



Empire Runners Newsletter

Volume XXVI, Number 7, July 2001

Dipsea Doodlings

by Terry McNeill

Eight Empire Runners braved injuries but gained honor June 10 in the famed 91st Dipsea cross country run, currently behind the Boston Marathon as the second oldest competitive footrace in America.

Under clear and unusually cool skies, Sebastopol's Brian Purcell led the Sonoma County contingent to their only black shirt of the day, number 20, in a smooth 55:25. In this handicapped, two division, point-to-point classic over Mt. Tamalpais from Mill Valley to Stinson Beach, the first 35 finishers receive special shirts. And there was quite a battle for 35, as four runners were within 10 seconds after 7.1 grueling miles of steep climbs, nearly 1,400 up-and-down steps, thickets of poison oak and precipitous plunges through gullies to the waiting Pacific Ocean strand.

Last year's champion, Larkspur's Shirley Matson, was said to have severe Planter faciitis all spring, and actually walked slowly to the podium at the nostalgic *Dipsea Legends* banquet two nights before the run. But on race morning, she had strength enough for an actual 1:08:25, bringing her a third championship trophy, and a clock time of 46:24. She is the only woman to win more than twice in 91 years. Pre-race favorite Russ Kiernan was again second in 1:00:52, and San Francisco's



Ten yards from the finish line, 94-year-old "Dipsea Demon" Jack Kirk strides to his 66th consecutive Dipsea finish in just over three hours.

Chris Phipps grabbed third with the best time of the day, 48:27. Perennial best-time leader Mike McManus was ninth in 49:15.

How did Sonoma County's troops do? Included in the post race comments were:

Brian Purcell - "Due to a February injury doing the Lydiard hill bounding program, my Dipsea training didn't begin until May. The scratch time was two minutes slower than 2000, but thanks to getting older I won my ninth black shirt. My best Dipseas have been on long, slow distance in preparation for the Western States 100 Mile race which comes two weeks after the Dipsea. Speed work is over rated for doing a great Dipsea."

Don Madronich - Placed # 1016, 1:54:35. "I finished my 33rd Dipsea, first running it in 1968. It's second only to Darryl in the Club. It's been a tough year, with little training time and some pesky injuries. I wouldn't miss the Dipsea for anything. Next year will be my comeback."

Greg Clementi - Placed # 356, 1:08:47. "It was my seventh, and I just didn't have much in the legs today, and never really trained for the hills. Going down Steep Ravine was a trial. I shall return."

Darryl Beardall - Placed # 127, 1:14:57. 1974 and 1978 Champion. "After 45 Dipseas, second only to Jack Kirk, I thought this one would be at least better than last year when I took a fall on the Steep Ravine steps. Both my hips were hurting, and the bandage on the right thigh didn't help. I had little on the hills and little more on the downhills. Not a successful effort."

Len Allaire - Placed # 1181, 1:30:50. "What a fantastic experience. My Mother was here to watch, and my Sister Mary did a sensational 1:17. The crowd and ambiance were wonderful. The Dipsea is unique."

Bill Browne - Placed # 670, 1:11:54. "I was full of excuses this year, but the bottom line was that I had to get into the Invitational Division by running in the top 700. I did three training runs from the top of the stairs to Cardiac and back, and was getting my times down to the day of the Pacific Sun when I tried one of my Dipsea course runs and hurt my knee on Dynamite just after the Muir Woods creek and bridge. It was still sore at the Hit-The-Road-Jack 10K, but my 40:40 time seemed easy and the pain was gone. The night before the Dipsea I debated whether to go at all, since I knew this course can't be faked and I had a good chance of being out the rest of the summer if I really charged the downhills. Just starting a new job too, and they probably wouldn't understand if I blew out my knee on a "trip" to the beach. No one understands the Dipsea except 1,400 other lost souls. In the starting chute I was still wondering what I was doing there but remembered being out of the Dipsea for 10 years and only gaining two extra lousy minutes. This race isn't about winning, but about the course and trying



Empire competitors Brian Purcell (left) and Terry McNeill catch their breath in the finish chute of the 91st Dipsea Race June 10th at Stinson Beach.

not to walk if you can fight it. Denial is your friend, as are the hills and stairs, and Insult is the best hill because it's the last one. I started slowly, as who is in a hurry to mount 676 steps? I felt good going up, and took the downhills, including Suicide, easily. Going out of Muir Woods my thighs weren't burning and I joked with the other slugs around me - casual, slow and under control. I realized then that I probably can make the cut for 2002. My legs felt too good at Stinson beach, not the feeling you are supposed to have after this race. It was enjoyable for once, and the camaraderie was great with the other runners. For once I was able to play it safe and protect my body, so I guess I am maturing, but I don't want to grow up and be responsible. The rest of the Empire Runners and Dipsea Demons will laugh at me. Oh, wait to next year."

Mike Stafford - Placed # 727, 1:14:31. "I drove down with Bill Browne, and feared I wouldn't do well with a tight Achilles from climbing Mt. Shasta the previous day. Twelve long hours. But I did okay. Easily under 75 minutes.

Terry McNeill - Placed # 169, 1:11:47. "It was a controlled race with none of the spills into poison oak which occurred during practice. I had two stumbles and a 25-second PR. Things were pretty jammed on the bottom of the Swoop and the first shortcut of Panoramic which made passing tough, costing perhaps 20 or 30 seconds. I got to Muir Woods Creek at 21:15, well under the planned 22 for a 70-minute Dipsea, but couldn't attack Dynamite and Cardiac aggressively enough. Some people do no Dipsea downhill work, only training for the hills. I discarded one of the shortcuts Darryl taught me, but heard of a great one located early in the race. The few who know of it have pledged me to secrecy but, hey, my Empire pals need all the help they can get. Who is interested in cutting at least 20 seconds with less effort to boot?"

Next year's race may see an expanded Empire effort, as Dave De Selle, Don Sampson, Phil Widener, Ernie Bohn, Leslie Curry, John Anderson and Liz Sinna trained (and got lost) on the course. The romantic lure of the Dipsea may yet bring past competitors (Doc, Pots, 409, EJ) out of hiding, and could present Lisa Isabeau (a spectator this year) with a challenge she can't resist in 2002.

Some final memorable times of notables - Butch Alexander - 1:00:44; Joe Hurtado - 1:13:15; Eva Gut - 1:06:12; Bernie Hollander - 1:10:20; 1989 winner Eve Pell - 1:18:05; Kees Tuinzing - 1:04:47; Edda Stickle - 1:18:12; Elmo Shropshire - 1:15:12; Greg Nacco - 52:25; John Litzenberg III - 51:26; Jennifer Maxwell - 1:07:49; Frank Ruona - 1:06:52; Dave Waco - 1:17:03; 1999 winner Melody-Anne

Schultz - 1:11:22; 71-year old competitor of 42 Dipseas Tony Stratta - 3:03:51; and 94-year old Dipsea Demon, Jack Kirk - 3:11:21. The Demon, who has won the race twice and vows to be back in 2002, has run the Dipsea 66 consecutive years.



Racing Around

Club Member Results from Around the Globe
(compiled by Dan Preston)

See Alice Run

Sunday June 17th
Golden Gate Park, SF
(2543 Runners)

E. J. Bohn - 7th overall in 26:26 (1st 35-39 male)

Christian Wagner - 12th overall in 27:29 (3rd 35-39 male)

Veronica Pineda - 57th overall, 6th female in 31:58 (2nd 25-25 female)

Ernst Bohn - 225th overall in 37:51 (1st 60 and over male)

San Diego Marathon

Sun., June 3, 2001

32. **Ty Strange** 2:38:22 (chip) 1st Master (\$1000).

Quote from Ty: "I had a good race until mile 25 when I got dizzy and slowed to a 6:38 and 6:52 final 2 miles."

1319. **John Lander** 3:42:48 (chip) 4th 60-69

Hit the Road Jack

(Sun., Sonoma, June 3, 2001)

2.2M

7. Butch Alexander 12:54 (5:51) 2nd 40-49

20. Quin Coughlin 14:03 (6:25) 1st 11-13

49. Dale Trowbridge 15:57 (7:14) 2nd 60-69

56. Carl Jackson 16:33 (7:31) 3rd 60-69

92. Wes Beeson 18:01 (8:11) 9th 50-59

10K

2. John Litzenberg 33:30 (5:23) 2nd 30-39

15. Steven Starkweather 38:45 (6:14) 3rd 40-49

16. Jon Hermstad 39:16 (6:19) 2nd 50-59

26. Veronica Pineda 40:22 (6:29) 1st 20-29

29. Bill Browne 40:40 (6:32) 5th 50-59

33. Susan Vasquez 41:20 (6:39) 2nd 40-49

39. Bryan Wehmeyer 42:12 (6:47) 10th 30-39

44. Bob Finlay 42:32 (6:50) 11th 40-49

(Hit the Road Jack 10k Results, cont'd)

51. Walt Bales 43:20 (6:58) 8th 50-59
146. Sally Schalich 48:20 (7:46) 9th 30-39
151. Marc Richardson 48:28 (7:47) 44th 40-49
153. Robert Lutolf 48:33 (7:48) 23rd 50-59
184. Kathy Van Riper 49:39 (7:59) 38th 30-39
236. Anna Derho 51:43 (8:19) 17th 40-49
258. Sheila O'Hanlon 52:32 (8:27) 28th 30-39
486. George Urdzik 1:02:00 (9:59) 72nd 50-59

Pacific Sun Races

(Sun, Kentfield, May 27, 2001)

10K

29. Greg Clementi 38:56 (6:15/mile) 13th 40-44
54. Bill Browne 40:48 (6:33) 2nd 50-54
56. James Lynch 40:57 (6:35) 20th 40-44
81. Bryan Wehmeyer 42:33 (6:50) 16th 30-34
91. Darryl Beardall 43:13 (6:57) 1st 60-64
202. Sally Schalich 49:02 (7:53) 12th 35-39
266. Bob Lucas 52:42 (8:28) 37th 35-39
304. Leslie Huber 54:28 (8:45) 11th 19-29
401. George Urdzik 1:01:55 55-59

2.5-Mile

1st in three age groups!

28. Walt Bales 15:45 (6:18) 1st 55-59
54. Dale Trowbridge 17:53 (7:09) 1st 60-64
64. Carl Jackson 18:27 (7:22) 1st 65-69
95. Toby Stafford 20:15 (8:03) 18th 11-14



President's Message

by Jerry Lyman

KENWOOD FOOTRACE

Last Sunday I had the opportunity to bike the Kenwood 10K course as a group of us set out mile markers and checked for unplanned obstacles (slight jog in the course after mile 5 due to a new barn). My goodness, it is beautiful out there! Usually, I'm preoccupied sucking wind and staring at pavement to appreciate fully how fabulously scenic those 6.2 miles. My advice: Look up once in awhile. See you there on the 4th.

SUMMER RUNNING CAMP-JULY 28 & 29

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So what if you had planned to get married that weekend. Cancel! It's the Summer Running Camp and Major Hoot at the Olema Ranch Campground next to Point Reyes National Seashore. Everyone's required to run 0 to 50 miles over spectacular Point Reyes trails. Delicious and free barbecued salmon and adult beverages -- optional. Cavorting with fellow Empire Runners and Talmalpans -- optional. Singing "Kumbaya" by the campfire-optional. Spending the night under the stars-optional. Having fun -- mandatory.

We need to hear from you if you plan to attend. Call Terry McNeill (526-2447) to reserve your spot NOW.

EMPIRE RUNNERS YAHOO E-MAIL E-GROUP FORUM THING

We now have an Internet forum exclusively for the Empire Runners by which we can send and receive e-mail messages to any and/or all club members who have chosen to take part. How do you choose to take part? If you have not received an invitation by e-mail already, you can find a link on our club website (www.empirerunners.org) that will get you connected. Look for something like "Empire Runners E-Mail E-Group," or something to that effect. If you decide later that you don't want to participate, you can easily unsubscribe. If your e-mail address changes, you can easily inform the network. You are in control. Thank Dan Preston for setting this up.



Open Men's Cross Country Team is Going to Alabama!

With banjos on our knees and the sounds of "Freebird" ringing in our ears, the Open Men's Cross-Country team is making plans for the Fall 2001 season, including a trip to the National Championships in Mobile Alabama on December 1st.

However, before we get too far ahead of ourselves, we need to make plans for the regular season (and we realize that not everyone will want to make the trek to Alabama). At the meeting we will talk about what needs to be done in order to compete

in the Pacific Association Cross-Country Grand Prix, share information about the individual races, plan which races to focus on as a team, and get motivated for the upcoming season.

We will meet: **Thursday July 19th at Montgomery Village Round Table Pizza, at 7:30pm.** Please come and join us, even if you are not sure about running any or many races. Our success as a team does not usually depend on the speed of our top few runners, but rather in fielding a complete team. In order to score, a team needs 5 runners. We do not need to have a team at all races, as only the best 6 scores are kept. You can not hurt a team by running too slow! So please join us, no matter what pace you run. The cross-country races are a lot of fun, and promote team camaraderie that is not often felt at road races. The races are almost always on Saturday, which is a nice change of pace, and our races usually involve a lunch afterwards.

While we will be meeting to plan for the Open Men's team, all runners are encouraged to attend as almost all of what we will be talking about pertains to everyone - and perhaps other teams will decide to join us in Alabama! Ty Strange will be there to meet with the Master's Men team. For any questions or additional information please feel free to call Eric Bohn at 537 - 0513.

The tentative schedule for the Fall 2001 Cross-Country season:

August 25 - UC Santa Cruz (New Race)
September 1 - Empire (Foothill Regional Park in Windsor)
September 8 - GG Park (5K distance for all groups)
September 15 - Crystal Springs (Same fabled course in Belmont)
September 22 - UC Davis
October 6 - Hoy's Excelsior (Location TBD - 1.5 points race)
October 13 - Sierra College (Rocklin)
October 27 - Shoreline Open (Mountain View)
November 3 - Tamalpa (San Rafael)
November 18 - PA USATF Champs (double points, Sunday Race in GG Park)
December 1 - USATF National Championships (Mobile, Alabama)

*Note that there are a total of three weekends before the PA championships that do not have a cross-country race (a bye week). There are PA Road Grand Prix races on those weekends as follows:
September 29/30 - 10K in Paso Robles, October 20/21 - Humboldt 1/2 marathon, November 10/11 - Clarksburg 30K.

-Eric Bohn

2001 Scholarships Awarded

The scholarship committee is proud to announce the award of the 2001 Scholarships for graduating seniors to **Naomi Bisagno** and **Nick Millar**. Naomi and Nick will each receive a \$500 scholarship towards their college education. The presentation of the scholarships will be at the Kenwood Footrace during the race awards ceremony. It's a pleasure to see these scholarships go to such highly deserving students. This fall Naomi, a Piner High graduate, will be attending University of California at San Diego and Nick, a Montgomery High graduate, will be going to Humboldt State University in Arcata where they each plan to continue the fine running careers that they have started. I hope you can all attend the awards ceremony in Kenwood on the 4th of July to show our support for the first recipients of the Empire Runners Scholarship. Congratulations and best wishes to Nick and Naomi.



Class of 2001: New Members

Way back in January **Francie Turner**, a Special Education Administrator at the Sonoma County Office of Education, joined the Empire Runners Club after receiving encouragement from the "Take Your Time" training group that was formed by **Lisa Anderson**.

Francie writes that she considered herself, "always too slow and not good enough. I could never run fast and was never an athlete."

She really enjoys running in a group. "We talk as much as we run and enjoy coffee afterwards. We laugh a lot and have been known to be silly." Now at 45, her goal is to get in better shape and enjoy an active lifestyle.

Also joining in January, **Shelle Schiffbauer**

is a registered nurse who lives in Windsor. She grew up in Nebraska and lived in Maui for 10 years. Shelle started running 4 years ago in Maui when her friend talked her into running a 5K race.

"I did horrible!" she remembers. "But I had fun at the finish, felt great afterwards, and liked the T-shirts and the camaraderie involved in racing."

Now Shelle loves marathons, having completed San Diego twice, Honolulu twice and has run one each in Maui and at Florida's Walt Disney World. Her latest was the Big Sur Marathon in April.

Mike Drash, a Production Manager for Far Niente Winery, joined in January. He has lived "all over the South" and raced in high school and for a Division III college. Mike is 32 years old and lives in Santa Rosa.

In February **Michael Vilorio** and son **Anthony** joined the club. Michael had been a long-time member throughout the 90's but had been off the member rolls the past couple of years. He'll turn 40 this fall.

Michael, a community organizer, started running after he turned 30. He prefers trail runs and races of 5 to 10 miles and says he is primarily a recreational runner. Anthony is 16.

March sign-ups includes **James** and **Kitty Frazier** of Sebastopol. They just moved to California from Vermont where they had a well-rounded exercise regimen: running, hiking, biking and snowshoeing. James will be 39 in the fall; Kitty turned 33 this spring.

In May, **Deanne Murphey**, a court reporter and mother of two, joined the club. Now living in Santa Rosa, Deanne comes from mountain country. She has resided in Reno, Nevada and Lee Vining, California, a small community not far from Yosemite National Park. She has competed in team triathlons as the swimming leg and says that she is new to running.

June's new members includes Kenwood Vineyards Lab Tech **Heidi von der Mehden**. Heidi has a past that included a stint in the Peace Corps in East Africa, where she became more interested in running.

"I used to just run random trails around my village," she recalls. "When I came home I ran the Human Race, Hit the Road Jack and Kenwood Footrace. I run just for fun and haven't paid that close of attention to my time."

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Heidi ran the Avenue of the Giants Marathon on May 6, finishing in 4:05. She called that experience "Awesome! I felt great at the end!"

Heidi is interested in working on her speed and finding more runners in the area to train with. "I would like to do another marathon, hopefully before the crush this year."

Another June sign-up is **Kevin Correa**, a freshman at El Molino High School. Kevin writes, "This year I ran on the varsity track team. My events and best marks were the 1600m(4:56), 3200m(10:43), and high jump(5ft). I want to join so I can keep in condition for cross-country and soccer."

This is Kevin's first year running competitive track, but he has been playing soccer for over nine years, including years on division III and I travel teams. Kevin was co-freshman MVP for the varsity track team and finished in the top four in SCL.

"I enjoy running the 1600 and 3200, I also want to run the 800 and 400. I know I can run an 800. I have never run a 400, except in practice. I ran a 1:06 400 during a 3200m race, which is my best recorded time."

Anette Niewald joined the club in June. After being a casual "jogger" for years, Anette says she became more dedicated to running in the spring of 1999 when she lived in Yuba City, California. She moved to Santa Rosa in January of 2000 and didn't run much until rededicating herself this spring. She currently runs 20 miles per week and is looking forward to meeting and running with other runners, "especially if you have some slow ones."

Anette was born and raised in Sacramento, where she attended Del Campo High School. In addition to living in Yuba City, Anette spent several years residing in Red Bluff. Now 45, she has two grown children and two grandchildren. She is an Administrative Assistant at a local church.

Of racing, Anette says, "So far I'm comfortable with 5-6 miles, although I'm looking forward to running more races at all different distances including a marathon someday. I am very slow though."

She likes competing in the Human Race and augments her running with strength training for her upper body.



May Meeting Minutes

The May meeting of the Empire Runners was called to order at 7:41, May 24, 2001, Jerry Lyman presiding. Minutes of the April meeting were accepted as read.

Speaker: Philip Sales of the Sonoma County Regional Parks outlined the Sonoma County Outdoor Recreation Plan and explained how that fits with the General Plan. It was an interesting and informative narrative.

Treasurer: Rick Peters reported that the club has \$8537.77 available and an additional \$1063.50 in the scholarship fund.

Races: The Jackrabbit Derby: Results were available very quickly as a result of running the men's and women's races together. Kenny Brown and Susan Vasquez were overall winners.

Kenwood: Flyers have been mailed. The course is a little different this year due to construction. It is not known if the change will be permanent. Saturday and Sunday, June 30th and July 1st preregistration will be held at Fleet Feet. Stuffing party for Kenwood July 2nd.

Russian River Run: Avi won the 8k and Kenny Brown was 2nd in 1:16 in the half.

Summer Track Series: All area high schools have been sent information to distribute to the students to promote the series.

Human Race: See newsletter.

Bay to Breakers: See newsletter

Fitch Mountain: Scheduled for June 10th is looking for volunteers. It will be over before this is in print.

Hall of Fame: See newsletter.

Summer Running Camp: A flyer has been distributed. George Urdzik was alert to point out that Terry McNeill was absent and as such did not submit the budget that he had consented to. As George put it, "Terry has carte blanche with the club funds again."

Scholarship: Awards of \$500 were given to Nick Millar of Montgomery HS and Naomi Bisagno of Piner HS.

Bylaws: Vote to accept as amended.

New Business: Calistoga to Santa Cruz Relay: Motion was passed to sponsor a team to the extent of gas money for relay vehicles.

Parks mailing list: Most members present requested that their names and addresses be made available to the Sonoma County Regional Parks Department to be placed on the parks mailing list.

Raffle: Tori Meredith won the raffle and Ray Corona's name was selected in the monthly drawing.

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The meeting was adjourned at 8:45 to mail newsletters.

In Attendance:

Jovis	Rick Peters
Alec Isabeau	Tori Meredith
Dan Preston	Carl Jackson
Galen Erin	Eric Pots Nordvold
George Urdzik	Don Sampson
Lisa Anderson	John Anderson
Dale Trowbridge	Larry Meredith
Dale Peterson	Jerry Lyman
Lars Andersen	Mojo
Darryl Beardall	Shelly Lydon
Bob Shor	Doug Courtemarche
Bob Finlay	Amy Gandy
Kari Mastrocola	Veronica Pineda
Kenny Brown	

*Respectfully submitted,
Mojo De Scribe*



Salmon Creek Beach 5-Miler

When: Sunday, August 5th
Time: 10:00 a.m.
Entry: \$3 Empire Runners; \$4 non-members
Place: Salmon Creek Beach
Directions: Go north from Bodega Bay on Highway 1 until you cross the bridge over Salmon Creek. Drive up the next hill to the parking lot above the beach. Restrooms are located there.
Bring: Some food for the potluck table and your own drinks. Plates, etc. will be provided.
Questions? Call Joe or Linda Phaby, 546-7892

The Salmon Creek Beach Run, started by the club's founding president Glenn McCarthy in 1977, continues to be probably the most low-keyed race on the Empire Runners' schedule. Not much has changed over the years, and you can pretty much count on the following:

www.empirerunners.org

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(Salmon Creek Beach Run, cont'd)

- Race directors Joe and Linda Phaby will be the first to arrive race day morning, and will take about 20 trips up and down the steps to the beach. Since the course needs no marking, the only set-up needed is finding a piece of seaweed for the start/finish line.
- Runners will spend a lot of time discussing the pros and cons of running in shoes or barefoot. They will complain about the soft sand and argue whether it's better to run through or around the water.
- As runners toe up to the seaweed start line, Joe will give the complicated course directions (run until you reach the big rock and can't run any further, then turn around).
- Race awards will be predictably corny, mostly being purchased at Toys R Us. Don't expect too much.
- Potlucked food will an interesting array of who-knows-what. In the race's early days, we remember one club member who consistently brought goat milk as his contribution. We will also have a barbeque fired up.
- After the run, the real competition begins. Activities contributing to next-morning-pain include beach baseball, football and/or frisbee.

Seriously folks, this is a lot of fun. Bring your family. Bring your friends. Bring your dog. Plan on staying around. You won't be disappointed.



Len's List of Northern California Races

Len Allaire

JULY ~ 2001 ~

7/1 1m **Fleet Feet Capitol Mile** Road GP Sacramento High energy waves of all out mile races. PA/USATF 1 Mile Champs, 500 runners, \$2,200 prize \$. 916-447-2786 email

7/4 3k 10k **ER - Kenwood Footrace** Kenwood Warm Springs Rd. Challenging 10K on rural

roads and the county's most competitive 3K. Post race Kenwood parade, pillow fights & chili cook off. 707-528-0627 email

7/7 5k 10k 1/2M **Freedom Run** Mendocino 707-468-0213 email

7/8 1/2M M **SF Chronicle Marathon** San Fran Scenic & challenging, rolling loop course. Live bands, chip timing. 800-698-8699 email

7/15 (tentative) 6m **TCRS 6 China Camp** 415-259-0518

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8/4 3k 10k **Regional Parks Run** Santa Rosa Spring Lake. Kids races, music 707-527-2041

8/5 5m **ER - Salmon Creek** Bodega Bay Out/back 5-miler dodging waves on the beach. A low-key Empire Runners event followed with a potluck picnic & beach games. 707-546-7892

8/5 50k **Skyline 50k** Ultra GP **Castro Valley** 31 miles on trails through Lake Chabot, Anthony Chabot and Redwood Regional Parks. Moderately hilly, popular with first time ultra runners. 1st Sunday in August. 510-430-1591 email

8/11 50m 50k **Pacific Crest Trail Ultra** Portland Mt Hood, OR. Out/back on mostly shaded trails. 503-646-7867 email

8/12 (tentative) 5.01m **TCRS 7 Marin Headlands** Mill Valley Hilly, 80% trail. 415-259-0518

8/18 5k **Blisters for Sisters** Old Sacramento Mostly flat out/back on the bike path along the Sacramento River. Handicapped start, 600 expected. Benefits a woman's center. 916-447-2786 email

8/19 5k 10k **Vine to Wine** Livermore Run through vineyards. 530-757-2012 email

8/19 5k 1/2M **America's Finest City 1/2 Marathon** San Diego 5th largest 1/2M in the USA with 5000+ runners. Sanctioned & certified. 858-792-2900 email

8/25 50k **Golden Gate Headlands** Ultra GP Marin Headlands Rodeo Beach. Extremely tough trail loop. 415-389-9606

8/25 (tentative) 5k **Run For the Arts** Sacramento During the State Fair, Cal Expo. Entry includes post race party at WaterWorld & ticket to CA State Fair. 2000 expected. 916-447-2786 email

8/26 8k 1/2M 21m **Millennathon** Oakland Flat & fast, from Oakland City Center through downtown & loop scenic Lake Merritt. Finishers medals, post race party, expo. Prize \$ for the 1/2 Marathon. Race celeb Bill Rodgers. Kids races. 888-441-2227

8/26 10k 1/2Mar Mar **Silver State Marathon** Reno/Carson City Long sleeve shirts. 775-849-0419