



NEWSLETTER

JANUARY

2003

VOLUME XXVIII, NO. 1

EMPIRE RUNNERS CLUB PARTY AND AWARDS BANQUET

Empire Runners Club Banquet February 1, 2003

Droopy Snood Productions Presents

DANCES WITH DRUMSTICKS



Slide Show By Brendan Hutchinson
guest appearance by the Manson Dancers

Saturday, February 1, 2003

Sebastopol Masonic Center, (across the street from Safeway) 373
N. Main, Sebastopol

Dinner will be served from approximately 5:30 - 6:30, followed by the awards. The cost is \$5.00 per person, with no charge for children 10 and under. Larry and Hutch will each have a slide show following with music by Elliot Finesse and the Artlaws.

Please call Lisa Anderson (527-0673) to RSVP for dinner by January 26th. This is to have some idea of how many we need to plan to cook for. Also, please call Lisa if you can help set up or clean up.

See you there!



START YOUR NEW YEAR OUT ON THE RIGHT FOOT

The Phaby-Gray

RESOLUTION RUN '03

When: Wednesday, January 1, 2003
Time: 10:00 AM
Entry: Race Day only: members \$6, non \$8, 18&under \$3
Place: Montgomery High School
1250 Hahman Dr., Santa Rosa
Course: 5K, flat and paved
Questions: Call Dan Preston, 527-0613



**Empire Runners of Sonoma County
Meeting Minutes
November 21, 2002**

The November meeting of the Empire Runners was called to order at 6:32 p.m., Nov. 21, 2002, Dale Peterson presiding.

Reports:

Treasurer: Current monies available for expenses, \$11,677.54, after scholarship fund, \$10719.54.

Club Party: Lisa Anderson is in charge of the club party, set to occur on Sat., Feb. 1, 2003.

Nominations for club officers:

President: John Royston (Mojo) and John Anderson

Vice-President: Alec Isabeau (Doc) and Carl Jackson

Treasurer: Steven Starkweather

Secretary: Eric Downing (Puddles)

Race Reports:

John Lawson Tamalpa Challenge– Very fast group of runners. Empire did better than ever.

PA Cross Country – USATF championships are Nov. 23. The nationals are Dec. 14.

McGuire's Breakfast Run – Steven Starkweather won the long run. Bob Rogers won the short male race. Tori Meredith won the female short race.

Race Preview:

Jingle Bell Run – Jim Coughlin's (Cadillac) house. (See Empire Runners' website for date and address.)

The Last 10K – Sat. Dec. 21

Resolution Run – Jan. 1, 2003, 10AM at Montgomery High School.

New Business:

1. Clarification of race directors' seasonal race passes. Race directors will have free entry for races that occur in the 'new' year after the date of their race. Larry Meredith volunteered to keep track of the race directors.
2. Steven Starkweather proposed that officers and race directors have free club membership for the year following their service. He will bring the proposal to the next meeting.
3. Tori Meredith asked for approval of helping the Brookhill Elementary with fundraising.
4. The Annual High School Running Programs Support proposal was discussed. A committee was formed to bring the proposal to the next meeting. (Dale, Lisa, Rick, Jerry and Larry.)
5. The Pacific Association Banquet is Jan. 24, 2003. Empire Runners will be doing the awards.

Raffle:

Monthly raffle: Scott Ames

Monthly drawing: Janet Condron (must be present to win)

Respectfully submitted,

Amy Gandy, secretary

Attendance:

Dave DeSelle	George Urdzik	John Royston	Dale Peterson	John Anderson
Bob Shor	Dan Preston	Lisa Anderson	Scott Ames	Larry Meredith
Doc Yzabeaux	Don Sampson	Lou Garcia	Rick Peters	Jerry Lyman
Stephen Starkweather	Bob Finlay	Dale Trowbridge	Donna Houston	
Tori Meredith	Carl Jackson	Eric Downing	Terry McNeil	

Empire Runners Club Special

Ann Marie Von Hoene is the new inn keeper at the Napa Valley Spanish Villa bed and breakfast in St. Helena. Club members can enjoy any room in the villa for \$150 plus tax any day of the week November through March and Sunday through Thursday April through October. Regular rates are \$175 to \$275. Room charge includes a gourmet breakfast prepared and served to you by Ann Marie. Come run in the beautiful Napa Valley! Call (707) 963-7483 for reservations. Mention this ad for your special rate.

www.napavalleyspanishvilla.com

President's Message



How do I write this? Should I use the usual tired cliché's about the end of the year? Talk of how the time is passing faster than it used to? No, I don't think so. I thought to write a kind of love letter to the club, because I do love this club. It's been like a family to me. Like all families we have our eccentrics, our fair-haired sons and daughters, the aunts and uncles we never see, our black-sheep and a few skeletons in the closet! When I first joined the Empire Runners over ten years ago, I had no intention of becoming so involved. And I had no idea of how positive an impact there would be on my life. The first few years I was just trying to fit in. I wished that I was a faster runner and that I would achieve some recognition. But since I couldn't be fast, I decided to be prolific instead and started running in most if not all of the club races. And friendships began to form. Many of these have grown continually stronger, forged in the fires of life's tribulations, adventures and challenges. In these ten years I have changed physically. I used to be able to hold my own in the short sprints. Now, I don't have that kind of foot speed but my times at 2 miles and up are better than ever. It takes a lot longer to recover however and I find that I am often sore and stiff. I'm a better runner, but I am definitely older and I have a strong sense of "now or never"! I have seen friends slow down. Some have handled it with grace; others seem to have preferred to just fade away. I miss those who have left us or left running. A precious few seem to be almost ageless and continue to run well year after year. There have been births, marriages, divorces and breakups and there have been deaths. We all lost our dear friend Phil Widener this year, but his spirit lives on.

As the years went by I became more and more involved with the club. I started helping at races, writing articles for the newsletter and finally I became a club officer when I served as VP for Jerry Lyman. Last year it was my honor to be elected as club President. It has been an interesting

year. I have been told that I am too tight with the money, too loose with the money, well organized, disorganized, a dreamer, without vision. I have been told that I don't include others in the decision making process and that I don't include enough people in the decision making process. I have been told all of these things and often by the same people. And... they have all been true at one time or another, maybe even simultaneously!

Still, a lot got done a few things well, some less so. Some things changed, some things started to change and a whole lot stayed the same. It was a good year. At least I thought so! Always being particularly fond of Cross-Country, I feel very fortunate that this was such a good year in terms of turnout, camaraderie and plain old fun! I couldn't have written a better script.

At this time I would like to thank my fellow officers, John Royston, Rick Peters and Amy Gandy. Likewise all of the race directors, chairs, committee members, team captains, editors, volunteers and RUNNERS!

Special thanks to former presidents Dan Preston, Jerry Lyman and John Anderson for your advice and wisdom on the one hand and for letting me find my own stumbling way on the other.

Thank you Robin for standing by me and listening to me vent! I love you!

My good friends you are too many to name, too many to thank.

This club has not even scratched the surface of it's potential to positively impact the running world and the greater community.

Thank you for according me the honor of serving as your president over this past year. I have been invited to join the rotation with our other esteemed newsletter editors next year and I look forward to working and RUNNING with all of you in the months to come!

DM Peterson

FLEET FEET EMPIRE RUNNERS GRAND PRIX 2002 LEADERS RACE TO LAST 10K

Going into the last race of the 2002 Fleet Feet Empire runners Grand Prix competition many spots are up for grabs. Here is the final rundown of the standings going in the Last 10k: The women's leader, Leslie Curry, has not missed a race so she will deduct 78 points from her total (if she scores higher than that in this last race) giving her 952 just below Tori Meredith's 969. This race will decide the winner and second place prizes (top three men's and women's runners win Fleet Feet Gift certificates). Also Lisa Anderson, Val Sell and Cathy Dubay will be battling it out for 2nd and 3rd places in the women's 30s age group (755,696,625 their respective points).

Amy Gandy and Lori Winkler are also neck and neck for the 2nd and 3rd spots in the 40s age group (615,590). First place in the 50s is not decided yet either, with Pam Horton and Kathy Charles just 13 points apart (373,360). Third place in the 50s will also be decided in this race with Ginger Kwiatkowski, Leslie Howell and Sheri Guinn all in the hunt (178,173,169). The last spot in the 20s is not settled yet, with Marta McNeill, Tiffany Bowie, Keri Nelson and Veronica Pineda all within striking distance (94, 92, 92, and 91).

The men's race will also decide several divisions. The top two runners going into this race, Eric Downing and Dave DeSelle both will have to drop a race effectively making their point totals 963 and 907. The next 4 runners, Bob Finlay, Bob Rogers, John Anderson and Larry Meredith could mix up the standings when the races are done (927, 917,847, and 813). John will get his 100 points for directing the race and they are all in the 40s division to boot. The winner in the 60s could be a new name this year if Dale Trowbridge can hold off Darryl Beardall by 11 places.

The 30s age group 3rd place will be decided between Fleet Feet's own Ken Brown and State Farm's (Farmers?) Peter Kirk (393, 362). Also undecided at press time is the 13 and under bragging rights between Brice Winkler and Quinn Coughlin (370, 365). Also of interest will be the 14-19 group for 2nd place with Bruce Tuohy and Mike Wortman in contention (348,318).

Speaking of the Fleet feet Grand prix finale, we are looking for generous people who would like to sponsor one of the divisions for the awards banquet. If interested please call Bill Browne at 528 7963 or email

at bbruns2win@aol.com. Thanks to fleet feet and all of you dedicated runners we had another extremely competitive year. Also if anyone is interested in taking over the grand prix scoring for next year, let me know. If there are no takers I will do it one last year and then turn it over to whoever is the highest point getter next year. Consider yourself warned!

Bill Browne



Helen Klein 50 Mile / Quad Dipsea / PA Ultra Grand Prix Wrap-Up

by E. J. Bohn

With two events remaining on the PA Ultra Grand Prix for 2002, I maintained a moderate lead over the next competitor (Charles Blakeney), but the possibility remained that he could do well enough to pass me in the standings. Though Charles and I both know that I am the faster runner, he has been very persistent and run practically every event on the Ultra Grand Prix calendar (even more races than me!) and thus made things difficult for me. Though it seemed unlikely that Charles could catch me in the overall standings, I was not willing to take a chance. I only need to make sure to beat Charles in one of the last two races to clinch the overall title. I had a tough decision to make – the Helen Klein 50 miler was only 3 weeks after the 100K national championships and 1 week after the PA Cross Country meet, or I could wait and take my chances with the Quadruple Dipsea! Not knowing how my recovery would go, I signed up for the Quad Dipsea, as it fills up early, just in case.

I ran the 100K Nationals, I ran the PA XC meet, and I found myself recovering surprisingly well. So, on the Thursday morning before the race, I decided to go ahead and run the Helen Klein 50 Miler rather than risk waiting until the Quad Dipsea. The night before the race, Sonoma County was hit with heavy rains and my crew (my Dad) and I were a bit worried about how soggy we would get! However, the start in Granite Bay (just East of Sacramento) brought beautiful weather. Just enough clouds to make the sunrise pretty and the temperature was cool, but comfortable enough to run in just shorts and a singlet

all day. The course followed the bike path along the American River (by now, racing along the American River is practically like running on a home course). I had gone to the race to make sure I finished ahead of Charles, but as soon as we started, I had to decide to either follow Mike Sweeney (leader of the master's division of the PA Ultra Grand Prix) or run alone in the large gap between runners. I choose to speed up and run with Charles. We enjoyed chatting, and I assessed my chances of outrunning him and winning the library globe that the winner would get (displayed at pre-race check-in). It appeared that he was tiring, and finally at 32 miles, I began to pull away. After that it was a matter of not falling apart as once a gap was established he seemed to fall away quickly. I really enjoyed the run along the bike path and through the many local parks. I would highly recommend a trip there, perhaps as a bike trip, especially in the fall or summer. I finished in a relatively comfortable 6:22:46 (7:39 per mile pace) and good for my third PA Ultra Grand Prix win this year. With the win, I became the 2002 Open Men's PA Ultra Grand Prix Champion.

When the day for the Quad Dipsea came around, I was already pre-registered, so I decided to go and use it as a fun run and celebration of the end of my ultra season. I had only run the Dipsea course during the single event, so running it four times, at a much slower pace really allowed me to look around and enjoy the beautiful scenery that the course has to offer. I felt no guilt at walking the stairs and steep hills! I was able to run the entire way with former Cal-Poly team mate (1500m All-American) and current Tamalpa runner Chris Craig who has recently started to run some longer races. It was nice to get to visit and run together - as I was not able to run with him in college! The race was especially social as we passed all the other runners at least three times and I got to visit with quite a few of the runners I have met this year but not had the chance to talk to much. I finished 41st overall in 5:17:26. This event was great fun and I really enjoyed my time on the course.

Well, my season of experimenting with ultras has come to a close. I planned on 4 races, all in the spring, and somehow I ended up running 11 different ultras, including the Western States 100 and the 100K National Championships in Minnesota. A look back at my running log for the year showed that I've run farther than a marathon 21 times! I can hardly believe that my body would put up with that stress (helped by a couple of visits to Alec and a couple of massages). I've got a lot of people to thank for support this year: Nathalie for going along with this whole craziness and doing a great job of supporting me at the 100K National Championships, my parents Ernst and Karen

for being my most regular crew (my Dad crewed all of my PA wins and also paced me to a second place), Kenny, Eric Downing, Ty and Eva for crewing and pacing me to an incredible experience at Western States, and everyone in the Empire Runners who have shown an interest in my running and given me encouragement in this amazing voyage. Thank you! Will I run more ultra events? Definitely. Call me an ultra runner? No, not yet - I'm only willing to admit to running ultra races. Will I run the PA Ultra Grand Prix again? No - too many events! Write more articles? Maybe, but I promise - less and lots shorter! Thanks for listening. Happy trails...



TUCSON MARATHON 2002

Stephen Starkweather

I was just remembering that on each step I was wincing. Ow ow ouch, ouch...The left foot, the left hamstring.

I had three goals going into this marathon. The first was to break 3 hours; the second was to at least get the Boston qualifying time of 3:20; the third was to JUST FINISH the race. It had been 5 years since my last marathon.

I used to live in Tucson, 19 years ago, and had really wanted to visit again, just to see the place again basically. Maybe to give me perspective on how MY life has changed. Or has it changed?

Tucson Arizona, however, has changed a bit. It probably doubled in size since I lived there. It's a big city with lots of traffic congestion and a fair amount of poverty and homelessness. But it has a beautiful backdrop of the Santa Catalina Mountains. Mount Lemmon is in the middle with a ski area just an hour from town. At sunset these rocky hills turn red and it's really dramatic looking. The air is very dry. There are not trees like we have here -- Palo Verde trees which you can almost see through, they're so wispy, and cactus everywhere, especially the unique shaped Saguaro cactus. The ground is just sand everywhere. To landscape their yards, the people just rake the sand. This is the desert.

I set 2 alarms for race morning, for 3:50 am, thinking I'll be over to the Waffle House for breakfast and then drive to the race bus pickup place. I arrive at the

Waffle House after seeing all the caravan of buses heading up Interstate 10 towards the race course. But the people there at Waffle House -- the customers and the staff -- seem oblivious to anything going on. They suck on their cigarettes. In Arizona they just smoke right in the restaurants. I mention to them I'm running in the marathon but they apparently don't hear me -- "marathon" and "running" are not in their vocabulary.

Later I arrive at the frenzy of traffic -- cars, buses, thousands of bundled-up runners, in the dark parking lot of the business park. Mass confusion abounds -- hundreds of buses departing at 5 am for the full and half marathons. Soon I'm on a school bus going north to the town of Oracle. We get up there eventually and the bus driver pulls off to look at the map. We are lost. Where's the starting line? Where did all the other 100 buses go? The driver turns around eventually, then we proceed to get lost again. After another U turn we eventually find the Cody Loop and there's all the buses and runners and mass confusion again. This is where the starting line is and it's about 4600 feet above sea level. We have an hour and a half to wait on the buses for the race to start. It's too cold out to wait outside, much too cold out, so we stay on the buses. I guess they make them get there early in case they got lost like my bus did.

There was lots to talk about with the other marathoners. They're from all over the country -- New York, Philly, Michigan -- all the cold areas mainly. I get all the info on the course from those that have gone before -- where the hills are, how to pace it, etc. At race time the air is warming up a bit but the hands are very cold. You don't want to wear too much because soon we will be running in the sun.

And it was true, soon we're running and warm. The first few miles drop a lot of elevation. The whole

course drops about 2000 feet. I thought that would make it easier, but soon I find out perhaps the opposite is true. The pounding on the legs and feet is more on the downhill. At 8 miles I was realizing my left shoe's laces were too tight. But of course I waited 2 more miles to fix it. I didn't want to lose my place. But my foot was never the same -- it got sore through the race. Just remember to fix the laces right away!

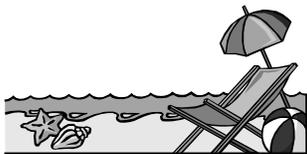
Anyway at mile ten I still thought I could break 3 hours. I had two and a half minutes in the bank on the pace. But anyway, then at mile 15 reality started to set in, as it always does. Starting to lag, then feeling pain, then exhaustion, etc. Just a downward spiral to the finish. I finished at 3:20:31 so I even missed Boston qualifying (3:20).

By the way my 80 year old friend from Tucson came to watch me finish at the end of the race. She never did find me. She told me later "Well you know you guys all look the same." (Runners all look the same!)

Perhaps I should train a little more next time. But I do think, if you can handle the downhill, try Tucson because you can get a good time there due to the downhill course. I'd like to go back and break the 3 hour mark sometime. Great thing about NOT getting your goal is you can still shoot for that one next time. I got a wonderful massage the day after the marathon which is the greatest thing you can give your body. I'd recommend it.

Two days later I climbed Squaw Peak in Phoenix with my cousin, which is a friendly 1600 foot climb. I really recommend this for the view of the smoggy yet beautiful Phoenix valley and especially for loosening up your post-marathon legs.

Stephen Starkweather
Certified Massage Therapist



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and
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resolutions.**

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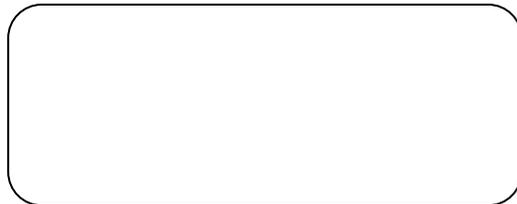
Empire Runners Training

January 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>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 (<20M/wk): 1/3 of workout</p>			31	1	2	3	4
			5K Race Resolution Run 5K, 10 a.m., Montgomery HS	5M at comfortable pace 4:30p Howarth Park	5M at comfortable pace or off	1.5M jog, 20x45 sec. at 5K G.P., jog 45 sec between each 8:30a Y'Allcomers Training Run, Railroad Square, SR	
5	6	7	8	9	10	11	
10M at comfortable pace 8:30a Cobblestone Trailhead on Channel Drive	5M at comfortable pace 7:00p 1932 Yolo Court, SR	16x400m at 5K G.P. 5:30p 3390 Princeton Drive, SR	6M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	7M total with 1.5M (8-11 min.) at strong pace 4:30p Howarth Park	3M at comfortable pace or Off	1.5M jog, 15x60 sec. at 5K G.P., jog 60 sec between each 8:30a Y'Allcomers Training Run, Railroad Square, SR	
12	13	14	15	16	17	18	
10M at medium pace 8:30a Parktrail Drive at Summerfield Drive	5M at comfortable pace 7:00p 1932 Yolo Court, SR	1.5M jog, 15x45 sec. hill repeats 5:30p 3390 Princeton Drive, SR	6M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	8M total with 1.5M (8-11 min.) at strong pace Newsletter Deadline: Dan Preston, Editor 4:30p Howarth Park	5M at comfortable pace or Off	1.5M jog, 8x90 sec. at 5K G.P., jog 90 sec between each 8:30a Y'Allcomers Training Run, Railroad Square, SR	
19	20	21	22	23	24	25	
8M at medium pace 8:30a Cobblestone Trailhead on Channel Drive	6M at comfortable pace 7:00p 1932 Yolo Court, SR	7M with 16x60 sec. at 5K G.P. 5:30p 3390 Princeton Drive, SR	4M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	5M at medium pace 4:30p Howarth Park	3M at comfortable pace or Off	1.5M jog, 10x30 sec. at 2M G.P., jog 30 sec between each 8:30a Y'Allcomers Training Run, Railroad Square, SR	
26	27	28	29	30	31	1	
12M at medium pace 8:30a Lawndale Trailhead off Lawndale Road in Kenwood	4M at comfortable pace 7:00p 1932 Yolo Court, SR	1.5M jog, 15x45 sec. hill repeats 5:30p 3390 Princeton Drive, SR	7M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	8M total with 2M (11-14 min.) at strong pace 4:30p Howarth Park	5M at comfortable pace or Off	1.5M jog, 5x3 minutes at 10K G.P., jog 2 min. between each 8:30a Y'Allcomers Training Run, Railroad Square, SR	

Empire Runners Club

3648 Evergreen Road
Santa Rosa, CA 95404



Dates to Remember

1/1 Wednesday	Phaby-Gray Resolution Run 10 AM, Montgomery High School
1/12 Sunday	31st California 10 (PA/USATF 10 Mile Championship) 9 AM, Stockton (pre-register deadline 1/4/03)
2/1/03 Saturday	EMPIRE RUNNERS CLUB PARTY AND AWARDS BANQUET 5:30 PM, Sebastopol Masonic Center (See details, page 1)

2002 Club Officers (2003 Elections were pending at publication)

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