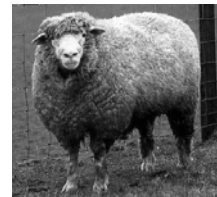


# Empire Runners Sonoma County, Ca.



## January 2002 Newsletter

Volume XXVII, Number 1

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### Y'Allcomers Training Run

**Saturday mornings, 8:30 AM  
Railroad Square**

A new, regularly scheduled training run has been added to the club Training Calendar. Beginning January 5, these Saturday runs welcome runners of all abilities, even beginners, and especially seek to introduce potential new members to the Empire Runners Club and help them (as well as current members) find training partners. The runs begin at the parking lot by the old train station and head out the flat, gravel path along Santa Rosa Creek (a.k.a., the canal). This out-and-back course lends itself to short or long distances (10 miles to Willowside Road and back). It's perfect for anything from an easy jog to tempo runs to intervals. All Empire Runners are encouraged to participate. Coffee/Breakfast after?

## Party Time!!!

Saturday, January 26, 2002, 6 to 10 PM

Luther Burbank Art and Garden Center, 2050 Yulupa  
If you have other plans for that evening, CANCEL THEM OR YOU'LL HATE YOURSELF because it's time for the **annual**

## EMPIRE RUNNERS CLUB PARTY

featuring

- free food (luscious hors oeuvres and beverages)
- free music: internationally renowned, just back from their fabulously successful tour of Sebastopol, **ELIOT FINESSE & THE ARTLAWS**
- free slide show by Brendan Hutchinson:  
**SPRING LAKE AT A SLOWER PACE**
- free insufferable awards presentations
- free fabulous raffle prizes (see important notice below)
- free conversation with people you see too often anyway
- free love
- free Tibet

Sorry, entry is not free, but almost.

**ENTRY IS ONLY \$5 PER PERSON!!!!!!**

unless you happen to be 18 or younger accompanying a parent, in which case **YOU PAY NOTHING!!!!!!**

Important Notice: Do you have a fabulous raffle prize to contribute? Could your business use some PR and offer a service or product? Get anything for Christmas/Hanukkah that you'd like to get rid of?

**Empire Runners of Sonoma County**  
**Monthly Meeting Minutes**  
**November 15, 2001**

The November meeting of the Empire Runners was called to order at 7:41, November 15, 2001, Jerry Lyman presiding.

**Reports:**

**Secretary:** The minutes of the October meeting were accepted as read.

**Treasurer:** Current available funds, \$16,747.54

**Club Trailer:** Jerry Lyman and Rick Peters are to make arrangements to pick up the new trailer.

**Walkie-Talkies:** Two walkie-talkies have been procured and are undergoing evaluation. It will likely be fairly easy to add to this over a period of time by watching for special promotions.

**Club Party:** The Luther Burbank Arts and Garden Center has been reserved for January 26<sup>th</sup>. It rents for \$400 and a \$200 deposit is also required. A budget is being established for the banquet. Several ideas were put forth on ways to reduce costs to members, thereby generating greater participation.

**Race Review:**

**McGuire's Breakfast Run:** Motion was passed to donate proceeds to the Hidden Valley School. See newsletter for results.

**Yountville:** Eric Bohn and John Litzenburg ran 1,2.

**PA X-C:** The open team is currently in first place.

**Race Preview:**

**The Last 10K:** On schedule for December 16<sup>th</sup>.

**Jingle Bell Run:** Tentatively set for December 21<sup>st</sup>.

**PA X-C:** The open team plans to send a team to Mobil, Alabama for the national championships. A \$250 stipend was allocated to help them defray some of the costs.

**Old Business:**

**Club Singlet:** A motion passed that will entitle all runners who possess a valid PA card to a club singlet, free of charge, if they commit to running at least four PA races during the season.

**Hall Of Fame:** The Hall of Fame debate has been tabled indefinitely.

**New Business:**

**Saturday AM Run:** Liz Sinna to coordinate.

**Nominations for Club Officers:** President: Dale Peterson, Vice-President: John Royston, Treasurer: Rick Peters, Secretary: Liz Sinna (Liz's nomination subsequently withdrawn.)

**Club Promotion:** Under consideration: Free race entry to all club members under the age of twenty including shirt. Free club membership to all high school runners.

**Raffle:**

**Monthly raffle:** Rick Peters

**Monthly drawing:** George Urdzik

**Special Drawing, Ice Cream:** Coach

Respectfully submitted,  
**Mojo De Scribe**

**Attendance:**

Doc	George Urdzik
Eric Pots Nordvold	Terry McNeill
Dave DeSelle	Darryl Beardall
Larry Meredith	Jerry Lyman
Mojo	Bob Shor
Bob Finlay	Liz Sinna
Carl Jackson	Rick Peters
Dale Trowbridge	

**Get in the Loop**

**[empirerunners@yahoo.com](mailto:empirerunners@yahoo.com)**

All Empire Runners with an internet connection are encouraged to join the club egroup. Let's say Liz Sinna wants to carpool to the Boston Marathon, or the Phaby's suddenly move the Salmon Creek Beach Run to Waikiki--all it takes is an email sent to the above address and everyone in the group gets the message. The more who sign up, the better this thing works. Looking for running partners? Want to tell the club about a new race? Want to start a coup and impeach the club officers? Easy to do. But you have to sign up.

**Spam, viruses, nasty porn?**

No! No! No! Only good porn can make it past our vigilant egroup moderators (currently Dan Preston, Larry Meredith, and Jerry Lyman) who must okay all email sent to the group before it gets disbursed. (They also okay who gets in the group and can purge any abusers.)

**How do I sign up?**

1. Send a blank email to: **[empirerunners-subscribe@yahoo.com](mailto:empirerunners-subscribe@yahoo.com)**
2. You will receive a subscription confirmation message. Just reply to this message and your subscription will be complete.

You can easily unsubscribe at any time. This service costs you nothing and costs us nothing. If you haven't already, please sign up today. So far 55 already have.

A docnmojo Production

## This Run's for Ewe

By the Thirsty Eight

The rambling trail that runs between Robert Louis Stevenson State Park on Highway 29 and the main street of Calistoga is a fine place to spend a stormy autumn morning. Eleven or so hilly miles of slippery single-track, rocky, wagon rutted two-track, icy rains, gale force winds, driving hail and fifty long tail sheep make for loads of laughs (honest, you had to be there).

On the morning of December 2<sup>nd</sup> eight members of the Empire Runners overtook those fifty, frolicking ewes three miles into the decent from the highway to town. All had a ~~good~~ great time, especially **Jon "Thermo" Hermstad** who enthusiastically proclaimed, "It was okay". Along with Jon were: **John Staroba, Bob Rogers, Jerry "Pappy" Lyman, Dale Peterson, Louis "Jovis" Garcia, Alec "doc" Isabeau and John "mojo" Royston** for the second Palisade Scramble. Obviously they didn't learn much the first time and are certain to repeat this foolishness. If you would like to be included in such antics and jocularly, mention it to Doc or Mojo, they are always looking for ~~sacrificial lambs~~ new participants. As it was there were at least 5 others slated to join us but for reasons beyond comprehension, elected to no-show.

The following is a compilation of the impressions of the participants:

### Thermo:

This is a short story about a few crazy runners that took on mother nature on the trails above Calistoga. We met at IHOP in Santa Rosa and waited/called some other guys that had been thinking/dreaming of doing it but for *some* "lame" reason they either:

a) Would not like to get wet.

b) Their significant other would like to keep them in bed for a while longer.

c) They just fizzled out!!

Here are some words that describe our trip - just fill in some verbs, adjectives, etc. and use your imagination!!

Running, rain, fog, hail, wind, sunshine, trail, uphill, downhill rocky, slippery, waterfall brook, jumping, sliding, talking, shouting, sheep, dumb, intelligent, bicyclist, women, fast, splashing, smiling, falling, surviving, wet, naked, walking, lunch, football, sight seeing, driving.

..... What a wonderful, fantastic and exhilarating Sunday on the trails above Calistoga.

### John:

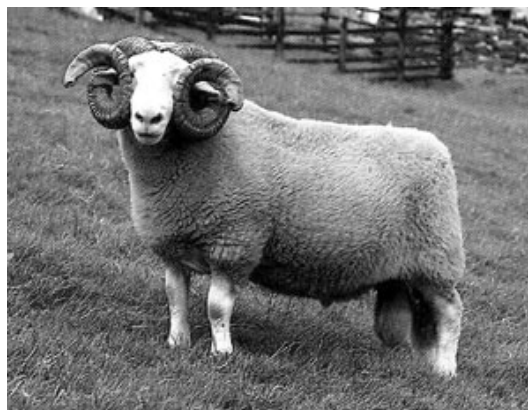
One must be dressed appropriately to fully experience and appreciate an epic battle with the elements. That's exactly what I was thinking when I showed up, ready to go, in no more than shorts and a T-shirt. After threats of vehicular incarceration from the others, I reluctantly donned Lou's definitely-not-quite-large-enough, heavy-duty, Cal-Trans approved, yellow rain slicker. A bit low on the breathability factor, the jacket quickly retired to my waist for the remainder of the run. As for experiencing the euphoria of near hypothermia, I must say I was disappointed. Perhaps it was the acute onset of ovisophobia (fear of big-tailed sheep) that kept the blood circulating...

### Bob:

It was the best of times it was the worst of times.

It was a cold, windy and rainy morning. Do I spend the morning in front of a glowing fire snuggled with my wife and a perfect cup of coffee or do I go on a run with the bubbas? Since I don't have an operable fireplace and my wife is going to be spending the time after her morning run snuggled up to a Physiology and Anatomy book, I have no choice. I'm going on a run with the bubbas. After meeting, dividing into vehicles and driving to the run's end and then to the start we were off. Snaking up the slippery single-track trail the wind was

manageable and my hat brim kept the drizzle from my spectacles, it wasn't too bad so far. We would stop here and there to take in the sites, pull together the troops, and at one point to gather a flock of sheep to take to the market. Once around the mountain and facing west into Calistoga there were beautiful views of the valley and of the water cascading down the steep cliffs to our back or at least trying to cascade down the cliffs. Facing west the wind was so strong it would nearly





It rained and it blew, and it poured and gusted, and then the weather got unsettled, wet and windy. I think it continued for about 2 ½ hours but my memory dims when soaked. At each easterly course turn, those who were not running in a pack would sway to the lee, teetering from the fierce, moist onslaught against which the teeming masses struggled. Monster storm.

I often enjoy long solo runs, even in marathons. Not this day. At 2 miles I find the 8 min./mile pace group, thanks to the Cliff Bar folks for organizing same, and join the herd mentality. No wolves nor lions need apply, we're in this for protection. About 30 of us, less as the miles exact their toll. At aid stations the forces scatter then quickly regroup. In the protection of trees there is breathing room, but around the next bend into the maelstrom the pack closes in on itself and becomes as one again. I can't remember ever running so close, footfall to footfall, with so many people for such a long time. A bump here, a stagger there, it's excuse me and no problem and a hand out to prop up the next body and we're all in this together.

Dropped into the netherworld, I don't remember looking up much, all focus on surround sound feet, the cap bill held low protecting my seemingly important nose from the rain, where are we now, aid, reach out and grab a cup of water—ludicrous, si—thank you. I remember looking up and seeing an almost sailing girl struggling with an inside-out umbrella. I remember a noble cop at an intersection directing no traffic, bless his heart and thank you. I remember a comment launched from a spectator's mouth into the middle of the pack, to the effect of "looking good," setting off a murmur, wry commentary, chuckling, grumbling, something about the bs-o-meter having been left on. Ah, the multiple personalities of group consciousness or lack thereof?

I stayed with the pack through 18 miles, I think, at which time tarrying with gu loses my contact. But the rain was tapering by then. The rest was a blur, tough, I think, mind over body, the usual marathon business, funny why a rainstorm would leave you "drained."

My goal was sub 3:35, which would qualify me for Boston 2003. I ran 3:35:57. I'll apply with a tearful story, we'll see. Left nothing on the pavement but sweat and a formerly able mind. Best, it was quite an anniversary, my 25<sup>th</sup> anniversary of running marathons for pledges for ending hunger, my 60<sup>th</sup> in total. I'm content, an angel appeared at the finish giving out lovely chicken burritos. I saw a blue patch through a hole in the cloud cover and realized I wasn't dead, again.

.....

# FOUL-WEATHER RUNNER

by Jim Gibbons

There are the fair-weather runners jogging thru the park on a pleasant, breezy afternoon... Everyone's seen the "weekend warriors" straining in rabid packs, like pursuing dogs... And many of us have been high school/collegiate seasonal runners in the Spring and Fall. But suddenly I find I'm a new breed, the kind of runner too busy on pleasant days to want to waste energy running when there is so much real work to be done.

For too long I've put off building my new house, and since I quit running last March to build my new house I realize that this project is huge and the only way I'll ever finish is to work in fair weather and week-ends for the next few years. I find after 23 years of almost continuous running and racing that now I only want to run when the weather is really crummy...i.e. when I can't work on my house.

I had planned to try what I'd never done before: Run for my health...but I couldn't get motivated. I couldn't squander my precious energy running up and down hills when I needed to run up and down ladders. Since I quit running to build my house I've actually been MORE tired at the end of the day. I don't think my body even knows the difference between training and doing carpentry.

So if you see me at a winter race, don't think I'm there for the competition, don't think I'm doing it for my health. I'm not. Just say "Hi!" because I'm there for the socializing, to see old running friends and maybe drink a few beers. I gotta face the fact that I've become a foul-weather runner. I wonder if there are any others out there?

## Wise Way to Fitness

You run. Your legs and cardiovascular system are in tip top shape. But what about all those other sorry parts of your body? Looking for a fitness routine to complement (and benefit) your running, one that improves strength, flexibility, and range of motion in a congenial atmosphere? Join fellow Empire Runners **Jerry Lyman, Ralph Harms, Marcia Seim-Bossier, Dan Preston, and Terry McNeill** and check out "The Y's Way to Fitness," MWF, 6:30 AM at the YMCA. Jerry leads the class and can get you a free pass to try it out. (You have to join the Y to become a regular.) Call him for details. 527-9020

## 2001 Pacific Association Cross Country Grand Prix

# Open Men's Team Recap

by Eric Bohn

In 2001, the Empire Runners Open Men's team began the Pacific Association Cross Country Grand Prix with a bigger, faster team, a plan, and a common uniform! The 2000 team had made an organized effort to field teams at six races (the maximum allowed in scoring) and were very happy with their forth place finish at the end of the season. This year they began the season with more vigorous recruiting, a more committed team, and the goal of running at the National Championships at the end of the season as motivation. The year turned out to be a great success for both the team and individual efforts. The team also brought some new faces to the club, and was fortunate to have a variety of members contribute. Below is a brief look at each of the events that the Open Men's team participated in, followed by a summary of the season's results.

### **Santa Cruz (8/25)**

The year started out with something not seen in a long time with the Empire Runners - every team member wearing the same uniform! This was a new event on the PA circuit required a longer drive than most races, but the team was ready to go. We started the season off with a great second place finish and several good individual results. A nice bit of feedback for the entire club was when Gary Blanco of Chico came up to us after the race and asked if he could run with Empire Runners. It seems that the Chico Track Club had dissolved, leaving Gary with no club to run with. Most of his former teammates went to the sponsored Adidas Transports team, but Gary said he would much rather run for a club like the Empire Runners who seem like nice people and who enjoy running together.

Team result: second. Individual results: Kenny Brown (6th, 25:34), Eric Bohn (7th, 26:08), Ty Strange (11th, 26:27), Eric Walker (24th, 27:23), Christian Wagner (34th, 27:46). The course was 8k, and was very hilly with some pavement and a lot of chunky gravel.

### **Empire Open (9/1)**

A great day in the history of Pacific Association competition for the Empire Runners as the Open Men won their first team cross country race ever, edging the other North-of-the-Bay-Area team, the Humbolt Track Club. The team also introduced some new team members to the club: Gary Blanco now sported the royal blue of the Empire Runners, as did past and future star Jacob Busienei. Also new to the club and team were Avi Ma'ayan and Jeff Cook (later in the season we learned that unfortunately both of them would have to relocate out of the area because of their careers). The team win

put the Open Men in first place, a position they would hold for quite some time.

Team result: first. Individual results: Kenny Brown (5th, 22:26), Jacob Busienei (6th, 22:52), Eric Bohn (8th, 22:58), Gary Blanco (11th, 23:21), Christian Wagner (17th, 23:54), Eric Walker (29th, 24:08), Avi Ma'ayan (23rd, 24:24), Jeff Cook (44th, 26:20). Our home course - 4.1 miles, very hilly with dirt and loose gravel.

### **Golden Gate Park Open (9/8)**

The Open Men had a strong showing at this double points race, finishing 3rd overall and winning a huge \$25 check for the team to share! This year's race was part of the Great American Cross Country Festival - there would be 17 youth races to follow ours! We decided a quick exit was in order...

Team result: third. Individual results: Kenny Brown (12th, 16:03), Eric Bohn (15th, 16:08), Ty Strange (16th, 16:12), Jacob Busienei (17th, 16:13), Gary Blanco (26th, 16:27), Eric Walker (44th, 16:47), Jeff Cook (108th, 18:03). This 5k course was run almost entirely on grass and the dirt track above the Polo field. This bizarre course had more turns than we could count and was certainly not the best the park has to offer!

### **Crystal Springs Challenge (9/15)**

Up until this point in the season Kenny Brown had led the Empire Runners team. This week, however, Ty showed that being a master runner does not mean giving in to younger runners and led the team to another strong finish. Another master runner, Scott Ames, offered his support to the Open team as well.

Team result: second. Individual results: Ty Strange (17th, 21:40), Eric Bohn (20th, 21:52), Kenny Brown (22nd, 21:54), Gary Blanco (31st, 22:12), Christian Wagner (48th, 22:40), Scott Ames (96th, 24:23). This 4.19 miles course is the classic that has been used for years for anything from high school dual meets on up to adult National Championships. The only permanent features in the park are the concrete starting line, finish chute and storage shed, mile markers, along with rolling hills and dirt.

### **Presidio Challenge (10/6)**

This week the Open Men's team returned to one of the toughest races on the Grand Prix. Even though it is only 3.5 miles, it includes two laps with a very steep uphill and very steep downhill. The team was up to the challenge as they again edged the Humbolt Track Club for 1st overall. Kenny Brown ran exceptionally well and was rewarded for his efforts with a check as he stumbled through the finish chute. Jacob Busienei and Eric Bohn also finished in the top 10 today. This race also introduced yet another to the Empire Runners in the form of Niels Kirk Thomsen, a recent immigrant from Denmark.

Team result: first. Individual results: Kenny Brown (3rd, 19:30), Jacob Busienei (5th, 19:38), Eric Bohn (8th, 20:12), Gary Blanco (9th, 20:13), Christian Wagner (21st, 20:47), Niels Kirk Thomsen (42nd, 22:20). The 3.5 miles course was hilly with pavement and gravel.

#### **Sierra College Challenge (10/13)**

The first serious setback for the Open Team happened today, as several club members were unable to make the trip to Rocklin on short notice, and Christian Wagner suffered a serious hamstring injury and was unable to complete the race. Unfortunately this left the team incomplete for a double points race. On the positive side, Eric Downing returned to Cross Country for the first time this year. Eric was a regular contributor to the team in 2000, but finished the last race of the season with numerous injuries, including cracked ribs. He started this season with a stress fracture that thankfully seems completely healed. The Open Men had held on to first place in the overall team standings since the home meet. However, with this missed opportunity, they slipped into a three-way tie with Hoy's and Humboldt for the overall lead!

Team result: incomplete. Individual results: Eric Bohn (25th, 21:59), Gary Blanco (45th, 22:52), Eric Walker (52nd, 23:13), Eric Downing (83rd, 25:06), Christian Wagner (dnf). The 4-mile course was exceedingly dusty, but provided a preview of the course that will be home to the 2002 Cross Country National Championships.

#### **Shoreline Open (10/27)**

The year was the first time that the Open Men's Team had made the trek to Mountain View for this race. The course is quite good considering it is built on a landfill, but other wise ran more like a road race than cross country. The Farm Team showed up and got things off to a fast start as this race produced the fastest times of the season. With Gary Blanco nursing an achilles injury, the five members present today represented the best of the Open Team still standing. The third place finish was enough to pull the team back into sole possession of first place.

Team result: third. Individual results: Jacob Busienei (14th, 22:58), Eric Bohn (19th, 23:08), Kenny Brown (24th, 23:26), Ty Strange (11th, 23:30), Eric Walker (50th, 24:21), 4.5 miles, rolling hills with pavement and loose gravel.

#### **John Lawson Tamalpa Challenge (11/3)**

This was one of the races that they Open team though they might have a chance at winning as the season began. However, the other teams in the Pacific Association sensed that the Adidas Transports and West Valley teams that were so powerful last year were vulnerable in the overall standings, and everyone sent their best teams of the year to this race. Ty ran an

inspiring double-effort by finishing second in the Master's Race and returning to run a great effort for the Open Team. In fact, to the dismay of other runners, he was able to run his second effort within 30 seconds of his first! Jacob, Kenny and Eric Bohn all ran faster than last year's winning time in this very fast race. Still, the team ended up fourth on the day. Despite our lowest placing of the year, the team did what was needed to hang on to first place in the standings for yet another week.

Team result: fourth. Individual results: Jacob Busienei (7th, 24:15), Kenny Brown (11th, 24:36), Eric Bohn (12th, 24:54), Ty Strange (21st, 25:34), Eric Walker (32nd, 26:07), Niels Kirk Thomsen (48th, 27:53), Eric Downing (56th, 28:19), Christian Wagner (dnf). 4.62 miles, fairly hilly with lots of smooth dirt trails.

#### **Pacific Association Championships (11/18)**

It was a good thing this was the last race of the regular season as the team literally and collectively limped to the finish today. We had eight runners signed up and by the start of the race we had already lost one, as Ty Strange reinjured his calf during the Masters race and would obviously not be able to return to run for the Open Team. By the time the race was done, only 3 runners were left standing to take a warm-down run. Kenny Brown sustained a freak hip injury, Christian Wagner hobbled home on his hamstring injury, Jacob Busienei got horrible blisters, and Niels Thompson's regimen of alternating races with weeks with no training miles left him too tired to do anything but pull his sweats on.

A nice surprise was that John Litzenberg of Sonoma came out to run for the Empire Runners in this last race of the season. John ran a tough race and really helped out the team with his running and moral boost heading into this race. John has run for the Empire Runners teams as far back as 1993.

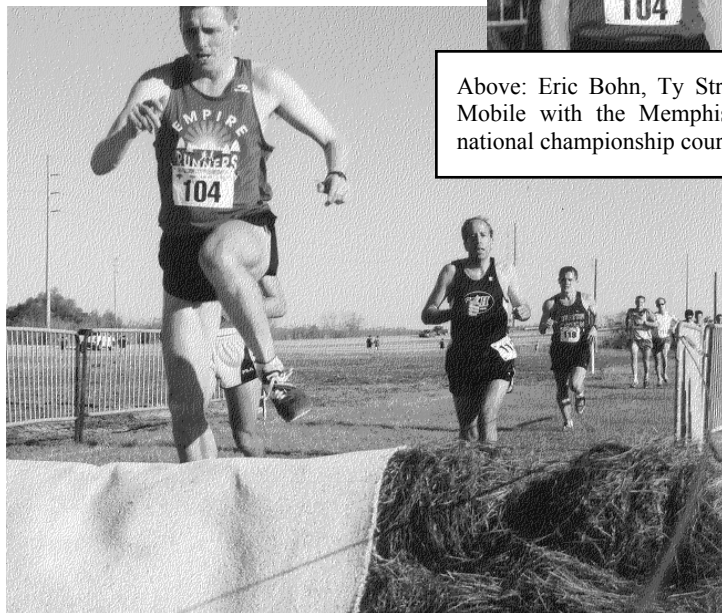
Coming into this race the Empire Team had held onto first place for an amazing 78 of the 86 days in this season! The team knew, however, that they were not likely to hold on to this position after the PA Championships race as only the best six team scores are kept and several clubs had more room for improvement. The entire season had been very competitive and going into this last race five different teams still had a chance to win the overall title, and the Empire Runners could still finish anywhere from first to fifth. When the mud had settled, the Reebok Aggies had won yet another team title, the Humboldt Track Club was second, and the Empire Runners finished in a tie for third with the Adidas Transport team. A great result to be proud of, yet with a sense that we can do even better next year!



Team result: fifth. Individual results: Jacob Busienei (25th, 32:42), Eric Bohn (32nd, 33:15), John Litzenberg (40th, 33:26), Kenny Brown (79th, 36:01), Niels Kirk Thomsen (92nd, 36:57), Christian Wagner (100th, 37:39), Eric Downing (118th, 39:41). This was run on the classic loop in Golden Gate Park that has been used for many years. It offers a variety of grass, gravel, sand and mud, we a few challenging turns and moderate hills - 6.05 miles, very hilly with dirt and loose gravel.

### National Championships - Mobile, Alabama (12/1)

The Open Men's team planned on a trip to the National Championships early this year. Most runners did not expect to be competitive at this level,



Above: Eric Bohn, Ty Strange, and Eric Downing, stuck inside of Mobile with the Memphis Blues again.; Left: Eric Bohn on the national championship course; Below: Ty tackles french toast.



but looked forward to an exciting experience and a fun trip to reward them for a well-run cross country season. Unfortunately the injuries that hit the team late in the season left the team incomplete before leaving the airport in Oakland. Able to make the trip were: Eric Bohn, Eric Downing, Ty Strange, and Kenny Brown. The team left Santa Rosa at 3:30am on Friday morning, flew by way of Denver into New Orleans, and then drove across Mississippi to Alabama. Just before dark, at the border of Louisiana and Mississippi the team stopped for a quick run through a swamp (almost certain to contain alligators) and across a nearby levee (which had humming bird-sized mosquitoes). A stop a bit later in Biloxi for some Mississippi catfish fed the travelers well enough to reach Mobile Alabama late that evening.

On Saturday, a visit to the course confirmed that the course was indeed totally flat and repetitive. The 2000 meter loop resembled a squashed figure eight, and would

have to be run 3 times by the masters runners and 5 times by the open runners. The surface was soft bumpy grass with two lumpy and unpredictable hay barriers per loop. The course proved to be exceptionally slow, with runners in the 10,000 events running at least two minutes slower than a comparable road course.

Ty was still suffering a calf injury (he had not run in the two weeks since the PA championships) and decided to stick with the Master's race. He ran a great effort on the day, finishing 18th overall. In the Open Men's event, Eric Bohn realized his goal set at the beginning of the season to crack the top 100 by finishing 99th overall! Eric Downing probable accomplished what do other runner in the field was able to do - he ran a PR for 10K! Unfortunately Kenny Brown was too injured to run. In a painful wobble/limp he did an outstanding job of cheering everyone on and taking pictures.

After the race the team drove back to "N'awlins" and spent that night and next morning there, before flying home Sunday evening. Highlights included: excellent gumbo, spicy jambalaya, Bourbon Street, deep-fried strawberry short cake and french toast in a pile the size of Mount Everest for breakfast. Ask any of the team and they'll be sure to share more stories!

Team result: incomplete. Individual results: Eric Bohn (99th, 34:40), Eric Downing (138th, 41:19), Kenny Brown (dns - injury), Ty Strange (in 6K Master's race) (18th, 20:30), The course was a European-style championship course with five loops of 2000m on flat grass.

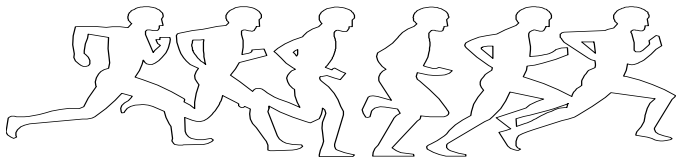
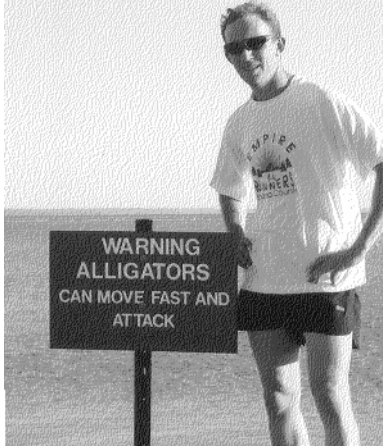
The 2001 cross country season turned out to be a great success. There were many great team results, with



two team wins and an improvement to third overall in the final standings, as well as some great individual accomplishments.

Along the way some new friends were added to the team and Empire Runners club, who we hope will run with us for many years. We will certainly be back next year, and look forward to seeing renewed efforts to field an Open Women's team and Master Men's team to go along with the Open Men and Senior Men.

With the National Championships being held in our own association next year, there will be some extra motivation already provided. Happy trails!



## More X-Country Recap

by Terry McNeill

Northern California's Pacific Association's Cross Country Championships usually brings out the best competitors, and surprisingly often not featuring the winners of the previous nine qualifying races. That's what happened Nov. 18 at Golden Gate Park's Lindley Meadow when 416 harriers battled in three races of three loops over 6.05 miles. For unknown reasons the women are limited to two tours of the multi-surface course of sand, grass, packed dirt, hay bales and logs.

For men over 40, the first race saw Empire's Ty Strange, season winner with 172 points, loaf to 40th place in a contest dominated by the Reebok Aggies, capturing the first six slots. Strange had a triumphal year, winning almost every race and often doubling with ER's Open Men's Team. Trailing way behind Tim Minor's winning 33:18 (Strange clocked in at 38:44) was Jon Hermstad (40:39), Bill Browne (45:29), Terry McNeill (46:24), Don Sampson (46:41) and Darryl Beardall (47:22).

Sampson ran every Cross Country race in 2001, consistently supporting his Team and bagging a \$30 Club participation bonus.

As the Aggress did the Masters, the Nike Farm Team did the Open, grabbing the first six slots and dropping season top dogs Jamie Harris and Josh Mixed into the double digits. Bolt Astern, in his first PA race this year, easily won in 30:44, followed by Olympic Trials 1500-meter star Jason Luann (31:13) and Drew Griffith (31:14).

Empire's troops were out in force, attempting to defend their season-leading position, but battling injuries and scorching competition.

"It's lucky it was the last race", commented Team Captain Eric Bohn, "and it was tough for us. Only three of the seven made the cool-down run. Jacob (Busienei, 25th, 32:42) had blisters, Kenny (Brown, 79th, 36:01) ran injured. Christian Wagner had a 'come back' race, getting into the top hundred, and looked great."

Wagner ran 37:39, ahead of Eric Downing (39:41), but clearly behind Bohn (33:15 in 32nd), John Litzenberg (33:26) and Neils Thomsen (36:57). Outlaw runner Carlos Castelo missed by a second breaking the 35-minute barrier, in 68th place.

The ER Open Team finished the season battered, unbowed, and in third place with 87 points, behind the Aggies and Humboldt.

Fielding a full team only twice in the season, the Empire women ran sub-par in San Francisco. Set to challenge Tamalpa's Liz Fagen, Val Sell's pesky cold prevented finishing no higher than 32nd in 25:22, and Tori Meredith was coughing and obviously ill in a slow 29:50. So it was left to Lisa Youmans (29:30), Liz Sinna (31:44) and Amy Gandy (36:16) to do the heavy lifting. Sinna's great downhill stretch drive inflamed the large crowd, nosing out Kai Parker of the UCSC Slugs by one second.

To illustrate the depth of competition, Crystal Springs and Lawson Challenge race winner Katherine Kreiger could manage no better than 17th in 24:47, as five of the first ten spots were grabbed by Farm Team runners. Twenty-nine-year old Kristen Harper won in 22:31

With two teams completing the season in medal places, Empire notched its highest Club Cross-County finish ever. The leadership was easy to see: Bohn manipulating schedules and the complicated point system to keep his team on top, Strange smoothly dominating Carmelo Rios and the best of the Masters, and Don Sampson taking it out at every race from Santa Cruz to Rocklin. The PA Championships accurately framed an exciting year of dusty hill racing for Sonoma County athletes.



# Bohn Wins Yountville Veteran's 10K

by Greg Clementi

Conditions were perfect for the 5th annual 10K & 3 mile races on November 10th in Yountville. In fact, they were so good that our own XC Open Men's Captain Eric Bohn decided he may as well go out and win it! Only the night before did EJ decide to use the race as a "training run" instead of his usual speedwork. Some training run! His time of 32:54 for the 10K was a course record. Throughout the race, Bohn battled Bay Area standout John Litzenberg tooth and nail, only to pull away in the final 2 miles to win by a 30 second margin.

The 8:00 starting time was preceded by the launching of the hot air balloons that dot the landscape on any given Saturday in Yountville. Racers gathered early to watch the balloons get pumped with hot air from the gas flames. I found myself standing next to "iron man" George Urdzik, as we watched in amazement. Meanwhile, Empire Runner Eric Billeter was pacing like a cat looking for prey as he mentally prepared for the race.

Those that haven't run Yountville or are looking for a PR would be wise to put this race on their calendars. The course is flat and picturesque, with backroads and vineyards as the main features. Sort of a Kenwood without the hills. This year race director Karen Zantelle added a 3 mile walk/run to draw a bigger crowd. However, only about 150 people chose to participate in this year's races.

After the race everyone was treated with the main event of the day. Ten disabled Veterans put on a heartwarming display for the crowd by performing various stunts and formations in their wheelchairs. Some choice wines were also given to the top male and female runners in all age groups. (hiccup) Very enjoyable morning!

The following are results from our ER contingent: EJ "maddog" Bohn- 1st 32:54; Gregory "call me Greggo" Clementi- 9th 39:28; Eric "the animal" Billeter- 15th 41:41; George "iron man" Urdzik- approx 1:00:00

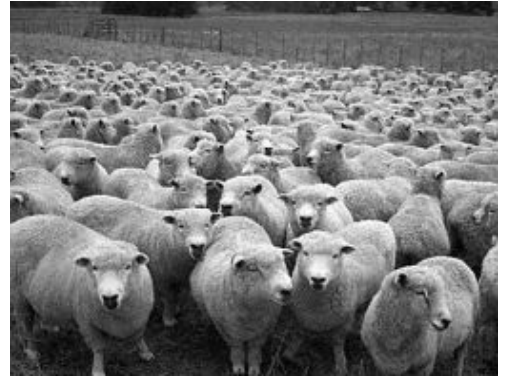


Tales From

## The Far Side

As Told by  
Liz & Greg

The  
17th annual  
Run To The  
Far Side took  
place on  
November  
25th in  
Golden Gate  
Park. 10,000



runners and walkers gathered like herded sheep, with cloudy skies and cool temperatures indicating ideal running conditions. Several Empire Runners joined the party including EJ Bohn, George Urdzik, Eric Billeter, Liz Sinna and Greg Clementi.

As is always the case, each runner approaches a race differently. EJ, coming off a stunning XC season and impressive win in Yountville, had designs on winning, while Liz was using this race as a workout, still recovering from her Boston marathon qualifier in the Humboldt Redwoods. George felt compelled to run even with a nagging calf injury, while the improving Eric Billeter was out to show that running after 40 doesn't have to mean slower. And Greg, well, he just wants to run because he can.

The ER foursome started the morning by meeting in Petaluma with friends and future ER guys Don & Del for the hour long drive over to the City. Once in the park it was an easy walk over to the Academy of Science where a throng of people was forming. The porta-johns were lined up like dominoes along the perimeter. Pre-race rituals began to take the form of long stretches, going to the john, and bagging the coveted long-sleeved custom T-shirts.

With the race nearly underway, Doug McConnell of Bay Area Backroads, along with Webster from the Alice radio station gave the runners an uplifting peptalk. Next came a moving rendition of the national anthem by a 16-year-old R&B singer. A quick handshake between Bohn and Clementi and the gun went off. EJ quickly went to the front, along with XC standout Brian Richter. The cream had already risen to the top, as these two would do battle all the way.

Meanwhile, the race for the other ER runners was taking shape. Clementi was next in 45th place, keeping his sights on the gritty Tamalpan April Powers who measured his every stride. Billeter was cruising in about 100th position, staying within PR striking distance. Liz was a few minutes back putting in a courageous effort

after promising to take it easy. It wasn't all good though. George was running the 5K and the sore calf was rearing its ugly head.

The end of the race seemed to come too soon for the ER contingent. The slight drizzle that had begun before the start had given way to perfect running weather. Bohn battled valiantly only to finish 2nd by 9 seconds in an extraordinary time of 32:34. His most excellent running adventure will continue on December 2nd when he tackles the best in the country at the XC Nationals in Mobile. As for the rest of our ER heroes, Liz went home happy placing 18th in her age group and 39th overall. She really should run more marathons! Billeter continued his rise in the masters division, placing 26th in his age group and 122nd overall. Clementi claims he fell into the "zone" at mile 4 and went home with a smile on his face. He credits Dale Peterson with his grease training breakthrough as a key to his success. As for George, he was a warrior in finishing the 5K in constant pain, then enjoyed a very sensual ICY Hot rubdown by Liz on the way home...

Complete ER results are as follows: EJ Bohn- 2nd overall, 32:34; Liz Sinna- 45:36, 18th (30-39), 39th overall; Greg Clementi- 38:54, 10th master 45th overall; Eric Billeter- 26th master, 122nd overall; 5K- George Urdzik- 39:31, 197th(50-59), 1144 overall.

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## The Power of the Run

by Greg Clementi

He sat quietly in front of the fireplace in a chair that he once called his own. His eyes heavy from lack of sleep and a slight hangover from the night that wouldn't end. His 3-year marriage was over. The role of husband and father were played out like some tragic Shakespearean play. The fragile wall of a young love affair had come crashing down. In this hopeless moment of despair, he turned to the only solace he'd come to rely on. The only salve to soothe this gaping wound in his chest. He searched the room for his running shoes, laced them up and headed out the door.

The thought of running as a solution to life's problems is an interesting one. On one hand we have the tangible gifts that running has given us. The fit body, flat stomach and strength to endure long days and endless nights. The fragile psyche of the male ego turns to the physical attributes one can touch, before turning inward to search for our real selves. But after so many years and all the endless miles we can only sit back in awe of the power that running can bring.

What we as runners have discovered, all of us in various stages of our lives, is the ability to detach ourselves from the pleasures and pain that life throws at us on a daily basis. As human beings we're faced with mental and physical peril, both self-inflicted and things

beyond our control. But what we do control is how we choose to deal with all the demands, stress and weird situations that we often encounter.

The real magic that we've discovered is how our daily runs can improve the quality of our lives. Our mental outlook changes, we become optimists, problem solvers and an inspiration to all that we touch. That's on a good day. Missing a run can conversely make us depressed, pessimistic and generally unfit for humanity.

During the past thirty years, I've run through puberty, adulthood, happiness and despair. My running has fueled the training for marathons and glory as well as years of no tangible goals or aspirations. It's seen me through two marriages, the birth of four children, great jobs and unemployment. But through good weather and bad, the running continued and always endured.

As the tragedy of September 11th has reminded us, we're unique and fragile creatures on this earth. As we approach yet another holiday season and new year we should all look around, take stock of both the physical and spiritual gifts that we've been given and resolve to use all our power to do more. The legacy that we'll ultimately leave behind is one of strength, hope and inspiration. Happy holidays!

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## Firenze Marathon/Half Marathon

by Kari Mastrocola

In mid November a friend from my old running club, the Palo Alto Run Club, and I ventured off to Italy. He mentioned he was going to run a marathon in Florence. So, of course, when he invited me to go, I was there! Having been a Flight Attendant, traveling was and still is in my blood. This would be my friend's 27th marathon. I decided to do the half marathon, which is my preferred distance.

Since moving to Sonoma County approximately 4 years ago, my motivation for running has been primarily for fitness, and to enjoy the scenery. What better place than Italy to do this! After traveling to Milan and Rome our final destination would be Firenze to run.

It seemed the entire town was involved in this event. The expo was large and well organized. After picking up our bags, to our surprise the marathon people got a fleece vest long with other goodies. T-shirts only for the half marathoners, but of course I had to buy the vest.

We spent the day prior checking out the starting point and finish line and retracing our steps back to the hotel for after the race. I recall only being worried about how well the course was marked and hoping the little Italian I knew would suffice in keeping me on the half marathon course. I was in no way wanting to do the

marathon, and as much as I enjoy Italy every time I've been there I really didn't want to see all of Tuscany by foot.

The day of the race came, and after walking a few miles from the hotel to the start line at Piazzale Michelangelo we were ready along with over 7000 enthusiastic people. The energy at this race was incredible, not only at the start line but throughout the entire race.

OK, so one other concern. The bathrooms were few and far between. I literally stood in line for 20 minutes knowing that the next bathroom could be miles and miles away. I started to get a bit anxious and then realized, hey, I'm in Italy and that's what counts.

Battling some medical issues and knowing my longest run prior to the half had been 8 miles, I was happy to be running. Turns out, minus the 20 minutes of bathroom time, I was consistent with my other half marathons.

After the race I headed back to the hotel feeling the effects of running on cobblestone streets for part of the course. I found my way back to the hotel, showered, and turned on the TV. To my surprise, the marathon was being televised. Seems it was a pretty big deal. Turns out there was a contingent of people from Italy that did the NY Marathon to support American after the September 11 attack. One interesting side note. There were very few women running the marathon course.

I would highly recommend combining travel with races. What a great excuse to go somewhere. My friend plans on doing a marathon on every continent. Who knows, maybe I'll follow suit with half marathons. A woman I met on the course has already invited me back for a race in Rome. Paris and Prague marathons and halves are coming up soon also. I just might be there. I met a lot of interesting people and exchanged emails after the run.

This year has been an exciting year for me, and one of doing new things. My first sprint triathlon, a ride and tie, and being on a relay team at the Half Vineman with Deborah Hodesson and winning our age group. Very exciting!

With the help of Doc/Alec, Vicki Chung, my sports massage therapist, and all of my running/cycling partners/friends (you all know who you are), it's been a diverse, fun year for fitness. Thanks everyone.

**Ciao.**

# Tucson Half Marathon

by Greg Clementi

"Ladies and gentlemen, our flight will be delayed a few minutes due to low hydraulic pressure in one of our engines. Just sit back and relax while our mechanics fill the system with fluid". Thus, the trip was underway to run in the Tucson Half Marathon on December 9th.

This journey began several months ago, when ER club member and Sonoma County's most eligible bachelor, Eric Billeter, suggested that we take our traveling road show to Tucson. He said his folks would be happy to put us up for a weekend and we could run the Lute and Bobbi Olson half while we're there.

Fine, but who are Lute and Bobbi Olson? Those that follow college hoops know too well that Lute is one of the most celebrated and successful coaches in the country. Last year while preparing his team to make a run at a national title, his wife Bobbi lost her battle to ovarian cancer. This year's Tucson Half Marathon would be a tribute to her courageous fight, with proceeds going to help find a cure for this silent killer.

What Eric didn't mention was that his Dad, Hank would do everything in his power to derail our plans for a great run. Now don't get me wrong, Hank and Jo are two of the nicest people you'd ever want to meet. But what I didn't know was Hank was a wine connoisseur with over 700 bottles of fine vino in his cellar. Those of you who enjoy a glass occasionally know that too much wine and running don't go very well. When we arrived on Friday, I knew our toughest task would be to just say no.

Sunday morning arrived with the chime of the Billeter's 50 year old grandfather clock striking four. The wind had been howling all night and the temperature was lower than normal. Driving to the race we were amazed at how many residents had decorated their cactus plants with holiday lights. Ah, nothing like Christmas in Tucson! As we approached the bus pickup area, we noticed the temperature had dropped below freezing and the harsh reality of a cold morning run had taken hold.



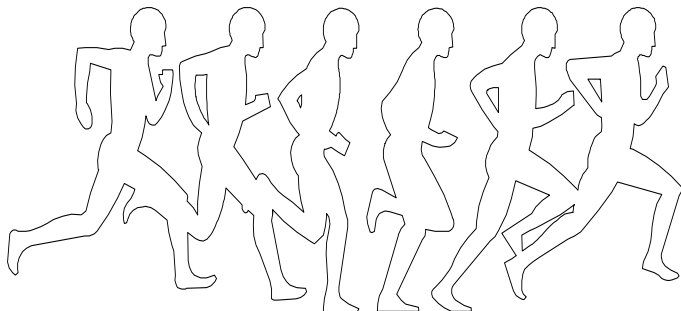
Moments later we were whisked away to the starting point of the race and dropped off.

The porta-potties looked like green ice cubes lining the starting area. Race organizers had designated two buildings for runners to stay warm while they awaited the start. One was a coffee shop and next door a church. Like most of the early birds, we chose the church. It was so cold that every breath turned to steam and we found ourselves huddled by a small altar in a room filled to capacity. There, we began to pray for warmer weather! Someone said that it was 26 outside. I was surprised it was that warm.

Just before the start, Lute Olson gave a heartfelt thank you to the runners for turning out for this worthwhile event. He said he was sure Bobbi was up there smiling. Moments later the gun went off and we headed south down a lonely country road. The half marathon course was a straight shot to the finish, promising an elevation loss of 700 feet. The sun was coming up over the Catalina mountains and spectators began lining the course along the highway.

At mile five the runners were diverted up a side road to add a half mile to the race. I counted about 50 runners ahead of me and I saw Eric making the turn about 3 minutes back. We exchanged a wave and smile and wouldn't meet again until the race was over. I was on a 6:20 pace, feeling surprisingly fresh after 8 miles. I could hear the howling of Coyotes at mile 10 and my watch read 1:03 and change. The legs were still fresh and a sense of well being ran over my body. My mind began to wander. I wondered how Eric was feeling. I thought about Dad and all the time we'd spent fishing together. The final 5K was spent cruising in a dreamlike state, lost in the rhythm of my stride.

The finish was an exhilarating quarter mile straightaway with the clock reading just over 1:23. I turned my timing chip in and waited for Eric to arrive. Seven minutes later the race announcer boomed over the loudspeaker, "here comes Eric Billeter from Rohnert Park California, finishing in one hour and thirty minutes"! Talking with Eric later, we both agreed that it was a very memorable experience. We ran hard but were able to savor the moment. The only thing left to enjoy now was Hank's '94 vintage Cabernet.



*From The Coach's Cupboard*

# Success Is In The Plans

*by Larry Meredith*

Have you ever noticed that seemingly complex projects are often made simple when given clear instructions? That you are more willing to follow an injury rehabilitation program when a medical professional lays it out for you? That a good map reader in the passenger seat can take all the pressure off of driving in an unfamiliar city? That your best friend's exercise program is much more appealing than the one-day-at-a-time approach you've been taking? Life is so much easier when someone else has provided some of the planning and guidance.

What does this have to do with your running? Well, if you want to be better at racing, wouldn't you benefit from the guidance of a long-term, structured plan? Of course you would. Wouldn't it be great to have a personal coach so you wouldn't have to think too much about what workouts to run today, this week, this month? It's right there, it's part of the plan and each day you know what needs to be done to move you closer to your goals.

But having a coach is a luxury, one that few recreational runners are willing to seek out, pay and follow. The reality for most of us is that we don't have a workout plan that will help us reach specific goals in running. Heck, few of us bother even to *set* specific goals. We follow habits in training, we occasionally run a workout that may give specific benefits and we race when we feel like it.

Since we really don't want to go to the expense and commitment involved in acquiring a personal coach, I am providing Empire Runners Club members with a one-size-fits-all training plan for the year 2002. Sure, it's based on *my* goals for the year but, if you want a basic blueprint for becoming faster in races, then jump on the bandwagon and set some parallel goals.

## The Plan

The plan, as mentioned above, is laid out to achieve my goals. I have several objectives:

1. I want to be at my best for the Pacific Association cross country season in the fall.
2. I want to run some fast times on the track during the summer.
3. I want to aim for a fast (for me) 5K and 10K late in the year.

The plan will generally follow these phases:

- build endurance by increasing mileage during January and February
- build strength with hills, tempo runs and long repeats from mid-January thru mid-March
- develop pacing with track repeats from mid- February thru April
- build anaerobic power with track race pace intervals from May thru June
- increase leg speed with short, fast intervals from June thru July
- repeat mileage buildup from mid-July thru mid-September
- prepare for cross country races with long, race pace intervals on trails from August thru September
- run goal races, taper training from mid-September thru the end of the year

The plan doesn't account for *your* injuries, *your* illnesses, *your* vacations or *your* favorite races. As Ricky Nelson used to sing, "Ya can't please everyone so ya got to please yourself."

Sticking to a year-long plan isn't easy. But getting into prime race condition has never been easy. It's a long road that requires patience, perseverance, focus, faith and, above all, a strong desire to reach your goals. That last requirement is where most of us fall short.

## The Goals

The end result of the plan is the first thing you need to come up with. Be very specific. Instead of saying, "I want to run a good 10K this year," you should write down, "I will train to run a 38-minute 10K in an October or November race." Set goals that are attainable, yet challenging. Where to start? Well, if you are able to carry out a long term training plan chances are good that you will race better than you have in the past few years so set your goals accordingly.

Pick out 2 or 3 races at this distance on accurate, reasonably flat courses with good competition that occur during the fall months. These will be your final exams. You may have to travel to get the right races but this should only add to the level of commitment you are making.

Set goals for other distances you like to race -- 3K, 5K, half-marathon. Find a few races in late spring, summer and/or fall in which to test your progress.

Set specific goals for the following distances, even if you don't plan to race them: 1-mile, 2-mile, 5K and 10K. These goals will use in track pacing workouts.

The February newsletter will contain a table that matches goal pace to interval distance.

If your goals are important to you, you should think about them every day, even if just for a few moments. I suggest you put them in writing and place them where you will see them on a daily basis.

## The Training

The training on the monthly newsletter calendar is written for those who already run more than 45 miles per week on a regular basis. However, there is a note on each calendar giving the portion of the workout that should be completed by those who run fewer miles. The levels are separated into 4 groups:

Group I: those who run more than 45 miles per week should run the workouts as they are written on the calendar.

Group II: those who run between 30 and 45 miles per week should complete approximately two-thirds of each workout.

Group III: those who run between 20 and 30 miles per week should complete approximately half of each workout.

Group IV: those who run less than 20 miles per week should complete approximately one-third of each workout.

The specifics of how Groups II, III and IV cut down the workouts is not of great importance. For example, on a day when Group I does 8 repeats of 90 seconds Group III can do either 4 repeats of 90 seconds or 8 repeats of 45 seconds.

If you run 60 miles or more per week you probably have your own plan. But if you are doing the high mileage and still want the structure of this plan, just increase the workout distances to suit your needs.

## Definitions

Goal Pace (G.P.): The speed at which you hope to race any given distance by the end of the year. For example, if you are aiming for a 5K time of 18:00 by the end of the year and a workout calls for 800 meter repeats at 5K G.P., then you want to run each of those 800s in 2:53. Many workouts call for 1-mile and 2-mile goal paces so, even if you don't plan to race those distances, come up with goals that will challenge you in training.

Comfortable Pace: Running a workout at a comfortable pace seems to be self-explanatory but for the sake of clarity your heartrate should be kept between 110 and 130 beats per minute. A workout at this pace is intended to allow you to recover from a more difficult workout or to rest up for a race.

Medium Pace: A heartrate of 130 to 150 bpm should be maintained. Pacewise, about a minute per mile slower than your race pace for the workout distance. Otherwise, somewhere between comfortable and strong.



**Strong Pace:** A heartrate of more than 150 bpm should be maintained. This should be 20 to 40 seconds per mile slower than your race pace for the workout distance. A workout that includes 2 to 6 miles at a strong pace is often referred to as a tempo run.

### January Notes

The year starts with our Resolution Run 5K on January 1, a great opportunity to get a baseline of your current fitness. Most of the workouts are steady-state (maintaining a steady heartrate) runs at comfortable or medium pace.

Mileage will gradually increase until the last week. At least once each month there will be a week that has shorter, easier workouts, giving you a physical and mental break from the grind.

There are a couple of workouts per week at elevated effort but even these will be fairly mild in January. When asked to do 60-second repeats at 5K G.P., just estimate how fast you will be going once you are ready for your 5K goal race. At this pace, the first few repeats should feel pretty easy.

Hill repeats begin later in the month. I have suspended the Tuesday track workouts for now and will host a hill repeat workout starting at my house at 5:30 p.m. (see the calendar).  
--LM



## A Salute to Trotter, Bei and Cox

What are the odds that a national prep champ the caliber of Santa Rosa's Julia Stamps would be followed by such phenomenal local athletes as Sara Bei, Trina Cox, and, now, Amber Trotter? Sonoma County continues to outshine the rest of the country as the home of the most brilliant young women runners in the nation. The Empire Runners Club salutes Amber, Sara, and Trina for their outstanding cross county seasons.

Ukiah High School senior Amber Trotter swept every race she ran this fall, including conference, regional, state, western regional, and national championships. Her astounding 40-second margin of victory at the Footlocker National Championship in which she pummeled the course record by 31 seconds earned her USATF Athlete of the Week honors as the most dominating prep runner the country has witnessed in years.

Sara Bei, last year's Footlocker National Champ completed an excellent frosh season at Stanford, finishing second in the Pac-10 cross country championships and being named Pac-10 Newcomer of the Year. Her Pac-10 champion Stanford women's team, a favorite for the NCAA Championship, finished fifth, but is loaded with talent and has a good chance to vie for the national title next year and in the years to come.

Trina Cox, who hadn't run competitively since she graduated from Santa Rosa High School in 1999, was coaxed back into running this fall for the Santa Rosa JC. To say she made a comeback is a profound understatement. Cox ran undefeated the entire season. Her wins included the Bay Valley Conference, NorCal, and state JC championships. She dominated her state title by 42 seconds. (For a great article on Trina, check out the Dec. 14 San Francisco Chronicle sports page, [www.sfchronicle.com](http://www.sfchronicle.com).)

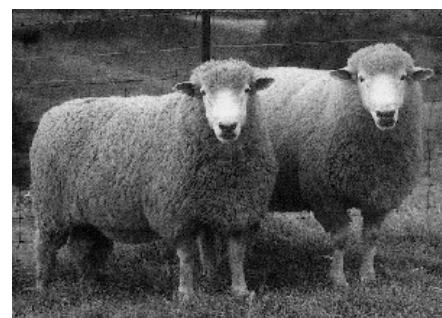
To you three young ladies: We are in awe of your accomplishments. You uplift every one of us.

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**!!!!!!Late-Breaking No News!**

## The Last 10K and the Grand Prix Standings

Results for the Last 10K and Final Two Mile were not available by press deadline but will be published on our website ([empirerunners.org](http://empirerunners.org)) ASAP, perhaps before you read this newsletter. In addition, final Grand Prix standings will also be on the website, also ASAP. Grand Prix tallies are subject to review by you, the participants. Grand Prix Czar Bill Browne ([BBruns2win@aol.com](mailto:BBruns2win@aol.com)) is reportedly reluctant to take bribes but will listen to your complaints and consider well-documented corrections.





**Date/Time:** Tuesday, 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**

**FREE for all entrants aged 19-and-under**

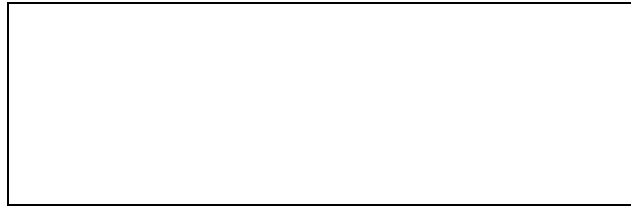
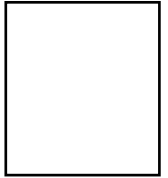
# Empire Runners Group Training

## January 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
		5K Race Resolution Run 5K, 10 a.m., Montgomery HS	5M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	8M at medium <u>pace</u> 4:30p Howarth Park	5M at <u>comfortable pace</u>	1.5M jog, 20x45 sec. at 5K G.P., jog 45 sec. <u>between each</u> 8:30a Y'Allcomers Training Run, Railroad Square, SR
6	7	8	9	10	11	12
10M at <u>comfortable pace</u> 8:30a Cobblestone Trailhead on Channel Drive	5M at <u>comfortable pace</u> 7:00p 1932 Yolo Court, SR	8M at medium <u>pace</u> 4:30p Howarth Park	6M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	8M total with 2M (11-13 min.) at <u>strong pace</u> 4:30p Howarth Park	3M at <u>comfortable pace</u> or Off	1.5M jog, 15x60 sec. at 5K G.P., jog 60 sec. <u>between each</u> 8:30a Y'Allcomers Training Run, Railroad Square, SR
13	14	15	16	17	18	19
10M at medium <u>pace</u> PA Road Race: Cal 10M, Stockton 8:30a Parktrail Drive at Summerfield Drive	5M at <u>comfortable pace</u> 7:00p 1932 Yolo Court, SR	8M at medium <u>pace</u> 4:30p Howarth Park	6M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	8M total with 2M (11-13 min.) at <u>strong pace</u> 4:30p Howarth Park	5M at <u>comfortable pace</u> or Off	1.5M jog, 8x90 sec. at 5K G.P., jog 90 sec. <u>between each</u> 8:30a Y'Allcomers Training Run, Railroad Square, SR
20	21	22	23	24	25	26
12M at medium <u>pace</u> 8:30a Lawndale Trailhead off Lawndale Road in Kenwood	6M at <u>comfortable pace</u> 7:00p 1932 Yolo Court, SR	1.5M jog, 12x45 sec. hill repeats 5:30p 3390 Princeton Dr., SR: hill repeats	4M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	5M at medium <u>pace</u> 4:30p Howarth Park 6:30p Club Meeting, MV RT Pizza	3M at <u>comfortable pace</u> or Off	1.5M jog, 10x30 sec. at 2M G.P., jog 30 sec. <u>between each</u> Empire Runners Club Awards Party 8:30a Y'Allcomers Training Run, Railroad Square, SR
27	28	29	30	31	<p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (&gt;45M/wk): run as written; Group II (30-45M/wk): 2/3 of workout; Group III (20-30M/wk): 1/2 of workout; Group IV (&lt;20M/wk): 1/3 of workout</p>	
8M at medium <u>pace</u> 8:30a Parktrail Drive at Summerfield Drive	4M at <u>comfortable pace</u> 7:00p 1932 Yolo Court, SR	1.5M jog, 15x45 sec. hill repeats 5:30p 3390 Princeton Dr., SR: hill repeats	7M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	9M total with 3M (18-22 min.) at <u>strong pace</u> 4:30p Howarth Park		

## Empire Runners Club

3648 Evergreen Road  
Santa Rosa, CA 95404



Training need a kickstart? Important message from the Coach's Cupboard, p. 13

### *Dates to remember:*

- **RESOLUTION RUN**

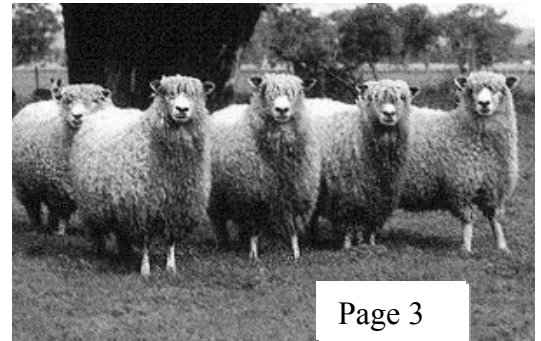
January 1, 10 AM, Montgomery High School

- **STOCKTON CAL 10**

January 13

- **PARTYPARTYPARTY**

January 26, 6-10 PM, Luther Burbank Art and Garden  
Center, 2050 Yulupa



### 2002 Club Officers (Nominated)

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Dale Peterson  
(707) 579-3067  
HGAPeterso@aol.com

**Vice-President**

John Royston  
(707) 546-1021  
JOHN62554@msn.com

**Secretary****Treasurer**

Rick Peters  
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Mariko@sonic.com

### Directors, Managers, and Committee Chairs

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**Group Training**

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**Scholarship Committee**

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