



Empire Runners Newsletter

Volume XXVIII, Number 7, July 2003

Are you ready for Kenwood?

Kenwood is ready for you!



3K and 10K (the fast and the hilly)

July 4, 2003

7:30 AM (10K starts 2 minutes after 3K)

Plaza Park, Kenwood

(Warm Springs Rd., off Hwy 12)

**Last days to
pre-register
\$20**

June 28, 29 & 30 (Sat., Sun., Mon.)

IN PERSON ONLY at Fleet Feet Sports, 643 Fourth St., Santa Rosa

**Special Discounts
Pre-registration only**

***Empire Runners Club members--\$15**

Youth 18 & under--\$10 (includes T-shirt); \$5 (no shirt)

**Race Day
Registration \$25**

Registration from 6:00 - 7:00 AM

Youth Race Day Discount: \$15 (with race shirt), \$10 (no T-shirt)

Awards

Awards to top 3 men and women in each age group!

T-shirt and 3rd St. Aleworks/Fleet Feet glass to every finisher!

All runners receive free entry to the Kenwood World Championship Pillowfights!

Info Hotline

707/569-1494 (Fleet Feet Sports) or 527-9020 (Jerry Lyman)

Kenwood Footrace 2003

The Human Race has more entrants, but in terms of history and significance the Kenwood Footrace is flat-out the biggest, most important running event in Sonoma County. For the Empire Runners Club, Kenwood is our one and only annual fundraiser. Most of our other races barely break even, or lose money. Our membership fees don't even cover the cost of the club newsletter. This year's proceeds from the

Kenwood Footrace will allow us to contribute over \$7000 to local high school running programs and to SSU scholarships and will provide club operating funds as well. The event also gives us the opportunity to present Sonoma County with a fun, tradition-laden holiday activity that entire families enjoy year after year. Over a thousand runners start their 4th of July with the Kenwood 3K or 10K. Then maybe they take in the parade, the pancake breakfast, the pillowfights, a family barbecue, and fireworks. It makes for a great day!

And, it requires a lot of volunteers to make it happen. The backbone of the effort to put on the Kenwood Footrace is a core group of seasoned volunteers who know their jobs to perfection and return selflessly year after year to carry them out flawlessly. (Okay, maybe not flawlessly, but damned near. The true test of competence is the ability to make good when things go wrong.). Where would we be without...?

•**Bob Shor**, who lays out the course and handles the start and finish with professional expertise,

•**Doug Courtemarche**, who directs his well-trained band of Santa Rosa High runners and their parents to monitor the course, manage the water stations, and, most importantly, control the potential chaos at the finish line,

•**Bob Finlay**, who designs, builds, and erects the start and finish line structures,

•**Pete Guerrini**, who offers his professional timing services for a song (and gets the results out faster than anybody),

•**Pete Sweeney**, whose entertaining banter on the PA system creates an atmosphere of fun and excitement (and unlike the "personalities" announcing some big races, he actually knows what he's talking about),

•**Dan Preston**, who organizes registration (and labors for hours behind the scenes on his computer),

•**John Anderson**, who takes care of permits and insurance, so we don't even have to think about it.

Also in key roles this year, so far:

•**Val Sell**, who orchestrated the T-Shirt design contest at Montgomery High,

•**Dale Peterson**, who is in charge of the post-race refreshment area and award ceremony.

By mid-day on the 4th of July, I'll be thanking these folks and a large group of other volunteers who will have shown up and lent their helping hands to make the Kenwood Footrace, once again, a great success (fingers crossed). Many of these folks show up to help year after year. Some forego running the race in order to help. Others help out (data entry, registration, start/finish line set-up, t-shirt distribution, clean-up, etc.) and manage to jump in the race, too. All club members should consider contributing to this effort. (Call me, **Jerry Lyman**, 527-9020, or email: pigfete@aol.com) Volunteers get treated to a post-race pancake breakfast at the Kenwood Community Church. There's also a celebration BBQ party in mid or late July, date to be announced.

We gratefully acknowledge the following race sponsors:

•**The Press Democrat** (thank you **John Thompson** and staff!) for publishing for free three large (expensive!) ads.

•**KZST** (thank you **Brandi Archer**!) for having the race promoted over the air and providing race prizes.

•**Riptide Construction, Custom Pools and Spas**, (thank you **Bob Jones**!) for generously donating

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\$1000 to the Sonoma State University Track Athletes Scholarship Fund.

•**Fleet Feet Sports** (thank you **Ron and Rhonda**!) for publicizing the race, providing space for pre-registration, providing race prizes, and contributing to the purchase of souvenir glassware.

•**New Balance** (thank you **Bruce**!) for contributing bib numbers, race prizes, and t-shirts for race volunteers.

•**Third St. Aleworks** (thank you **Mark McGowan**!) for contributing to the purchase of the souvenir glassware.

•**La Crema Winery** (thank you **Tom Hinde**!) for supplying a lot of wine for our race division winners;

•**Mombo's Pizza** (thank you **Fred**!) for supplying race prizes.

•**Rincon Valley Safeway** (thank you **Ron Barto**!) for supplying post-race refreshments and race prizes.

•**St. Francis Winery** (thank you **Terry McNeill**!) for supplying race prizes.

•**Culligan Water** of Sonoma County for water, water, water.

•And thanks also to **Ann Marie Quintana** and the Kenwood 4th of July Celebration Committee for again including the Footrace in Kenwood's classic small town Independence Day festivities.

-Jerry Lyman, Kenwood Footrace Director



Inaugural Sugarloaf Relay Draws 25 Teams

Judging by the profusive display of sweat, dirt, laughter, food, drink and general revelry, the First Annual Sugarloaf Sunset Summer Solstice Relay was a resounding success. Twenty-five teams of two participated in the race and numerous friends and family members joined us for the post-race barbeque and camp-out. The consensus after the event was: "Let's do this again next year!"

The race course featured 2.7 miles of trails and fire roads and included one grinding steep climb about half-way through. Team members ran the course in opposite directions and there is ongoing debate about which direction is tougher. (The vote, amazingly, is split at exactly 25 to 25.)

After the race and awards, Mojo's Grill opened for business and we enjoyed a feast around the bonfire. The

next morning, after a jolt of strong Java most of us went out for a short run before heading home. Thanks to all who helped out: Maria Carillo runners, Lars Andersen, Lou Garica, L.T., Pappy, Fleet Feet and everyone else! See you next year!

-- Doc 'n Mojo Productions



Jerry "Pappy" Lyman (left) and Lars "Dutch" Andersen dealing with the hectic registration table for the Sugarloaf Relay *Photo by Bob Rogers*

FIRST FEMALE TEAM!

8. Peter Kirk (39), 22:15; Michael Parker (36), 20:08
9. Don Sampson (55), 23:53; Scott Ames (45), 20:37
10. Butch Alexander (50), 18:34; Janet Alexander (51), 26:12
11. Mark Mathewson (40), 24:55; Cathy DuBay (38), 20:05
12. Lisa Isabeau (44), 23:12; Shelly Lydon (42), 22:59
13. Greg DeSelle (18), 26:42; Jon Hermstad (54), 20:09
14. Casey Peters (19), 20:10; Lilly Hayden (19), 26:49
15. John Anderson (49), 22:42; Leslie Curry (39), 25:14
16. Robin Stovall (43), 25:29; Dale Peterson (45), 22:45
17. Don Madronich (58), 26:04; Jim Gade (48), 23:04
18. Mary Rogers (45), 30:21; Bob Finlay (46), 20:14
19. Carol DuBay (39), 24:39; Scott Montrose (46), 26:07
20. Ann DuBay (43), 27:20; Jeremy Olson (40), 24:32
21. Troy Holland (25), 29:49; Bob Holland (59), 23:04



Sugarloaf Relay starting line from front left: Butch Alexander, Bob Rogers, Don Sampson, Kimmy Conley, Tori Meredith, Ruben Mora and Dawit Tesfasilassie *Photo by Larry Meredith*

2003 Sugarloaf Summer Solstice Relay Results:

1. Dawit Tesfasilassie (16), 19:17; Chris Gardina, (18), 17:37 **FIRST TEAM OVERALL!**
2. Ruben Mora (17), 18:34; Neil Pinkerton (39), 19:52
3. Bob Rogers (46), 20:22; Jerry Lyman (54), 19:08
4. Dennis Fagent (52), 20:51; Drew Fagent (20), 19:20
5. Tori Meredith (45), 22:22; Larry Meredith (45), 18:46 **FIRST MIXED TEAM!**
6. Anna Shaver (20), 21:24; Jeff Shaver (52), 20:22
7. Kim Conley (17), 21:19; Val Sell (38), 20:33



Head timer and co-race director Alec "Doc" Isabeau gets his first look at a fancy, new-fangled ee-lek-tronic stopwatch. *Photo by Larry Meredith*



Val Sell says: "According to my watch, I should be finished by now." She and teammate Kimmy Conley won the women's division at the Sugarloaf Relay.
 Photo by Bob Rogers.

Summer Track Series Underway

The 2003 Empire Runners Summer Track Series kicked off at a new site on June 18 with a large crowd of participants who were overwhelmingly pleased with the change of scenery. Analy High School, with the help of **Lisa Titus-Isabeau** and her Tiger cross country team members, hosted a club meet for the first time. Ample stadium parking, a fast surface, warm weather with a light breeze and an unexpectedly scenic setting for a high school track all combined to make for a successful debut at the site.

With meet director **John Anderson** and starter **Bob Shor** in charge, the meet went off smoothly, as always. The crowd for the first event, the mile, was so large that it had to be split into three heats. In all, 44 runners competed in that event.

Val Sell was the only double winner for the Empire runners, taking both the mile and the 3000 meters. The Montgomery HS coach had to come from behind to catch her state-qualifying athlete, **Kimmy Conley**, on the last lap of the mile.

Naomi Bisagno and **Janet Feldman** waged a tight battle for 2nd place in the 3000 with Bisagno taking it by one second. Bisagno had won the women's 200 earlier in the meet. **Kristin Komorowski** ran a PR 2:32.9 to take the 800.



Head cook and Sugarloaf Relay co-race director John "Mojo" Royston gets his game face on for the BBQ.
 Photo by Larry Meredith

Eric Walker, after taking 4th in the mile, came back to outkick 17-year-old **Kevin Correa** for the 3000 meter win. Correa had finished 2nd in the mile. **Mike Wortman**, 17, was the top Empire Runner in the mile, taking 3rd, and then went on to run every event except the 800.

Two Montgomery HS runners competed in every event. **Alex Conley** did it on the men's side, while **Carina Hendricks** was the Iron Woman of the meet.

In the youth races (12-and-under), the **Feldman** girls dominated. **Jaime**, 11, won the girls mile and 200



Kristen Komorowski winning the 800 meters at the Summer Track Series on June 18. Photo by Larry Meredith

Ian Messier took second in the 800 meters. Photo by Larry Meredith

and was the only youth to compete in the 3000. **Lauren**, 9, won the 400 and took 4th in the 200.

Other top Empire Runner performances included **Jillian Van Riper**, 6, taking 3rd in the Girls 100 and 5th in the 200; **Jim Gibbons**, 59, with a quick 62.6 in the 400 meters to take 2nd; and **Ian Messier**, 17, finishing 2nd in the 800.

-LM



Suzuki Rock 'n Roll Marathon Or: Rock 'til You Bonk

by Dale Peterson

Go for the yellow building! 26 Miles at the yellow building! Just like one lap around the track! Go for the yellow building! The disembodied voice continues to yell hoarsely to the mass of runners. The voice sounds vaguely accusatory. Like we're not moving fast enough. The last four miles have been a brutal struggle. Certainly for me if not almost everyone else. Slowly I start to accelerate on legs almost-but-not-quite numb with fatigue. I hit the tunnel through the yellow building and see the 26-Mile mark. 385 yards to go. Not quite one lap around the track. Keep moving. I can hear the race announcer yelling out the names of finishers. So-and-so from Santa Barbara. What's-her-name from Sacramento. I guess I will finish after all.

In November, flush with the recent victory of the Thirsty Boys at the Providian Relay in the month before, I determined to run another marathon and to break into the 3:30's. At first training went well. My early long runs felt good and I was doing a fair amount of speedwork and filling in my light days with cycling. I felt like I was progressing nicely. Then in April I caught a nasty upper respiratory virus that was going around. I coughed for 4 weeks. I didn't miss much training but the quality went downhill and I was tired all the time. After the Loop de Loop I crossed the finish line and walked off into the weeds to hack up a lung or two. It was ugly. Weeks went by and I finally began to feel better, put in some nice 50-plus-mile weeks and was once again feeling pretty good about my training. The last day I was supposed to do speed work I felt really good. Too good it seems. I cut back on the assigned workout and did "only" three hard repeats. An 800, a 600 and a 400. After the 400 I felt a twinge in my left hamstring. A twinge that would not go away in the next 3 weeks leading up to the marathon. Never horrible, but never quite right. Oh well. What can you do?

I had heard that the Rock 'n Roll Marathon in San Diego was fun. Lots of distractions. As in a live band

every mile and thousands of cheerleaders lining the scenic course. After my previous marathon in Humboldt I determined that all of my future efforts would be urban with as many distractions as possible. Rock 'n Roll certainly fit the bill!

Robin Stovall and I got to San Diego on the Friday before the race. We managed to hook up with **Tanya Narath**, her sister and her mom the next night for a pre-race pasta feed in Old Towne. It's always nice to share a little camaraderie before a big race! Tanya's sister had more than her fair share of problems with training having been much sicker than I had been and she was only going to run half the course. Tanya was doing the whole enchilada.

The morning of the race the skies were overcast. It was not hot but it was not really cool either. I suppose it was about 65 at race time but muggy. The gun went off when I was in the outhouse but thanks to the beauty of chip timing I was not worried. I joined the masses, about 17 thousand strong and crossed the starting line. Off I went dodging slower runners like a halfback for the first 3 miles. I was running well under 8-minute-mile pace at this point. I noticed that my singlet was already wet with perspiration.

I finally settled into a rhythm, a pace. Well ahead of my "official" goal pace. And I thought to myself. What good is a 3:35 if I need to run 3:30 to qualify for Boston? Might as well go for it and see what happens. No guts no glory.

And so the miles went by. The serpent of humanity wound through the Gas Lamp Quarter of downtown, along the verdant boulevards of Balboa Park and out onto the wide expanse of the 163 Freeway. Bands kept our adrenaline pumping. Spectators crowded the sidewalks and overpasses admonishing us to keep going. Lying to us. Telling us how good we looked. It worked for me!

And although I knew somewhere deep inside of me that I was taking a huge gamble, I felt pretty good and kept going on my "Boston pace." Ten miles, eleven miles, twelve miles. Finally the half-marathon point. I checked my watch to find 1:45:52. Just a hair off of 3:30 pace. But at this point I realized that I could not run any faster. I could not push the pace any harder. But I resolved not to back off either and to just see what happened.

Mile after mile rolled by. Water stops came and went with great frequency. So many that I skipped many on purpose to prevent getting waterlogged. I took my Chocolate Power-Gel, got the rush of sugar and caffeine and kept on plowing. The course never really opened up. There were just so many runners that it was always a little bit crowded and it was difficult to focus on any other runner or to recognize anyone even though you may have been running near them for hours.

Around 17 or 18 miles I began to realize that I had started to slow down. I was still ahead of the 8:15 per mile pace I had set on my watch, but much slower than the 8:00 per mile pace I was running earlier. Okay, just stay loose and keep on moving! I passed through the "Wall" at 20 miles without incident. I ran the next

mile around 8:20, but felt strong and did not seem to be slowing any longer.

Then a few short yards after mile 21 I felt it. The first spastic twinge in my left leg. Not in the tender hamstring but in the quad. Bang! It did it again only this time I could barely control it. I had no choice but to radically shorten my stride. Okay, okay, it's better now. But better back off. Just don't want to walk. I hit mile 22. Over four more to go. Now the right leg is beginning to cramp. Not a lot. Just enough to serve as a warning. I am moving slow now. Fearful of having to walk. The left leg is continuing to twitch off and on. Mile 23 and mile 24 come and go and now the left groin muscle is also cramping. I am running like a peg-legged pirate. Mile 25 comes. I look at my watch 3:30. Good-bye Boston, hello Bonk-City. This is the part of the race where all of the runners who did not prepare well, or who went out too fast, or who were pretending to be faster than their abilities would warrant get punished by the unforgiving clock and their own rebellious muscle, tendon and sinew.

People are picking up the pace. People who maintained some level of freshness are really starting to move. I don't know if they are fresh because they are disciplined, well trained athletes or because they have been sandbagging for 25 miles. All I know is they are passing me and it is really ticking me off!

So, I start to stretch out the cramped limbs and see what I got left. I actually feel okay. So long as I don't have to stop until it's over, I think I can actually do this!

Go for the yellow building! 26 Miles at the yellow building! Where is it?! Where the hell is the 26 mile marker?! Through the tunnel. Past the elusive 26 mile marker and out onto the Marine Corp Recruiting Depot parade ground.

"Go Dale! Go!!" I can hear Robin's voice clear as a bell. I can see the Finish Line! I cross the finish line and hit my watch. 3:38:32. No Boston, but good enough for a PR.

After the Gatorade and the banana and the bagel and the Krispy-Kreme donut-holes, I meet Robin and we hang out for a while before returning to our hotel.

I check the web-site the next day and see that Tanya's sister did indeed run to the half-marathon point and then drop out. Good for her. She can try again next year and at least she got some of the experience. I hope her training goes better next time. I check for Tanya's time and see that she ran 3:48:56. Great job!

I reflect on this race and realize a few things. First of all by most accounts I ran a "stupid" race. My splits were extremely positive. I started out way too fast and paid the price. If I had run slower but more consistent mile-splits I probably could have knocked another 3 or 4 minutes off of my overall time. But you know what? I don't regret a thing. I feel great that I gave it a shot. I know what the qualifying pace feels like. I feel like it is still within my grasp. Most importantly perhaps, I feel good about the marathon and look forward to my next one even though it will be quite a few months down the line. My long-term goal of reaching Boston is still intact, even if my body (and mind) may not be!

If you are considering a marathon at this time next

year, I highly recommend the Suzuki Rock 'n Roll Marathon in San Diego. Great city, great course. Lots of fun!

Rock On!

Empire Runners at the Rock 'n Roll Marathon:

Peterson, Dale, 45, Santa Rosa, Overall Place 1267, Gender Place 1028, Division Place 95, Division Total 809, Pace per mile 8:20, Chip Time **3:38:32**, 10K Split 0:49:09, Half-Marathon Split 1:45:52, 20-Mile Split 2:43:40.

Narath, Tanya, 39, Santa Rosa, Overall Place 1995, Gender Place 466, Division Place 75, Division Total 1272, Pace per mile 8:44, Chip Time **3:48:56**, 10K Split 0:54:18, Half-Marathon Split 1:53:54, 20-Mile Split 2:54:43.

Niewald, Anette, 47, Santa Rosa, Overall Place 8277, Gender Place 3388, Division Place 192, Division Total 688, Pace per mile 10:59, Chip Time **4:48:09**, 10K Split 1:03:28, Half-Marathon Split 2:14:30, 20-Mile Split 3:26:25.

Bennett, Joan, 59, Petaluma, Overall Place 16051, Gender Place 8637, Division Place 166, Division Total 175, Pace per mile 18:07, Chip Time **7:54:42**, 10K Split 1:27:26, Half-Marathon Split 3:30:32, 20-Mile Split 5:54:19.



Dipsea 2003

Three Empire Runners Earn Black Shirts

Today one is often disappointed when the hype for a particular event or place -- a concert, a splashy dinner, some hotel in Las Vegas, a hot movie recommended by many -- doesn't live up to expectations. Two exceptions to this common experience are Yosemite, and the Dipsea race. June 8 was the 93rd running, a demanding 7.1 miles from Depot Square in Mill Valley up over Mt. Tam and down to Stinson Beach. Fifteen-hundred runners in two divisions attempted the course under unseemingly cool and overcast skies, and 1,320 finished, one of the last being the Dipsea Demon, 96-year old **Jack Kirk**, in 4:20. Unlike last year, course-related injuries were few, with one broken ankle and the usual scrapes, poison oak and bruises comprising the damage seen in the medical tent.

Empire Runners fielded a strong group of runners, including Black Shirt winners (top 35) **Brian Purcell** (17th), **John Litzenberg** (19th) and **Jerry**

Lyman (22nd). Here are some of the comments regarding their Dipsea experience:

Brian Purcell:

This is my 10th Dipsea in a row and until last year I placed in the top 35 (22nd, 18th, 9th, 11th, 33rd, 31st, 25th and 16th) for a coveted "black shirt" each year. In 2002 the dreaded planter facialis struck right after the American River 50-miler. I wanted to keep my "invitational" status intact so I ran the race on my injured foot and almost no training. I still ran hard and was 90th at the top of Cardiac (mile 5 of 7) and pushed to the finish for 50th place and a time of 60:00:00 and was sore for a week.

This year I was hungry for a good Dipsea finish but had to lead a double life. On the weekends I am ultra runner Brian with long runs of thirty to fifty miles with **Eric Bohn**. Eric and I are running the Montrails race series that includes the Vermont 100 mile race on July 19th. (Another story later on that.) During the week it was a double Dipsea training run on Tuesdays and half mile repeats on Thursdays. The taper for the Dipsea was a fifty-mile run on the Western States course with Eric on Memorial day and then two weeks of shorter runs before the Dipsea.

The week before the Dipsea is the Dolphin South End club's "practice" Dipsea race that has about 200 runners and no handicaps. In the past my practice race (shorter course) has been 2 minutes faster than the Dipsea and this time I ran a 53:18 for first place. The practice Dipsea is an excellent way for any Empire Runner to try out the race without the crowds. My goal for the Dipsea was 54:00 and with my four-minute handicap that would be a 50:00 but after the practice my goal changed to a more realistic sub-55.

My mother knew that I would have this love/hate relationship with the Dipsea but did provide me with a birthday that always falls just before the race (June 6th) so that I can maximize my handicap minutes. My brother Kevin is not happy since he was born 11 and half months later (June 25th) and will always start in the same Dipsea group as myself. The 43-to-47 group W had many black shirt runners this year and when we hit the steps out of Mill Valley I had six of my group ahead of me. It was going to be a long race. The strongest member of our group was **Roy Rivers** who was 3rd place in 2002 and was running even faster training runs this year. I did not expect to catch him. The run to Muir Woods went well and it was on the next hill that the first "fast Hoy" runner passed me. Around the halfway point a tall fast looking Hoy runner **Hans Gouwens** passed me on the long uphill section called Hogsback. Hans started a minute behind but I was not going to make it easy to pass and pushed hard and re-passed him a half-mile later. The battle was on. Little did I know that Hans ran a sub 41-minute Bay-to-Breakers 15K and his speed showed on the flatter sections. I was able to re-pass him on the steep uphill and downhills.

I arrived at the top of Cardiac in 35th place and just ahead of Hans. He passed me on the roller coaster a half-mile later. I thought he was gone after the swoop since I

could not see him but when we hit the 400 stairs of the steep ravine he was running them one at a time. Here was my chance to pass but when I asked him to move right he said I had to wait until he passed the person ahead of him. The stairs can be very dangerous so I had to follow him all the way down to the bottom and then it was open running and he pulled ahead. Hans finished 8 seconds ahead for 15th place and I was 17th place.

My running time was 54:58 (sub-55) and handicap time of 50:58. Of the six runners who were ahead on the first stairs: **Robert Dickinson** was 7 second behind for 18th, Roy Rivers was 25th place 1:06 behind and needed two liters of I.V. after the race, **Brad Bryon** was 32nd in 52:19, and **Mike Radcliffe** was 34th place in 52:34.

The good news for me is that next year I will be 48 and get one more handicap minute and the other runners will be in the "younger" group. It is the day after the race and now my Vermont 100 training starts back up but maybe next year I will only train for the Dipsea (novel idea).

Don Madronich:

I surprised myself this year, wobbling into the chute in 804th, an improvement of 12 minutes and 357 places over last year. This must say something about my pathetic state of fitness in 2002, and perhaps there is something as a comeback trail. Had I known I was a scant two minutes from the #750 cutoff for Invitational Division status, I might have kicked it up a notch. These days, however, my transmission seems lacking a few gears, even with the delightful cool weather on race day. Next year should prove decisive in my battles with the Dipsea.

Leslie Curry:

Dipsea 2003 is two weeks behind me which means I have a lot of time to train for 2004. I plan on doing it differently next year. (Ha! Who has said that before?) I plan to actually train for the 2004 race. This year procrastination was a 20 lb. weight I carried up Cardiac. What I lacked in training I tried to make up for in studying the race. I watched the training video and *On the Edge* more times than I care to admit. "No kids let's not watch *Rugrats*, let's watch the running movie again!" I pestered **Terry McNeill** and **Darryl Beardall** more than once on shortcuts and such. I was an armchair Dipsea trainer.

The race was still a great experience. It was overcast at the start and at the top of Cardiac downright cold with the beautiful view non-existent through fog. Suicide lived up to its name. I took the faster (read dangerous) way, trying to stay off the slippery trampled grass and grabbing onto bushes to slow my out-of-control speed. I have questions about short cuts I missed and thankful for the ones I found. Uncertainty still remains for me where the trail splits in the Hogsback: last year I went left so this year I went right. I walked a good deal of the way up Dynamite and Cardiac and climbed giant-root steps in The Rainforest, but even doing that I was still passing people. Coming

down into The Swoop I followed some fast-looking guys through a shortcut of brush and poison oak, I was glad to find it. I stayed with them for a while but had to slow as I was unable to actually see the ground. I am always amazed when I look back at this race and remember how fast I can sometimes run downhill.

The last mile of the race was tougher for me mentally than physically. I felt fine but wondered what in the heck I was doing. You know the thoughts, "Why not walk? What does it matter?" I answered those questions the next day when the results came out. I was 18 places from making it into a coveted spot in the Invitational Race. Damn! Coming into the finish two really fast young guys passed me and their momentum propelled me to pass a woman in front of me. I have never felt worse in a finish chute, ever. Coming out of the finishers' area the first person I saw was my husband, Rich. I was unprepared for how emotional I felt upon seeing him. The Dipsea is truly a unique, and somewhat spiritual, experience and I was glad that he was there to share it with me.

The dull aching pain has finally gone from my legs (I can now walk down stairs without wincing) and I'm excited about next years race as I finally get a handicap minute. So, next year in March it is back to the race to get into the race.

Darryl Beardall:

This was, I think, my 48th-straight Dipsea and was a big improvement over last year, as I jumped to 324th place in just a little over 1:21. The weather helped, but as usual my quads didn't and I took the fire road for most of the course. Just at the bottom of Suicide I fell hard, on my back, and my right arm is still black-and-blue. X-rays were taken today. If I could just get some leg strength, to attack the hills the way I used to, good things could happen again.

Lisa Anderson:

Running the Dipsea, I thought, was going to be slow, but easy or at least O.K. I knew I wasn't going to be what I call "ready" for the race, but it is only 7.1 miles and I knew I could run the distance. What I didn't realize was how hellish the course is. John says it's like running in Annadel, but I beg to differ. After taking off two weeks in April and finding out in early May that I got in, some training had to get started.

I ran up Canyon and Marsh, up North Burma and down Richardson, up Cobblestone and down North Burma, but I'm not sure that, unless you run hills a lot, 4 weeks could get you ready, or at least me.

I wasn't as nervous as I usually get before a race, since I went in with the idea that all I had to do was jog slow and finish. Seemed fine to me. The start was good and I came to the stairs where most of the women were walking. By the third set I was skipping steps and passing lots of people. I started up the hill and John quickly passed me with words of encouragement. I felt tired but O.K., slogging on up. I don't know all of the nicknames to the course so here is what I remember.

After crossing the creek, (at Dynamite?) the hills started again. Many people were walking and so was I. We passed the famous Jack Kirk, who has run the race

consecutively for 68-straight years. Going up the Hogsback was hard. After 40 minutes into the run I was wasted. I could hardly put one foot in front of the other. I'd come to a relatively flat area, start to jog, and then the trail would rise slightly and I'd have to walk again. I was exhausted and I knew I had a long way to go. I couldn't believe how the course had already gotten me. I'd like to say that bad, evil thoughts were going through my head, but all I could focus on was to keep moving. I knew that I did not want to ever set foot on this course again.

By the time I reached the top of Cardiac, my body was feeling a little better. I had definitely gone through a sugar low or something because there was a point where I just wanted to sit down and be done, and that's putting it nicely. I think that if I had gone on one of the practice runs I would never have run the race. Anyway, the big downhill had started and I was just going through the motions. It was amazing to me that the downhill was just as rough as the uphill, in its own sort of way. The footing on many parts of the course is slippery due to gravel, moisture, steep steps, and tiredness. Of course those CRAZY people really racing the course had to also deal with speed.

Well, I did make it down the hill, without falling, and was extremely glad to see the finish. My support team was out there as I was jogging in. They said I looked "good" with a smile on my face but I was just glad to have finished.

Would I ever run this race again? Well, I would like to run it once more when I feel that I am "ready". I guess that means starting early in the year running lots of hills and hope that I get in. And that will probably be the second and last time I will run it, but only time will tell.

Terry McNeill

Every year this race surprises you. Hot in 2002, overcast this time with actual fog over Cardiac, and mud at many places on the course. Slippery mud in June! **Bernie Hollander** went over the edge at the beginning of Steep Ravine, and couldn't climb back against the goo. He has the bruises to prove it. My race was controlled -- ponderous slugging up the steps and Dynamite, flat-out kicks on the negative-split sections after Cardiac and Lone Tree. **Jerry Lyman** passed me with his elegant stride just before the mailboxes, and I never did see **Purcell**.

Eric Downing clipped me at the end of the Swoop, looking bemused. Here I am, a year older, but dropping 111 places this time to 296th in 1:15:54. **Darryl** had a good race, and held me off until a few seconds short of the stile. That's a great place on the Dipsea, as you are careening down steps and can hear the announcer and crowd roar from the finish line up ahead. It's a key moment where mental desire overcomes leg and lung punishment, giving the incentive to grab just one more gear coming into Stinson and putting away some runner who hoped after the long grind that they might not be caught at the line.

Jerry Lyman:

The Dipsea is like no other race: 93 years of lore and tradition, a legendary brutal 7.1 mile course, a handicapped start that elicits cut-throat competition across boundaries of age and gender. Even if you're not in the running for one of the 35 black shirts, the Dipsea fills you with nervous anticipation unlike any other footrace. A lot of really good runners avoid the Dipsea. Too many people to pass on narrow trails. Too great a risk of injury. Not a real footrace, more of an obstacle course. For many others, however, the Dipsea is the focus for the entire year. If running makes you feel alive, the Dipsea can be an especially intense rush.

I find it really annoying when runners spew negativity before a big race as if pessimism is anything but a transparent excuse for failure. This year I annoyed myself no end, explaining *ad nauseum* to myself and any who would listen the reasons why last year's 33rd place finish would probably not be duplicated. I blame this self-doubt on fear. Not fear of crash-landing in a steep ravine of brambles, nettles, and poison oak, or of bone-snapping splatfalls on slippery slopes, or of exploding bronchia. Not even fear of bonking and finishing well out of the money. My fear was #36.

So this year I fooled myself, all the pundits, and especially my wife, and finished deep in the black -- #22. How? Following **Larry Meredith's** training regime the last 5 months helped a lot. Getting a year older and gaining a minute handicap also helped, especially because it put me a step ahead of a huge group, including all the women aged 19-39, that last year left in the wave immediately ahead of mine and jammed the 671 steps. But what I think helped most of all was running scared--fear of #36.

I ran faster than last year by more than a minute-and-a-half and, since I also had an extra minute head start, my clock time was more than 2 minutes faster. This has left me optimistic. Maybe next year I can do it again and snag another black one. If you ask me next May, however, I'm sure I'll be able to tell you why not.

A note: Tamalpan **Steve Lyons**, who won his 16th black shirt last year, ran again this year and finished 1155th. Lyons, who conquered colon cancer several years ago, was recently diagnosed with Lou Gehrig's Disease. Finishing 507th was former black shirt winner, **Stephen Daffron**, who every year travels all the way from Kentucky with a group of Dipsea fanatics from his running club. Daffron nearly died last November when hit by an off-duty ambulance. Finishing 1110th was blind runner **Harry Cordellos**. Finishing 1320th was 96 year-old Jack Kirk, his 68th Dipsea without a miss. Running is about feeling alive. The Dipsea is a very special celebration.

John Anderson:

I had always wondered what the Dipsea would be like. Several years ago, while injured, I had hobbled through the practice race. With that experience and my Loop background, I felt I would at least survive the event.

My group in the Citizens Race left at 9:13 am. By that time, **Lisa, Leslie** and the rest of the Empire Runners

were on the trail ahead of me. The steps were crowded. I was still able to pass people though. I caught Lisa about one-half mile past the top of the steps. I wished her good luck. She was in the thick of her private battle with the course and didn't respond.

Leslie was about one-half mile further up the course. She was running well and passing people consistently. Leslie asked me how I was feeling. I told her I thought I might have taken the steps too hard. We encouraged each other and I moved on.

The rest of the course was kind of a blur. I took the two major short cuts I had been told about. My legs were getting heavier and heavier. I went airborne once, but landed on my feet. I was still passing people. The finish line loomed in the parking lot. As I cross under the finish banner, I checked my watch. It read 1:13.55. I had reached my goal of running under 1:14.00.

The next morning Leslie called and told me I had qualified for the Invitational section for the 2004 race. That is a race I intend to aim for.

Empire Runners at the Dipsea (clock times):

17. Brian Purcell, 50:58
19. John Litzenberg, 51:07
22. Jerry Lyman, 51:31
66. Bernie Hollander, 55:25
144. Edda Stickle, 59:07
234. Eric Downing, 1:02:16
240. James Lynch, 1:02:28
285. John Gusman, 1:03:45
296. Terry McNeill, 1:03:54
324. Darryl Beardall, 1:04:28
363. Greg Clementi, 1:05:40
577. Lisa Youmans, 1:26:04
688. John Anderson, 1:33:56
768. Leslie Curry, 1:37:09
804. Don Madronich, 1:38:17
917. Kathleen Harms, 1:42:10
1284. Lisa Anderson, 2:06:40



Former ER Sought Rudolph!

On Monday, June 2, former Empire Runner **Eddie Freyer** appeared on Channel 2 with **Ross McGowen** for an extensive interview about his role in the hunt for **Eric Rudolph**, the white supremacist and Christian ideologue who is suspected of bombing abortion clinics and a gay nightclub and of a bombing at the 1966 Olympics. The suspect has been eluding police for the last five years, and is currently on trial after being caught dumpster diving not far from where he was hiding out.

Eddie, who is retired now and who was introduced as a former FBI agent, led the hunt in the rugged mountains of North Carolina, and was able to

furnish details of how difficult that hunt was. It was one of the largest man hunts in the history of the FBI involving hundreds of agents searching old mine shafts and caves and using heat-seeking military equipment. Eddie talked about how huge the area was, how they could only cover a few miles a day, and how an agent just a few steps in front of him could disappear completely into the bush.

Eddie showed up at Santa Rosa Express early this year with his two daughters, both of whom play soccer, and showed obvious athletic ability like their dad. Unfortunately, like their dad, they disappear for long stretches, and we have not heard from them since. We were hoping now that Eddie is retired to get him more involved with the local running scene (he is a good runner), but he continues to be elusive.

- Dan Preston



Empire Runners Take 3 of 4 at Fitch Mountain

Empire Runner **Keri Nelson**, 24, came up with a big finish to win the women's 10K at the Fitch Mountain Footrace on June 8th in Healdsburg. Nelson had a spirited battle with 23-year-old **Sarah Hallas**, a former Ursuline HS star, before a late surge gave her a 6-second margin at the finish. The winning time was an impressive 40:30, considering the notoriously hilly course.

Janet Feldman took 4th place overall and won the 40-49 division ahead of fellow ER **Pauline Rogers**. **Ellen Luca**, 67, was the 65-69 age group winner. Long-time club member **Sherri Guinn** took 2nd in the 55-59 division and a much-improved **Kathy Bisordi** ran 50:32 to place 4th in the 35-39 group, good for 13th overall.

The battle for the men's 10K title lost all drama early as ER **Kenny Brown**, 33, pulled clear of the field and went on to win by 3:40. He was followed by clubmates **Niels Thomsen**, 39, 2nd overall and the winner of the 35-39 division and **Terry Goetzl**, 50, who took 4th overall to win the 50-54 group. Another ER, **Michael Parker**, 36, also landed a top-ten spot with his 8th-place finish, good for 3rd in his division.

Len Geraldi, 66, was an age-group winner in the 10K and division runners-up included **Jon Hermstad**, 54, and **Eric Billeter**, 42. **Dennis Byrne**, 49, and **Bill Browne**, 53, were 3rd in their respective divisions while **Jeff Stengstack**, 54, took 4th in his. Taking 7th in their divisions were **Peter Kirk**, 39, and **Jim Gade**, 48.

The women's 3K was a top-three sweep for Empire Runners, as 3 youngsters from the club finished in

a span of just 20 seconds but more than a minute ahead of the 4th-place runner. Healdsburg HS runner **Kristin Komorowski**, 16, defended her turf with an 18-second win over the precocious 11-year-old **Jaime Feldman**. Another Healdsburg HS star, **Kelly Rogers**, 17, finished on Feldman's heels.

Leslie Howell, 56, celebrated an age-group victory and **Sally Schlich**, 40, was runner up in her division, finishing with 10-year-old daughter **Jordan**, who placed 6th in her group. **Juana Vigil**, 25, and **Loretta Strong**, 50, each finished 3rd in their divisions and **Debbie Gade**, 50, was 6th in the 50-54 group.

The top 4 club runners in the men's 3K were aged 55 through 67 and they finished consecutively in positions 12 through 15. **Dale Trowbridge**, 63, led the way, winning the 60-64 age group. He was followed in rapid succession by **Don Sampson**, 55, winner of the 55-59 division; **John Lander**, 62, 2nd to Trowbridge in that group; and **Ralph Harms**, 67, taking 1st in the 65-69 division.

Wayne Rogers, 50, placed 3rd in his age group and was followed by **Doug Schrock**, also 50. Schrock finished just behind his son **Alex**, 17, who took 7th in the 13-18 group. Finishing 4th in their divisions were **Rick Howell**, 55, and **George Urdzik**, 60. **Jordan Strong**, 13, son of race director **Jerry Strong**, was 9th in the 13-18 division.

The Healdsburg Kiwanis, who organize the event to raise scholarship money for Healdsburg students, gave the Empire Runners Club \$400 for race day support. Club volunteers were directed by **Tori Meredith**. She wishes to thank Empire Runners **Dale Peterson**, **Amy Gandy**, **Les Brodie**, **Don Sampson**, **Bob Shor**, **Val Sell**, **Kimmy Conley**, **Katie Kirk**, and **Dave DeSelle** for helping put on another smooth event. (Apologies if we left anyone out!)

-LM



Welcome, New Club Members!

If you have joined the club in the past year and we didn't get your introduction into the Empire Runner Newsletter, please e-mail a note about yourself to thirsty@saber.net. Here are some of the club members who have joined our ranks since February.

Debbie Albers lives in the Hidden Valley neighborhood of Santa Rosa. She is in her eighth year teaching math at SRJC, which was preceded by 5 years at Gavilan College in Gilroy. Debbie grew up in Monterey, went to college for both undergrad. (1985) and grad. (1990) degrees at Cal Poly, San Luis Obispo. Her husband is **Bill Albers** and she has a 6-year-old

son, **Lance Eberly**. Debbie lists her top three sports accomplishments as (1) a 3:04:50 Oakland Marathon in 1983, (2) an 11-hour, 57-minute solo English Channel swim in 1991, and (3) a 14-hour, 15-minute Terrible Two double century ride (200 miles on a bicycle) in 2001. She currently runs about 4 days per week and cycles twice. Debbie writes, "I am toying with the idea of training for the Terrible Two again this summer, but haven't committed yet. Since I turn 40 on June 6th, it seems like a good goal. I would love to run on the women's masters cross country team next fall."

Amanda Currie first discovered running while serving in the Navy. She has been out for three years. The 28-year-old is a native of Santa Rosa and works for Cellular World. She says, "I want to get in shape again and I like the idea of running with a group because it really motivates me! I love to do athletic activities outdoors as well as take occasional jazz dance classes."

Richard Willets and wife, **Patricia**, live in Forestville. Richard retired from a job with IBM in Silicon Valley. He went to high school in Pasadena and attended Claremont College and Stanford. Richard has run more than 20 marathons. He writes, "The highlights for me were running in New York in 1978 (I hit the wall at mile 16 but finished anyway) and Boston in 1979." His best was 3:15. Richard, now 68, recently qualified for the Boston Marathon again at the Napa Marathon. He has plans to run a fall marathon, probably the Humboldt Marathon. "I have been enjoying running on the bike trail from Forestville to Graton and Sebastopol and beyond. Try it you'll like it!"

Originally from Colima, Mexico, **Gil Alcazar** is now a tax preparer and bookkeeper in Santa Rosa. His training regimen includes kick-boxing. He writes, "I love track and a long time ago I used to run the 100 and 200 meters." He has a best of 11.11 for the 100. Gil has recently been training with the Tuesday night track group.

John Hauser is a psychiatric technician at the Sonoma Developmental Center and has lived in Santa Rosa for more than 6 years. He moved here from Ventura County in Southern California and has run the Bay To Breakers 12K in 58:10 and the Human Race 10K in 43:53. He says, "I am a gym junky, or that's what others say about me cause I'm always there at Stan Bennetts Gym/Montecito. I also like to surf, skii, play tennis, HD motorcycle riding, running of course, fishing, scuba/snorkel diving -- most anything outdoors."

Santa Rosa native **Molly Wolf** is a graduate of Santa Rosa HS and Sonoma State University and works for the County of Sonoma. Now 47, she began running in her pre-teen years and has run off-and-on since. Molly writes, "I enjoy old Jeeps and live with 2 ex-racer greyhounds that are my best buddies. We walk daily on the path along Brush Creek. I look forward to meeting other women in my age bracket and hope I can keep up the pace!"

Many club members recognize **Michael Quigley** from Annadel trails and many races over the years. He's been doing it for 24 years, everything from 10Ks to ultras.

Paul Hadley, 28, is a bookkeeper in the county health department. Though still quite young, he has been

around, growing up in places like Maui, Samoa and Tacoma, where he attended high school and was a music major at Pacific Lutheran University. He freelances playing the french horn, joining the Cotati Phalharmonic for performances. He's lived in Santa Rosa since 1996. Except for junior high track, where he remembers running a 6:36 mile, Paul is new to running but enjoys a number of outdoor activities including swimming, kayaking, cycling and rock climbing. He's played 2 years of college soccer and was into ultimate frisbee as well. He is training for a fall marathon and recently debuted in the 10K with a fine 44:28 at Pacific Sun. Already Paul is running 12 to 15 miles on his long days up in Annadel.

Another pair of familiar faces to local runners are those of **Butch** and **Janet Alexander** of Sonoma. Butch still holds the Sonoma High School record for the mile at 4:20.2, which he ran in 1971. After running 4 years of cross country and track there, he competed for Santa Rosa Junior College and Sonoma State University. He's been running road races in the Bay Area since he finished the Bay To Breakers in 1969. In 1984 Butch set the course record for the Double Dipsea, 14 torturously hilly miles in 1:38:26. He specialized in the sport of Ride-and-Tie, racing that combine running and horseback riding. In fact, Butch and his partner were national champions in that sport in 1972, 1973 and 1976. He has running PR's of 15:29 for 5K, 24:43 for 8K, 31:30 for 10K and 2:32:50 for the marathon. Butch has been a long-time track and cross country coach at his alma mater, Sonoma HS and currently is a substitute teacher there.

Janet ran for the Florida Track Club before moving to Sonoma county back in the early 80s. Some of her PRs include 19:10 for 5K, 38:22 for 10K and 3:00:24 for the marathon. She is currently employed as a Spanish teacher at the Presentation School in Sonoma and also works part time as a nurse. Butch writes, "We are both hoping to get back into competitive shape and run some races; Janet is 51 and I am 50, so the senior divisions sound rather appealing."

Jeff Burglar, 44, of Healdsburg is a carpenter and lifelong Sonoma County resident. He writes, "I've run a few fun runs the past few years. Recently my nephew Justin started running and he just kicks my butt so I thought it'd be fun to get more serious about training. My current goal is to try to keep up with Justin."



May Meeting Minutes

The May meeting of the Empire Runners was called to order at 7:35pm, May 22nd, 2003, John Anderson presiding.

I. Business Reports

Secretary: The minutes were approved as read.

Treasure: Current club funds are \$11,800.

Kenwood: New Balance has offered jackets as prizes. Rip Tide Pools will be a sponsor this year. Dan Preston will be rounding up volunteers for registration at Fleet Feet. The race will be \$15 for ER members.

Empire Open: Scheduled for Saturday, August 30th. All P.A. Cross Country races will be equally weighted this year.

II. Race Reports

Jackrabbit: Ian Messier did well as Race Director. Everything went smoothly.

Summer Track Series: Starts June 18th at 6:30pm. We may need race starters.

Zippy 5K: Cool morning weather. Super G and Larry Meredith ran.

SSSSSSSR: June 20th. 50 spots will be available for those who would like to camp. Course will be 2.7 miles. Mojo will BBQ heartburn burgers for all.

III. New Business:

Fitch Mountain needs race volunteers.

Scholarship Meeting: Julia Helleskov, Ruben Mora-Roman, Andrew Gallagher, and Mike Wortman were all awarded scholarships by the club.

IV. Raffle

Raffle: Super G.

Drawing: Joan Bennett (not present)

V. Attendance

Super G, Iguana Don, Terry McNeill, Les, Dr. Dutch, Sledge, 409, Doc, F. Puddles, Starky, Bob Shor, Lisa Anderson, John Anderson, Bob Finlay, Amy Gandy.



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