Homeland Security or d)space aliens. By reading and misunderstanding this rambling disclaimer you, your heirs or errors, co-workers, superiors, inferiors, lackeys, henchmen, lapdogs and running dogs hold the writer harmless and promise never to sue, hunt down, ridicule or shun same until you run a sub two-hour marathon in Antarctica while pulling a 500lb sledge in nothing but a pair of bowling shoes and a latex thong.

# EMPIRE RUNNERS 2003 official ballot

## Instructions:

Note: In order for your ballot to be counted you must:

- **Vote for no more than ONE candidate in each category**
- **PRINT your name where indicated**
- **Sign and Date**

- **Delivery**

a) Hand deliver by any club member to the December Club Meeting to be held at the Montgomery Village Round Table Pizza in Santa Rosa **Thursday December 18<sup>th</sup> 6:30pm**

Or

b) Mail to: **Empire Runners Club Secretary  
3633 Arizona Dr.  
Santa Rosa, CA 95403**

Note: Mailed ballots must be received by **December 18<sup>th</sup>**

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For PRESIDENT

Bill Browne.....

For TREASURER

Stephen Starkweather.....

For VICE PRESIDENT

Alec Isabeau.....

For SECRETARY

Eric Downing.....

Lars Andersen.....

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Club Member \_\_\_\_\_  
(print name)

Signature \_\_\_\_\_

Date \_\_\_\_\_

# Empire Runners Training

## December 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>12M at medium pace</b> 8:30a Cobblestone Trailhead on Channel Drive	<b>7M at comfortable pace</b> 7:00p 1932 Yolo Court, SR	<b>6M with street sign intervals</b> 5:30p 3390 Princeton Drive, SR	<b>6M at comfortable pace</b> 5:15p Fleet Feet shoe store, 4th St., SR	<b>7M with 3.5M at medium-strong pace</b> 4:30p Howarth Park	<b>3M at comfortable pace or off</b>	<b>8M with 3 sets of 10x30 sec. w/30-sec. jog</b> 8:30a Y'Allcomers Training Run, Railroad Square, SR
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>10M at medium pace</b> <b>Run To The Far Side 5K &amp; 10K, San Francisco</b>	<b>7M at comfortable pace</b> 7:00p 1932 Yolo Court, SR	<b>6M with 20x30-sec. at 2M G.P.</b> 5:30p 3390 Princeton Drive, SR	<b>5M at comfortable pace</b> 5:15p Fleet Feet shoe store, 4th St., SR	<b>4M at comfortable pace</b> <b>Newsletter Deadline: Jerry Lyman, Editor</b> 4:30p Howarth Park	<b>3M at comfortable pace or off</b>	<b>8M total with 2x10 min. @ 10K GP, jog 15 min. between</b> 8:30a Y'Allcomers Training Run, Railroad Square, SR
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>11M at comfortable pace</b>	<b>7M at comfortable pace</b> 7:00p 1932 Yolo Court, SR	<b>10x400m@2M G.P.</b> 5:30p 3390 Princeton Drive, SR	<b>4M at comfortable pace</b> 5:15p Fleet Feet shoe store, 4th St., SR	<b>7M at medium pace</b> 4:30p Howarth Park <b>6:30p Club Meeting, MV RT Pizza</b>	<b>3M at comfortable pace or off</b>	<b>ERGP Race Last 10K &amp; Final 2M, Santa Rosa</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>10M at medium pace</b> 8:30a Lawndale Trailhead on Lawndale Road in Kenwood	<b>7M at comfortable pace</b> 7:00p 1932 Yolo Court, SR	<b>6:00p Jingle Bell Run &amp; Potluck, 4608 Parktrail Ct., SR</b>	<b>5M at comfortable pace</b> 8:30a Howarth Park	<b>7M with 10x60 sec. at medium-strong pace</b> <b>9:00a Howarth Park: Christmas Morning Run</b>	<b>5M at comfortable pace or off</b>	<b>6M with 1.5M at strong pace</b> 8:30a Y'Allcomers Training Run, Railroad Square, SR
Morning Runs!						
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>10M at medium pace</b>	<b>7M at comfortable pace</b> 7:00p 1932 Yolo Court, SR	<b>3M at comfortable pace or off</b> 5:30p 3390 Princeton Drive, SR	<b>Midnight Run 2M, Sacramento</b> 5:15p Fleet Feet shoe store, 4th St., SR	<div style="border: 1px solid black; padding: 10px;"> <p>Key: M=miles, m=meters, K=kilometers,            G.P.=goal pace            Group I (&gt;45M/wk): run as written;            Group II (30-45M/wk): 2/3 of workout;            Group III (20-30M/wk): 1/2 of workout;            Group IV (&lt;20M/wk): 1/3 of workout</p> </div>		

# Empire Runners Club

3648 Evergreen Road  
Santa Rosa, CA 95405



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## MARK YOUR CALENDAR!

<b>Sun Nov 23</b>	<b>PA Cross Country Championships – Golden Gate Park San Francisco</b>
<b>Thu Nov 27</b>	<b>Wild Turkey Ramble – Channel Drive Trailhead Annadel State Park 8:30am</b>
<b>Tue Dec 16</b>	<b>Jingle Bell Run – 4608 Park Trail Ct. Santa Rosa – 539-9669 6:00pm</b>
<b>Thu Dec 18</b>	<b>Club Meeting/ Elections – Montgomery Village Round Table Pizza 6:30pm</b>
<b>Sat Dec 20</b>	<b>Last 10K &amp; Final 2 Mile – Howarth Park 9:00am</b>
<b>Wed Dec 24</b>	<b>Christmas Eve Run – Howarth Park 8:30am</b>
<b>Thu Dec 25</b>	<b>Christmas Day Run – Howarth Park 9:00am</b>

## 2003 CLUB OFFICERS

<b>President</b> John Anderson 707 527-0673 jcoacha@hotmail.com	<b>Vice President</b> Alec Isabeau 707 578-3025	<b>Secretary</b> Eric Downing 707 546-7311 f_puddles@yahoo.com	<b>Treasurer</b> Stephen Starkweather 707 542-9739 itmustbe@att.net
<b>Permits &amp; Insurance</b> John Anderson 707 527-0673 jcoacha@hotmail.com	<b>Membership</b> Pam Horton 707 571-8498 phorton@santarosa.edu	<b>Group Training</b> Larry Meredith 707 526-4536 thirsty@saber.net	<b>Scholarship Committee</b> Lisa Anderson 707 527-0673 lmanderson10@hotmail.com
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