

# Empire Runners Newsletter

Volume XXV, Number 1, January 2000

## New Club President Speaks

by Dan Preston

Years ago I served a term as President of the Valley of the Moon Running Club. Not too many people now even remember there ever was such a club. I did not have to do anything as President, it was Fred Kenyon's club, and I think he just liked having my name there. Back then the running community consisted of Fred Kenyon, a few loyal followers, and whoever the current crop of elite runners were. Fred, who was a running pioneer in this area, kept his club going for years before he finally gave up, and turned even his most prized possession, the Kenwood

### The Phaby-Gray Y2K5K Resolution Run

5K

**When:** Saturday, January 1  
**Time:** 10:00 a.m.  
**Entry:** Race day only  
**Place:** Montgomery High School,  
 1250 Hahman Drive, Santa Rosa  
**Directions:** Hoen Frontage Road off of Farmers  
 Lane or Hoen Avenue.  
**Course:** 100% paved, 100% flat  
**Questions?** Call Larry Meredith, 526-4536

Footrace, over to the new club in town. Fred pretty much had to do it all on his own, with only occasional help from others, and eventually he got tired of that.

There were times in the past when it looked like Empire Runners might fold too. The volunteers who did the critical work were burned out. But that hasn't been the case for some time now. The club seems strong. Especially this time of year when members turn out in droves at Thanksgiving and Christmas events.

### Mark Your Calendar

- **Saturday, January 1:** Y2K5K Resolution Run 5K, 10 a.m., Montgomery High School.
- **Thursday, January 20:** Newsletter deadline.
- **Saturday, January 22:** Club Awards Party, Burbank Art & Garden Center, Santa Rosa.
- **Thursday, January 27:** Club meeting, 6:30 p.m., Round Table Pizza, Montgomery Village.
- **Sunday, February 13:** Valley Ford Relay 4x2.75M, 9:00 a.m., Dinucci's Restaurant, Valley Ford.

### Jingle Bell Run Monday, December 20

6:00 p.m., 1110 Cornell Drive -  
 Home of John & Lisa Anderson  
 Pot Luck Dinner Party to Follow Run



Why is that? The club has been well served over the years by a small group of leaders, and the support of a somewhat larger group of loyal followers. It has been a strength of the club that it is run by a pool of talent that includes, for example, the cross country coaches from Montgomery, Santa Rosa, Rancho Cotate, Analy, Maria Carrillo, and Windsor. People stay loyal to the club and remain active not only because they love running, but because they like doing it with people they admire.

Who are these people? One of the most admired is our newsletter editor, **Larry Meredith**. Getting a newsletter out every month, a job that can make or break a club, bounced around for awhile before it settled on his trusty Mac. It is a lot of work, and it is always there, every month. Coach not only does the newsletter, but gets involved at all levels of club activities, including scheduling the workouts and even -- lately -- winning all the local races. Coach has been with the club for many years, and is a main reason for its success.

Another key leader has been **Alec 'Doc' Isabeau**, who has been influential in a lot of club decisions over the years, and remains active, even though his first love has become mountain climbing. He and **John 'Mojo' Royston** bring smarts to the business of organizing events that others will follow.

Then there are the coaches, besides Larry and Tori, who we rely on year after year to put on most of the races: **Bob Shor**, **Doug Courtemarche**, **John Anderson**, and **Lisa Isabeau**. They know how and, fortunately, they never seem to get tired of doing it.

But a main reason our club survives is the long list of members who show up at the workouts, meetings, and events. We are surprised when we don't see them there. They are the pool we draw from for volunteers and competitive teams. Most of our races are associated with the name of a runner who comes back year after year to put it on. They get good at doing it and they come back to get better every year until they wear out and turn it over to someone else to try. And there is always someone there interested in taking a turn because they want to be part of it. And fortunately they can draw from a long list of volunteers who have gotten good at it also and who serve with very little glory for what they accomplish.

So now I have been asked to take a turn, and I feel honored to do so. I join the likes of **Cathy DuBay**, **Al Tagliaferri**, **Tanya Narath**, and **Mike Weddington**, as someone who has been asked to step forward for a term when John or Doc weren't serving their second or third time around. It won't be like my Valley of the Moon presidency -- I'll have to work this time. Not as hard as Mike Weddington did -- not all the past presidents tackled the job with such a vengeance. Some kept a low profile; you had no idea whether they were working feverishly behind the scenes, or if things just managed to get done anyway.

I expect to be between these extremes but, like all past presidents, I will depend on the thirty or so active

members who really run the club. A big part of my job will be facilitating communication in that group, keeping everyone motivated, and being a positive influence. Running is an inspiring activity to begin with and, with all these talented people around, I do not see how we can do anything but succeed.



## The Crystal Springs, Shoreline, and Tamalpa XC Runs

*By Phil Widener*

I really loved **Dale Peterson's** article in October's Empire Runner. The things he described were exactly the way all of us felt the day we drove down to Belmont on Oct. 23 for the Crystal Springs Challenge, part of the PA XC series of races. Don Sampson and I had driven to UC Davis for the Aggie Invitational XC race, and the Shoreline Open XC race. But on this day, we all went in Dale's car, and as he said, there was a lot of joking and general goofiness from all of us. It was like being in high school or college again, and going on our weekly cross-country trips, except that back then we rode a school bus.

Part of the fun of this race, besides it being a very hilly and challenging course, was getting to see the women's race before our race. And by the way, they all looked great (running smooth and relaxed). **Lisa Isabeau** was 3rd in the Women's Masters Division, with a good time of 21:10 for this 2.95 mile hilly course. **Deb Park** finished right behind Lisa, in a time of 21:23. **Laurie Willenbring** was not too much further back, in a time of 22:47. The ladies were even nice enough to share their table cloth with us, so we didn't have to sit down in the dirt. As Dale mentioned, the first mile of the race was mostly downhill, and then up the same steep hill at the mile mark. So after that, the race wasn't so bad, but lots of rolling hills and twists and turns. What really helped all of us was having the ladies cheer us on at different parts of the race. I think we all ran good times, and were pleased with the results. For the men's 4.19 mile course, I ran 28:52. **Bob Holland** was right behind me at 28:58. Then about a minute later **Don Sampson** finished in 30:01, with **Dale Peterson** finishing behind him in 31:17. All of us, both the men and women, were within a minute or less of each other, and that is what you want to do in a XC race where you run as a team. Good, competitive times for all of us that day.

The next week, Oct. 30, Don and I ran in the Shoreline XC race, in Mountain View. We were the only



Empire Runners there, so didn't have the required 3 runners to be eligible for team competition. But I think both of us enjoyed the race and felt good about our times. My time was 31:04, and Don's was 32:43 for this 4.58 mile course, which were both improvements over our times for last year's race.

Since there was already a list of the Empire Runners and their times for the Tamalpa Challenge the next week, Nov. 6th, I won't repeat that. But what was really neat was the amount of participation we had for both the men's and women's races. There were 7 women and 5 men who represented our club. Plus, **Doc Isabeau** was there to give moral support and lots of cheers along the race course to both the men and women. This is when I really felt close to the other club members who were either running or there to support us, because it is a team competition as well as an individual competition, and it is great to have enough Empire Runners to score as a team. I think everyone had a great time, and thanks to Lisa for taking the pictures after the race. I'd also like to really thank **Gil Moreno** for deciding to run the night before the race. Not only did he help us to have enough team members to qualify for team competition, but he also agreed to drive all of us to the race. I'm not overlooking Don Sampson, and Dale Peterson, and Bob Holland either. But Gil had not been running for awhile and was worried that he wouldn't do well. I assured him that he would, and I think he was very pleased with his time. The course is very scenic, a lot of it on shaded trails, and not a lot of steep hills. We also enjoyed a great meal at Tag's Deli after the race. All in all, it was a great day for all of us: a great race, great food after the race, and great friends to share it with.



## We Beat Tamalpa!

by Deb Park

Okay, so that wasn't our *only* goal, but we did it! And on their home turf! The 1999 cross country season has officially come to a close, as evidenced by the rather rapid disappearance of an entire 7-layer bean dip at the post-mortem party at my place. Shelly's friendship bread was also a big hit. Just let her know if you want a starter kit. I didn't take one -- I didn't want to be the only one who could kill something besides a plant. We did actually do some racing this season, and rather well, I might add. We started off with a strong team of three for the Golden Gate Opener. Lisa Youmans ran a strong 29:50; Valerie Sell raced a great 27:46; and rounding out our top (and only) three

was **Lisa Isabeau** with a very fast 29:50.

We had a somewhat better showing at Sierra College in Rocklin. Our first full team of the season was led by Lisa "The Biker Stud" Youmans with a 23:44, followed not so closely by **Deb "Dinky" Park** with a 26:47 and, in her cross country debut race, **Laurie "I Need Beer" Willenbring** with a time of 29:22. She learned the hard way not to go out too hard! The team finished strong with **Jodi Lashinski** at 32:01 and **Lisa Anderson** at 32:53.

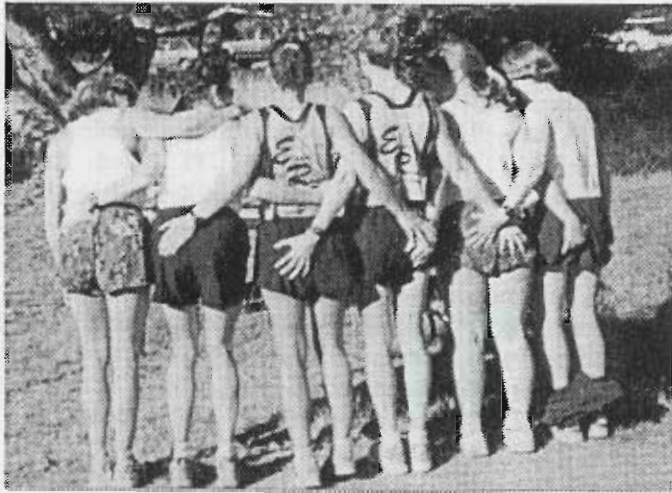
The Empire Open was a great day. We couldn't help but have a team "on hand." (See accompanying photo.) Results from this race have already appeared in the newsletter, but for those of you with that CRS problem, here is how we finished: Lisa Youmans, 24:09; **Shelly Lydon**, 26:22; Deb Park, 27:15; Laurie Willenbring, 28:57; and **Sally Schalich-McGuinn**, 29:23. And a very special thanks to Jodi (the one with her pants at her ankles) for all the support she showed.

Crystal Springs was, well, Crystal Springs. Have you ever read Winnie the Pooh and the Blustery Day? That was mild compared to the icy cold northern winds at Belmont. This being Laurie's first season, she's not sure she wants to go back. We all, however, finished in an upright position, which after all was our goal. Another win by a Lisa -- Isabeau this time -- for our team in a rapid 21:10 (and this year without a single fall!). Followed by Dinky Park, at 21:23, and Laurie Willenbring at 22:47 to round out our team of five-minus-two. Once again, strong support was shown by Jodi Lashinski, who documented the whole experience on



The regular crew for the Empire Runners cross country team: (front row, left to right) Laurie Willenbring, Deb Park and Leslie Field; (back row, l to r) Lisa Youmans, Shelly Lydon, Lisa Isabeau and Robin Stovall.





**Rear View:** The cross country gals are always willing to lend each other a hand.

film. The real highlight of the day was the stop at Tag's deli on the way home for soup and sandwiches.

Hoy's Presidio Open was . . . interesting? A short run up a big sand dune started the 1.9-mile race (sprint?). Before we had a chance to feel like throwing up a lung, it was over. What more can you say about a 1.9-mile race? Dinky had a good time of 14:22 and Laurie hung in right behind for a strong 15:15.

Next up was the Tamalpa Challenge where, I have to say, we raced well. With a HUGE team of 7 twisted but lovable women we squeaked out a victory over the Tamalpas on their home turf. Leading the pack was Lisa Youmans with a 31:32. Next up was Shelly Lydon at 32:43, then **Robin Stovall** at 33:19, followed incredibly closely by Lisa Isabeau at 33:20. Deb Park finished next at 34:17; Laurie Willenbring at 40:02 and **Leslie "What-Was-That-Distance-In-Kilometers?" Field** at 40:10. Thanks to **Doc Isabeau** for the lovely photos of unidentifiable women running from a really long distance away. (We think one of them might have been his wife.) Special thanks to Leslie's mom for coming all the way from Canada just to see us race! The soup at Tag's was AGAIN the highlight of the day.

**CHAMPIONSHIPS!!** No rain, abut still muddy. Our team of 4 slopped their way through the 2-loop, 4-mile course at Golden Gate Park. Everyone successfully made it over the hay bales and various other obstacles. The only obstacle missing for Deb Park this year was the extra leap over **Cindy Roach's** slumped and slightly bleeding body at about the 2.5-mile mark. First in for Empire Goddesses was Lisa Youmans with a swift 27:49, followed by Shelly "My-Knee-Only-Hurts-A-Little" Lydon at 27:58. Next in was Robin "Only-Four-Weeks-Of-School-Left" Stovall with a 29:35 and bringing up the rear with a 29:55 was Dinky "I-Only-Run-For-The-Bear" Park. The highlight of the morning was coming around the last turn and being cheered on by none other than **THE Bill Rodgers!** After the race the team

stalked Mr. Rodgers and convinced him to not only sign our T-shirts, but pose for some pictures. Huge thanks go out to Jess for videotaping the whole event and trying in vain to force Dinky to save at least ONE picture. And thanks to Shelly for saving me when I wasn't smart enough to listen!

I'd like to thank everyone who participated in cross country this season and encourage anyone who didn't to give it a try next year. Our goal is, after all, to have fun and in the process maybe do a little racing.



## USATF Pacific Association & Western Regional XC Championships

*By Phil Widener*

Saturday morning, November 22nd, **Dale Peterson, Don Sampson,** and I departed from Montgomery High School parking lot at 6:45 AM, on our way to the final race of the PAUSATF cross country series at Golden Gate Park in San Francisco. We were all a little nervous about the possibility of rain, cold weather, and lots of mud for the race, but we weren't prepared for something much worse than any of those conditions. When we got close to San Rafael we noticed the traffic was bumper to bumper, and couldn't figure out why. Then all of a sudden the freeway was closed and we had to detour into San Rafael, with no signs or police cars to point the way to San Francisco. After stopping to ask directions at a service station, we got back on a frontage road that ran parallel to Highway 101, and after a delay of almost 45 minutes we got back on 101 and continued on our way to San Francisco. We weren't sure if we would even make it to the first race on time, because it started at 9:00 AM and it was getting close to that time. We finally got to Golden Gate park and saw the tents set up for race registration and lots of runners warming up for the race. We got there 10 minutes before the race started. The men's Masters race started at 9:00 AM, followed by the women's race at 10 AM, and the Open men's race at 10:45 AM. Dale unselfishly dropped Don and me off so we could get our race numbers and start the race on time. Unfortunately he had not preregistered, so by the time he parked the car and registered, the race had already started. Don and I didn't have any time to warm up, and worse than that we were standing in line to use the portable bathroom when the race started, so we didn't get to do that either. Fortunately for us it wasn't raining, and not really that cold. But it was pretty muddy. For the 6 mile



course, my time was 44:18, and Don finished in 46:01. I think we were both satisfied with how we did, under the circumstances.

Dale still got to run the race, but he had to run in the Open race with the runners who were under 40. He had much tougher competition than we did, but still ran a good time of 48:48. In the women's 4 mile race the Empire Runners were represented very capably by **Lisa Youmans** in 27:49, **Shelly Lydon** in 27:58, **Robin Stovall** in 29:35, and **Deb Park** in 29:55, all good times and all very close to each other. Also, all the runners were given T-shirts after the race, which was the only race in this series to do that.

Now for the highlight of the day. At the starting line of the Masters race we were standing in back of **Bill Rodgers**, and Don and I got to talk with him before the race started. After the race, Bill signed the back of our T-shirts, and we had a picture taken of all the Empire Runners who were at the race with Bill Rodgers. WOW! What a neat experience. I am so glad I decided to run in this final race of the series. As a matter of fact, Don ran in 8 of the 9 races, I ran in 6 races, and Dale ran in 4 of them. I have had more fun running in these races than any other races in a long time. Like I said before, it made me feel like I was back in high school. The fun and companionship and jokes we shared while driving to and from the races, not to mention the great times we had while running the races, were priceless. I encourage any of you to take part in the cross country series next year. You'll be glad you did.



## CIM Report

by *Terry McNeill*

For some time **Don Sampson** had been talking up the Boston Marathon - its history, the excitement of coming down Boylston Street with 30,000 spectators yelling your name, the legacy of **Bill Rodgers**. Don had run it four times, once at 3:04, and he said we could qualify for the big Boston 2000 with, at our age, a 3:35. Pondering such weighty issues, I realized the mistake I made in not joining the ER crew (Valocny, Doog, Al, Lou, Mark, Kathy, Starky et. al.) for the 100th Boston in 1996, and I decided to try the qualifying task. But first that meant getting into distance shape, and that probably meant the Clarksburg 30K Nov. 14, the standard prep run for the Cal International Marathon (Dec. 5) which qualified one, if successful, for Boston 2000. So it's proper to begin with the little Delta town just south of Sacramento, and its Pacific Association 18.6 mile trek.

Clarksburg has been under the guise of the Pepsi 20 and sundry distances, but in my short tenure it has been a 30K run, usually under brisk November skies through the gold and

browning vineyard land and levees. Four Empire Runners attacked the course, led by **Brian Purcell's** 1:52:38, good for 18th overall, and the omniscient **Darryl Beardall** in 2:34:02 (152nd). With **Martin Jones** "on ice" for the present, Somoma has produced another fine runner in **Bob Lutolf**, and he cruised to a strong 2:42:52, one step in front of **Terry McNeill**. Our neighbors **Frank Ruona** (1:58:42) and **Bernie Hollander** ((2:18:35) led the Tamalpa group. It's interesting to note that Purcell beat his 1998 time by a few seconds in a race which seemingly was not as competitive, with **Mike Dudley** of Bend winning in 1:36:15, followed in third by **Brad Hawthorne** (1:40:21). **Maria Trujillo De Rios** of Los Gatos won the women's race in a quick 1:57:49. If you have run Clarksburg, you know the drill - good organization, so so cafeteria food after the race, charming small town, and a long way to the turnaround cone at 9.3 miles. 299 men finished. with 189 women. Oh, the crown of that levee asphalt on your quads!

Turning to the California International Marathon, here is the qualifier that everyone was using for Boston. More than 2,700 finished the race, said to be fast with a 350-foot start/finish drop, but in actuality composed of many rolling sections from Folsom Dam to about 16 miles. December 5 dawned cool but not cold in Sacramento, following a day of a jammed expo at the Double Tree Inn and various running and health workshops. The Sonoma County contingent got a lot of rest and, at least in our room, Andy Jensen set the alarm for 4 a.m. so he could begin his nutrition binge. Don, Andy and I caught the bus at 5:20 and were ready at the start for what we knew were going to be Boston qualifying times in a smashing fashion. What happened? Let's hear from those who did it:

**Jerry Lyman:** (2:57:09) - I had run one social marathon of over four hours when I was a teenager, but this was the first one I had trained for. It was "cake" until 18 miles, as I was moving an easy 6:24 pace. Something happened to me legs at 18, and a long process of slowdown began. Each mile tapered, and people began to pass me, including several I had keyed on earlier when I was running so smoothly. It was clearly the "wall". I did get a few in the last mile, and I knew I needed 6:52 to get under three hours, so it was a success. I guess I looked pretty tired at the line as people wanted to get me to the medical tent and even brought out a wheel chair. But I was okay, and it was a satisfactory effort. Twenty-Six is tough at under a 6:30 pace.

**Bob Merritt:** (3:11:54) - I felt okay most of the way, better at the downhill start chasing Lyman and passing Terry with a friendly wave. Great support from other runners.

**Andy Jensen:** (3:38:45) I ran a conservative race on a course I know, and prepared for it in the usual way. I have run marathons under 2:50 but today I just couldn't get the leg strength in the second half to reach the Boston standard. I may try it again, or run shorter races in the immediate future.

**Terry McNeill:** (3:43:17) - I was on a Boston



3:35 pace to 15 miles, swimming along. My legs, reflecting low miles and sporadic training, began to get stiff. From 19 to 26 miles was sheer misery, the most arduous running of my recent career. From Sac State to the Business 80 underpass I had to alternate walks with jogging and some real running. Pots is right - you can't train for a serious marathon without long training runs.

**Don Sampson:** (4:16:52) - I did the three-hour training runs and followed Danny's prep schedule, but unfortunately got sick two weeks before the CIM and didn't have any strength. I went out ahead of Terry but felt weak at 12 and blew up at 13, and kind of limped in. The glory days of my 3:04 marathons seem a long way away. I enjoyed the company but not the race.

**Sally Schalich-McGuinn:** (4:21:01) - it was okay, obviously far better than my experience at the Humboldt Marathon in October of 1998. I shall do better the next time. It was the first marathon I ever finished with a smile, though one shoe was laced far too tightly and it began to hurt a lot from 18 miles. There were great volunteers all along the course.

**Darryl Beardall:** (4:43:41) - my left leg has been in pain for weeks, and I told Terry at the starting line in Folsom that I thought I could only go one mile. But the race was a painful training run, no so different to much of my 1999 season.

Empire spectators included **Donna Ames** (who ran with her sister for the last section of the race), and Doog, Darlene and Zack, who were at the last turn for strength and helped commiserate with runners in the post-event feed. It needs to be said that one unnamed runner lost wagers to **Lou Garcia, Len Allaire, Mike Duggan and Harald Nordvold**, and must pay off 33 bottles of cheap beer, one for each minute over the "expected" 3:35. Alas, the ways of the world in the Cal International Marathon and Las Vegas gambling. Hope over reason.

**Joe LeMay** won the CIM in 2:13, with Australian **Nicki Carrol** blasting to her season best of 2:29. Ukiah teacher **Judy Welsh** led local first-time marathoners with a sparkling 3:53, grabbing the only Boston qualifying time of the day. Well, who is up to attempting a Boston qualifier at the Napa Marathon in March?



## The Return of the Prodigal Trail-Worker

by Dale Peterson

Several weeks ago I happened to read an editorial in the Press Democrat regarding our beloved Annadel and the on-

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going controversial trail work there. I do not remember much about the editorial other than that the writer indicated that while we had a huge turn out of folks to the public hearing last June, the turn out to trail workdays had been quite thin in comparison. The writer listed the next date that work would be scheduled. After I finished reading I walked over to the calendar in my kitchen and wrote Annadel on the space for Saturday November 13th.

A couple of weeks went by. Weekends have been quite busy for me between home improvement projects and PA Cross Country meets. Then, about a week before the scheduled workday, there was another article on the Annadel trail work in the Press Democrat. Though the article seemed somewhat biased against the Parks department and the planning process, it was more or less positive in its description of the volunteer labor that has been responsible for so much of the work that has been done since 1997.

I was very involved in the trail work in 1997, having gone out on at least six workdays. Then in 1998 I went out maybe 3 or four times. In 1999 I had gone out only once, very early in the year. So, though I had written several articles and or editorials either appearing here or in one case the PD; and though I had spoken along with many others at the June public meeting, I had not provided any sweat for many months. Oh sure, I always had an excuse. I was either running a race, or climbing, or working at home or I was too tired or.....

Now that the actual day was approaching, I kept thinking about how nice it would be to sleep in that day. Also, I thought about how much more fun it was back in '97 when I could count on a bunch of friends showing up.

Finally Saturday morning came and I dragged my butt out of bed and headed to Annadel. When I got there, there were a LOT of volunteers on hand. Some I knew or recognized from the past and other new folks. Everyone was pretty cool. There were bikers and hikers and horse people and at least two runners (myself and **Carol Hasenick**). Young, old, men, women, and kids. We worked hard for about 2 1/2 hours on an erosion prone section of the Spring Creek trail. The diverse group jelled very quickly and we got a lot done in the short time and had a lot of fun doing it!

It felt good to be back in the saddle so to speak and the long run I took through the park after the hard work was even more rewarding than usual. It was very beautiful with the leaves falling. The ground and fallen leaves were just slightly damp and the air was cool and clean, especially around the small redwood groves that the Marsh Trail passes through here and there. The needles making a fragrant red carpet that cushions your feet as you pass by. All and all, it was a wonderful day and it was gratifying after all the wars of words, to be helping the park and paying something back to this place that we all love.

If you are interested in helping, I have included here, the 2000 trail work dates to pencil in:



January 8 -  
 January 13 - (12:30 -3:30)  
 February 12  
 February 17 - (12:30 - 3:30)  
 - 3:30)  
 March 11 -

March 16 -  
 April 8 -  
 April 22 -  
 April 27 - (12:30  
 May 13 -

9. Rick Peters, 51 70:10  
 10. Chuck Hoagland, 71 72:56  
 11. Bob Finlay, 42 72:57

**Women's 7.5-Mile Race**

1. Cathy DuBay, 36 53:06  
 2. Val Sell, 34 68:54  
 3. Anna Derho, 45 72:57  
 4. Pam Horton, 56 76:55  
 5. Shelly Lydon, 38 76:55  
 6. Carol DuBay, 36 76:56

Unless noted otherwise, meet in the main parking lot at 9:00am. See you on the Trails!



## McGuire's Breakfast Run Results

**Men's 3K Race**

1. Bob Finlay, 42 11:46  
 2. Jerry Lyman, 50 11:53  
 3. Greg DeSelle, 15 12:16  
 4. Scott Ames, 41 12:30  
 5. Dave DeSelle, 49 12:32  
 6. Dan Preston, 57 12:44  
 7. Larry Meredith, 42 12:46  
 8. Phil Widener, 53 13:14  
 9. Carl Jackson, 66 13:56  
 10. Ralph Harms, 64 13:57  
 11. Rick Howell, 51 14:21  
 12. Ernie Bohn, 59 14:22  
 13. Scott Montrose, 42 14:39  
 14. George Urdzik, 56 15:10  
 15. John Anderson, 46 15:16  
 16. Chuck Hoagland, 71 16:53

**Women's 3K Race**

1. Cathy DuBay, 36 12:43  
 2. Carol DuBay, 36 14:47  
 3. Melissa Bates, 42 15:04  
 4. Pam Horton, 56 15:13  
 5. Shelly Lydon, 38 15:14  
 6. Lisa Anderson, 31 15:15  
 7. Marlene Peters, 48 16:19  
 8. Leslie Howell, 51 17:48

**Men's 7.5-Mile Race**

1. Larry Meredith, 42 52:43  
 2. Scott Ames, 41 53:36  
 3. Jerry Lyman, 50 55:10  
 4. Brendan Hutchinson, 56 57:14  
 5. Dan Preston, 57 61:07  
 6. Phil Widener, 53 61:31  
 7. John Anderson, 46 61:51  
 8. Ernie Bohn, 59 69:02



## 50-Mile USAT&F National Championships

by E. J. Bohn

I hope that everyone read Eric Walker's excellent article in last month's newsletter about our experiences at the Chicago Marathon. Since the marathon, we have taken very different approaches to recovery. Eric (Walker) decided to take a few days off, gradually began running, and listened carefully to what his body was saying. That's fine, but I'd done that before, so I decided on a new approach: While getting ready for the Chicago Marathon, I happened to notice that the 50-mile USATF national championships would once again be held in Sacramento at the Helen Klein Ultra Classic, three weeks after the Chicago Marathon. A quick look at several running logs from past years and confirmed that I have started to feel recovered about three weeks after a marathon. I decided that this would be the perfect opportunity to extend my experiment from last year, when I ran a 50K race. I looked forward to a new adventure!

However, by the time I arrived at the 6:30am start along the banks of the American River, I was definitely a bit nervous. I had not really trained at all for this event, though I figured my high mileage and long runs before the marathon would serve me well. I was also concerned because I had been sick earlier in the week, with a fever on Tuesday and Wednesday. Thankfully, my Dad (Ernst Bohn) agreed to go along and meet me at various points along the course and support me. It was reassuring to know that someone would be there to carry me home if necessary. I supplied him with two bags full of extra clothes, shoes, food, band-aids, Vaseline, Gu and anything else I could imagine needing. My plan was to start out as if I was doing an easy long run, continue at this pace for as long as possible, and then deal with whatever happened in the later miles as well as I could.



It did not seem to make sense to start out slower than 7:00 per mile pace, as all of my training for the marathon was faster than this, and the slower pace would probably be difficult to adjust to.

In addition to being unsure of how my body would hold up, I was curious to see what the level of competition would be. Judging by past results and what seemed to be a good estimate for what I might be able to run, it seemed that I should be able to contend for a top 10 position. The distance, however, was a big unknown. The director helped to satisfy my curiosity somewhat, when he announced at the starting line that the top three Americans all-time in running for 24 hours were in the race! They had run 160, 161, and 162 miles in a day! As we started, the crowd of over 100 competitors was relaxed and quite social. Fortunately, I found a group of 3 other runners to run with at about 7:00 per mile pace for the first 25 miles. It was nice to have company and we visited quite a bit. I did find it strange that there were no mileage markers for the race, although the bike path had accurate marks so I could monitor my pace. I went by the half way mark in about 2:55:00 and found myself just inside the top 10. I must have been getting confident, and accidentally ran the 28th and 29th miles in 6:30 each, way to fast. I didn't really feel tired until the late thirties. At about 38 miles I began to slow to 7:20's and 7:30's but when I hit the last turn around at 42 miles, things got really tough. It felt like I was trying to sprint uphill, with my arms pumping, in order to just keep running. I considered it a victory to be able to keep running the whole way, however, and kept everything faster than 8:00 minutes per mile. Even though I was in a lot of pain for the last eight miles, I was still able to enjoy the experience and look around. Also, it is really easy to pass people at this stage of the race! A 7:40 mile late in the race made it look like I was flying by the runner I passed for fifth place (He was one of the runners who had run over 160 miles in 24 hours). My last two miles were a respectable 7:15 and 7:16. I was very happy to finish in 6:03:14, about 7:15 per mile pace. I was even more excited with my fifth place finish at a national championship event (I received a USAT&F National Championships medal in mail later in the week).

I felt fortunate to complete this event without any of the problems that plague so many runners in longer races - no chafing, blisters, etc. I didn't have to use any of the emergency gear that my Dad brought along, other than a sun hat for part of the race. I am very happy with my effort and enjoyed the experience. However, I am still not ready to change to running ultra events, an let me say for the record that I AM NOT RUNNING "WESTERN STATES" IN THE YEAR 2000 (Though I eventually will). I think that 50 miles is the limit for what I can run comfortably (relatively) without training significantly different. My next step will likely be a 100K race for time, but I can't even imagine when that might be. Happy Trails.

Top six overall runners, 50M Nationals:

#### Men

1. Mark Godale, 29, OH 5:35:12
2. Kevin Sawchuck, 34, CA 5:44:48
3. Brian Teason (38) FL 5:45:46
4. Rae Clark (47) CA 6:00:44
5. Eric J. Bohn (33) CA 6:03:14
6. Kevin Setnes (45) WI 6:12:16

#### Women

11. Deb Bollig (36) CO 6:37:17
13. Rena Schumann (38) CA 6:54:08
24. Janet Runyan (41) CO 7:34:23
30. Sue Francis (47) CA 7:51:15
31. Maryann Murphy (35) CA 7:53:14
34. Katie Benson (25) CO 7:57:29



## Gibby Takes XC Title

Empire Runner **Jim Gibbons** ran 37:59 to win the senior division of the National Masters 10K Cross Country Championships in El Dorado Regional Park in Long Beach on Sunday December 5. He reported that the course was fairly flat but had lousy footing and that he made a major improvement over his performance in PA-USATF Regional Championship race of two weeks earlier at Golden Gate Park.



## Measured Distances From Howarth Park Around Spring Lake

by Dan Preston

Beginning runners often ask far it is around Spring Lake or what a good course to run might be. So while I had the bike out to measure the course for the Last 10K, I measured a course around Spring Lake from Howarth Park that anybody can follow easily.

It starts out the same way as the Last 10K, and hits the mile mark at the same place, at the drainage pipe that runs under the path at the bottom of the hill leading up to the East damn. After crossing the damn, instead of heading for the dirt path as you do for the 10K, you head down the hill on the right, continuing to follow the yellow stripe that has been in the middle of the path the whole way. You follow that stripe around the south end of the lake (passing the 2-mile mark just south of the swimming lagoon) until it runs out at the boat ramp on the West side.

Up until now the directions have been simply



"follow the yellow stripe". Now you would have to instruct a newcomer how to get past the boat ramp. Instruct them to head up the hill, crossing the parking lot to the road on the other side, then take the first paved path to the right. They will see a sign near the beginning of that path that says "Lower Jack Rabbit Group Picnic Area". Follow that path (no yellow stripe now) all the way up the hill until the bike path with its yellow stripe reappears on the right. Take it downhill (the 3-mile mark is the Par course station #2, Touch your Toes, on the way down). At the bottom, take a left up the hill and head back to Howarth Park the same way you started out. That's the 4-mile route.

#### 2 and 3 mile courses:

They could go 2 miles by running to the mile mark and back. To do 3 miles, they need to know where the 1 1/2 mile mark is (so they can run there and back). You hit the 1 1/2 mile mark after you come down off the damn, and follow the path south to where it dips down into a low drainage area and back up. The turn-around is a little beyond there just before the path curves west.

#### 6 and 9 mile courses:

They could also turn right at the bottom of the hill, instead of left back to Howarth, and do 2 1/2 mile loops around Spring Lake (the loop would be about 150 yards short of 2 1/2 miles; so every 3 loops you would subtract a quarter mile). When they finish loops, they could add them up and add 1 1/2 miles for the 3/4's of a mile

to and from Howarth Park (one loop gets you 4 miles; two loops gets you 6 1/2 miles; 3 loops 9 miles, less the quarter mile; or just run a lap or two around the parking lot, or somewhere along the course, to make up the difference).

So the next time you're at a Thursday night run, and a new runner asks you where they can run, you're ready for them.



## Newsletter Submissions

- By e-mail: [Thirsty@metro.net](mailto:Thirsty@metro.net). Send attachments saved as simple text and paste body of text into e-mail message.
- By U.S. mail: Empire Runners, 3390 Princeton Dr., Santa Rosa, CA 95405
- In person: to Larry or Tori Meredith
- Computer disks: always save as simple text and include a hard copy.
- Questions: Call Larry Meredith at 526-4536.

## Empire Runners Website

Check out the club's internet website at:  
<http://www.wco.com/~jhobbel/empirerunners.html>

## Club Meeting Minutes November 18, 1999

### Attending:

|                   |                  |
|-------------------|------------------|
| ✓ John Anderson   | ✓ Lisa Anderson  |
| ○ George Urdzik   | ✓ Peter Masi     |
| ✓ Dan Preston     | Bob Shor         |
| ✓ Dave DeSelle    | ✓ Greg DeSelle   |
| ✓ Alec Isabeau    | ✓ Don Sampson    |
| ✓ Harold Nordvold | Anna Derho       |
| ✓ Bob Finlay      | Lisa Isabeau     |
| ✓ Tori Meredith   | ✓ Larry Meredith |
| ✓ Mojo Royston    | Tom Wilhelm      |
| ✓ Lou Garcia      | ✓ Terry McNeil   |
| ✓ Mark Curran     | Dale Peterson    |
| Dearyl Beardall   |                  |

**Guest:** We had a speaker from the city of Santa Rosa talk about the Brush Creek Restoration. It was interesting and informative. **Race Report:** Analy was first in all events for SCL. Montgomery first boys and girls varsity NBL. Saturday, Nov 20 is NCS. McGuire's Breakfast run first place finishers were 3k Cathy DuBay & Bob Finlay 10K Cathy DuBay and Larry Meredith. Eric Bohn was 5th overall for a 50 mile race he did 3 weeks after the Chicago marathon. **Upcoming Races and Events:** Last 10k and Final 2 mile have a new course. The start is at Howarth Park. The Resolution Run has a new course and will be starting at Montgomery High School. The 10k will be eliminated this year due to the marathon and half marathon also on January 1. There will be a 5k course and it is a 10:00 am start. Jingle Bell run is meeting at the Anderson's at 6:00 p.m. on Monday, December 20. Bring something for the pot luck afterwards. Club party is January 22. It will be catered by Al Tagliaferri. The dinner and entertainment will be \$10 a person. There will be children's prices. **Club Elections:** Nominations were made for club officers: Treasurer - Peter Masi, President - Dan Preston, Vice President - Jerry Lyman. Treasurer's report - \$5368.70  
 Cash Drawing # 1 Tori Meredith  
 Cash Drawing # 2 Jason Fung (Must be present to win \$100).

- Lisa Anderson

Club meetings are held every fourth Thursday of the month (except Nov. and Dec.) at the Round Table Pizza Restaurant in Montgomery Village.



## Empire Runners Summer Track Series Meet #4

July 21, 1999, at Sonoma State University

**Bold = Empire Runners**

**\* = Summer Series Record**

**x = Masters Record**

### 100 Meters, Men

|                         |      |
|-------------------------|------|
| 1. Ben Rosales, 40      | 12.1 |
| 2. Ken Wun, 44          | 12.2 |
| 3. Scott Benstock, 41   | 13.2 |
| 4. Rosendo Reyes, 13    | 13.5 |
| 5. Ron Wall, 45         | 13.9 |
| 6. Ernesto Alfaro, 13   | 14.7 |
| 7. Jose Arana, 14       | 14.7 |
| 8. Nolberto Madrano, 13 | 15.0 |
| 9. Tim Bernier, 14      | 15.2 |
| 10. Esteban Garcia, 14  | 15.7 |
| 11. Jose Juarez, 15     | 16.8 |
| 12. Phil Widener, 52    | 16.8 |
| 13. Ely Rodriguez, 13   | 17.2 |

### 100 Meters, Women

|                    |      |
|--------------------|------|
| 1. Sue Curfman, 40 | 16.0 |
|--------------------|------|

### 100 Meters, Boys

|                         |      |
|-------------------------|------|
| 1. Ken Matich, 10       | 15.8 |
| 2. Maurice Whitlock, 10 | 15.9 |
| 3. Ken Duncan Jr., 10   | 17.5 |
| 4. Talon Haggard, 8     | 17.9 |
| 5. Joshua Duncan, 8     | 18.2 |
| 6. Josh Van Danea, 8    | 18.2 |
| 7. Brendan Benstock, 5  | 27.6 |

### 100 Meters, Girls

|                          |      |
|--------------------------|------|
| 1. Stephanie Sterling, 7 | 19.9 |
|--------------------------|------|

### 200 Meters, Men

|                       |      |
|-----------------------|------|
| 1. Ben Rosales, 40    | 24.1 |
| 2. Scott Benstock, 41 | 27.0 |
| 3. Rosendo Reyes, 13  | 27.4 |
| 4. Ron Wall, 45       | 29.2 |
| 5. Jose Arana, 14     | 31.0 |
| 6. Esteban Garcia, 14 | 32.4 |
| 7. Jose Juarez, 15    | 38.6 |

### 200 Meters, Women

|                    |      |
|--------------------|------|
| 1. Sue Curfman, 40 | 32.5 |
|--------------------|------|

### 200 Meters, Boys

|                         |        |
|-------------------------|--------|
| 1. Ken Matich, 10       | 33.4   |
| 2. Maurice Whitlock, 10 | 35.0   |
| 3. Ken Duncan Jr., 10   | 37.5   |
| 4. Talon Haggard, 8     | 42.1   |
| 6. Josh Van Denea, 8    | 54.0   |
| 7. Brendan Benstock, 5  | 1:05.3 |

### 200 Meters, Girls

|                          |      |
|--------------------------|------|
| 1. Stephanie Sterling, 7 | 46.7 |
|--------------------------|------|

### 400 Meters, Men

|                         |        |
|-------------------------|--------|
| 1. Ken Wun, 44          | 56.4   |
| 2. Alan Levine, 55      | 59.5   |
| 3. John Harmon, 43      | 1:04.2 |
| 4. Ernesto Alfaro, 13   | 1:16.4 |
| 5. Nolberto Medrano, 13 | 1:20.3 |
| 6. Esteban Garcia, 14   | 1:21.4 |
| 7. Ely Rodriguez, 13    | 1:27.2 |
| 8. Tim Bernier, 14      | 1:28.8 |
| 9. Ben Seisdedos, 14    | 1:28.8 |

### 800 Meters, Men

|                         |        |
|-------------------------|--------|
| 1. Chris Gaston, 25     | 1:57.6 |
| 2. Jeff Gardina, 17     | 2:21.8 |
| 3. John Harmon, 43      | 2:30.3 |
| 4. Tom Franceschine, 14 | 2:34.6 |
| 5. Don Sampson, 51      | 2:55.9 |

### 800 Meters, Women

|                      |        |
|----------------------|--------|
| 1. Elissa Briggs, 15 | 2:32.5 |
|----------------------|--------|

### Mile Run, Women

|                      |        |
|----------------------|--------|
| 1. Cathy DuBay, 35   | 5:25.3 |
| 2. Tori Meredith, 41 | 6:21.4 |
| 3. Sue Curfman, 40   | 7:14.6 |

### Mile Run, Men

|                          |        |
|--------------------------|--------|
| 1. Eric Walker, 30       | 4:39.1 |
| 2. Chris Willis, 40      | 4:40.2 |
| 3. Dan Melo, 18          | 4:46.3 |
| 4. Jeff Gardina, 17      | 4:46.7 |
| 5. David Capron, 41      | 4:47.5 |
| 6. Eric Bohn, 33         | 4:48.1 |
| 7. Regan Masi, 14        | 4:49.3 |
| 8. Larry Meredith, 42    | 4:50.5 |
| 9. Mike Fink, 30         | 4:52.0 |
| 10. Keith Maurer, 43     | 5:12.5 |
| 11. Jerry Lyman, 50      | 5:13.2 |
| 13. Tom Franceschine, 14 | 5:35.2 |
| 14. Ron Wall, 45         | 5:42.6 |
| 15. Phil Widener, 52     | 5:56.2 |
| 16. Mark Mathewson, 36   | 5:58.1 |
| 17. Art Cruz, 36         | 6:02.5 |
| 18. Bob Holland, 55      | 6:09.2 |
| 19. Esteban Garcia, 14   | 6:31.6 |
| 20. Don Sampson, 51      | 6:34.4 |

### Mile Run, Boys

|                    |        |
|--------------------|--------|
| 1. Alex Aquila, 12 | 6:13.0 |
|--------------------|--------|

### 5000 Meters, Women

|                        |         |
|------------------------|---------|
| 1. Cathy DuBay, 35     | 17:50.9 |
| 2. Shelly Lydon, 38    | 19:32.5 |
| 3. Val Smith, 34       | 19:47.2 |
| 4. Tori Meredith, 41 x | 19:58.7 |
| 5. Ashley Reiter, 14   | 21:20.1 |
| 6. Julia Beers, 14     | 21:22.7 |
| 7. Cynthia Rail, 18    | 22:18.8 |
| 8. Laurin Charles, 15  | 24:02.0 |
| 9. Jenny Charles, 17   | 24:02.0 |
| 10. Anna Derho, 45     | 26:30.2 |
| 11. Lisa Anderson, 30  | 27:14.0 |

### 5000 Meters, Men

|                        |         |
|------------------------|---------|
| 1. Eric Bohn, 33       | 16:24.6 |
| 2. Larry Meredith, 42  | 16:39.1 |
| 3. Eric Walker, 30     | 16:39.9 |
| 4. Mike Fink, 30       | 17:02.7 |
| 5. Jeff Gardina, 17    | 17:13.8 |
| 6. Scott Ames, 41      | 17:41.6 |
| 7. Jason DeSelle, 20   | 17:49.9 |
| 8. Jerry Lyman, 50     | 17:53.2 |
| 9. Keith Maurer, 43    | 19:15.3 |
| 10. Ron Wall, 45       | 19:31.1 |
| 11. Bob Finlay, 42     | 19:57.9 |
| 12. Dick Beers, 48     | 20:12.6 |
| 13. Alex Teicheira, 16 | 20:25.9 |
| 14. Dave DeSelle, 48   | 21:53.2 |
| 15. Bob Holland, 55    | 21:33.7 |
| 16. Phil Widener, 52   | 21:33.7 |
| 17. Art Cruz, 36       | 21:51.7 |
| 18. Ernie Bohn, 59     | 22:09.0 |
| 19. Rick Peters, 51    | 23:35.5 |
| 20. Carl Jackson, 66   | 23:36.2 |
| 21. Greg Deselle, 14   | 23:38.7 |
| 22. Dale Peterson, 41  | 24:01.8 |
| 23. John Anderson, 46  | 24:02.0 |
| 24. Esteban Garcia, 14 | 26:58.5 |

### Mile Relay

|                             |        |
|-----------------------------|--------|
| 1. Puma TC #2               | 5:05.6 |
| 2. 3 Chickadees and Old Hen | 5:06.3 |
| 3. Puma TC #1               | 5:20.3 |

## Empire Runners Summer Track Series Meet #5

August 4, 1999 at Sonoma State University

### 100 Meters, Men

|                            |      |
|----------------------------|------|
| 1. Ben Rosales, 40 x       | 11.7 |
| 2. David Esparza, 20       | 12.8 |
| 3. Alex Barrios, 18        | 12.8 |
| 4. Dan Melo, 18            | 12.9 |
| 5. Scott Benstock, 41      | 13.4 |
| 6. Thomas Franceschine, 14 | 14.8 |
| 7. Stephen Starkweather    | 15.1 |
| 8. Michael Feraco, 14      | 15.2 |

### 100 Meters, Boys

|                        |      |
|------------------------|------|
| 1. Brendan Benstock, 5 | 27.7 |
|------------------------|------|

### 100 Meters, Girls

|                          |      |
|--------------------------|------|
| 1. Stephanie Sterling, 7 | 19.8 |
| 2. Jessica Benstock, 8   | 20.3 |

### 200 Meters, Men

|                       |      |
|-----------------------|------|
| 1. Ben Rosales, 40    | 24.3 |
| 2. Alex Barrios, 18   | 25.4 |
| 3. Scott Benstock, 41 | 27.4 |

### 400 Meters, Men

|                     |        |
|---------------------|--------|
| 1. Dan Melo, 18     | 57.5   |
| 2. Alan Levine, 55  | 1:00.2 |
| 3. Alex Barrios, 18 | 1:01.3 |
| 4. John Harmon, 43  | 1:01.9 |

### 400 Meters, Women

|                      |        |
|----------------------|--------|
| 1. Elissa Briggs, 15 | 1:09.6 |
|----------------------|--------|

### 800 Meters, Men

|                         |        |
|-------------------------|--------|
| 1. Danny Kung, 18       | 2:19.1 |
| 2. David Janbaz, 45     | 2:22.5 |
| 3. George Bratsberg, 39 | 2:35.4 |
| 4. Mark Mathewson, 36   | 2:52.8 |
| 5. Rod Whiteman, 44     | 3:00.7 |
| 6. George Urdzik, 56    | 3:56.5 |

### 800 Meters, Women

|                      |        |
|----------------------|--------|
| 1. Cathy DuBay, 35   | 2:31.6 |
| 2. Elissa Briggs, 15 | 2:34.7 |
| 3. Sheila Masi, 45   | 3:48.5 |

### 800 Meters, Girls

|                        |        |
|------------------------|--------|
| 1. Kristin Charles, 12 | 3:10.2 |
|------------------------|--------|

### Mile Run, Women

|                       |        |
|-----------------------|--------|
| 1. Cathy DuBay, 35    | 5:26.1 |
| 2. Naomi Bisagno, 16  | 5:45.6 |
| 3. Tori Meredith, 41  | 5:56.1 |
| 4. Jenny Charles, 17  | 6:23.0 |
| 5. Lauren Charles, 15 | 6:26.7 |
| 6. Sheila Masi, 45    | 7:33.3 |
| 7. Aleica Smola, 19   | 8:05.6 |
| 8. Cathy Charles, 47  | 8:12.9 |

### Mile Run, Girls

|                        |        |
|------------------------|--------|
| 1. Kristin Charles, 12 | 6:35.2 |
|------------------------|--------|

### Mile Run, Men

|                            |        |
|----------------------------|--------|
| 1. John Staroba, 20        | 4:41.8 |
| 2. Dan Melo, 18            | 4:45.8 |
| 3. Jeff Gardina, 17        | 4:54.1 |
| 4. Regan Masi, 14          | 4:58.4 |
| 5. S. Starkweather, 38     | 5:21.1 |
| 6. Jerry Finlay, 21        | 5:28.8 |
| 7. Thomas Franceschine, 14 | 5:34.2 |
| 8. Bill Browne, 49         | 5:34.9 |
| 9. George Bratsberg, 39    | 5:37.6 |
| 10. Mark Mathewson, 36     | 5:53.3 |
| 11. David Rosas, 36        | 5:55.4 |
| 12. Rod Whiteman, 44       | 6:03.9 |
| 13. Michael Feraco, 14     | 6:06.3 |
| 14. Alex Aruila, 14        | 6:15.3 |
| 15. Carl Jackson, 66       | 6:26.2 |
| 16. George Urdzik, 56      | 8:01.4 |

### 3000 Meters, Men

|                         |         |
|-------------------------|---------|
| 1. John Staroba, 20     | 9:35.3  |
| 2. Larry Meredith, 42   | 9:38.9  |
| 3. Jeff Gardina, 17     | 9:45.5  |
| 4. Regan Masi, 14       | 9:58.0  |
| 5. Jerry Lyman, 50      | 10:20.5 |
| 6. S. Starkweather, 38  | 10:28.0 |
| 7. George Bratsberg, 39 | 11:21.4 |
| 8. Bill Browne, 49      | 11:25.0 |
| 9. Bob Finlay, 42       | 11:37.2 |
| 10. Art Cruz, 36        | 11:48.4 |
| 11. David DeSelle, 48   | 12:01.8 |
| 12. David Rosas, 36     | 12:01.8 |
| 13. Keith Rail, 20      | 12:06.5 |
| 14. Rod Whiteman, 44    | 12:38.6 |
| 15. John Anderson, 46   | 12:56.3 |
| 16. Ernst Bohn, 59      | 13:07.7 |
| 17. Dale Peterson, 21   | 13:07.7 |
| 18. Greg DeSelle, 14    | 13:54.3 |

### 3000 Meters, Women

|                        |         |
|------------------------|---------|
| 1. Val Smith, 34       | 11:34.4 |
| 2. Tori Meredith, 41 x | 11:38.6 |
| 3. Naomi Brisagno, 16  | 12:37.6 |
| 4. Lauren Charles, 15  | 12:39.9 |
| 5. Shelly Lydon, 38    | 13:54.3 |
| 6. Anna Derho, 45      | 16:29.3 |
| 7. Cathy Charles, 47   | 16:50.3 |



## Empire Runners Summer Track Series All-Time Top Ten

### Masters Men

#### 100 METERS

|                            |      |         |
|----------------------------|------|---------|
| 1. Warren Spikes (41)      | 10.9 | 8/12/92 |
| 2. Ben Rosales (40)        | 11.7 | 6/09/99 |
| 3. Ken Wun (41)            | 12.0 | 7/09/97 |
| 4. Brendan Hutchinson (42) | 13.0 | 8/05/86 |
| 5. Ray Cataldo (48)        | 13.1 | 6/29/94 |
| 5. Scott Benstock (41)     | 13.1 | 6/09/99 |
| 7. Bo Davis (51)           | 13.4 | 6/24/92 |
| 7. Ernst Bohn (54)         | 13.4 | 7/24/96 |
| 7. Richard Flores (42)     | 13.4 | 8/06/97 |
| 10. Bob Holland (52)       | 13.5 | 7/24/96 |
| 10. Felix Wiench (43)      | 13.5 | 7/24/96 |

#### 200 METERS

|                           |      |         |
|---------------------------|------|---------|
| 1. Warren Spikes (41)     | 22.2 | 7/22/92 |
| 2. Ben Rosales (40)       | 24.1 | 7/21/99 |
| 3. Ken Wun (41)           | 24.8 | 7/09/97 |
| 4. Alan Levine (53)       | 26.0 | 7/23/97 |
| 5. Jim Gibbons (48)       | 26.1 | 8/12/92 |
| 6. John Harmon (40)       | 26.3 | 7/10/96 |
| 7. Scott Benstock (41)    | 27.0 | 7/21/99 |
| 8. Brendan Hutchinson (4) | 27.1 | 8/05/86 |
| 9. Jon Hermsstad (42)     | 27.4 | 6/12/91 |
| 9. Marshal McDonald (46)  | 27.4 | 6/30/93 |

#### 400 METERS

|                            |        |         |
|----------------------------|--------|---------|
| 1. Ben Rosales (40)        | 52.6   | 6/09/99 |
| 2. Ken Wun (41)            | 56.3   | 8/07/96 |
| 3. Scott Benstock (40)     | 57.1   | 8/05/98 |
| 4. Jim Gibbons (49)        | 58.5   | 8/11/93 |
| 5. Ray Cataldo (48)        | 58.6   | 6/29/94 |
| 6. Alan Levine (55)        | 59.5   | 7/21/99 |
| 7. Felix Wiench (42)       | 59.7   | 7/26/95 |
| 8. Brendan Hutchinson (44) | 59.8   | 6/22/88 |
| 9. Rey Corona (45)         | 1:00.3 | 7/26/95 |
| 10. Ray Flores (47)        | 1:00.9 | 7/23/97 |

#### 800 METERS

|                           |        |         |
|---------------------------|--------|---------|
| 1. Ben Rosales (40)       | 2:01.5 | 6/23/99 |
| 2. Richard Flores (43)    | 2:08.6 | 7/08/98 |
| 3. Jim Gibbons (48)       | 2:09.1 | 8/05/98 |
| 4. Brendan Hutchinson (4) | 2:12.5 | 6/22/88 |
| 5. Jon Hermsstad (45)     | 2:12.8 | 6/15/94 |
| 6. Ken Wun (42)           | 2:16.2 | 7/23/97 |
| 7. Ty Nelson (48)         | 2:18.4 | 7/11/90 |
| 8. Larry Meredith (41)    | 2:18.5 | 8/05/98 |
| 9. Louis Garcia (40)      | 2:20.2 | 8/06/97 |
| 10. Felix Wiench (42)     | 2:20.4 | 7/26/95 |

#### ONE MILE

|                             |        |         |
|-----------------------------|--------|---------|
| 1. Richard Flores (42)      | 4:34.6 | 8/06/97 |
| 2. Chris Willis (40)        | 4:40.2 | 7/21/99 |
| 3. Dave Capron (40)         | 4:40.3 | 7/22/98 |
| 4. Jim Gibbons (45)         | 4:42.9 | 7/18/89 |
| 5. Larry Meredith (42)      | 4:50.5 | 7/21/99 |
| 6. Louis Garcia (40)        | 4:50.9 | 6/24/98 |
| 7. Jon Hermsstad (45)       | 4:52.7 | 7/13/94 |
| 8. Chris Thomas (43)        | 4:53.8 | 8/07/91 |
| 9. Dan Preston (53)         | 4:57.5 | 7/12/95 |
| 10. Brendan Hutchinson (45) | 4:58.1 | 8/02/89 |

#### 3000 METERS

|                           |         |         |
|---------------------------|---------|---------|
| 1. Richard Flores (43)    | 8:57.1  | 8/05/98 |
| 2. Larry Meredith (42)    | 9:38.9  | 8/04/99 |
| 3. Dan Preston (52)       | 9:46.4  | 6/29/94 |
| 4. Brendan Hutchinson (4) | 9:58.1  | 7/22/86 |
| 5. Ross Bogert (44)       | 10:00.1 | 6/27/90 |
| 6. Tim Stewart (40)       | 10:01.4 | 8/09/95 |
| 7. Jim Gibbons (48)       | 10:03.5 | 7/22/92 |
| 8. Lou Garcia (41)        | 10:12.1 | 8/05/98 |
| 9. Scott Ames (41)        | 10:19.3 | 6/23/99 |
| 10. Jerry Lyman (50)      | 10:20.5 | 8/04/99 |

#### TWO MILE

|                            |         |         |
|----------------------------|---------|---------|
| 1. Richard Flores (43)     | 9:58.0  | 7/08/98 |
| 2. Dan Preston (48)        | 10:19.8 | 6/13/90 |
| 3. Larry Meredith (41)     | 10:32.0 | 7/07/99 |
| 4. Brendan Hutchinson (46) | 10:49.3 | 6/13/90 |
| 5. Jim Gibbons (49)        | 10:52.2 | 7/14/93 |
| 6. Jon Hermsstad (45)      | 10:55.3 | 7/13/94 |
| 7. Tim Stewart (40)        | 11:00.6 | 7/12/95 |
| 8. Ray Cataldo (44)        | 11:07.8 | 7/11/90 |
| 9. Dan Turek (40)          | 11:19.1 | 7/24/96 |
| 10. Bob Merritt (41)       | 11:31.9 | 7/24/96 |

#### 5000 METERS

|                        |         |         |
|------------------------|---------|---------|
| 1. Richard Flores (43) | 15:46.1 | 7/22/98 |
| 2. Chris Thomas (43)   | 16:36.0 | 8/07/91 |
| 3. Larry Meredith (41) | 16:39.1 | 7/21/99 |
| 4. Jim Gibbons (49)    | 17:00.7 | 7/28/93 |
| 5. Dan Preston (52)    | 17:23.2 | 6/15/94 |
| 6. Tim Stewart (40)    | 17:32.6 | 7/26/95 |
| 7. Scott Ames (41)     | 17:41.6 | 7/21/99 |
| 8. Bob Hope (54)       | 17:50.5 | 6/12/96 |
| 9. Jerry Lyman (49)    | 17:53.2 | 7/21/99 |
| 10. Mark Williams (43) | 17:59.3 | 7/26/95 |

### Masters Women

#### 100 METERS

|                           |      |         |
|---------------------------|------|---------|
| 1. Nadine O'Conner (50)   | 14.9 | 7/08/92 |
| 2. Cathy Fusco (41)       | 15.4 | 6/23/99 |
| 3. Sue Curfman (40)       | 16.0 | 7/21/99 |
| 4. Judy Gottlieb (45)     | 17.8 | 6/12/91 |
| 5. Anna Derho (43)        | 17.9 | 6/11/97 |
| 6. Jennette Berekman (52) | 18.2 | 7/08/86 |
| 7. Joyce Bennett (41)     | 18.5 | 7/08/86 |
| 8. Sherri Guinn (44)      | 19.0 | 6/13/90 |
| 9. Patty Sanders (42)     | 19.2 | 6/24/92 |
| 10. J.C. Plummer (52)     | 19.9 | 7/09/97 |

#### 200 METERS

|                         |      |         |
|-------------------------|------|---------|
| 1. Nadine O'Conner (50) | 30.4 | 6/24/92 |
| 2. Sue Curfman (40)     | 32.5 | 7/21/99 |
| 3. Sharon Whitney (51)  | 33.7 | 8/11/93 |
| 4. Sharon Hyde (50)     | 35.4 | 6/30/93 |
| 5. Anna Derho (43)      | 38.3 | 6/11/97 |
| 6. Judy Gottlieb (45)   | 39.3 | 6/12/91 |
| 7. J.C. Plummer (52)    | 44.3 | 7/09/97 |
| 8. Mona Andrews (46)    | 44.8 | 7/28/93 |
| 9.                      |      |         |
| 10.                     |      |         |

#### 400 METERS

|                            |        |         |
|----------------------------|--------|---------|
| 1. Nadine O'Conner (50)    | 1:09.3 | 7/08/92 |
| 2. Mary Champagne (45)     | 1:22.1 | 8/12/92 |
| 3. Jennette Berekman (52)  | 1:22.5 | 7/08/86 |
| 4. Joyce Bennett (41)      | 1:24.8 | 7/08/86 |
| 5. Anna Derho (43)         | 1:25.6 | 6/11/97 |
| 6. Sherri Guinn (44)       | 1:28.2 | 6/13/90 |
| 7. A. M. Von Hoene (49)    | 1:28.2 | 7/17/92 |
| 8. Judy Gottlieb (45)      | 1:31.2 | 6/12/91 |
| 9. J.C. Plummer (52)       | 1:52.6 | 6/11/97 |
| 10. Mary Jane Wernett (61) | 1:57.6 | 6/11/97 |

#### 800 METERS

|                           |        |         |
|---------------------------|--------|---------|
| 1. A. M. Von Hoene (52)   | 2:53.2 | 7/12/95 |
| 2. Amy Gandy (40)         | 3:12.8 | 6/29/94 |
| 3. B. McIntosh-King (43)  | 3:13.1 | 7/09/97 |
| 4. Judy Gottlieb (45)     | 3:15.0 | 6/12/91 |
| 5. Sheila Masi (42)       | 3:19.8 | 7/09/97 |
| 6. Sherri Guinn (44)      | 3:19.9 | 6/13/90 |
| 7. Alison Whitelaw (41)   | 3:24.4 | 6/15/94 |
| 8. Carly Tagliaferri (47) | 4:28.9 | 7/10/96 |
| 9.                        |        |         |
| 10.                       |        |         |

#### ONE MILE

|                              |        |         |
|------------------------------|--------|---------|
| 1. Bev Marks (42)            | 5:45.8 | 8/07/96 |
| 2. Lisa Isabeau (40)         | 5:47.8 | 7/07/99 |
| 3. Tori Meredith (41)        | 5:56.1 | 8/04/99 |
| 4. Joann Nickel (41)         | 5:57.1 | 7/08/98 |
| 5. A. M. Von Hoene (52)      | 6:04.4 | 7/12/95 |
| 6. Caron Schaumberg          | 6:20.0 | 8/05/86 |
| 7. Mary Champagne (47)       | 6:21.7 | 7/27/94 |
| 8. Sue Clive (40)            | 6:22.6 | 7/08/92 |
| 9. Sheila Masi (42)          | 6:44.2 | 8/07/96 |
| 10. Marcia Seim Bossier (40) | 6:47.4 | 8/06/97 |

#### 3000 METERS

|                        |         |         |
|------------------------|---------|---------|
| 1. Tori Meredith (41)  | 11:38.6 | 8/04/99 |
| 2. Lisa Isabeau (40)   | 12:08.5 | 6/23/99 |
| 3. Anna Derho (40)     | 13:06.6 | 8/10/94 |
| 4. Sherri Guinn (44)   | 13:37.0 | 6/27/90 |
| 5. Sheila Masi (43)    | 14:09.9 | 8/06/97 |
| 6. Galen Erin (44)     | 15:19.7 | 8/11/93 |
| 7. Carol Hasenick (46) | 15:22.3 | 8/06/97 |
| 8. Cathy Charles (47)  | 15:52.7 | 6/23/99 |
| 9.                     |         |         |
| 10.                    |         |         |

#### TWO MILE

|                           |         |         |
|---------------------------|---------|---------|
| 1. Lisa Isabeau (40)      | 12:47.3 | 7/07/99 |
| 2. Tori Meredith (40)     | 13:20.9 | 7/07/99 |
| 3. Sherri Guinn (44)      | 14:26.0 | 6/13/90 |
| 4. Joyce Bennett (45)     | 14:36.0 | 6/13/90 |
| 5. Sheila Masi (41)       | 14:45.8 | 7/24/96 |
| 6. Anna Derho (42)        | 14:55.0 | 7/24/96 |
| 7. Suzanne Riera (40)     | 15:35.4 | 7/12/95 |
| 8. Patty Sanders (42)     | 15:36.0 | 6/24/92 |
| 9. Carly Tagliaferri (47) | 19:52.0 | 7/24/96 |
| 10.                       |         |         |

#### 5000 METERS

|                           |         |         |
|---------------------------|---------|---------|
| 1. Tori Meredith (41)     | 19:58.7 | 7/21/99 |
| 2. Cindy Scott (41)       | 20:08.1 | 7/10/96 |
| 3. Lisa Isabeau (40)      | 20:40.0 | 6/09/99 |
| 4. Anna Derho (40)        | 23:55.2 | 7/27/94 |
| 5. A. M. Von Hoene (50)   | 24:32.0 | 6/30/93 |
| 6. Galen Erin (44)        | 25:42.9 | 7/28/93 |
| 7. Cathy Charles (46)     | 27:45.2 | 7/22/98 |
| 8. Carly Tagliaferri (48) | 30:55.5 | 7/23/97 |
| 9.                        |         |         |
| 10.                       |         |         |

# 1999 Grand Prix

This issue contains the scoring for all series events through McGuire's Breakfast Run. If you ran McGuire's you were scored only in the race that you placed the highest. The next issue will contain the results of the last 10K and final Two Mile and the final results for the series. In reviewing the current results keep in mind that Anna Derho, Dave Deselle, and Rick Peters have not missed any races and will have to drop a race in the final results. If you see any problems or mistakes in the scoring please let me know prior to next months news letter.

I will once again be asking for donations for age group prizes for the series this year. If you are interested in adopting a division please let me know. As always the awards will be presented at the club party.

- Bob Finlay



## Empire Runners Summer Track Series All-Time Top Ten

### Men

#### 100 METERS

|                     |      |         |
|---------------------|------|---------|
| 1. Chris Whitlock   | 10.5 | 7/08/86 |
| 2. Andre Hunter     | 10.7 | 6/26/91 |
| 3. Cory Nelson      | 10.8 | 6/14/95 |
| 3. Michael Jordan   | 10.8 | 6/22/88 |
| 5. Ben Rosales      | 10.9 | 8/07/96 |
| 5. Darin Carter     | 10.9 | 8/07/96 |
| 5. Warren Spikes    | 10.9 | 8/12/92 |
| 8. Tom Weatherspoon | 11.0 | 6/22/88 |
| 8. Dave Townsend    | 11.0 | 6/07/89 |
| 8. Rudy Huber       | 11.0 | 8/12/92 |
| 8. Jared Wilson     | 11.0 | 7/13/94 |
| 8. Patrick Leonard  | 11.0 | 8/07/96 |

#### 200 METERS

|                     |      |         |
|---------------------|------|---------|
| 1. Chris Whitlock   | 21.3 | 8/03/88 |
| 2. Walter Cranford  | 21.5 | 8/03/88 |
| 3. Michael Jordan   | 21.9 | 6/22/88 |
| 3. Andre Hunter     | 21.9 | 7/10/91 |
| 5. Cory Nelson      | 22.0 | 7/26/95 |
| 6. Warren Spikes    | 22.2 | 8/12/92 |
| 7. Rudy Huber       | 22.3 | 8/12/92 |
| 8. Tom Weatherspoon | 22.5 | 6/11/86 |
| 8. Ben Rosales      | 22.5 | 6/11/86 |
| 10. Rad Spaeth      | 22.7 | 6/26/91 |
| 10. Patrick Leonard | 22.7 | 6/25/97 |

#### 400 METERS

|                   |      |         |
|-------------------|------|---------|
| 1. Chris Whitlock | 48.1 | 7/08/86 |
| 2. Andre Hunter   | 50.5 | 6/29/94 |
| 3. George Cagle   | 50.8 | 6/24/92 |
| 4. Kurt Mellik    | 50.9 | 7/22/86 |
| 4. Ben Rosales    | 50.9 | 7/25/90 |
| 4. Kofi Banks     | 50.9 | 6/26/91 |
| 7. Jeff Ramsey    | 51.5 | 7/22/86 |
| 8. Jeff Sorkness  | 51.7 | 6/12/90 |
| 9. Ryan Young     | 51.8 | 6/15/94 |
| 10. Dan Stearns   | 52.3 | 7/05/89 |

#### 800 METERS

|                   |        |         |
|-------------------|--------|---------|
| 1. Dan Held       | 1:55.1 | 7/28/93 |
| 2. Dan Aldridge   | 1:55.3 | 7/05/89 |
| 3. Steve Guerrini | 1:55.8 | 7/28/93 |
| 4. Chris Gaston   | 1:56.1 | 6/10/98 |
| 5. Reed Elmore    | 1:56.2 | 7/28/93 |
| 6. George Cagle   | 1:56.5 | 7/06/88 |
| 7. David Monroe   | 1:56.7 | 6/21/89 |
| 8. Marc Zibblatt  | 1:56.9 | 7/19/89 |
| 9. Steve Schram   | 1:57.1 | 7/06/88 |
| 10. Rick Esponda  | 1:57.5 | 7/28/93 |

#### ONE MILE

|                   |        |         |
|-------------------|--------|---------|
| 1. Mike Stone     | 4:07.1 | 8/11/93 |
| 2. John Sup       | 4:17.1 | 6/22/88 |
| 3. Steve Guerrini | 4:17.8 | 7/08/92 |
| 4. Marc Zibblatt  | 4:18.7 | 8/02/89 |
| 5. Dan Aldridge   | 4:19.0 | 6/08/88 |
| 6. Dan Grimes     | 4:19.5 | 8/08/90 |
| 7. Dan Held       | 4:20.1 | 6/30/93 |
| 8. Todd Trask     | 4:21.2 | 6/30/93 |
| 9. Eric Walker    | 4:22.3 | 6/15/94 |
| 10. Chris Gaston  | 4:24.4 | 6/25/97 |

#### 3000 METERS

|                   |        |         |
|-------------------|--------|---------|
| 1. Mike Stone     | 8:32.9 | 6/28/95 |
| 2. Dan Aldridge   | 8:37.9 | 7/22/92 |
| 3. Eric Walker    | 8:42.9 | 8/11/93 |
| 4. John Hake      | 8:46.5 | 8/05/98 |
| 5. Hector Delgado | 8:45.2 | 8/07/96 |
| 6. Chris Gaston   | 8:48.0 | 6/29/94 |
| 7. Steve Guerrini | 8:48.4 | 6/28/95 |
| 8. Dan Brecht     | 8:52.4 | 8/07/96 |
| 9. Kenny Brown    | 8:53.1 | 8/09/95 |
| 10. Peter Jansson | 8:55.7 | 7/22/92 |

#### TWO MILE

|                 |        |         |
|-----------------|--------|---------|
| 1. Dan Aldridge | 8:55.0 | 6/21/89 |
| 2. Mike Stone   | 9:05.4 | 7/12/95 |
| 3. Todd Trask   | 9:09.2 | 7/14/93 |
| 4. Ken Keyte    | 9:24.6 | 7/13/94 |
| 5. Kenny Brown  | 9:31.4 | 7/14/93 |
| 6. Deva Braden  | 9:31.8 | 7/12/95 |
| 7. Chris Gaston | 9:31.9 | 7/13/94 |
| 8. Ian Blair    | 9:32.2 | 7/13/94 |
| 9. Dan Brecht   | 9:33.0 | 7/24/96 |
| 10. Eric Walker | 9:34.3 | 7/09/97 |

#### 5000 METERS

|                   |         |         |
|-------------------|---------|---------|
| 1. Jeff Johnson   | 14:26.2 | 6/14/95 |
| 2. Mike Stone     | 14:28.5 | 6/14/95 |
| 3. Todd Trask     | 14:30.1 | 7/28/93 |
| 4. Eric Walker    | 14:58.3 | 7/27/94 |
| 5. Ken Keyte      | 14:59.3 | 7/27/94 |
| 6. Hector Delgado | 15:10.2 | 7/26/95 |
| 7. Dan Aldridge   | 15:14.0 | 7/08/92 |
| 8. Scott Pierce   | 15:25.0 | 7/08/92 |
| 9. Jerry Drew     | 15:27.0 | 7/08/92 |
| 10. Chris Gaston  | 15:28.8 | 7/10/96 |

#### MILE RELAY

|   |        |         |
|---|--------|---------|
| 1. Sandbaggers<br>(Fitzpatrick, Held, Gaston, Miller)                         | 3:31.1 | 7/14/93 |
| 2. Alexander Valley Striders<br>(B. Rosales, Hunter, Rodriguez, Wilson)       | 3:32.6 | 6/29/94 |
| 3. Alexander Valley Striders<br>(Schram, L. Rosales, M. Zibblatt, B. Rosales) | 3:34.1 | 7/19/89 |
| 4. Thirsty Boys<br>(McShane, Maurer, B. Rosales, T. Cummings)                 | 3:35.8 | 6/07/89 |
| 5. Slugs-R-Us<br>(D. Held, Fitzpatrick, Trask, Miller)                        | 3:36.3 | 6/30/93 |

#### MILE RELAY

|   |               |                |
|---|---------------|----------------|
| 6. Woolmasters<br>(S.R.H.S. Alumni)                                   | 3:36.8        | 07/22/92       |
| 7. Team Hurl<br>(E. Bursch, G. Huber, Rathbun, Barins)                | 3:38.1        | 7/08/92        |
| 8. No Holds Barred<br>(D. Held, D. Held, Fink, Fitzpatrick)           | <b>3:38.8</b> | <b>6/16/93</b> |
| 9. Alexander Valley Strid<br>(Panyanouvong, Held, Rosales, Rodriguez) | 3:39.1        | 7/08/92        |
| 10. Golden Supermen<br>(Huber, Bursch, Bursch, Leonard)               | 3:39.9        | 7/14/93        |

### Women

#### 100 METERS

|                       |      |         |
|-----------------------|------|---------|
| 1. Sharon Polley      | 12.2 | 6/10/87 |
| 2. Rose Criss         | 12.8 | 6/12/96 |
| 3. Amy Mitchell       | 12.9 | 7/06/88 |
| 3. Melissa Guanella   | 12.9 | 8/07/96 |
| 3. Blair Gabler       | 12.9 | 6/09/99 |
| 6. Katie Schweitzer   | 13.0 | 7/19/89 |
| 7. Janet Brown        | 13.2 | 6/21/89 |
| 7. Adrienne Lindsay   | 13.2 | 7/10/96 |
| 9. Julie Batie        | 13.3 | 6/21/89 |
| 9. Melissa MacPherson | 13.3 | 7/06/88 |
| 9. Della Chadwick     | 13.3 | 6/24/92 |
| 9. Kim Roberts        | 13.3 | 7/10/96 |

#### 200 METERS

|                       |      |         |
|-----------------------|------|---------|
| 1. Veronica Demartini | 25.9 | 6/24/92 |
| 2. Wendi Simmons      | 26.0 | 7/08/86 |
| 3. Rose Criss         | 26.1 | 6/12/96 |
| 4. Melissa Guanella   | 26.4 | 6/12/96 |
| 5. LaTonia Thomas     | 27.2 | 7/10/91 |
| 6. Blair Gabler       | 27.4 | 6/09/99 |
| 7. Adrienne Lindsay   | 27.6 | 7/10/96 |
| 8. Della Chadwick     | 27.8 | 6/24/92 |
| 9. Vanessa Kale       | 28.0 | 6/24/92 |
| 10. Chris Boyd        | 28.2 | 6/17/92 |
| 10. Trish Stone       | 28.2 | 6/24/92 |
| 10. Lindsay Johnson   | 28.2 | 8/06/97 |

#### 400 METERS

|                            |        |         |
|----------------------------|--------|---------|
| 1. Wendi Simmons           | 58.8   | 7/08/86 |
| 2. Melissa MacPherson      | 1:00.5 | 6/12/90 |
| 3. Melissa Guanella        | 1:01.4 | 8/07/96 |
| 4. Julia Stamps            | 1:02.9 | 7/12/95 |
| 5. Jenny Aldridge          | 1:04.2 | 6/10/98 |
| 6. Nicole Nelson           | 1:04.4 | 6/24/98 |
| 7. Corrine Dressler        | 1:04.6 | 6/11/86 |
| 7. Trina Cox               | 1:04.6 | 6/15/94 |
| 7. Katie Schuckle          | 1:04.6 | 7/22/98 |
| 10. Teresa Nelson-Aldridge | 1:04.9 | 7/28/93 |

#### 800 METERS

|                         |        |         |
|-------------------------|--------|---------|
| 1. Trish Stone          | 2:13.4 | 6/17/92 |
| 2. Shannon Sweeney      | 2:13.8 | 6/17/92 |
| 3. Julia Stamps         | 2:14.1 | 6/12/96 |
| 4. Chris Boyd           | 2:14.5 | 7/28/93 |
| 5. Nora Doyle           | 2:18.8 | 6/21/89 |
| 5. Lisa Geoffrion       | 2:18.8 | 6/30/93 |
| 7. Eileen Brennan-Erler | 2:19.9 | 7/22/92 |
| 8. Pamela Richardson    | 2:24.3 | 6/15/94 |
| 9. Trina Cox            | 2:24.4 | 7/23/97 |
| 10. Wendi Simmons       | 2:25.3 | 7/22/86 |

#### ONE MILE

|                       |        |         |
|-----------------------|--------|---------|
| 1. Julia Stamps       | 4:46.5 | 6/14/95 |
| 2. Chris Boyd         | 4:52.7 | 7/14/93 |
| 3. Trina Cox          | 5:06.3 | 7/22/98 |
| 4. Linda Gill         | 5:07.2 | 6/24/92 |
| 5. Shannon Sweeney    | 5:07.3 | 6/26/96 |
| 6. Trish Stone        | 5:08.9 | 6/24/92 |
| 7. Lisa Geoffrion     | 5:09.3 | 7/14/93 |
| 8. Sara Bei           | 5:11.5 | 7/08/98 |
| 9. Cathy DuBay        | 5:13.0 | 7/12/93 |
| 10. Eileen Vukicevich | 5:14.0 | 7/08/92 |

#### 3000 METERS

|                      |         |         |
|----------------------|---------|---------|
| 1. Cathy DuBay       | 10:13.7 | 6/26/96 |
| 2. Bev Marks         | 10:24.0 | 7/20/88 |
| 3. Sara Bei          | 10:25.6 | 6/24/98 |
| 4. Jenny Aldridge    | 10:26.2 | 6/24/98 |
| 5. Shoshana Zibblatt | 10:36.4 | 6/26/96 |
| 6. Liz Mosier        | 10:40.0 | 6/08/88 |
| 7. Kathy Dalton      | 10:48.0 | 7/22/86 |
| 8. Lisa Geoffrion    | 10:53.0 | 6/17/92 |
| 9. Pee-wee Lemus     | 11:03.0 | 6/10/87 |
| 9. Jeanise Eisenman  | 11:03.0 | 7/20/88 |

#### TWO MILE

|                           |         |         |
|---------------------------|---------|---------|
| 1. Julia Stamps           | 11:01.3 | 7/14/93 |
| 2. Cathy DuBay            | 11:05.8 | 7/09/97 |
| 3. Sara Bei               | 11:10.7 | 7/08/98 |
| 4. Trina Cox              | 11:22.3 | 7/24/96 |
| 5. Lisa Gay               | 11:45.8 | 7/12/95 |
| 6. Teresa Nelson-Aldridge | 12:02.4 | 7/12/95 |
| 7. Pamela Richardson      | 12:03.6 | 6/24/92 |
| 8. Tori Meredith          | 12:19.6 | 7/14/93 |
| 9. Valerie Lucia          | 12:19.6 | 7/13/94 |
| 10. Sara Jackel           | 12:19.8 | 7/14/93 |

#### 5000 METERS

|                      |         |         |
|----------------------|---------|---------|
| 1. Sara Bei          | 17:40.5 | 7/22/98 |
| 2. Cathy DuBay       | 17:50.9 | 7/21/99 |
| 3. Shoshana Zibblatt | 18:45.3 | 7/10/96 |
| 4. Valerie Randhawa  | 18:46.2 | 7/28/93 |
| 5. Christi Holligan  | 18:53.7 | 7/28/93 |
| 6. Tori Meredith     | 19:08.0 | 7/28/93 |
| 7. Shelly Lydon      | 19:12.3 | 6/09/99 |
| 8. Connie Kondo      | 19:16.5 | 7/10/96 |
| 9. Valerie Lucia     | 19:18.8 | 7/27/94 |
| 10. Lisa Gay         | 19:21.5 | 6/30/93 |

#### MILE RELAY

|   |        |         |
|---|--------|---------|
| 1. The Under 70's<br>(Boyd, Cupp, Stamps, Sweeney)                  | 4:21.2 | 6/30/93 |
| 2. IMPSMAG<br>(Stone, Locke, Crowley, Sweeney)                      | 4:24.2 | 6/17/92 |
| 3. Sonoma Cheetahs<br>(Strong, Cilley, Maurer, Doyle)               | 4:47.9 | 6/21/89 |
| 4. The Under 80's<br>(T. Nelson-Aldridge, E. Rosales, Crowley, Gay) | 4:55.3 | 7/14/93 |
| 5. Wild Coyotes<br>(Stamps, A. Nelson, N. Nelson, J. Aldridge)      | 5:21.4 | 7/14/93 |

#### MILE RELAY

|  |        |         |
|--|--------|---------|
| 6. Team Nelson-Aldridge<br>(Nelson-Aldridge, A. Nelson, N. Nelson, Aldridge) | 5:27.1 | 6/30/93 |
| 7. The Gold Medalists<br>(Stone, Locke, Crowley, Sweeney)                    | 5:36.5 | 6/10/98 |
| 8. Macha<br>(Gottlieb, Szele, Titus, Given)                                  | 5:38.7 | 6/12/91 |
| 9. Santa Rosa Express<br>(A. Nelson, N. Nelson, R. Terry, C. Allen)          | 5:39.0 | 6/15/94 |
| 10. Thirsty Girls<br>(Roach, Bennett, Guinn, Strong)                         | 5:50.7 | 6/12/90 |



# 1999 Empire Runner Grand Prix Standings

| Pl. | Men     | Div.         | Res Run | Valley Ford | Isaajo | Jack-rabbit | Loop-de-Loop | Track Meet 1 | Ken-wood | Salmon Creek | Track Meet 2 | Track Meet 3 | Prev. Total | Track Meet 4 | Track 5K | Track Meet 5 | Anna-del Loop | Shiloh Ranch | Mc-Guire B-fast Run | Total |     |
|-----|---------|--------------|---------|-------------|--------|-------------|--------------|--------------|----------|--------------|--------------|--------------|-------------|--------------|----------|--------------|---------------|--------------|---------------------|-------|-----|
| 1   | David   | DeSelle      | 40-49   | 90          | 96     | 100         | 84           | 91           | 91       | 93           | 25           | 25           | 695         | 25           | 90       | 25           | 82            | 75           | 96                  | 1088  |     |
| 2   | Rick    | Peters       | 50-59   | 86          | 97     | 80          | 79           | 83           | 25       | 81           | 89           | 25           | 670         | 25           | 86       |              | 73            | 100          | 94                  | 1048  |     |
| 3   | Jerry   | Lyman        | 40-49   | 98          | 99     | 96          | 94           | 99           |          | 98           | 97           | 25           | 706         | 25           | 94       | 25           |               | 98           | 99                  | 1047  |     |
| 4   | Bob     | Finlay       | 40-49   | 90          | 96     | 75          | 86           |              | 25       | 90           | 95           | 25           | 607         | 25           | 92       |              | 88            | 96           | 100                 | 1008  |     |
| 5   | John    | Andersen     | 40-49   | 84          | 96     | 89          | 75           | 84           | 25       | 75           |              | 25           | 578         | 25           | 82       |              | 78            | 95           | 94                  | 952   |     |
| 6   | Scott   | Ames         | 40-49   |             | 100    | 95          | 96           | 96           |          | 99           |              | 25           | 511         | 25           | 96       |              | 96            | 75           | 99                  | 902   |     |
| 7   | Dale    | Peterson     | 40-49   |             | 98     | 82          | 100          | 86           |          | 75           | 88           |              | 529         | 25           | 83       | 25           | 76            | 92           |                     | 830   |     |
| 8   | Dan     | Preston      | 50-59   | 99          | 99     | 99          | 91           |              |          | 93           |              | 25           | 531         |              |          |              | 99            | 100          | 96                  | 826   |     |
| 9   | Carl    | Jackson      | 60&O    | 88          | 92     | 91          | 78           |              | 25       | 85           | 85           | 25           | 569         | 25           | 85       | 25           |               |              |                     | 92    | 796 |
| 10  | Larry   | Meredith     | 40-49   | 100         | 100    |             | 75           |              | 25       | 75           | 100          |              | 500         | 25           | 99       | 25           |               |              | 100                 | 749   |     |
| 11  | George  | Urdzik       | 50-59   | 76          | 86     | 89          | 76           |              |          | 68           | 82           |              | 477         |              |          | 25           | 65            | 88           | 87                  | 742   |     |
| 12  | Greg    | DeSelle      | 14-19   | 78          |        | 90          |              |              |          | 83           | 82           | 25           | 383         | 25           | 84       | 25           |               | 99           | 98                  | 714   |     |
| 13  | Ernst   | Bohn         | 50-59   | 79          |        | 88          |              | 92           |          | 92           |              | 25           | 376         | 25           | 87       | 25           |               | 90           | 93                  | 696   |     |
| 14  | Don     | Sampson      | 50-59   | 87          | 93     | 95          | 82           |              | 25       | 87           | 86           | 25           | 605         | 25           |          |              |               |              |                     | 630   |     |
| 15  | Phil    | Widener      | 50-59   |             |        | 96          | 83           |              |          | 91           |              | 25           | 320         | 25           | 88       |              | 89            |              | 95                  | 617   |     |
| 16  | Bill    | Browne       | 40-49   | 94          | 92     | 90          | 87           |              |          | 95           |              |              | 458         |              |          | 25           | 92            |              |                     | 575   |     |
| 17  | Ralph   | Harms        | 60&O    | 81          | 92     | 88          | 77           |              |          | 88           |              |              | 426         |              |          |              |               |              | 91                  | 517   |     |
| 18  | Darryl  | Beardall     | 60&O    | 94          | 92     | 83          | 89           |              |          | 79           |              |              | 437         |              |          |              | 69            |              |                     | 506   |     |
| 19  | Brenden | Hutchinson   | 50-59   |             |        | 91          |              |              |          | 96           | 96           |              | 283         |              |          |              |               | 97           | 97                  | 477   |     |
| 20  | Tim     | Stewart      | 40-49   |             | 98     | 93          |              | 95           |          | 75           |              |              | 361         |              |          | 100          |               |              |                     | 461   |     |
| 21  | Peter   | Brown        | 50-59   | 88          |        | 81          | 81           | 93           | 25       | 88           |              |              | 456         |              |          |              |               |              |                     | 456   |     |
| 22  | Ty      | Strange      | 30-39   | 100         |        | 100         | 100          |              | 25       |              |              | 25           | 350         |              |          |              | 98            |              |                     | 448   |     |
| 23  | Terry   | McNeill      | 50-59   | 83          | 93     |             |              |              |          | 78           | 83           |              | 337         |              |          |              |               | 89           |                     | 426   |     |
| 24  | Len     | Allaire      | 40-49   | 78          | 95     | 75          |              |              |          | 74           | 87           |              | 409         |              |          |              |               |              |                     | 409   |     |
| 25  | Louis   | Garcia       | 40-49   |             | 100    |             |              | 100          |          |              |              |              | 200         |              |          |              | 97            | 100          |                     | 397   |     |
| 26  | Alex    | Isabeau      | 30-39   |             | 98     | 98          |              | 100          |          |              |              |              | 296         |              |          |              |               | 99           |                     | 395   |     |
| 27  | Charles | Hogland      | 60&O    | 100         | 100    | 100         |              |              |          |              |              |              | 300         |              |          |              |               |              | 93                  | 393   |     |
| 28  | Jason   | DeSelle      | 14-19   | 98          |        | 75          |              |              |          | 98           |              |              | 271         | 25           | 95       |              |               |              |                     | 391   |     |
| 29  | Robert  | Main         | 40-49   | 95          | 97     | 98          |              |              |          | 94           |              |              | 384         |              |          |              |               |              |                     | 384   |     |
| 30  | Stephen | Starkweather | 30-39   |             |        |             |              | 92           | 25       | 97           |              | 25           | 264         |              |          | 25           | 90            |              |                     | 379   |     |
| 31  | Eric    | Bohn         | 30-39   |             |        | 87          |              |              | 25       |              |              | 100          | 237         | 25           | 100      |              |               |              |                     | 362   |     |
| 32  | Bryan   | Wehmeyer     | 30-39   |             |        |             |              |              |          | 92           | 91           |              | 183         |              |          |              | 81            | 94           |                     | 358   |     |
| 33  | Scott   | Montrose     | 40-49   | 85          |        | 92          |              |              |          | 82           |              |              | 259         |              |          |              |               |              | 88                  | 347   |     |
| 34  | Gil     | Moreno       | 50-59   | 87          | 93     | 84          | 80           |              |          |              |              |              | 344         |              |          |              |               |              |                     | 344   |     |
| 35  | Bob     | Shor         | 50-59   |             | 100    | 75          |              |              |          | 75           |              |              | 250         |              |          |              |               | 75           |                     | 325   |     |
| 36  | Robert  | Holland      | 50-59   | 89          | 94     |             |              |              | 25       |              |              |              | 208         | 25           | 89       |              |               |              |                     | 322   |     |
| 37  | Regan   | Masi         | 14-19   |             |        |             |              | 85           |          | 87           |              | 25           | 197         |              |          | 25           |               | 93           |                     | 315   |     |
| 38  | David   | Rosas        | 30-39   |             |        | 78          |              |              |          | 67           |              |              | 145         |              |          |              | 68            | 87           |                     | 300   |     |
| 39  | Mark    | Curran       | 30-39   |             |        | 99          | 97           |              |          |              | 98           |              | 294         |              |          |              |               |              |                     | 294   |     |
| 40  | Richard | Flores       | 40-49   |             | 97     |             |              |              | 25       | 97           |              | 25           | 269         | 25           |          |              |               |              |                     | 294   |     |
| 41  | Bob     | Rogers       | 40-49   |             |        | 97          | 98           | 98           |          |              |              |              | 293         |              |          |              |               |              |                     | 293   |     |
| 42  | James   | Lynch        | 30-39   | 93          | 97     |             | 88           |              |          |              |              |              | 278         |              |          |              |               |              |                     | 278   |     |
| 43  | Peter   | Masi         | 40-49   |             | 96     |             |              |              |          | 94           |              |              | 190         |              |          |              | 87            |              |                     | 277   |     |
| 44  | Eric    | Nordvold     | 50-59   | 91          |        |             | 85           |              |          |              | 94           |              | 270         |              |          |              |               |              |                     | 270   |     |
| 45  | Dick    | Beers        | 40-49   |             | 100    |             |              |              | 25       |              |              | 25           | 150         | 25           | 91       |              |               |              |                     | 266   |     |
| 46  | John    | Royston      | 40-49   |             | 98     | 94          |              |              |          | 73           |              |              | 265         |              |          |              |               |              |                     | 265   |     |
| 47  | Ron     | Jacobs       | 30-39   | 86          |        | 85          |              |              |          | 75           |              |              | 246         |              |          |              |               |              |                     | 246   |     |
| 48  | Mark    | Mathewson    | 30-39   | 77          |        |             |              |              |          | 86           |              |              | 163         | 25           |          | 25           |               |              |                     | 213   |     |
| 49  | Brian   | Purcell      | 40-49   |             |        |             | 99           |              |          | 100          |              |              | 199         |              |          |              |               |              |                     | 199   |     |
| 50  | Andrew  | Stevenson    | 13&U    |             |        | 99          | 100          |              |          |              |              |              | 199         |              |          |              |               |              |                     | 199   |     |
| 51  | George  | Bratsberg    | 30-39   | 96          |        |             |              |              |          | 75           |              |              | 171         |              |          | 25           |               |              |                     | 196   |     |
| 52  | Ben     | Rosales      | 40-49   |             |        |             | 93           |              | 25       |              |              | 25           | 143         | 25           |          | 25           |               |              |                     | 193   |     |
| 53  | Marc    | Richardson   | 40-49   | 92          | 95     |             |              |              |          |              |              |              | 187         |              |          |              |               |              |                     | 187   |     |
| 54  | Jeffery | Bell         | 40-49   |             |        | 94          |              |              |          | 90           |              |              | 184         |              |          |              |               |              |                     | 184   |     |
| 55  | Mort    | Gray         | 60&O    |             |        | 93          |              |              |          | 89           |              |              | 182         |              |          |              |               |              |                     | 182   |     |
| 56  | Tyler   | Main         | 13&U    |             |        | 100         |              |              |          | 81           |              |              | 181         |              |          |              |               |              |                     | 181   |     |
| 57  | Andy    | Jensen       | 50-59   | 93          |        | 87          |              |              |          |              |              |              | 180         |              |          |              |               |              |                     | 180   |     |
| 58  | Tim     | Stafford     | 40-49   |             | 99     |             |              |              |          | 80           |              |              | 179         |              |          |              |               |              |                     | 179   |     |
| 59  | Les     | Brodie       | 50-59   |             |        |             |              |              |          |              | 90           |              | 90          |              |          |              | 86            |              |                     | 176   |     |
| 60  | Doug    | Courtemarche | 50-59   |             | 100    |             |              |              |          | 75           |              |              | 175         |              |          |              |               |              |                     | 175   |     |
| 61  | Jan     | Hobbel       | 30-39   | 84          |        |             |              |              |          | 89           |              |              | 173         |              |          |              |               |              |                     | 173   |     |
| 62  | Eric    | Walker       | 30-39   |             |        |             |              | 25           |          |              |              | 25           | 50          | 25           | 98       |              |               |              |                     | 173   |     |
| 63  | David   | Capron       | 40-49   | 97          |        |             |              | 25           |          |              |              | 25           | 147         | 25           |          |              |               |              |                     | 172   |     |
| 64  | Joe     | Heckel       | 40-49   |             |        | 86          |              |              |          | 83           |              |              | 169         |              |          |              |               |              |                     | 169   |     |
| 65  | Brett   | Bryars       | 30-39   |             |        |             |              |              |          |              |              |              |             |              |          |              | 72            | 91           |                     | 163   |     |
| 66  | Bob     | Lutolf       | 50-59   | 83          |        |             |              |              |          | 76           |              |              | 159         |              |          |              |               |              |                     | 159   |     |
| 67  | Gordon  | Elton        | 50-59   | 75          |        | 79          |              |              |          |              |              |              | 154         |              |          |              |               |              |                     | 154   |     |
| 68  | Peter   | Guerrini     | 50-59   | 79          |        |             |              |              |          | 75           |              |              | 154         |              |          |              |               |              |                     | 154   |     |
| 69  | Jeff    | Gardina      | 14-19   |             |        |             |              |              |          |              |              |              |             | 25           | 97       | 25           |               |              |                     | 147   |     |



Grand Prix Standings, Continued

| Pl. | Men     | Div.      | Valley  |      |        | Jack-rabbit | Loop-de-Loop | Track Meet 1 | Ken-wood | Salmon Creek | Track Meet 2 | Track Meet 3 | Prev. Total | Track Meet 4 | Track 5K | Track Meet 5 | Anna-del Loop | Shloh Ranch | Mc-Guire B-fast Run | Total |
|-----|---------|-----------|---------|------|--------|-------------|--------------|--------------|----------|--------------|--------------|--------------|-------------|--------------|----------|--------------|---------------|-------------|---------------------|-------|
|     |         |           | Res Run | Ford | Isanjo |             |              |              |          |              |              |              |             |              |          |              |               |             |                     |       |
| 70  | Gilman  | Jung      | 60&O    | 74   |        |             |              | 71           |          |              |              | 145          |             |              |          |              |               |             | 145                 |       |
| 71  | Jordan  | Kinley    | 14-19   |      |        |             |              | 99           |          | 25           |              | 124          |             |              |          |              |               |             | 124                 |       |
| 72  | Jacob   | Smyth     | 13&U    |      |        | 99          |              |              |          | 25           |              | 124          |             |              |          |              |               |             | 124                 |       |
| 73  | Brian   | Hake      | 40-49   | 96   |        |             |              | 25           |          |              |              | 121          |             |              |          |              |               |             | 121                 |       |
| 74  | Jon     | Hermsted  | 50-59   |      |        |             |              | 96           |          |              | 25           | 121          |             |              |          |              |               |             | 121                 |       |
| 75  | Jerry   | Finlay    | 20-29   |      |        |             |              | 95           |          |              |              | 95           |             |              | 25       |              |               |             | 120                 |       |
| 76  | Keith   | Maurer    | 40-49   |      |        |             |              |              |          |              |              |              | 25          | 93           |          |              |               |             | 118                 |       |
| 77  | Bryan   | Bei       | 13&U    |      |        |             |              | 84           |          |              | 25           | 109          |             |              |          |              |               |             | 109                 |       |
| 78  | Peter   | Egerton   | 20-29   |      |        |             |              | 100          |          |              |              | 100          |             |              |          |              |               |             | 100                 |       |
| 79  | Alan    | Levine    | 50-55   |      |        |             | 25           |              |          | 25           | 25           | 75           |             |              | 25       |              |               |             | 100                 |       |
| 80  | Bob     | Merritt   | 40-49   |      |        |             |              |              |          |              |              |              |             |              |          | 100          |               |             | 100                 |       |
| 81  | Luke    | Purcell   | 13&U    |      |        | 100         |              |              |          |              |              | 100          |             |              |          |              |               |             | 100                 |       |
| 82  | Mike    | McGuire   | 50-59   |      |        |             |              |              |          |              |              |              |             |              |          |              |               | 100         | 100                 |       |
| 83  | Bob     | Hasenick  | 40-49   |      |        | 97          |              |              |          |              |              | 97           |             |              |          |              |               |             | 97                  |       |
| 84  | Tony    | Smyth     | 30-39   | 97   |        |             |              |              |          |              |              | 97           |             |              |          |              |               |             | 97                  |       |
| 85  | Jeremy  | Jackman   | 20-29   |      |        |             | 95           |              |          |              |              | 95           |             |              |          |              |               |             | 95                  |       |
| 86  | Jude    | Radeski   | 30-39   | 95   |        |             |              |              |          |              |              | 95           |             |              |          |              |               |             | 95                  |       |
| 87  | Tom     | Wilhelm   | 30-39   |      |        |             |              |              |          |              |              |              |             |              |          | 94           |               |             | 94                  |       |
| 88  | Walt    | Bales     | 50-59   |      | 93     |             |              |              |          |              |              | 93           |             |              |          |              |               |             | 93                  |       |
| 89  | Patrick | Band      | 14-19   |      |        |             |              | 93           |          |              |              | 93           |             |              |          |              |               |             | 93                  |       |
| 90  | Bernie  | Hollander | 60&O    |      |        |             |              | 92           |          |              |              | 92           |             |              |          |              |               |             | 92                  |       |
| 91  | Rory    | Pool      | 40-49   |      |        | 92          |              |              |          |              |              | 92           |             |              |          |              |               |             | 92                  |       |
| 92  | Brian   | Smith     | 50-59   | 92   |        |             |              |              |          |              |              | 92           |             |              |          |              |               |             | 92                  |       |
| 93  | Ted     | Lipscomb  | 40-49   | 91   |        |             |              |              |          |              |              | 91           |             |              |          |              |               |             | 91                  |       |
| 94  | Bill    | Bradley   | 30-39   |      |        |             | 90           |              |          |              |              | 90           |             |              |          |              |               |             | 90                  |       |
| 95  | Rick    | Howell    | 50-59   |      |        |             |              |              |          |              |              |              |             |              |          |              |               | 90          | 90                  |       |
| 96  | Larry   | Clark     | 40-49   | 89   |        |             |              |              |          |              |              | 89           |             |              |          |              |               |             | 89                  |       |
| 97  | Jim     | McCray    | 40-49   |      |        |             |              | 86           |          |              |              | 86           |             |              |          |              |               |             | 86                  |       |
| 98  | Wes     | Beeson    | 50-59   | 85   |        |             |              |              |          |              |              | 85           |             |              |          |              |               |             | 85                  |       |
| 99  | Craig   | Roland    | 60&O    |      |        |             |              | 85           |          |              |              | 85           |             |              |          |              |               |             | 85                  |       |
| 100 | Mike    | Duggan    | 50-59   |      |        |             |              |              | 84       |              |              | 84           |             |              |          |              |               |             | 84                  |       |
| 101 | Ray     | Young     | 60&O    |      |        |             |              | 84           |          |              |              | 84           |             |              |          |              |               |             | 84                  |       |
| 102 | Peter   | Kirk      | 30-39   | 82   |        |             |              |              |          |              |              | 82           |             |              |          |              |               |             | 82                  |       |
| 103 | Justin  | Morgan    | 14-19   | 82   |        |             |              |              |          |              |              | 82           |             |              |          |              |               |             | 82                  |       |
| 104 | Dale    | Solheim   | 40-49   |      |        |             |              | 82           |          |              |              | 82           |             |              |          |              |               |             | 82                  |       |
| 105 | Curt    | Doran     | 30-39   | 81   |        |             |              |              |          |              |              | 81           |             |              |          |              |               |             | 81                  |       |
| 106 | John    | Cullen    | 40-49   |      |        |             |              |              |          |              |              |              |             |              |          | 80           |               |             | 80                  |       |
| 107 | Clive   | Egerton   | 50-59   |      |        |             |              | 80           |          |              |              | 80           |             |              |          |              |               |             | 80                  |       |
| 108 | Warren  | Huber     | 50-59   | 80   |        |             |              |              |          |              |              | 80           |             |              |          |              |               |             | 80                  |       |
| 109 | Joe     | Phaby     | 50-59   | 80   |        |             |              |              |          |              |              | 80           |             |              |          |              |               |             | 80                  |       |
| 110 | Zander  | Fung      | 13&U    |      |        |             |              | 79           |          |              |              | 79           |             |              |          |              |               |             | 79                  |       |
| 111 | Geoff   | Bratsberg | 14-19   |      |        |             |              | 78           |          |              |              | 78           |             |              |          |              |               |             | 78                  |       |
| 112 | John    | LeBaron   | 60&O    |      |        |             |              | 77           |          |              |              | 77           |             |              |          |              |               |             | 77                  |       |
| 113 | Bill    | O'Neill   | 40-49   |      |        |             |              | 77           |          |              |              | 77           |             |              |          |              |               |             | 77                  |       |
| 114 | Justin  | Bratsberg | 13&U    |      |        |             |              | 76           |          |              |              | 76           |             |              |          |              |               |             | 76                  |       |
| 115 | Lanny   | Lowery    | 50-59   |      |        |             |              | 75           |          |              |              | 75           |             |              |          |              |               |             | 75                  |       |
| 116 | Matt    | Malvino   | 30-39   |      |        |             |              | 75           |          |              |              | 75           |             |              |          |              |               |             | 75                  |       |
| 117 | Tom     | Charles   | 40-49   |      |        |             |              | 74           |          |              |              | 74           |             |              |          |              |               |             | 74                  |       |
| 118 | Ron     | Cope      | 40-49   |      |        |             |              | 72           |          |              |              | 72           |             |              |          |              |               |             | 72                  |       |
| 119 | Dominic | Gara      | 60&O    |      |        |             |              | 70           |          |              |              | 70           |             |              |          |              |               |             | 70                  |       |
| 120 | Tom     | Hinde     | 40-49   |      |        |             |              |              |          |              |              |              |             |              |          | 70           |               |             | 70                  |       |
| 121 | Richard | Radovich  | 50-59   |      |        |             |              | 69           |          |              |              | 69           |             |              |          |              |               |             | 69                  |       |
| 122 | Don     | Madronich | 50-59   |      |        |             |              |              |          |              |              |              |             |              |          | 64           |               |             | 64                  |       |
| 123 | Ken     | Brown     | 20-29   |      |        |             |              | 25           |          |              |              | 25           |             |              |          |              |               |             | 25                  |       |
| 124 | John    | Stroba    | 20-29   |      |        |             |              |              |          |              |              |              |             |              | 25       |              |               |             | 25                  |       |

| Pl. | Women   | Div.     | Valley  |      |        | Jack-rabbit | Loop-de-Loop | Track Meet 1 | Ken-wood | Salmon Creek | Track Meet 2 | Track Meet 3 | Prev. Total | Track Meet 4 | Track 5K | Track Meet 5 | Anna-del Loop | Shloh Ranch | Mc-Guire B-fast Run | Total |
|-----|---------|----------|---------|------|--------|-------------|--------------|--------------|----------|--------------|--------------|--------------|-------------|--------------|----------|--------------|---------------|-------------|---------------------|-------|
|     |         |          | Res Run | Ford | Isanjo |             |              |              |          |              |              |              |             |              |          |              |               |             |                     |       |
| 1   | Anna    | Derho    | 40-49   | 91   | 95     | 96          | 90           | 81           | 25       | 84           | 94           | 25           | 681         | 25           | 93       | 25           | 71            | 97          | 95                  | 1087  |
| 2   | Shelly  | Lydon    | 30-39   | 98   | 100    | 99          | 100          | 94           | 25       | 100          | 100          | 25           | 741         | 25           | 99       | 25           |               | 100         | 97                  | 1087  |
| 3   | Lisa    | Anderson | 30-39   | 85   | 95     | 82          | 88           |              | 25       | 79           |              | 25           | 504         | 25           | 92       |              | 67            | 100         | 95                  | 883   |
| 4   | Cathy   | Dubay    | 30-39   | 99   | 100    | 100         |              |              |          | 100          |              |              | 399         | 25           | 100      | 25           | 100           |             | 100                 | 749   |
| 5   | Tanya   | Narath   | 30-39   | 97   | 98     | 92          | 96           | 90           |          | 94           |              |              | 567         |              |          |              |               | 83          |                     | 650   |
| 6   | Lisa    | Isabeau  | 40-49   |      | 98     | 93          | 98           |              | 25       | 75           |              | 25           | 439         |              |          |              | 93            | 98          |                     | 630   |
| 7   | Tori    | Meredith | 40-49   |      | 98     | 96          | 75           |              |          | 75           | 99           |              | 25          | 468          | 25       | 97           | 25            |             |                     | 615   |
| 8   | Deb     | Park     | 30-39   | 95   | 98     | 91          | 97           | 87           |          | 96           |              |              | 564         |              |          |              |               |             |                     | 564   |
| 9   | Pam     | Horton   | 50-59   |      | 98     |             |              |              |          | 89           | 96           |              | 283         |              |          |              | 81            | 99          | 98                  | 561   |
| 10  | Lauren  | Charles  | 14-19   | 96   | 97     |             |              |              | 95       | 97           | 25           | 25           | 435         | 25           | 95       |              |               |             |                     | 556   |
| 11  | Kristen | Charles  | 13&U    | 92   | 97     |             | 95           |              | 97       | 95           | 25           | 25           | 526         |              | 25       |              |               |             |                     | 551   |
| 12  | Carolyn | Dubay    | 30-39   | 96   | 100    | 94          |              |              |          |              |              |              | 290         |              |          |              | 85            |             | 99                  | 474   |



Grand Prix Standings, Continued

| Pl. | Women     |                    | Div.  |         |             |        |             |              |              |          |              |              |              | Anna-       |              |          | Mc-          |               |              |                      |
|-----|-----------|--------------------|-------|---------|-------------|--------|-------------|--------------|--------------|----------|--------------|--------------|--------------|-------------|--------------|----------|--------------|---------------|--------------|----------------------|
|     |           |                    |       | Res Run | Valley Ford | Isarjo | Jack-rabbit | Loop-de-Loop | Track Meet 1 | Ken-wood | Salmon Creek | Track Meet 2 | Track Meet 3 | Prev. Total | Track Meet 4 | Track 5K | Track Meet 5 | Anna-del Loop | Shiloh Ranch | Mc-Gulre B- fast Run |
| 13  | Laurie    | Willenbring        | 20-29 | 94      | 96          |        | 94          | 88           |              | 92       |              |              |              | 464         |              |          |              |               |              | 464                  |
| 14  | Leslie    | Howell             | 50-59 | 88      |             | 94     | 87          |              |              | 94       |              |              |              | 363         |              |          |              |               | 93           | 456                  |
| 15  | Jenny     | Charles            | 14-19 |         | 97          |        |             |              |              | 98       | 98           |              |              | 293         | 25           | 94       | 25           |               |              | 437                  |
| 16  | Cathy     | Charles            | 40-49 |         | 97          |        | 89          |              |              | 78       | 93           | 25           |              | 382         |              |          | 25           |               |              | 407                  |
| 17  | Marcia    | Seim-Bossier       | 40-49 | 99      | 95          | 99     |             |              |              | 93       |              |              |              | 386         |              |          |              |               |              | 386                  |
| 18  | Diane     | Paleczny-Stevenson | 40-49 | 94      |             | 98     | 93          |              |              | 90       |              |              |              | 375         |              |          |              |               |              | 375                  |
| 19  | Val       | Sell               | 30-39 |         |             |        |             |              |              | 97       |              | 25           | 122          | 25          | 98           | 25       |              |               | 99           | 369                  |
| 20  | Amy       | Gandy              | 40-49 |         | 97          | 84     |             | 82           |              | 86       |              |              |              | 349         |              |          |              |               |              | 349                  |
| 21  | Carol     | Hasenick           | 40-49 |         |             | 88     | 91          |              |              |          |              |              |              | 179         |              |          | 74           | 96            |              | 349                  |
| 22  | Suzanna   | Bon                | 30-39 |         | 95          | 97     |             |              |              | 98       |              |              |              | 290         |              |          |              |               |              | 290                  |
| 23  | Julia     | Beers              | 14-19 |         | 100         |        |             |              | 25           |          |              | 25           | 150          | 25          | 96           |          |              |               |              | 271                  |
| 24  | Marline   | Peters             | 40-49 |         |             |        |             |              |              | 95       |              |              |              | 95          |              |          |              | 75            | 94           | 264                  |
| 25  | Marilyn   | Calderon           | 50-59 | 93      |             | 87     |             |              |              | 74       |              |              |              | 254         |              |          |              |               |              | 254                  |
| 26  | Sherril   | Guinn              | 50-59 | 88      |             | 85     |             |              |              | 76       |              |              |              | 249         |              |          |              |               |              | 249                  |
| 27  | Sara      | Bei                | 14-19 | 100     |             |        |             |              |              | 99       |              |              |              | 199         |              |          |              |               |              | 199                  |
| 28  | April     | Malvino            | 14-19 | 98      |             | 100    |             |              |              |          |              |              |              | 198         |              |          |              |               |              | 198                  |
| 29  | Sue       | Clive              | 40-49 | 97      |             | 97     |             |              |              |          |              |              |              | 194         |              |          |              |               |              | 194                  |
| 30  | Donna     | Ames               | 30-39 | 93      | 100         |        |             |              |              |          |              |              |              | 193         |              |          |              |               |              | 193                  |
| 31  | Hilary    | Main               | 30-39 | 90      |             |        |             |              |              | 96       |              |              |              | 186         |              |          |              |               |              | 186                  |
| 32  | Deborah   | Hodesson           | 40-49 |         | 95          | 89     |             |              |              |          |              |              |              | 184         |              |          |              |               |              | 184                  |
| 33  | Sheila    | Masi               | 40-49 |         |             |        |             |              |              | 82       |              |              |              | 82          |              | 25       | 75           |               |              | 182                  |
| 34  | Tricia    | Seyler             | 40-49 | 87      |             | 95     |             |              |              |          |              |              |              | 182         |              |          |              |               |              | 182                  |
| 35  | Carolyn   | Marcus             | 40-49 |         |             | 95     |             |              |              |          |              |              |              | 95          |              |          | 84           |               |              | 179                  |
| 36  | Sally     | Schalich-McGuinn   | 30-39 | 91      |             |        |             |              |              | 85       |              |              |              | 176         |              |          |              |               |              | 176                  |
| 37  | Kari      | Mastrocola         | 30-39 | 92      |             | 83     |             |              |              |          |              |              |              | 175         |              |          |              |               |              | 175                  |
| 38  | Robin     | Stovall            | 40-49 |         |             | 75     | 99          |              |              |          |              |              |              | 174         |              |          |              |               |              | 174                  |
| 39  | Margie    | Tonelli            | 40-49 |         |             | 86     |             |              |              | 87       |              |              |              | 173         |              |          |              |               |              | 173                  |
| 40  | Jan       | Kahdeman           | 30-39 |         |             |        |             | 89           |              |          |              |              |              | 89          |              |          | 79           |               |              | 168                  |
| 41  | Cindy     | Roach              | 40-49 |         |             |        |             |              |              | 75       |              |              |              | 75          |              |          | 91           |               |              | 166                  |
| 42  | Rhonda    | Roman              | 30-39 |         |             | 90     |             |              |              | 75       |              |              |              | 165         |              |          |              |               |              | 165                  |
| 43  | Doris     | Palardy            | 50-59 | 86      |             |        |             |              |              | 75       |              |              |              | 161         |              |          |              |               |              | 161                  |
| 44  | Ellen     | Luca               | 60&O  | 84      |             |        |             |              |              | 72       |              |              |              | 156         |              |          |              |               |              | 156                  |
| 45  | Jenny     | Drady              | 14-19 |         |             |        |             |              |              | 100      |              | 25           | 125          | 125         |              |          |              |               |              | 125                  |
| 46  | Rebecca   | Smyth              | 13&U  |         |             |        | 100         |              |              |          | 25           |              |              | 125         |              |          |              |               |              | 125                  |
| 47  | Ashlee    | Drady              | 13&U  |         |             |        |             |              |              | 99       |              | 25           | 124          | 124         |              |          |              |               |              | 124                  |
| 48  | Christy   | Sweaney            | 13&U  |         |             |        |             | 25           | 83           |          |              |              |              | 108         |              |          |              |               |              | 108                  |
| 49  | Rita      | Purcell            | 13&U  |         |             |        | 100         |              |              |          |              |              |              | 100         |              |          |              |               |              | 100                  |
| 50  | Diana     | Raincourt          | 14-19 | 100     |             |        |             |              |              |          |              |              |              | 100         |              |          |              |               |              | 100                  |
| 51  | Katie     | Stafford           | 14-19 |         | 99          |        |             |              |              |          |              |              |              | 99          |              |          |              |               |              | 99                   |
| 52  | Kelly     | Ridgway            | 40-49 |         |             | 98     |             |              |              |          |              |              |              | 98          |              |          |              |               |              | 98                   |
| 53  | Melissa   | Bates              | 40-49 |         |             |        |             |              |              |          |              |              |              |             |              |          |              | 98            |              | 98                   |
| 54  | Julie     | Huber              | 20-29 | 95      |             |        |             |              |              |          |              |              |              | 95          |              |          |              |               |              | 95                   |
| 55  | Kasey     | Lashinski          | 13&U  |         |             |        |             |              |              | 93       |              |              |              | 93          |              |          |              |               |              | 93                   |
| 56  | Leslie    | Curry              | 30-39 |         |             |        | 92          |              |              |          |              |              |              | 92          |              |          |              |               |              | 92                   |
| 57  | Jody      | Lashinski          | 30-39 |         |             |        |             |              |              | 92       |              |              |              | 92          |              |          |              |               |              | 92                   |
| 58  | Julianna  | Bratsberg          | 13&U  |         |             |        |             |              |              | 91       |              |              |              | 91          |              |          |              |               |              | 91                   |
| 59  | Gwen      | Crew               | 30-39 |         |             |        |             |              |              | 91       |              |              |              | 91          |              |          |              |               |              | 91                   |
| 60  | Leslie    | Huber              | 20-29 | 90      |             |        |             |              |              |          |              |              |              | 90          |              |          |              |               |              | 90                   |
| 61  | Jennifer  | Dunn               | 40-49 | 89      |             |        |             |              |              |          |              |              |              | 89          |              |          |              |               |              | 89                   |
| 62  | Laura     | Sawyer             | 50-59 | 89      |             |        |             |              |              |          |              |              |              | 89          |              |          |              |               |              | 89                   |
| 63  | Lois      | Cook               | 60&O  | 87      |             |        |             |              |              |          |              |              |              | 87          |              |          |              |               |              | 87                   |
| 64  | Dottie    | Deerwester         | 40-49 | 86      |             |        |             |              |              |          |              |              |              | 86          |              |          |              |               |              | 86                   |
| 65  | Shelly    | Doran              | 30-39 | 85      |             |        |             |              |              |          |              |              |              | 85          |              |          |              |               |              | 85                   |
| 66  | Selma     | Guerrini           | 50-59 | 84      |             |        |             |              |              |          |              |              |              | 84          |              |          |              |               |              | 84                   |
| 67  | Rose      | Flores             | 14-19 |         |             |        |             |              |              | 81       |              |              |              | 81          |              |          |              |               |              | 81                   |
| 68  | Lynn      | Flores             | 30-39 |         |             |        |             |              |              | 80       |              |              |              | 80          |              |          |              |               |              | 80                   |
| 69  | Gretchen  | Michaels           | 30-39 |         |             |        |             | 80           |              |          |              |              |              | 80          |              |          |              |               |              | 80                   |
| 70  | Elizabeth | Pool               | 14-19 |         |             |        |             |              |              | 77       |              |              |              | 77          |              |          |              |               |              | 77                   |
| 71  | Sandra    | Maurer             | 40-49 |         |             |        |             |              |              |          |              |              |              |             |              | 77       |              |               |              | 77                   |
| 72  | Candi     | DeSelle            |       |         |             | 75     |             |              |              |          |              |              |              | 75          |              |          |              |               |              | 75                   |
| 73  | Popie     | Stafford           | 40-49 |         | 75          |        |             |              |              |          |              |              |              | 75          |              |          |              |               |              | 75                   |
| 74  | Joan      | Bennett            | 50-59 |         |             |        |             |              |              | 73       |              |              |              | 73          |              |          |              |               |              | 73                   |
| 75  | Helen     | Kuziara            | 60&O  |         |             |        |             |              |              | 71       |              |              |              | 71          |              |          |              |               |              | 71                   |
| 76  | Kathleen  | Stalter            | 40-49 |         |             |        |             |              |              |          |              |              |              |             |              | 66       |              |               |              | 66                   |
| 77  | Danielle  | Hake               | 13&U  |         |             |        |             |              | 25           |          |              |              |              | 25          |              |          |              |               |              | 25                   |
| 78  | Mekaba    | Rosas              | 13&U  |         |             |        |             |              |              |          |              | 25           |              | 25          |              |          |              |               |              | 25                   |





*The Empire Runners Club Presents*  
*the 2000 Phaby-Gray*

# **Resolution Run**

## **New Year's Day**

### **Y2K5K - a 5K Run**

**Date/Time: Saturday, January 1, 10:00 a.m. start.**

**Site: Start/Finish at Montgomery High School, Santa Rosa.**

**On Hoen Frontage Road and Hahman Drive.**

**Course: 100% paved, 100% flat**

**Entry: Race day only;**

**\$6 for Empire Runners, \$8 for non-members**

**\$3 for all entrants aged 18-and-under**

**A fundraiser for Montgomery High School Track & Field**

#### **Discounts to Club Members**

The following businesses offer discounts on their products and services to Empire Runners Club Members. Your current newsletter is proof of membership. Please present it when requesting the club discount.

#### **Real Estate**

Michael Falk, a longtime Empire Runners Club member, will offer a discount on real estate services of from \$300 to \$1000, depending on amount of sale, to club members or to friends and family members who are referred to him. Michael represents Creative Property Services, 831 Fourth Street, Santa Rosa. e-mail: m+falk@hotmail.com

(707) 578-5400 Business; (707) 524-9636 FAX

(707) 569-2174 Voice Mail;

(707) 887-9305 Residence

#### **Running Shoes and Apparel**

Santa Rosa Fleet Feet owners Ron Jacobs and Rhonda Roman offer a 10% discount to Empire Runners. The store is located at 643 Fourth Street. Phone 569-1494.

#### **Massage**

Stephen Starkweather, C.M.T., offers 10% off massage work to Empire Runners club members. Swedish and Shiatsu. In-call or out-call. Call 542-9739.



# Empire Runners Training

## January 2000

| Sunday  | Monday                                     | Tuesday  | Wednesday                                   | Thursday  | Friday | Saturday   |
|---|--|--|---|---|--------|--|
| 8:30a Channel Drive 26                        | 7:00p 4038 Tourmaline, SR: training run 27 | 4:30p SRJC Track: 16-24x200, jog 100 28                          | 5:15p Fleet Feet shoe store, 4th St., SR 29 | 4:30p Howarth Park: trail run 30                                    | 31     | Race: Y2K5K Resolution Run<br>Race: Vineman Millenium Marathon 1 |
| 8:30a Parktrail Drive at Summerfield Drive 2  | 7:00p 4038 Tourmaline, SR: training run 3  | 4:30p SRJC Track: 10-16 x 400, walk 50, jog 150 4                | 5:15p Fleet Feet shoe store, 4th St., SR 5  | 4:30p Howarth Park: trail run 6                                     | 7      | 8  |
| Race: California 10<br>8:30a Howarth Park 9   | 7:00p 4038 Tourmaline, SR: training run 10 | 4:30p SRJC Track: 6-8 x Cummings Hill Repeats 11                 | 5:15p Fleet Feet shoe store, 4th St., SR 12 | 4:30p Howarth Park: trail run 13                                    | 14     | 15   |
| 8:30a Channel Drive 16                        | 7:00p 4038 Tourmaline, SR: training run 17 | 4:30p SRJC Track: 12-20 x 300, walk 50, jog 50 18                | 5:15p Fleet Feet shoe store, 4th St., SR 19 | Newsletter Deadline<br>4:30p Howarth Park: trail run 20             | 21     | 22   |
| 8:30a Parktrail Drive at Summerfield Drive 23 | 7:00p 4038 Tourmaline, SR: training run 24 | 4:30p SRJC Track: 1600, 1200, 2x800, 4x400; jog half-distance 25 | 5:15p Fleet Feet shoe store, 4th St., SR 26 | 4:30p Howarth Park: trail run<br>6:30p Club Meeting, MV RT Pizza 27 | 28     | 29   |
| 8:30a Channel Drive 30                        | 7:00p 4038 Tourmaline, SR: training run 31 | 4:30p SRJC Track: 3 - 5 x 1 mile; jog 600 1                      | 5:15p Fleet Feet shoe store, 4th St., SR 2  | 4:30p Howarth Park: trail run 3                                     | 4      | 5  |

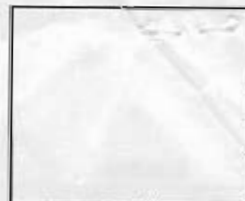
## February 2000

| Sunday  | Monday                                     | Tuesday  | Wednesday                                   | Thursday  | Friday | Saturday                     |
|---|--|--|---|---|--------|------------------------------|
| 8:30a Channel Drive 30                        | 7:00p 4038 Tourmaline, SR: training run 31 | 4:30p SRJC Track: 3 - 5 x 1 mile; jog 600 1  | 5:15p Fleet Feet shoe store, 4th St., SR 2  | 4:30p Howarth Park: trail run 3                                     | 4      | 5                            |
| Race: Davis Stampede<br>8:30a Howarth Park 6  | 7:00p 4038 Tourmaline, SR: training run 7  | 4:30p SRJC Track: 6-10 x 600; walk 50, jog 150 8                                     | 5:15p Fleet Feet shoe store, 4th St., SR 9  | 4:30p Howarth Park: trail run 10                                    | 11     | Race: Cascading Cataracts 12 |
| Race: Valley Ford Relay 13                    | 7:00p 4038 Tourmaline, SR: training run 14 | 4:30p SRJC Track: "A" Team - 6 laps, 5 laps, 4 laps, 3, 2, 1<br>"B" Team - 5 laps 15 | 5:15p Fleet Feet shoe store, 4th St., SR 16 | Newsletter Deadline<br>4:30p Howarth Park: trail run 17             | 18     | Race: Escape From Marin 19   |
| 8:30a Lawndale Road in Kenwood 20             | 7:00p 4038 Tourmaline, SR: training run 21 | 4:30p SRJC Track: 6-8 x Cummings Hill Repeats 22                                     | 5:15p Fleet Feet shoe store, 4th St., SR 23 | 4:30p Howarth Park: trail run<br>6:30p Club Meeting, MV RT Pizza 24 | 25     | 26                           |
| 8:30a Parktrail Drive at Summerfield Drive 27 | 7:00p 4038 Tourmaline, SR: training run 28 | 4:30p SRJC Track: 1600, 1200, 2 x 800, 4 x 400 29                                    | 5:15p Fleet Feet shoe store, 4th St., SR 1  | 5:30p Howarth Park: trail run 2                                     | 3      | 4                            |



# Empire Runners Club

3648 Evergreen Road  
Santa Rosa, CA 95405



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## North Bay Race Schedule

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- **January 1, Santa Rosa: The Phaby-Gray Y2K5K Resolution Run 5K.** 10:00 a.m., Montgomery High School. Information: Larry Meredith, (707) 526-4536. E-mail: thirsty@metro.net.
- **January 1, Santa Rosa: Vineman Marathon/Half Marathon.** 11:30 a.m., Kendall-Jackson Wine Center. Information: (707) 528-1630. E-mail: raceinfo@vineman.com.
- **January 1, San Anselmo: Sunray New Years Resolution Run 5K.** 9 a.m., Sir Francis Drake High School. Information: Mary Kitchens, (415) 457-7236.
- **January 9, Stockton: California 10M.** 9 a.m., San Joaquin General Hospital, French Camp. Information: (209) 478-2802. E-mail: nephronman@aol.com.
- **February 6, Davis: Davis Stampede 5K, 10K & Half Marathon.** 8:30 a.m., Davis Central Park at 3rd and B Streets. Information: (530) 757-6017. E-mail: info@changeofpace.com.
- **February 12, Stinson Beach: Cascading Cataracts Trail Marathon, 25K & 7M.** 9 a.m., Parkside Cafe. Information: (415) 868-1829. E-mail: envirosp@wenet.net.
- **February 13, Valley Ford: Valley Ford Relay, 4x2.75M.** 9 a.m., Dinucci's Restaurant on Hwy.1 in Valley Ford. Information: Doug Courtemarche, (707) 528-0627. E-mail: zeemie@aol.com.
- **February 13, Calistoga: Better Half 13.1M.** 8:30 a.m., Calistoga High School. Information: (707) 942-2838.
- **February 13, Novato: Tamalpa Runner's Couples' Relay 2x2M.** 9 a.m., Vintage Oaks Shopping Center, Rowland Exit off 101). Information: (415) 388-7919.
- **February 19, Sausalito: Escape From Marin Marathon, Half Marathon & 7M.** 9 a.m., Rodeo Beach. Information: (415) 868-1829. E-mail: envirosp@wenet.net.
- **March 5, Calistoga: Sutter Home Napa Valley Marathon & 5K.** 7 a.m., Napa County Fairgrounds, Calistoga. Information: (707) 255-2609. E-mail: shnvm@napanet.net.
- **March 18, Fort Bragg: Whale Run 10K & 5K.** 8:30 a.m., Haul Road in MacKerricher State Park, 1 mile north of Fort Bragg. Information: (707) 964-0300.
- **March 18, San Rafael: Marin Trails Half-Marathon & 10K.** 9 a.m., China Camp State Park. Information: (415) 868-1829. E-mail: envirosp@wenet.net.
- **March 25, Calistoga: Napa Valley Trail Marathon, Half-Marathon & 10K.** 9 a.m., Napa Valley State Park. Information: (415) 868-1829. E-mail: envirosp@wenet.net.

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### 1999 Club Officers

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#### President

John Anderson  
1110 Cornell Drive  
Santa Rosa, CA 95405  
(707) 527-0673

#### Vice President

Lou Garcia  
1932 Yolo Court  
Santa Rosa, CA 95405  
(707) 578-3025

#### Treasurer

Anna Derho  
2603 Midway Drive  
Santa Rosa, CA 95405  
(707) 578-0452

#### Publicity

Jan Hobbel  
256 W.Cotati Oaks Court  
Cotati, CA 94931  
e-mail:  
jhobbel@wco.com

#### Secretary

Lisa Anderson  
1110 Cornell Drive  
Santa Rosa, CA 95405  
(707) 527-0673

#### Historian

Dave Sjostedt  
7850 Twin Pines Lane  
Sebastopol, CA 95472  
(707) 823-6712  
e-mail:  
daves@monitor.net

#### Newsletter Editor and Group Training

Larry Meredith  
3390 Princeton Drive  
Santa Rosa, CA 95405  
(707) 526-4536  
e-mail:  
Thirsty@metro.net

#### Membership Director

Pam Horton  
3648 Evergreen Road  
Santa Rosa, CA 95405  
(707) 571-8498