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The Empire Runner

December 2011

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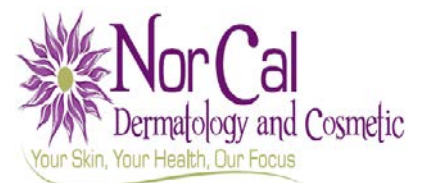


The Championship Season: How the Empire Senior Men won it all

by Jonathan Hayden

From the beginning, everyone knew this year's X Country team was going to be special. Three of Empires' gifted Masters runners were about to turn 50 making them eligible to run for the Senior X Country team for the first time. Don Stewart, Ty Strange and Andy Howard, all stars from the Masters level, were graduating to a new classification. With these new Senior runners, a crafty Team Captain in Larry Meredith and our X Country Czar, John Harmon, the Senior men looked formidable. Empire fielded such a large and deep team, a 2nd Senior team was created and there was talk of winning the PA T&F Senior X Country Championships.

Continued on pg. 5



Also in this Issue:

- Board Elections
- Attack of the Killer Wasps
- Grand Prix Update
- And **MORE!**

The Empire Runner



The Prez Sez...

Hey Club-Mates,

2012 is just around the corner, and with it will come some exciting changes to the club. The big change for 2012 is that, with the exception of the Kenwood Footrace, all club races are FREE to club-members! (Specifics can be found on the website.) Hopefully this will encourage many of you to try out some new race distances/events, and really get the most from your membership. And don't forget to tell your friends who have been wavering about joining the club!

Another change for the new year is a more standard one: changing of the board. While Val Sell, Larry Meredith, and Will Ortlinghaus will stay on for the year, there are four more board members to be decided upon at the December Meeting. See the attached ballot for names and how to vote.

Even (especially) if you aren't one of those seven board members, there are many ways to get involved. All of our races need volunteers to set up, work registration, keep the RD's sane, etc. Help is always appreciated. And then there are positions such as Sponsorship Director, a key spot but one which is currently unfilled. So if your New Year's resolution is to help out your community and give back to your club, let us know!

But 2011 isn't over quite yet. There's still one race left, the aptly-named Last 10K and Final 2-Mile. So go pay that final entry fee and get ready to end the year right!

Run Happy,

Alex Wolf-Root

HELP!

To help create the best newsletter possible, we want your input to know what in your club newsletter.

Please take a short survey at the following link:

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Empire Runners November 17, 2011 Meeting

1. Reading of Minutes from previous meeting – Will Ortlinghaus
2. Reports:
 - a. Treasurer's Report by Tanya Narath:
 - i. Current club balance is \$48,774
 - ii. Student Grant Restricted Fund balance is \$2,711
 - iii. Annadel Half Restricted fund balance is \$11,457
 - iv. Year to date donations (\$5,910), balance is \$3,615
 - b. President's Report by Alex Wolf-Root:
 - i. Sara (Bei) Hall got a Gold Medal in the Steeplechase at the Pan American Games
 - ii. Celeste Berg is competing in NCAA Div III XC Championships in Oshkosh WI
 - c. Race Reports:
 - i. Recent Events
 1. Wine Country Half 10/29
 2. New York Marathon 11/6 – Jen Ortlinghaus gave brief report
 3. Ancil Hoffman XC – running with the wasps!
 4. Run for Wishes
 5. High School XC @ Spring Lake – Luis Luna of Piner set new course record of 14:43. In addition, all Piner runners came in under 16:00
 - ii. Upcoming Events
 1. PA Cross Country Championships 11/20. Empire Runner's Senior Men are 6 points ahead of WVJS going into the meet.
 2. Thanksgiving Wild Turkey Ramble 11/24
 3. Casa Grande Turkey Leg Relays 11/24
 4. McGuire's Breakfast Run 11/27
 5. Girls on the Run 5k 12/3 – come support Shelli Main's hard work
 6. CIM 12/4 – Dale Peterson and Thermo are running
 7. 2011 USATF National Club Cross Country Championships, Seattle WA 12/10. Empire Runner's Senior Men's team will be competing.
 8. Last 10k/Final 2 mi. 12/17
 9. Christmas Relays 12/18 – 20 people have signed up for the bus so far.
 10. Jingle Bell Run 12/20
 - d. Reports of Committees:
 - i. Sponsorship Director STILL needed.
3. New Business
 - a. Club Party discussion – 2/4/12
 - i. Tanya & Val have already been busy working on it, securing location, etc.
 - ii. Cost of food was discussed
 1. In 2011, we spent \$2,700, but only took in \$861.
 2. Budgeting approx \$3,600 for the 2012 party

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3. Tanya proposed having Tag's and Pasta King bid for the party.
4. Potentially raising door fee.
 - iii. Polenta was described as "Italian Grits" by Dale Peterson ☺
- b. Parks Alliance Presentation – Lauren Dixon of the Parks Alliance (17 organizations that have come together to keep the State Parks open and accessible) gave a detailed talk of the current work to keep the parks, specifically Annadel, open. She spoke on topics such as trail upkeep and staffing. It appears that Sonoma County Regional Parks will be taking over the operations of Annadel. The hope is that funds could be secured to pay for a full time Park Ranger, familiar with Annadel, could stay.
 - i. We asked what we could do, as a club, and as individuals to help this cause. The reply was nothing at the moment, as the alliance is just getting started – wait and see was the answer.
 - ii. Val Sell and Alec Isabeau have volunteered to be liaisons between our club and the Parks Alliance and will attend the alliance meetings.
- c. 2012-2013 Board Member Nominations
 - i. The following are the nominations:
 1. Paul Berg nominated Lisa Isabeau (LT) (absent)
 2. Val Sell nominated Gil Moreno (absent)
 3. Tori M nominated Dale Peterson (accepted nomination)
 4. Tanya nominated Alex Wolf-Root (declined)
 5. Val nominated Jerry Lyman (absent)
 6. Paul Berg nominated Tanya Narath (accepted)
4. Monkey Business
 - a. Drawing: Max Hayden would have won \$200 if he had attended the meeting.
 - b. Raffle is still on paternity leave.
5. Meeting adjourned at 8:33 PM.

In attendance:

Will & Jen Ortlinghaus, Dale Peterson, Larry & Tori Meredith, Jerry Strong, Alex Wolf-Root, Chris Mason, Super George, Bob Shor, Don Sampson, Shirley Fee, Theresa Manchester, Val Sell, Hank & Tanya Nason, Tanya Narath, Lauren Dixon, Mel & Todd Belluomini



TREASURER'S REPORT AS OF NOVEMBER 16, 2011

Current Assets

Checking/Savings		
	Chase Bank Certificates of Deposit	\$2,351
	Exchange Bank	\$22,510
	PayPal Money Market	\$37,656
Total Checking/Savings		\$62,516
	Petty Cash	\$425
Total Current Assets		\$62,941

Fund Balances

2011

2010

Annadel Half Restricted Fund Balance	\$11,457	
Student Grant Restricted Fund Balance	\$2,711	\$747
Empire Runners Club Fund Balance	\$48,774	\$34,015

Donations

2011 Budget: High School/SSU Donations	\$9,525
High School & SSU Donations Paid YTD	(\$5,910)
Balance remaining	\$3,615



The Championship Season

(continued from front page)

The season that was almost lost before it began

All that Senior potential seemed wasted after the first race in Santa Cruz when a shortage of team members kept us from scoring in what otherwise would have been an easy cruise to victory. Don ran strong as usual but there were too few Empire Seniors to score points so we ended up losing to a rival club. The championship season seemed a long way off after scoring no points in the first race.

Redemption at the Phil Widener Open

All hands were on deck for Empire's home race and the treacherous Spring Lake course. The course can be both narrow and rocky with up and downhills that have left more than a few runners with their share of cuts, bruises and dashed dreams of glory. The Empire Seniors were well prepared. However, fielding a huge team led by Don and Ty. This week it would be different. Although victory seemed a given, everyone ran hard to clinch the win. In the end, the Empire Seniors raced to the win, placing all 4 scoring Seniors in the top 10 on a thankfully cool day.

The Winning Season Rolls On

It was a similar story the rest of the season. Every race went along just as planned with Don, Ty and Andy leading the way to victory in every race. By the end of the last race at Ancil

Hoffman, even a swarm of wasps couldn't stop the Senior team from winning again. Some of us still have the welts as proof!

And then there were 3 - The Championship Final

Now all that was left was the PA Championships at Golden Gate Park. This was a race, 6 miles over 3 murderous laps of thick ankle twisting grass, deep sandy trails, and a deceptively long but gradual hill that could take the legs out from even the strongest runners. Empire's Seniors seemed to be at a disadvantage, having one of their consistent scorers unable to run on that day. But it was our year despite the missing teammate because another strong Empire Senior stepped up and ran a brilliant race. Brad Zanetti scored big for Empire by running over 30 seconds faster than at last year's final.



Our leader all year, Don Stewart, ran such an inspired race he won the Seniors individual Championship race over all his rivals. This was a great moment for Don and the entire Senior Team as they epitomized the strength, speed and will it takes to win in Cross Country. In the end, after Don's victory, Ty and Andy's strong finish plus Brad's super race the "deal was sealed" and our Empire Senior Men had their PA Championship won.

Just how good were the Senior X Country Men this year?

The team won 9 races: 1st Place as a team in every one.



Championship Final: Don Stewart wins the individual race and the title. The team, with Ty, Andy and Brad's strong running score the final winning points. Nine Victories, it might be a record.

The record speaks for itself

With the exception of the Santa Cruz and Presidio Races, the Empire Seniors won every race!

Santa Cruz Open, Rebel Challenge, Golden Gate, Garin Park, Presidio, Willow Hills, Shoreline,



All Senior Team members contributed to the win this year.

Paul Berg, Steve Cryer, Dave Goodwin, John Harmon, Jonathan Hayden, Andy Howard, Brendan Hutchinson, Jerry Lyman, Rob Main, Larry Meredith, Parker Mills, William Rostel, Steven Starkweather, Don Stewart, Ty Strange, Kevin Teuscher, Brad Zanetti

Next Stop for the Senior Team? USATF X-Country Club Championships in Seattle.



Tamalpa, Ancil Challenge, PA Champs

TOTAL Points from each race plus the Championships

1 EMPIRE	0 15 15 15 15 0 15 15 15 15 15	90
1st Place Champions		
2 AGGIES	13.5 0 12 3 12 13.5 13.5 9 0 13.5	78
3 WVJS	15 13.5 12 13.5 12 15 4.5 12 12 7.5 7.5	76.5

Final Individual Standings - Seniors

1st -Don Stewart

3rd - Ty Strange

4th - Andy Howard

All Empire Runners should be proud. Our winning heritage continues to be strong.





The Stars Were Not Aligned

I thought that the biggest hiccup in my PA race at Ancil Hoffman was going to be that I had spent the previous Thursday with a box of Kleenex. By Friday I felt fine and by Saturday morning I was hopeful that I would run this race just a little faster than last year. Little did I know what was ahead.

Us girls arrived at Ancil Hoffman park quite early. It was very cold so we decided to take a long walk to stay warm. Later, we did our warm up on the very same trail that later turned into a crazy, buzzing scene. By the time the race started, it was still pretty cold. I shed my long sleeves and decided to run in just my singlet. Right from the start I was regretting not wearing gloves. I felt like I was running a pretty good race pace although I could tell that my body was cold. About 2-1/2 miles into the race, we came out of the woods and skirted the cement bike path alongside the golf course. Shortly after heading up a small hill on the dirt trail, I felt a sharp pain under my watchband. In a moment, I realized that I was being stung by a yellow jacket and that I was surrounded by fellow yellow jackets. As I flailed and swatted away these wasps, I realized that women ahead of me and behind me on the trail were emitting the same groans, and choice words. I looked down to see some golfers staring at this lopsided, flailing runner with foul language spewing from her lips. I looked in their direction and shouted "BEEHIVE"!



The girl in front of me had stopped to walk and I saw a few yellow jackets attached to her singlet. I stopped and tried to swat them off with my hat but they were hanging on for dear life. Then I turned around and asked her if I had any on my back. She gasped as she said that I was covered. Since they were hanging on and not stinging, I decided to just keep running. About a mile later, just after the second set of hay bales, another yellow jacket stung me in the

neck. Now I was afraid that all of the ones on my back would crawl up my singlet and sting me. I took off my hat and started to flail at the back of my singlet, which caused me to take a flying leap forward. Now I was MAD. I started swearing again and even sobbing a little. That's

when I looked up and saw Tori and Sebastian staring at me in disbelief. (Sorry again Sebastian.)

My horrible race was not over. Now that I was an emotional mess with throbbing stings, I next ran off course. I yelled, in my pathetic state, "Where's the course?" and was directed back onto the grass by a male racer who was warming up.

Finally, the second I crossed the finish line, I started yelling, "Get these bees (sorry Paul, that's what I called the) off of me!!!" Lisa Youmans and another runner came to my rescue. It turned out that I had yellow jackets outside and inside my singlet. Amazingly I ended up with only three stings. Since I had never had a bad reaction to any type of sting before, I simply put ice on the most painful one on my wrist. In hindsight, I wish I had known of a few



helpful hints that I later read on the Internet and heard as friendly advice. The sting on my wrist turned my whole forearm into a swollen, throbbing, itchy mess that lasted for three days. Even now, four days later, I still feel like I have poison oak on my arm.

Needless to say, I ran slower than last year and don't feel too enthusiastic about returning next year to redeem myself.

Yellow jackets are often called "bees" as they are similar in size and appearance, and both sting, but are actually wasps. A yellow jacket's stinger is not barbed, so it can sting repeatedly. In most people a sting causes immediate pain at the site, rapidly developing localized reddening, swelling, and itching. Treat stings immediately. While a single sting may be life threatening to allergic people, it is rarely serious for others. However, the venom from multiple stings from a disturbed colony can poison even people who are not allergic. Yellow jacket stings cause about 50 deaths a year.

Treating a Sting: The faster you act, the better are your chances for walking away with as little swelling and pain as possible. Gently remove the stinger by scraping the skin in the opposite direction of its entry with a long fingernail, a pocket knife blade, car key, coin or other thin, flat tool. Wash the area around the sting with soap and water and apply ice or a cold towel to reduce swelling. Reduce the itch with an over-the-counter sting swab, a thick paste of baking soda, Epsom salts, ammonia or meat tenderizer, which contains enzymes that help neutralize wasp venom. If nothing else is handy, apply a bit of mud. An oral antihistamine such as Benadryl can also reduce itching. Take an aspirin or acetaminophen product to ease the pain.

Lisa Titas-Isabeau

A Jog In The Park At Ancil Hoffman

(Compiled by Paul Berg)

Cross-country runners take it as a badge of honor to face uncomfortable conditions. Cold? Easy. Rain? Bring it on. A swamp that threatens to suck your shoes off? Even better. A muddy scree-covered hill in a downpour? Now we're talkin' cross-country!

You toe the line for a race, even if you've run the same course ten times before, if the conditions are changed, they're changed for everyone that day, so it adds to the challenge. In our personal training logs, we put an * next to a particular workout if the climatic elements were a factor.

Showers were predicted, but Sacramento was clear and cold last weekend as 25 Empire Runners showed up at Ancil Hoffman Park in Carmichael for our final XC series race before the PA championship. The women's race started promptly at 9am, circling a smaller field for about 1000 meters before heading out along the American River. None of my teammates were ready to go yet, so I headed out alone for my warmup following the last of the women. I noticed that a few hay bales were placed across the path to make it a bit more like a cross-country challenge. How quaint.

Reveling as the crisp air warmed, I offered encouragement to the back-of-the-pack runners as the trail meandered by the river. A bit past the 2-mile mark, the path turned away from the river back towards the golf course and the biggest hill on the course, though not much to us Annadel enthusiasts. I made a mental note as the terrain changed to a few rolling hills, and I felt a buzzing at the back of my head. I swatted at it and kept moving, and suddenly was



engulfed by dozens of angry yellow jackets. Since I was wearing a sweatshirt and fleece warmup pants, I wasn't getting stung, but I could feel them all over my body. I continued a hundred or so meters along the trail to alert a course monitor who was stopping traffic, and he gasped when he saw the number of the pesky wasps on my back and legs.

By the time I got to the finish line, the women were abuzz (pun intended) with war stories. The first ER I saw was Shelli Main with an ice bag on her neck.

Shelli Main:

My first sting in the head was on the trail and the poor women runner in front of me heard words come out of my mouth she may have never heard before as I grabbed that creature...that wasn't a BEE... out of my thick pile of hair and chucked it on the ground in a fit of rage since I was just stung a few weeks ago about 2 inches above that by a wasp on Canyon Trail in Annadel. Not something that I was thrilled to have happen again!!! I made it to the finish line and ran straight for ice, as I stood there in pain waiting, another creature...that wasn't a BEE, got me at least once on the neck.....by now I'm in tears and saying "this course and I will never meet again!!!!" As I turned to the finish line, I see LT stomping on a creature and jumping around like a crazy person with 6 plus creatures in her shirt and one that was pissed that it had gotten stuck under her watch band. It showed her...let me tell you!

Oh but it didn't end there, as I walked to my car, I stepped in a big pile of dog poop...I had some extra special words about that and I think a few tears to go along.....

Being a hobbyist beekeeper, I was careful to correct anyone who ranted about their BEE

stings, as these were clearly wasps (aka yellow jackets). Bees rarely exhibit this kind of aggressive behavior unless you're actually raiding their hive. Bees can sting only once and then they die, so they use it wisely. Yellow jackets can sting multiple times and nest in



holes in the ground, so the rumbling of hundreds of runners near their nest probably disturbed them.

At the start of the men's' race the announcer off-handedly mentioned the added hazard, and told us to just run faster. I was tense the whole race and only relaxed when it was over. The worst were four bites on the back of my neck that itched for several days.

Jonathan Hayden:

This is what my back looks like today, Tuesday, after the race. I was wearing a performance shirt with my singlet. The angry wasp bit through at least one layer. Size of a Silver dollar just under my shoulder blade.

I have 2 other bites which are not as bad.

EJ Bohn:

Sorry to disappoint you, but my Dad and I didn't see a single wasp, bee, or yellow jacket on the course...



The Long and Short of It

Thinking of your Support Team

I have only five days until my marathon (C.I.M. in Sacramento) and it dawns on me that I should be pretty thankful for my “support team”. There are quite a few people, who without their help I might not be lining up on Sunday. Or, even if I was still going to race, I might not be quite as ready as I am, or at least *hope* I am.

If you stop and think about it, I am sure that you too will soon realize that you have a support team.

Some of these people may seem fairly obvious, like the guy or gal who leads your training group. Whether this is a formal or informal group and or whether it was put together specifically for one race or for a particular type of training really does not matter. Regardless of why or what for, it takes a special kind of person to organize and maintain any kind of group. There almost certainly are days when they would rather be off doing a run on their own or maybe skipping the run altogether but they don't. They show up rain or shine and on those rare occasions when injury or other commitments get in the way, they usually designate someone else to lead the group that day so that things keep sailing along and *you* continue to benefit.

Another member of your support team that may seem obvious is your training partner or partners. They pick you up on the days that you may not be at your best either physically or mentally and get you through a workout you might otherwise miss or drag yourself through with a shamefully poor effort. Sometimes they even benefit you by *your* being the one to get *them* through a tough workout. These are the people that get you to run a little harder, strive for a little better performance and if you are lucky get you to smile and laugh just a little bit more.

Some members of your support team might never run a step with you. These folks might include your doctor, your massage or physical therapist and maybe even your local running store staff.

I have had many a running injury nipped in the bud by a timely visit to my massage therapist and/or

chiropractor. I also have been fortunate to have MD's who understand the running life-style and the need to find ways to keep moving while on the mend or at least to limit the amount of “downtime” prescribed when running is not an option.

A visit to your local running store can often be a rewarding experience. The good folks there are often trained not just on how to sell shoes and other paraphernalia, but how to determine what shoes and other gear would best suit you and your needs.

Another member of your support team might be your nutritionist. You may not even know this person if you get most of your advice from the internet or other sources, but they may have helped you none the less as you work to find a diet that balances the physical needs of the type of training you are doing with the just as legitimate need for food that is satisfying and tastes good.

So the list goes on and on.

While we are at it let's not forget your family and friends! Now you may have family members or friends who are training partners, or massage-therapists or running shoe store employees, but odds are, most of your family probably doesn't fit into those categories. Even so, they can provide a *lot* of support!

Your family and friends especially the non-runners often will be amazed at your exploits no matter how humble you may feel about them personally. These are the people who if nothing else tolerate your crazy “habit” and who if you are very lucky will go beyond wishing you luck and stand on the sidelines cheering you on as you go by looking like a zombie in the last miles of a marathon. They give you a ride home, and they raise a toast to you whether you win, lose or draw.

So, think about whom your support team is and say a little thank you as you toe the line at your next race. I know I will!

DM Peterson

The Month That Was

November has come and gone, and that can only mean one thing: Championship Cross Country!

1) NCAA Division I Championships

Regionals: Last time we left off with the Regional Meets, highlighted by **Sarah Sumpter** (Healdsburg HS/UC Davis) and **Leanne Fogg** (Maria Carrillo HS/Cal Poly). Well, both were in action again in the Western Regionals at the Stanford Golf Course. Sumpter, the Big West runner-up, ran solid to earn all-region honors in virtue of her 28th place finish, but it was Fogg – third at the Big West – who had the career race, placing 16th in the insanely deep field. That finish earned her trip to the NCAA Division I National Championships, making her the first Cal Poly girl to ever make the trip.

Former Santa Rosa HS and current Sacramento State standout **Reese Byers** placed a solid 50th in the men's race.

Nationals, women: While Fogg ran great at nationals (105th in the entire country!), the focus going into the meet was twofold: What would happen with another **Sheila Reid** (Villanova/defending champion) versus **Jordan Hasay** (Oregon/3rd 2010) rematch, and could Villanova defend over favorite Florida State and fast-charging Oregon, Washington, and Georgetown?

Spoiler: Villanova left with one, and only one, title.

While Reid and Hasay were fan-favorites, there were certainly other stud runners in the field. From the gun, Silje Fjortoft made this clear, as she immediately separated herself from the field. She led by over 10 seconds at half-way. Behind her was a huge chase back, which included both Hasay and Reid, as well as **Emily Infield** (2010 runner-up), **Abbey D'Agostino** (Northeast Regional Champion), and a handful of others. Still, they were content to run their race, hoping or knowing that Fjortoft would fall apart.

Well, she was caught about 15 minutes into the race, but unlike typical “blow-ups”, Fjortoft fought valiantly to stay with the lead pack. While she would never contend for the win again, she finished a solid 13th.



So the now 6-strong chase pack (Reid, Hasay, Infield, D'Agostino, **Alex Banfich**, and **Bogdana Mimic**) was the lead pack, and though the finish of the 6-K race was fast approaching, no one would take the lead. As the runners rounded the final turn to the final ~quarter-mile straight, they were all there. Then, finally, Reid, the reigning XC champion and duel 1,500m/5,000m champion, made her move. Hasay, the indoor 3,000m champ, followed suit. And like that, these two were away. Hasay stayed with Reid, but could never quite pull even. Arms raised high; Sheila Reid captured her second straight NCAA Division I Cross Country National Championship.



Rounding out the top-6 was Hasay, D'Agostino, Infield, Banfich, and Reid's teammate Mimic. Only 4.5 seconds separated the first 6 runners.

While Villanova had two in the top 6, it takes five to score, and they just didn't have that. Their fifth finished in 129th (99th in team scoring). In the end, they had to settle for third, scoring 181 points. And while Washington, as well as Colorado, had two in the top-20, it was Georgetown who took home the National Title.

The incredible part is that after Infield (4th, 3rd team scoring), their next runner was only 50th. But they packed well, with fifth for the team at 67th, scoring 46 team points, for a total of 162. Washington did have four in the top 65, but their fifth at 92nd (66 points) put them just 8 points back in 170, making this one of the highest scoring, and closest, NCAA DI XC Championships in recent memory.

Nationals, men:

Unlike in the women's race, this one was never in doubt. **Lawi Lalang** of Arizona would be the champion. The only question was what would everyone else do when he decided to win. Which



happened about 2 miles into the 10K race. The only athlete to follow was **Cameron Levins** of Southern Utah (spoiler alert: a mere five days later he would win the Canadian National XC title). **Leonard Korir** of Iona (the reigning NCAA 10,000m champ) caught up shortly thereafter



and held on momentarily. But neither was able to last past the 5K mark.

As Lalang was taking off, **Chris Derrick** of Stanford was closing hard, catching Levins and Korir by 8K and continuing to fly by. He was rewarded with the runner-up position, which was an incredible fourth top-10 finish. Korir ended up in third, two ticks ahead of Levins.

Team-wise, Wisconsin absolutely smoked two-time defending champions OK State. While Oklahoma State did go 10-11 (7-8 scoring) for their top-two, Wisconsin had five (46/35) in well before their fourth (50/39) to score just 97 points. OK State edged out new Pac-12 member (and inaugural champion) Colorado for third, 139-144.

2) NCAA DII

Spokane, Washington is cold. Very, very cold. But the freezing temperatures and flurry of snow didn't slow down these athletes. Okay, it did, but still made for awesome racing!

Unfortunately, the video coverage was terrible, so I can't really report much...

On the women's side, it was supposed to be a battle between Western State, Alaska Anchorage, Grand Valley State, and Adams State. Chico was hoping to poke their head in for a podium. But out of nowhere came Augustana, who edged pre-race favorite Western State 75-



79. While they had no runners in the top-10, all their top four were in the top 20, with their final scorer at 29th to earn 25 team points. Just 28 seconds separated their scorers. Incredible!

Western did have a low stick, as they took 3rd individually, and had three more in the top-21. But their fifth was “only” 34th, earning 29 points, and on the day that just wasn’t quite enough. Still, they easily outdistanced Grand Valley State (104) for third.



Chico, led by Maria Carrillo grad **Alia Gray** in 38th, took 7th. Individually **Neely Spence** dominated the field to win yet another title.

For the men, Western made this look like a conference meet, as they had four runners in the top seven. Their fifth wasn’t even that far behind, as he was 13th. Only perennial rival Adams State, with third man in 12th, even had two runners in the top 15. They scored a total of 27 points to destroy Adams, who still had a very solid 69 for second. The crazy part is that, using their sixth runner (who finished 30th overall) instead of fifth runner, Western still would have won. Using their seventh man, they would have been third.

Just like in the women’s race, it was Grand Valley State took third, this time with a flat 100 points. And in a semi-surprise the final podium position went to Chico State, led by **Isaac Chavez** in third,

The first two? Teammates **Ryan Haebe** and **Tyler Pennel** of, you guessed it, Western State.

3) NCAA DIII

I don’t know much about this division, but what I do know is that Williams College took home the bronze medal for the women. And why does this matter? Because former Montgomery HS star **Celeste Berg** earned 50 points as their 4th-place finisher!

4) Prep Action

The Empire Runner

Jim Crowhurst does a ridiculously good job covering our local preps. If you don't already, go bookmark running.blogs.pressdemocrat.com. But for those of you who haven't (yet) made going there a habit, here are the Redwood Empire post-season highlights:

Piner HS breaks the team-time course record at Spring Lake. While Santa Rosa held the record since 1988, the last 4 years Petaluma has bettered their mark. But now Piner has gone a whole 10 seconds per runner faster, with a 15:24 average.

And that average was led by none other than **Luis Luna**, as he broke the individual course record of 14:50 held by 1998 State Champion **Ryan Mack**. The new mark is 14:43.

While Luna's individual and the Piner boys' team titles (as well as the Maria Carrillo girls') were expected, **Kyra Johnson** of Piner was the shock individual champion.

In the SCL, Sonoma got it's first team and individual title (**Alex Conner**) since current coach **John Litzenburg** led his team to glory in 1987. For the girls, **Nicole Lane** of El Molino ran the 10th fastest time ever to win by 48 seconds over defending SCL and NCS Champ **Ashley Moffett** (Casa Grande).

At the North Coast Section Champs, Lane eked out the individual win, as Maria Carrillo captured their umpteenth title. But the huge, huge shocker was **Michael Tomasi** of Santa Rosa winning the Division 1 title by 5 seconds. No one, certainly not even Tomasi, expected that.

Piner, as well as leader Luna, were both second as Campolindo, led by **Thomas Joyce**, took the win(s). Conner and Piner junior **Jaime Silva** took third and fourth.

But Piner got redemption at the State Championships, as they beat Campolindo by a single point to earn the third and final podium position. While not earning an individual medal, Silva certainly was key to the team win, as he out leaned Campolindo's number two by less than a second. A blink of an eye difference would have lost Piner the bronze.



In addition to Piner's team medal, Luis Luna (5th), Alex Conner (6th), and Nicole Lane (7th) all earned individual state medals.



Well, that's about it for the Month That Was. I again urge you to go to Crowhurst's amazing blog, running.blogs.pressdemocrat.com, to follow the local preps. And read the article(s) about the Pacific Association XC circuit, which many of your club-mates participated in these last few months. And now, go hope for rain so that we can all enjoy some mud in the park!

-Alex



Grand Prix Update!

The Fleet Feet Grand Prix is coming to a close! The competition is heating up in both the overall standings and in the age-group races. Remember, only your best 8 races will count toward your final score, so there is still hope for everybody out there to move up in the standings. The last scored race will be the Last 10k and Final 2 Mile on December 17th, so lace up your running shoes, get out there, and earn bragging rights for the next year.

	First Name	Last Name	Div	Total
1	Dave	Goodwin	50's	881
2	John	Staroba	30's	877
3	Nathan	Koch	30's	834
4	Jerry	Lyman	60's	725
5	Jim	Parks	50's	722
6	Steve	Cryer	50's	683
7	Orion	James	< 10	671
8	William	Rogers	40's	655
9	Brad	Zanetti	50's	631
10	Larry	Meredith	50's	615
11	Brendan	Hutchinson	60's	585
12	Rob	Main	50's	562
13	Mark	James	40's	534
14	Paul	Berg	50's	531
15	Jon	Hermstad	60's	531
16	Ryan	Terschuren	20's	522
17	Vernon	Stafford	50's	502
18	Dale	Peterson	50's	484
19	Eric Danger	Downing	40's	479
20	Andy	Howard	40's	475

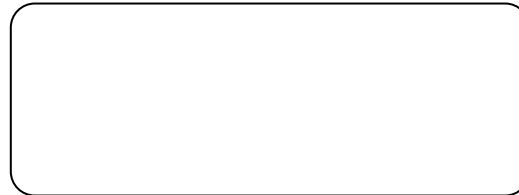
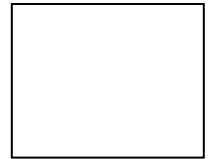
	First Name	Last Name	Div	Total
1	Ashlee	Staroba	30's	788
2	Val	Sell	40's	669
3	Karen	Frindell-Teuscher	30's	662
4	Karen	Kissick	50's	652
5	Alyce	Parks	50's	600
6	Shelly	Lydon	40's	568
7	Andrea	Guzman	20's	549
8	Stephanie	Nacouzi	50's	529
9	Shelli	Main	40's	527
10	Tanya	Narath	40's	520
11	LT	Isabeau	50's	455
12	Mel	Belluomini	30's	391
13	Shirley	Fee	70's	348
14	Cathy	Goodwin	50's	346
15	Tori	Meredith	50's	339
16	Cathy	Dubay	40's	294
17	Lydia	Alcazar	30's	287
18	Melanie	Mathewson	10 13	285
19	Julie	Nacouzi	14-19	277
20	Susan	Kellerher	30's	266

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Race: 8:00a - McGuire's Breakfast Run, Santa Rosa</p> <p>27</p> 	<p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p> <p>28</p>	<p>8x400m@2M GP: walk 50, jog 150 after each 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p>29</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p>30</p>	<p>6M with 2.5M at medium-strong pace 4:30p Howarth Park</p> <p>1</p>	<p>2</p>	<p>8:30a SR Creek Training Run, Railroad Square, SR</p> <p>3</p>
<p>10M at medium pace 8:00a Parktrail Drive at Summerfield Drive</p> <p>4</p>	<p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p> <p>5</p>	<p>6M with street sign intervals 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p>6</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p>7</p>	<p>Newsletter Submissions Deadline 5M at comfortable pace 4:30p Howarth Park</p> <p>8</p>	<p>9</p>	<p>Race: 10:00a - Herald Angels 12K & 25K, Angel Island S.P. 8:30a SR Creek Training Run, Railroad Square, SR</p> <p>10</p>
<p>Race: 9:00a - Christmas Relays 4x4.5M, San Francisco 7M at comfortable pace 8:00a Cobblestone Trailhead on Channel Drive</p> <p>11</p>	<p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p> <p>12</p>	<p>6M with 20x30-sec. at 2M G.P. 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p>13</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p>14</p>	<p>3M at comfortable pace 4:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p> <p>15</p>	<p>16</p>	<p>ERGP Race: 9:00a - Last 10K & Final 2M, Santa Rosa 8:30a SR Creek Training Run, Railroad Square, SR</p>  <p>17</p>
<p>8M at medium pace 8:00a Lawndale Trailhead on Lawndale Road in Kenwood</p> <p>18</p>	<p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p> <p>19</p>	<p>5x800m@2M G.P. at 2M G.P. 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p>20</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p>21</p>	<p>6M at comfortable pace 4:30p Howarth Park</p> <p>22</p>	<p>23</p>	<p>8:30a SR Creek Training Run, Railroad Square, SR 8:30a Howarth Park</p> <p>24</p>
<p>6M at medium pace 9:00a Howarth Park</p> <p>25</p>	<p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p> <p>26</p>	<p>Res Run course: 3 x 1M at 3M pace 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 5:30p Interval workout, 3390 Princeton Drive, SR</p> <p>27</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR</p> <p>28</p>	<p>5M with 5x60 sec. at medium-strong pace 4:30p Howarth Park</p> <p>29</p>	<p>30</p>	<p>8:30a SR Creek Training Run, Railroad Square, SR</p> <p>31</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!

Sat Dec 17	Last 10K and Final 2 Mile – Howarth Park, Santa Rosa 9:00am
Sun Dec 18	Christmas Relays – Lake Merced San Francisco
Tue Dec 20	Jingle Bell Run & Pot Luck – Club Members ONLY – 5063 Eliggi Ct S.R.
Sun Jan 1	Resolution Run – Montgomery High School, 10:00am
Sat Feb 4	Annual Club Party – Luther Burbank Art & Garden Center, 5:00pm

2011 CLUB OFFICERS

President Alex Wolf-Root 707 536-3532 president@empirerunners.org	Vice President John Staroba vicepresident@empirerunners.org	Secretary Paul Berg 707 823-2135 secretary@empirerunners.org	Treasurer Tanya Narath 707 523-0444 treasurer@empirerunners.org
Board Member at Large Larry Meredith 707 526-4536 grouptraining@empirerunners.org	Board Member at Large Val Sell 707 539-1085 events@empirerunners.org	Board Member at Large Will Ortlinghaus 707 480-7369 will@empirerunners.org	Student Grant Fund Alec Isabeau / Bob Finlay 707 527-0673 / 707 544-2251 docisabeau@sbcglobal.net bfinlay@sbcglobal.net
Website Chris Mason 707 765-1228 usingthegift@gmail.com	Fleet Feet Grand Prix Czar Gerald McCormick Speedieg82@hotmail.com	Board Member at Large Val Sell 707 539-1085 events@empirerunners.org	Sponsorship Administrator Shirley Fee 707 544-5318 mrunner1@sbcglobal.net
Editor Nate Koch 707 525-1329 newsletter@empirerunners.org	Editor Chris Mason 707 291-5797 newsletter@empirerunners.org	Editor Dale Peterson 707 569-9859 newsletter@empirerunners.org	Group Training Larry Meredith 707 526-4536 grouptraining@empirerunners.org