

Newsletter

December
2005

Volume XXX, No. 12
www.empirerunners.org

3rd Annual Run to Feed the Hungry *Prince Greenway*

Gary Gates and Hillary Bartels overall Winners!
Great Cause – Good Fun – So-So Weather

Pacific Association and Western Regional
Cross-Country Championships
Results Inside!!



Mike and Joshua Winters stop for a quick photo-op



Women's winner Hillary Bartel

**Empire Runners
Annual Election
Thursday Dec 15th**
6:30pm
Round Table Pizza
Magowan Drive
Santa Rosa
ALL members are invited!

The Prez Sez

I had not given much thought to this month's address (why should I change now?) before I sat down to the keyboard. It suddenly dawned on me that this is it. It may only be November but this is the last time that you will be hearing from prezmo. In spite of all the cheering I am a little sad to see this end. I have had a good time and we have nudged the club along in a good direction. We did not make good on trying to resurrect the Bull Run at Tamales Bay, but the Bear Valley Run and the Lake Sonoma Run were well received and I intend to host the former and badger the Coach into hosting the latter next year.

We also did not get the new member welcoming program launched but work will continue into the New Year.

With the considerable efforts of Jerry Lyman and Shelly Lydon we hope to improve participation and member rewards as Jerry helps to promote the races and Shelly promotes the club to running sponsors.

We did have some entertaining speakers and slideshows nearly every month. The meeting stayed on course for the most part and managed to end at a reasonable time.

There have been many changes to the website over the last year and I am not sure who all to thank for those efforts but it would be a mistake to miss: Dan Preston, Ty Strange, Jerry Lyman Lars Anderson, Dale Peterson and Larry Meredith for starters. I don't know what their individual contributions are but the result is great.

Thanks to the efforts of Coach Larry Meredith and the other team captains we have had another great year of participation in cross country. It is kind of hard to sustain the success of last year but the team put their hearts into it even if some of us could not put our bodies into it.

Thanks also to the officers of the club, Vice President Val (Seldom Seen) Sell who was always there when I couldn't be, Secretary Lars Anderson who kept the records straight and did his best to keep me on my agenda,

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and Treasurer Michelle McConnico who keep the funds flowing. Also a special thanks to James Devine who stepped in as the Permits and Insurance Wizard. Having worked with him to get things organized early on I have a much greater appreciation for the service that John Anderson performed for the club over his ten year tenure.

The most important piece of business to consider at this point is the upcoming election. Who will take us in the direction that we need. In this tight race anything could happen. It is up to you to show up at the December meeting to make sure that democracy it served and to set the course for the year to come. Below is a list of nominees up for election. Choose carefully the club is depending on you using good judgment to put the (a) most qualified candidates in office.

President: **Val Sell**

Vice-president: **John Royston**

Treasurer: **Dan Preston**

Secretary: **Lars Andersen**

(You didn't think that you could get rid of me that easily, did you?)

Prezmo

NEWS FLASH

Cathy Dubay runs 3:04:14 at New York City Marathon

Eight in her age division and 47th female overall!

Way to Go Cathy – Congratulations!

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October Empire Runners Club Meeting Minutes



President **John Royston** called the October 2005 meeting of the Empire Runners to order at 7:32pm on October 27th, 2005.

Secretary's Report:

Secretary **Lars Andersen** read the minutes from the September 2005 club meeting. They were approved with the clarification that **Shelly Lydon** has done plenty of work for the New Member Committee.

Treasurer's Report:

On behalf of treasurer **Michelle McConnico, John Royston** reported on the club's finances. Starting balance \$8,881.00. Ending balance \$9,986.00.

Recent Events:

- PA Cross Country races: It's in the newsletter.
- Race for the Cure: Entry fees were donated.
- Safari Run: Empire Runners did very well.
- St. Helena Harvest Festival Race: The timing system was down, so people had to take their own time. **George Urdzik** ran a PR.
- Humboldt Redwoods Marathon and Half-Marathon: **Kenny Brown, Joe Tonna** and **Liz Sinna** ran it.
- Creek Clean-up: The creek is clean. We will clean it again in April.

Upcoming Events:

- Prince Greenway Run to Feed the Hungry: Nov 6th
- McGuire's Breakfast Run: Nov 27th.
- Last 10K: Dec 17th.

Old Business:

Val Sell has contacted Amanda DeMartino to find out if it would be feasible to show the movie "Racing against the Clock" at a future club meeting. She was not present, so there was no report on this.

John Royston reported on the special club finances meeting held October 6th.

New Business:

Jerry Lyman proposed that we create a Race Coordinator position. The Race Coordinator would be responsible for adding a little bit of structure to the organization of club races and make the financials of these races a bit more transparent. This is meant to help the race directors, not to hinder them. Jerry volunteered to be the Race Coordinator for 2006.

There was some good debate about this. Finally, this was approved.

John Royston reported that **Shelly Lydon** started working on the package for new members, but now proposes to take that work in the direction of general club sponsorship. She proposed that we create a Sponsorship Coordinator position and volunteered to be the Sponsorship Coordinator for 2006. This was approved.

John Royston reported that **Ron Jacobs** and **Rhonda Roman** of Fleet Feet will contribute to a shirt for new members if Fleet Feet gets their logo on the shirt.

John Royston mentioned that we started the club's cross-country race fee payments when we had a lot more money with the argument that we might as well spend it, therefore we should also be willing to stop it now that our economy is in dire straits. We will revisit this at a later meeting.

A men's open team is going to Nationals, and **Eric Downing** asked that the club pay the \$30 entry fee for each of the five runners. This was approved.

The club will have a table with promotional material at the Prince Greenway Run to Feed the Hungry. **John Royston** will be responsible for this.

Nominations for Club Officers:

Nominations for club officers for 2006 were held:

President: **Val Sell**

Vice-president: **John Royston**

Treasurer: **Dan Preston**

Secretary: **Lars Andersen**

Slide Show:

John Royston presented a slide show from the Creek Clean-up.

Raffle/Drawing:

Raffle: **Lars Andersen** (\$14).

Drawing: **Justin Bratsberg** (\$40, not present). Next month's drawing is for \$60.

Newsletter:

The November 2005 newsletter was folded, stapled and stamped.

Attendance:

Lars Andersen, Eric Downing, Don Stewart, Liz Sinna, Bob Rogers, Steve Cleal, Stephen Starkweather, Dave DeSelle, Bob Finlay, Bob Shor, MaraSledge, Larry Meredith, Victoria Lynn Meredith, Mojo, Super G, Pots, Pappy, Owl-Ecch!

Respectfully submitted,

Lars Andersen

Kilimanjaro in your own Backyard!



Just a few weeks back I had the pleasure of running in the first annual **RUN WITH THE GIRAFFES** held at Safari West on Porter Creek Road.

If you haven't been out there yet it is definitely worth a trip. Before and after the race we had the opportunity to rub elbows with a variety of critters ranging from yes, giraffes to dik-dik's, a rhino, wart-hogs, several exotic birds and even some cheetahs.

Before we got to Safari West we were directed to park in a large field about a mile or so from the main entrance. There **Robin** and I clambored aboard the official "Safari Tram" which whisked us through the chilly morning air to darkest Africa, or a reasonable facsimile thereof.

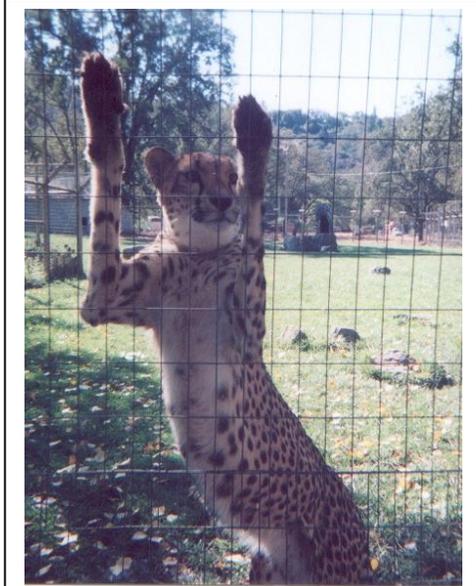


Larry Meredith and his "twin"

Soon after getting our race numbers we spent some time watching the ring-tailed Lemurs defy gravity as they out-performed anything Barnum & Bailey ever

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dreamed of presenting under the Big-Top. We had quite a bit of time on our hands as the race was delayed due to what must have been an unexpectedly large turnout. We didn't care much though because we were having so much fun!



You better keep up the pace because they let this bad-boy "clean up" the stragglers!

Eventually we did get down to business and run the actual race, which I should mention was held in part to raise money for inner-city kids to come out and visit the animals at Safari West.



No this is NOT the latest SUV!

See "Kilimanjaro" Next Page

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Celeste Berg – New ER Star!

Empire runner Celeste Berg, a freshman at Montgomery High School, ran her way into the record books at the NBL meet this past Thursday. Her 18:45 time on the 2.97-mile Spring Lake course was the 5th best time for a freshman, and the 2nd best ever for a Montgomery freshman.

Congratulations Celeste from all of the Empire Runners!

More Prince Greenway Pic's



Pam Horton with a smile for the camera



Men's winner Gary Gates

"Kilimanjaro" (continued)

Everything was pretty low-key even after the gun sounded and we headed out on a kind of ranch road going into the hills. It started out more or less flat but quickly began to slowly head uphill. At first it was no big-deal but soon we were going up a fairly steep four-wheel-drive road. We had heard that **Mojo** had visited Safari West to consult on the race course and that he had let them know the course they had in mind was too brutal for your average recreational runner. Well, Mojo was right! We were directed up a single-track trail steeper than anything found in Annadel and it just kept climbing and climbing. The rest of the course was no cake-walk either but thankfully the whole thing was only a 5K!

After the race we had lots more time to hang out and watch animals. **Tori** even got to feed a Giraffe!

The awards were really cool – painted Ostrich eggs.

Next year if you are up to a little adventure and don't mind racing to the top of "Kilimanjaro" – you'll have a lot of fun at the Run with the Giraffes!

DM Peterson



Ellen Luca heads for the finish line!

3rd Annual Prince Greenway Run to Feed the Hungry - November 6th

Partial List of Empire Runners

Last	First	Age	Time
TONNA	JOE	22	25.2
COUGHLIN	QUIN	15	26
FINLAY	BOB	47	26.33
SELL	VAL	41	28.12
KIRK	PETER	41	28.32
FELDMAN	JANET	47	28.41
TRIOLA	CARL	36	29.55
PINKERTON	NEIL	41	30.54
BERG	CELESTE	14	31.07
MONTROSE	SCOTT	48	31.22
SHERPA	TENZING	13	32.04
MORENO	GIL	62	32.38
STOVALL	ROBIN	46	32.47
HINDE	TOM	46	35
CURRY	LESLIE	42	35.46
FELDMAN	LAUREN	11	36.56
ANDERSON	LISA	37	41.23
HORTON	PAMELA	62	42.44
WINTERS	JOSHUA	9	44.4
WINTERS	MIKE	44	44.43
URZDIK	GEORGE	62	45
QUIGLEY	TONIE	47	46.41
CHARLES	CATHRINE	53	48.28
LUCA	ELLEN	69	54.08



Bob Finlay 2nd Place Master



Leslie Curry enjoying the drizzle



Joe Tonna 2nd Place overall

2006 Double Decathlon World Championship

Dimitry Yakoushkin recently competed in the World Championship Double Decathlon, hosted in Lynchburg, VA, with nine countries represented by over forty athletes, twenty athletes starting the men's open division. This is his story:

The double decathlon is comprised of all nineteen "standard" men's outdoor track running, jumping and throwing events, with the antiquated 200 meter low hurdles added to make it an even 20. The events are completed in two days of competition, using IAAF rules and scoring. Athletes are given (but not guaranteed) at least twenty-five minutes between the finish of one event to the start of another. The competition is 24 years old, has a governing body and is recognized by the IAAF. Most meets are held in Europe. Over 500 athletes, including many former Olympians, world-class athletes and All-Americans have posted over 1000 marks in the last 25 years. More info is at: <http://www.dmultis.org>. The order of events:

Day 1: 100 Meters, Long Jump, 200 Meter Low Hurdles, Shot Put, 5000 Meters, 800 Meters, High Jump, 400 Meters, Hammer Throw, 3000 Meter Steeple Chase.

Day 2: 110 Meter High Hurdles, Discus Throw, 200 Meters, Pole Vault, 3000 Meters, 400 Intermediate Hurdles, Javelin Throw, 1500 Meters, Triple Jump, 10000 Meters.

I read about the double decathlon three years ago - an American Olympian, Kip Janvrin, just broke the world record and had an interview with ESPN. Janvrin was a decathlete that was strong in the 1500 meters, a trait highly needed in the double decathlon, where five distance events (but only one throw and jump) are added to the standard decathlon. There were some things I read in the interview that particularly got my attention, I'll paraphrase/exaggerate them here: Not being able to walk without severe pain for a few days afterwards. Getting 30 minutes or less rest between

every event. Starting the twentieth event exhausted and still finding a way to hobble to a finish. Competitors taken away on stretchers. Janvrin's interview to me was Cruise's "hello" to Zellwegger. Three years later, the world championships were being hosted in the US, and I purchased the airline tickets and hotel so far in advance I'd have no excuses. This was it, I was back. After a six-year hiatus from running, I had four and a half months, some Empire Runners all-comer meets and a few old track implements to get me into shape. If I had a lifetime, I would discover, it would be by no means enough.

I arrived in Lynchburg, VA off a red-eye from Oakland at 10AM, twenty-four hours before my first event. It started raining that morning, too; arriving from the opposite coast was our twenty-seventh competitor, Tammy. Tropical Depression Tammy. Tammy didn't make the news out West, and honestly, after Tammy I don't want to know what it takes to make the news out West. Anyone that sits in their warm, dry California home and sees the results of a hurricane and thinks "boy are we lucky to live here" is either experienced or very astute. There's a reason our homes are ten times more expensive than anywhere else. Pay your mortgage or rent next month with appreciation.

We had a dinner to meet the competitors - 26 entries in the men's open, 9 countries, lots of food. I had some laughs, met all the officials, and met one of the original competitors from the first double-decathlon in Finland (Finnish come up with the craziest stuff - gotta love them.) I slept soundly, and awoke to a monsoon at 6 AM.

The walk to my car soaked through everything I was wearing. Power was out at the track, and they were installing two generators to power all of the equipment. Everything was wet. Ten people were turning the sand at the long jump pit to have fluffy stuff to jump into. Six people pulled out of the meet without warming up. I suppose if I lived in a five hundred mile radius, I would have, too. I didn't pay \$189 round-trip to go home wet for nothing.

See Double Decathlon next page

Double Decathlon (continued)

A mile warm-up, many strides and two changes of clothes later - I was in the blocks for the 100 meters. Slow start, but I won my heat. I could not believe it - I focused on middle distance-to-distance, not sprints, which were usually my weaker event. I learned throughout the day that I was wrong - you need to be a distance runner that can handle sprints, not the other way around. There is so much to loose in the 3000, 1500 and steeplechase, but not much to lose in the sprints.

A recurring theme throughout the meet was changing clothes, finding ways and locations to stay dry. The hotel's window-mount heater/AC unit dried everything I owned in five hours after day one, and when I was done, I drove four hours to the airport with wet clothes on the dashboard, defrost heater on full blast. The poor woman that sat next to me on my flight home now has one of the greatest airline disaster stories to tell friends and family for the rest of her life - sitting next to a man that smelled worse than any wet dog that ever dragged his nappy hide through a shallow duck pond. When I got home, my wife picked me up and we drove home with all of the windows down and not many words spoken. My two year old got carsick for the first time.

I took one jump in the long, just shy of 20 feet, and decided 20 feet and uninjured was better than 22 hurt. This would begin the universal double-decathlete's "PR-Awe", a term I coined that describes the shock and awe that occurs when you try your hardest but get nowhere near your PR. For example, the guy who ran a 2:12 800 meters had a 1:49 PR. He was in PR Awe (pronounced PR Awww) for most of the day.

The 200 hurdles were a disaster and PR Awe increased. Events began to go by in a blur. Many athletes' "safety" throw or jump - a short approach or an early attempt at a height - were sometimes the only points they scored. Sometimes people did not take a safety jump or throw, and settled for zero

points in an event. My safety high Jump at 5'1" was the only mark I earned in that event, after a warm up at 5'7". On my second jump, my takeoff knee sent shooting pains up my leg. (Strained tendon and bursitis, I would later learn, which I am still receiving cortisone for a month and a half later.)

This multi-event is not like a decathlon, where you have to be great at everything. This was much more like a marathon, or a long baseball season, where you have to stay up for each event. Athletes were dropping like flies, and by the 3000 steeple, everyone was wet, exhausted, and extremely fatigued. "Adrenalitis" was the coined term - because by the start of the 800 meters, you're running as if in a workout - no adrenaline, no starting line jitters or nervousness, just a bunch of wet track athletes joking around. Camaraderie took the place of nerves, and it became fun - my first time I had real fun at a meet in many, many years.

Adrenalitis: n. 1. A condition occurring in the later stages of a multi-event track meet, in which an athlete loses adrenaline and must function, without. 2. 33 seconds.

I ran a slow 5000 (points lost in the 5000 could be made back in the 800-high jump-400 combo if you weren't fatigued from running a hard 5k, the IAUM president and world record holder for the 55+ age group suggested.) I led the 800 meters through the first 200 (and on through about 750 meters.) I felt great. Then, my 200 split: 33. My former coach, were she at the meet, would have pulled me out of the race by my ear and either eaten me alive or fed me to trolls she kept locked up under the track (we were fairly certain of their existence). In the last 50 I was passed up by the guy who had the 1:49 PR. We fought like Ben Hur and that Roman adopted-brother guy, in what must have been the most comical slow-motion race-finishing sprints of all time. PR Awwwwwww.

See Double Decathlon next page

Double Decathlon (continued)

This is a great time to talk about the real reason I wanted to do the double decathlon: how easy it looked on paper. The marks these guys were hitting were not great. They were bad, actually. I plugged in my PR's and "best-case" performances for events I had not yet done, and voila, world record. The double decathlon was for me - I could instantly dominate. I found out later that this was also the draw for many of the athletes. I found out, as they all had, that it all goes out the window in the first lap of the 800. If I had read this very article before my first competition, I'd use it as more fuel, more reason to prove them wrong. So if anyone has that fire I'll tell you this: the competition is impossible. You can't do it, don't even try. It will kill you.

continued next month...!!

McGuire's Breakfast Run

When: Sunday November 27th

Where: Hidden Valley School (next to Hidden Valley Park - Bonita Vista Lane off of Chanate Road)

Courses: Flat 3k & Super Hilly "10K"

Time: 3K at 8am - 10K at 8:30am

Entry Fee: less than \$5 race day only!

Breakfast: YES! Bring food to share

Potluck Breakfast right after race.

Invited: All Empire Runners

Info: Mike McGuire 542-6687



Dimitry Yakoushkin #34 and friends at the 2005 Double Decathlon Championships

PA Cross Country: 2005 Season in Review

By the Numbers

The Empire Runners Club had another outstanding Pacific Association Cross Country season, competing in 7 divisions against more than a dozen other Northern California teams. A total of 68 club members took part in the series this year, most of them running multiple races. That number included 17 women and 51 men with a range of ages from 26 to 70.

We fielded our first Senior Women's team (aged 50-59) in club history. We finished the season among the top 5 in 6 different divisions with 2 of our teams taking 2nd place. Individually, 8 club members finished in the top 10 in their divisions for the season and another 10 ERs ended up among the top 20 in their respective age groups.

Three of our team members tackled the entire 9-race series: **Gary Blanco** a loyal competitor for our club's Open Men's team who travels all the way from Chico to compete; and **Brendan Hutchinson** and **Dan Tuohy** of the Super Seniors Men's team. That pair was key in the Super Senior team effort to score in every race this year.



Gary Blanco was one of three Empire Runners to compete in every PA cross country meet this season

Garin Park Challenge, August 20

A new race kicked off the season this year, added to the schedule at the last minute. Our Super-Seniors (60-69) Men jumped right into the fray, winning the team competition with 7 members competing. **Brendan Hutchinson** led the way with his 3rd place finish in that division and was joined in the top 10 by teammates **Bob Holland** (5th) and **Dan Preston** (9th). The winning effort was aided by **Dan Tuohy** (15th), **Dale Trowbridge** (16th), **Ralph Harms** (18th) and **George Urdzik** (19th). **Gary Blanco** got his season started early with a 13th place finish in the race, running 17:19 for the hilly 5K.

Santa Cruz Challenge, August 27

Speaking of long drives, a group of 27 ERs made the trip to Santa Cruz for the tour of redwoods over a mildly rolling 4-mile course. Our men's Seniors (50-59) and Super-Seniors teams claimed 2nd place finishes there and the Masters Men (40-49) ended up 3rd led by team rookie **Don Stewart** in 16th. **Steve Cleal** (23rd), **Bob Finlay** (24th) and **Todd Bertolone** (27th) showed great improvement for the Masters team. **Gary Blanco** was there again to lead the Open Men to a 6th place finish, taking 11th individually.

The Senior Women were planning to make their club debut here but **Emily Deering**, training for a marathon, got lost running through the UC Santa Cruz campus due to a mix-up in race site instructions. So team first-timers **Debbie DeCarli** and **Patty Sanders**, who finished 4th and 5th, respectively, among senior women, ended up helping **Tori Meredith** (18th master) score a Masters Women's team for 5th place.

Senior Men had team veterans **Terry Goetzel** (3rd), **Dan Schafer** (5th) and captain **Jerry Lyman** (6th) aided by rookie **Paul Berg** (12th).

Phil Widener Empire Open, September 3

A total of 50 club members turned out for the rugged 4.1-mile home course through Windsor's Foothill Regional Park in a race named in memory of long-time cross country club runner **Phil Widener**. Mercifully, a cool, foggy morning greeted competitors to ease their pain. A marked improvement over last year's hot, smoky suffer-fest.

We defended our turf with gusto, earning team titles in 2 women's divisions and 2 men's divisions. In our first-ever team finish for Senior Women, **DeCarli** (2nd), **Janet Alexander** (5th), **Sanders** (6th), **Deering** (7th) and **Julie Moore** (8th) were victorious, joining their Masters clubmates who defended the title they first earned in 2004. Four of those women finished in the top 10, led by winner **Cathy DuBay**. She was followed by **Val**

Sell (3rd), **Lisa Youmans** (7th) and **Lori Winkler** (8th). **Carol DuBay** (11th) showed great improvement over her 2004 performance and **Alyce Parks** (13th) was making her ER debut.



Carol DuBay shaved minutes off her 2004 time at this year's Empire Open

The Senior Men also defended, **Goetzel** leading the charge again in 4th with **Butch Alexander** taking 5th and **Jerry Lyman** finishing 7th. **Paul Berg** (11th) and **Mark Fitch** (12th) capped their scoring and then **Jon Hermstad** (13th) was the top man on the Seniors' "B" team that took 5th.

Super Seniors Men took their second team title in 3 tries this season, **Brendan Hutchinson** (3rd), **Bob Holland** (4th) and **Dan Tuohy** (8th) joined by **John Lander** (10th) and **Ernst Bohn** (12th) in the scoring.

The Masters Men claimed 2nd as a team, led by **Brian Purcell** (7th) and **Bob Rogers** (9th). Open Men finished 3rd, again led by **Gary Blanco**, who finished 10th. He was followed by **Kenny Brown** (14th), **John Staroba** (15th), **Eric Bohn** (17th) and **James Devine** (24th). Former Healdsburg High and Sac State star **Hector Delgado** made his ER debut, taking 26th.

Golden Gate Open, September 10

The series continued for the 4th-straight Saturday before a break in the schedule, covering the popular 4-mile course in Golden Gate Park. There were 41 Empire Runners in attendance and we scored in 6 divisions.

The best team finish on the day for us was shared by the Senior Women, Senior Men and Super Senior Men, all of whom finished in 2nd place. The Masters Men took 5th while the Masters Women's and Open Men's teams each took 6th place in their divisions.

Presidio Challenge, October 1

The short, 3.55-mile course no longer fools competitors into believing this will be an easy outing. One long grind and one very steep hill, each covered twice, make this a race that many dread. It didn't stop a great turnout from our club, however, as 43 team members toed the starting line.

It was a big team win for our Masters Women, defending their 2004 title here. **Cathy DuBay** was in contention for the overall race win, battling a large lead group most of the way before finishing 5th, 2nd among masters. **Lori Winkler**, **Tori Meredith**, **Shelli Gordon** and **Kathy Koenig** were on the winning team.

The Senior Women, Senior Men and Super Senior Men were all 2nd again, each team taking the runner up spot for the 2nd-straight time.

The Open Men's 3rd-place effort was led by a great outing by **Gary Blanco**, as he took 8th overall. The Masters Men finished in the same position, again led by **Don Stewart's** 17th-place finish.

This was the 70th birthday for **Ralph Harms** and he scored in the Veterans (70+) division for the first time as his teammates sang "Happy Birthday" to him.



Lori Winkler helped the Masters Women win the Presidio Challenge

Asics Challenge, Folsom, October 8

The trio of **Blanco**, **Hutchinson** and **Tuohy** kept their perfect attendance record alive by driving

across the valley for this meet. Blanco earned another 8th-place finish among Open Men while the elder pair were joined by **Dan Preston** and **Ralph Harms** in winning the Super Senior Men's team title.

The women were represented by **Lisa Youmans**, who took 32nd overall in the women's race. **Mark Fitch** also made the trip and finished 49th in the Masters Race.

Shoreline Open, October 22

Open Men's team captain **Eric Bohn** scraped together a full team to ensure a complete season score for his squad. An ill **Mark James** struggled but did not let the team down. The team finished 6th.

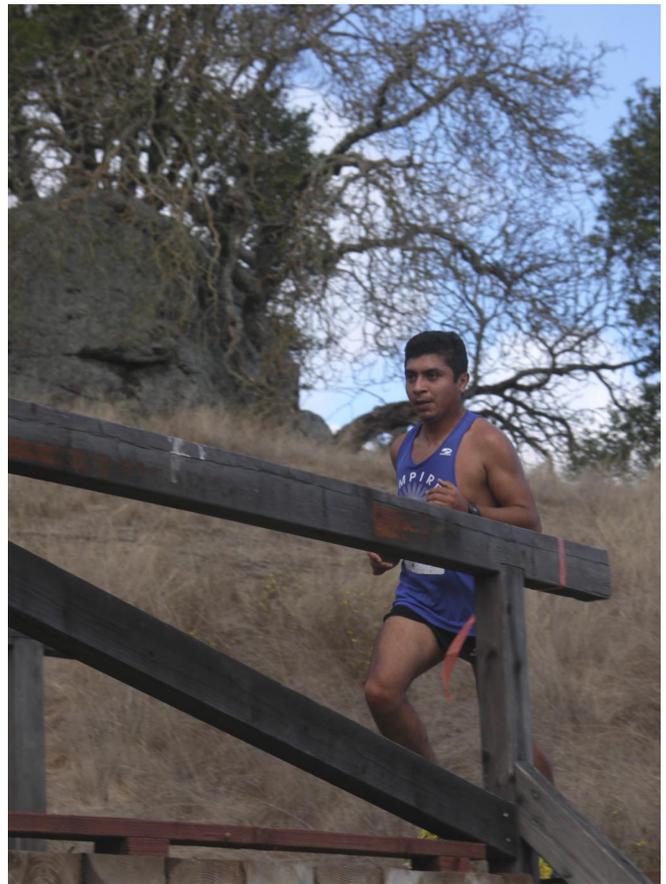
Brendan Hutchinson, Bob Holland and **Dan Tuohy** extended the Super Senior Men's scoring streak to 7 meets with a 2nd-place team finish.

John Lawson Tamalpa Challenge, October 29

Our neighbors to the south host this popular event on some nice rolling trails through the forests of China Camp State Park. Empire Runners brought 48 competitors to this event, scoring in 6 divisions.

It was another 2nd-place finish for our Senior Men, with **Terry Goetzel** (5th) and **Butch Alexander** (9th) leading the way. Four other ER teams finished 3rd here. The Masters Women had **Lisa Youmans** in 12th, **Tori Meredith** in 13th and **Lori Winkler** in 15th for a strong pack finish. **Liz Sinna** made her masters debut with the team, taking 29th place. The Senior Women followed suit with **Janet Alexander** in 6th and **Patty Sanders** in 8th.

Brendan Hutchinson's 5th-place finish



Hector Delgado returned to racing after a long layoff

helped the Super Senior Men's team take 3rd. The Open Men were also 3rd, **Gary Blanco** still running strong in his 8th-straight race for 12th place. Masters Men were 4th thanks to a close-knit group of 5 runners between 19th and 36th places.

PA Championship Meet, November 6

Another race on the Golden Gate Park course, still 2 laps (4 miles) for the women but an additional lap (6 miles) for the men's races. Top teams and individuals come out of the woodwork for this one, stiffening the competition considerably.

In a series of unfortunate events, one Empire Runner in each race was



Janet Alexander led our Senior Women's team at Tamalpa, finishing 6th in her division



The Old Men and the She: kneeling, from left: Dan Tuohy, John Lander, Paul Berg, Steve Cleal, Don Sampson, Ernst Bohn, Brian Purcell, Don Stewart, Martin Jones, Tori Meredith. Standing, from left: Todd Bertolone, Brendan Hutchinson, Dan Preston, Jim Gade, Dale Peterson, Bill Browne, Alec Isabeau, Stephen Starkweather, Mark Fitch, Larry Meredith (hands on knees), John Fitzpatrick, Dale Trowbridge, Terry Goetzel, Dan Schafer, Jerry Lyman, Doug Schrock

forced to abandon the course due to injuries. **Tori Meredith** started with an obviously sore hamstring and couldn't complete the first lap before withdrawing from the women's race. **Bob Rogers** suffered self-inflicted wounds due to a bizarre choice in footwear and had to retire just after the halfway mark in the Men's Masters race. Then **Hector Delgado**, fighting a heel injury, found it inflamed on the first circuit and limped into pit row.

But there were 40 other Empire Runners still out on the course and the best finish was turned in by the Super Seniors Men who took 3rd. **Brendan Hutchinson** and **Dan Tuohy** completed the 9-race season intact, leading their team to 2nd place in the final team standings.

Senior Women and Senior Men each took 4th-place team finishes here. This gave the men a 2nd-place season finish and the women ended up 3rd for the year.

The Masters Women, even without Captain Meredith, finished 5th. Open Men, with **Gary Blanco** making it 9 for 9 in race finishes, took 7th, as did the Masters Men. The Masters ended up 4th in the final season standings while the Open Men took 6th.

Individual Kudos

Scores are taken from the best 6 races to determine final standings for individuals in each age group. The top finishers among club members included 3rd-place honors for **Terry Goetzel** in the Senior Mens group and for **Brendan Hutchinson** among Super Senior Men. **Ralph Harms** turned 70 halfway through the season and proceeded to rack up enough points to end up 4th among the Veterans.

Team rookie **Debbie DeCarli** earned the 5th-place spot in the Senior Women's division, matching **Dan Preston's** efforts in the Super Senior Mens. **Patty Sanders** was not far behind her teammate in the Senior Women's group, taking 8th.

Gary Blanco's dedication to the series paid off with a 9th-place finish among the Open Men, by far the most competitive division in the series. **Bob Holland** was a 9th-place finisher as well, taking that spot in the Super Senior Men's group.

SATURDAY

The Empire Runners Club Presents

The Last 10 K and Final 2-Mile of 2005

Date/Time: Saturday, December 17, 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. 10:	\$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 17

Name _____ Male ___ Female ___ Age _____

Address _____

Club Member: Yes ___ No ___ T-Shirt size (pre-reg. only): S ___ 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 17, 2005, at Howarth Park, Santa Rosa, California.

INFORMATION: 527-0673

Signed _____

December 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>27</p> <p>Race: 8:00a - McGuire's Breakfast Run, Santa Rosa</p>	<p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>45M/wk): run as written; Group II (30-45M/wk): 3/4 of workout; Group III (20-30M/wk): 2/3 of workout; Group IV (<20M/wk): 1/2 of workout</p>			<p>1</p> <p>7M with 3.5M at medium-strong pace 4:30p Howarth Park</p>	<p>2</p> <p>3M at comfortable pace or off</p>	<p>3</p> <p>8M with 3 sets of 10x30 sec. w/30-sec. jog 8:30a Training Run, Railroad Square, SR</p>
<p>4</p> <p>10M at medium pace 8:30a Parktrail Drive at Summerfield Drive</p>	<p>5</p> <p>7M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>6</p> <p>6M with street sign intervals 5:30p 3390 Princeton Drive, SR</p>	<p>7</p> <p>6M at comfortable pace</p>	<p>8</p> <p>7M at medium pace 4:30p Howarth Park</p>	<p>9</p> <p>3M at comfortable pace or off</p>	<p>10</p> <p>8M total with 2x10 min. @ 10K GP, jog 15 min. between 8:30a Training Run, Railroad Square, SR</p>
<p>11</p> <p>11M at comfortable pace 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>12</p> <p>7M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>13</p> <p>6M with 20x30-sec. at 2M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>14</p> <p>5M at comfortable pace</p>	<p>15</p> <p>4M at comfortable pace 4:30p Howarth Park 6:30p Club Meeting, MV RT Pizza</p>	<p>16</p> <p>3M at comfortable pace or off</p>	<p>17</p> <p>Race: 9:00a - Last 10K & Final 2M, Santa Rosa</p>
<p>18</p> <p>8M at medium pace 8:30a Lawndale Trailhead on Lawndale Road in Kenwood</p>	<p>19</p> <p>7M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>20</p> <p>5x800m@2M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>21</p> <p>4M at comfortable pace</p>	<p>22</p> <p>7M at medium pace 4:30p Howarth Park</p>	<p>23</p> <p>5M at comfortable pace or off</p>	<p>24</p> <p>6M with 1.5M at strong pace 8:30a Training Run, Railroad Square, SR</p>
<p>25</p> <p>10M at comfortable pace 8:30a Parktrail Drive at Summerfield Drive</p>	<p>26</p> <p>7M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>27</p> <p>6M with 3M at medium-strong pace 5:30p 3390 Princeton Drive, SR</p>	<p>28</p> <p>5M at comfortable pace</p>	<p>29</p> <p>7M with 10x60 sec. at medium-strong pace 4:30p Howarth Park</p>	<p>30</p> <p>3M at comfortable pace or off</p>	<p>31</p> <p>3M at comfortable pace or off 8:30a Training Run, Railroad Square, SR</p>

Empire Runners Club

2345 Hilltop Ct.
Santa Rosa, CA 95404



If your Dues are Due! Renew On-Line at www.empirerunners.org and click on “membership”

MARK YOUR CALENDAR!

Sun Nov 27	McGuires's Breakfast Run – Hidden Valley School Santa Rosa – 8:00am
Thu Dec 8	Jan. Newsletter Deadline – Jerry Lyman Editor – pigfete@aol.com
Thu Dec 15	EMPIRE RUNNERS CLUB ELECTIONS – at regular club meeting
Thu Dec 15	Club Meeting – Montgomery Village Round Table Pizza – 6:30pm
Sat Dec 17	Last 10K & Final 2-Mile – Howarth Park Santa Rosa – 9:00am
Tue Dec 20	Jingle Bell Run & Pot Luck – Time and Location to be announced
Sun Jan 1	Resolution Run 5K – Montgomery High School – 10:00am

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