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The Empire Runner

February 2012

Volume XXXX, No. 2

www.empirerunners.org

RESOLUTION RUN Course Record Shattered by Reese Byers in 15:11
Twelve year-old Rylee Bowen first female in 18:28



Eventual winner Reese Byers leads the first wave of runners. There were two waves and 320 finishers overall in the 2012 Resolution Run!
Photo by Dave DeSelle

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- Plus *More!*



President's Message, January 2012

I suppose I had it coming. Since joining the Empire Runners in 1987 I've had my paws on more club happenings, duties, activities, celebrations and programs than I can remember. For 25 years I used that leverage to avoid becoming an official club officer. Well, it seems my luck has finally run out. After being elected to the newly formed Board of Directors this past fall I had an ominous feeling about this new method of determining who will lead the club in 2012.

At the officer selection meeting held earlier this month, while enjoying a mild beer buzz thanks to the devious generosity of our hostess, **Val Sell**, I noticed that the other six directors wasted no time in dividing up the offices of Treasurer (**Tanya Narath**, the real workhorse in the group), Secretary (not a bad gig, if you can get it, and **Lisa Titus Isabeau** did) and Vice President (**Will Ortlinghaus** – who cleverly had already performed the only task required of the VP, which is to schedule our club meetings at Round Table).

So now it was down to Val, **Jerry Lyman**, **Dale Peterson** and me for the title of Big Kahuna. What a set-up! Those three are the triple motors that are actually keeping this club moving. They couldn't possibly be asked to shoulder yet another heavy load. All eyes fell on me and my mind cleared for the briefest of moments. Checkmate.

My main regret in taking on this post is that, for the next year, I cannot sit with my pal Dale at club meetings and heckle the proceedings non-stop, kinda like those two old guys in the balcony on the Muppet

Show. As president, I will not put up with that kind of disrespect!

Now where was I? Oh yeah, the State-of-the-Club speech. "The state of the club is strong." (Applause.) I pledge to do my best not to weaken it. A number of dedicated members, most notably Val, Jerry, Dale and web master **Chris Mason**, are working on projects to improve our operations and ensure the health of the club for the foreseeable future. It is clear that we have talented club members that we are relying on.

The membership is growing in numbers and our events are growing in popularity. The next area of needed growth, in my opinion, is in the cultivation of a new generation of volunteers who are willing to take on or share some of the club's most vital tasks like race direction, membership management, committee service, website maintenance, newsletter editing, event promotion and others. I hope to define some of those needed roles in the upcoming year and then call on our members to come forward to fill them.

In closing, I want to recognize the energy and enthusiasm with which 2011 Club President **Alex Wolf-Root** served. Controversial at times (after all, most of us old-timers are set in our ways), Alex reminded us of many of the reasons that we came to be life-long runners. His passion is the larger world of running out there and he works tirelessly to promote his sport. Our sport. I think he will be a major player in our running community for years to come. Thanks, Alex, you have served us well.

- **Larry Meredith, President, Empire Runners Club of Sonoma County**



Resolution Run 2012

January 1st 2012 dawned clear and cold. In the middle of an especially dry December-January spell the 2012 Resolution Run was enjoyed by an extremely large group of runners. In fact, there were so many runners the race had to be split into two heats to avoid hold-ups and/or flying bodies at the Spring Creek footbridge.

Reesey Byers led from start to finish in the first and mostly faster heat breaking the course record in the process. Reesey ran 15:11 breaking the old record set in 2009 by Tom Brooks (15:28).

In a distant second behind Reesey but also running a very fast time was high-school standout **Luis Luna** in 16:20. Third-place went to Sebastian O'Berough in 16:59.

On the women's side twelve-year old **Rylee Bowen** was first in 18:28 followed by Taylor Falk (18:58) and **Nicole Lane** (19:02).



Sean Fitzpatrick w/ Rylee Bowen

The three fastest male runners over age 40 were **Kenny Brown** (17:26), **Niels Thompson** (17:39) and **Gregg Jennings** (17:46). **Jonathan Hayden** was the first runner over 50 in 18:13 and **Jerry Lyman** the first over 60 in 20:41. **Ernst Bohn** was the fastest over 70 in 27:42 and **Dale Leyhe** the only runner over 80 in 33:02.

The three fastest female runners over age 40 were **Val Sell** (20:07), **Kathy White** (22:24) and **Laura Forsmith** (23:17). **Rebecca McLean** was fastest over 50 in 21:24 while **Kathrin Rettler** was fastest over 60 in 30:31.



Karen Frindell-Teuscher and Val Sell in the home-stretch.

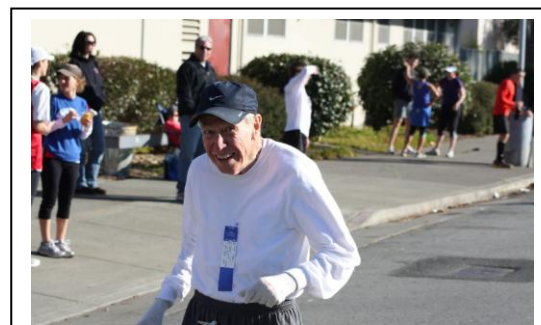
There were runners of all ages and all abilities including no fewer than 21 under the age of 10.

Splitting the race into two heats worked out well in spite of a few folks jumping into the first and faster heat who really should have been in the second.

Registration was extremely quick as the majority of the runners were ER members who had pre-reg'd online for FREE. All they had to do was walk up and get their race tag!

The 2012 Resolution Run was an unqualified success and everyone seemed to have a lot of fun. It makes you almost wish it was getting close to 2013.

Editor



80 years-young Dale Leyhe enjoys the race and the sunshine!



The Long and Short of It

How to Stay in Shape without Running

I shuffled towards Robin's car, my left arm in a sling, my shoulder covered in bandages and cooled by an ice-pack. I finally had the shoulder surgery I had been putting off. For the next few days I would do little more than eat, watch television, and hang out at the house. Although I knew this was going to really test my resolve to stay in some kind of decent shape until I could start running again, my mind was clouded by the prescription pain meds and I found it very hard to get motivated.

Several days later my head had cleared and I was ready to get down to business, so I walked over to **Montecito Heights** to talk to **Cathy Dubay** about a gym membership.

I explained to Cathy what I was looking for and why I had chosen this time to join the club. Cathy had me fill out some paperwork and the next thing I knew I had had the tour and I was sitting on a stationary bike and pumping my legs in the cardio room!

At this writing I have been at Montecito Heights Monday thru Friday for three weeks in a row spending at least an hour on the stationary bike and/or elliptical trainer. To top that off I try to walk at least several miles a day sometimes much more. On weekends I have been doing long walks from my front door on Saturday and longer hikes up in the park on Sundays.

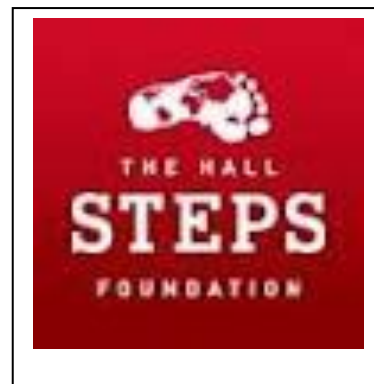
All in all I feel like I am staying pretty fit and the scale seems to bear this out. I am about two pounds heavier than I would be at my "fighting weight".

In addition to all the cardio-machine workouts and walking a lot I have tried hard not to increase my caloric intake compared to what I would eat normally. I have been at home all this time and the temptation to eat is very strong, but I have stuck to my habit of eating several very small meals (waffle and black coffee in the early morning, yogurt and protein drink mid-morning and a whole-wheat bagel with peanut-butter for lunch, plus a banana in the late afternoon). I then eat a "normal" dinner and I don't hesitate to eat or drink whatever I want when the "big game" is on!

It will be another eleven days before I am out of the sling and I can start running again. When I do I will

have a pretty good idea of what kind of condition I am in. Meanwhile I go back to work tomorrow and it will be a little harder to get to the gym every day, but I will keep on trying!

Ryan and Sara Hall and the STEPS Foundation



Saturday January 21st Robin and I attended a fund-raising dinner and raffle in support of the STEPS Foundation founded by Ryan and Sara Hall.

Steps is a non-profit dedicated to the eradication of poverty.

STEPS was begun in 2008 with a trip to Zambia where the couple along with their foundation were instrumental in raising money for wells that now provide fresh water to some 90,000 people.

Now they are working on a full service hospital also in Zambia along with many other smaller projects in Africa and other parts of the world.

Ryan and Sara are using their athletic achievements as a spring-board to help the less fortunate.

The dinner was a lot of fun and they raffled off some cool prizes ranging from a beach-cruiser bicycle to Forty-Niner tickets to a year's supply of Muscle Milk.

To learn more about the STEPS Foundation go to:

<http://blog.thestepsfoundation.org>

DM Peterson



Cross Country Club Nationals 2012 –

A Special Year to Remember

by **Jonathan Hayden** with contributions
from the **Senior Team** and **Michael Zanetti**

Freezing drizzle and frosty temperatures set the stage for the US Track and Field Cross Country Club Championships in Seattle last December. The best teams from around the country showed up to compete in the Open, Masters and Senior categories.



John Harmon, Larry Meredith, Brad Zanetti, Ty Strange, Paul Berg, Andy Howard, Jonathan Hayden and Don Stewart.

Our Empire Senior Men's team, winners of the Pacific Association X-Country team title, brought 8 team members, Don Stewart, Ty Strange, Andy Howard, Jonathan Hayden, Brad Zanetti, John Harmon, Larry Meredith and Paul Berg, to the race plus one open competitor, Michael Zanetti (Brad's son). I wonder how many fathers and sons have raced in the Nationals before? I doubt there are many, so this is a very rare event.

The Nationals were held just south of Seattle at Jefferson Park golf course. The race course covered 5 loops around the back nine holes which turned out to be perfect for viewing even in the cold damp weather. And it was very cold, 34 degrees and light drizzle forecasted for the day of the race. Race day arrived just as predicted. Cold, grey and damp.



Jonathan Hayden

Everyone was bundled up in the athletes camp, a mix of tents and tarps located under the trees at the center of the 5 loop course. Because it was a National Championship race all team members had to wear multiple numbers, one on the chest, left hip and back (to identify them) plus two timing chips (one on each shoe!). In addition, each team had to check in 15 minutes prior to the race to be officially "checked in" and verified with all the right numbers in all the right places. Luckily, we got in early and checked out quickly thanks to Larry and John who kept us informed and got us all moving in the same direction prior to the race. Unfortunately, the check in tent was the only one that had heaters. More than a few of us took advantage of the low blowing heaters to thaw our frozen toes before the race.

As the race neared we all had to (reluctantly) peel off our warm ups and in some cases large coats. But once the 10 minute warning was given, the weather didn't seem so cold. A number of runners only wore singlets, shorts and shoes despite the cold temperatures (Don Stewart was one of them..).

With the race just minutes away, we were lined up team by team. The Masters race had over 400 runners representing 44 Masters and Senior's teams. It was a who's who of the best Masters and Seniors distance runners in the USA and the largest group of masters competitors the race had ever had. Each team lined up single file with the fastest runner in the front and the rest lining up behind. It was a classic wide start, with the first sharp turn only 500 yards away. It was going to be a fast start.



After a team cheer, we lined up, all 44 teams 8-10 runners deep and waited for the gun to release us. With bang we were off and the race was on.

We had support on the sidelines from Andy's wife Maria, Jonathan's wife Osha, his Mother, Paddy, John's wife, Jill, his two brothers and from Kim Conley.

Some comments from a few of those who participated:



John Harmon –The last time ER Senior Men won the PA Title, I had just turned 50 and was in decent shape. Paul and I were on that PA championship team while others more talented were ahead of us then too. Little has changed. I was just along for the ride then as I was this time. But this was a fitting finale to a championship season guided by Team Captain Larry's steady hand and an abundance of talent at the front of the team.

An impressive Master Men's field, many of these teams are so far ahead of what we are used to that we had little chance against them. And yet here we were – The Empire Runners Club of Sonoma County – standing on the same starting line and proving our mettle. ER showed it can stand with the best of them.

As I hail from Seattle originally, it was a chance for two of my brothers to see me run XC. My mom would have come but as Jonathan points out it was cold. I started out at what I thought was a conservative pace with Larry, only to be surprised that it was too fast. My conditioning built over the season but never got to where I've been in the past, so my plan was to run even and not embarrass the team by dropping out or bonking. I clung to the runners in front of me despite

their older age groups. I could no longer see Coach by Mile 2. By Mile 3 I was calling on everything I had to maintain. Eventually I finished – with even a semblance of a kick to overtake three whom I chased all race. No record book required editing but it was satisfying to compete in a National race. It urges me to aspire to such a race again and to better prepare for it – a admonition we all have after a less-than-satisfying performance.

I've been on a lot of teams in my years and it ranks among my best experiences. There is fire in each member, commitment to each other's teammates and a great person at his core. The good news is we have another crack at it next year.

I couldn't stay for Michael's race, but at our group dinner that night we all shared stories of our day and impressions of "that championship race."



Andy Howard—I didn't think it was as cold as Jonathan describes it. It wasn't like there was snow on the ground. I really had a lot of fun. I commented to Larry, "In what other sport can you go to the national championships and compete in it? Not in football, or baseball, or ?" There were a lot of really fast runners. I found it easier to run well because there were runners either right with me or right behind me the whole way. It was easier to keep going at a good pace than in so many races where you find yourself in "no man's land." It was fun doing a road trip with teammates. Normally, I have trouble staying motivated to go out and train in the dark this time of year, but staying motivated this year wasn't a problem. I would definitely do something like this again. (Not sure I'd want to run in Spokane in the teens with a nasty wind chill, though.)



Don Stewart

Ty Strange

It had been a while since my last big cross country race in Seattle. 33 years to be exact, and just like then, my senior year in high school, the Empire Runners Senior team took a perfect season into December. The cold, foggy conditions reminiscent of my late fall days in Washington gave me a certain calm while watching the early races before ours. The scene, while larger in scale than in '78, evoked the same emotion, energy, and camaraderie all these years later. Like the well prepared team we'd been all season we found our way to the starting line, and once the gun sounded we merged into a thundering herd of some 400+ runners bolting out across the golf course like there was no room for second best. It's awesome to be surrounded by such an enormous amount of talent after so many cross country seasons under the belt. Once the finish line was crossed, and the xc flats stowed away for another year, the senior team celebrated a 7th place finish. Top ten was my hope, and just like those days many years ago, we celebrated a successful season. Once cross country gets in you it sticks forever.

Don Stewart- Don had one word to describe the Nationals in Seattle,
"HUMBLING!"



Brad Zanetti

For me the highlight of the weekend was two-fold:

1- having a quality result driven by an intense camaraderie of my teammates. pushing to help us to the best possible placing. I was proud of our team result, 7th nationally, and knew i could not have pushed any harder on that day.

2- getting to spend quality time at a national level race with your son, pushing ourselves and each other to landmark PRs and reveling in those results. 19 years ago I couldn't have imagined a weekend like this would be possible.

I want to thank John and Larry for all of their efforts all season and getting us up to Seattle as a unified group of runners and friends.



Michael Zanetti

The weekend for me individually was an amazing overall experience. I got to run against some of the best runners in the country which included NCAA Division 1 runners which excites me to no end. My race was amazing and the most challenging mental and physical races I have probably ever had. One of the most enjoyable parts was that I felt like one of the guys with the whole Master's team even though I was the only Open Empire Runner that attended. I wanted to thank the team for really welcoming into the social group. It really made the weekend special.



Paul Berg

I figured we were going to have a good senior XC team this year, but I couldn't have expected it to be this great. Don, Ty and Andy were all turning 50, Jonathan was running well and Brad was coming on strong. We had such depth that we fielded 2 competitive 50+ teams in many of our PA races. Knowing that we had the PA championship sown up (and not that I made much difference either way) I missed the PA championship race in SF to go watch Celeste run at the collegiate D3 race that weekend. When the team decided to compete at the team nationals in Seattle, I was determined to make a good showing.

The Santa Rosa to Seattle direct flight made it especially easy, and I immediately felt it was something special when the first person I recognized at the airport was Julia Stamps. Upon arrival in Seattle, we went directly to the check out the course, where it became clear that there were some serious runners at this event. I thought I recognized Jacqui Wentz (Maria Carrillo and MIT standout) on the course, but couldn't remember her name until too late. I did find her name in the program the next day.

Race day came too soon, I was feeling cold and intimidated at the start, and I wasn't too thrilled by the course, 2km x 5 laps, I was just hoping not to get lapped too many times. I was happy with my finish time, I did get lapped by many masters runners and a few seniors, but at least not by my own teammates. Another star sighting along the route, I was surprised and pleased to be cheered on by Kim Conley, not competing but just checking out the competition.

It wasn't until the next day, talking with Jonathan at the airport, that I realized that I'd had one of those 6-degrees-of-separation experiences. Don had run so well all year, beating all the seniors and most of the top masters as well. When he finished 22nd among the seniors, I was blown away by the depth of the competition. Our team stacked up pretty well, a respectable team 7th place finish, so I was picking Jonathan's brain about these other runners. As someone who has competed at a high level through college and beyond, he was rattling off the names of all the top runners, and one name jumped out at me : Ebner.

As some of you may know, I didn't take up this running thing until the ripe old age of 48. I ran part of a season of cross country and then track in high school, only to be distracted by the evils known as S-D-R&R. Mostly the last two. I've often thought of what would have been if I'd seriously attempted running in high school, especially since, in retrospect, we had a great cross country program, largely due to the Ebner family. The winner of the Senio'rs December race was Matt Ebner from Southern Cal, so I did some Google stalking upon my return home and here's what I found:

[http://www.elcamino.edu/faculty/mebner/MEInfo/Office-Bio.htm#Matt's Bio](http://www.elcamino.edu/faculty/mebner/MEInfo/Office-Bio.htm#Matt's%20Bio)

Theresa Ebner was in my class of '73, and we thought she was a freak to be running (this was pre-Title IX). My younger brother Andy was in Matt's class, and he told me that in his late 20's he was on a backpacking trip on Mt Whitney with several Ebiners, who decided to run the last little 2000ft elevation 5 mile part.

I'm grateful for all that running has given me at this stage in my life, and glad I've encouraged it in my daughter a bit earlier, but sometimes I wonder "what if...?"



Jonathan Hayden- Despite the cold, racing at the National's was a great experience. Being from Seattle, like John, gave me a bit more motivation to race well. Having Osha, my wife, and my mother come out on such a chilling day made it all quite special. Also, seeing, in person, some of the top Masters and Open runners compete and having the opportunity to compete not only with them, but with my Empire team mates in the team division was a rare and rewarding experience. I am proud of the fact that we (Empire) all ran well as a team and placed in the top ten nationally. It was inspiring for me.



Larry Meredith-Team Captain

Early in the fall I had a feeling a team of Empire Runners Senior Men would be ending their cross country season by testing themselves against the country's best clubs. After all, they were not meeting much resistance in the Pacific Association series and many in the group had Seattle connections. And I was hoping to go along for the ride.

It was pretty cool that the top eight runners on our team committed to make the trip. I thought we were a pretty dedicated bunch, spending upwards of \$500 each to travel to Seattle for the privilege of finding out how much pain we could endure while circling round and round a flat golf course with several hundred strangers under gray skies. And then we started meeting runners coming from Houston, Charlotte, Boston, New York and Minnesota. That made me realize that this was no ordinary gathering and our commitment paled in comparison to most in the field.

As team captain my main job was to avoid screwing up. There was a month's worth of e-mails that focused on the team uniform requirements alone. On the eve of the race the meet organizers at first laid

down the law that we would be checked, double-checked and triple-checked for uniform uniformity, apparently down to the last stripe on everyone's shorts. But just before the meeting ended a different tone emerged and what they really were trying to communicate is that all team members look like they belong together and no, they weren't going to employ the use of a spectrophotometer to make sure our tops were all truly royal blue shade #37. A huge relief, considering our boys would wear different shirt styles and maybe not completely black shorts.

On race morning I barked at the boys to get into the uniform inspection tent as soon as it opened an hour before the start. A good choice as the other teams were soon lined up a hundred yards behind us. After that I could relax and let our guys do their thing.

The race itself is kind of a blur for me, if a blur can occur in super-slo-mo. The start was on a wide open fairway and within a hundred yards the leaders were 200 yards ahead of me. The mass of bodies surging before me reminded me of the start of a huge marathon yet there was no hindrance to my pace. Man, everybody here is fast! Except for me!

As always, I tried to creep along at the start in order to limit my suffering later on. On lap one, thanks to the age group bibs hanging from our backs, I noticed that most of my conquests as I moved up through field were runners in the 70-74 and 65-69 divisions.

At mile 1 my pal John Harmon was near but the rest of our teammates were long gone ahead of us. A 6:40 opening mile really was the pace I wanted to maintain for the entire 10,000 meters. An achilles problem had limited me to just a couple of runs in the previous 5 weeks so I wasn't sure what to expect.

When mile 2 went by in 6:51 I adjusted my goals appropriately. Now all I wanted to do was avoid a 7-minute mile over the last 4. Although I was slowing I was still passing runners and now some were under 65 years old.

I settled in at a pace of 6:57 for the next 3 miles. About half way through my 4th lap, nearing mile 4, I saw the lead ATV buzz by and knew that I was about to be lapped. Not unexpected but, *man*, this soon?!?! At least I was able to briefly witness the intense battle among the top 4 masters runners. A handful of others came past before I reached the beginning of lap 5 at 8000 meters. After that I accomplished another of my mini-goals, which was to avoid being passed on the final circuit. I managed a kick to reel in one final victim as we approached the



finish chute and then reveled in the obscure fact that I had kept it under 7:00 for each mile of the race.

Looking at my individual results was a sobering moment. In my 50-54 sub-division I placed 74th of 87. Overall, 291st of 356 masters runners. Fortunately, my teammates Don, Ty, Andy, Jonathan, Brad and Paul had secured 7th place among the 17 scoring team in the 50-59 age group. So I'll hang my hat on that!

All-in-all, a pretty special event to be a part of and some memorable times (and I don't mean my race splits!) with great friends. - L. Meredith

A memorable event for all of us

Our Empire team ran well despite the cold, damp and slippery conditions, placing 7th overall in the 50+ team race. All of our Seniors ran well, representing our club with distinction. Our lone Open competitor, Michael Zanetti, ran a great race placing 209 and ran 33:55 in the Open division! We all had a lot of fun and hope to have the opportunity to run in the Nationals for Empire again.



Breaking Performance Plateaus

We all have good reasons for running such as for our health, or for socializing, or for the competitive aspect of the sport. I run for all of these reasons but especially for the competition.

It is the competition that motivates me to improve but for years I wasn't improving. My marathon plateau (3:08) lasted a decade. But at CIM 2010 I was ready to throw in the towel thinking, "I will never run a sub-3 hour marathon." I took the pressure off myself and hit a 3:05.

After that I BELIEVED that I could run a sub-3 hour race.



I sought the help of my friend and coach Sky Pile and hit a 2:54 at the 2011 CIM.

Positive belief is powerful and was the critical factor that helped me break through the plateau.

We can always do more, we can always dig deeper but first we need to believe in our ability to do so.

Joe Bootier

Empire Runners Club Hall of Fame 2012

Shirley Fee

b. 9/19/1940



Shirley moved to Santa Rosa in 1995 and didn't start running until February 1999 at the age of 58. Fee ran her first marathon in June of 1999. It wasn't until her early 60s when Shirley started placing in her age group, "I think I've gotten better as I get older."

During Shirley's running career, she has competed in 13 marathons, 1 Way 2 Cool 50K and run the Boston Marathon four times, placing second in her age group in 2011. In addition, she has run the Boggs Mountain 50K, The North Face Challenge 50K and Marin Headlands 50K.

Some of Shirley's top performances in her age group include:

- 1st, Hit the Road Jack 10K 2006 (Age Grade 81.96%)
- 1st, Wine Country Half Marathon 2006 (Age Grade 80.51%)
- 2nd, PA & Western Regional Championships 2006 (Age Grade 87.95%)
- 1st, Nike Women's Half Marathon 2009 (Age Grade 81.15%)
- 2nd, Boston Marathon 2010 (Age Grade 80.58%)
- 1st, Avenue of the Giants Half Marathon (Age Grade 84.95%)

In addition to the time spent training and competing in races, Shirley has volunteered with several local organizations, including Team in Training and Girls on the Run. Shirley has spent over two years as Empire Runners Sponsorship Director and volunteered at countless club events and races. She is also the Race Commissioner for The Council on Aging, another volunteer position.



Empire Runners Club Hall of Fame 2012

Jon Hermstad

b. 7/27/1948

Jon “Thermo” Hermstad is one of the Empire Runners Club’s international running stars... or perhaps our only actual international running star. Born in Norway, Jon grew up on a dairy and pig farm. Running was a part of life on the farm. Cows and pigs don’t always come when their names are called. The schoolhouse was located five kilometers from home – a distance that needed to be covered on foot or ski.

Running was not Jon’s first success. He tried ski jumping and found it the most thrilling sport in which he ever competed. Later he changed to cross-country skiing, which he did for a couple decades. As a multi-sport athlete, Jon had a stint with biathlon (that’s shooting and skiing, not running and biking), soccer, handball and orienteering. Outdoor activities are a big deal in Norway!



Jon took up competitive running at age 15 without any specific training. He ran mostly on lactic acid, but a year of obligatory military service at age 20 toughened him up.

Jon continued running cross country, relays, track events and trail races. His PRs included a 4:07.6 1500m (track), 15:56.8 5000m (track) and 48:57 15k (road – 5:15 mile pace!).

One of the biggest events for Jon and Norway are the annual Holmenkollen Relays in Oslo, in which 1,500 teams compete. There are 15 members per team running distances ranging from 600m to 3k.

Jon moved to California with his American wife in 1979 but returned to Norway twice before settling down. In 1990 he joined the Empire Runners Club and has been a member ever since.

A regular at many club events, Jon has placed or won his age group in more than a few. His top accomplishments include a 35:30 10K, 2:12 800m and 4:52 mile.

More recently, Jon has competed in several trail runs and half marathons, winning his age group at the Santa Rosa Half Marathon in 2009 and the Humboldt Half Marathon in 2011.

Empire Runners Club Hall of Fame 2012

Jerry Lyman

b. 3/31/1949

Jerry's first experience with endurance running was as a lab rat for grad students in the P.E. Department at the University of Illinois at age 9, where they stuck him on a treadmill with a breathing harness on his head. Since then he has loved to run.

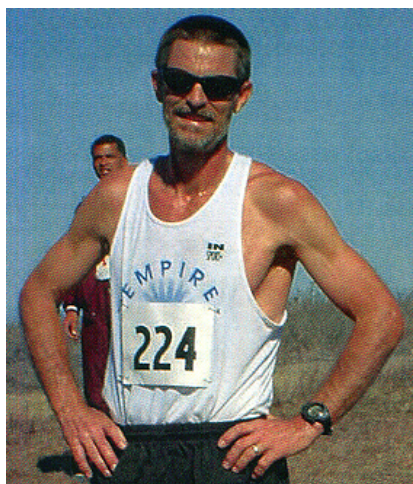
In high school, Jerry's athletic obsession was basketball, where he was a starter on the varsity team as a junior and senior. While not a prolific scorer, he could hustle up and down the court like no other. In his junior year in 1966 the team made it all the way to the Sweet Sixteen of the Illinois State Basketball Tournament – the apex of his basketball career.

Jerry also ran cross country and track in high school. He was the 5th man on the cross country team that easily won conference and regional titles. In track, Jerry competed in the 440 yard dash and broad jump.

Jerry attended college in the Boston area from 1967 to 1971, a period of great political turmoil. Athletics was not a priority for him during this time.

After college, Jerry switched coasts and joined his brother in Palo Alto. The 70s running boom was taking off and a new hobby was born. After a few weeks of training and a couple trial races he jumped into his first marathon – the Belmont. He held up for 18 miles and then hit the wall. Within minutes he was passed by the infamous 64 year-old Walt Stack relating an off-color joke to a young woman running beside him. He never got to hear the punch line and wouldn't run another marathon for 27 years.

Jerry remained mostly a recreational runner for the next couple decades before joining the Y in 1996. There he met Ralph Harms, who led the group exercise class that included a short run at the end. Ralph encouraged Jerry to run some races, which eventually lead him to the Empire Runners Club. He joined the club in 1997 at the age of 47.



Ralph's encouragement and the Empire Runners changed his life. By the time he turned 50 Jerry was in the best shape of his life. In the decade following, he broke the 80% age-graded Hall of Fame threshold in over 40 races, including at the age of 50 a 35:58 10K (85.35%) and a 28:41 8K (84.5%), both in PA series races, and a 17.53 5K on the track. He also won 5 Dipsea black shirts and ran a 2:57 CIM Marathon to qualify for Boston, which he ran in 2000.

In addition to Jerry's success as a runner, his participation in club affairs has been extensive. He has served at one time or another as club president, vice president, membership director, newsletter editor, club race coordinator, Kenwood and Empire Open race director, website admin, insurance and permit admin, cross country captain and member of numerous committees.



Board Meeting Minutes

January 7, 2012

Val Sell's House

Present:

Lisa Isabeau
Jerry Lyman
Larry Meredith
Tanya Narath
Will Ortlinghaus
Dale Peterson
Val Sell

This meeting of the Board was called in order for the seven Board members to elect club officers for 2012 and to talk about the organization of the upcoming club meetings.

The meeting was called to order at 6:14 PM.

The monthly club meeting time will be moved back to 6:30 PM until Daylight Savings in the spring.

Will has reserved the meeting room at Round Table for January's meeting and will go ahead and reserve the room for the rest of 2012.

Motions were made and passed, unanimously, for the following officers for 2012:

Lisa Isabeau - Secretary
Tanya Narath - Treasurer
Will Ortlinghaus- Vice President
Larry meredith – President

Changes to the monthly meeting agenda

We will separate the business agenda from the social agenda. Minutes will only be taken on the business agenda items, which will be presented first at each meeting.

The Board members will approve the minutes from the previous meeting prior to each meeting. The minutes will still be printed in the newsletter but will not be read aloud at the monthly meeting.

Immediately prior to the start of the monthly meeting, the President and Vice President will entertain last minute changes/additions to the agenda. It will be up

to the attending Board members to approve or postpone the proposed changes/additions.

Officer's reports given during the business part of the agenda will be limited to club business only.

The Board may have email "discussions" or special meetings if necessary but all voting will be done in front of members present at the monthly meeting.

The social agenda will be for things like race reports, upcoming races, program (education/entertainment), the raffle and non club events.

A motion was made to eliminate the random \$200 drawing. Motion passed unanimously. If we want to continue the monthly raffle drawing, which benefits the student scholarship fund, we need a club member who regularly attends the meetings to take charge of this

Board Goals for 2012

We did not spend much time on goals but the two things that came up were 1) the need of a new timing system, 2) the need for a more defined budget.

The Board members need to sign a Conflict of Interest form which will be kept on file by the secretary. The officers need to renew their PA membership ASAP.

Reagan Masi has stepped down as Membership Director. Val Sell and Gil Moreno will take over.

Meeting adjourned at 7:30 PM.

Lisa Isabeau

Empire Runners Secretary



Club Meeting Minutes

January 26, 2012

Round Table Pizza, Santa Rosa

Board Members Present:

Lisa Isabeau
Jerry Lyman
Larry Meredith
Tanya Narath
Will Ortlinghaus
Dale Peterson
Val Sell

Call to Order: The meeting was called to order at 6:31 PM.

Approval of Minutes: Club meeting December 15, 2011 – motion carried

Board of Directors Meeting
January 7, 2011 – motion carried

Officer's Reports

Introduction of 2012 Officers: President, Larry Meredith; Vice President, Will Ortlinghaus; Secretary, Lisa Isabeau and Treasurer Tanya Narath

Treasurer's Report

- Tanya presented the Treasurer's Report (attached).
- Motion: to "Remove John Harmon and Paul Berg from the Exchange Bank account." – motion carried.
- Tanya also suggested looking into having a CPA do the 2011 taxes. She has not seen the 2010 tax report. She will also look into bookkeeping services.
- Tanya has moved the PayPal balance into our savings account. At the next meeting she will make a proposal as to what we should do with that money.

Committee Reports

Club Party Committee: Due to low online response, there will be no increase for online or day of purchase of entry tickets to the club party. An email will be sent out to that effect.

Fleet Feet Grand Prix: Gerald will present the 2011 awards at the club party. Bob Rogers, with the help of Jerry Lyman, will do the 2012 Grand Prix scoring. The schedule and new rules are not yet online.

Sponsorship and Promotion:

Shirley Fee will continue in this position until we find a new chair.

Shirley has had confirmation from some of our club sponsors for the new year. A new sponsor will be University of Sports.

Student Grant Fund: Alec Isabeau reported that the committee is open to discontinuing the Student Grant Fund after this year due to waning applications.

Website: Chris Mason reported that race results and records have been simplified and are more organized.

Unfinished Business

Timing System: Jerry Lyman, John Staroba and Chris Mason are still working on a new timing system.

New Business

Casa Grande Track: Motion: that the "Empire Runners donate \$2200 to the Casa Grande High School Track Renovation Project." - motion carried

Alex Wolf-Root is seeking sponsorship for the Heart and Sole Festival of miles in May. After some discussion, the proposal will be considered at the next meeting.

Announcements

Valley Ford Relays: Club members can still get free registration by registering as individuals online even though it is a team race.

Adjournment of Business Meeting 8:34 PM.

**Lisa Isabeau
Empire Runners Club Secretary**



TREASURER'S REPORT AS OF December 31, 2011

Current Assets

Checking/Savings

Chase Bank Certificates of Deposit	\$2,351
Exchange Bank	\$17,559
PayPal Money Market	<u>\$46,323</u>

Total Checking/Savings \$66,233

Petty Cash \$425

Total Current Assets \$66,658

Fund Balances

2011

2010

Annadel Half Restricted Fund Balance	\$10,843
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Student Grant Restricted Fund Balance	\$2,711	\$1,853
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Empire Runners Club Fund Balance	\$53,105	\$33,914
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Donations

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

Race Income and Expense

2011

2010

<u>Last 10K</u>		
Race entry fees	\$4,531	
Race expenses	(\$1,216)	
Net Income	\$3,315	

2012 Resoulition Run 5K (3.1 miles) - Montgomery HS - Sunday, Jan 1

Course Records:

Men: Reese Byers, 19, 15:11, 2012 (previously: Tom Brooks, 30, 15:28, 2009)

Women: Julie Nacouzi, 17, 18:08, 2011

Overall Place	Order of Finish	Time	First	Last	Gender	Age	Member Status
1	1	15:11	Reesey	Byers	male	19	Non-member
2	2	16:20	Luis	Luna	male	17	ERC
3	3	16:59	Sebastian	O'Berough	male	20	Non-member
4	4	17:00	Jesse	Fenn	male	18	Non-member
5	5	17:26	Kenny	Brown	male	42	ERC
6	6	17:33	Clint	Stevens	male	38	ERC
7	7	17:39	Niels	Thompson	male	48	ERC
8	8	17:45	Andrew	Gaidus	male	22	Non-member
9	9	17:46	Gregg	Jennings	male	41	ERC
10	10	18:03	Eric	Downing	male	40	ERC
11	11	18:13	Jonathan	Hayden	male	55	ERC
12	12	18:25	Andy	Howard	male	50	ERC
13	13	18:28	Rylee	Bowen	female	12	ERC
14	14	18:29	Sean	Fitzpatrick	male	39	ERC
15	15	18:33	Bryan	Bei	male	22	Non-member
16	16	18:44	Danny	Aldridge	male	55	ERC
17	17	18:57	brad	zanetti	male	57	ERC
18	18	18:58	Taylor	Falk	female	18	Non-member
19	19	19:02	Nicole	Lane	female	17	ERC
20	20	19:07	Blake	Jamar	male	14	Non-member
21	21	19:08	Brandon	Crowell	male	36	ERC
22	22	19:13	Alexandra	Sciocchetti	female	16	Non-member
23	23	19:19	Bryan	Porter	male	49	ERC

24	24	19:32	Christopher	Alejos	male	32	ERC
25	25	19:39	Dakota	Iribarne	male	15	ERC
26	26	19:44	Larry	Meredith	male	54	ERC
27	27	19:51	Paul	Berg	male	56	ERC
28	28	19:54	Eli	Rosen-Duran	male	14	ERC
29	29	19:55	Peter	Kirk	male	47	ERC
30	30	19:59	Douglas	Murdoch	male	46	ERC
31	31	20:06	Karen	Frindell Teuscher	female	35	ERC
32	32	20:07	Val	Sell	female	47	ERC
33	33	20:10	Alvin	Otani	male	50	Non-member
34	34	20:15	Philippe	Thibault	male	46	ERC
35	35	20:30	Mark	Cole	male	38	ERC
36	36	20:35	Raoul	Friedmann	male	18	Non-member
37	37	20:37	Steve	Thunen	male	41	Non-member
38	38	20:41	Jerry	Lyman	male	62	ERC
39	39	20:44	Julie	nacouzi	female	18	ERC
40	40	20:48	James	Wiley	male	41	ERC
41	41	20:58	Ean	Franceschi	male	13	ERC
42	42	20:59	Job	Skandera	male	10	ERC
43	43	21:02	Trevor	Swallow	male	35	ERC
44	44	21:03	Stephen	Rauch	male	48	ERC
45	45	21:06	Matt	Schiffer	male	37	ERC
46	46	21:15	Raina	Sciocchetti	female	13	Non-member
47	47	21:17	Kate	Bowen	female	10	ERC
48	48	21:18	Nehemiah	Skandera	male	9	ERC
49	49	21:20	William	Rostel	male	52	ERC
50	50	21:24	Chris	Edwards	male	21	Non-member
51	51	21:24	Rebecca	McLean	female	51	Non-member
52	52	21:26	Brendan	Hutchinson	male	68	ERC
53	53	21:32	Jason	Petersen	male	21	Non-member
54	54	21:34	Ryan	Weidling	male	31	Non-member

55	55	21:36	Antoine	Thibault	male	14	ERC
56	56	21:38	Odessa	Schexnaydre	female	38	ERC
57	57	21:42	Henry	DeGroot	male	48	ERC
58	58	21:43	Lon	Wiley	male	63	ERC
59	59	21:48	Jonathan	White	male	31	Non-member
60	60	21:53	Yuji	Matsumoto	male	20	Non-member
61	61	21:53	Jon	Hermstad	male	63	ERC
62	62	22:05	Vernon	Stafford	male	57	ERC
63	63	22:12	Rob	Main	male	53	ERC
64	130	22:12	Eric	Ballatore	male	32	ERC
65	64	22:21	Delaney	White	female	13	ERC
66	65	22:24	Karen	Kissick	female	54	ERC
67	66	22:24	Kathy	White	female	47	Non-member
68	67	22:31	Michael	Quigley	male	60	ERC
69	68	22:34	Steven	Wong	male	36	Non-member
70	69	22:35	Ryan	Terschuren	male	28	ERC
71	70	22:36	Tori	Meredith	female	54	ERC
72	71	22:43	Joe	Sanchez	male	55	ERC
73	72	22:49	Louis	Sciocchetti	male	57	Non-member
74	73	23:01	Brian	Morrey	male	37	ERC
75	74	23:04	Justin	Nichols	male	14	ERC
76	75	23:10	Anthony	Garber	male	n/a	ERC
77	76	23:10	Alyce	Parks	female	52	ERC
78	77	23:13	Carl	Triola	male	42	ERC
79	78	23:15	Bruce	Leary	male	60	Non-member
80	79	23:17	Laura	Forsmith	female	40	ERC
81	80	23:17	Jim	Parks	male	58	ERC
82	131	23:20	Jarod	Backens	male	21	ERC
83	81	23:25	Abraham	Skandera	male	11	ERC
84	82	23:26	Jennifer	Ortlinghaus	female	41	ERC
85	83	23:26	Michael	Metela	male	65	ERC

86	84	23:27	Mark	Martindill	male	53	Non-member
87	85	23:29	Kelly	Gaab	female	40	ERC
88	86	23:34	Shelli	Main	female	50	ERC
89	87	23:36	Chi-Hay	Cheung	male	33	Non-member
90	88	23:36	Brent	Leever	male	50	Non-member
91	89	23:38	David	Veveiros	male	51	ERC
92	90	23:41	Lidia Karina	Alcazar	female	35	ERC
93	91	23:43	David	Sell	male	47	ERC
94	132	23:52	Rick	Wells	male	59	ERC
95	92	23:54	Lisa Titus	Isabeau	female	53	ERC
96	93	24:01	Danneca	Skandera	female	35	ERC
97	94	24:06	Jen	Clouse	female	26	ERC
98	95	24:10	Robert	Holland	male	67	ERC
99	96	24:22	Diego	Garcia	male	12	ERC
100	133	24:22	Dan	Gutierrez	male	58	Non-member
101	97	24:27	William	Rogers	male	50	ERC
102	98	24:28	Jenny	Li	female	36	Non-member
103	134	24:37	Zach	Rounds	male	33	ERC
104	99	24:47	Susan	Hesterberg	female	48	Non-member
105	100	24:48	Phil	Melman	male	46	Non-member
106	101	24:53	Galen	George	male	55	ERC
107	102	24:54	Bailey	Couey	female	11	Non-member
108	103	24:59	Glenn	Hoffman	male	51	Non-member
109	104	25:16	Aiden	Strunk	male	8	ERC
110	105	25:17	Christopher	Strunk	male	41	ERC
111	106	25:18	Jay	Reed	male	52	ERC
112	135	25:19	Sheila	Masi	female	57	ERC
113	136	25:21	Duncan	Hatch	male	14	Non-member
114	107	25:30	Stephanie	Nacouzi	female	53	ERC
115	108	25:37	Robert	Collins	male	50	Non-member
116	109	25:42	Janet	McCann	female	53	Non-member

148	158	27:41	Hanna	Monette	female	14	Non-member
149	159	27:42	Cory	Monette	male	42	Non-member
150	160	27:42	Ernst	Bohn	male	71	ERC
151	161	27:48	Mattie	Cancino	female	37	Non-member
152	162	27:51	Julie	Owens	female	56	ERC
153	163	27:54	Nico	Zamora	male	8	ERC
154	164	27:56	Vernon	Shipley	male	64	ERC
155	165	27:57	Rick	Zamora	male	40	ERC
156	166	28:01	Roberta	Kralj	female	26	ERC
157	167	28:03	Nataleigh	Johnson	female	8	ERC
158	120	28:05	George	Ridout	male	69	Non-member
159	168	28:10	Susan	Kelleher	female	37	ERC
160	121	28:22	Susan	Hall	female	53	Non-member
161	169	28:24	Rosario	Ballatore	female	32	ERC
162	170	28:28	Jan	Schwartz	female	53	Non-member
163	171	28:29	Heidi	Cusworth	female	43	ERC
164	172	28:30	Bill	Cusworth	male	44	ERC
165	173	28:36	Dale	Trowbridge	male	71	ERC
166	122	28:41	Diane	Palczny-Stevenson	female	59	ERC
167	174	28:43	Esther	Lemus	female	39	Non-member
168	175	28:45	Michelle	Thomson	female	45	ERC
169	176	28:50	Shannon	Beahan	female	26	Non-member
170	123	28:51	Julius	Schillinger	male	64	Non-member
171	177	28:54	Leslie	Wolcott	female	51	ERC
172	178	28:56	Sarah	Skandera	female	7	ERC
173	179	28:59	Jodi	Zamora	female	40	ERC
174	124	29:06	Darryl	Beardall	male	75	ERC
175	180	29:08	Patti	Mason	female	52	ERC
176	181	29:11	Karen	Bei	female	56	ERC
177	182	29:43	Zack	Thomson	male	17	ERC
178	183	29:58	Nick	Rogers	male	26	ERC

179	184	30:01	Mary	Filshie	female	38	ERC
180	185	30:03		unknown			
181	186	30:07	Tracy	Tillinghast	male	48	Non-member
182	187	30:09	Jack	Littleton	male	9	ERC
183	188	30:16	Laura	White	female	41	ERC
184	189	30:20	Carl	Jackson	male	78	ERC
185	190	30:20	Patty	Foster	female	50	ERC
186	125	30:26	Eric	Nordvold	male	64	ERC
187	191	30:31	kathrin	Rettler	female	68	ERC
188	126	30:34	Brett	Daniel	male	46	ERC
189	127	30:34	Sara	Daniel	female	12	ERC
190	192	30:37	Jillian	Erts	female	12	Non-member
191	193	30:46	Sebrina	Grillo	female	44	Non-member
192	194	30:48	Amy	Melman	female	8	Non-member
193	195	30:49	Jen	Melman	female	40	Non-member
194	196	30:51	Roberto	Martinez	male	19	Non-member
195	197	30:52	Sara	Wisnia	female	36	ERC
196	198	31:11	Drue	Rostel	male	49	ERC
197	199	31:11	Dawn	Mawhinney	female	42	ERC
198	200	31:12	Stephanie	Solari	female	31	ERC
199	201	31:13	Steven	Solari	male	32	ERC
200	202	31:22	Sara	Azat	female	45	ERC
201	203	31:24	Ashley	Marr	female	12	Non-member
202	204	31:26	Lacy	Perron	female	23	Non-member
203	205	31:42	Erica	Bosque	female	28	ERC
204	206	31:48	Mia	White	female	11	Non-member
205	207	31:49	Abbey	Reuter	female	11	Non-member
206	208	31:49	Donna	McPherson	female	39	ERC
207	128	32:04	Scott	Allred	male	26	Non-member
208	129	32:05	Chris	Smith	male	32	ERC
209	209	32:06	Lisa	Anderson	female	43	ERC

210	210	32:19	Carter	Daniel	male	9	ERC
211	211	32:20	Rachel	Daniel	female	41	ERC
212	212	32:25	Steve	Einstein	male	56	Non-member
213	213	32:36	Walt	Basinger	male	61	Non-member
214	214	32:38	Rae	Backens	female	18	ERC
215	215	32:43	Chris	Lyman	male	60	Non-member
216	216	33:00	Anthony	Martin	male	38	ERC
217	217	33:01	Shoshoun	Smith-Vargas	female	37	ERC
218	218	33:02	Dale	Leyhe	male	80	ERC
219	219	33:08	Diane	Backens	female	48	ERC
220	220	33:29	Khanh	Truong	female	44	ERC
221	221	33:41	sami	nacouzi	male	8	ERC
222	222	33:41	George	Nacouzi	male	13	ERC
223	223	33:42	James	Malone	male	19	Non-member
224	224	33:47	Cindy	Beth	female	44	Non-member
225	225	33:50	Bob	Bellino	male	69	ERC
226	226	34:00	Kendall	Lohrmann	female	25	Non-member
227	227	34:03	Maya	Nichols	female	11	ERC
228	228	34:16	Natalie	Young	female	45	ERC
229	229	34:16	Catherine	Martin	female	9	Non-member
230	230	34:24	Dianne	Martin	female	36	Non-member
231	231	34:24	Michael	Hinton	male	69	ERC
232	232	34:25	Lael	Joseph	female	8	Non-member
233	233	34:25	Carrie	Joseph	female	41	Non-member
234	234	34:35	Eric	Jorgeson	male	56	Non-member
235	235	34:41	Jared	Beth	male	14	Non-member
236	236	34:56	Robin	Stovall	female	52	ERC
237	237	34:57	Phil	Hill	male	46	Non-member
238	238	34:57	Andrea	Hill	female	45	Non-member
239	239	34:58	Patty	Barnes	female	45	Non-member
240	240	35:02	Travis	Carranza	male	27	ERC

241	241	35:02	Jenean	Bingham	female	48	Non-member
242	242	35:03	Andrew	Supinger	male	29	ERC
243	243	35:04	Chris	Oliver	male	36	ERC
244	244	35:05	Jon	Elder	male	33	ERC
245	245	35:08	Liz	Ellis	female	50	Non-member
246	246	35:30	Jessica	Toste	female	33	Non-member
247	247	35:34	Mary	Kern	female	61	ERC
248	248	35:45	Brandy	Bolt	female	46	ERC
249	249	35:52	Summer	Supinger	female	33	ERC
250	250	35:52	Elaine	Oliver	female	38	ERC
251	251	35:52	Jill	Prickett	female	43	ERC
252	252	35:55	Alice	Marr	female	42	Non-member
253	253	36:25	John	Anderson	male	58	ERC
254	254	36:26	Katherine	Dowdall	female	49	ERC
255	255	36:33	Christina	Erasmý	female	43	Non-member
256	256	36:34	Mike	Harris	male	41	ERC
257	257	36:40	Laneil	Jorgeson	female	54	Non-member
258	258	36:46	Charlie	Johnson	male	39	ERC
259	259	36:53	Barbara	Saramstad	female	52	Non-member
260	260	36:55	Debbie	Covey	female	50	Non-member
261	261	36:59	Lauren Ann	Read	female	30	Non-member
262	262	37:09	Theresa	Manchester	female	54	ERC
263	263	37:11	Ron	Franklin	male	69	ERC
264	264	37:30	Michelle	Elder	female	37	ERC
265	265	37:30	Michael	Abbadessa	male	55	ERC
266	266	37:44	Michaeli	Abbadessa	female	20	ERC
267	267	37:44	Ann	Smith	female	42	ERC
268	268	37:56	Hayden	Byrne	male	6	ERC
269	269	38:59	Matt	Byrne	male	50	ERC
270	270	39:00	Jacque	Westermeýer	female	29	Non-member
271	271	39:14	Pam	Alderette	female	57	Non-member

272	272	39:39	Ashley	Louha	female	29	Non-member
273	273	40:06	Charles	Berg	male	14	ERC
274	274	40:21	Kyla	Jones	female	15	ERC
275	275	41:21	Cheryl	Rauch	female	45	ERC
276	276	41:21	Katherine	Enders	female	32	ERC
277	277	41:53	Elizabeth	Berg	female	12	ERC
278	278	41:54	Tessa	Berg	female	39	ERC
279	279	42:16	karen	Wells	female	57	ERC
280	280	42:17	Ellen	Sours	female	55	ERC
281	281	42:24	Tom	Sours	male	56	ERC
282	282	42:33	Lucy	Waterbury	female	37	ERC
283	283	42:34	Christian	Rauch	male	8	ERC
284	284	42:51	Darron	Hocker	male	32	ERC
285	285	43:08	Beth	Johnson	female	34	ERC
286	286	43:09	Dennis	Dunn	male	55	Non-member
287	287	43:31	Iris	Lovelace	female	45	Non-member
288	288	43:38	Dylan	Thomson	male	6	ERC
289	289	43:39	Dan	Thomson	male	46	ERC
290	290	43:39	Dick	Owens	male	57	ERC
291	291	43:50	Kate	Monette	female	10	Non-member
292	292	43:51	Amy	Monette	female	41	Non-member
293	293	44:03	Jane	Huynh	female	43	ERC
294	294	44:14	Mary	Frost	female	49	Non-member
295	295	44:15	Pamela	Horton	female	68	ERC
296	296	44:24	George	Urdzik	male	68	ERC
297	297	44:47	Adam	Joseph	male	5	Non-member
298	298	45:10	Matt	Joseph	male	41	Non-member
299	299	45:21	Gery	Swallow	female	30	ERC
300	300	45:31	Cristine	Rogers	female	61	Non-member
301	301	46:32	Kimiko	Fagundes	female	6	ERC
302	302	46:37	Addison	Cave	female	2	ERC

303	303	46:38	unknown			
304	304	46:50	Cave	female	28	ERC
305	305	50:16	Wesley-Fagundes	female	40	ERC
306	306	50:16	Cave	male	33	ERC
307	307	50:17	Vasquez	female	41	Non-member
308	308	50:17	Bullock	female	41	Non-member
309	309	50:17	Quigley	female	58	Non-member
310	310	50:21	Alcazar	female	28	Non-member
311	311	52:13	Ratcliffe	female	45	Non-member
312	312	54:07	Malone	male	17	Non-member
313	313	56:04	Malone	female	66	Non-member
314	314	56:16	Nacouzi	male	6	ERC
315	315	56:17	Nacouzi	female	21	ERC
316	316	58:27	Younglove	female	65	ERC
317	317	58:28	Berg	male	8	ERC
318	318	58:35	Berg	male	4	ERC
319	319	58:36	unknown			
320	320	1:20:54	Fagundes	male	46	ERC



Valley Ford Relays - Sunday February 19th - 9:00am



4-person teams; each runner runs 2.75 miles on picturesque west county rural roads. Organize a team prior to the race or just show up on race day and we will assign you to a team.


This race is free for Empire Runners Club members who register online. Members should enter the email address on file with the club to access the free option.)

Online registration deadline is Friday, February 17.

Race day registration for Empire Runners Club members: \$10

Race day registration for non-members: \$15

onlineservices@empirerunners.org

	<p>March 31st</p> <p>Look for local retailers hosting races!</p>
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A virtual race that can be run anywhere – connecting to the global running community.

Runners create their own 5K course or participate in an established local race.

After running, participants submit their times on-line, compare themselves to runners all over the world and win prizes.

Benefitting the Dick Beardsley Foundation, a non-profit organization serving to educate the public about the benefits of leading a healthy, active, chemical free lifestyle. **\$25 Entry Fee is tax deductible!**

For more information and to register go to <http://www.atw5k.com>

Facebook: <https://www.facebook.com/pages/Against-the-Wind/135969378825>

Blog: <http://atw5k.blogspot.com/>

Twitter: @atw5k

February 2012

January 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2012

S	M	T	W	T	F	S
1	2	3	4			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March 2012

S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

grouptraining@empirerunners.org
 chris@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 8M at Medium Pace 8:00 AM Parktrail Drive	30 7:00 PM 1932 Yolo Court, SR	31 12x400m at 2M Goal Pace 5:30 PM Heart & Sole Run Drive, SR 5:30 PM 3390 Princeton Drive, SR	1 5:30 PM Fleet Feet Run	2 7M w/2.5M Tempo 4:30 PM Howarth Park	3	4 8:30 AM Railroad Square, SR 5:00 PM ER Club Awards Banquet
5 12M at Medium Pace 8:00 AM Channel Drive	6 7:00 PM 1932 Yolo Court, SR	7 6M w/12x1...t 1M Goal Pace 5:30 PM Heart & Sole Run Drive, SR 5:30 PM 3390 Princeton Drive, SR	8 5:30 PM Fleet Feet Run	9 7M w/3M Tempo 4:30 PM Howarth Park	10	11 8:30 AM Railroad Square, SR
12 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM Tamalpa Couples Relay	13 7:00 PM 1932 Yolo Court, SR	14 Hill Repeats, 10x30sec. 5:30 PM Heart & Sole Run Drive, SR 5:30 PM 3390 Princeton Drive, SR	15 5:30 PM Fleet Feet Run	16 5M w/1.5M Tempo 4:30 PM Howarth Park	17	18 8:30 AM Railroad Square, SR
19 9:00 AM Valley Ford Relay 4x2.75M	20 7:00 PM 1932 Yolo Court, SR	21 5M with Street Sign Intervals 5:30 PM Heart & Sole Run Drive, SR 5:30 PM 3390 Princeton Drive, SR	22 5:30 PM Fleet Feet Run	23 6M w/10x1min at 5K Pace 4:30 PM Howarth Park 6:30 PM ER Club Meeting	24	25 8:30 AM Railroad Square, SR
26 10M at Medium Pace 8:00 AM Parktrail Drive	27 7:00 PM 1932 Yolo Court, SR	28 Hill Repeats, 10x90sec 5:30 PM Heart & Sole Run Drive, SR 5:30 PM 3390 Princeton Drive, SR	29 5:30 PM Fleet Feet Run	1 8.5M w/3.5M Tempo 5:30 PM Howarth Park	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!

Sun Feb 12	32 nd Willits Classic Footrace – 10:00am 5K Run & Walk, 10Mile Run - 707 272-7388
Sun Feb 19	Valley Ford Relays – Valley Ford, 9:00am
Thu Feb 23	ER Club Meeting – Montgomery Village Round Table Pizza – 6:30pm
Thu Mar 1	Newsletter Deadline
Sun Mar 4	Napa Valley Marathon – Calistoga, 7am
Sun Mar 11	Ilsanjo Classic – 10M and Neo-Classic 4M, Howarth Park S.R. 9:00am

2012 CLUB OFFICERS & Contacts

President Larry Meredith 707 526-4536 boardofdirectors@empirerunners.org	Vice President Will Ortlinghaus 707 480-7369 boardofdirectors@empirerunners.org	Secretary Lisa Isabeau 707 578-3025 boardofdirectors@empirerunners.org
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