

*Ilсанjo Classic – March 9th / Annadel Loop de Loop – March 30th
FREE to Empire Runners who register online.*

The Empire Runner

February 2014

Volume XLII, No. 02

www.empirerunners.org

Resolution Run



Every year this event in particular reminds me of how important traditions are to many people. While this event has been a part of the Empire Runners for so many years, its actual history eludes me. I know that the current course has been at Montgomery High School since 2000 after it moved from Strawberry School. If the stories from Club members are correct Strawberry was home to the 5K and 10K course for 18 years. For most of its history it was a small event, with less than 100 finishers, until 2008 when 200 runners crossed the line. Since then the numbers have grown and this year we saw yet another record turnout at 351. The race has gotten big enough that last year we divided the race into two heats, a qualifying faster heat and a slower heat. This enabled the

more competitive 1st heat runners a clear course free of walkers, dogs and joggers, while still celebrating the day with the more casual atmosphere of the second race.

Old reliables Bob Shor and Larry Meredith took care of setup and course marking and Piner High Cross Country brought a slew of volunteers to handle course monitoring, registration and the finish line. I don't know what Coach Rosales does to get so many kids out on a cold New Year's morning but year after year they do an amazing job making my job so easy. Jerry Lyman and Chris Mason, the timing squad duo, worked their magic to get the results posted quickly with Tori Meredith's help in the chute. Gil Moreno and Jim Parks were ready to sign up new members and current members of the Club came out to help where needed. Thank you to Heart & Sole Sports for their continuous support and for providing us with gloves for pre-registered runners. I think we will use this incentive next year to get more people to register online.

Once again the field of fast runners would not disappoint the spectators. Reese Byers would try to defend his title with locals Christian Nazarek, Matt Salazar and Casa teammate Nick Rauch looking for a top spot. Daniel Pride, a freshman at SRHS, posted the fastest time for a 14 year old at 17:22. Amongst the leaders was the oldest of the bunch but no stranger to competition. 45 year old former Olympian at 1500 meters,

Steve Agar would push a quick early pace. Not far behind was youngster and local youth star Rylee Bowen. At 14 she is proving to be one of the best youth runners in the Bay Area.

Eight minutes after the start of the first heat the gun went off for the second race. The mood shifted, more chattering, laughing, costumes and smiles all around. Dogs running with their owners and babies in joggers, all out to enjoy the spirit of the day. I even spotted some of the residents outside their homes cheering on the runners as they went by. Usually the streets are desolate without even as much as a car going by.

It was no surprise when Reese Byers crossed the line to take first, although no record to be taken on the chilly morning. The big surprise of the morning was Rylee's finish. She set a new course record at 17:59, taking the prior mark set by former distance star Julie Nacouzi. Don't keep your eyes solely on Rylee, her younger sister Kate Bowen ran 18:44. That's just 16 seconds shy of Rylee's best at the same age. Everyone enjoyed the post race atmosphere whether chatting with friends or snacking on the new tradition of donut holes. If you missed out this year come join us in 2015 and start your tradition.

Run happy,
Val

CARLSBAD 5000 2014!

What has 2 separate days of races? What has a day of races for 12 yrs. old and under (Sat) and 5 separate 5K runs and the ability to run a special 5 x 5K run (for those of you in marathon or ultra-training) on Sunday? What event do you go to that also adds an Elite race for the last race of the day where you get to watch Kenyans and National Level runners? Oh Yeah. Did I mention 2 free beers at the beer corral with your number? If that was all you get it would be a steal!

... And it would be called, The Carlsbad 5000, the World's Fastest 5K!

This is truly a destination run with first class race choices, first class location, and first class accommodations/beer/food. You owe it to yourself for a long weekend of fun, relaxation and memories. If you haven't thought about this destination race before consider it soon. A group from Empire Runners has attended the last 3 years and have made this an annual event. Get on the bus (airplane?) and sign up now and reserve your spot for fun.

This year's Carlsbad 5000 date is March 30, 2014.

For more info: <http://carlsbad.competitor.com/>.

If you are interested in accommodations, contact: Brad Zanetti bradubz@sonic.net

The Empire Runner



President's Message

There Will Be Mud!

A week ago I was presenting awards for last year's Empire Runners Grand Prix at our club's annual banquet. I gave award winners a set of four topics from which they could choose one to speak about to the gathered crowd. Nearly every member decided to tell us about his or her most memorable run or race. There were some entertaining stories.

The next morning it was raining lightly as a few of us gathered for the Sunday run through Annadel State Park. As I'm sure you are all aware, it was the first rainfall of the calendar year and darn near the only rain we'd had this winter. While I can't say that the run was particularly memorable, the return of wet weather reminded me that nearly all of the most memorable runs and races that I've experienced were carried out in extreme conditions.

I remember my first high school track win partly because the wind was raging so violently that birds would go tumbling across the infield when they tried to take flight. The moment called for strategy and timing, which I may get around to describing in a future post.

In my 20s I was caught up in a racing craze, driving somewhere nearly every weekend to compete. It was snowing one Sunday morning in February of 1979 when I left for a race in Carmel, near Indianapolis. (If you go there, remember that they pronounce it like the

candy.) By the time I pulled into the parking lot some 90 minutes later, there were four inches of the purest new fallen snow that you can imagine covering everything. At least another inch fell before the 7-mile race started. The wind was blowing and the temperature was dropping.

The race was called the Ground Hog Seven and I can guarantee you that not a single subterranean rodent bothered to stick his head out for a shadow check that day. We ran on rural roads that were the last priority for snowplows, which is to say that there would be no plowing of our route until long after the event. From my scrapbook entry:

"I was happy with 5th place even though it seemed like a 10-miler rather than 7."

Later that month I ran my first marathon in St. Louis, an event that I described in an ER newsletter back in the fall of 2006. Here's my dramatic scrapbook re-cap from 1979:

"February 25, St. Louis, Missouri. 25 degrees, overcast, winds up to 40 mph, hilly course. Probably the most physically punishing, as well as mentally punishing, traumatic event that will ever beset me. The MARATHON is everything it's cracked up to be. Especially in February. Especially in St. Louis. Incredibly, I accomplished a goal of thousands of runners in my first attempt. I broke 3 hours."

The Empire



Runner

March 11, 1979: "Two weeks after the marathon it's even colder outside. This seven-miler at Carmel was in 20° weather. 17th out of 316 was OK but I didn't consider this to be a good race for me. Time: 41:14"



Little did I know that I would exceed that level of punishment in several future marathons, to wit:

July 1979, Fort Wayne, Indiana. 80 degrees and 85% humidity at the start. Saved by locals with garden hoses. My best marathon!

October 1979, Buffalo, New York. 40 degrees and constant headwinds on a death march to Niagara Falls. Entered the race with a painful case of plantar fasciitis. Walked for 6 miles after mile 18 because I didn't want to be picked up by

an ambulance. They had their hands full with people in *real* trouble.

June 2007, Duluth, Minnesota. 70 degrees and humid at the start. Raining F-bombs from my mouth as I lay in the med tent with both calves completely locked up in spasms after finishing.

Without exception, surviving heat and humidity in a run or race is not a joyous experience for me. On a 1978 summer visit to Florida I naively left the indoor comfort of air conditioning for a noontime run. Heat and humidity both in the 90s. Knowing that the Ocala National Forest began just down the road, I headed off in search of a loop of 7 or 8 miles.

All of my previous running had been done on rural stretches of road in Indiana where intersections appeared every mile and loop runs of virtually any distance could easily be squared off. How is it that Floridians never were able to grasp this concept? The road through the forest was winding, wonderful and surprisingly free of vehicular traffic. But, mile after mile, no crossroad appeared. And I was both optimistic and stubborn.

About 40 minutes in – 6 miles for me in those days – I finally surrendered to the fact that the Sunshine State's road-makers did not anticipate the needs of a running fool from the Midwest. By this time I was running out of sweat and into a danger zone of heat exhaustion. I turned around and dreaded the trip back to civilization.

Out of the forest, I passed a few houses, thinking I could still make it back on my own. But no, my vision was getting weird and my legs were almost numb with heat. I stumbled up to the door of a house and begged for a glass of water. About half-a-gallon later I realized that I was going to survive. See? Memorable.



On the other hand, running in storms are often remembered as exhilarating experiences. About 10 years ago the national club cross country championships were held in Rocklin and a bunch of us Empire Runners signed up for the event. On race morning there were sheets of rain violently lashing the streets of Santa Rosa. Since the race started around noon, our carpool group met for breakfast and discussed the sanity of driving across California. Trees and power lines were down and flooding was predicted. But we *really* wanted the experience of running a cross country race in wild conditions.

Turns out that the storm settled in over the coast and by the time we reached the Great Central Valley there was hardly any rain to speak of. Disappointing. We would only have to deal with the wind, which was on its worst behavior.

The 2K loop would have to be negotiated five times, each ending with a loop around their sandy dirt track. The wind was blowing so hard that even the heavy wet sand became airborne, blasting our skin and eyes. The experience is memorable mostly because, even though the sky was a heavy gray curtain, it is the only time in my life that I have raced in sunglasses.

For sheer over-the-top weather on the run there are two days that immediately come to mind for me. In the 2013 January newsletter I described a 15-mile storm-a-thon up and down the hills of Lake Sonoma with John “Mojo” Royston’s Big Epic Trail Run band of loonies. The winds and rain were indeed epic.

But at the top of my list of most memorable runs I have to go back at least 20 years and, probably *not* coincidentally, Mojo was involved. Heavy rains had fallen for days and Spring Lake was overflowing its banks. A group of us set out

from Howarth Park on our regularly scheduled Thursday evening run. I know Alec “Doc” Isabeau was there, as was Louis Garcia and Nancy Vallance. Maybe Tim Stewart, Jon MacPherson and Jim “Cadillac” Coughlin. And a couple of others. The rain was pounding down on us in big, heavy drops and we were all soaked within minutes.

Crossing the first dam at the water tanks, our first challenge was to wade through knee-deep water to follow the bike path around the north end of Spring Lake. After heading down Channel Drive we turned uphill onto North Burma Trail. At that time the trail hugged closely to the usually dry creek bed as it climbed roughly and steeply up the canyon. Because of days like this one, the nickname of this section was “Waterfall Trail.” We were ankle deep in rushing water most of the way.

Today’s Live Oak Trail cuts through the woods but back then it crossed a wide, treeless ridgeline separating Lake Ilsanjo and False Lake Meadow. On this run I learned how the meadow got its name. A wide, flat-bottomed bowl covered in wildflowers and grasses, the rains had filled it with water, turning it into a temporary lake at least twice as large as Lake Ilsanjo.

It was about this time that we heard the rumblings of thunder in the distance. And we saw the western sky flash with lightning. When we reached the high point where our route met Rough Go Trail we turned left and headed for Lake Ilsanjo. The concrete spillway that channels the lake’s overflow down a steep canyon was flowing like a swift river. A narrow, treacherous trail parallels the little canyon, a spot we dubbed “The Cascades” that day. So naturally we had to follow it down. Normally only a trickle of water seeps down this notch in

The Empire Runner



November 2011 Tamalpa Challenge

Photo by Bev Zanetti

the hillside but on this day it resembled a miniature Yellowstone River, water tumbling and crashing and foaming and spraying in all directions.

Halfway down the trail there was a sizeable bowl in the rock and the flood was hammering down into it from about ten feet above. A half-crazed impulse seized Mojo and he leapt into the void. How tall is Mojo, 6'4"? Well he disappeared below the tan surface for a moment and then bobbed up with a grin of pure joy on his face. Hard to forget.

By the time we made it back to Spring Lake it was nearly dark and the lake level was halfway up the parking lot at the boat ramp. The thunderstorm was right on us now with loud

cracks and shaking ground. On the positive side, the sheet lightning came so often that we were able to negotiate the final three-quarters of a mile of bike path in what would have otherwise been pitch-black darkness. We survived with a story to tell.

Witch brings me to this weekend's welcome storm. Great timing, rolling into Sunday morning after at least eight inches of rain. I abandoned the scheduled route to get a look at Spring Lake before heading into the hills. Cathy DuBay, Dan Karbousky and Nate Bisbee joined me.

The lake had already overflowed its rim, covering the bike path on the south end and the lower parking spaces in the boat ramp lot. It has been quite a while since I saw it this full. After passing the water tanks we came to the lowest spot on the bike path. The little marshy area below the west dam had merged with the body of the lake, brown water meeting black in a debris-filled soup that covered the path for about 300 meters.

I high-stepped in up to my knees and my naïve friends reluctantly followed. By the time we were halfway through the mess I was up to my waist and barely moving forward. Cathy, the most vertically challenged among us, was gamely bringing up the rear and we were all getting numb legs and feet from the cold. This adventure was just beginning. I can see myself telling this story again twenty years from now.

- Larry Meredith

The Empire



Runner

**Board of Directors Meeting
The Empire Runners Club - 13 January 2014**

Meeting called to order at 6:50 pm by President Larry Meredith

Members Present:

Larry Meredith
Bill Browne
Tanya Narath
William Ortlinghaus
Paul Berg
Chris Mason
Luis Rosales

Selection of 2014 Empire Runners Club Officers:

President: Larry Meredith
Vice President: Bill Browne
Secretary: Will Ortlinghaus
Treasurer: Tanya Narath

New Business:

Discussion held to determine rules for 2014 Empire Runners Grand Prix

Meeting adjourned at 7:30 pm.



**Empire Runners of Sonoma County
Balance Sheet Standard
As of December 31, 2013**

01/19/14

	<u>Dec 31, '13</u>	<u>Nov 30, '13</u>
ASSETS		
Current Assets		
Checking/Savings		
Exchange Bank	71,468.01	71,627.17
PayPal Money Market	4,646.03	1,489.36
Total Checking/Savings	<u>76,114.04</u>	<u>73,116.53</u>
Other Current Assets		
Petty Cash	400.00	400.00
Total Other Current Assets	<u>400.00</u>	<u>400.00</u>
Total Current Assets	<u>76,514.04</u>	<u>73,516.53</u>
Other Assets		
Security Deposits Asset	250.00	0.00
Total Other Assets	<u>250.00</u>	<u>0.00</u>
TOTAL ASSETS	<u>76,764.04</u>	<u>73,516.53</u>
LIABILITIES & EQUITY		
Equity		
Restricted - Kenwood	30,000.00	30,000.00
Restricted - Student Grant Fund	2,583.00	1,203.00
Unrestricted Net Assets	36,628.84	38,008.84
Net Income	7,552.20	4,304.69
Total Equity	<u>76,764.04</u>	<u>73,516.53</u>
TOTAL LIABILITIES & EQUITY	<u>76,764.04</u>	<u>73,516.53</u>



**Empire Runners of Sonoma County
Profit and Loss Budget vs. Actual
January through December 2013**

01/19/14

	<u>Jan - Dec '13</u>	<u>Budget</u>	<u>\$ Over Budget</u>
Ordinary Income/Expense			
Income			
Direct Public Support	8,743.00	6,500.00	2,243.00
Investments	0.00	0.00	0.00
Other Types of Income	1,143.00	648.00	495.00
Program Income	86,188.60	79,752.00	6,436.60
Special Events Income	820.00	820.00	0.00
Total Income	96,894.60	87,720.00	9,174.60
Expense			
Business Expenses	35.00	36.00	-1.00
Contract Services	8,007.52	6,792.00	1,215.52
Facilities and Equipment	3,267.28	5,200.00	-1,932.72
Operations	23,202.05	49,588.00	-26,385.95
Program Expenses	53,825.08	18,676.00	35,149.08
Travel and Meetings	1,005.47	588.00	417.47
Total Expense	89,342.40	80,880.00	8,462.40
Net Ordinary Income	7,552.20	6,840.00	712.20
Net Income	7,552.20	6,840.00	712.20



The Long and Short of It Support Your Local Parks



I finished a nice soggy run from my house up into Spring Lake Regional Park this morning, got home stripped off all my wet running gear and threw on some sweats. Now sitting at my computer and looking out the window, I see that the north-bay winter has finally arrived.

Listening to the rain, I feel thankful. It has been said a thousand times but it bears repeating – we live in a wonderful place. Most of us live within a short easy run of beautiful parks, bike paths and other natural areas that we can access year round.

Many of us use these parks on an almost daily basis. Because they are so close we often do not have to drive to them. But even when we do drive we often choose to park outside the official park boundary and thus intentionally or not, we avoid paying any fees.

All of the regular ER organized training runs originate somewhere outside the boundaries of Spring Lake and/or Annadel thus perpetuating the avoidance of fees.

Once again I am asking the membership to consider purchasing both Sonoma Co Regional and California State Park passes in support of these treasured resources.

I am well aware of the gross mismanagement of funds by the former California State Parks leadership that revealed last year there were over \$54M unreported dollars available. This came at a time

when the state had shuttered many parks and Annadel was being run by the Sonoma Co Regional Parks dept. Like everyone else I hope the current leadership has a handle on this and will prevent something like this from happening again.

Without excusing or diminishing the behavior of the former leadership please understand that \$54M is not a lot of money considering the size and scope of the California State Park system.

I would encourage runners who frequently use the trails and fire-roads in Annadel and other State Parks to purchase the California State Park Pass to help ensure these treasures not only remain open but are staffed and maintained at a high level that we can be proud of.

Shifting gears, I would like to highlight ***the local heroes in this saga - the Sonoma County Regional Parks.***

During the late state fiscal crisis the Sonoma Co. Regional Parks, not only remained solvent, but continued to provide a high level of service and maintenance to park users. Even more to be praised, they kept Annadel open when it was about to be shuttered by the state. If that alone is not a great reason to support the Sonoma Co. Regional Parks by purchasing an annual pass, I don't know what is.

While it is true that we all pay our taxes to the county and the state, I hope you won't use this as an excuse not to directly support the parks.

The truth is, ***the Empire Runners as an organization and each individual Empire Runner need to provide direct support to the parks in balance with the amount of use.*** Purchasing park passes is an easy and convenient way to help do so.

If you cannot support both the Sonoma Co. Regional Parks and the California State Parks at this time, please consider supporting at least one or the other!

See the following page for details on how you can get your pass(es)

Your support is appreciated!

DM Peterson



Sonoma County Regional Parks

- Good for all Sonoma Co. Regional Parks



Web Site

http://parks.sonomacounty.ca.gov/Support/Parks/Become_a_Parks_Member.aspx#tab2

“Google” Sonoma Co. Parks Pass

Membership Types and Related Annual Fees: Membership Types and Related Annual Fees:

(good for 1 year from time of purchase)

Individual / Family	\$69
Age 60+	\$39
Permanent Disability	\$23

California State Parks

- Good for Annadel State Park and most others across California. See web site.



Web Site

<http://store.parks.ca.gov/park-passes/california-park-experience-vehicle-day-use-annual-pass/>

“Google” California State Parks Pass

Membership Types and Related Annual Fees: Membership Types and Related Annual Fees:

(good for 1 year from time of purchase)

Individual / Family	\$75
Age 62+	Significant discounts apply see web site for details
Permanent Disability	Significant discounts apply see web site for details

NOTE: the “California Park Experience” is probably the best / most economical type of pass for most local runners but there are other categories you may be interested in.



Brad's Corner

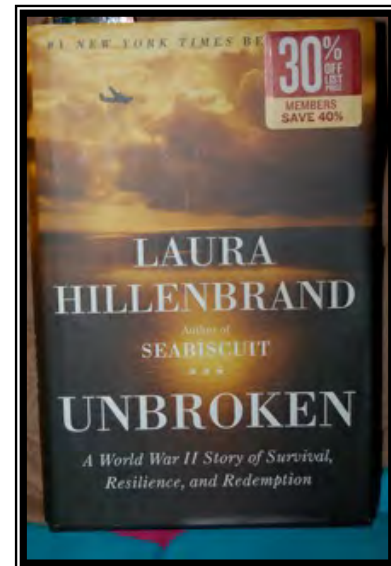
"UNBROKEN", Laura Hillenbrand, Random House, New York, 2010 pp. 406

This is a biography of track and field star of the 1930's, Lou Zamperini. He was a world class mile, 2-mile, 5K runner. Unlike the other biographies I have reviewed this story begins with his running history (very interesting) but quickly morphs into something entirely different. This is a story of Lou's post running life; a life of survival and a life of redemption.

For those readers that are looking for another book filled with stories of races and fast times, this isn't it. Sure the beginning kind of sucks you in with Lou's world class running times and the thought that he could have been the world record holder in his lifetime.

Unless you are a real historian of track you probably haven't heard of Lou Zamperini, but he held the national high school mile record (4:21.3), set in 1934, for 20 years (the world record was 4:06.8 at that time). Lou received a scholarship to USC, but delayed entry to train for the 1936 Olympics. He qualified and won THE 5K! at the Olympic Trials and went to Berlin.

During his freshman year at USC he lowered his mile time to 4:13. In 1938 he had lowered his time to 4:08.3(NCAA record for over 15 years and in 1939 ran 4:07.9 to tie the indoor mile record. At just 21 years of age he was predicted to be the next world record holder, an early favorite for the 1940 Olympics (Tokyo- then changed to Finland after Japan's involvement in World



War II) and possibly able to push the 4 minute mile barrier(not done until 1954 by Roger Bannister).

I know I said this book was different but I am a running numbers nerd. I apologize. I needed you to know how great a runner Lou Zamperini was. From this point on, the book and Lou's life changes in profound and tragic ways as he joins the US Army Air Corps to fight against the Germans and Japanese in the 'war to end all wars'.

His experiences are unbelievable, shocking and painful and you will *feel* every moment. I challenge anybody to not be touched by the Lou Zamperini story, which is why I have left the story for the reader.

Read this book. Read it again. Read it with your friends.

Then go out for a meal and a beer and talk about it. Lou Zamperini is a hero and a character... and he was a great runner. After you read this book, google Lou Zamperini. I will say no more.

GRADE: 10/5

2014 Empire Runners Grand Prix

The Empire Runners Club of Sonoma County annually conducts a Grand Prix series of footraces, awarding points to club members for finishing, participation or volunteer service for each of our local racing events. Accumulated point totals determine award winners for male and female overall champions and age divisions as determined each year by the Grand Prix Coordinator in conjunction with the Empire Runners Club Board of Directors.

2014 Empire Runners Club Grand Prix Director: Bill Browne (e-mail: grandprix@empirerunners.org)

Rules changes for 2014:

- **Final overall scoring will be calculated by adding up the 10 highest-scoring events for each individual**
 - There are 13 total events; in 2013 scores were calculated from 9 events.
 - The Summer Track Series (the cumulative score from up to 4 meets) is counted as a single event.
- **Relay Races: All finishers on complete teams will be awarded 75 participation points.**
 - In 2013 points for relays were awarded by individual running time.
 - This includes the Valley Ford Relay, the Loop-de-Loop Relay and the Riverfront Relay
- **Track Meets: 25 participation points will be given to all finishers of the longest race and the mile race in each meet up to a maximum of 100 points per individual for the entire track series.**
 - In 2013 participation points included all events.
- **Volunteer Points:** A maximum of 300 volunteer points (including Race Director points) will be included in any one participant's final score. Volunteer points can be earned at track meets: 15 points per meet, can earn volunteer points at all 5 meets, for a total of 75 points, but cannot exceed 100 total points in track series by combining participation points and volunteer points.
- **Age group divisions shall be 15-and-under, 16-29, 30-39, 40-49, 50-59, 60-69 and 70+.**
 - In 2013 age groups were 9-and-under, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+.
- **Club members must participate, run or volunteer, in at least 5 events in order to be eligible to receive a Grand Prix award.**
 - In 2013 the requirement was for a minimum of 3 events.
 - The Summer Track Series is counted as a single event even if the member competes in more than one track meet.

2014 Grand Prix races are:

1. Resolution Run 5K, Wednesday, January 1
2. Valley Ford Relay 4 X 2.75 Miles, Sunday, February 16 (75 participation points only.)
3. Ilsanjo Classic 4 Miles and 10 Miles, Sunday, March 9
4. Loop de Loop 14 Mile and Relay 2 X 7 Miles, Sunday, March 30 (For relay, 75 participation points only.)
5. Jackrabbit Derby 3 Miles, Sunday, May 4
6. Summer Track Series, 5 meets beginning Tuesday, June 10, see below for scoring (volunteer points are 15 pts per meet , can get a total of 75 total volunteer points if volunteering at all 5 meets)
7. River Front Relay 2 X 3.1 Miles (75 participation points only.)
8. Kenwood Footrace (75 volunteer points only.)
9. Salmon Creek Beach Run 5 Miles or 2 Miles
10. Phil Widener Empire XC Open 3.43 Miles
11. Annadel Loop 7 Miles
12. McGuire's Breakfast Run 3K and 10K
13. Last 10K and Final 2-Mile

Scoring

- **Members must pre register online for each event to insure eligibility to earn Grand Prix points.**
 - Those who register on race day risk not receiving Grand Prix points unless they indicate on the race registration form that they are club members and notify the race director within 24 hours of the event, in person, by email, or by telephone, that they wish to be included in the Grand Prix competition.
- **The first place ER finisher will receive 100 points, 2nd place 99 points and so on, for both males and females.**
 - In races in which there are more than 100 competitors one point will be given to competitor 101 and above.

- If there is a short and long race at the same event (Example: Ilsanjo Classic has a 4-mile and 10-mile race), each distance is scored separately.
 - For races with age-and-gender-handicapped start (Loop de Loop 14-mile and Annadel Loop) scoring will be by order of finish for each gender (i.e. a participant's scratch time will not be taken into account).
 - For McGuire's Breakfast Run participants may finish both the short and long races but will only earn Grand Prix points for the higher of the two scores. Their finish position in the lower-score race will serve to displace other finishers.
 - Those who register on race day risk not receiving Grand Prix points unless they indicate on the race registration form that they are club members and notify the race director within 24 hours of the event, in person, by email, or by telephone, that they wish to be included in the Grand Prix competition.
 - The first place ER finisher will receive 100 points, 2nd place 99 points and so on, for both males and females. In races in which there are more than 100 competitors one point will be given to competitor 101 and above.
 - If there is a short and long race at the same event (example - Ilsanjo has a 4m and 10m race), each distance is scored separately. Race Directors get 100 points.
 - Races specifically held for children will not be scored (Newt Scoot and Bunny Hop).
- **Age divisions are as follows: 15-and-under, 16 29, 30 39, 40 49, 50 59, 60 69, 70+.**
 - Participant's age group will be determined by age at the event in which participant first scores during the year.
 - **Volunteers scoring:**
 - A maximum of 300 volunteer points (including Race Director points) will be included in any one participant's final score.
 - Members will receive 75 points for each event at which they volunteer except the Summer Series track meets. Track Series volunteers will receive 15 points for each track meet at which they volunteer to a maximum of 75 points. A member can earn Track Series points both by volunteering and by competing, but not at the same meet. The limit for combined points for volunteering and competing at track meets is 100 points.
 - **Relay scoring:**
 - Scoring for the Valley Ford Relay, the Riverfront Relay and the Loop de Loop Relay will be 75 points for each participant of a finishing team.
 - **Summer Track Series:**
 - Only the finishers of the long race and the mile at each meet will be scored.
 - Each finisher of the long race or mile will receive 25 points.
 - The maximum number of points a participant may earn during the Track Series is 100 (4 of 5 meets).

BONUS POINTS: Christmas Relays Bus: Any member riding the bus to the Christmas Relays will get 50 bonus points toward their total. This does not count as one of the 10 races scored.

Prizes - Gift certificates from local businesses, as determined by the Grand Prix Coordinator in conjunction with the Board of Directors, will be awarded as follows:

Overall Male and Female

- **First Place - A gift certificate worth \$125 and a commemorative plaque.**
- **Second Place - A gift certificate worth \$75 and a commemorative plaque.**
- **Third Place - A gift certificate worth \$50 and a commemorative plaque.**
 - Overall winners will not be eligible for age group awards.

Age Group Male and Female

- **First Place - A gift certificate worth at least* \$25.**
- **Second Place - A gift certificate worth at least* \$20.**
- **Third Place - A gift certificate worth at least* \$15.**
 - *A budgeted pool of \$840 will be distributed to eligible age group award winners. Divisions with less than three eligible award winners will increase all award amounts proportionally.

February 2014

January 2014							February 2014							March 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1							1	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31	23	24	25	26	27	28	23	24	25	26	27	28	29		
													30	31						

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 8M at Medium Pace 8:00 AM Parktrail Drive	27 7:00 PM 1932 Yolo Court, SR	28 12x400m at 2M Goal Pace 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	29 5:30 PM Fleet Feet Run	30 7M w/2.5M Tempo 4:30 PM Howarth Park	31	1 8:30 AM Railroad Square, SR 5:00 PM ER Club Awards Banquet
2 12M at Medium Pace 8:00 AM Channel Drive	3 7:00 PM 1932 Yolo Court, SR	4 6M w/12x1...t 1M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive	5 5:30 PM Fleet Feet Run	6 7M w/3M Tempo 4:30 PM Howarth Park	7	8 8:30 AM Railroad Square, SR
9 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM Tamalpa Couples Relay	10 7:00 PM 1932 Yolo Court, SR	11 Hill Repeats, 10x30sec. 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive	12 5:30 PM Fleet Feet Run	13 5M w/1.5M Tempo 4:30 PM Howarth Park	14	15 8:30 AM Railroad Square, SR
16 9:00 AM Valley Ford Relay 4x2.75M	17 7:00 PM 1932 Yolo Court, SR	18 5M with Street Sign Intervals 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive	19 5:30 PM Fleet Feet Run	20 6M w/10x1min at 5K Pace 4:30 PM Howarth Park	21	22 8:30 AM Railroad Square, SR
23 10M at Medium Pace 8:00 AM Parktrail Drive	24 7:00 PM 1932 Yolo Court, SR	25 Hill Repeats, 10x90sec 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive	26 5:30 PM Fleet Feet Run	27 8.5M w/3.5M Tempo 4:30 PM Howarth Park 6:30 PM ER Club Meeting	28	1 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 16	Valley Ford Relays – Valley Ford – 9:00am
Thu Feb 19	ER Club Meeting – MV RoundTable – 7:30pm
Sun Mar 09	Ilsanjo Classic 10mi and 4mi – Howarth Park – 9:00am
Thu Mar 27	ER Club Meeting – MV RoundTable – 7:30pm
Sun Mar 30	Loop de Loop 14mi & 2x7mi Relay – Channel Drive – 8:00am
Sat Apr 05	Annadel Half Marathon – Spring Lake – 8:00am

2014 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
Treasurer Tanya Narath 707 523-0444 boardofdirectors@empirerunners.org	Board Member at Large Chris Mason 707 291-5797 boardofdirectors@empirerunners.org	Board Member at Large Paul Berg 707 823-2153 boardofdirectors@empirerunners.org
Board Member at Large Luis Rosales 707 326-3610 boardofdirectors@empirerunners.org	Membership Val Sell 707 539-1085 membership@empirerunners.org	Apparel Will & Jen Ortlinghaus 415 269-3935 apparel@empirerunners.org
Student Grant Fund Paul Berg 707 823-2153 scholarship@empirerunners.org	Fleet Feet Grand Prix Bob Rogers 707 539-7391 grandprix@empirerunners.org	Cross-Country Teams John Harmon 707 547-0847 xcteams@empirerunners.org
Hall of Fame Mike McGuire 707 542-6687 halloffame@sbcglobal.net	Group Training Larry Meredith 707 526-4536 grouptraining@empirerunners.org	Newsletter Dale Peterson 707 529-0765 Nate Koch 707 237-1042 David Abbot t707 235-2756 newsletter@empirerunners.org
Online Registration Jerry Lyman 707 527-9020 events@empirerunners.org	Website Chris Mason 707 291-5797 website@empirerunners.org	