

January, 2005

Volume XXX, No. 1

"You better run, run, run, run, run, run..."—Tracy Chapman

Club faces win-win situation!

Details in Feb newsletter!

Preston, Andersen edge out opponents!

Tag-Team Regime?

Rivals reconcile after bitter campaign!

Classic beauty and the beast contest!

Pundits stymied!

January, 2005 Johne XXX, No. v



President's Final Massage

Finally, we really do have new officers elected by the time you read this. Sorry if I mislead anyone by my previous inaccurate postings. By now you should know that this President's Messages are fiction (the rest of the newsletter is FACT).

Thanks to all of you who helped me get through the year without being impeached or worse. I couldn't have done it without a lot of help and guidance. Congratulations to the new officers and thanks to my fellow outgoing officers: Alec, Stephen and Eric, your efforts did not go unnoticed.

Our cross-country teams did well and had fun again this year and most of our club races made it through another year as successful club events. I challenge all of our members to come forward to help out at a race or two, participate in some group runs and attend our meetings. We need all the participation we can get.

Thanks again.

Your humble lame-duck President, Bill Browne

The November Meeting of the **Empire Runners**

was called to order at 6:30PM, November 18th, 2004, Bill Browne presiding over the whole mess.

Secretary: Reported minutes from the previous months meeting. Everyone in attendance was really impressed. They also approved the minutes as read.

Treasurer: Reported that the club has \$11,274 available for expenses, which apparently doesn't include climbing gear for a few select club members.

Race Reports:

PA X-Country: Currently, Master Women are in first place, Senior Men are in second, and Open Men and Master Men are in third in their overall standings.

Price Greenway: There was proposal to contribute club funds towards FISH and the Redwood Empire Food Bank. After much discussion, it was decided to table the motion.

New Business:

Santa Rosa Creek Stewardship: The club approved the creek section North of Highway 12 to Montecito.

Eric Downing proposed the club pay the registration fees for the Open Men's team competing at Nationals. The motion was passed as long as Mr. Downing would be able to complete the distance.

There was a proposal to purchase the finish line apparatus for \$1400. This is the same apparatus that has made the trip to Los Angeles before (otherwise, we may have gotten it for less).

The club party will be January 29th at the same place (which is the Masonic Center)

Raffle: Tori Meredith Random Drawing: Janet Feldman (not in attendance)

Attendance:

Puddles Downing Dr. Dutch (from "Ask Dr. Dutch" fame) Hercule Jacque Je Ne Sais Quoi Isabeau Starkin di Arkin Dale Trowbridge

Bob Shor Super G Digger Dog Iguana Don The MOJO

Bill Browne Sledge Coach Tori Bob Finlay Papster

Like, totally submitted and stuff,

Eric Downing

Carl Jackson

[Hah! He misspelled "submissive."—Ed.]

From the Good Doctor:

Satchel Paige's Rules for Good Living:

- 1. Avoid fried foods, they angrify the blood.
- 2. If your stomach disputes you, pacify it with cool thoughts.
- 3. Keep the juices flowing by jangling around gently as you move.
- 4. Go very light on the vices, such as carrying on in society, as the social ramble ain't restful.
- 5. AVOID RUNNING AT ALL TIMES. (!?!?!)
- 6. Don't look back, something might be gaining on you.
- (...Oh well, five out six ain't too bad.)

Pass Out The Cigars! We're the Proud Parents of a ...Creek!

The Empire Runners Club is now participating in the City of Santa Rosa's Creek Stewardship Program, and we have "adopted" the portion of Brush Creek which flows from Highway 12 down to the confluence with Santa Rosa Creek. Approximately twice a year (probably in April and October) we will spend a few hours cleaning out the creek, as well as helping the city and water agency with habitat restoration, graffiti removal and other worthwhile tasks. The city is thrilled by our offer to help and will post a sign on the bike path along the creek that states that the Empire Runners Club is taking care of this section of creek.

As more organizations and individuals adopt and help care for the network of creeks which run through our city, we can help restore and maintain these vital corridors of nature right here in our community.

Stay tuned next month, when I'll announce the date of our first clean-up session. It will likely be a Saturday morning in April, preceded by an easy run along the creek path and followed by abundant good food and very good karma. For more info call me: Alec Isabeau, 578-3025.





PA X-C WRAP-UP

A GLORIOUS SEASON

ER Masters Women Topple Impala Dynasty

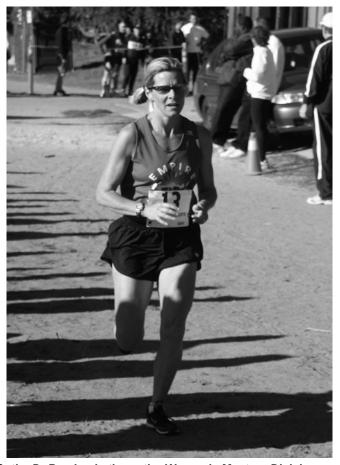
The Empire Runners Masters Women's cross country team, bridesmaids to the Impalas Racing Team the past two seasons, ended that club's grip on the division with a 2-point victory in the Pacific Association Championship meet in Golden Gate Park on Sunday, November 21. It was the 5th win of the year for our 40+ gals and they snapped a string of Impalas' championships that stretched at least the past 6 years.

"To have shared the course this day when the ER Master's Women won the PA Championship is an honor I will always cherish," said Masters Men runner Dale Peterson. "They won one for the 'little guy' -- or 'little gal' as the case may be -- knocking off the Impalas and the other big clubs. They did us all proud. Way to go!"

"Great team spirit," said team member Audrey Schrift. "It felt good to simply participate and be present for the women's masters team to capture first place in the division. Great job ladies!"

Leading by 3 points in the standings when the final race started, the Empire Runners needed to come through one more time to seal the season title. Team leader Cathy DuBay certainly did her part, winning the masters division by beating the season's individual champion, Rosemarie Lagunas of Wolfpack, for the first time this year. A course change increased the distance from 4 miles to 4-and-a-third but DuBay didn¹t mind.

"Hopefully, they will have to re-seed Lindley Meadow every year," she said. "The modified course was much preferred by me!"



Cathy DuBay leads the entire Women's Masters Division as she heads for the tape at the PA Championship. DuBay finished the season in 2nd place in the Masters Division and 3rd in the Open Division.

Val Sell in 6th and Shelly Lydon in 15th were as steady as they had been all season. Team captain Tori Meredith, who had been the number 7 runner on the squad all season, had her game face on for the championship meet. She turned in



Val Sell, 6th Master at the Championship and 3rd Master overall for the Grand Prix series.

her best performance of the season by far, climbing all the way to number 4 on the team and placing 21st among masters. **Lisa Youmans** finished off the team victory by taking 23rd.

Our Masters Women's team fielded 13 runners, helping to fill out our Open Women's team and still managing to take 8th place with a masters 'B' team. That was led by **Lori Winkler** in 26th and followed by **Holly Enzler** in 30th, **Ellen Besobrasov** in 36th, **Shelli Gordon** in 37th, **Robin Stovall** in 40th, **Audrey Schrift** in 44th, **Laura Mills** in 51st and **Julie Moore** in 52nd.

"It was a glorious fall day, perfect weather for racing -- or just running in my case," said Schrift after the race. "I enjoyed the changes in the course. For me, it was easier mentally, running through the trees at the stadium edge, rather than coming to the top of that hill, jumping that humongous log, and seeing a huge open distance to cover."

The Open Women's team finished 9th with **Michelle McConnico** taking 88th and **Deb Murray** coming in 94th. For the season, our Open Women finished 6th out of 11 in the team standings.

The Empire Runners men's squads covered 4 divisions and each team ended up among the top 3 in the PA season standings after the finale. Our Seniors and Super-Seniors Men's teams were in the same boat going into the

championship meet, each trailing squads from perennial champ Tamalpa by just 1-and-a-half points. There would be no upsets on this day, as Tamalpa held their ground to win both divisions and our boys came in 2nd on the day and on the year.

It was not due to lack of effort, however. **Butch Alexander** confirmed his status as the 2nd-best senior during the PA season by taking that spot in the championship race. **Dan Schafer**, who feared races longer than 3 miles before this season, turned in a terrific performance on the longer-thannormal 6.5-mile course to take 9th. Team captain **Jerry Lyman** was close behind, as usual, in 10th. **Terry Goetzel** made another huge leap in taking 14th. In his season debut at the Presidio Challenge just 7 weeks earlier, Goetzel finished 23rd in a much smaller field, taking the 7th spot on the team. **Parker Mills** finished off his fine season with a 15th-place finish here and **Mark Fitch** made the 'A' team by taking 38th.

The senior men had a 'B' team take 9th-place, led by (outgoing) club president **Bill Browne**. **Don Sampson**, **Doug Schrock** and **John Royston**, who was forced to walk much of the race with back spasms, rounded out that squad.

The Super-Seniors Men were led by **Brendan Hutchinson**, who toughed out the last half of the season with a badly-sprained ankle and held on for 2nd-place in the individual



Shelly Lydon, 15th Master at the Championship and 7th Master overall for the Grand Prix series.

standings for the year. Hutch took 6th and team captain **Bob Holland** was 7th. The scoring was completed by a trio of teammates in 12th thru 14th, **Dan Preston** leading **Ernst Bohn** and **John Lander** across the line. The Empire Runners had the only 'B' team in that division, **Martin Jones, Dan Tuohy** and **George Urdzik** teaming up to take 4th.

Despite finishing no better than 3rd in any race during the season (except for a 2nd-place at Crystal Springs which wasn't used in the final scoring), the Masters Men's team hung on for 3rd place in the final standings, the best position this group has ever had. Last year they were 7th.

At the championships the Masters Men ended up in 6th place against a very strong field of 13 teams. **Brian Purcell** and **Ty Strange** were as close at the finish as they were at the start, Purcell edging Strange for 28th place in a photo-finish to lead the team. First-year competitor **Steve Cleal** and long-time team member **Stephen Starkweather** saved their best for last, moving up to numbers 3 and 4 on the team to take 49th and 50th, respectively. Cleal is normally the number 5 man and Starkweather moved way up from the 'B' team for this one. The team was rounded out by **Alec Isabeau** in 55th, **Larry Meredith** in 58th and **Bob Finlay** in 60th.

The masters 'B' team took 12th place, with a great effort from **Jim Lynch** leading the way. **Scott Ames** finished right behind him and then came **Neil Pinkerton**, **Brian Bauer** and **Dale Peterson**.

The Open Men's team duplicated the season-long effort of the Masters Men, ending up 3rd in the final standings even though they never placed better than 3rd during the season. But at the championship race they were better than ever, taking 4th and finally knocking off rival Humboldt Track Club after gaining ground on them every race.

The talented trio of **Gary Blanco, Kenny Brown** and **Chris Gilbert** had a blanket finish in 62^{nd} thru 64^{th} to lead the way, a span of only 1 second separating the threesome. **John Staroba**, the most improved runner on the team and perhaps the entire club, got out fast and gutted it out for 71^{st} place.

"Ran a great 4 miles -- probably close to a PR for that distance," Staroba said later. "Too bad there was another loop. I *still* hurt."

Carlos Castelo capped the scoring for the team by taking 88th. **Mark James** took 109th, newcomer **James Devine** was 120th and the reliable **Eric Downing** came in 126th.

Mark James claims he almost had the race in the bag: "I would have probably won the Open Men's race if it had been exactly six miles; seeing that marker and then realizing I still had that hill, head wind and four-tenths of a mile was a bit of a mind-blower."

PA Championship Notes & Quotes:

Jim Lynch: This was a great race for me. I really felt strong throughout. Running most of the race with Scott Ames made it really exciting and forced me to push the pace. I finished strong and feel real good about how my running is slowly improving.

This season I was limited to two races. Coaching cross country at Petaluma High made it difficult to race more due to conflicts. However I felt my training was going well. I found racing less made me feel stronger. By the end of last year I felt flat by this time. I aimed to be fairly fit for this race and it really worked.

Being healthy helps and I must say running with this club is a highlight of my fall season. I really appreciate the "Coach" and the time he puts in as well as the good people of the club. Though time may pass where I do not see you guys for a while I am always made to feel welcome. Thanks for another great season!

Stephen Starkweather: My best race of my year. The new racing flats helped; their bright yellow color apparently



Chris Gilbert leads Gary Blanco during the Open race. Blanco, Kenny Brown, then Gilbert finished within one second of each other.

intimidated the other runners around me. I ran a lot of the race with Steve Cleal and there were droves of other ER runners right behind us. Steve likes to get a conversation going during the race, which is pretty impressive. For a lot of the race I felt relaxed and good -- like it was effortless. Until the hill on lap 3, then I almost asked the question "why" but did a quick reframe on that. I lost a few seconds there but still was real happy with the race.

Alec Isabeau: I am simply awed and humbled by the runners at the PA Championship race. Every runner in every age group from every team hammering as hard as possible on this final race. What a display of fitness, tenacity, friendly competition and terrific support! The older runners were particularly inspirational, running with the enthusiasm of kids at a high school X-C meet. (Bernie Hollander and Russ Kiernan of Tamalpa even ran back to Mill Valley after the race! Amazing!) I feel very lucky to be part of such a celebration.

Tori Meredith: The Empire Runners Team was at their finest on Championship Day! It was wonderful to see over fifty Empire Runners out on the course competing and cheering each other on.

After the race, I was talking with Mo Bartley from the Impalas team and she commented how friendly and supportive our team members were. Being a team member of the ER makes me proud because of the support that each and every one of the members has for each other. Isn't that what cross country is all about?

Sunday's race started out cold and a little windy but what a perfect day to race. The course was reconfigured for the PA Championships because the park service reseded the grassy areas that are normally the start and finish of the course. The course covered two loops for the Women (4.33 miles) and three loops for the men (6.4 miles). I really liked this course. We were able to take advantage of the long downhill, there was less grass and the log we usually jump over was at the bottom of the hill leading up to the dirt track.

Going into the race, our masters women's team was in first place for the season. Our goal was to stay in front of the Impalas so that we could cinch the title. For some reason I was not nervous. I was out there to do my best and have fun. Well, I'm not sure if I had fun because I was so busy trying to pass people and run at a good pace. I felt great throughout the whole race so I guess I did have fun.

The first lap I felt like I was flying. I haven't felt like this in months! There were so many runners on the course that I didn't even recognize my competition. Somehow I missed the first mile split but in retrospect I am glad I didn't see it. When I looked at my time for the second mile I realized that my two mile time was almost as fast as my two mile time for the Prince Greenway Race, which was also a great race for me thanks to Lori Winkler. My second loop was still strong but I was tiring a little. When I hit the small grassy area near the stables I zeroed in on a Davis girl and tried to make it my

goal to pass her. Going up the hill for the last time I felt like I was running in place but I continued on anyway.

The one thing that really kept me going was the thought that once I hit the track I would be at the finish line. As I approached the finish line I remember hearing Scott Ames yelling that I had about 100 meters to go. I pushed onto my toes, dug down deep and accelerated to the finish, passing the Davis girl and almost catching the See Jane Run team member at the finish line.

It was my best race out of the whole season. I loved the course and hope that this course will become the official course.

James Devine: My experience at Golden Gate Park in the Cross Country Champs was inspiring. To run with so many elite runners, it was great! The course was tough, especially that short hill we tackled three times. I went out fast and had to pull back after the first mile and then I pretty much held a steady pace. I was pleased not to come in last! This was not my fastest and I am looking forward to getting into short distance fitness.

Also it was just nice to be back racing with a club. It was fun to hang out with the team and other club members.

Parker Mills: I had high hopes for the championships after a good race at Fleet Feet. I knew going out too fast would be unproductive. As it turned out, in spite of all preparation, I went out too fast and after going thru the 4 mile in 25 minutes I got tired. Instead of speeding up on the last lap, I slowed down and watched the competition pull away. I was a little disappointed, but tried my best.

I want to add how much I enjoyed the season and all the running support of the Empire Runners. My wife and I are leaving on a long trip to remote parts of Asia where running opportunities will be less. Due to some changes in our lives we are unsure at this time if we will be able to participate as fully next year as we did this season. Elk is a long way from anywhere. We thank you all and wish the best for everyone for the coming year.

Brian Purcell: The PA race was my most exciting cross country race this year. Over the last ten years I have been racing Fletcher Lesley and Rick Kushman and we are always very close. In the Empire Open I passed them with a mile to go and then Fletcher passed me back the last half mile and we finished 6th, 7th and 8th. At the Tamalpa race we finished within nine seconds and that included Ty Strange five seconds ahead of me.

The first mile of the PA race Ty, Fletcher and Rick had a good lead and I did not expect to see them. Fletcher felt winded and slowed down so at 1.5 miles I passed him and tried to speed up so he would not respond. At the end of the second lap I could see Ty up ahead so I focused on the tall redhead. Just after five miles I passed him but he tucked in behind and I could not shake him. At six miles I passed

Rick but he is a track runner and he re-passed Ty and I after the last hill but started to slow some before the finish. We all pushed to the finish and Rick was first with 37:59, then me and then Ty both with a 38:00 time.

In December Fletcher and I head to Mexico to climb volcano Iztaccihuatl (5286m 17,342ft). Since I finally beat him this year I will not have to push him off the top.

Bill Browne: Hey we had a great team turnout! The high point of my race was doing da chant and scaring the heck out of the other competitors before the race. Way to go Coach, you must stayed up all night choreographing that. I felt like I was back in high school for a second there (except for the restraining orders). My race sucked. I was enough out of shape to have to fake it again. The added .4 didn't help. I started too fast, saw Kiernan from Tamalpa, and decided to tag along for awhile, then decided, hell, I'll pass him and be ahead of him for once this year. That worked great for about a minute and a half. Then I tried to forget each previous lap on the succeeding lap till Fitch passed me with .2 to go. Then it was hell bent for the finish line. Good kick Mark, no fast twitch left again for Browne. Oh well there's always next year! Thanks to everyone for participating. We may not always win, but we do have the most FUN.

Thanks to Larry for coordinating again this year. [Amen to that.—Editor]

Jerry Lyman: The Empire Runners Senior Men's Team did everything it had to do in order to win the 2004 PA/USATF X-C Championship race—which was for each of our scorers to run his best race of the season. Unfortunately, Tamalpa's team did not do what it had to do—which was to tank. The better team won. We finished second and, thus, second in the PA grand prix series in the senior division.

We had a great season and get to collect \$175 from the PA to show for it. And, we have much to feel optimistic about for next year. Potential for individual improvement abounds, in spite of that pesky aging thing. Terry Goetzel and Parker Mills, especially, could be monsters. Terry gets another year to recover from his work injury setback and return to his old racing form. Parker has rekindled the competitive flame that made him a high school track star. Every race he got stronger. If we're all healthy and fit, we will definitely kick some butt. And, rumors have it that we might gain a burly new teammate, or two, or three. Tamalpa's glory days are numbered.

The mix in the rest of the senior division could get a lot more interesting, too. Masters runners moving up to senior status on a few of the teams should mean stiffer competition for both Tamalpa and us. Pacific Striders, Excelsior, and the River City Rebels, in particular, should be more competitive next year, elevating the complexity of the scoring math. As far as I'm concerned, this means more fun.

I didn't use to think cross country was fun. In fact, my first PAXC races for the Empire Runners were fraught with *HIGH ANXIETY*, stemming from repressed memories of intense high school harrier angst. Thanks to a few therapy sessions on the PA cross country race course, I now embrace the entire experience, pre-race nerves and all. We're so lucky to be able to compete.

A few notes on individual performances at the PA Championship Race:

Butch Alexander, our leading runner by far all season, in spite of a nagging knee injury, put together his healthiest race and put all but Aggie Tom Cushman behind him with a strong second place senior division finish. (Butch also earned second place for the entire grand prix series in the senior division.) Empire Runners following Butch were scorers Dan Schafer (scoring 8th), Jerry Lyman (9th), and Terry Goetzel (13th). Parker Mills (14th) and Mark Fitch (34th) completed the A team.

To appreciate the quality of the efforts in this race, compare individual per mile paces with our A-team's recent performances on the same course:

Butch Alexander: 5 seconds per mile faster than at last year's Championships and 17 seconds per mile faster than at the Golden Gate Open in September, which was a 4 mile course compared to 6.4 miles at the Championship.

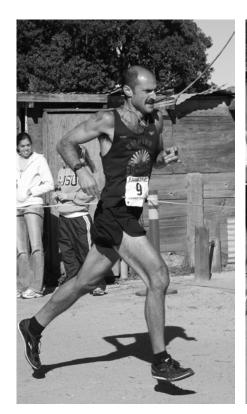
Dan Schafer: 11 seconds per mile faster than at last year's Championship.

Jerry Lyman: 10 seconds per mile faster than last year's Championship and 9 seconds per mile faster than this year's Golden Gate Open.

Parker Mills: 9 seconds per mile faster than at the Golden Gate Open.

Mark Fitch: 10 seconds per mile faster than last year's Championship.

The only runner on the A-team who did not improve from a previous performance on this course was **Terry Goetzel**, and his effort was the most remarkable of all. Coming off a horrible accident on his job last spring, Terry managed to rejoin the team only at Presidio on October 4, where he averaged a less than stellar 7:33 per mile. By the Championship seven weeks later, he had moved up to 4th on the team and averaged 6:25 per mile, a huge improvement in such a short time. Although this was slower than his 6:10 per mile pace at last year's Championship, he's a major reason we can optimistically say, "Just wait 'til next year!"







Carlos Castelo, John Staroba, Puddles Downing at the PA Championship









Swift Audrey Schrift, Ellen Besobrasov, Holly Enzler, and Deb Murray



The Empire Women: bottom left to right: Team Captain Tori Meredith, Shelli Gordon, Deb Murray, Cathy DuBay, Shelly Lydon, Holly Enzler, Janice Oakley. Top left to right: Robin Stovall, Laura Mills, Michelle McConnico, Lori Winkler, Val Sell, Julie Moore, Audrey Schrift, Lisa Youmans, and Ellen Besobrasov.

Final 2004 PA Cross Country Team Standings

		55 C		ner y ream	~ *************************************		
OPE	N MEN:		OPE	EN WOMEN:			
1	TRANSPORTS ADIDAS 88.5		1	IMPALAS	90		
2	HUMBOLDT 72		2	WVTC	78		
2 <u>3</u> 4	<u>EMPIRE</u> <u>67.5</u>		3	HUMBOLDT	69		
	AGGIES 60		4	CAL TRI	58.5		
5	NB EXCELSIOR 54		5	FLEET FEET/SAC	53		
6	CAL TRI 54		<u>6</u> 7	<u>EMPIRE</u>	<u>48</u>		
7	WOLFPACK INTL 43		7	NB EXCELSIOR	45		
8	GVH 37.5		8	GVH	28.5		
9	FLEET FEET/SAC 35.5		9	AGGIES	25		
10	WVTC 30.5		10	BUFFALO CHIPS	13.5		
11	RIVER CITY REBELS 3		11	TRANSPORTS ADIDAS	6		
12	TAMALPA 1.5						
MAS	TERS MEN:		MAS	STERS WOMEN:			
1	RIVER CITY REBELS NB	87	1	<u>EMPIRE</u>	<u>88.5</u>		
2	EXCELSIOR	80	2	IMPALAS	84		
<u>3</u> 4	<u>EMPIRE</u>	<u>63</u>	3	FLEET FEET/SAC	73.5		
	AGGIES	59.5	4	TAMALPA	42		
5	TAMALPA	58.5	5	WVTC	40.5		
6	FLEET FEET/SAC	56	6	WOLFPACK INTL	34		
7	GVH	50	7	GVH	21		
8	SANTA CRUZ TC	49	8	SANTA CRUZ TC	7.5		
9	SPARTAN T&XC	22.5	8	PACIFIC STRIDERS	7.5		
10	PACIFIC STRIDERS	9	8	BUFFALO CHIPS	7.5		
			11	RIVER CITY REBELS	6		
SEN	OR MEN:		SENIOR WOMEN:				
1	TAMALPA	88.5	1	IMPALAS	90		
2	<u>EMPIRE</u>	<u>85.5</u>	2	FLEET FEET/SAC	76		
$\frac{2}{3}$	RIVER CITY REBELS NB PACIFIC	72	3	TAMALPA	65.6		
4	STRIDERS	70.5	4	WVTC	13.5		
5	BUFFALO CHIPS	57					
6	SPARTAN T&XC	54					
7	FLEET FEET/SAC	41.5					
8	EXCELSIOR	9					
SUP	ER SENIOR MEN:		SUPER SENIOR WOMEN:				
1	TAMALPA	88.5		NO TEAMS			
2	EMPIRE	<u>85.5</u>					
<u>2</u> 3	FLEET FEET/SAC	49					
4	BUFFALO CHIPS	37.5					
		•					

Final 2004 PA Cross Country ER Individual Standings

Empire Runners, Women										
OPEN		MAS	TERS	SENIORS						
3	CATHERINE DUBAY	2	CATHERINE DUBAY	27	AMY GANDY					
9	VAL SELL	3	VAL SELL							
34	MICHELLE LYDON	7	MICHELLE LYDON							
59	LISA YOUMANS	18	TORI MEREDITH							
62	TORI MEREDITH	20	LISA YOUMANS							
66	HOLLY ENZLER	27	HOLLY ENZLER							
77	JANICE OAKLEY	30	ELLEN BESOBRASOV							
93	LORI WINKLER	31	LORI WINKLER							
93	DEBRA MURRAY	44	SHELLI GORDON							
120	KARIN ENSTAM	48	ROBIN STOVALL							
121	ANITA CROWLEY	50	CAROLYN DUBAY							
142	MICHELLE MCCONNICO	70	LAURA MILLS							
153	SHELLI GORDON	73	JULIE MOORE							
174	ELLEN BESOBRASOV	80	AUDREY SCHRIFT							
174	MADY STEWART	100	AMY GANDY							
178	BIRGIT SACHER									
180	CAROLYN DUBAY									

Empire Runners, Men									
OPEN		MASTERS		SENIORS			SUPER SENIORS		
16	CHRIS GILBERT	14	BRIAN PURCELL	2	BUTCH ALEXANDER	2	BRENDAN HUTCHINSON		
21	GARY BLANCO	17	BUTCH ALEXANDER	6	DANIEL SCHAFER	6	ROBERT HOLLAND		
26	KENNETH BROWN	24	BOB ROGERS	7	JERRY LYMAN	13	DENNIS TUOHY		
38	ERIC BOHN	44	ALEC ISABEAU	11	PARKER MILLS	17	ERNST BOHN		
53	JOHN STAROBA	45	TY STRANGE	29	JOHN ROYSTON	19	DAN PRESTON		
62	CARLOS CASTELO	56	LARRY MEREDITH	31	TERRY GOETZEL	24	JOHN LANDER		
145	BRIAN PURCELL	61	JERRY LYMAN	34	BRENDAN HUTCHINSON	29	MARTIN JONES		
146	JOSHUA DORRIS	67	STEPHEN CLEAL	43	ROBERT HOLLAND	30	WES BEESON		
171	ERIC WALKER	73	DANIEL SCHAFER	50	MARK FITCH	33	GEORGE URDZIK		
174	BOB ROGERS	82	PARKER MILLS	60	BILL BROWNE	35	DALE TROWBRIDGE		
176	ALEC ISABEAU	88	BOB FINLAY	62	DENNIS TUOHY	39	TERRY MCNEILL		
181	ERIC DOWNING	105	MARK CURRAN	67	DAN PRESTON				
189	STEPHEN CLEAL	107	NEIL PINKERTON	71	ERNST BOHN				
		113	STEPHEN STARKWEATHER	74	DONALD SAMPSON				
		116	TODD BERTOLONE	75	DENNIS FAGENT				
		116	SCOTT AMES	79	WES BEESON				
		139	TERRY GOETZEL	91	JOHN LANDER				
		140	BRENDAN HUTCHINSON	96	JON HERMSTAD				
		149	JOHN ROYSTON	101	DOUGLAS SCHROCK				
		152	DALE PETERSON	107	MARTIN JONES				
		156	MARK GRISMER	110	GEORGE URDZIK				
				110	TERRY MCNEILL				

[The following account of the John Lawson Tamalpa Challenge PA X-C race, held November 30, was inexplicably omitted from last month's newsletter.—Ed.]

Masters Women Win Tamalpa X-C

Cathy DuBay finished 3rd overall and Val Sell came in 10th as the dynamic duo led the Empire Runners Masters Women¹s cross country team to their 3rd win of the season in the Pacific Association cross country race series. They easily defeated the defending series champion Impalas team by a score of 8 to 23 to move within 3 points of the division lead for the year. Sell knocked 30 seconds off of her time from a year ago to finish 4th in the masters division.

"This is most likely the best cross country race in the state," DuBay said afterwards. "I think the race director was correct in stating that the race's namesake, John Lawson, is looking over the race each year providing the best weather for racing and the best conditions on the trails."

The Tamalpans are known for putting their special touch on an event, and this year that included the awards handed out to the top individuals. "I have never, in all my races -- and there have been over 200 -- received such a goofy prize," claimed DuBay. "I was given a CD titled 'Dr. Elmo's Twisted Tunes' and twisted they are. Famous for his 'Grandma got ran over by a Reindeer,' Dr Elmo's Twisted Tunes include the soon to be famous 'Lose that Lard' and 'Preachers Just Wanna Have Fun.' But, hey, don't look a gift horse in the mouth..."

Shelly Lydon chimed in on the uniqueness of this event. "What can you say? Beautiful course. Perfect weather. Challenging competition. Great schwag! You know those Tamalpans, they really know how to...aaah, never mind."

Lydon has been the team¹s number three runner most of the season and came through again at Tamalpa. "At the gun I snuck in behind Cathy," she recounted, "and was moderately concerned when by the first turn I was still just off her shoulder. "Not long after that, Val went by me and things started to settle into the normal course as the front-runners slipped away."

Lydon finished up in 9th place among masters runners and claimed the club¹s "Most Improved" honors by cutting a remarkable 2:32 from her 2003 time on the course. "I love the section from the top of the switch-backs to when you come out onto the blacktop," Lydon said. "The rollers, hairpins and gnarly roots keeping your mind occupied as you struggle to keep pace and hold off the runners breathing down your neck. Even though we stirred up the bees, I had a great day!"

Lisa Youmans took 13th and **Holly Enzler** was 15th in the division to wrap up the win for the Empire Runners. Youmans ran 52 seconds faster than she did a year ago.

In a testimony of club strength, the 'B' Team finished in 4th place, defeating teams from Tamalpa and West Valley Track Club. That squad was led by **Lori Winkler**, who took 17th with an improvement of 1:18 under last year's time. Right behind her came **Tori Meredith**, cutting 13 seconds from her 2003 mark. **Ellen Besobrasov** had the 2nd-best PR of the day, lowering her previous mark by 2:09 to take 22nd among masters. Then came **Robin Stovall** in 26th, **Laura Mills** in 32nd and **Julie Moore** in 33rd.

"With cross country racing being all new to me this year, the Tamalpa Challenge was the longest run I've done," said Moore, who added to the unanimous praise for this event. "It was great to cross the finish line! Although the course was long, I thought it was nice and didn't seem too difficult. The weather was just right too."

The Open Women came in 5th place as the top three on our team finished in a span of less than 30 seconds. **Anita Crowly**, competing for the first time in two months, led the way in 27th place, just seconds ahead of **Janice Oakley**, in 28th and **Michelle McConnico** in 30th. Then came **Lesley Field** in 37th, **Birgit Sacher** in 39th and **Kathy Bisordi** in 41st. Bisordi ran a PR for the 2nd-straight year, knocking 7 seconds off after improving by 43 seconds last year.

"The first half of the course was fast," said Sacher. "The technical switchbacks kept my mind off the pain in the fourth mile and there's nothing like a downhill finish. The views of the water were fantastic but the Masters Women told me they were going too fast to look up and see."

Our Senior Men continued their season-long struggle with the host club and Tamalpa prevailed, 18 to 25. The next-closest team had 69 points and the Empire 'B' Team knocked off three teams to take 5th in the division. **Butch Alexander** had another strong showing, taking 3rd place in the division to maintain his spot at the top of the standings for individuals this season.

Dan Schafer and **Jerry Lyman** both ran faster than they did last year and both made it into the top 10 among seniors. Schafer cut his time by 1:05 and Lyman improved for the 2nd-straight year, cutting 36 seconds this time after improving by 11 seconds in last year's race. Add **Parker Mills** to the list of most improved, because he slashed 57 seconds from his 2003 PR to take 13th.

Mills commented, "Once again I started too fast thinking my training would allow me to run with the Schafer-Meredith-Lyman trio. I did fine for about two-and-one-half miles when the forces of gravity started to overcome my 180+pounds and I slowed down. I got passed in the last 3/4-mile by a Tamalpa runner who I almost caught at the finish. If someone had not yelled at him, I just might have been able to nip him at the line as I was closing fast. All in all a good day and a good race. I continue to be inspired by the great running of the women's team."

Terry Goetzel continued his rapid return to racing form (see Jerry Lyman¹s story below), moving onto the 'A' Team and finishing 16th in the division. **John Royston** wrapped up the 'A' Team scoring with his 20th-place finish.

The senior 'B' Team was led by the one-two punch of **Mark Fitch** and **Jon Hermstad**, finishing 27th and 28th, just 2 seconds apart. Fitch claimed his 2nd-straight PR, taking off another 16 seconds after hacking over a minute from his PR last year. **Bill Browne** was within shouting distance of that pair in 31st place and his effort resulted in a whopping 1:23 improvement from his 2003 version on this course.

"This is the best course of the whole series," claimed Browne, "with a little of everything and the weather was great. I felt good this year and ran even 6:45-to-7 minute splits and passed a few and got passed. Had to battle it out with a Tamalpan the last 1/3-mile from the hairpin, across the parking lot to the finish, but didn't have enough spadework in me and got nipped at the finish. All in all a good, hard race.

And what about **Don Sampson**, our next senior, who followed up a 41-second PR last year with a 39-second improvement this time around. **Doug Schrock** then wrapped things up for the 'B' Team with his 46th-place finish.

Brendan Hutchinson entered the race as the top Super Senior in the PA standings but a freak accident may have derailed his title hopes. Seems he was running along Channel Drive a couple weeks ago and bird-watching at the same time. Rolled his ankle good. What are the odds? The guy spends most of his waking hours hiking off-trail in

rugged terrain, following wildlife all over the local parks and he sprains his ankle on smooth pavement.

Well the Hutch did what any other wild animal would do and just toughed it out on the Tamalpa course. He wound up 9th in the division, just a few seconds behind teammate **Bob Holland**, and was happy that the host club provided the kind of pain suppressant that comes in a keg. A duo of **Dans** came in next, **Tuohy** taking 12th place just one second ahead of **Preston** who, by the way, is a two-time PA cross country individual champion, taking back-to-back senior titles in 1995 and 1996. **John Lander** then finished 14th and **Dale Trowbridge** was 18th, giving the Super Senior Men 2nd place among teams.

The Open Men¹s team is hanging onto 2nd place in the season standings and ended up 3rd at Tamalpa, edged out for 2nd by their rivals to the north, the Humboldt Track Club. **Gary Blanco** returned to form to lead the team, finishing 20th, two places and 10 seconds ahead of teammate **Chris Gilbert**. Junior team member **John Staroba** had a breakthrough race for the 2nd year in-a-row, crushing his course PR by 1:30. He had lowered it by 49 seconds last year. Staroba edged out team captain **Eric Bohn** by just two seconds to finish 30th.

"Eric was on my heels yelling for me to go faster the entire race," said Staroba afterwards, "without any sign of shortness of breath. Sort of like that shoe commercial where the cheerleaders are keeping pace with the runners up some ridiculous climb. Beating him at all costs was all I was thinking about, and thanks to him I got a pretty good result."

Kenny Brown took 36th and **Carlos Castelo**, who was among the unfortunate racers last year that took a wrong turn on the course, finished 41st this time. **Eric Downing** finished it off for the open team, slicing 18 seconds from his 2003 mark in placing 68th.

The Masters Men have been among the top three teams in their division all season long but ran up against some tough competition here and ended up 5th. Former PA champ **Ty Strange** made his season debut, racing (running only) for the first time in months after a season of triathlon training and competition. He led the team with his 19th-place finish.

"What...no swimming, no biking, and only 4.6 miles of running?" Strange complained, "Guess I didn't need to bring my wetsuit... "Glad to see everybody again!"

Brian Purcell, after years of competing for Tamalpa on this course, has been the top Empire Runners masters racer in all previous races this year. He finished just five seconds behind Strange in 20th place. Purcell improved his mark by 11 seconds last year and this time cut another 20 seconds off.

The next four masters runners for the club finished within a span of 16 seconds, **Bob Rogers** leading the way in 38th place. **Steve Cleal** had his best performance of the year to take 39th, just two seconds ahead of **Alec Isabeau's** 41st

spot. Then came **Larry Meredith** in 43rd and **Mark Grismer**, making the 'A' Team for the first time, in 49th.

Stephen Starkweather led a 'B' Team effort that ended up in 10th place to easily outdistance the Tamalpa 'B' Team.

"I was slower than last year," Starkweather reported. "However, I'm happy with my race. Last year was an exceptional year for me. You can't keep getting faster every year. That's the sad thing about running. So you have to come up with other ways of looking at it. My quad tightened up for a mile of the race. But then it got better after **Bob Finlay** went by and so I passed him again and had a good finish. A good time had by all -- or at least most of us."

Finlay indeed ended up just three seconds back of Starkweather and was followed closely by **Scott Ames**. Then **Jim Lynch** turned in an impressive PR, cutting 1:15 from his 2003 time to take 55th, just a step ahead of teammate **Neil Pinkerton**.

Pinkerton was encouraged by his effort. "This race was the first one where I didn't feel like I was dying all the way around. I guess that is an improvement. I improved slightly relative to everyone else so I feel good about my run. The course was fantastic -- really varied and interesting. I think the fact that it wasn't a loop course really helped psychologically. It is heartening to see the enthusiastic participation in the sport of cross country not only with the Empire Runners but other teams as well."

It was also a good day for **John Harmon**, who stripped 32 seconds from his 2003 PR to take 59th. First-timer **John Fitzpatrick** finished next for the club, taking 65th, and then **Dale Peterson**, coming off his Chicago Marathon effort earlier in the month, took 67th and **Scott Montrose** finished 68th.

More Tamalpa Challenge

Bring It On!

by Mark Fitch

Tamalpa is the team I love to beat, but I respect their speed and depth and I definitely give them huge kudos for putting on a great race. The China Camp course is my favorite venue, with its bayside trails and winding foothill single-track.

This year I made the Tamalpa Challenge a focus race. Besides liking the course, I've raced on it two previous years, and I've been injury free of late. Also, my wife Patti was there to cheer for me and my Empire teammates for the first time. I was ready for a massive PR. (Sub 31:00 was my goal). My plan was to go out conservatively and get stronger/faster with each mile.

Mile 1 came in 6:37. I felt good, tried to focus on good form, and was verbally encouraged by some of our great lady

teammates. I wanted to pick up the pace a bit but was surprised when mile 2 came and my split was 6:58. Hmmm. So much for picking it up! I was running well and passing a few runners so I tried to keep at it.

The split at Mile 3 came in at 6:54, and I still felt pretty good. I could see runners ahead of me and I figured I was running out of trail to make any moves. The two Spartan Track runners I perpetually end up racing were just in front of me. I knew the main hill was approaching and I had planned to use the **Bob Holland** style of hill running. Normally I pass guys on the hills only to be passed back on the other side. This time I eased up on the switchbacks and accelerated at the flats at the top. I felt better than normal and decided to go after the guys ahead of me.

It was fun winding around the hillsides on the single-track. Every one seemed to be accelerating. It was a foot race! Mile 4 came in at 7:42 which I still find hard to believe. I guess I'll blame it on the hills. The last 0.6 was flat-out. I passed Spartan man #1 and I was chasing and passing a few others. A long-haired Tamalpan was unrelenting but I was tenacious. I chased him and an unknown down the anklebreaker switchback just before the parking lot. When we hit the pavement I passed them both. I knew I had committed myself and I wondered if I could hold them off until the finish.

I heard their footsteps right behind me the whole way down the home stretch. These guys were not giving up! We hit the gravel and the at last the Finish and I was in front! My time was 32:06 which was a 16-second PR. Not so massive but as **Dennis Fagent** likes to say, "Quicker is better." I'll take it! I was also pleased to take a mug or two of the Tamalpa brew that was so kindly offered to all.

It was a great day and I got faster. I was pleased. But I am still wondering why I still finish with the same guys. I'm thankful to have the good health to run. Thanks to all my teammates for your encouragement!

More Tamalpa Challenge

Senior Moments

by Jerry Lyman

The Tamalpa Challenge was to be the big showdown between our senior men's team and Tamalpa's. Last year we caught them by surprise, upsetting them on their own turf by a single point. Unfortunately they were ready for us this time and brought in their ace, Don Porteus, who normally focuses on the road race series and didn't run the Challenge last year. Porteus finished as their third-place runner but ahead of our second- and third-place runners (**Dan Shafer** and me) to give them a solid win to our solid second place.

Nevertheless, we ran really well. Our first four scoring runners (**Butch Alexander**, Shafer, I, and **Parker Mills**) averaged 44 seconds per man faster than last year. Cooler

weather probably had something to do with that, as we weren't the only ones to improve from last year (but 44 seconds per is huge.)

One very encouraging note was the performance of **Terry Goetzel**, competing for the second time this season. Terry, who ran as our #1 guy last year until Butch showed up, suffered a terrible accident last spring. **HE CAUGHT HIS ARM IN AN INDUSTRIAL LAUNDRY PRESS!!!!!!!!** (It hurts my fingers just to type this.) A few reconstructive surgeries including extensive skin grafting and long, painful recoveries have, needless to say, interfered a bit with his training. But he's back, finishing as our fifth senior at Tamalpa. His improvement just from his race three weeks ago at Presidio was awesome.

Again, for the 4th time this season, unprecedented in the history of the PA and the universe, the Empire Runners seniors scored both A and B teams in their division. **Mojo Royston** finished out the A-team as sixth man. B-team runners in order of finish were **Mark Fitch**, **Jon Hermstad**, **Bill Browne Don Sampson**, **Dale Trowbridge** (a dropdown super-senior) and **Doug Schrock**. Depth is important in this division. Seniors are known to drop like flies.



Prince Greenway Run/Walk, November 13

Of Princes and Paupers

Everyone has his or her favorite races. For months I knew that I would not race at the Prince Greenway run. Not because it seemed like a bad race but rather because I knew I would still be recovering from my marathon. Anyway, I knew that I would have to drop two races from the Grand Prix and had decided it would be Kenwood where I always volunteer, and the Prince Greenway for reasons already revealed. So, I very well could have simply slept in that morning and let others tell me about it later. That had been the case last year when Robin had a cold and we both missed the race altogether. This year Robin was well, but I had definitely decided not to run. Still, weeks before the race I determined to show up as a race day volunteer. Partly just to take part in some capacity, partly to help out Ron and Rhonda Jacobs who have always supported the race I put on

in the spring, and partly to help support a very good cause. You see the Prince Greenway run is a fundraiser to help feed the hungry. Not the Empire Runners who are always hungry, but the truly unfortunate who know real hunger.



Kathy Bisordi on the Prince Greenway

Since last August I have been riding my bicycle to work. Rain or shine, dark or light I have been heading out and back on the Prince Greenway from Stony Point road to Mendocino Avenue. Roughly half of the racecourse. The Greenway is godsend to cyclists who would otherwise be forced to ride east and west on narrow 3rd street or crowded College Avenue. It's nice to ride without fear of being run over by some idiot in a monster suv talking on a cell-phone. Yes the Greenway is godsend to cyclists.

But it is also a kind of home for the

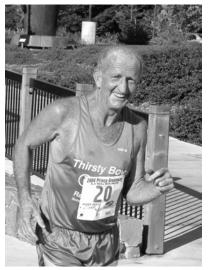
homeless. Whether these folks were living here as I suspect before the Greenway was constructed, or they began to show up after the bike path was built I couldn't say. Either way, they are here now. Riding on the Greenway day after day has given me the opportunity to observe some of these folks. At first I found them to be somewhat intimidating, the

unknown always is, but over time I have found that just like other people they are all individuals. I almost feel like I know some of them. Certainly more so than the hundreds of people I used to pass back and forth on highway 101 when I worked in Petaluma. The first guy I usually see each morning camps out under the Dutton avenue bridge. Most mornings he is wrapped up in his battered old red sleeping bag, but sometimes if the sun is shining he will be up and either lighting the stub of a cigarette or fixing some rudimentary meal. Never have I seen any acknowledgement from him that another human being was in his presence. Whether this is conscious behavior or not I could not begin to tell. Another individual that I often see appears to be either Hispanic or perhaps Native American. He is always friendly and smiling. always says hello or "good morning sir" in what can only be described as an absolutely genuine manner. Then there is a guy who seems like a zombie. He always shuffles slowly

along staring straight ahead. Ramrod stiff in an old trench coat, seemingly oblivious to all around him.

Now of course I see many others on the path as well. Other cyclists on there way to work, walkers, people with dogs, kids hanging out, city maintenance workers and even cops from time to time. Still, it is the

cops from time to time. Still, it is the homeless people that stand out. It is surprising how many of them own bicycles.



Darryl Beardall

And many of these are downright decent machines. Stolen? Who knows? Besides the folks with obvious mental problems there are some who seem marginally functional. Is this a lifestyle choice for them? And whether it is or is not, how long can they live like this before they too have mental problems? There they are, camped under the bridges or down by the water. And it strikes me how much this is truly like camping. But for them it is not recreation. Though the old Hemingway observation that there is a leisure class at both ends of the social spectrum rings true. I, a functioning member of the working-class ride by the bum asleep on the bike-path while above me in the hotel, the Nuevo-rich sip on their bloody-mary in the spa.

The day of the race, the homeless did not scatter to the winds the way one might expect. Mostly they stuck to their roosts under the bridges. Some of them asked me as I sat at my post at the one-mile mark what was going on. The

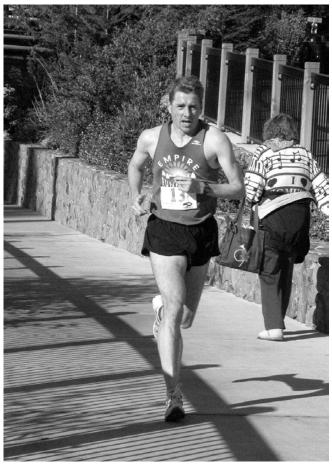
question seemed so natural. So normal. And I wondered. How did they get here? How did they reach this low station? It is easy to blame them. And some of them may deserve blame. Don't we all for our bad decisions, for our habits and for our laziness? But if we consider how so many of us ended up where we are, it seems like a cruel roll of the dice.

I heard one or two complaints about the race fee, and I heard one or two cynical comments about the fundraising aspect of the race. However watching the large numbers of people who were clearly here to support a good cause drowned the negativity out. In the front and even the middle of the pack it was hard to judge what motivated the runners to be here this day. I am sure the answer varied from runner to runner. But towards the back, in the ranks of the very slow runners and the walkers it was more evident that these folks were here to do something more than just set a "pr"



Tenzing Sherpa

or win a medal. They were here to celebrate the Greenway, spend some time in the bright sunshine and perform a small act of kindness.



2004 Prince Greenway champion, Eric Bohn

The race was clearly a ringing success. Ron and Rhonda should be proud. Great event. Great cause. Construction on the Greenway continues even while vandals chip away at the areas already completed. I feel like the Greenway could swing either way. It could become the beautiful centerpiece of a revitalized downtown or it could just as easily fall into disrepair and neglect and become an ugly eyesore. Right now it is the meeting ground between the haves and havenots. I think it is a very good thing that we should all rub elbows. Then perhaps we can all see at last that we are all human beings and stop judging each other. We may not be able to walk a mile in the other guy's shoes, but perhaps we can walk a mile next to the other guy! Perhaps this will spark compassion in one and hope in another.

The days have gone cold and I have not seen some of the familiar faces under the bridges. I hope that they have gone to the shelter to get out of the freezing temperatures. I worry, and I wonder as I write this in the warmth of my comfortable room. I wish no more and no less for them than I do for anyone else who spends a few moments of time living on this earth. I hope they are warm and safe, feel the touch of a friendly hand, see the gleam in another eye, hear laughter, fill their bellies and sleep well tonight.

DM Peterson

USATF CLUB NATIONAL X-C CHAMPIONSHIP

An email to the Newsletter from Steve Laurie:

After I graduated from UC Davis last June, I decided to put off going to grad school and really focus on my running full-time. I moved to Eugene in August to join Team Eugene and was really happy with how easy the transition was to a new town, new coach, and new lifestyle without school!

The club nationals race turned out great for me despite the muddy and cold conditions. I had 1/2 inch spikes in, but it quickly became obvious that the footing was going to be tough when I was doing strides and the mud went to the top of my shoes. My plan was to get out hard and basically go straight to the front of the field before we hit the first set of hills about 800m into the race. I was probably in the top 10-15 places at the mile mark and then tried to settle in and maintain a rhythm through the really muddy sections. After that, I never really knew where I was in the race and just kept trying to race people around me. I was pretty sure I was running well based on the individuals around me and was happy for placing in the top thirty. Overall, my training program changed a lot since I moved up here with consistent two-hour long runs every Sunday, 8-10 mile tempo runs, and averaging about 85-90 miles per week, so this race gave me a lot of confidence that moving up here and putting the rest of my life on hold to pursue running was the right decision.

Next up for me will probably be the USA Cross Country Nationals in February up in Washington, but my focus will be on running a fast 10K down at Stanford at the end of March. Matt Lonergan, my coach, has done a great job in developing runners to run fast on the track as well as in national championship road races, and I'm really starting to adapt to his training program. The first few weeks I was up here the workouts were really tough and I'd just go home and sleep all day. But now I'm getting used to the longer intervals and faster paces and am hoping to run fast enough this spring to qualify for USA track nationals in the 10K and long term, the Olympic Trials in 2008.

Best in running, *Steve Laurie*

Empire Runners Open Team Results (38th Place) USATF X-C Club Nationals, Portland Oregon, Dec 4

258. Chris Gilbert, 34, 37:54.24

259. Gary Blanco, 37, 37:54.76

297. Kenny Brown, 35, 39:08.38

298. John Staroba, 25, 39:14.13

299. Eric Bohn, 38, 39:17.27

340. Eric Downing, 33, 44:44.16

Link to complete results:

http://www.usatf.org/events/2004/USATFClubXCChampionships/results/



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

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Entry: Race day only; \$6 for Empire Runners, \$8 for non-members

CLUB PARTY!

SATURDAY, JANUARY 29
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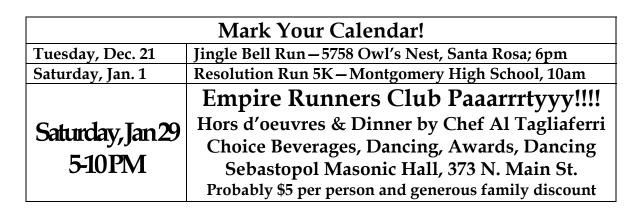
Empire Runners Training January 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10M at medium pace 8:30a Parktrail Drive at Summerfield Drive	7M at comfortable pace 7:00p 1932 Yolo Court, SR	6M with 3M at medium-strong pace 5:30p 3390 Princeton Drive, SR	5M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	<u>/M with 10x60</u>	31 at comfortable pace or off Midnight Run 2M, Sacramento	5K, 10 a.m.,
5M at comfortable pace 8:30a Cobblestone Trailhead on Channel Drive	5M at comfortable pace 7:00p 1932 Yolo Court, SR	14x400m@2M G.P. 5:30p 3390 Princeton Drive, SR	5M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	8M at medium pace 4:30p Howarth Park	7 5M 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
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	7M total with 1.5M (8-11 min.) at strong pace 4:30p Howarth Park	14 3M 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
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	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	21 5M at comfortable pace or Off	22 1.5M jog, 10x30 sec. at 2M G.P., jog 30 sec between each 8:30a Y'Allcomers Training Run, Railroad Square, SR
23 12M at medium pace 8:30a Lawndale Trailhead off Lawndale Road in Kenwood	24 4M at comfortable pace 7:00p 1932 Yolo Court, SR	25 1.5M jog, 15x45 sec. hill repeats 5:30p 3390 Princeton Drive, SR	26 4M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	5M at medium	28 3M at comfortable pace or Off	2x1.5M at 10K
12M at medium pace 8:30a Parktrail Drive at Summerfield Drive	5M at comfortable pace 7:00p 1932 Yolo Court, SR	1.5M jog, 12x60 sec. hill repeats 5:30p 3390 Princeton Drive, SR	7M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	9M total with 2.5M (14-17 min.) at strong pace 4:30p Howarth Park	4 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

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