

# The Empire Runner

As many of you know, we have a Facebook fan page (<http://www.facebook.com/pages/Empire-Runners-Club/175376832474904>), and on there is a thread to introduce yourself, so you can get to know some of your club-mates. And as all of you know, we have some awesome club members! So here are some snippets from what some of your club-mates had to say about themselves:

## **Spencer Hall**

"... Joined the running club in 6th grade, but all we did was run a mile every Friday and honestly, I was really only in it for the little shoe-lace tokens we got for finishing... Really got serious after attending the Stanford running camp the next summer and I guess you could say it's all been downhill from there."

"...I'm second all-time for Empire High School Boys in the 2000 meter Steeple. First is Steve Guerrini, who also happens to hold the national record in that event."

## **Sam Strobino**

"...I like xc anything to be honest. I don't really have a favorite distance. (Goal is) To still be running when I'm 80..."

## **Nathan Koch**

"Started in Santa Rosa Express in 5th grade... Proudest running accomplishment ~Running 3:01 at Chicago Marathon, qualifying for Boston, and then pulling off a 3:09 in Boston... Biggest running goal ~ breaking 3 in the marathon and 5:00 in the mile.

"...Random running fact ~ I've got the nicest legs you'll ever see a pair of split shorts on.

## **Jen Ortlinghaus**

"...My favorite distance is the half marathon, but I'm in the 50 and D.C. Marathon Group...only 39 states to go"

"Qualifying for the Boston Marathon 5 minutes under my age group time (at Silicon Valley) is my proudest accomplishment... I would like to run Boston with (or at least on the same day) as my husband."

## **Will Ortlinghaus**

(Been running) "On and off since high school, along with cycling... Half marathon is my favorite race distance.

(Goal): "QUALIFY FOR THE BOSTON MARATHON"

"I was the fastest white boy in my high school"

## **Carrie Peterson-Kirby**

(proudest accomplishment): "Running through my entire 3rd pregnancy. Up until 3 days before he was born"

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“...I would like to run around a 3:10 for CIM in two weeks. Then retire my marathon "career" and become a pacer

“I shared an elevator with Catherine Ndereba.”

## **Shirley Fee**

Started with Team In Training, I wanted to do something good for people.

(Accomplishment) “North Face Endurance Challenge Trail Marathon, with little training.” (Goal): “Run a 50 mile trail run”

## **Mike Wortman**

“A friend of mine talked me into running XC at Rancho one year. Kinda kept with it.”

(Goal): Qualify for USA Champs in the 3k Steeple. (Cool fact): I'm on the all time Empire adult performance list in the steeple.”

(Hobbies): Motorcycles and cooking “

## **Sid Andreis**

(Started running): “Bad break up”

(Biggest accomplishment): Boston Baby 2010! Soooooo amazing...oh and breaking a 5 min mile on second try.”

(Goals): “Western States 100 for sure! Oh and breaking a 3 hr marathon. (Nate [Koch], Brandon [Crowell], and I are going to next year at CIM!)”

(“Fun” fact): I had no idea what a cool down was until XC this year... I ran a race every weekend last year except for 2”

## **Paul Berg**

“... didn't start running 'til the ripe old age of 48... A group of friends were training to climb Mt Shasta, about the same time my daughter Celeste was showing an interest in running. After a few months of 25 mile weeks, all 4 of us conquered Shasta, and I acquired a great bonding ritual to share with my kid..”

“Proudest running accomplishment. Boston marathon in 2008, 3:23 at 53 yrs old.... Biggest running goal. Black shirt at the Dipsea.”

“Random running fact. I've got some pretty good age-graded times in the 100 and 200m”

## **Jen Clouse**

“ Years running: Since I could at age 5-so about 20 years...I liked it & turned out to be pretty decent too...  
Favorite race distance: Used to be 100 meters now I like the 10K

”Random running fact: I was (maybe still am) the 100m record holder for 8th grade girls at Rincon Valley middle school & I was a sprinter in high school & college but also ran XC”

“I am currently a personal trainer and was the assistant xc/track coach @ CN/UHS & am now in nursing

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school full time @ SRJC

## **Bryan Bradley**

"I ran cross country back at Slater Jr high, and Montgomery high. My junior year (94) was the last time that I had ran cross country. My senior year I had broke my hand and got major senior-itis, and only came out to a couple of practices before giving running up. ... I had just recently returned from living in San Diego for the past 10 years and wanted something new and challenging. I sent an email to my old cross country coach, Larry Meredith to see if I could start running with the group. I officially returned to running November 1, 2010. I signed up to be a member of the club at the last 2 mile and plan on doing all the events for 2011."

"I have always been a sprinter. I love doing the 100m and 200m. ... Proudest running accomplishment- In cross country, my best moments had to be running low 6, high 5 minute mile paces. I was always the biggest most muscular person out on the course. In track, having the 16th best all time long jump, 22' 8" in my junior year."

"...Random running fact- Ran the 100m in 11.1, can't wait for the summer track series to show off my speed..."