



## Shell Bell's Dirty Adventure

While most people were putting the final touches on their costumes, Shelli Main was among the 3200 enthusiastic participants getting covered in sand and mud

By Shelli Main



### *The Board Room*

#### "The Prez Says..."

A message from club president Nate Koch

#### November Meeting Minutes

--Paul Berg

#### November Treasurer's Report

--John Harmon

#### Email the Board at:

[boardofdirectors@empirerunners.org](mailto:boardofdirectors@empirerunners.org)

#### Club Contact Page



## 2010 Redwood Empire Cross Country Recap!

As we here at the Empire Runners care about all levels of the sport, it's now time to give some love to the local high schoolers who braved rain, wind, and mud this fall. So here comes the 2010 Redwood Empire Cross Country Recap!

By Alex Wolf-Root

### *Monthly Features*

#### The Long & Short of It &

Commentary, random musings, and occasional Deep Thoughts -- Dale Peterson

#### The Doc is in

Running, fitness and injuries -- Alec Isabeau, DC

#### Blasts from the Past

Memorable newsletter articles and photos

#### Frequently Asked Questions

Have questions about the club?

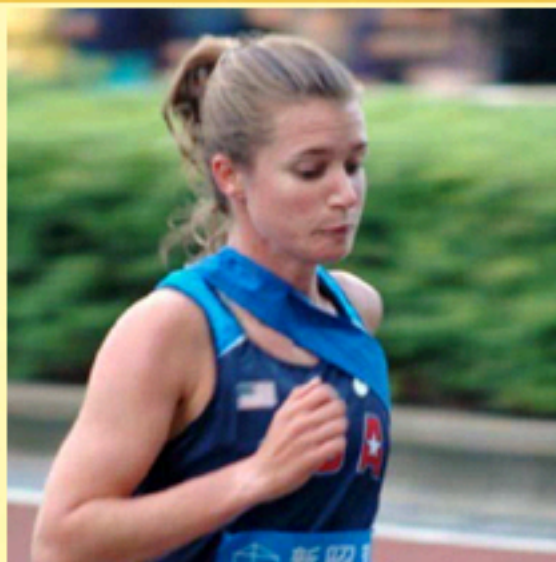
#### Training Calendar

-Training Director, Larry Meredith

## Feature of the month: The Month That Was!

In this month's article, we focus on the college ranks: NCAA Division I and III Regional and National Championships, DII Regionals, NAIA Nationals. Plus one local representing the United States of America.

By Alex Wolf-Root



## *Empire Runners Club Hall of Fame*

## Time to renew!

All members who joined or last renewed before October 1st have a renewal date of January 1, 2011. Log on to [empirerunners.org](http://empirerunners.org) to renew online.

[Click to view a printable PDF version of the newsletter](#)

## *Club Sponsors*







## *The Prez Sez...*



Empire Runners -

It's been a fun year for sure, but as I'm sure you are all aware, its coming to a close very quickly. Its that time of year when we are wrapping up this one and beginning to think about the next. For the Empire Runners Club, part of that is electing our new board. At this point we have a single nomination for each of the four positions.

President - Alex Wolf-Root

Vice President - John Staroba

Treasurer - Tanya Nareth

Secretary - Paul Berg

I invite each of you to come to the December meeting on the 16th to elect your new board. The meeting is at the Montgomery Village Round Table at 6:30pm.

I also want to take this time to say thank you for a great year and a great presidency. Thanks for going easy on me.

Happy Running,

*Nathan Koch*

president@empirerunners.org

**Empire Runners November 18, 2010 Club Meeting**  
(pending approval at the December 2010 meeting)

President Nate Koch (president@empirerunners.org) called the November 18, 2010 meeting to order at 6:38 pm.

**Secretary's Report:**

Secretary Paul Berg (secretary@empirerunners.org) read the October 2010 meeting minutes, which were approved as read.

**Treasurer's Report:**

For treasurer John Harmon ([treasurer@empirerunners.org](mailto:treasurer@empirerunners.org)), president Koch reported that the current club balance is \$34,888.58, down \$ 12,121 from November last year. The Student Grant Fund balance is \$747, approx \$184 less than the same time last year. High School Donations YTD: \$9122. Projected for year: \$9537. Cross Country Expenses to date: \$3525 vs. \$2975 for 2009.

**President's Report:**

President **Nate Koch** reported the Bylaws Revisions report, due to be discussed tonight, has been delayed by attorney Linda Rosen due to family illness.

**Race Reports:**

1. Recent races/Runs:
  - a. Tamalpa XC 10/30
  - b. Healdsburg Wine Country half 10/30
  - c. Ancil Hoffman XC 11/6 masters almost won, and senior men ran
  - d. Run to Stop Hunger 11/7 Lots of members ran
  - e. Two Cities half marathon 11/7 Fresno
  - f. El Paso half marathon – delayed by train crossing
2. Upcoming Races/Runs:
  - a. Petaluma Turkey Trot 11/20 Schollenberger Park
  - b. NCS Meet of Champions 11/20 Hayward
  - c. PA Championships 11/21 San Francisco
  - d. Thanksgiving Wild Turkey Ramble 11/25
  - e. Turkey Leg Relays 11/25 Petaluma
  - f. McGuire's Breakfast Run 11/28 3k and 10k
  - g. Christmas Relays 12/12 San Francisco
  - h. December meeting 12/16 6:30pm
  - j. Last 10k and Final 2 mile 12/18
  - k. Jingle Bell Run 12/21 6pm, 6:30- potluck at Rob & Shelli Main

**New Business**

1. Officer Nominations for 2011. Elections to be held at December meeting.  
President: Alex Wolf-Root  
Vice-president: John Staroba  
Treasurer: Tanya Narath  
Secretary: Paul Berg

### **Monkey Business**

Raffle: Super G won \$17, and \$17 went to the student grant fund

Drawing: Frank Wentz would have won \$200 if he attended the meeting....

President **Nate Koch** concluded the meeting at 7:12pm.

#### Attendance:

Paul Berg, Tanya Narath, Tori "Notorious" Meredith, Larry "x-coach" Meredith, Luis Rosales, Dave "Two shoes" Goodwin, Cathy Goodwin, Will Ortlinghaus, Jen Ortlinghaus, Theresa Manchester, Super G, Dale Trobridge, Bob Shor, Don Sampson, Chris Mason, John Staroba, Marian Staroba, Bones Koch, Alex Wolf-Root, Darryl Beardall.



# THE EMPIRE RUNNERS CLUB

SERVING THE RUNNING COMMUNITY OF SONOMA COUNTY SINCE 1975



## November 17, 2010 Treasurer's Report

Total Club Funds	\$34,888.58
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Student Grant Fund	\$747
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High School	(\$9,122)
Projected Total for 2010	\$9,537

### **Donations**

Wine Country Marathon	\$300
Booth expense	(\$30)
Net	\$270

### **Cross-Country**

Race Entries	(\$3,630)
Reimbursements, Awards	\$105
Net to date	(\$3,525)



## *Shell Bell's Dirty Adventure*

Rob was sure I had not recovered from the concussion I suffered while filming "Wipeout!" when I entered Merrell's Down and Dirty 10k Mud Run, held on Halloween. While most people were putting the final touches on their costumes, I was among the 3200 enthusiastic participants getting covered in sand and mud on either a 5k or 10k course along the shore of Folsom Lake.

After all, anything would be a walk in the park compared to my crazy experience as a contestant on the ABC TV show "Wipeout!" and it seems that I can't injure myself worse than our one and only "Doc" can fix.



**Shelli Main and other happy finishers.**



**The "course" was muddy...**

Some of my athletic friends have asked me, "What was the draw to Merrell's Mud Run"? For me, it was the unusual challenge of this event which added 9 military style obstacles to an otherwise tough 10k course. The obstacles included army crawling through two mud pits and under a low net in the sand, bounding over marine hurdles, wading 4ft deep through Folsom Lake, climbing over a hay bale pyramid, a commanding cargo climb, catapulting over a low wall, and bolting up and over a slippery slanted rope wall.

I thoroughly enjoyed the event as did the vast majority of the other participants who slithered through mud and sand, jumped, waded, climbed, crawled and ran. I was fortunate to get the tip from John Stroba to wear swim goggles through the mud pits, which explained my raccoon eyes at the finish. I was the only one with goggles, which led the announcers of the race to think I was a pro.





Can you really become a "pro" at Mud Adventures? Maybe I've found my calling. If nothing else, I've set a new trend for fellow racers and I'm all about that.



**Clean at last! Shelli takes a dip.**

The rewards, other than the obvious, were finishers (Survivors) Dog Tags and larger age group Dog Tag medals (to 5 deep, I placed 4<sup>th</sup> with a time of 1 hr. 4 min). The first place age groupers received a pair of Merrell shoes. Those of you that know me well and know my love for shoes can understand my disappointment that I missed first place by 4 minutes. The event was well organized- especially considering the high turnout, and included a BBQ and live music. They had a costume contest that offered a \$250 prize for the first place finisher. Rob's favorites were the ballerinas getting mud all over their tutus. My favorites were the "dirty girls" who were actually men in rather interesting attire. If you are into "Facebook", you could stand in line to get your photo taken and they would post it for all the world to see. I passed on that one. I was lucky enough to have my own private photographer, my hubby Rob, who mountain biked his way around the course and captured some pretty hilarious moments.

The event sold out this year and the announcement has been made that it is returning to Folsom on Oct 30<sup>th</sup>, 2011. I age up to the "50" year olds next year and you can be sure I will be there fighting for those shoes. I highly recommend this event for those who are looking for something a little different and don't mind getting a little mud... EVERYWHERE!

# The Empire Runner

## 2010 Redwood Empire Cross Country Recap

By Alex Wolf-Root



As we here at the Empire Runners care about all levels of the sport, it's now time to give some love to the local high schoolers who braved rain, wind, and mud this fall. So here comes the **2010 Redwood Empire Cross Country Recap!**

(Let me preface this by apologizing if this isn't a "fair and balanced" article; I do not mean to give extra coverage to some, but I'm sure I did. For full disclosure, I went to Maria Carrillo, so I'm sure I still have some sort of bias, and just know more about the NBL in general.)

Before we get into the racing action, let's look back at the situation heading into the season. On the boys' side, there were two athletes returning who earned first-team All Redwood Empire honors last year: junior **Luis Luna** of **Piner** and senior **Forrest Shaffer** of **Petaluma**. Luna just missed a medal at the DIII state meet, where he placed 11<sup>th</sup>, but did earn silver and bronze medals at the NCS and NBL Champs, respectively. Of course, in track he blitzed a 9:16.19 3,200m to rank 9<sup>th</sup> on the all-time list. Shaffer performed better at his league meet, placing second, but was one place behind Luna at NCS in fourth. But Shaffer also had the best team in the Empire pushing him, as evidenced by the next top returners.

Returning from the second team were a duo of Trojans in senior **Clark Bernard** and sophomore **Kevin Poteracke**. Bernard was 6<sup>th</sup> at the SCL champs, Poteracke 4<sup>th</sup>. Both were key in Petaluma earning their 4<sup>th</sup> straight league title.



# The Empire Runner

Petaluma also added two more Honorable Mention returners in sophomore **Ryan Douglas** (5<sup>th</sup> SCL) and senior **Prescott Nicoli** (7<sup>th</sup> SCL). So going into the season, they had 5 All-Empire returners. Nice.

On the girls' end, there were also two first-team All Empire returners in senior **Julie Nacouzi** of **Montgomery** and junior **Amber Piersol** of **Windsor**. Nacouzi peaked at the right time last year, placing 25<sup>th</sup> in the National Championships. She also won the NBL and NCS Champs, and was a narrow second at state to last year's Runner of the Year **Jacque Taylor** of **Casa Grande**. Piersol was the top SCL returner, as she was 4<sup>th</sup> in that championships race, then 6<sup>th</sup> in the NCS DII Championships. On the track she ran a 5:10.95 for 1,600m to move exactly one place of Nacouzi on the all-time Empire lists.

Coming into the year, the team to beat on the girls side was **Maria Carrillo**, and they were well represented on the second team returners, with sophomore **Lauren Kraus** and junior **Heidi Thiele**. Kraus was 4<sup>th</sup> in the NBL, 7<sup>th</sup> in the NCS DIII race, and won the 3,200m at the NBL Champs in track. Thiele placed 7<sup>th</sup> in the NBL and clinched a top-50 finish at the State Championships. From the SCL, junior **Francesca Honey** of Petaluma made second-team honors, as she was 5<sup>th</sup> in the SCL and 8<sup>th</sup> in NCS DIII. Also a second-team returner was sophomore Coastal Mountain Conference Champion **Katy Lee** of Sonoma Academy. In addition to her CMC XC title, Lee won the 1,600m and 3,200m at the CMC T&F champs.

But Cross Country is not just an individual sport, and there were some amazing team battles in tap for the season. In 2009, the Casa Grande girls won their 4<sup>th</sup> straight SCL title, becoming the only team to have four outright SCL season titles (Petaluma won in '91, '93, and '94, but tied in '92). The Petaluma boys did one better, earning their 5<sup>th</sup> straight SCL title. Points scored the last five years? 18, 15, 15, 15, 18. For those of you unfamiliar with Cross Country scoring, you add the places of your top five runners for your score. So a perfect score is 15 points. Yea. Let that sink in... Petaluma was the team to beat. Period.

On the NBL side, there was an even longer streak on the line, that of the girls of Maria Carrillo. They had been undefeated in the NBL for the 7 years, with their last loss coming in the 2002 Championship race to the Montgomery Vikings. The Puma boys had some history on their side too, as they had won 6 of the last 7 titles, with **Santa Rosa** winning the 2008 edition. But the 2009 win was anything but close, as the score at the championships was MCHS 56, Piner 56. The Pumas only won on their 6<sup>th</sup> man, and looking at returners, Piner had to be the favorite to win their first ever NBL title (they have a bunch from the SCL).

So with the way-to-long preview finished, let's look at the 2010 season!

The season kicked off, as (almost) always, with the **Rancho Cotate Invite**. The boys' race went as expected, with Forrest Shaffer winning by 18 seconds of teammate Poteracke, and two more Trojans in the top 5 (Douglas and Bernard). **Daniel Hauptman** of Maria Carrillo was the only athlete not in a Petaluma uniform to crack the top-5 with his third place finish, 20 seconds back of Shaffer.

# The Empire Runner

The girls' race was much more diversified, as only one school, Maria Carrillo, had two in the top 5. Kraus took the win in a huge 43 second margin of victory over Casa Grande sophomore **Ashley Moffett**. Third overall was the second Puma in sophomore **Brynna Thigpen**, just ahead of Montgomery's **Emily Goldfield**. Lee of Sonoma Academy was the top CMC runner in fifth.

Trying to fly under the Redwood Empire radar, the Piner Prospectors raced the next day at the **Lagoon Valley Classic** in Vacaville, and there they failed – well they failed to stay under the radar at least. As a team, they by 23 points as they went 1 (Luna), 3 (**Jaime Silva**), 4 (**Jason Saler**), 5 (Dylan Ferrell) in the race. Luna not only took the win, but won by over a minute. From this point on, he was the overwhelming favorite for an NBL title, at minimum.

At the **Ed Sias** invite Kraus earned a podium finish as she was third, with teammates Thigpen (8<sup>th</sup>) and **Taylor Graham** (10<sup>th</sup>) earning top-10 finishes as well. On the boys' side, junior **Jonathan Peck** just slipped under the 11-minute barrier on the tough 2.05 miler to earn top-Redwood Empire honors.

Piner got back on the same calendar as the rest of the Empire as they were in attendance at the **Viking Invite** at Spring Lake, and they made their presence known. Luna tied the 6<sup>th</sup> fastest time ever with his 9:58 solo run, to be the fastest runner of the day by 25 seconds! The best-of-the-rest was junior **Alexi Taylor** of **Cardinal Newman**, who clocked a solid 10:23. The frosh-soph race saw a great duel between Silva of Piner (10:30) and **Ukiah** sophomore **Paul Holden** (10:31). The top CMC finisher was **Valle Rogers**, a senior at Willits. Though all races were by grade, adding up the top times yielded a 53:19 for Piner, which ties them for fourth all-time. The next local team was Maria Carrillo, at 54:26.

While Luna's 25 second margin of victory was impressive, Nacouzi of Montgomery did one better, clocking 11:31 to win her race by 40 seconds over **El Molino** junior **Nicole Lane**, and be 30 seconds faster than any other runner from any other race (Kraus in frosh-soph). Adding times together, the Pumas stamped themselves as favorites to repeat their NBL title with a 63:46 total time to Santa Rosa's 65:42, with Casa Grande at 65:51.

That same weekend, Petaluma headed to the **De La Salle** invite, and came home with a title. Led by Shaffer's 2<sup>nd</sup> place finish on the three-mile course (15:32), and with Poteracke (7<sup>th</sup>) and Douglas (10<sup>th</sup>) in the top-10 as well, they were able to edge past Long Beach Poly, 87-94. Their average time per runner was 16:05, a time only 13 of the 207 total runners bettered.

That following Wednesday, at the second interlock meet at the NBL-hosting Spring Lake course, Piner officially became the favorites for an NBL title. Led by Luna's junior course record of 15:11 (old record held by 4-time SCL Champion **Sterling Lockert**), Piner outscored Maria Carrillo 29-31. Close enough for the Pumas to have hope, but they were now the underdogs. At the interlock at Casa Grande, CMC Champion Lee took an 11-second win over freshman **Victoria Tomaszewski** of Windsdor, who just outdistanced Lane for top SCL honors.



Alexi Taylor

# The Empire Runner

You may note that Petaluma was absent from that Wednesday. That's because they were targeting that weekend's **Stanford Invite**. And for Forrest Shaffer, it was worth it. Shaffer destroyed the competition in the DIII race with his 15:45 on the 5k course, ahead of two runners from perennial power **Campolindo**. Just behind that duo was Maria Carrillo senior Daniel Hauptman, who ran a very respectable 16:06, the second fastest of any Empire runner on the day. Poteracke also impressed at 16:11, and helped Petaluma to a second place finish. The Cardinal Newman duo of Taylor and sophomore **Charlie King** clocked 16:17 and 16:23, with the top CMC runner was Rogers of Willits at 16:30.

Nacouzi also took home a title, clocking 18:00 to win the DII race by 49 seconds. Unfortunately, this would be the highlight of her 2010, as she was sidelined with injury shortly thereafter. Also under the 20 minute mark were Kraus (4<sup>th</sup> DIII), Lee (9<sup>th</sup> DV), Lane and Tomaszewski.

Just before the league season, Luna made me add in yet another paragraph to this article as he smashed the course record at the **Scotty Bauhs Invite**, running 14:51 for three miles. In the sophomore race (the invite separates races by grades), Jaime Silva took the win in 15:38.



Ashley Moffett

The first weekend of SCL action went to form, as reigning champs Petaluma boys and Casa Grande girls took easy wins. There were some individual performances of note, specifically Moffett of Casa Grande beating Lane of El Molino by 11 seconds, with third place over 50 seconds behind the duo. Tomaszewski also took a league win, as she was 39 seconds faster than Petaluma's **Kirby Franklin**, and over a minute ahead of teammate (recovering-from-injury) Piersol.

But it was the tri-meet between Maria Carrillo, Piner, and Santa Rosa that made all the noise. The Pumas got a huge scare, as Santa Rosa came within two points (33 to MCHS's 31) of breaking a 7 year long undefeated-in-NBL-streak, led by individual surprise winner **Kelly Brooks**. For the boys, Piner didn't just surprise, they dominated, going 1-2-3 to win 23-47 over Maria Carrillo. But this was still just the first league meet of the season, and a lot can happen in a month.

But not a ton did happen. Shaffer continued to impress as he won the DIII race at the **Clovis Invite** by over 10 seconds, while Luna won the **Crystal Springs Invite** by 28 seconds. All the favorites won, with the possible exception of the Casa Grande versus Petaluma meet for the girls. Moffett of Casa Grande beat Franklin of Petaluma by 19 seconds, but that was all the Gaucho's could muster, as Petaluma had all of their scorers before Casa Grande's 2<sup>nd</sup>. Moffett then went on to place 2<sup>nd</sup> at the **Mariner Invite**, with Luna winning again at the **Rough Rider Invite**.

The next week saw some cool league meet stats, as the Maria Carrillo boys were so dominant in their tri-meet over Rancho Cotate and Elsie Allen that they would have won without running their top 20. In the SCL, Nicole Lane





got possibly the biggest margin of victory of any Empire meet this year, as she beat the Petaluma pack by 4:57, with Windsor putting up a good fight against Casa Grande, losing just 27-31. Valle Rogers set himself up as the CMC favorite as he defeated **Evan LaBruzzo** Rincon Valley Christian and led his team to a perfect 15-point score.

In the last invites before the league champs, Nicole Lane and Luis Luna earned wins in the downpour that was the **Yoshaany Rahm Invite** at Ukiah HS. But Ashley Moffett was the biggest winner, winning one of the Division II races at **"The Worlds Largest Cross Country Competition,"** the **Mt. SAC Invite**, setting herself up as the favorite for the SCL title. Lauren Kraus of Maria Carrillo actually ran one second faster (18:27-18:28), but was in a different race.

Going into the league championships, for the SCL Petaluma was undefeated on both the boys' and girls' side, with Casa Grande having only one loss, to Petaluma, for both squads. In the NBL, Piner was 7-0, with Maria Carrillo having their only loss in that first league meet. The Puma girls were still 7-0, with Santa Rosa next at 6-1. The Coastal Mountain Conference is very confusing, with a CMC North and a CMC South. Sonoma Academy was undefeated for both in the south, with the Willits boys undefeated up north.

## COASTAL MOUNTAIN CONFERENCE CHAMPIONSHPS:

Girls: As it was last year, so was it in 2010. Katy Lee, the defending champion from Sonoma Academy, was the run-away victor, clocking 19:35 on the Asti Winery course hosted by Cloverdale. That time shattered the old course record of 20:09 from 2007, set by SA's **Grace Hafner**. Also running alone was **St. Helena's Julie Eyer**, who's 20:55 was 1:20 behind Lee's and 38 seconds ahead of the third place finisher. Always tough to run fast alone, and especially impressive for a freshman. In third to help secure the win for SA was **Kiana Herold**, who narrowly outdistanced **Fort Bragg** junior **Alexandra Sciocchetti**. Sciocchetti was the top CMC South runner; while the conference is broken in halves, they all run one championship together and score a total and a broken-down meet. Fifth was senior **Ali Van Zandt** of **Rincon Valley Christian**, followed by fellow seniors **Noelle Hosler** of **Santa Rosa Christian**, **Chloe Rojas** of **Clearlake**, and **Katie Carlsen** of **St. Vincent**. Rounding out the top-ten were **Erin Thomas** of **Mendocino** and **Cloverdale's Yari Sanchez**, who both clocked 23:20.

Third and fourth for SA was **Claire Sweeney** in 12<sup>th</sup>, and **Bonnie Campbell** in 21<sup>st</sup>, both breaking 25 minutes. Due to the large number of schools in the CMC, and noting that they are all "small schools," it shouldn't be too shocking that the final scorers were well down in the overall standing. That being said, Sonoma Academy took the win with their 5<sup>th</sup> and final scorer, **Katherine Parsells**, back in 44<sup>th</sup> place (though 35<sup>th</sup> in team scoring).

The Coyotes of Sonoma Academy ended up taking the win 63-78 over St. Helena, with Cloverdale (88), Clearlake (91), and Santa Rosa Christian (98) rounding out the top 5.

Boys: The boys' race was more of a coronation for Valle Rogers of Willits, who had been undefeated in his entire season up to this point. He won handily over Evan LaBruzzo of Rincon Valley Christian, 17:00 to 17:20, with Valle's teammate in **Chris Orr** taking third. **Brandon Hicks** of Santa Rosa Christian was 4<sup>th</sup>, but after that it the Sonoma

# The Empire Runner

Academy show, with **Jax Reiff**, **Jacob Gaynor**, and **Graham Johnson** going 5-6-7 for the Coyotes. Santa Rosa Christian's 2<sup>nd</sup> man in **Isaac Vandersluis** was only one second back of that SA pack, but the Coyote's 4<sup>th</sup> man, **Eli Booker**, made sure it was going to be very hard for anyone else to challenge for the team title, though Willits did get the final top-ten spot with **Dalton Aguilar**.

But SA's fifth man, **Jason Siegal**, wasn't far back in 13<sup>th</sup>, which was easily good enough to give the Coyotes their first ever CMC title, winning 35 to Willits's 62. The battle for third was extremely close, with Cloverdale (89) edging **Upper Lake** (93) and Santa Rosa Christian (99).

## **NORTH BAY LEAGUE CHAMPIONSHIPS:**

**Boys:** There were two main questions to be answered in the boys' race at the NBL Championships:

- 1) Would Piner again beat Maria Carrillo to earn their first ever NBL title?
- 2) How fast would Luis Luna run?

The answers were "yes" and "fast"

Luna took the lead from the gun, and was already separated before the very first hill. Since Ryan Mack at the 1998 NBL Championships, where the top-3 times ever on the course were recorded, no one has broken the 15 minute barrier. Mack's course record was 14:50. Was Luna going to set a new record? Not this year. But did he break 15? Yes, yes he did. His 14:59 is the second fastest ever on the course, and easily the junior class record. And he ran the whole thing solo.

To me, the biggest individual surprise was who came in second. While I had a shortlist of favorites for the best-non-Luna runner, I was shocked to see sophomore sensation Paul Holden run a scintillating 15:25. Not only did that earn him second in the race, it also put him second on the all-time junior list. Who's number one? Luis Luna.

Then came a slew of runners cracking the prestigious 16 minute barrier. Third went to Alexi Taylor of Cardinal Newman, who ran 15:28 to set a school record and tie for the 4<sup>th</sup> junior all-time. 4<sup>th</sup> went to Maria Carrillo's Daniel Hauptman in 15:43, with Cardinal Newman's Charlie King earning 5<sup>th</sup> at 15:46 for 9<sup>th</sup> on the all-time sophomore list. Piner's duo of Jason Saler (15:50) and Jaime Silva (15:54) placed 6<sup>th</sup> and 7<sup>th</sup>, respectively. The last sub-16 went to Maria Carrillo's **Colin Gibson** at 15:55. Rounding out the top-10 were Jonathan Peck from Santa Rosa and **Jamie Goldfield** of Montgomery, both running 16 flat. Owch.

As the astute observer may have noticed, three of those top ten finishers were from Piner, while Maria Carrillo and Cardinal Newman each had two. While Newman's 1-2 punch scored 8 points to the Puma's 12, Newman fell back after that, finishing fourth behind Santa Rosa. The battle for the title came down to, as expected, Piner and Carrillo. Piner's fourth man, Dylan Ferrell (13<sup>th</sup>) outscored the fourth man for Carrillo, and while the Pumas were able to put 6 before Piner's fifth, it wasn't enough to stop the inevitable.

# The Empire Runner

That's right, the Piner High School Cross Country Prospectors won their first ever North Bay League Title.

The score was 49-56, with Santa Rosa third at 83. Cardinal Newman just edged Montgomery, 105 to 106, with Ukiah (149), Rancho Cotate (177), and Elsie Allen (243) rounding out the race.

Looking at the team times, Piner's 1:19:41 tied the meet and NBL record set in 1988, and tied for fourth on the overall list, behind only the '07, '08, and '09 Petaluma squad (more on that in the SCL section). Maria Carrillo's team time of 1:20:34 put them 10<sup>th</sup> all-time, and gave them the dubious distinction of being the fastest team to lose at Spring Lake.

It's amazing to note that, of the top 10, only Carrillo's Daniel Hauptman is graduating in the spring, are only two others in the top twenty. Also of note, in 20<sup>th</sup> was **Aden Holmes** of Santa Rosa, who clocked 16:35 to become the 13<sup>th</sup> fastest freshman of all time, smashing his personal best by over 40 seconds. One possible reason: He bought his first pair of racing shoes the day before the meet!

**Girls:** With Nacouzi injured, and Carrillo leader Kraus suffering an ankle sprain just days before the finals, the individual race seemed wide open, and was sure to factor into the team race. The Pumas had survived a scare from Santa Rosa at their tri-meet, but were not out of the woods yet. Kraus's absence, and that of another scorer, put the team title in doubts.

From the first finisher, the Pumas were in trouble. Taking advantage of the more open field, the Panther's Kelly Brooks took the NBL title in 18:45, beating Brynna Thigpen of Maria Carrillo by 8 seconds. While Luna on the boys' side ran faster than only one other runner in history, Brooks ran the 45<sup>th</sup> fastest time ever recorded, and had the slowest winning time since 1993. But a win is a win, and I doubt she cared. Especially not after the team scoring was reported.

The team battle couldn't have been closer. In third was Puma Taylor Graham, with **Eva Herbst** of Santa Rosa in fourth. So at two runners it was tied, 5-5. In 5<sup>th</sup> was Rancho Cotate's **Melissa Hansen**, who was followed by **Kelly Birkland** of MCHS and 800m standout **Sadia Ibrahim** of Santa Rosa. At three runners: MCHS 11, SRHS 12. The top freshman in the race was **Mayra Villa** of Piner in 8<sup>th</sup>, also the last sub-20 runner of the day, and she was followed by **Gretel Petrie** of MCHS. Rounding out the top 10 was Montgomery's Emily Goldfield. Santa Rosa's 4<sup>th</sup> was just back of her in **Emily Rozga**, giving MCHS a 20-23 advantage with one runner to go. But that was where Santa Rosa showed their strength, as their 5<sup>th</sup> and 6<sup>th</sup> runners in **Carly Miller** and **Evvv Archibald** were just behind in 12<sup>th</sup> and 13<sup>th</sup>. One more runner, **Anjali Mathews** of Montgomery would slip in before the Puma's fifth runner in **Sophie Ramos**.

So after five runners it was SRHS at 35 and MCHS at 35. Yup. But, as noted above, Santa Rosa's 6<sup>th</sup> came in before MCHS's 5<sup>th</sup>. And the tie-breaker goes to whoever has the fastest 6<sup>th</sup> runner, which clearly was SRHS. The Pumas fought a tough battle, which must have been especially painful seeing as their top runner had to sit out, but when the chips were down the Santa Rosa High School Cross Country Panthers were crowned the North Bay League Champions, their first title since 1998.





Notes: Like the boy's race, only one runner in the top 10 will graduate in the spring: NBL Champion Kelly Brooks. Two more in the top 20 will graduate as well: SRHS's Carly Miller and Piner's **Yolanda Luna**. Maria Carrillo only graduates their seventh runner in **Alexandra Ecker**, so next year should be another exciting battle!

Also of note is that Maria Carrillo's team time of 1:38:29 is actually faster than Santa Rosa's 1:38.46, but cross country scores on places, not time. All about beating your competitor!

## SONOMA COUNTY LEAGUE CHAMPIONSHIPS:

**Girls:** Going into the race, Casa Grande had won the last 4 team titles, as well as the last four individual titles. But all of those were won by last year's California DIII State Champion Jacque Taylor, so the Gauchos had to hope someone else could step it up. And that's just what sophomore Ashley Moffett did.

Running 18:01 for the 17<sup>th</sup> fastest time ever at Spring Lake, Moffett started Casa Grande's championship run off with the low stick. But her title wasn't easy, as just 4 seconds back was El Molino's Nicole



Lane, who tied for the 18<sup>th</sup> fastest time ever on the course, and also set a new school record. There was a huge gap until the first Petaluma runner, Kirby Franklin, crossed in 19:01 for third, Casa Grande #2 Chloe Hall and Windsor's freshman standout Victoria Tomaszewski just behind at 19:08 and 19:09. Casa Grande then got a third runner across the line in senior **Eva Luu**, to start things off very well for the Gauchos. Windsor actually had their number two runner, Amber Peirsol in 7<sup>th</sup>, finish before Petaluma's second, though Windsor would end up in the bronze medal position. Petaluma showed their strength as the rest of the top ten went to **Audrey Behen**, **Maddie Crum**, and **Hailey Lynch**, who just squeaked under the 20 minute barrier with a 19:59.

While Casa Grande had 9 points through three runners, and Petaluma's third scored 8 alone, the depth of the Trojans was unmatched, as their 5<sup>th</sup> crossed in 12<sup>th</sup> and their 6<sup>th</sup> and 7<sup>th</sup> in 14<sup>th</sup> and 16<sup>th</sup>, before Casa Grande could get even their 4<sup>th</sup> scorer. When all was said and done, Petaluma broke the chain of Casa Grande team titles by a close 37-44.

# The Empire Runner

**Boys:** To say this was the Petaluma show would be an understatement. By all accounts, Forrest Shaffer just tried to help his teammates along, and cruised to a 15:27 for the win. He pulled along arguably the best sophomore duo in Empire history, with Kevin Poteracke and Ryan Douglas running 15:29 and 15:32, respectively. These times make them the third and fourth fastest sophomores on the course ever, behind only Luna from last year and Paul Holden of Ukiah from the day before. And if that wasn't enough Petaluma's 4<sup>th</sup> man in Clark Bernard came in, you guessed it, 4<sup>th</sup> overall, running 15:47.

Following the Trojans was a duo from Casa Grande. **Austin Minnick** and **Ben Tarango**, both seniors, ran 16:03 and 16:10, and were followed by fellow senior **Gustavo Vasquez** of **Analy** (16:17) as the only runners to stop a Petaluma sweep. Petaluma finished their scoring with **Noah Forrey** in 8<sup>th</sup>, and placed **Seth Yungert** in 8<sup>th</sup> for good measure. 10<sup>th</sup> place went to Casa Grande's third runner, **Daryn Cubba**, who outdistanced **Sonoma's Alex Conner** 16:33 to, well, 16:33.

If you're doing your math, you'll see that Petaluma scored a total of 18 points. Amazing. Even more amazing is that every other 5<sup>th</sup> man from the rest of the SCL scored more than 20 points, with only Casa Grande able to have a 4<sup>th</sup> place better than 18!

And it's not like the SCL was week competition. It took the second fastest team time ever (78:36) to accomplish this feat. After the day, the top team times on the Spring Lake course are as follows: Petaluma 2008, Petaluma 2010, Petaluma 2007, and Petaluma 2009.

Unlike the NBL, seven of the top 10 in the race are seniors, so next year's race should see plenty of new faces up front. But the three non-seniors in that top-10? Why all from Petaluma, of course!

## LEAGUE NOTES:

While you can never fully accurately compare results from two cross country races, both the NBL and SCL championships happened on Spring Lake, and were separated by under 24 hours. So some decent, but not perfect, comparisons can be made. And again, it's all about beating the competitors, not time, which is especially worth nothing when it comes to SCL Champion Forrest Shaffer and NBL Champion Kelly Brooks.

On the girls' side, seven of the top 10 came from the SCL meet, though each race had 10 in the top 20. Only two seniors, Kelly Brooks and Eva Luu, finished with top-20 times, so next year's championships should see some familiar faces.

Overall, four girls broke the 19 minute barrier, with 18 under 20 minutes. 17 runners in each race went under 21 minutes.

For the boys, the SCL had four in the top 10, though they were all from Petaluma. The NBL had considerably more depth, with 19 of the top 30 being from that race. But there's no question that Petaluma was the best team, as they had four in the top 10 and five in the top 25. But Maria Carrillo, despite being the third fastest team of the weekend, had six runners in the top-20, the only school to do so.



For times, a whopping 12 broke 16 minutes, with two more at 16 flat. 42 runners were under 17 minutes, with, again two at 17 flat. Clearly this was one of the stronger years for Redwood Empire boys' cross country in a long time.

## **NORTH COAST SECTION CHAMPIONSHIPS:**

While local bragging rights are all well and good, the North Coast Section Championships had much more on the line: berths to the State Meet. Races there are run by school size, with Division I being the largest and V the smallest. The Redwood Empire doesn't have a single DI school, but in all 8 other races, at least one runner from the Redwood Empire qualified on to the State Championships.

Note: Conditions were rainy, muddy, and changed in a different order than I'm telling the results here, so times are not really comparable across races.

**DII:** Last year, the Empire saw a thrilling duel between Nacouzi and Taylor as they went 1-2 in the section championships. Well newly crowned SCL Champion Ashley Moffett wanted a piece of that too, as she took home the DII title in a solid 18:43 to win by 5 seconds. Earning the last medal in 7<sup>th</sup> was Windsor's Amber Peirsol, with Kelly Brooks running 19:57 for 12<sup>th</sup>. In 13<sup>th</sup> with a time of 19:58 was Victoria Tomaszewski, but she will have to wait until next year (and the year after, and the year after) to go to state, as Brooks took the 5<sup>th</sup> and final individual berth.

For the boys. Paul Holden took second overall and was the first individual qualifier in 16:17. He was joined by Casa Grande's Austin Minnick (16:31) and Montgomery's **Jose Mendoza** (16:39) as State Meet qualifiers. In the team race, three went from DII boys, with that third spot going to Alamada with 129. 4<sup>th</sup> and 5<sup>th</sup>? Casa Grande and Santa Rosa at 135 and 137. Owch.

**DIII:** The boys' race for DIII was the best for the Redwood Empire, no question. Leading from the gun was Luna at 15:23, and the best-of-the-rest was Forrest Shaffer in 15:31. Sophomore sensations Ryan Douglas and Kevin Poteracke were 4<sup>th</sup> and 5<sup>th</sup> overall, giving the Trojan's a huge advantage against main challenger Campolindo. It turned out to be enough, as Petaluma scored 65 to Campolindo's 80. Only 3<sup>rd</sup> place Las Lomas with 124 scored within double Petaluma. That's right, even Piner at 144, who was still good enough to qualify for state

themselves, more than doubled Petaluma's score. Not to be lost in the fray was Maria Carrillo's Daniel Hauptman, who's 15:54 put him in 10<sup>th</sup>, earning him a trip to the state championships.





# The Empire Runner

The girls' DIII race may have been slightly less exciting for the Redwood Empire, but shoutouts have to go out to Campolindo's **Carrie Verdon** and **Grace Orders**, for going 1-2 in an amazingly fast 17:19 and 17:38. No one was even close. Actually, the next closest was Puma Lauren Kraus, who clocked a still-impressive 18:28. Petaluma's Kirby Franklin, at 19:13, was just one second off a trip to state as well.

**DIV:** Nicole Lane's 19:05 was good enough for second and a trip to state, though no other Redwood Empire athletes were in the top 25. For the boys', Alexi Taylor's 16:26 got him to state, as did Vale Rogers's 16:27. Charlie King was a mere one second, though two places, out of a trip as he finished in a still respectable 16:30.

**DV:** Three CMC runners punched tickets to state, with Evan LaBruzzo of RVC leading the charge at 17:27 for 9<sup>th</sup>. Jax Reiff became the first Sonoma Academy Coyote to earn a trip to state with his 17:40, while the last state spot went to **Brandon Hicks** of Santa Rosa Christian at 17:47. Also at 17:47 was SA's number two in Jacob Gaynor, though he was one place too far back to qualify on. Katy Lee was the only local to go on for the girls, as she ran 19:09 for 6<sup>th</sup>.

## CALIFORNIA STATE CHAMPIONSHIPS:

While only a handful of Redwood Empire athletes even made it to the state meet, there was some hardware brought home to Sonoma County. Three individuals and one team earned precious top-10 spots, with another three individuals in the top 20.

The top performer was Piner's Luis Luna, who's 15:32 put him 6<sup>th</sup> in the DIII race. While only 5 seconds back, Forrest Shaffer was 4 places back, earning that final 10<sup>th</sup> spot. For the girls, it was Katy Lee of Sonoma Academy who was 7<sup>th</sup> in DV. That's right, 6<sup>th</sup> in the NCS race and 7<sup>th</sup> at the state race. If that's not peaking at the right time, I don't know what is!

Lauren Kraus (14<sup>th</sup> DIII), Alexi Taylor (14<sup>th</sup> DIV), and Nicole Lane (19<sup>th</sup> DIV) also earned top-20 finishes. NCS Champion Moffett faced a huge challenge from the larger Southern Section schools and finished 28<sup>th</sup>.

Led by Shaffer's individual medal, Petaluma again found themselves on in the top 10, as they finished 7<sup>th</sup> as a team. Poteracke and Douglas were again standout sophomores, clocking 15:57 and 15:59 to break the prestigious 16 minute barrier.

Well that is the end of this little recap of the 2010 Redwood Empire High School Cross Country season. While the post-season already got some coverage in various pockets of the interwebs, I hope you enjoyed the slightly more detailed look at how the season progressed for our local runners. These athletes all worked extremely hard to get to where they are today (or were a few weeks ago), and deserve much more coverage than we can give them here. So to all the Redwood Empire harriers, we say congratulations on your 2010 campaign, and boy oh boy we can't wait for track!

# The Empire Runner

## The Long and Short of It – Dale Peterson

### Minimalist ramblings

It is amazing how much you can stir up just by going barefoot. I have been called an Arkansas hillbilly and had my sanity questioned by a perfect stranger. People seem to have a morbid fear of stepping on glass or otherwise hurting their feet. I tried to explain to a co-worker that I thought the foot must be a pretty good design being as it was all we so-called modern humans had for thousands upon thousands of years but she would not have it. She was positive that going barefoot would ruin your feet. Old ideas drummed into our heads since before we could walk are hard to break.

Meanwhile I just keep on walking my dogs while barefoot. They have never cut their feet and so far either have I. Now that it is getting colder and darker I am wearing water-socks because I am not completely fearless after all.

Very soon I will begin doing some very short runs without my orthotics. Stay tuned.

### Clarksburg Country Run

I ran in the Clarksburg Country Run on Nov 14<sup>th</sup>. This is the second time for me. In 2008 I ran the Half Marathon and qualified for the New York Marathon in the process. I enjoyed it so much I decided to jump up to the twenty-miler this year. I was very pleased with my performance (2:56 and change) considering it was much warmer than I would normally choose. It is a great event, with plenty of aid stations, enthusiastic volunteers and beautiful scenery. The autumn colors were out in force as we ran along the fast and flat roads out in the delta. I had hear people complain about the roads being oddly cambered on the levees but I did not notice anything worse than you would encounter on any country road. There are two kids races, a 5K, the half-Marathon which is now a USATF-PA race and the historic 20-miler; in other words something for everyone!

### Downtime

X-Country season is over for most of us, the nights are getting longer and colder and goal races are either over or will be soon. December is a good month to take it just a little bit easy, rest and start dreaming about next year. Give your body and mind a little break and come back strong in the spring.

### New Blood / Old Blood

It is time for the annual club elections. By this time next month we will know who our new officers will be. Nate and John and Paul have done a great job this year. It has been my pleasure to work with them on a number of very interesting initiatives that will have lasting positive effects on the club. It will be good however to get some new blood into the organization. Come out and vote!

Speaking of blood it is time for me to make my twice-annual platelet donation to the Blood Bank of the Redwoods. Consider donating some of that high-octane runner's blood of your own.



Time for another exciting addition of

## The Month That Was!

In this month's article, we focus on the college ranks: NCAA Division I and III Regional and National Championships, DII Regionals, NAIA Nationals. Plus one local representing the United States of America.



**2010 Division 1 NCAA XC Championships**

[http://www.gocrimson.com/sports/xc/2010-11/photos/2010\\_Men-NCAA\\_XC\\_Championship.jpg?max\\_width=619&max\\_height=371&crop=true](http://www.gocrimson.com/sports/xc/2010-11/photos/2010_Men-NCAA_XC_Championship.jpg?max_width=619&max_height=371&crop=true)

First off, since it's my article and I can write what I want: Props to former Maria Carrillo stud **Calvin Thigpen** of UC Davis for earning All-Region honors at the NCAA DI West Regionals. Despite being injured on and off throughout his collegiate campaign, he showed what hard work, dedication, and a disgusting amount of cross-training can do as he placed 20<sup>th</sup> in the stacked race.

In that race (in which the top-two auto qualify for the NCAA DI Champs), **Oregon** took down #1 **Stanford** in a



**Women's NCAA Western Regional Championships**

<http://image.cdn13.xosnetwork.com/pics32/640/WV/WVYPKNNZMBKRKCT.2010113233937.jpg>

reverse of the PAC-10 Champs. But Stanford was, by all accounts, holding back (their 1-2-3 ran within 0.1 seconds of each other, as did their 4-5), so this really didn't tell us too much going into the national championships. **Oklahoma State**, the home of the famed **German Fernandez**, lost in their regional championships to **Oklahoma**, but in a similar fashion to Stanford's loss; they just didn't care. So, going into the Big Dance, the USTFCCCA as well as the fans at Letsrun.com were expecting a duel between OK State and Stanford.

Before we get to the women's side of the West Regionals, we gotta look back at the PAC-10 Champs. There, four of the top teams in the nation mixed it up in a conference as good as any region across the country: **Arizona, Oregon, Stanford, and**

**Washington**. And the race was just as thrilling as one would hope. Stanford managed the win with a whopping 62 points (the highest winning score since 1989!), to outdistance Arizona (65) by three points. Oregon and Washington actually tied (they don't go to a sixth-runner tie-breaker in the NCAA) at 68 points. That's right, 6





points separated the top four teams. Awesome! At one runner past the post, Oregon was in the lead (**Jordan Hasay** got the win), at two runners Oregon was at 5 to Stanford's 7 but by three runners it was 15 for Stanford to 21 for Oregon; no one could compete with three in the top 10 by Stanford. Clearly, the West Regionals was going to be an amazing rematch between these teams.

And, o yes, it was.

While it wasn't another 6 point spread 1-4, there was a mere 17 points between the top four teams at the West Regionals. And, again, the teams were Stanford, Arizona, Oregon, and Washington. But quite a different order this time. First across the tape was, again, Jordan Hasay of Oregon. Next was a runner from **UC Berkeley**, then Oregon's number two. Their third just managed a top-10 finish as well. Stanford managed a fifth place individual finish, while Washington got a 6th and 7th. Arizona was slightly off the pace, with their first girl in 9th.

At three runners in it was Oregon 14 with no one else under 30. But Washington's fourth got 20 points, Arizona's 23, Stanford's 25, with Oregon's back at 27 points. Still, Oregon had the lead at four runners. But the nail in the coffin came with Washington's fifth right behind their fourth, notching 21 points for a total of 73 and the win. Oregon held on to second overall with a 36-point fifth runner for 77 overall, Stanford came third in 86, with Arizona back at 90. Tying for fifth was UC Berkeley and **UC Santa Barbara** with 159 points. That's right, over double what the top two teams scored.

Poor Arizona; third and fourth at the first of two post-season meets. But they made sure to make up for it. At the NCAA DI National Championships, they made their way to the top of the PAC-10 pile. 372 for Arizona to 378 for Oregon to 402 Stanford to 413 for Washington. O, but that put them 11, 12, 13, and 16th at Nationals.



The real battle for the national title came with... o wait, no, there was no battle. **Villanova** dominated, just like they did last year. **Sheila Reid** took the individual win, with teammate **Amanda Marino** in 10th (8th scorer). Two more runners earned All-American honors (**Alison Smith** and **Bodana Mimic**), and their fifth runner came in with just 69 points for a total of 120. Florida State came second with 154, and the surprise for third was **Texas Tech** with 165. The final podium spot (they go 4-deep at NCAA's) went to **Georgetown** at 167.

Villanova 2010 D1 Women's XC National Champs

<http://www.bigeast.org/Portals/5/DigArticle/215005/women%27s-champions--Villanova.jpg>



Sam Chelanga

<http://www2.timesdispatch.com/mgmedia/image/0/354/117452/samuel-chelanga/>

Back to the men: Individually, the race went roughly as expected: **Sam Chelanga** of **Liberty** took it from the gun for the wire-to-wire win. The only unexpected bit was that Arizona's **Stephen Sambu** actually went with him, finishing second by just four seconds. The third individual qualifier (not on a team) was junior **Jonathan Peterson** of **UC Davis**, who finished 14<sup>th</sup> overall. Peterson made UC Davis history (they've only been D1 for four years) as the first Aggie to qualify for the NCAA DI XC Champs as well as the first to earn All American honors.



In the team battle, **Luke Puskedra** earned the low stick for Oregon, with **Matt Centrowitz** placing 10th for 8



Oklahoma State 2010 D1 Men's XC National Champs

<http://image.cdn13.xosnetwork.com/pics21/400/JQ/JQYSNDMPIDPEOOG.20091123203837.jpg>

points. Stanford's first two went 5-6 (3 and 4 points), but OK State placed three in the top 10: **Girma Mecheso**, Fernandez, and **Colby Lowe**. That was enough to give Oklahoma State the repeat win, as they scored 73 points. Second went to Florida State with 193. Florida State's top runner: **Claran O'Lionaird** in 18th. Quite a bit back, but when your fifth man scores only 64 points (better than all but OK State's 4th man), it doesn't matter if you don't have a top-10 finisher. Wisconsin scored 223 points (led by three in the top 20) to place third, with Stanford fourth at 237. Oregon faltered to fifth, as they only had 5 finishers, with their 4<sup>th</sup> scoring 99 points and their 5<sup>th</sup> scoring 132, both of which were more than OK State scored as a team.

Alright, now to **DII**.

While the national champions will be crowned in December, there was some big noise made in the DII ranks at

# The Empire Runner

the West Regional Champs. Perennial Power **Chico State**, always a favorite to win anything, got upset. Twice. Both **Alaska Anchorage** and **Western Washington** have started closing the gap of late, and it really showed at regionals.

On the men's side, **Marko Cheseto** of Alaska took the convincing win over the Washington duo of **Jordan Welling** and **Bennet Grimes**. Chico's top two of **Isaac Chavez** and **Brent Handa** followed, but with **Micah Chelimo** and **Jacob Parisien** of Alaska in the next two spots (and separated by less than half a second!), it looked like it was their race to lose. Chico responded with their 3-4 men in 11<sup>th</sup> and 12<sup>th</sup>, but Alaska got a fourth across the line in 15<sup>th</sup>, then closed the door with a 20<sup>th</sup> place for their fifth man, with their 6<sup>th</sup> one place back for good measure. The next two spots were Chico's 5-6. In the end, Western Washington was a solid 3<sup>rd</sup> at 93, but couldn't challenge Chico (54) or Alaska Anchorage (49).

The women's race had a similar feel. First across the line was Washington's **Sarah Porter**, who won by nearly 40 seconds! But Alaska Anchorage almost ended the race just a minute later, by notching 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> in the race, though Washington did get a 6<sup>th</sup> place finisher. Chico's first didn't come in until 7<sup>th</sup>, though they also got 9<sup>th</sup>, 11<sup>th</sup>, and 13<sup>th</sup>. Alaska got their fourth in just after at 14<sup>th</sup>, as Chico closed the door with a 15<sup>th</sup> place finish, with their sixth runner, **Shannon Rich** of **Rancho Cotate**, one place back in 16<sup>th</sup>. Alaska Anchorage's front pack turned out to be too much, as they handily won 40 to Chico's 55. Western Washington was a ways back at 111, but over 70 points ahead of fourth. Should be very interesting to see these three teams at Nationals in December.

On a local night, the **Sonoma State** finished 20<sup>th</sup>, led by **Katie Bolce** in 35<sup>th</sup>. The rest of the Lady Seawolves were **Sabile Scheppman** (100<sup>th</sup>), **Carly McCready** (104<sup>th</sup>), **Rachel Borg** (124<sup>th</sup>), **Ashley Holtze** (132<sup>nd</sup>), **Hayley Sa** (134<sup>th</sup>), and **Lyndsi Riley** (150<sup>th</sup>).

## DIII and NAIA

Not gonna lie, I don't know much about DIII. Here's what I do know: At the National Champs, the **Middlebury** women won a close one over **Washington (Mo)**, 185 to 193. Middlebury's first was only 24<sup>th</sup>, but just goes to show how important pack running is. Fifth place at 230 points (214 points got 3<sup>rd</sup>) went to **Williams**, home of club member **Celeste Berg (Montgomery HS)**. Celeste placed 92<sup>nd</sup> to notch 60 points for Williams, key to their top-5 finish. Especially impressive given that she's been competing on injury the entire season!

On the men's side, **Haverford** was the easy winner over North **Central** (Illinois), led by individual champion **Andera Hulleberg**.





Jeff Jackson (#557)

<http://www.masters.edu/w/GetHostedFile.ashx?XCGsacChamps2010.JPG&Id=722>

About NAIA, I know even less. On the women's side **Cal St. San Marcos** took the win over **Biola**, with **Justyna Mudy** of **Shorter** taking the individual title.

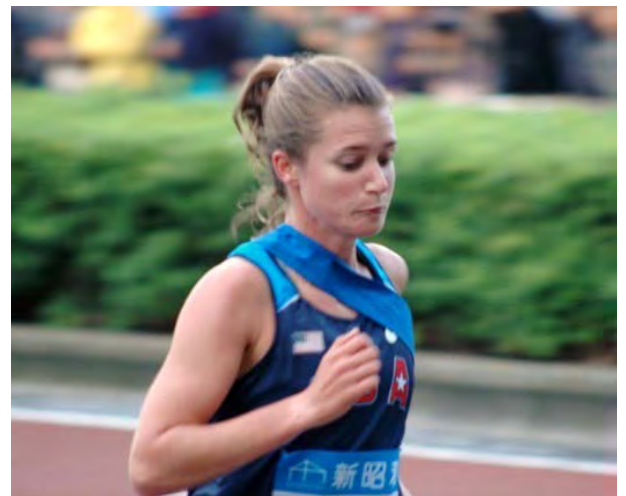
On the men's side, reigning NAIA Marathon National Champion and former **Santa Rosa Christian** standout **Jeff Jackson** [PHOTO] notched a 15<sup>th</sup> place finish to help **The Masters College** to an 11<sup>th</sup> place finish. They were actually second through three runners (**Anthony Pizzo** was 9<sup>th</sup> with **John Gilbertson** at 12<sup>th</sup>), but had over two minutes from Jeff

at 3<sup>rd</sup> to their fourth runner. **Nick Spector**, formerly of

**Sonoma**, took 226<sup>th</sup> as an individual qualifier for **Soka**. The individual win went to **Kennedy Kitchuka** of **Wayland Baptist**, as they took second to **Southern Oregon**.

Alright, time for a little pro action.

There is a freakin' awesome event that I bet you've never heard of, but o man you should: the **International Chiba Ekiden Relay**. This race is a road relay, in which a team of six runners covers the marathon distance (42.195 kilometers). The legs are 5k, 5k, 10k, 5k, 10k, and 7.195k. Events like this are huge in Japan, so each year since 1988 they've hosted this international event. In 2007, it took an awesome change: it's now co-ed. Yes, the relay now alternates men and women, from countries all over the world.



Kim Conley

[http://2.bp.blogspot.com/\\_jzv2ZSZAdyU/TOuBPT1nTul/AAAAAAAAABgY/XkAPYtCk3Vo/s1600/chiba4usa.jpeg](http://2.bp.blogspot.com/_jzv2ZSZAdyU/TOuBPT1nTul/AAAAAAAAABgY/XkAPYtCk3Vo/s1600/chiba4usa.jpeg)

This year, **Montgomery HS** grad **Kim Conley** earned the



right to represent **The United State of America** at in Chiba, Japan, as part of the Ekiden Relay team, running leg four. Getting the baton 14 seconds behind 4<sup>th</sup>-place Russia, but nearly a minute ahead of 6<sup>th</sup>-place, Conley ran a gutsy solo leg to close within three seconds of Russia, and clock the second fastest time for the leg out of all 12 teams.



**Craig Mottram**

[http://www.geelongadvertiser.com.au/images/uploadedfiles/editorial/pictures/2008/02/21/Craig\\_Mottram.jpg](http://www.geelongadvertiser.com.au/images/uploadedfiles/editorial/pictures/2008/02/21/Craig_Mottram.jpg)

One of those teams behind the USA was Australia, led off by **Craig Mottram**. Though coming back from injury he only ran the 5<sup>th</sup> best time on his stage, Mottram is the focus of this month's *Spotlight on the Stars!*

The **Big Mzungu** (or big white man) has done much in his career, but may be (or should be!) best known for the following quote: "It comes down to the size of your balls really." Yea, that's right. And he said it on national TV. Hear it yourself:

<http://www.letsrun.com/2007/mottramballs1234.php>.

This quote came after he took down **Tariku Bekele, Matt Tegenkamp, Dathan Ritzenheim, Zersenay Tadesse, Alan Webb, Adam Goucher**, and others at the **Prefontaine Classic** in the 2-mile. Tegenkamp smashed the American Record by running 8:07.07, little Bekele went 8:04.83, but the Big Mzungu won by over a second in 8:03.50, a new Australian record, and the fastest time ever run on US soil.

The honors: In 2005 Mottram made his mark on the international scene, earning the bronze medal at the

**10<sup>th</sup> IAAF World Championships in Athletics** in Helsinki. He won the 2002 and 2006 3,000m at the **IAAF World Cup** (an even held once every four years), contested the

5,000m at three Olympics, and has two top-ten World Cross Country Championships showings.

The times: The big news came in 2004, when he set a personal best of 12:55.76 in the 5,000m at the Crystal Palace in London. A year later he returned there, and clocked 12:56.13, and in 2006 he had a season-best of 12:58.19 to go three straight years under the elusive 13 minute barrier. Other personal bests include the aforementioned 8:03.50 2-mile, 4:50.76 2,000m, and 3:48.98 mile.

He is just getting back, but look for Mottram to do some big things if he can stay healthy through 2011 and 2012.

# The Empire Runner

Well that's it for this month. I know there's a ton of high school action to cover, but someone else should tackle that. And there should be an article on the Pacific Association XC circuit. If there's not, well, it was fun. Check out the PA website for info.

Hope you enjoyed this as much, or more, than I did. In fact, I hope you enjoyed it so much that you'll pay me to continue. Or at least buy my pizza at the next club meeting. Yea, that'll do.

Till next time

**-Your Friendly Neighborhood Wolfman**





## The Doc Is In

Reprinted from the February 2001 newsletter with current update

### Body Language

By Alec Isabeau, D.C.

## But Uncle Walter Says...

Should you take running advice from non-runners?

FIVE REASONS WHY RUNNING IS SO BAD FOR YOU:

1. It will destroy your knees.
2. “ “ “ “ hips.
3. “ “ “ “ feet.
4. It will jiggle you internal organs until they droop.
5. It will squash the discs in your spine.

Wow, that sounds pretty grim. Better stop running and take up bingo: much safer and you won't get rained on, barked at and your socks will last longer. Most importantly, you won't be pulverizing your precious body parts by pounding them into the pavement. Much better to preserve your joints by parking them comfortably on the sofa and nourishing them with pork rinds, Ho-Ho's and reruns of *Laverne and Shirley*. Maybe every month of so dust off the Thigh-Master or play the Eight Minute Abs video and give yourself a real workout without the certain ruination of running.

Hold on – don't toss your new Nikes in the trash just yet. Why? Because those five reasons, though frequently spewed as good excuses for the lazy life, are absolutely, unequivocally...nonsense!

Walking and running are the two forms of locomotion which the human body is quite efficient at performing. We have evolved over countless millennia as pedestrians: survival in a primitive setting has often hinged on our ability to travel long distances over rough terrain on our own two feet. And running, sometimes as fast as possible, was certainly necessary for hunting and evading predators. Conversely, we are not designed, anatomically or biomechanically, to spend hours hunched over a bike, swimming in a pool, hanging by our finger tips off a cliff, or whacking a tennis ball across a net. Don't get me wrong – these are all wonderful activities, but they are not exactly “normal,” natural functions of human beings. Neither is sitting at a computer, as I'm doing right now. Running, on the other hand, is something we have been doing quite well for a long, long time.

So why the bad rap? There's no denying that runners get injured rather frequently – my office waiting room sometimes looks like an Empire Runners Club meeting. Running is associated with a relatively high rate of injuries (compared to walking, cycling, swimming, lawn bowling, shuffle board, etc.), it seems, due to three major factors:

# The Empire Runner

1. Running has narrow tolerances for mechanical imbalances and distortions in our muscles, joints and connective tissues.
2. Running can be easily sabotaged by numerous external factors, including how we work, sit, drive and sleep, as well as what shoes we wear, the surfaces we run on, etc.
3. Avid, enthusiastic runners are notorious for over-training.

Hmm, interesting stuff, indeed. (Hey wake up!) Stay tuned next month where we'll talk about these risk factors for running injuries and how to avoid being part of the walking wounded.

## ***December 2010 Addendum to part one:***

***Here we are, 10 years wiser (maybe just a little, perhaps?), and some folks still spout that same old nonsense that running will be the ruination of your body. That misconception does seem to be fading, finally, and there is a greater appreciation that running is actually a natural and healthful activity for us bipedal hominids. The scientific literature now overwhelmingly indicates that running does not lead to arthritic wear and tear of the knees, hips or spine, unless one is already predisposed for the condition (by a history of significant trauma to a joint, for instance) and/or the runner runs – how shall I put this gently? – like an idiot. This means running excessively, obsessively, when irritated or injured body parts are screaming for attention and TLC.***

***If there's a simple summary to our current views on healthful running, it's this: We come from a long lineage of tough, resilient long-distance walkers and runners and our bodies are uniquely developed for this form of locomotion. But various factors, including our modern lifestyle which includes a lot of sitting, can sabotage us and contribute to running-related injuries. So, in order to keep running happily for many decades, we need to embrace the notion that there's more to running than simply running. We need to develop and maintain a certain level of primitive athleticism and durability. More on this next month.***



## Blast from the Past: December 2003

### 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.



# December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Race: 8:00a - McGuire's Breakfast Run, Santa Rosa</b></p> <p><b>28</b></p> 	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p><b>29</b></p>	<p><b>6M with 10x45 sec. at 2M G.P.</b> 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p><b>30</b></p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>1</b></p>	<p><b>6M with 2.5M at medium-strong pace</b> 4:30p Howarth Park</p> <p><b>2</b></p>	<p><b>3</b></p>	<p><b>8:30a SR Creek Training Run, Railroad Square, SR</b> <b>Coffee after!</b></p> <p><b>4</b></p>
<p><b>10M at medium pace</b> 8:00a Parktrail Drive at Summerfield Drive</p> <p><b>5</b></p>	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p><b>6</b></p>	<p><b>6M with street sign intervals</b> 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p><b>7</b></p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>8</b></p>	<p><b>5M at comfortable pace</b> 4:30p Howarth Park</p> <p><b>9</b></p>	<p><b>10</b></p>	<p><b>Race: 10:00a - Herald Angels 12K &amp; 25K, Angel Island S.P.</b> <b>8:30a SR Creek Training Run, Railroad Square, SR</b> <b>Coffee after!</b></p> <p><b>11</b></p>
<p><b>Race: 9:00a - Christmas Relays 4x4.5M, San Francisco</b> <b>7M at comfortable pace</b> 8:00a Cobblestone Trailhead on Channel Drive</p> <p><b>12</b></p>	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p><b>13</b></p>	<p><b>6M with 20x30-sec. at 2M G.P.</b> 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p><b>14</b></p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>15</b></p>	<p><b>Newsletter Deadline: Nate Koch, Editor</b> <b>3M at comfortable pace</b> 4:30p Howarth Park <b>6:30p Club Meeting, MV RT Pizza</b></p> <p><b>16</b></p>	<p><b>17</b></p>	<p><b>ERGP Race: 9:00a - Last 10K &amp; Final 2M, Santa Rosa</b></p>  <p><b>18</b></p>
<p><b>8M at medium pace</b> 8:00a Lawndale Trailhead on Lawndale Road in Kenwood</p> <p><b>19</b></p>	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p><b>20</b></p>	<p><b>5x800m@2M G.P.</b> 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p><b>21</b></p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>22</b></p>	<p><b>6M at comfortable pace</b> 4:30p Howarth Park</p> <p><b>23</b></p>	<p><b>24</b></p>	<p><b>8:30a SR Creek Training Run, Railroad Square, SR</b> <b>Coffee after!</b></p> <p><b>25</b></p>
<p><b>10M at comfortable pace</b> 8:00a Parktrail Drive at Summerfield Drive</p> <p><b>26</b></p>	<p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p> <p><b>27</b></p>	<p><b>Res Run course: 3 x 1M at 3M pace</b> 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p><b>28</b></p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p><b>29</b></p>	<p><b>5M with 5x60 sec. at medium-strong pace</b> 4:30p Howarth Park</p> <p><b>30</b></p>	<p><b>31</b></p>	<p><b>ERGP Race: Resolution Run 5K, 10 a.m., Montgomery HS</b></p>  <p><b>1</b></p>

We gratefully acknowledge our...

## Empire Runners Club Sponsors

To find out how to become a Club Sponsor contact the Sponsorship Director, Shirley Fee, at 707-328-4745, [mrunner1@sbcglobal.net](mailto:mrunner1@sbcglobal.net).

### Champions

have given annual cash or in-kind donations to the Empire Runners Club of \$1000 or more in value:

FLEET FEET SPORTS -- 111 Third St., Santa Rosa, 707 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE

TAGLIAFERRI'S DELICATESSEN & CAFE, 2051 Novato Blvd., Novato, 415 897-9677

KZST, 101.1 FM, Sonoma County's Radio Station

EXPEDITION ISLAND, 755 Southpoint Blvd., Petaluma, 707 780-4222

### Backers

The following have given annual cash or in-kind donations to the Empire Runners Club of \$500 or more in value:

CULLIGAN WATER OF SONOMA COUNTY-707-545-1330

SIR SPEEDY PRINTING-3451 Airway Drive Santa Rosa, 707-546-3900

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### Allies

The following have given annual cash or in-kind donations to the Empire Runners Club of \$200 or more in value:

ALEC ISABEAU, D.C. – Chiropractic Sports Medicine, 586-5555

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WINE COUNTRY MARATHON, 10/10/10, Healdsburg

### Friends

The following have given annual cash or in-kind donations to the Empire Runners Club of \$100 or more in value:

### Partners in Fitness

The following fitness-related businesses or organizations display the Empire Runners Club Poster or offer Club race schedules for the benefit of their clients:

FLEET FEET SPORTS -- 111 Third St., Santa Rosa; 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE

TrainToEndure.com

### Member Discounts

The following businesses or organizations offer discounts of at least 10% to Empire Runners Club members:

ATHLETIC SOLES – 49 Petaluma Blvd N., Petaluma, 763-0700, [www.AthleticSoles.com](http://www.AthleticSoles.com)

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE

MIKE WINTERS CUSTOM SECURITY & SOUND (707) 544-7525, [M-tronix@sbcglobal.net](mailto:M-tronix@sbcglobal.net)

3D FITNESS, John Iervolino, (707) 495-0509, [iervolino1@att.net](mailto:iervolino1@att.net)

EXPEDITION ISLAND, 755 Southpoint Blvd., Petaluma, 707 780-4222

### *The Empire Runners Club*

## HALL OF FAME

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Darryl Beardall

Mort Gray

Carl Jackson

#### Class of 2009

Pamela Horton

Brendan Hutchinson

Dan Preston

#### Class of 2010

Bob Holland

Jim Ray

Al Tagliaferri