

**The Last 10K and Final 2 Mile is Saturday December 13th and FREE for Empire Runners
But you must register online by December 10th!**

The Empire Runner

December 2014

Volume XLII, No. 12

www.empirerunners.org

Empire Runners Shine at PA Cross-Country Championships!

**Senior Women and Super Senior Men
2nd place on the day and 2nd overall for the 2014 Season**



Hutch, Bill Browne, Mike McGuire, Don Sampson, Eric Bohn and the rest of the ER Men head out on the course.

Photo by Paul Berg

The 2014 Empire Runners Women's Cross-Country is team looking good before the start.
Photo by Bev Zanetti

USATF-PA XC Grand Prix 2014

Cathy Dubay 1st Senior Woman

Stephen Agar 2nd Master Man

Chris Cole 3rd Super Senior Man

Brendan Hutchinson 2nd Veteran Man

**December
is time for**

**Board
Member
Elections**

Ballot Inside!

The Empire Runner



President's Message

News, Notes & Needs

First, the News . . .

Pacific Association Cross Country Season Ends

The 2014 club cross country season wrapped up at San Francisco's Golden Gate Park on November 16 with 44 Empire Runners Club members crossing the finish line and several more of us there to witness. The races were run on a new, spectator-friendly course in preparation for hosting next year's USATF national club championships.

Empire Runner **Cathy DuBay** completed a perfect season by finishing first among all women in her new 50+ age group. That made it 6 wins in 6 tries this season for Cathy. **Holly Enzler's** 15th place finish here gave her the #8 spot for this age group in the season's final standings. Along with considerable help from **Val Sell, Shelly Lydon** and **Shelli Main**, the Senior Women's team finished the season in 2nd place.

Stephen Agar was the top ERC performer on the men's side in a masters (40+) race that featured a crowd of stars, including Stephen, that have sub-4-minute miles under their belts. Stephen's 7th-place finish nailed down 2nd place in the overall season standings. Newcomer **Jason Selby** was a welcome addition to the squad this year, helping the men's 40-49 team take 4th.

Motivated by joining a new age group, **Chris Cole** returned this year from a long injury layoff, uncertain if he could regain his form as one of

the top age-group runners in the region. His progress was steady throughout the fall and culminated at the championship meet with his best performance of the year to win the 60+ division by 19 seconds over Denis O'Halloran of the Asics Aggies. Chris won his division two other times this season but fell one race shy of maxing out his points in the standings. Still, he finished 3rd overall.

Brad Zanetti's story ran precisely parallel to Chris'. Just turning 60, recovering from injury and missing out on one scoring opportunity. Brad claimed 7th at the PA championship meet and ended the season at 9th in the final standings. Add in **Steve Cryer's** 7th-place finish for the year and this strong squad captured the runner-up spot among men's Super Senior teams in 2014.

Honey Badger got nuthin' on veteran (70+) runner **Brendan Hutchinson**. Injured since before the First World War, Hutch doesn't even flinch when it comes to racing. He's the only Empire Runner to compete in 10 of 11 PA cross country races this season and placed 3rd in his age group at the championship meet. Hutch won his division twice this season and ended up 2nd in the final standings.

Senior runner **Andy Howard** seems to be injury-proof (knock on wood) and plowed through another fine season. His 21st-place in the ultra-competitive championship race gave him a final standing of 8th for the year. First-timer **Frank Cuneo** was the #2 runner for our senior team,

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Runner



The Empire



Runner

which was supported by returning runners **Brian Porter** and **Stephen Starkweather** in placing 5th in the PA.

The Men's Open division is always incredibly competitive and this year was no different, except that the Empire Runners received an unexpected influx of young talent from, of all places, Williams College in Massachusetts. Recent grad **Brian Cole**, originally from St. Helena and son of Chris, was likely the recruiter of his college teammates as several settled in San Francisco and joined our club. Another connection came from former Montgomery High School running star **Celeste Berg**, daughter of long-time club member **Paul**, who also graduated from Williams along with her running boyfriend **Andrew Gaidus**. Along with **Anthony Raduazo**, **Samuel Jackson** and **Wade Davis**, the team is reunited on this side of the country. I've heard of team bonding, but this is quite extraordinary. Their new team would have been battling for a top-5 spot but came up one race shy of the 6 they needed score in and ended up in 7th place.

Local High School Cross Country Season Winds Down

Speaking of young and fast Empire Runners, there are quite a few that turned in outstanding cross country seasons for their high school teams around Sonoma County. The top girl was Santa Rosa junior **Delaney White** who won the North Bay League (NBL) title and then qualified for the state championship meet with a 4th-place finish in Division II at the North Coast Section Championship (NCS) meet. **McKenna Sell**, a freshman at Sonoma Academy, took 15th in Division V. She was the third runner on a team that won the NCS D-V title and made it to state.

The ERC boys were led by **Nicholas Rauch**, a Casa Grande senior who is the NBL champ and helped his team win their first-ever NCS title with an individual 5th-place finish in the D-II race. El Molino's **Brian Schultz**, just a sophomore, was next fastest, taking 2nd place at NCS D-IV following his individual Sonoma County League title. He qualifies for the state championships along with another sophomore, **Daniel Pride** of Santa Rosa, who was 5th at NBLs and 10th at NCS in D-II.

Those qualifying for state on teams include Nicholas' teammate **Zachary Nussdorfer**, who took 13th at NCS and a pair from Maria Carrillo High School, **David Eik** (37th NCS) and **Antoine Thibault** (44th NCS). **Riley Officer**, Montgomery senior, finished right behind Antoine at NCS.

Now, for the Notes . . .

The Polls are Open!

There are three seats up for election to the ERC Board of Directors and five outstanding candidates on the ballot. A ballot with detailed instructions on how to vote is included in this newsletter. Please take the time to submit a signed ballot or show up at our December 18 club meeting and vote in person.

Christmas Relays Bus to San Francisco

The club has chartered a big bus for the trip to the December 14 Christmas Relays in San Francisco and, while it's too late to be placed on a team, if you already have a team of 4, there may well still be room to join in on the fun. See our website home page for details.

Jingle Bell Run & Pot Luck December 16

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Get into the holiday spirit on foot with **Andrea Guzman**, who will lead all-comers on an easy evening cruise through decorated neighborhoods just east of Montgomery Village. Bring something to share and something to drink back to their cozy cafeteria at the Yulupa Cohousing development just down the street from Whole Foods Market. After the run you can expect a special dining experience, as the main dish will be prepared by Andrea's husband, Mid-Town Café chef **Arturo Guzman**. Andrea also says she has "a very large double magnum of Domaine Chandon sparkling wine to share." A flyer with details is in this newsletter.



Andrea Guzman: Jingle Bell Run hostess

New Site for Resolution Run

The New Year's Day Resolution Run 5K is moving to Santa Rosa's "A Place to Play" park, located at 2375 West Third Street. The start time is still a post-party-friendly 10 a.m. and the course will include paths within the park and the trail along Santa Rosa Creek. So don't show up at Montgomery High School this year!

November Club Meeting Notes

We packed the house at the Montgomery Village Round Table Pizza for the November meeting. Highlights included a detailed update on the PA cross country season presented by XC Czar **John Harmon** and a presentation by **Ken Wells** of the Sonoma County Trails Foundation. Ken was there to give us details and answer questions on the work the foundation is doing to create, maintain and improve trails throughout the county.

Val Sell brought a proposal to donate \$500 to the *Underfoot* series of fundraiser footraces organized by Sonoma County Regional Parks in support of trail development. **Jerry Lyman** amended the proposal to increase the donation to \$1000 and the board voted unanimously in favor.

A proposal to donate \$250 to the Sonoma Mountain Charter School Mileage Club was put on the agenda by the program director, **Eileen Hosbein**. Board member **Chris Mason** presented the proposal, which will support nearly 400 participants in an elementary school program that promotes running. The board voted in favor of the proposal.

A new, independent running store is opening up in Healdsburg and we were visited by the founder, **Skip Brand**, and store president/general manager **Faisal Javed**. The

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Healdsburg Running Company will be located near the town's central plaza and these gentlemen promise to create a real connection in support of the Sonoma County running community and the Empire Runners Club. They expect to be open in early December. Check it out!

And Finally, the Needs . . .

Newsletter Editor Hanging up His Keyboard

Empire Runners Newsletter editor **Nate Koch** has unplugged his keyboard after several years of outstanding service to the club. Fellow



Nate Koch: ERN editor calling it quits

editors **Dale Peterson** and **David Abbott** will miss him and their workload will increase. The club could use one or more volunteers to replace Nate. Send a note to newsletter@empirerunners.org to learn more. And be sure to thank Nate for helping to keep us informed over the years.

Dire Need to Fill Essential Volunteer Position

Laurie Martin has been quietly performing this essential role for several years and has the routine down to a science. The job is to complete and file forms with local agencies that require insurance and permits for our various events. Example: Sonoma County Regional Parks for events that take place at Spring Lake Park. Laurie's work life has become more demanding recently and she will not be able to continue in this role. She will thoroughly train a new volunteer (beginning ASAP) and support the transition in the coming year.

Save the Annadel Loop!

This September event has been led by **Bob Merritt** for the past 20 years and is in jeopardy of being dropped from our race schedule if no replacement is forthcoming. A race modeled after Marin County's famous Dipsea, it is a unique part of our calendar of events. As always, club race directors get great support from event coordinators and race day volunteers so the task is not as intimidating as it may seem on the surface.

- Larry Meredith



We Wore Cotton Singlets and Leather Shoes – and we're still at it!

Submitted by **Chris Cole** on Thursday, November 13, 2014

On the eve of the Cross Country Championships

On a windy spring day in the Sunset District of San Francisco, Dennis O'Halloran opened up a gap on the third lap of a mile race. It was 1970 and I was a sophomore in high school racing for dual meet points. I closed with absolutely everything I had over the last 440 yards and we leaned for the tape. The time was 4:32 and change, for both of us. They gave me the win, but it was a home meet and I never felt good about it. I thought Dennis had won.

Why do I remember this race? If you are reading this newsletter, you already know that there are some races that you will never forget. This is one of my top ten. Some 15 years later, I saw Dennis and asked him about the race, and of course he remembered it,

60+ Men's PAUSATF Cross Country 10K Results

58	CHRIS	COLE	60	EMPIRE RUNNERS	39:39
61	DENIS	O'HALLORAN	62	ASICS AGGIE RC	39:58

I wonder if anyone else in the club has enjoyed a similar rivalry over the decades? And if it hasn't been decades, you're probably writing your own story right now.

I immediately think of Empire Hall of Famer, **Darryl Beardall**, and a few others. I remember Darryl from the Caledonian Games straight-away 440 yard dash at the Santa Rosa Fairgrounds horse track. The 440 race followed the one lap mile run. If the race was short enough, you might have a chance against Darryl. I was definitely there in 1972, because after the race we went downtown and watched Lasse Viren win the Olympic 10,000 through the storefront window of an appliance shop. But you will have to ask Darryl about the 440 results.

too. But he thought that I had won. I'm still not convinced, but we would race again another day.

That day is next Sunday, November 16, 2014, at the Pacific Association Cross Country Championships. Dennis now runs for the Aggies Running Club and is in prime position to win the 60+ Men's Grand Prix. But the margin is thin for the actual race victory. He had a one second win over me at the John Lawson Tamalpa Challenge. But now I am building my mental edge for the Championships, after outracing Dennis at the Aggies' Shoreline Meet.

I find it amazing that after 44 years, we are still racing stride for stride, this time with all eyes on the Pacific Association Championship. Yes, we are just enthusiastic old timers, but we are still going to the line like it really matters. OK, maybe it does matter, but we don't let it get in the way of the big picture.

Post-race results inserted here on November 21. I was 58th and Dennis O was 61st. We scored 1 and 2 in the over 60s, with Dennis winning the Grant Prix for the season. Over the last half century, the gap is widening at a rate of 0.4 seconds per year.

Thank you, Empire Runners. Thanks for the opportunity to mix it up again with rivals from my most distant past. It's been a great cross country season, with the best still ahead on Sunday.

With appreciation for all of those in the club who make it happen: our terrific Czar (**John Harmon**), team captains, race directors, organizers, carpoolers, teammates and the club itself for kicking in for all the race entry fees. And special thanks to Pappy (**Jerry Lyman**), because if it wasn't for Pappy, my knees would still be perfect.

Is it worth it? Yes, but ask me again on Sunday afternoon. (11/21/14 PS, yes, well worth it.)

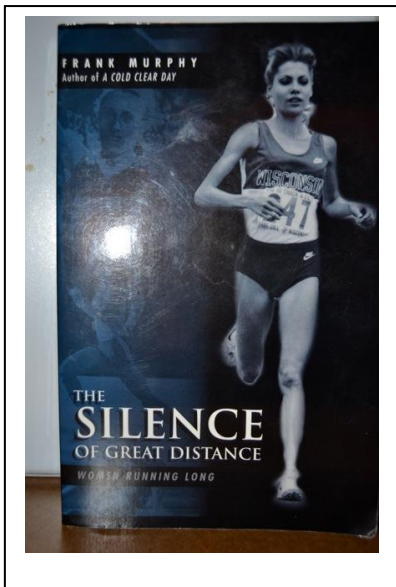
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Brad's Corner



"THE SILENCE OF GREAT DISTANCE, WOMEN RUNNING LONG", Frank Murphy, Windsprint Press, Kansas City, Missouri, 2000, pp 462.



A couple of months ago I asked for some input from anyone who had read a really great women's running book. It could be either fiction (if extremely well written) or non-fiction if it were more than a simple autobiography/biography. Well I would like you to know that this month's book review is just that. It is an extremely well written book of non-fiction. It covers in reasonable detail the running careers of Doris Brown, Tatyana Kazankina and Mary Decker as

historical principals. Many other well known runners are sprinkled throughout the story lines of this work of creative non-fiction. The two major principals of this work are Stephanie Herbst and Kathy Ormby. I wouldn't be surprised if those names don't come quickly to mind. I consider myself a running fanatic and have a very serviceable knowledge of running history. Yet these two escaped me.

They both were excellent college runners in the 1980's, a very important time in running history (see *The Running Boom*) but even more important in the advancement of women's running history and the impact of Title IX. The breadth of this book covers about a 20 year period and intertwines the impact of the Cold War sports machine of the Eastern Bloc and China, Mary Decker versus the "machine", the change of women's distance running, Title IX's scholarships and NCAA scrutiny and the availability of all distance opportunities for women. (Prior to the early 1970's there were few opportunities for women in long distance events-see Kathy Switzer in 1967 Boston Marathon being dragged from the race by race official Jock Semple).

The Storyline between Stephanie Herbst and Kathy Ormby was especially profound. It is not just about running and races and times. It is about the impact and responsibility and accountability of college athletics. Stephanie is the principal thread throughout the book and when you have finished this book you may still have a question or two. The fact that there are unanswered questions is proof that this is not just a book about running.

This book was very well written with a myriad of themes and storylines woven together to produce a unified impact. It is one of the best running books I have read - period. Frank Murphy is a very talented and innovative writer who has also authored, "A COLD CLEAR DAY" a biography of Buddy Edelen which is on my short list (after, "HUNT FOR WOLF_EYES" by, our own Ty Strange).

I would expect that anyone with an interest in the sport of women's running whether they run themselves or not would enjoy this well written book.

RATING: 5/5



HOKA ONE ONE - CLIFTON

“A SHOE FOR THE AGES” (Aged?!)



It wasn't that long ago that the book, “Born to Run” was the running book of the century and barefoot running was all the rage. Who needed shoes? Or at the least a pair of Vibram Five toes or Five fingers or Foot minimalist wear. Soon thereafter major running shoe companies like Saucony, Brooks and New Balance (But not the big three IE Nike, Adidas and Asics) began pushing new shoe lines based on a variety of partial to complete minimalist designs. Although it appears that the Vibram line of Five Toes is not now as popular in the running community, they are still evident. In their place are a plethora of shoes with 0-8mm drops from the aforementioned companies. The “drop” in shoe jargon is the difference between the heel height and the toe height. The lower the number the more minimalist the shoe. This of course is just one aspect of a shoe choice but a basic one.

I would advise those considering a change to a minimalist shoe to proceed in a gradual fashion, especially for those long-time runners who have been used to wearing very protective, stability or motion control shoes. Many of the more minimalist shoes also tend to be soft and/or pliable which can lead to a substantial

adjustment period that if rushed could lead to pain and injury. For those already running with a more minimalist shoe I found the transition to the Hoka to be seamless.

First a little background on Hoka One One. The company was started by two French ultra-runners, Jean-Luc Diard and Nicolas Mermoud, who had been handcrafting and designing lightweight, extra thick midsole shoes primarily for ultra-runners. In 2009, Hoka One One was born and these shoes became very popular in the long distance world. Through extensive marketing and word of mouth the Hoka is now the fastest growing premium running shoe on the market.

Technologically speaking, the Hokas have: ultra and oversize stack heights, early stage and balance meta-rocker midsole, Literide and RMAT foam, Speed-frame and speed lacing.

What does that mumbo jumbo mean? 1. Ultra and oversize stack heights = very thick soles. 2. Early Stage Meta Rocker = smooth ride and improved transition to forefoot. 3. Balance Meta Rocker = improved stability. 4. Literide = very light EVA foam (proprietary). 5. RMAT = increased rebound foam, ie very light and responsive shoes. 6. Speed-frame = improved stability/foot control on dynamic terrain. 7. Speed Lacing = custom fit for control and comfort.

On my introduction to Hokas I thought, “what big, clunky, clumsy looking shoes”. They looked heavy and way too tall. I could not imagine running in them. I imagined being very unstable, ankle turning and tripping on rocky trails. Well, thanks to a discussion about Hokas with **Steve Agar** and **Val Sell** on a Sunday morning run last summer I was intrigued. Steve and Val presented the shoes as great long, easy-day shoes; that you could finish an 8-10 mile run and have little to no pain or soreness.

The Empire



Runner

I wanted a shoe like that so I perused the variety of models and focused on the new Hoka model, The *Clifton*, after reading a number of reviews.

I waited until mid September for its release and picked it up post-haste.

I have been running in these shoes for about 6 weeks. I normally rotate 4-6 different shoes each week but in the last 6 weeks I have had to KEEP from just putting the Cliftons on each and every day. As it is, even with great restraint, I already have put in over 100 miles in these shoes....and they are SO much more than just a long/ez day shoe. They are an everyday/every workout shoe. After just a couple of runs my preconceived notions were overturned. The Cliftons are light, nimble, stable and supremely comfortable. They go uphill smoothly, they go downhill like an All Terrain Vehicle. Frankly, they make running FUN. When was the last time a shoe made you say that. If you are familiar with and like the Saucony Kinvara, the Cliftons are like a super powered Kinvara and nearly as light. Previous to the Cliftons, the Kinvaras were my favorite shoe. Now the Kinvaras I use for flat tempo, the Cliftons for hilly, long or prolonged roadwork.

Is the shoe perfect? For me, they are pretty close; The negatives: 1. The price may be too high for some at \$130. 2.- the Look. 3-The durability is an unknown so far, but after 100+ miles there is no obvious wear. 4- the forefoot fit may take some work to get right with the speed-lacing system and may necessitate other lacing patterns. That being said, the seamless upper is very comfortable. Regarding the price, it is worth noting that the Clifton is the least expensive shoe in the Hoka line.

I hope you have found this review to be of some help. If you are in the least bit intrigued about the Hoka line give them a try and consider that they do have a guarantee from the company, and that most good running specialty shops will allow a short trial in their return policy.

If you already run in Hokas, check out the new light weight, entries (the *Clifton* and the *Huaka*) and look forward to the *Clifton Trail* version coming soon. A little birdy told me that they are working on racing versions of the Hoka Line. That will be interesting, indeed!

HOKA CLIFTON (7.7OZ M)(6.9OZ W)
DROP: 5mm (REAR 29mm, FRONT 24mm)
AVAILABLE COLORS: Blue, Silver, Lime Green

BRAD ZANETTI Age: 60

HT: 5'7" WT: 160lb Miles/Week: 45+

Yrs Running: 35+, Health/Training/Racing

Current Stable: Saucony Kinvara 5, Ride 5, Peregrine 4, Nike Wildhorse TR, Brooks Pureflow, Hoka Clifton.

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**Empire Runners of Sonoma County
Balance Sheet Standard
As of October 31, 2014**

11/19/14

	Oct 31, '14	Sep 30, '14
ASSETS		
Current Assets		
Checking/Savings		
Exchange Bank	85,762.25	87,241.56
PayPal Money Market	1,808.08	81.03
Total Checking/Savings	87,570.33	87,322.59
Other Current Assets		
Petty Cash	400.00	400.00
Total Other Current Assets	400.00	400.00
Total Current Assets	87,970.33	87,722.59
TOTAL ASSETS	87,970.33	87,722.59
LIABILITIES & EQUITY		
Equity		
Restricted - Kenwood	30,000.00	62,161.97
Restricted - Student Grant Fund	1,158.00	1,008.00
Unrestricted Net Assets	45,706.04	13,694.07
Net Income	11,106.29	10,858.55
Total Equity	87,970.33	87,722.59
TOTAL LIABILITIES & EQUITY	87,970.33	87,722.59

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**Empire Runners of Sonoma County
Profit and Loss Budget vs. Actual
January through October 2014**

11/19/14

	Jan - Oct '14	Budget	\$ Over Budget
Ordinary Income/Expense			
Income			
Direct Public Support	4,725.00	2,911.70	1,813.30
Other Types of Income	875.00	901.70	-26.70
Program Income	65,300.22	29,190.80	36,109.42
Special Events Income	1,062.00	820.00	242.00
Total Income	71,962.22	33,824.20	38,138.02
Expense			
Business Expenses	567.02	35.00	532.02
Contract Services	6,984.60	2,629.20	4,355.40
Facilities and Equipment	3,905.82	1,645.00	2,260.82
Operations	12,692.00	22,982.00	-10,290.00
Program Expenses	36,510.41	28,015.90	8,494.51
Travel and Meetings	196.08	32.50	163.58
Total Expense	60,855.93	55,339.60	5,516.33
Net Ordinary Income	11,106.29	-21,515.40	32,621.69
Net Income	11,106.29	-21,515.40	32,621.69

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A Thank You to the Empire Runners

The iDo26.2 Program thanks Empire Runners for their \$1000.00 Donation this academic school year 2014-2015.

Empire Runners has been a strong supporter of the iDo26.2 Program from the beginning, and we very much appreciate your support and confidence in the program. Tori Meredith especially, has been outstanding in building up this program.

Joe Clendenin iDo26.2 program

The 39th Annual

LAST 10K and FINAL 2-MILE

Saturday, December 13, 9:00am

Paved paths in 3 parks
Howarth, Spring Lake, and Annadel
"Best (long sleeved) shirts in town"

Both races start and end in Howarth Park.

Online entry: Empire Runners Club members: FREE

non-members: \$10
Shirts (must order by December 6): \$15
Online entry deadline: December 10

Race day entry fee for all runners: \$20
Race day registration closes at 8:45 AM

30th Annual – Sunday March 29, 2015

Carlsbad 5000 – the World's Fastest 5K

A small but enthusiastic group of Empire Runners has made the trek down to Carlsbad (near San Diego) the last 4 years and another trip is in the making!

If you sign up before December 31st you can save on the already reasonable fee.

Think great racing (5K or "All Day" 20K), weather, beaches and watching the elites.

See the website <http://runrocknroll.competitor.com/carlsbad-5000> for details.

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You are invited to the Jingle Bell Run and potluck

Date: *Tuesday December 16, 2014*

Time: 5:00pm-9:30pm

Run is at 5:00pm and Dinner begins at 6:00pm

Arturo Guzman, Sous Chef of Dierk's Midtown Restaurant will prepare the main course and Empire Runner, Andrea Guzman has a double magnum of Domaine Chandon sparkling wine to get everyone in the holiday spirit

Please bring something to share with your fellow running family.



Location: Yulupa Co-Housing Common
House1350A Yulupa Avenue, Santa Rosa
CA 95405

RSVP: Andrea Guzman
Andreatherunner@gmail.com

Official Ballot

2015 Empire Runners Board of Directors

Voting Instructions (only Empire Runner Club members aged 18-and-over are eligible to vote):

1. Print out ballot
2. Vote for up to **three (3)** nominees by checking the box next to the nominee name
3. Print your name and age (must be 18 or older by December 18, 2014)
4. Sign and date
5. Submit by one of these options
 - a. Scan your signed ballot and e-mail (by 11:59 p.m., December 15) as a pdf file to:
secretary@empirerunners.org
 - b. Mail (postmark by December 12) your signed ballot to: Will Ortlinghaus, 1710 Kerry Lane, Santa Rosa, CA 95403
 - c. Give your ballot to a proxy who will bring it to the December club meeting

OR

Attend the December 18 club meeting and vote in person. The meeting will be held at Montgomery Village Round Table Pizza in Santa Rosa and will begin at 6:30 p.m.

Nominees for the Empire Runners Board of Directors (vote for up to 3)

☐ John Anderson

John served as Empire Runners Club president back in the 80's and has been the director of the Last 10K for as long as anyone can remember. A sprinter for his high school in Denver, Colorado, John started teaching and coaching at Analy High School here in Sonoma County. For the past 30 years he has taught at Rancho Cotate High School where he is the head coach of both track & field and cross country.

☐ Bert Braden

Bert is a graduate of Leadership Santa Rosa Class XXIV and has participated in the Annadel Half-Marathon for the last 4 years. He was enticed to join the ER senior cross country team last year with the stipulation that "You don't need to run fast, you just need to drive a decent car that seats seven." Bert's engineering background leads him to measure his Gu intake in \$ per mile and plan his runs based on tread remaining on his shoes. He'll be at it until he can no longer finish a 10k race faster in minutes than his age in years...at which time he may finally win his age group.

☐ Nuvit Foster

Nuvit moved to the United States in 1986 and worked at HP/Agilent Technologies for 20 years. The past 6 years, she has been working in Sebastopol, at a company called Solmetric which is a test and measurement company for solar industry. She has been a runner and racer for 32 years, preferring mostly long distances. Her first race was a half marathon, then a marathon in 1990. Nuvit has been a marathon runner since then and now has completed over 70 marathons. She occasionally does triathlons, her first one a half iron distance and then a full iron distance. Nuvit has a daughter, a granddaughter, and a grandson. The granddaughter is becoming a runner as well and we will probably see her at Empire Runners events soon.

☐ Chris Mason

Chris Mason has been a member of the Empire Runners Club since 2003 and has been the club's webmaster since 2007. He has also served as newsletter editor and volunteers regularly at club races. A graduate of Casa Grande High School and Sonoma State University, Chris is the Race Director of the Petaluma Footrace and Clo-Cow Half Marathon, as well as a race timer for Capital Road Race Management and Spartan Races.

☐ Karen Frindell Teuscher

Karen is a Chemistry Instructor at SRJC and has been running competitively since 2005. She joined the Empire Runners in 2008, and has participated in many local running events. Last year, she joined the team of race directors for the Empire Runners' Ilsejo Classic 10 mile race. Karen enjoys seeing the world on foot, and has run marathons in New York, Boston, Chicago, and Davos, Switzerland. Since 2011, she has been the assistant cross country coach at Montgomery High School.

Voter Name (print) _____ **Age** _____
As of December 18, 2014

Voter Signature _____ **Date** _____

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December 2014

November 2014

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December 2014

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January 2015

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grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 ■ 8:00 AM McGuire's Break-fast Run 10K & 3K	1	2 ■ 6M w/Street Sign Intervals ■ 5:30 PM Heart & Sole Run	3 ■ 5:30 PM Fleet Feet Run	4 ■ 6M w/2.5M a...-Strong Pace ■ 4:30 PM Howarth Park	5	6 ■ 8:30 AM Railroad Square, SR ■ 9:00 AM Girls on the Run 5K
7 ■ 10M at Medium Pace ■ 8:00 AM Channel Drive	8	9 ■ 6M w/20x30...2M Goal Pace ■ 8:00 AM Lawdale Road ■ 5:30 PM Heart & Sole Run	10 ■ 5:30 PM Fleet Feet Run	11 ■ 3M at Comfortable Pace ■ 4:30 PM Howarth Park	12	13 ■ 8:30 AM Railroad Square, SR ■ 9:00 AM Last 10K & Final 2M
14 ■ 8M at Medium Pace ■ 8:00 AM Parktrail Drive ■ 9:00 AM Christmas Relays 4x4.6M	15	16 ■ 12x300m at 1M Goal Pace ■ 5:30 PM Heart & Sole Run	17 ■ 5:30 PM Fleet Feet Run	18 ■ 7M at Comfortable Pace ■ 4:30 PM Howarth Park ■ 6:30 PM ER Club Meeting	19	20 ■ 8:30 AM Railroad Square, SR
21 ■ 6M at Medium Pace ■ 8:00 AM Channel Drive	22	23 ■ 3x1M at 3M Pace ■ 5:30 PM Heart & Sole Run	24 ■ 5:30 PM Fleet Feet Run	25 ■ 6M at Comfortable Pace ■ 8:00 AM Howarth Park Christmas Run	26	27 ■ 8:30 AM Railroad Square, SR
28 ■ 5M at Comfortable Pace ■ 8:00 AM Parktrail Drive	29	30 ■ 3M w/4x1 m...5K Goal Pace ■ 5:30 PM Heart & Sole Run	31 ■ 5:30 PM Fleet Feet Run	1 ■ 10:00 AM Resolution Run 5K	2	3 ■ 8:30 AM Railroad Square, SR

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



Renew Online at www.empirerunners.org and click on “membership”

MARK YOUR CALENDAR!

Sat Dec 6	Girls on the Run – Rohnert Park – 9:00am
Sun Dec 7	California International Marathon (CIM) – Sacramento CA
Sat Dec 13	Last 10K & Final 2 Mile – Howarth Park – 9:00am
Sun Dec 14	Christmas Relays – Lake Merced SF – 9:00am
Tue Dec 16	Jingle Bell Run & Potluck (club members only!) – 5:00pm – 9:30pm 1350A Yulupa Ave Santa Rosa
Thu Dec 18	ER Club Board Meeting – Round Table Pizza – Montgomery Village 6:30pm Board Member Elections!
Sat Dec 27	ER Newsletter Deadline- send items to newsletter@empirerunners.org
Thu Jan 1	Resolution Run 5K – A Place to Play Park SR 2375 W Third St. – 10:00am

2014 OFFICERS, BOARD MEMBERS and Contacts

President Larry Meredith 707 526-4536 boardofdirectors@empirerunners.org	Vice-President Bill Browne 707 528-7963 boardofdirectors@empirerunners.org	Secretary Will Ortlinghaus 707 480-7369 boardofdirectors@empirerunners.org
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