

Newsletter

December
2006

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www.empirerunners.org

Trina Takes Tamalpa - Tuohy Tops Too



Andy Furlong leads a trio of competitors at the Tamalpa Challenge in China Camp October 28th

Empire Runner **Trina Cox** continued to bounce back from her only loss of the Pacific Association cross country season – a third-place finish at the Shoreline Open – to win the Tamalpa Challenge on October 28 at China Camp State Park near San Rafael. Trina employed her trademark strategy of shadowing the lead group of 3 or 4 runners throughout the early miles then unleashing a powerful surge over the last half-mile for the victory. Trina led her Open Women's team to a 4th-place finish, supported by strong efforts from **Melanie Lovrin**, in 18th, and **Sara Jakel**, who took 25th.

The strength of our club lies in our teams of Masters Women and Seniors Men. At Tamalpa, both captured 2nd-place finishes, the women edging out the host team by a single point and the men doing the same, but by 3 points. **Val Sell** was back to lead the women, taking 9th in her division. Then came **Nuvit Foster** in 13th. The scoring was wrapped up by the trio of **Shelly Lydon**, **Lisa Youmans** and **Shelli Gordon**, as they finished in that order for 20th, 22nd and 23rd.

The Senior Men has the best one-two punch in the PA with **Chris Cole** taking 2nd here and **Brian Purcell** just 15 seconds back in 3rd. **Terry Goetzel** snuck into the top 20 with his 19th-place effort in that division. (see TAMALPA Next Page)

DECEMBER RANDOM DRAWING \$200

Show up at the Club Meeting for a chance to WIN!

Tamalpa (continued)

Brian Purcell describes his race:

"I have been very happy with my racing improvements this season. After a kick back summer of travel and too much beer while between jobs (Agilent Technologies to Merrill Lynch) I have been training hard with the SRJC XC team and the last two races show the improvements. I was 12th Senior in the Empire race and moved up to 3rd in the last two races. My goal at the Tamalpa race was a 6 min/mi pace and to beat Fletcher Lesley and Tom Cushman who have won the first 5 races. I had a battle with both runners from mile 1 on. I passed them on the pavement before we returned to the trail at mile 1.5 and they re-passed me after the switchbacks. I was able to get back ahead with one mile to go. I then saw Ty Strange and used him to keep ahead of Flecher and Tom and finish only 2 and 9 seconds before them. The bad news was that Chris Cole and another senior were ahead of me. Well more speed work for the last three races. I was happy to average 5:51 and beat Flecher and Tom."

Pauline Rogers, in 5th, and **Emily Deering**, 13th, were joined by the 3rd-place Super Senior runner **Shirley Fee** for a 3rd-place team finish in the Seniors Women. Ditto that result for our Seniors Men, led by **Dan Preston** in 4th and **Brendan Hutchinson** in 10th. They were helped along by the winner of the Veterans Division, **Dan Tuohy**. It was Tuohy's 7th win of the season for men over 70.

Preston recalls his race: "Late in the race I came up on a runner I wanted to pass and suddenly realized it was someone I knew. 'Tyler,' I said, 'is that you? You have a 64-year-old breathing down your neck.' Tyler Abbott is the LDR Chair, a Master runner who many years ago I used to be competitive with. He explained he had a host of injuries, so I blew by him, only to have him come up on me a short while later. I heard him coming, breathing noisily. 'My god', I thought, 'do forty-year-olds wheeze like that? I thought only old guys did that.' He passed me with less than a mile to go, and I finished a few seconds behind him. On the ride home I learned that there a lot of younger runners who wheeze. For me it comes and goes -- I did not wheeze at all this race and had one of my best efforts. Maybe conditioning has something to do with it."

Two of our teams finished 7th on the day, the Open Men being led by **John Staroba** in 19th and the Masters Men following **Ty Strange's** 16th-place effort. The Empire Runners were also able to field two "B" teams in the meet. The Seniors Men finished 6th among the 8 teams in that division, led by **Paul Berg** and **John Harmon**. Our Masters Women's "B" squad copied the "A" squad feat by narrowly vanquishing a "B" team from Tamalpa. **Lisa Titus-Isabeau** was on that "B" team and gave us her version of it:

"It wasn't until the morning of the race that I remembered that the Tamalpa course was 4 plus

miles. Oh boy, I could not remember the last time I ran a race longer than a 5K. Oh well, I was just happy to be running in a cross-country race in a beautiful park. Since 2001 I have been an "on again off again" runner due to back trouble so I am usually just glad to be out there on the trails.

My first 3 miles felt decent. I was breathing hard enough and my muscles were groaning enough to count it as racing. I even had Tori, post-Portland Marathon, not far in front of me! After that I felt myself slowing down, though I knew that I would make it to the finish. I was sorry to not have a visible kick even though my brain and body thought that I was picking it up a little.

Today, well today I am sore. But my favorite part of running, and the part I miss terribly when I can't run, is the Sunday morning run with the girls. So as achy and stiff as I was today, I wouldn't have missed a few miles of dirt with them for anything!"

Story by Larry Meredith

Tamalpa Challenge Empire Runners Results (4.38 miles)

Open Women

1. Trina Cox, 25:48; 18. Melanie Lovrin, 28:41; 25. Sara Jakel, 29:43; 34. Deb Murray, 33:23; 38. Gillian Sakai, 35:15; 43. Susan Kelleher, 44:11.

Masters Women

9. Val Sell, 29:29; 13. Nuvit Foster, 30:36; 20. Shelly Lydon, 31:21; 22. Lisa Youmans, 31:53; 23. Shelli Gordon, 32:00; 27. Lori Winkler, 32:57; 36. Tori Meredith, 35:44; 37. Lisa Titus-Isabeau, 36:19; 40. Laura Mills, 38:07.

Seniors Women

5. Pauline Rogers, 33:10; 13. Emily Deering, 40:18.

Super Seniors Women

3. Shirley Fee, 36:59.

Open Men

19. John Staroba, 24:02; 35. Kenny Brown, 24:53; 56. Josh Skillman, 26:46; 59. Greg Jennings, 27:13; 62. Eric Downing, 27:18; 72. Andrew Furlong, 28:32; 80. Corey Phipps, 34:49.

Masters Men

16. Ty Strange, 25:26; 22. Don Stewart, 26:14; 31. Steve Cleal, 27:09; 43. Scott Ames, 28:01; 44. Larry Meredith, 28:04; 47. Bob Finlay, 28:32; 61. Rob Main, 30:41; 68. Scott Cronk, 34:04; 69. Don Meixsell, 35:34.

Seniors Men

2. Chris Cole, 25:14; 3. Brian Purcell, 25:29; 19. Terry Goetzel, 27:59; 25. Jerry Lyman, 28:49; 27. Dan Schafer, 29:06; 28. Parker Mills, 29:13; 30. Paul Berg, 29:37; 31. John Harmon, 29:38; 40. Jon Hermsstad, 31:21; 50. Bill Browne, 33:06; 51. Don Sampson, 34:13.

Super Seniors Men

4. Dan Preston, 29:43; 10. Brendan Hutchinson, 30:55; 14. Dale Trowbridge, 34:33; 15. Ernst Bohn, 36:20.

Veteran Men

1. Dan Tuohy, 34:09.

The Steve Cleal Experience (Portland Marathon – October 1st)

Ouch! The Portland Marathon, despite the opinions of others, was not a piece of cake for my 49-year old legs.

Let's start out with my first round of bad luck. I had to use the bathroom right before the race and incredibly, there was a five minute line. Who knew so many people had to go? As a result, Megan Johnson, who was with me, and I both had to start at the back of the pack. When the signal to start the marathon rang through the noisy air, all we could do was to shuffle our feet because of the enormous crowd of excruciatingly slow runners in front of us. We pushed our way through the thousands of blurry bodies, and we were on our way to Boston.

I left Megan behind at the six-mile mark, thinking I was never going to see her again because I, as Stephen Cleal, was feeling stronger than a horse. That all changed at the legendary, notorious and highly dreaded WALL. At some point after that, Megan passed me! She ran up behind me and she said, "Cleal, what's the matter?" I tried to keep up behind her and hold on to that last bit of energy I had. But she was so much more powerful than I and left me in the dust. I was left questioning if I would make my qualifying time.

Five minutes. That was all that stood between me and what could have been a crushing defeat. I made it to Boston, even though my way of celebrating afterwards was going into the hotel room, turning on the heater full blast, climbing under the blankets and shaking like a leaf in the wind.

Steve Cleal

McGuire's Breakfast Run 3K and 10K

Sunday November 26th
8:00am Hidden Valley School S.R.
(adjacent to Hidden Valley Park on
Bonita Vista Lane, just off Chanate Rd.)

Entry Fee: "less than \$5"

**Breakfast: YES! Please bring something to
share for potluck following the races**

Invited: All Empire Runners

Info: Mike McGuire 707 542-6687

October Club Meeting Minutes



President **Val Sell** called the October 2006 meeting of the Empire Runners to order at 7:32pm on October 26th, 2006.

Secretary's Report:

Secretary **Lars Andersen** read the minutes from the September 2006 club meeting. They were approved as read.

Treasurer's Report:

Treasurer **Dan Preston** reported on the club's finances. Starting balance \$18,694. Ending balance \$17,310.

Recent Events:

- Portland Marathon: Seven club members ran it.
- Nike Half Marathon: **Cathy DuBay** won it.
- Creek Clean-up: Five people showed up. This is not sufficient participation if we want to keep this going as a club event. We will try it once more in the spring, advertise it better, and pass around a sign-up sheet at club meetings. We decided that critical mass is about a dozen members.

Upcoming Events:

- World Run Day: November 5th.
- McGuire's Breakfast Run: November 26th.

Old Business:

Jerry Lyman apologized for proposing the nominating committee at the last meeting. It would solve a problem that we don't appear to have, and hence would add little value. Jerry validated that the candidates who accepted nominations would indeed serve if elected.

Officer nominations for 2007 were held. No new nominations were made. **Dan Preston** withdrew as candidate for Treasurer. Nominations were closed. These are the final nominations:

President: Val Sell, Dave DeSelle, Bob Finlay.

Vice president: Val Sell, Dave DeSelle, Bob Finlay.

Treasurer: John Harmon.

Secretary: Lars Andersen, Gregg Jennings.

Jerry Lyman reported that the bylaw compliance review committee will consist of the club officers plus **Alec Isabeau, Dale Trowbridge, Dale Peterson, Cathy DuBay, Jerry Lyman**, and tentatively **Carl Jackson**.

(see Minutes next page)

Minutes (continued)

Val Sell reported that the downtown mile in conjunction with the Tour of California bike race is in limbo. Val and **John Harmon** have run into a number of obstacles. The Tour of California organizing committee is very interested in having a running race before the bike racers arrive, but the City of Santa Rosa appears unable to handle the additional logistics associated with a running race. It looks like the very thing that inspired us to put this race on in the first place - a huge number of people downtown - will be what prevents it from happening. If additional alignment cannot be built in the next month, we will have to scrap it. Val will report back at the next club meeting.

New Business:

-For the benefit of future officers, **Val Sell** proposed that the four current officers write brief job descriptions for their respective positions. This will be done by the December meeting.

-**Val Sell** reported that there will be no Kenwood pillowfights or parade this year. The club will still arrange the Kenwood Footrace, and there will be a pancake breakfast at the church. **Kenny Brown** will again be the race director.

-**Val Sell** reported that **James Devine** will no longer be handling permits and insurance. We hope that James will stay on until January to give us time to find a replacement.

-**Jerry Lyman** did **not** propose another committee! Jerry did propose that we mail out a postcard with 2007 race dates to all club members. It could be posted on their fridge all year. We would have additional postcards available at club races. Jerry showed a prototype of the proposed postcard. He will make a proposal at the next club meeting.

-New member **Angela Silvestri** introduced herself. Welcome!

Video Clip:

Val Sell and **Lisa Isabeau** showed a video clip of **Kathy Van Riper's** appearance on The View.

Raffle/Drawing:

Raffle: **John Harmon** (\$27, donated back).

Drawing: **Ed Freeman** (\$200, not present). Next month's drawing is for **\$200**.

Newsletter:

The November 2006 newsletter was folded, stapled and stamped.

Attendance:

Lars Andersen, Peg Leg Isabeau, Steve Cleal, Angela Silvestri, Don Stewart, Paul Hadley, LT, Bob Shor, Dale Trowbridge, Super G, Iguana Don, Bob Finlay, 409, Pappy, Mojo, Prez Val, Duane, Kathy, Tori, Larry, Sledge Bostonhammer, Susan Kelleher, John Harmon, Bill Browne, Paul Berg, Darryl Beardall.

Respectfully submitted,

Lars Andersen

NIKE Women's Half Marathon

The Nike Women's Half Marathon started in 2004 and is a super event. It has a great course (hills and all) and is very well organized. They also give great gifts (Tiffany jewelry) just for finishing. It's also great because I get to run with my running friends and share in their glory too.

This was my third time running the Nike Half, but my most memorable. My goal was to place first in my age group and I accomplished that. This was very exciting for me, especially since there were three hundred and five women in my age group. In last years event I placed third in my age group and that encouraged me to train harder, because I really wanted the first-place win (due to my competitive nature).

A special thanks to my good friend Nancy Abila for all those early morning track workouts and the weekend Annadel runs.

I look forward to next year's event – it's the best. I want to congratulate my friends Nancy, Patty and Corinne for their great finishing times and thanks for a great weekend!

Also I want to congratulate Cathy Dubay on a great run and win. You Rock!!!!!!!

Debbie DiCarli

Editors Note: Cathy Dubay ran 1:23:30 to place first overall. Debbie ran 1:48:03 in winning her age-group.

2007 Officers Election Club Meeting Thursday December 21st

**Round Table Pizza
Montgomery Village – 6:30pm**

Nominees:

President: Dave DeSelle, Bob Finlay, Val Sell

Vice-Pres: Dave DeSelle, Bob Finlay, Val Sell

Treasurer: John Harmon

Secretary: Lars Andersen, Greg Jennings

Empire Runners

Strut their stuff at the **TAMALPA CHALLENGE**



Top Row: Greg Jennings, Shelli Gordon, Gillian Sakai
Middle Row: Pauline Rogers, Scott Cronk, Josh Skillman
Bottom Row: Laura Mills, Susan Kelleher, Shirley Fee, Dale Trowbridge

3 Tracks 3 Miles 30 Years

I gaze out through the dirty windshield of my rental car at the miles of endless pavement that is Orange County California. I'm heading west on the 91 Freeway – medium traffic, Beach Boys on the stereo and I am transported back in time. Almost everything I see, smell and hear reminds me of growing up here in the sixties and seventies. Very nearly every detail has changed. Nothing seems to last too long here. Yet the overall feel is the same. Not too pretty, but the weather is good and it's actually a lot less smoggy than it was in the old days. What has brought me back is my 30th high school reunion to be held in October 2006. The music however has brought me all the way back to 1976.

When I was a kid I couldn't swim a lick, let alone surf. Regardless, the Beach Boys singing about the surf, girls, the beach and cars sums up the southern California experience to a tee.

The big reunion is later tonight. I will check in to the Disneyland Paradise Cove Hotel sometime in the late afternoon but right now I am heading to my corner of Orange County. Buena Park, Cypress and La Palma. For more than a few years I have been thinking about going to my alma-mater John F. Kennedy High School to do a few laps around the old track. I wonder what it looks like now and whether or not they ever replaced the old surface with something all weather. While it is true that they don't get much rain down south; I can remember many nights lying awake before a track meet listening for rain and hoping it would hold off long enough to let me run.

The night before I had a notion. Rather than just going to my high school and turning a few laps, I would run exactly one mile on all three of the tracks that I did most of my training and running on back in those days.

By now I have gotten off of the freeway and am heading up Walker Avenue. I have not been here for years and it really seems strange. A bank sits on the corner where we used to get burgers when we were supposed to be in class. Houses are the wrong color or are two stories high when they should be one.

Finally I pass between John F. Kennedy High on the left side of the road and Walker Junior High on the right. I pull up into the lot, park the car, jump out and start jogging over to the track. From back here it looks a lot like it did back in 1973. I get to the track where I ran my very first competitive races (all sprints) and start jogging around. I can hardly keep all of the memories in my head they come so fast. 1-2-3 and finally 4 laps and it is time to jog across the busy street to my high school.

I see people and wonder how long they have lived here. Should I know them? Would they know me? It is hard to say. The sun is warm as I enter the campus. Except for the new building going up nearby, everything is very much as I remember it. There are the lockers and the "senior circle" where the upper

classmen used to lord over the lower. There is the gym where we used to have pep rallies, basketball games and dances. As I approach the back of the campus I see they replaced our old above-ground swimming pool with a new one. Nice. But where is the weight room where I toiled each summer before football season? Then I get to the track. Still Dirt. Same as it was when I was there. You'd still need at least ½" spikes on your shoes. I like that. Boy, lot's of memories here. Great victories and great defeats. 1-2-3 and 4 laps. Over so quickly. Time to move on to the next track at Cypress Junior College.

I return to my car and take the short two-mile drive over to the college. There is a dog show going on and it is hard to find a place to park. I almost bail out, but decide to complete my mission. Finally a space opens up, I park and I head across the softball fields outside the chain-link fence to get to the track. People are walking their dogs. Every breed you can think of. Schnauzers, terriers, sporting breeds. I get a few odd looks. Hard to believe, this was once the epitome of high-tech track surfaces in the region. It was the first all-weather surface I ever ran on. It seemed incredibly fast back then. Now it is just incredibly decrepit. Huge chunks of the track are missing revealing the asphalt below and everywhere I step is pitted and chipped. I know that the track program was canceled about 20 years ago, but am not prepared for the sad state of things. My memories here are subdued. No great victories, no great defeats. Just mediocrity. But it is nice now to realize that this place that could have spelled the end of my running career was just a stopping place on the way to where I am now. Now I am just a week away from attempting to qualify for the Boston Marathon. My old coaches would never believe it in a million years as I was someone who never even ran the quarter because it was "too long". 1-2-3 and 4 laps. Time to head to the reunion.

Later that evening I see some old and dear friends. Not as many as I would have hoped for but the one's I do see make me very happy. We trade "war" stories and talk about our families, careers and everything we can cram in to a few hours. How do you summarize 30 years? Everyone is different but the same - the same but different.

I think if I had the power to go back and do everything again I would really have to think twice. It was not always easy. But it's not always easy now either. I am happy to have known so many good people. The bond that we forged is as strong as ever.

The next morning I head out of town. Tom Petty is singing "gotta get moving, gotta get going" on the rental car stereo and I agree. The past is a nice place to visit but there are still a lot of things to get done. Next week is Portland and I have a lot of my current friends going up there. More shared experiences. More bonds. More tracks, more miles, more years.

DM Peterson

SCANDAL

At the PORTLAND MARATHON

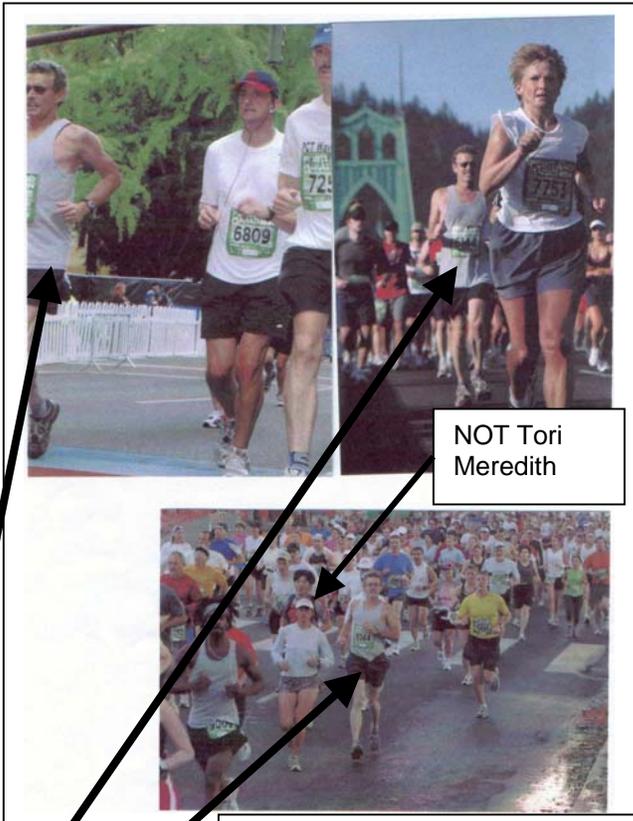
Faithful readers of the Empire Runners Newsletter may recall cub reporter **Robin Stovall's** scoop last month that former ER President and bon-vivant **Bill Browne** was rumored to have worn an arch-rival Tamalpa singlet during the Portland Marathon.

Browne reportedly told fellow marathoner **Larry Meredith** that he could not wear his Empire Runners singlet because "it makes me itchy". At the time he said he was going to wear a simple cotton t-shirt, but this could not be verified as he was not seen before, during or after the race. Browne was apparently whisked away by family members (simple hill folk) to a cabin near Lake Wannabe right after the event.

Our paper received the grainy photos to the **right** from Mr. Browne's attorney allegedly proving his innocence. While at a glance the pictures would appear to corroborate Browne's story; we have startling new evidence!

A crack team of top scientists, led by our own **Lars Andersen**, using IDIOT technology ie: Ion Digitization Image Oxidation Thermoplasty has produced the image **below**. Dutch Andersen says "Ja shergendee yoddle, men foolooglehammer ney" which roughly translates to "this clearly suggests that the allegations could possibly be true" sort of.

For what it is worth Browne continues to deny that he switched allegiances in spite of the overwhelming evidence and the mounting outcry.



NOT Tori Meredith

Grainy Photos purported to be of Bill Browne at the Portland Marathon. But *which* Portland? Oregon or Maine?



Photo Enhanced by IDIOT

DISCLAIMER:

This "news" item is for entertainment purposes only and does not reflect the opinions of the Empire Runners Club it's officers or membership. Any resemblance to actual persons living or dead is strictly a coincidence. Many members of the Empire Runners are also members of Tamalpa. "Not that there is anything wrong with that".

No animals were harmed during the writing of this parody. No paradigms were shifted. No stakes in the ground were leveraged and no low-hanging fruit was picked. Do not combine with alcohol. Do not operate heavy machinery while reading. May be habit forming. Cease use if you experience loss of vision, rash, hives, dry throat, dry heaves, projectile vomiting, diarrhea, or trouble sleeping, waking, eating, walking, talking, sitting, thinking, not thinking. If it takes you more than four hours to read this consult a physician immediately. Patent Pending, Copyright on file. All work and no play makes Jack a dull boy. All work and no play makes Jack a dull boy. All work and no play makes Jack a dull boy. All work and no play makes Jack a dull boy. All work and no play makes Jack a dull boy. All work and no play makes Jack a dull boy.

SATURDAY

The Empire Runners Club Presents

The Last 10K

**And Final 2-Mile
of 2006**

Date/Time: Saturday, December 16, 9:00am start

Site: Start / Finish at Howarth Park, Santa Rosa
Near intersection of Summerfield Road and Sonoma Avenue

Courses: 100% paved, flat to gently rolling

	<u>Club Members</u>		<u>Non-Members</u>	
	<u>With Shirt</u>	<u>No Shirt</u>	<u>With Shirt</u>	<u>No Shirt</u>
If registered by Dec. 9th	\$18	\$8	\$20	\$10
Late or race-day registration	NA	\$8	NA	\$12

(T-Shirt by pre-registration only. A few may be available race day for \$12)

Checks payable to: Empire Runners

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

DECEMBER 16

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 and Final 2-Mile footrace held December 16, 2006 at Howarth Park, Santa Rosa, California.

INFORMATION: 527-0673

Signed _____

December 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Race: 8:00a - McGuire's Breakfast Run, Santa Rosa 26</p>	<p>3M at comfortable pace or off 27 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>6M with 20 x 30 sec. at 3M G.P. 28 5:30p 3390 Princeton Drive, SR</p>	<p>6M at comfortable pace 29 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>6M at medium pace 30 4:30p Howarth Park</p>	<p>3M at comfortable pace or off 1</p>	<p>8M with 3 sets of 10x30 sec. w/30-sec. jog 2 8:30a Training Run, Railroad Square, SR</p>
<p>10M at medium pace 3 8:30a Parktrail Drive at Summerfield Drive</p>	<p>7M at comfortable pace 4 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>6M with street sign intervals 5 5:30p 3390 Princeton Drive, SR</p>	<p>6M at comfortable pace 6 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>4M with 1.5M at medium-strong pace 7 4:30p Howarth Park</p>	<p>3M at comfortable pace or off 8 7:00p ER Movie Night, Rialto Theater on Summerfield</p>	<p>Race: National Championships XC, San Francisco 9 8:30a Training Run, Railroad Square, SR</p>
<p>11M at comfortable pace 10 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>7M at comfortable pace 11 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>6M with 20x30-sec. at 2M G.P. 12 5:30p 3390 Princeton Drive, SR</p>	<p>5M at comfortable pace 13 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>4M at comfortable pace 14 Newsletter Deadline: Jerry Lyman, Editor 4:30p Howarth Park</p>	<p>3M at comfortable pace or off 15</p>	<p>Race: 9:00a - Last 10K & Final 2M, Santa Rosa 16</p>
<p>8M at medium pace 17 8:30a Lawndale Trailhead on Lawndale Road in Kenwood</p>	<p>7M at comfortable pace 18 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>5x800m@2M G.P. 19 5:30p 3390 Princeton Drive, SR</p>	<p>4M at comfortable pace 20 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>7M at medium pace 21 4:30p Howarth Park 6:30p Club Meeting, MV RT Pizza</p>	<p>5M at comfortable pace or off 22</p>	<p>6M with 1.5M at strong pace 23 8:30a Training Run, Railroad Square, SR</p>
<p>10M at comfortable pace 24 8:30a Parktrail Drive at Summerfield Drive</p>	<p>7M at comfortable pace 25 8:30a Howarth Park</p>	<p>6M with 3M at medium-strong pace 26 5:30p 3390 Princeton Drive, SR</p>	<p>5M at comfortable pace 27 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>7M with 10x60 sec. at medium-strong pace 28 4:30p Howarth Park</p>	<p>3M at comfortable pace or off 29</p>	<p>8:30a Training Run, Railroad Square, SR 30</p>
<p>5M at comfortable pace or off 31 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>5K Race Resolution Run 5K, 10 a.m., Montgomery HS 1</p>	<p>14x400m@2M G.P. 2 5M at comfortable pace 5:30p 3390 Princeton Drive, SR</p>	<p>5M at comfortable pace 3 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>8M at comfortable pace 4 4:30p Pa</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>	

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



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

MARK YOUR CALENDAR!

Sun Nov 19	PA X-Country Championships – Golden Gate Park SF www.paustf.org
Thu Nov 23	Wild Turkey Ramble Training Run – 8:30am Channel Dr near Cobblestone TH
Sun Nov 26	McGuire's Breakfast Run 3K & 10K – 8:00am Hidden Valley School SR
Sat Dec 9	USATF Club X-Country Championships – Golden Gate Park SF www.paustf.org
Thu Dec 14	January Newsletter Deadline – Dan Preston Editor djpreston@comcast.net
Sat Dec 16	Last 10K & Final 2 Mile – 9:00am Howarth Park
	Jingle Bell Run – Date & Location to be determined – check ER website www.empirerunners.org for updates
Thu Dec 21	Club Meeting – ELECTION! – 6:30pm Montgomery Village Round Table Pizza
Mon Jan 1	Resolution Run 5K – 10:00am Montgomery High School

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