

Valley Ford Relays are February 17th & FREE to Empire Runners
But you MUST Pre-Register by Friday February 15th.

The Empire Runner

February 2013

Volume XLI, No. 2

www.empirerunners.org

Gerald McCormick & Val Sell take Grand Prix!
2nd Place – Nate Koch & Tori Meredith
3rd Place – Larry Meredith & Karen Kissick



Val Sell, Tori, Meredith, and Karen Kissick

Larry Meredith, Gerald McCormick, Nate Koch



FLEET FEET
Sports
SANTA ROSA

Tagliaferri's
Delicatessen & Cafe

Heart & Sole
SPORTS
65 Brookwood Ave - Santa Rosa

Minutes

January 16, 2013

Larry Meredith's House

Board Members Present:

Lisa Titus Isabeau, Jerry Lyman, Chris Mason, Larry Meredith, Tanya Narath, Will Ortlinghaus, Dale Peterson

Call to Order The meeting was called to order at 6:52 PM.

New Business:

Appointment of 2013 Empire Runners Club officers – The officers from 2012 will continue in their positions. President, Larry Meredith; Vice President, Will Ortlinghaus; Treasurer, Tanya Narath; Secretary, Lisa Isabeau

Proposal#1: (Mike McGuire) That the Empire Runners Hall of Fame members and a guest will receive a complimentary admission to the club party the year they receive their yearbook.

Motion carried, 1 abstention

Other Business:

Adjustments to the 2013 budget – Appreciation awards increased from &1200 to \$1400

Adjournment of Business meeting 7:48 PM.

Lisa Titus Isabeau, Secretary
(minutes approved 1/24/13)

Minutes

January 24, 2013

Round Table Pizza, Santa Rosa

Board Members Present:

Lisa Isabeau, Jerry Lyman, Chris Mason, Larry Meredith, Tanya Narath, Will Ortlinghaus, Dale Peterson

Call to Order The meeting was called to order at 6:39 PM.

Amendments to Agenda – none

Announcement by President Larry Meredith that the officers for 2013 will be the same as 2012: Vice President, Will Ortlinghaus; Treasurer, Tanya Narath; Secretary, Lisa Titus Isabeau

Approval of Minutes December 20, 2012 and January 16, 2013 - Motion carried.

Officer's Reports

Treasurer's Report: (See the newsletter for the Treasurer's Report)

Annadel Half funds will be moved from the Empire Runners account to a separate account. The student grant portion of the 2011 membership funds have been transferred to the Student Grant Fund which now has \$4604.

Committee Reports

Club Apparel (Jen Ortlinghaus): Empire Runners visors are now available for \$14. They can be purchased at Fleet Feet, Heart and Sole and Athletic Soles.

Club Party (Tanya Narath): The club party is ready to take place on February 2nd at the Luther Burbank Art and Garden center with catering by Al Tagliaferri.

Club Race Registration and Logistics (Jerry Lyman): As announced via the eGroup and the club website, there have been changes to registration for Valley Ford. This has been done in order make registration and timing easier on race day. People are being encouraged to register their teams or to be placed on a team. There will be a \$15 charge for race day registration, even for club members.

Fleet Feet Grand Prix (Bob Rogers): Bob will continue as "Tsar" for the 2013 race season.

Hall of Fame (Mike McGuire): Larry received a note from Mike saying that he has contacted all past and present Hall of Fame members in order to invite them to the club party. This year, Hall of Fame members will receive a yearbook and free entry, with a guest, to the club party.

Sponsorship and Promotion (position open): The board is working on revamping the club's sponsorship program.

New Business

Proposal #1: (Shelli Main) That the Empire Runners Club donate \$250 to Girls on the Run Sonoma County as a sponsorship of the their Sunday, April 28th, 2013 5K race. Motion carried.

Announcements

Race Directorships:

Ilsanjo Classic - Due to the short timeline, Mark Drafton and the Santa Rosa Express have decided not to direct the Ilsanjo Classic in March. They will be the volunteer group. The board and other ER volunteers will take charge of the 2012 race.

Loop de Loop – Jerry Lyman and Al Tagliaferri are “penciled in” to take over the Loop de Loop in April.

Rivefront Relay – Heather Rosales has voiced an interest in having her El Molino team be the volunteer group and possibly to direct the race.

Summer Track Series – Paul Berg and Brad Zanetti will take over the track series.

Empire Open – Gregg Jennings will continue to direct the Empire Open

Adjournment of Business meeting 7:39 PM.

Lisa Titus Isabeau, Secretary

The Empire Runner

President's Message

How it all began . . .

The Valley Ford Relay turns 23

1988

The way I remember it, I was leading a group bicycle ride from my home in Camp Meeker, a hilly, hidden enclave tucked into the deep forest just north of Occidental. It was the fall of 1988 and I invited a bunch of my Empire Runner friends to join me on a pedaling tour of the challenging west county roads. We passed through Freestone, Valley Ford, Bodega, Bodega Bay and Salmon Creek before taking on the steep Coleman Valley Road that brought us back to Occidental. The gorgeous little loop behind Valley Ford stuck in my mind as the perfect place to have a footrace. It was almost exactly 5K.

It was almost 3 more years before the first Valley Ford Relay came to fruition. I had been talking up the route from time to time and when Empire Runner Doug Courtemarche heard my idea we did some brainstorming and came up with the idea of a relay race. He got pretty excited about it so we traveled out there and previewed the course in the summer of '91. It turns out that a third-of-a-mile or so ran along Highway 1, splitting through the few buildings that made up the town. There's not much of a shoulder and traffic hardly slows down so we had to re-think the plan. That's how we came up with the current horseshoe-shaped route with teammates alternating directions throughout the race.



1988 Valley Ford Relay Exploratory Committee at Bodega Bay, from left: Alec Isabeau, Dan Preston, Scott Ames, Jim Coughlin, Keith Maurer, Brendan Hutchinson, Sandra Maurer and Larry Meredith



1991

Doug took charge and put the new event on the Empire Runners calendar of races. Here is his first announcement of the event:

The Empire Runners have hosted the Labor Day 10-Miler for numerous years. Three years ago we decided to take a break. (Mainly, Joe and Linda Phaby had put years of energy into the race and needed a well-earned rest from the Highway Patrol, Sonoma County bureaucrats and a weird driving public.)

Well, the 10-Miler has been resurrected. This time in the form of the Valley Ford Relay. A remote part of the county where traffic should be lax and scenery lush.

I've run the Mount Diablo Relay and the Christmas Relays. Both of those events made me run beyond what I would have done on my own. When you are a member of a relay team you never question your commitment, only how much more you can give to your team. It is a unique running experience to have your teammates cheering and encouraging you. And you know that what you do affects all of them and your team's outcome.

Pressure? You bet there's pressure! It's that pressure that makes you run your best. It's the kind of pressure you thrive on. Some extraordinary individual times have been recorded while running a relay. So, go out and get your team assembled. Be prepared for a fast-paced run of complete encouragement.

On September 2, 1991 eleven teams found their way to the starting line in front of Dinucci's Italian Restaurant. Bob Shor was there with his starter's pistol. It was unusually hot for a location so close to the coast, reaching into the

90s by the end of the event. Thankfully the course was only 2.75 miles per leg.



Race Director Doug Courtemarche, left, and starter Bob Shor pose near the race start at Dinucci's. They have been in charge of the event since its inception in 1991.

I was coaching at Montgomery High School in those days so I'm proud to say that the first winner of the Valley Ford Relay was a team of three Viking cross country runners, Erik Haluzak, Nate Bisbee and Tim Sanborn and a 21-year-old friend, Jamie Jones. They called themselves Montgomery Cross Country (O.K., they lacked creativity that first year) and ran a cumulative time of 1 hour, 1 minute and 36 seconds.

Second place went to a team called The Weasels, composed of Jerry Roach, Scott Ames,



Brendan Hutchinson and Mark Curran. Notably, “Weasel” Ames earned his Thirsty Boy nickname at this event.

A mixed team (two men, two women) calling themselves Whirled Peas finished 3rd overall in winning that division. Cindi Williams, Tori Meredith, Dale Richard and Alec Isabeau can still claim the 3rd-fasted mixed team time ever with their 1:03:20. Dale’s 13:56 on the uphill leg was recently bumped from the all-time top 10 individuals list.

The women’s winners, Barbarian Thirst, were a bunch of kids led by a 12-year-old Julia Stamps, long before she became a national-class runner in high school and college. Her 17:27 is still far-and-away better than all others who have come after her in the 12-and-under division.

Although the event drew rave reviews Doug and I soon went back to the drawing board and decided to change the time of year. The club race schedule had a big gap between the New Year’s Day Resolution Run and March’s IIsanjo Classic so, just five months after the first Valley Ford Relay was held, we had another. Until global warming really kicks in, we’re not likely to see another 90-degree-plus day for this race.

1992

The field of teams had nearly doubled from the event debut, 21 in all this time around. From the post race report:

Race day was a sparkingly beautiful, comfortably warm respite from two weeks of rain.

The winning team was back and while warming up on the course that February morning they came upon a road sign lying in the ditch. The legend of Loose Gravel was born. I had

promised to knock them off their perch by assembling an above-average collection of running buddies. To make it more personal, I named our squad along the same theme: Slippery When Wet.

As I wrote later:

We planned to give the youngsters a whippin’ with 30+ runners Scott Ames, Louis Garcia and Ted Pawlick. Pawlick was the no-show on race day and controversy surrounds the issue. Did Garcia fail to communicate with his reclusive recruit? Did Pawlick say “yes” but mean “no?” In any case, a last-minute scramble for a teammate cost Slippery When Wet a chance at victory. Out-of-shape marine David Jones, brother of Jamie from the winners, replaced mileage machine Pawlick.



Two-time race champs Loose Gravel with, left to right, Nate Bisbee, Tim Sanborn, Erik Haluzak and Jamie Jones

At the halfway point in the race Ames and Tim Sanborn came through in a photo finish for first. One leg later we were several minutes behind, thanks to our military man’s lack of discipline.



Just like that, Slippery When Wet dropped from 1st to 10th and would have to listen to another year of Loose Gravel's loose lips.

This year should be known, however for producing the top two women's teams in race history. The Kiwis put together a Sonoma County all-star squad that averaged 16 minutes flat per leg. Team members Christine Boyd, Cathy DuBay, Beckie Simmie-Kesecker and Michelle Nielsen all still rank among the top 8 women's times ever run on the course.

More than 3 minutes back were the Hungry Chicks, with Terry Beckett, Robin Stovall, Elaine Vukicevich and Shannon Sweeney. After 22 years, their 1:07:17 has only been bested by the Kiwis on that day.



The Indestructible Crash Test Dummies: Julia Stamps, Tori Meredith, Dale Richard and Alec Isabeau.

Most of the 1991 winning mixed team were back but this time they had young phenom Julia Stamps joining returners Tori Meredith, Dale Richard and Alec Isabeau. And now they called themselves Crash Test Dummies. This squad was about 30 seconds faster than the previous version and, 21 years later, their finish time of 1:02:51 stands as the 2nd-best ever for mixed teams.

The Rest is History . . .

In 1993, Julia Stamps retired from the Valley Ford Relay at the tender age of 14. On that day she ran 15:49 on the downhill leg (currently #4 female, all-time) and 16:33 on the uphill (#7).

1994 drew the most talented field in race history. A pair of women showed up and broke the rules by teaming up to run as a single team. Their individual records were allowed to stand. Lynn Nelson, who ran the 10,000 meters in the 1988 Seoul Olympics, started off by scorching the downhill leg in 14:56, currently the all-time record by 31 seconds. Linda Somers, winner of the 1992 Chicago Marathon and 1993 California International Marathon, followed that with an even more remarkable 14:49 on the uphill direction, the current record by 47 seconds. Both women, on less than 15 minutes rest, barely slowed during their repeat of the course, Nelson clocking 15:11 and Somers barely besting her again with a 15:10.

Overshadowed were stellar performances on the downhill by local standouts April Powers (#3 all-time) and Cathy DuBay (#6).

Things were pretty hot on the men's side as well, as 5 of the top 6 downhill times ever recorded were achieved in '94. The oldest runner in that group, Danny Aldridge at 37, was the fastest, running 13:05 (#2 all-time). A few



minutes later he ran the course again, this time in 13:56. He was followed in order by Tamalpan Joe Green (#3 all-time) and Empire Runners Ken Keyte (#4), Chris Gaston (#5) and Ty Strange (#6).

That year the men's team called Special K posted what is now the 2nd-best time in history with Aldridge, Keyte, Scott Pierce and Kenny Brown. They finished in 54:41. Three other teams from 1994 remain on the men's all-time list: Norsemen (#4), Tamalpa (#6) and Startled Sheep (#9).

Interestingly, the 1995 assault on the record books for men came on the uphill direction of the course with Aldridge cranking out an even more impressive double than the previous year. He clocked 13:09 on his first try, still #1 all-time, and then ran 13:34, currently the 6th-fastest ever.

Aldridge was coaching cross country and track at Sonoma State University and he brought his team's star runner, Mike Stone, to our little event. Stone thanked him by taking his downhill course record away with a stunning 12:50. It is still the only sub-13 ever run at Valley Ford. On a little more rest than his coach, Stone then doubled on the uphill with the now #4 all-time mark of 13:23. Top ten uphill marks from that year include Ty Strange (#5), Ken Keyte (#6) and Eric Bohn (#10).

Stone, Aldridge Strange and Eric Walker teamed up as Fresh Cadavers, setting the existing course record of 52:56, a remarkable average of 13:14 per leg.

A year later the all-time record for mixed teams was established and Aldridge again played a major role. The team called Bad Hair Day broke the mark set by Crash Test Dummies four years

earlier, running 1:00:26, more than 2 minutes faster. Aldridge was joined by his then-wife Theresa Nelson-Aldridge, Santa Rosa High School running star Trina Cox and Eric Walker.

Although many age-group records have been written and re-written in the intervening years, more than a decade passed before one of those all-time marks from the '90s would be challenged. Two of the top high school runners in the nation came together at Valley Ford in 2010 and each ran an uphill leg for the same team. The two 17-year-olds put on a show and when it was over Santa Rosa High's Reese Byers came in just one second shy of Danny Aldridge's 1995 mark of 13:09. Novato High's Erik Olson, the top-ranked 3200 HS runner in the nation the previous spring, was just 9 seconds slower than Beyers and is now #3 all-time at Valley Ford.



Cathy DuBay tames "the hill" in the 2007 VFR.



The Long and Short of It

The Agony of da Feet

About fifteen or so years ago, I was intent on getting in shape for the upcoming cross-country season. At the time I was living in Windsor and my bread-and-butter runs were done in Foothill Regional Park which is very hilly. I had started a routine of doing hill-repeats up one of the longer hills in an effort to become stronger and faster. I don't recall how many weeks I had been doing this but I do recall waking up one morning to find that I had somehow *bruised* my left heel. Foothill is quite rocky in addition to being hilly and I just supposed that I had landed funny on a rock the day before – no big deal.

Over the next few days this *bruise* seemed to get worse and worse. The pain was especially bad in the mornings when I first got out of bed. My runs got more and more difficult and I quickly abandoned my hill workouts. I took a week or two off but it still got worse. The pain I was feeling was near the heel of my left foot and alternately burning or throbbing in nature.

At some point in either talking to other runners or from a source I now forget; I stumbled upon a sort of strap-like device to put on my foot which was supposed to provide relief. The strap did not do much for me other than irritate the sole of my foot. Meanwhile my mileage had dwindled down to almost nothing and I was starting to get desperate.

It was at about this stage that I approached **Dr Alec Isabeau** and set up an appointment.

After going thru the usual first-time patient oncover to gauge my general condition, Alec told me that it was likely I was suffering from plantar-fasciitis an inflammation from tearing of the band of tough tissue that fans out from the heel to the toes and provides much of the arch-support for the foot. What is more I found that it was likely caused by the way I ran, that is by my less than ideal biomechanics. Amping up my mileage and effort and doing all of those hill repeats just brought it out.

Over the next several months Doc and I tinkered with motion-control shoes, taping, icing, massage, ultrasound and finally custom orthotics designed to improve my biomechanics.

All of this tinkering and tweaking helped to one degree or another but never completely relieved the symptoms. All this time I kept trying to run but it was very frustrating and uncomfortable.

Finally I decided I was going to take 3 months off from running. This was made somewhat easier due to my close proximity to the Foothill Park where I became a temporary mountain-biker.

Three months later and after re-introducing very light running back into my routine I seemed finally to be cured.

For the next 14 years or so I wore my orthotics religiously in all my dress shoes, hiking boots etc in addition to my running shoes. The best combination for me turned out to be a neutral shoe with my custom orthotics.

Although I never again had a problem with full-blown plantar fasciitis I had a lot of knee pain over the years and in fact I had to ice them after virtually every run.

I had accepted all of this as my fate until I read *Born to Run* and became fascinated as have so many others with the idea of running with less shoe.

Frequent readers of this column know that over the past year I weaned myself off of my traditional shoes and orthotics and have been wearing 4mm drop shoes plus doing a fair amount of bare-foot walking and occasional striding on soft surfaces.

In the last year my knee pain has disappeared. Some of this no doubt is due to my increased focus on strength training in the gym but I think a lot of it has to do with using less shoe and letting nature do the rest.

My running was going along smoothly. Last fall I even ran a marathon in my 4mm shoes with no ill effects. You could say I was pretty happy with the transition. However, shortly afterwards and in no small part due to a very poor showing in the PA X-Country Championships, I determined that I would start doing a lot more track and tempo work.



Just before the first of the year I signed up again for the Carlsbad 5000. This time I planned to run just one heat and to run it as fast as possible. So I started to run shorter but faster runs, many of which were in my very minimal (for me) Brooks Pure Grit 4mm shoes.

Everything was going well and I did indeed feel that I was running quite a bit faster in my training runs than I had for several years. However I also was getting lazy in regard to my preventive maintenance IE stretching, rolling and massage. In particular I noticed that my left foot was getting pretty tight. Many nights I thought to myself that it would be a good idea to break out the old foot-massage tool but instead I sank into the couch and stared at the TV like an idiot.

Right around Christmas I went over to the Montgomery HS track and did an awesome workout. I did 2x800, 2x600, 2x400 and 2x200 and then back up again followed by bare-foot striders on the football field. When I got home I bragged to Robin about what great shape I was getting into.

The next day I woke up and rolled out of bed and encountered an *old friend*. It felt like I had a *bruise* on my left foot just in front of the heel.

You can imagine my thoughts... "No problem I can just massage it, throw some ice on it and I will be good as new". Even as I said it I realized this was not just a minor twinge. I had done it again!

I took a few days off, did some deep massage and got online to remember how to tape my foot.

I managed to get through the Resolution Run jogging with my old dog Gunther while wearing my old traditional shoes and orthotics, but the next day I was pretty much shot.

This time around I knew better than to just keep training hard and hope for the best. I made an appointment to see **Jenny Latourette** for a sports massage and radically cut back on my mileage.

Jenny agreed that I had plantar-fasciitis but also found that I had some very tight calf-muscles that were putting a huge strain on all parts of my lower leg and foot.

In addition to a deep and at times uncomfortable but necessary massage, Jenny gave me a host of advice

and recommendations for stretching, icing, using heat etc. Among these that really stood out were her telling me to not wear any flat shoes or to do any bare-foot walking for a while.

We both thought it might be a good idea to go back to a somewhat more traditional shoe for a while and to think about using my orthotics at least until the foot felt better.

For the first couple of weeks I had various degrees of foot discomfort and finally decided to take several weeks off. Instead of running I have been going to the gym, spinning, walking and... waiting.

I have done a lot of self-massage, plus gone in to see Jenny again. I have been focusing primarily on the calf, trying to stretch it out and loosen it up. I have been alternating ice and heat as a way to promote blood-flow and healing.

After taking three weeks off I finally went on my first little run today. I took the dogs over to Spring Lake and I did 5 minutes of walking followed by 5 minutes of easy jogging and continued to alternate this pattern until I had been out for a total of 30 minutes. I wore a more traditional shoe but minus my orthotics.

While writing this article I have been alternating ice and heat and so far I have no pain in either the foot or the calf.

Over the next few weeks I will see if I can increase my time running vs. walking until I can do 30 minutes easy with no walking at all. I think this will work if I remain diligent about my treatments, stretching, rolling and massage.

I am hopeful that the personal knowledge I have gained over the past 15 years combined with improvements in both footwear and available treatments for running related injuries will keep my downtime to a minimum.

I hope to see you out on the trails again very soon!

Dale M. Peterson

The Empire



Runner

2012 Grand Prix Award Winners

	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Trk Series	RFRelay	Kenwood	Salmn Crk	Emp.Opn	Anadel Lp	McGuires	Last10k2m	Total
1	Gerald	McCormick	20-29	0	98	100	95	100	0	97	0	100	98	0	100	100	888
2	Nathan	Koch	30-39	0	96	92	89	0	100	94	75	0	94	0	100	97	837
3	Larry	Meredith	50-59	85	86	90	92	0	100	0	0	95	91	0	91	91	821
8	Nehemiah	Skandera	0-9	71	83	89	0	91	75	0	0	0	90	94	94	93	780
70	Sami	Nacouzi	0-9	7	56	0	0	63	0	0	0	0	0	0	74	68	268
75	Daniel	Skandera	0-9	0	0	0	0	0	100	0	0	0	0	0	70	74	244
7	Job	Skandera	10-13	75	89	88	0	90	75	0	0	0	91	99	95	90	792
19	Diego	Garcia	10-13	0	81	0	70	86	100	69	75	0	88	66	90	0	725
22	Abraham	Skandera	10-13	54	57	85	0	79	75	0	0	0	87	74	83	88	682
20	Nicholas	Rauch	14-19	38	88	92	0	98	100	90	0	96	0	92	0	0	694
39	Eli	Rosen-Duran	14-19	83	82	0	0	0	100	75	0	0	0	0	0	92	432
44	William	Tran	14-19	0	93	0	0	97	100	0	0	0	0	0	0	94	384
38	Ryan	Terschuren	20-29	61	88	63	73	84	0	0	0	0	0	0	89	0	458
47	Alex	Wolf-Root	20-29	0	0	98	0	0	100	0	75	0	0	0	0	100	373
59	Chris	Mason	20-29	0	79	0	0	75	0	0	0	0	75	0	75	0	304
24	Brian	Morrey	30-39	59	86	55	74	77	0	77	0	89	0	61	0	62	640
33	John	Staroba	30-39	0	0	98	0	0	50	0	0	0	99	91	98	94	530
40	Hugo	Yescas	30-39	0	81	0	0	0	0	88	0	0	92	79	0	85	425
5	Eric	Downing	40-49	95	96	95	99	0	0	75	75	0	75	0	97	95	802
6	Bill	Cusworth	40-49	0	91	88	109	0	100	0	75	75	0	87	93	83	801
9	David	Sell	40-49	0	0	0	75	85	75	0	75	100	94	85	96	92	777
4	Brad	Zanetti	50-59	90	91	90	96	93	100	0	75	0	75	0	97	0	807
10	Andy	Howard	50-59	93	94	97	100	0	100	93	0	0	99	0	0	93	769
11	William	Rogers	50-59	0	82	83	0	74	100	0	75	97	75	0	80	81	747
17	Brendan	Hutchinson	60-69	69	74	0	76	78	0	74	0	92	86	97	85	0	731
18	Jon	Hermstad	60-69	65	76	77	87	83	0	0	0	93	87	75	88	0	731
21	Jerry	Lyman	60-69	78	80	85	0	75	0	75	75	75	0	75	75	0	693
26	Darryl	Beardall	70-79	0	58	0	100	64	0	49	75	85	78	53	73	0	635
28	Carl	Jackson	70-79	13	74	75	0	69	0	48	75	90	0	0	73	73	590
34	Ernst	Bohn	70-79	22	76	33	0	0	0	55	75	75	0	69	75	43	523

	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Trk Series	RFRelay	Kenwood	Salmn Crk	Emp.Opn	Anadel Lp	McGuires	Last10k2m	Total
1	Val	Sell	40-49	100	0	0	110	100	100	0	100	0	99	100	100	99	908
2	Tori	Meredith	50-59	0	0	97	100	98	100	96	0	100	0	98	97	95	881
3	Karen	Kissick	50-59	92	95	98	109	96	100	0	0	0	0	95	96	94	875
12	Sarah	Skandera	0-9	58	83	95	0	94	50	0	0	0	88	0	95	0	563
33	Rebekah	Skandera	0-9	0	0	0	0	0	100	0	0	0	0	0	88	80	268
80	Nataleigh	Johnson	0-9	64	86	0	0	0	25	0	0	0	0	0	0	87	262
9	McKenna	Sell	10-13	69	0	0	75	85	50	84	0	99	0	0	97	93	652
15	Catherine	Rauch	10-13	70	0	0	0	91	100	87	75	100	0	0	0	0	523
40	Delaney	White	10-13	93	98	0	0	0	25	0	0	0	0	0	0	0	216
8	Julie	Nacouzi	14-19	96	88	100	0	87	0	0	0	0	97	0	98	93	659
21	Michelle	Nacouzi	14-19	79	74	66	0	0	0	0	0	0	0	0	95	87	401
24	Lella	Nacouzi	14-19	0	93	65	0	0	0	0	0	0	0	0	90	96	344
14	Jen	Clouse	20-29	82	0	83	0	92	0	0	0	0	89	92	0	91	529
29	Gretchen	Forrey	20-29	0	94	0	96	0	25	0	0	98	0	0	0	0	313
35	Melanie	Nacouzi	20-29	9	87	0	0	0	0	0	0	0	0	0	89	65	250
4	Karen	Frindell Teuscher	30-39	98	99	98	99	0	75	98	0	0	98	0	99	97	861
7	Lidia Karina	Alcazar	30-39	85	86	89	94	95	50	91	0	0	0	0	0	83	673
13	Andrea	Guzman	30-39	0	96	0	0	0	100	0	75	0	95	0	98	99	563
11	Tanya	Narath	40-49	0	82	75	90	89	0	88	75	0	0	85	0	0	584
19	Cheryl	Fonseca	40-49	0	0	0	0	81	0	77	0	97	0	0	86	79	420
22	Jodi	Zamora	40-49	57	0	89	0	0	0	75	0	0	0	0	90	86	397
5	Lisa Titus	Isabeau	50-59	84	93	0	92	93	100	89	0	0	87	87	0	91	816
6	Shelli	Main	50-59	86	88	93	97	0	0	94	75	0	0	94	94	90	811
10	Alyce	Paris	50-59	90	96	86	0	0	0	92	75	0	0	92	0	81	612
37	Kathy	Kelly	60-69	0	0	84	0	0	0	0	0	0	75	0	0	82	241
38	Pamela	Horton	60-69	15	0	75	0	0	0	0	75	0	75	0	0	0	240
45	Abbie	Stewart	60-69	0	0	0	0	0	0	0	0	0	0	0	84	76	160
23	Edda	Stickle	70-79	91	0	0	91	0	0	0	0	0	86	90	0	0	358
26	Shirley	Fee	70-79	0	71	0	89	0	0	0	0	0	0	0	93	76	329

February 2013

January 2013

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 2013

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		

March 2013

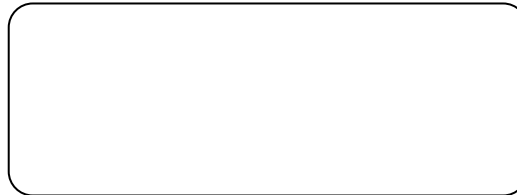
S	M	T	W	T	F	S	
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3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
						31	

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 8M at Medium Pace 8:00 AM Parktrail Drive	28 7:00 PM 1932 Yolo Court, SR	29 12x400m at 2M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive	30 5:30 PM Fleet Feet Run	31 7M w/2.5M Tempo 4:30 PM Howarth Park	1	2 8:30 AM Railroad Square, SR 5:00 PM ER Club Awards Banquet
3 12M at Medium Pace 8:00 AM Channel Drive	4 7:00 PM 1932 Yolo Court, SR	5 6M w/12x1min. at 1M Goal Pace 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	6 5:30 PM Fleet Feet Run	7 7M w/3M Tempo 4:30 PM Howarth Park	8	9 8:30 AM Railroad Square, SR
10 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM Tamalpa Couples Relay	11 7:00 PM 1932 Yolo Court, SR	12 Hill Repeats, 10x30sec. 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	13 5:30 PM Fleet Feet Run	14 5M w/1.5M Tempo 4:30 PM Howarth Park	15	16 8:30 AM Railroad Square, SR
17 9:00 AM Valley Ford Relay 4x2.75M	18 7:00 PM 1932 Yolo Court, SR	19 5M with Street Sign Intervals 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	20 5:30 PM Fleet Feet Run	21 6M w/10x1min at 5K Pace 4:30 PM Howarth Park	22	23 8:30 AM Railroad Square, SR
24 10M at Medium Pace 8:00 AM Parktrail Drive	25 7:00 PM 1932 Yolo Court, SR	26 Hill Repeats, 10x90sec 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	27 5:30 PM Fleet Feet Run	28 8.5M w/3.5M Tempo 4:30 PM Howarth Park 6:30 PM ER Club Meeting	1	2 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 17	Valley Ford Relays – Dinucci’s Restaurant Hwy 1 Valley Ford – 9:00am
Thu Feb 28	Club Meeting – MV RoundTable – 6:30pm
Sun Mar 3	Napa Valley Marathon
Sun Mar 10	Ilsanjo Classic & Neo-Classic – Howarth Park – 9:00am
Sun Mar 17	St. Patrick’s Day Run/Walk – Julliard Park – 3:00pm
Sun Mar 31	Loop de Loop – Channel Drive – 8:00 am

2013 BOARD MEMBERS and Contacts (officers to be determined)

Board Member Larry Meredith 707 526-4536 boardofdirectors@empirerunners.org	Board Member Will Ortlinghaus 707 480-7369 boardofdirectors@empirerunners.org	Board Member Lisa Isabeau 707 578-3025 boardofdirectors@empirerunners.org
Board Member Tanya Narath 707 523-0444 boardofdirectors@empirerunners.org	Board Member Chris Mason 707 291-5797 boardofdirectors@empirerunners.org	Board Member Jerry Lyman 707 527-9020 boardofdirectors@empirerunners.org
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Hall of Fame Mike McGuire 707 542-6687 halloffame@sbcglobal.net	Group Training Larry Meredith 707 526-4536 grouptraining@empirerunners.org	Cross-Country Teams John Harmon 707 547-0847 xcteams@empirerunners.org
Online Registration Jerry Lyman 707 527-9020 events@empirerunners.org	Website Chris Mason 707 291-5797 website@empirerunners.org	Newsletter Dale Peterson / Nate Koch 707 529-0765 / 707 237-1043 newsletter@empirerunners.org