

The Empire Runner



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Kenwood Footrace Results

[10K Overall](#) | [10K Age Division](#) | [3K Overall](#) | [3K Age Division](#)



The Prez Says...

A message from club president Alex-Wolf Root



The Long & Short of It

Commentary, random musings, and occasional Deep Thoughts -- Dale Peterson



The Month That Was

Alex Wolf-Root reports on the month that was in local and national running



Grand Prix Update

Updated Fleet Feet Grand Prix Standings

[Mens Standings](#)

[Womens Standings](#)



Blast from the Past

Memorable newsletter articles and photos

FLEET FEET
Sports
SANTA ROSA

Heart & Sole
SPORTS
65 Brookwood Ave - Santa Rosa



Tagliaferri's
Delicatessen & Cafe

42 Teams Compete at the 4th annual Riverfront Relay



The Riverfront River Rat Rambling Relay Rendezvous & bReakfast Revelry, a Doc 'N Mojo Production, has quickly become a "Must Run" event on the Empire Runners Grand Prix circuit! This year's relay was a sellout with 84 participants, each running a 5K leg. Winning team this year was John Litzenberg and Nick Spector, with a combined time of 34:41. 1st female team (3rd overall) was Sarah Hallas and Nicole Lane, with a team time of 37:30.

[View Results](#)

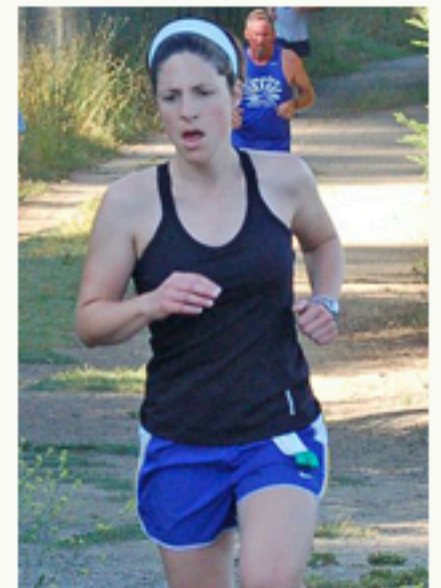
Membership to Vote on Bylaw Revisions

The Empire Runners Bylaw Review committee presented a proposed new set of bylaws to the club at the June Meeting, and a vote will take place at the July Meeting. Members who cannot attend the July Club Meeting on Thursday, July 28 may vote by mail by downloading a ballot.

[Full Text of Proposed Bylaws](#)

[Announcement and Summary of Proposed Bylaws](#)

[Vote by Mail Ballot](#)



Tahoe Relay 2011

The 47th annual DeCelle Memorial Lake Tahoe Relay saw three Empire Runner teams compete in the Challenging 71 mile journey around the lake. My team was Team Bubba, a 50+ male team; another team was Shelli Main's Team Skirt, a 40+ female team; and the third ER team was Lucky Guys, a mixed open team. *Article by Rob Main*

Lucky Guys (and Gals) take on the Tahoe Relay!

Team Lucky Guys decided for a second year to take on the challenge of the Tahoe Relay with a mixed bag of runners. I think we hold the title of being the most age diverse - we covered all age groups from 31 to 70. *Article by Shirley Fee*



Club Membership Update

The Empire Runners Club welcomes new members, and new Membership Director, Regan Masi, a Santa Rosa native who recently returned after serving nearly 6 years in the U.S. Air Force.

From the Board Room

[June Meeting Minutes \(Secretary Paul Berg\)](#)

[June Treasurer's Report \(Treasure Tanya Narath\)](#)

[Email the Board of Directors](#)

Important Links

[JULY TRAINING CALENDAR](#)

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Empire Runners Club
Hall of Fame

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Tahoe Relay 2011

Story by Rob Main

The 47th annual DeCelle Memorial Lake Tahoe Relay Saw three Empire Runner teams compete in the Challenging 71 mile journey around the lake. My team Was Team Bubba, a 50+ male team; another team was Shelli Main's Team Skirt, a 40+ female team; and the Third ER team was Lucky Guys, a mixed open team. This year there were 116 seven-person teams with Runners ranging from teenagers to 70+. The weather Broke only days before the event and while we ran in Near perfect conditions, the surrounding mountains Were covered in snow and there were many snow Banks in the shade at lake level reminding us of how Recently it was still winter-like in this area.

Representing Team Bubba, in order of appearance, was Brendon Hutchinson, Stephen Starkweather, myself, Dale Peterson, Jerry Lyman, Larry Meredith and Chris Rostel. Hutch ran the first leg of 9.6 miles which starts At the intersection of Highways 89 and 50 in South Shore and proceeds counter-clockwise to Zephyr Cove.

Like other long relay races, the Tahoe Relay is put on successfully with no support of any kind even though competitors run on busy roads, often with minimal or no shoulder and without traffic control. The final race instructions given to the 116 leg 1 runners and others who gathered in the small parking area behind a laundry mat at 7am in 40F conditions included "we have no aid stations so provide your own water, and watch out for open potholes in leg 1". I nearly had a firsthand experience with a foot deep, foot square, open, unmarked pot hole in the parking area before the race. So with those final instructions, Hutch was off. At 67 Hutch was the senior member of our 50+ team; he ran a strong leg and yielded only a few seconds to our prime competitor. And most importantly, he did not locate any open pot holes. Our prime competitor was a team from Davis, GVH-2 (Golden Valley Harriers). In addition to two 50+ teams they had 5 other teams in various age groups.

Starky took over at Zephyr Cove and embarked on the 8.2 mile journey that would net 800 ft in elevation. While Leg 2 is the shortest of the 7 legs, it has the greatest climb on the entire course. And while the views are beautiful on the way up to Spooner Summit, most runners focus on the long, steady climb, the pounding of their heart and their strong deep breaths of the thin, oxygen-deprived air. Stephen was enlisted to run only two days before the event, due to an injury to our previously committed leg 2 runner. Coincidentally, that is exactly how I came to run my first Tahoe Relay two



Dale Peterson finds a downhill on Leg 4

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years ago – I also filled in for an injured leg 2 runner; and Shelli's team lost their leg 2 runner and only found a replacement 15 minutes before they left town the day before the race. Hmmm... could it be the curse of the leg 2 hill?



Rob Main working his way up Spooner.

Stephen handed off to me just below the summit and allowed me to start my journey that would cover 10.3 miles and finish near Incline Village at lake level. We found out later in the day, during leg 7, that the team we were chasing, GVH-2, had two runners drop out days before the race and wound-up having two of the GVH-1 runners run a second leg for GVH-2. So, on 14 minutes rest the GVH-1 runner who just completed the 8.2 mile climb to the summit (with the 7th fastest time of the day!) started leg 3 for GVH-2, 2:12 ahead of me. I narrowed the gap to just over a minute before fortunes

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changed and I started to succumb to fatigue. I am sure there were beautiful views on my leg too, however after the 5-mile mark I was more focused on getting to the transition at Lakeshore Drive than the snow capped mountains and clear emerald/blue waters of the Nevada shoreline. After my leg, Hutch, Stephen and I carried through with our plan to cool off at perhaps the best beach at Lake Tahoe, Sand Harbor Beach. While paying to get into the beach area, the Nevada State Park Ranger informed us that the water was a bone chilling 45F. Within minutes we discovered he was right. A quick scan of the beach revealed a number of people enjoying the sun, playing beach games, and stand-up paddle boarders, but no one was in the water. It was a commensurately short, refreshing dip.



Team Bubba 2011: Chris Rostel, Larry Meredith, Jerry Lyman, Dale Peterson, Rob Main, Stephen Starkweather Brendon Hutchinson.

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Dale started with a 5:18 deficit and by the time Jerry started Leg 5 the Bubbas were a solid 14 minutes back of 3rd place. Dale ran a good leg, but he was up against the strongest of the GVH-2 runners – no doubt selected for this leg as it is arguably the most difficult of the 7 legs, due to being the longest leg at 12.3 miles. While discussing the relative difficulties of each leg on the ride to Tahoe on Friday afternoon and not coming to any particular consensus, Dale postulated that the most difficult leg is the one you are running. Agreed!

Meanwhile, with a spot on the podium slipping away, Hutch and I decided to take another break and go look at the monstrous trout patrolling the waters below Fanny Bridge. There were a number of them swimming about in what we now know is about 45F water – much more suited for trout than people. All of this reminded me of Shelli's and my trip to New Zealand a few months ago when we discovered what a fanny is in Australian speak – suffice it to say there are no bridges named Fanny Bridge in Australia.

When Jerry came by we realized that he was making a serious move on the 3rd place runner (GVH-2), we quickly lost interest in the trout. Back in the game, we stayed close to Jerry as frequent water stops were becoming necessary on this warm, dry afternoon. Jerry continued his surge and the day became warmer and less hospitable to long distance runners. With a mile to go, on this 10.6 mile leg, it was apparent that Larry was going to start his leg within sight of our competition – the first time since midway on my leg that our two teams were within sight of each other.

Larry started with a lead of only a few steps, a minuscule difference after roughly 50 miles. Larry's intimate knowledge of all 10.5 miles of leg 6 paid-off as he let the other runner pull away on the lead-up to the long, steep finishing climb. With great determination to give Chris a lead and not let Val (who was going to run leg 6 for Team Skirt) have a better time, Larry dug deep and prevailed (in both counts). The GVH-2 runner gave all he had and nearly collapsed with leg cramps before the exchange point. We found-out later that this GVH-2 runner had run leg 1 for GVH-1. My guess is he will limit himself to one leg next year.

Chris, who was told by leg 7 veteran Dale, that “no lead is too big on leg 7”, was given a lead of only 40 seconds. With no prior experience running the Tahoe Relay, or being a Bubba, Chris had the task of holding off a team that had fielded a number of strong runners. And do this on a leg with steep climbs and descents over the first 6 miles (perhaps a total of 400 ft of up and 1,000 ft down) before a painful, rolling 4.5 miles to the finish. In spite of the heat of the day Chris endured, held a consistent pace and stretched out his lead to 9 minutes by the finish. We were happy with our 3rd place finish, 31st overall. The Lucky Guys finished around 11th in their tough age group and 46th overall; and Team Skirt finished 3rd in their age group, 68th overall.

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Around Lake Tahoe – One Mile at a Time!



Hutch gets things going on Leg 1



Robin finishes strong!



Stephen having Fun

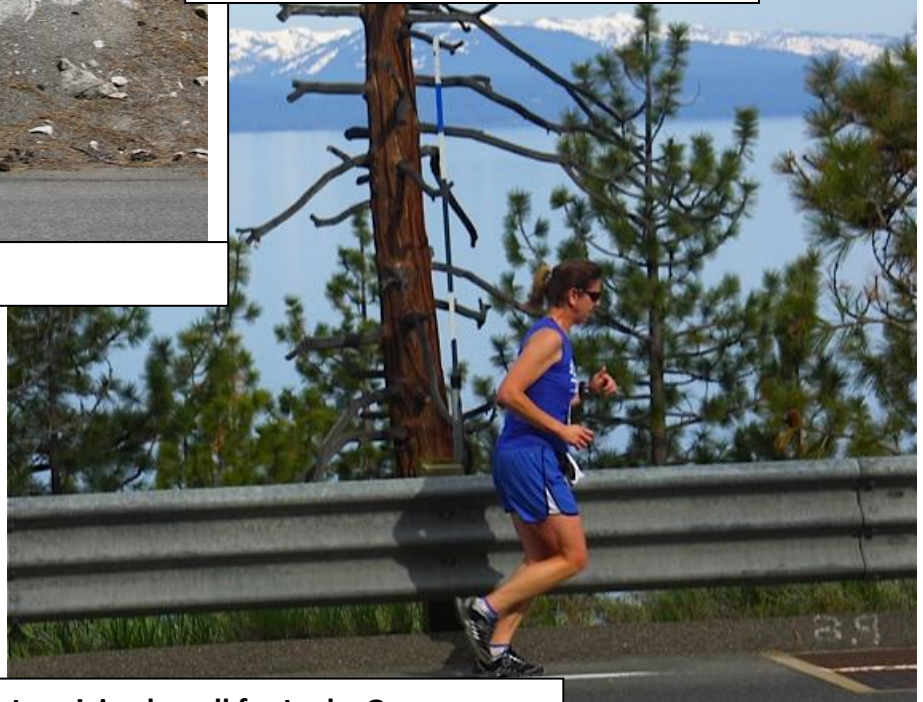
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Rob working hard!



Dale looking for the exchange zone.



Jen giving her all for Lucky Guys

NEW MEMBERS

Please welcome the following new members to the
Empire Runners Club

Cotati

The Copeland Family: Jenny, Micah, Jennah and Hannah

Healdsburg

Brian Rank

Rohnert Park

Samol Asfaha

Katie Bolice

Santa Rosa

The Quintana-Long Family: Andrea

The Fisher Family: Barry and Angela

The Reinik Family: Bruce and Keith

Rick Stuart and Mary Jordan

Steve Olson

Dominic Bosque

Douglas Murdoch

Julie Owens

Naomi Sever

Sonoma

Martha Sanchez

Windsor

The Robertshaw Family: David, Ingrid, Eric and Allegra

Scott Patty

New Membership Chair – Regan Masi

Santa Rosa native Regan Masi began his running career at an early age, competing under the legendary duo of Bob Shore and Dan Aldridge for the Santa Rosa Express Track club. He then moved on to Montgomery High school and ran for two years under the venerable Meredith regime and later as a member of Val Sell's Vikings as an 800 meter specialist. After his stint as a Viking, Regan meandered, until deciding to join the United States Air Force in 2005. After nearly six years as part of the World's greatest Air Force, including three years spent living in Tokyo and a tour in Iraq, Regan is happy to home now and looks forward to rekindling his twenty year relationship with The Empire Runners club, and the great sport it promotes.

Thank You to Gil Moreno

A special Empire Runner's Thank You and Good Luck goes out to Gil Moreno. Among the many things that Gil has contributed to the club has been the role of membership chair. Gil has done a stellar job and we will miss his special touch!

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Lucky Guys (and Gals) take on the Tahoe Relay!

By Shirley Fee

Team Lucky Guys decided for a second year to take on the challenge of the Tahoe Relay with a mixed bag of runners. I think we hold the title of being the most age diverse. We covered all age groups from 70 to 31. The morning of the race, Jon (thermo) Hermstad, Jen Ortlinghouse and I, Shirley Fee crawled out of bed as the sun was coming up. It was clear, cold and beautiful. We had a 45 min drive to the start line. We took off about 6 am, the sun was shining on the snow topped mountains across the lake, what a beautiful view. The rest of the team got to sleep in since they didn't have to start running until later. Leg 1 runner, Jon (Thermo) Hermstad was like a thoroughbred at the gate, I swear, when we got behind a slow car I thought he was going to jump out of the car and run to the start line. We got there with some minutes to spare but Thermo bailed out of the car almost before it was stopped. Jen and I were not quite as enthusiastic. We saw Team Bubba and Team Skirt for a brief moment, all of us trying to decide who is going to beat who. Since Lucky Guys were in the open mixed we figured we would be hard put to get close to any kind of win. So we decided to just have fun, enjoy the weather, views and experience. But, as it goes, we have to compete against somebody. So we wanted to stay somewhat close to Team Bubba. The gun goes off, Thermo took off like his life depended on it, Jen and I decided we would have to hurry if we were to be at our agreed upon water stop. As we passed him he was running up with the front runners looking smooth. He took water at 4 miles and said that was enough. Jen and I rushed to Leg 2 where Thermo would hand off to her. Jen was just getting over a hamstring injury, and she was running up THE HILL, just what the doc ordered I'm sure. Jen must have forgotten how long the leg 2 hill is, it is one tough hill, much less doing it without oxygen, but she held her own and didn't give up, she came in strong and happy to be done. Leg 3. I'm ready and feeling pretty good, having run the course last year I knew enough to not be fooled about going downhill. It's a very long downhill and can do serious damage if you don't pay attention. I also knew if I didn't have enough lead time Shell Bell of Team Skirt was going to blast by me. No pressure. I still took a little time to enjoy the beauty of Lake Tahoe on a sunny day with snow capped mountains and a crystal clear lake. At one point you are looking down into the lake. The water is Turquoise blue and so clear you can see every rock. It did look inviting. Finally I hit a little flat land and a few small hills with a hill up to Leg 4 where Mel (Mini Mel) Belluomini was waiting. I knew I had to hurry but the tank was running dry. My legs and lungs were not happy campers, my left calf was threatening to cramp, and it did at the very end. This year I could hear Larry's voice in my head. Don't walk!! You cannot walk!!! So, Larry, I did not walk, and I beat my time of last year. Mini Mel was waiting, hand outstretched ready to tag. Mel took off like the Road Runner and covered her 12.3 miles in record time, I'll bet there are burn marks on the pavement. I did not get to see her but I heard she was going so fast that she was just a blur. I know she did not notice the scenery. When she finished and handed off to Leg 5 runner, Kevin Teuscher, her words were "that was a little harder than I thought". According to Kevin, Leg 5, is mis-named Cedar **Flats**. Kevin said it is not flat. As we drove along cheering our team mates on we could see Kevin was running relaxed and strong at a good pace with a big smile the whole way, he actually looked like he was having fun, finishing strong on a uphill he handed off to Leg 6 runner Karen Frindell Teuscher, another little power house of a runner. Leg 6 has ups and downs with a long steep climb at the end of 10.5 miles. It is brutal. Karen looked good as she powered up the hills with her eyes focused on the end result. While we were following and cheering Karen on we saw Larry powering up the Leg 6 hill. He ran with a look of determination and fire in his eyes. Their competition was toast. Karen pushed it to the max and handed off to our leg 7 runner, Will Ortlinghaus. Will said he was going to run easy and conservative, Jen and I knew better. I think Leg 7 is the least attractive of all legs. No shoulder, narrow road, lots of traffic, a lot of ups and steep downs. The views are very beautiful but I'm not sure the runners get to enjoy it. They are just trying to get the job done and not get run over doing it. Will held a good steady pace. It was getting a little warm, but there are a line of beautiful aspen trees providing shade for the runners. About two miles from the finish, Will kicks it into afterburner. He starts picking off runners one after another, many of which had a pretty good head start. He finished strong and fast. It was a good day for the Empire Runner teams. We gave the other teams a good run for their money and Team Bubba and Team Skirt brought home 3rd place each. I think everybody should try this just once, or maybe twice.

proposed

Bylaws of the Empire Runners Club

ARTICLE I - NAME

The name of this corporation shall be **The Empire Runners Club**.

ARTICLE II - PRINCIPAL OFFICE

The principal office for the transaction of the business of the corporation is as may be hereafter fixed and located by the board of directors in the County of Sonoma, State of California. The board of directors may at any time or from time to time change the location of the principal office from one location to another within Sonoma County.

ARTICLE III - OBJECTIVES

1. To maintain an association of persons and organizations interested in running as a healthy sport.
2. To foster community awareness, knowledge and appreciation of running as a healthy sport.
3. To increase community interest, support and enhancement of the resources, programs, services, facilities and needs of the local running community.
4. To help provide materials, equipment, services and other resources to assist local running programs.
5. To be the recipient of donations, gifts and bequests intended for the use or benefit of the local running community.
6. To accomplish those purposes of the corporation set forth in the Articles of Incorporation

ARTICLE IV - MEMBERS

Determination and Rights of Members: The corporation shall have only one class of membership. No member shall hold more than one membership in the corporation. Except as expressly provided in or authorized by the articles of incorporation or by laws of this corporation, all memberships shall have the same rights, privileges, restrictions, and conditions.

- **Qualification:** All individuals and families in sympathy with the objectives of this corporation shall be eligible for membership.
- **Voting:** Each member, 18 years or older, shall be entitled to one vote which may be cast in person or by proxy. (See Article VIII – MEMBERSHIP MEETINGS.)
- **Termination:** The board of directors may remove any club member for conduct which puts the club at undue risk or reflects unacceptably upon the club. A request to terminate a membership must be presented in person to the board in closed session. The board will review all the issues to make their determination. A member may be removed by a 2/3 majority of the board.

Additionally a member may be terminated by death, resignation or for nonpayment of dues.

Dues: The annual dues payable to the corporation by members shall be established by the board of directors in such amount as may be determined from time to time by resolution of the board of directors.

ARTICLE V – DIRECTORS

Number: The corporation shall have a minimum of seven (7) directors and collectively they shall be known as the board of directors. The number may be changed by amendment of these bylaws, or by repeal of these bylaws and adoption of new bylaws, as provided in these bylaws.

Powers: All powers and activities of this corporation shall be exercised and managed by the board of directors of this corporation directly or, if delegated, under the ultimate direction of the board of directors. The board of directors may delegate the management of the day-to-day operation of the business of the corporation to a management company, committee or other person, provided that the activities and affairs of the corporation shall be managed and all corporate powers shall be exercised under the ultimate direction of the board of directors.

Duties: It shall be the duty of the directors to:

Perform any and all duties imposed on them collectively or individually by law, by the articles of incorporation of this corporation, or by these bylaws;

Appoint and remove, employ and discharge, and, except as otherwise provided in these bylaws, prescribe the duties and fix the compensation, if any, of all officers, agents, and employees of the corporation;

Supervise all officers, agents, and employees of the corporation to assure that their duties are performed properly;

Meet at such times and places as required by these bylaws;

Register their mailing and emailing addresses with the secretary of the corporation. Notices of meetings mailed or emailed to the directors at such addresses shall be valid notice thereof.

Election and Terms of Office: Directors shall be elected by the membership at the annual meeting. (See Article VI – Elections.) Each director shall hold office for a term of two (2) years unless otherwise specified upon his or her election and until a successor has been elected. The terms of office shall be arranged so that the directors serve staggered terms, with three (3) members of the board being elected to begin their terms in odd-numbered years and four (4) members in even-numbered years to provide for continuity on the board. A director may serve successive terms if nominated and re-elected to the board when his or her term is about to expire or has expired. No person may be nominated or elected as a director without his or her consent.

Resignation and Removal of Board Members: (See Article VII – OFFICERS AND COMMITTEES/Resignation and Removal of Officers and Board Members.)

Meetings and Quorums: Board meetings shall be called and held as may be ordered or scheduled by the directors. Four (4) directors shall constitute a quorum for the transaction of business. Any act or decision by a majority of the directors present at a board meeting at which a quorum is present shall be regarded as an act of the board. The board may open board meetings to members other than directors and may invite club members in attendance to participate in discussions of issues before the board or invite them to vote in non-binding advisory polls regarding issues being discussed. The board may vote publicly at these meetings or choose to discuss and vote on motions before the board in closed session.

Meeting Minutes Approval: Minutes of meetings at which a quorum of the board is present shall be submitted for the board's approval no later than at the next board meeting. The transactions of the board, however called and announced or wherever held, shall be valid if those of the directors

not present approve by email or in writing the minutes of such meeting. Such approvals shall be filed with the records of the corporation or made a part of the minutes of the meeting.

Action by Unanimous Written Consent without Meeting: Any action required or permitted to be taken by the board of directors under any provision of law may be taken without a meeting, if all members of the board shall individually or collectively consent in writing or by email to such action. For the purposes of this Section only, "all members of the board" shall not include any "interested director" as defined in Section 5233 of the California Nonprofit Public Benefit Corporation Law. Such written consent or consents shall be filed with the minutes of the proceedings of the board. Such action by written consent shall have the same force and effect as the unanimous vote of the directors. Any certificate or other document filed under any provision of law which relates to action so taken shall state that the action was taken by unanimous written consent of the board of directors without a meeting and that the bylaws of this corporation authorize the directors to so act, and such statement shall be prima facie evidence of such authority.

Nonliability of Directors: The directors shall not be personally liable for the debts, liabilities, or other obligations of the corporation.

Indemnification by the Corporation of Directors, Officers, Employees, and Other Agents: To the extent that a person who is, or was, a director, officer, employee, or other agent of this corporation has been successful on the merits in defense of any civil, criminal, administrative, or investigative proceeding brought to procure a judgment against such person by reason of the fact that he or she is, or was, an agent of the corporation, or has been successful in defense of any claim, issue, or matter, therein, such person shall be indemnified against expenses actually and reasonably incurred by the person in connection with such proceeding.

If such person either settles any such claim or sustains a judgment against him or her, then indemnification against expenses, judgments, fines, settlements, and other amounts reasonably incurred in connection with such proceedings shall be provided by this corporation but only to the extent allowed by, and in accordance with the requirements of, Section 5238 of the California Nonprofit Public Benefit Corporation Law.

Insurance for Corporate Agents: The board of directors may adopt a resolution authorizing the purchase and maintenance of insurance on behalf of any agent of the corporation (including a director, officer, employee, or other agent of the corporation) against any liability other than for violating provisions of law relating to self-dealing (Section 5233 of the California Nonprofit Public Benefit Corporation Law) asserted against or incurred by the agent in such capacity or arising out of the agent's status as such, whether or not the corporation would have the power to indemnify the agent against such liability under the provisions of Section 5238 of the California Nonprofit Public Benefit Corporation Law.

Annual Agreement to Comply with Bylaws and Conflict of Interest Policy: Each director and corporate member with governing board-delegated powers shall annually sign a statement which affirms such person:

- (a) has received copies of these bylaws and the corporation's Conflict of Interest and Compensation Approval Policy,
- (b) has read and understands the bylaws and the policy,
- (c) has agreed to comply with the bylaws and the policy, and
- (d) understands the corporation is charitable and in order to maintain its federal tax exemption it must engage primarily in activities which accomplish one or more of its tax-exempt purposes.

ARTICLE VI - ELECTIONS

Elections: Unless the board of directors designates a different date, the annual membership meeting for the election of directors shall be held on the third Thursday of each December at a time and place of the board's choosing. Nominations for directors shall be submitted no less than twenty-eight (28) days before the annual meeting and may be presented to the board by any club member. Each nominee shall have agreed to serve if elected and confirmed his or her willingness and availability to attend board meetings to transact ongoing business.

All club members, 18 years and older, whose current year's dues are paid before this meeting, are eligible to vote and to submit nominations for directors.

Members may vote for as many candidates as there are positions open for election. Votes for directors shall be cast and counted at the meeting. Those candidates receiving the most votes to fill the vacant positions are elected. If such meeting is not held or directors are not elected there, then directors may be elected at any special meeting of members held for that purpose.

All directors shall take office on the first day of the month following their election and, except for directors filling vacated positions, shall hold office for two (2) years with the option of accepting re-election. The seven (7) elected directors shall comprise the board of directors.

Optional Ballots: The board may authorize a ballot to be published in the issue of the club newsletter which announces the membership meeting or on the club website for club members to download and print. The published ballot shall include the names of all nominated candidates as well as space for the names of write-in candidates and shall provide instructions to ensure delivery of ballots to the club secretary prior to the meeting. To be accepted as valid, a submitted ballot must be received by the deadline described in the instructions and include the name of the voting member, legibly printed, and the member's signature.

ARTICLE VII - OFFICERS

Officers: The corporation's officers shall include a president, vice-president, secretary and treasurer. The board of directors shall elect the officers at the first meeting held after the annual meeting. An officer shall hold the position for one year and may accept re-election by the board if eligible as a board member. A director may not hold more than one office.

Resignation and Removal of Officers and Board Members: Any officer may resign, or may be removed from office with or without cause by two-thirds majority vote of the Board at any time. A resigned officer may choose to retain his or her position as a board member or may resign as a director as well. A removed officer may be removed as a director from the board by two-thirds majority vote of the board, but only for conduct which the board determines puts the club at undue risk or reflects unacceptably upon the club. By the same criteria, the board may terminate a director's membership in the corporation. (See Article IV – MEMBERS/Termination.) Vacancies caused by death, resignation, or removal of officers or directors may be filled by appointment by the board, or by the president until such appointment is approved by the board. A vacated director's position filled by appointment shall be open for election by the membership at the next annual meeting or at a special membership meeting called for that purpose by the board, by the president, or by not less than ten (10) club members. A member elected to fill a vacated position on the board shall serve out the term of the vacated position.

President: The president, subject to the control of the Board, shall provide general supervision direction and control of the affairs of the corporation. He or she shall preside at all meetings of the membership or the Board; may appoint an audit committee at least 30 days before the annual meeting; may appoint such other committees as necessary from time to time with the Board's

approval; appoint a parliamentarian when needed and be an ex-officio member of all standing committees. The president shall provide each director and corporate member with governing board-delegated powers a copy of these bylaws and the corporation's Conflict of Interest and Compensation Approval Policy within 30 days of that person taking office.

Vice President: The vice president, in the absence or disability of the president, shall perform all duties of the president and perform such other duties and assignments as the president may request.

Secretary: The secretary shall keep at the corporation's principal office a register of minutes of all meetings of the Board of Directors and the membership, with the time and place of holding; how called or authorized; the notice given thereof; the names of those present or represented and the proceedings of the meeting. At the principal office of the corporation, the secretary shall keep a register of the members' names, addresses and phone numbers.

Treasurer: The treasurer shall have custody of the corporation's funds and shall keep and maintain adequate and correct records of account showing the disbursements and receipts of the corporation, including an account of its cash and other assets, if any. Such records of account shall be given to inspection at reasonable times by any member or director. The treasurer shall deposit all moneys of the corporation with a local bank that is designated by the board, disburse the corporation's funds as the board may order, and upon request render to the president or the board statements of the corporation's financial condition.

ARTICLE VIII - MEMBERSHIP MEETINGS

Annual Meeting of the Corporate Membership: The annual meeting of the membership shall be held at a time and place designated by the board for the purpose of electing directors and transacting other business as may come before the meeting. The membership will be presented with a report by the directors on the year's activities.

Additional Meetings: Additional meetings of the membership may be called and held as may be called by the board, by the president, or by 2% of members or 10 members, whichever is greater.

Notification: Notice of meetings of the membership shall be given to all members at least ten (10) days before such meeting by emailing notice to each member's email address, by publishing notice of the meeting in the club newsletter, or by mailing notice to each member's address as shown on the corporation's membership register.

Quorum: A quorum at membership meetings shall consist of 13 voting members of the corporation.

The members present at a duly called and held meeting at which a quorum is initially present may continue to do business notwithstanding the loss of a quorum at the meeting due to a withdrawal of members from the meeting provided that any action taken after the loss of a quorum must be approved by at least a majority of the members required to constitute a quorum.

Voting: Each member, 18 years and older and whose dues are paid up to date, shall be entitled to one vote, which may be cast in person, by proxy, or by mail.

Members entitled to vote shall have the right to vote either in person or by a written proxy executed by such person or by his or her duly authorized agent and filed with the secretary of the corporation, provided, however, that no proxy shall be valid after eleven (11) months from the date of its execution unless otherwise provided in the proxy. In any case, however, the maximum term of any proxy shall be three (3) years from the date of its execution. No proxy shall be

irrevocable and may be revoked following the procedures given in Section 5613 of the California Nonprofit Public Benefit Corporation law.

The proxies shall state the general nature of the matter to be voted on and, in the case of a proxy given to vote for the election of directors, shall list those persons who were nominees at the time the notice of the vote for election of directors was given to the members. In an election of directors, any proxy which is marked by a member "withhold" or otherwise marked in a manner indicating that the authority to vote for the election of directors is withheld shall not be voted either for or against the election of a director

ARTICLE IX - RULES OF PROCEDURE

Robert's Rules of Order Revised: shall be the authority for resolving questions of procedure and other matters to which they are applicable, and in which they are not inconsistent with the bylaws, with the articles of incorporation, or with the laws of the State of California.

ARTICLE X - MISCELLANEOUS

Inspection of Bylaws: The corporation shall keep in its principal office the original or a copy of these bylaws, as amended or otherwise altered to date, certified by the secretary, which shall be open to inspection by the members at all reasonable times during office hours.

Construction and Definitions: Unless the context otherwise requires, the general provisions, rules of construction and definitions contained in the California General Nonprofit Corporation Law shall govern the construction of these bylaws.

Records of Board and Board Committee Proceedings: The minutes of meetings of the governing board and all committees with board delegated powers shall contain:

- (a) The names of the persons who disclosed or otherwise were found to have a financial interest in connection with an actual or possible conflict of interest, the nature of the financial interest, any action taken to determine whether a conflict of interest was present, and the governing board's or committee's decision as to whether a conflict of interest in fact existed.
- (b) The names of the persons who were present for discussions and votes relating to the transaction or arrangement, the content of the discussion, including any alternatives to the proposed transaction or arrangement, and a record of any votes taken in connection with the proceedings.

ARTICLE XI - EXECUTIONS OF INSTRUMENTS AND RECEIPT OF GIFTS

Execution of Instruments: The board of directors, except as otherwise provided in these bylaws, may by resolution authorize any officer or agent of the corporation to enter into any contract or execute and deliver any instrument in the name of and on behalf of the corporation, and such authority may be general or confined to specific instances. Unless so authorized, no officer, agent, or employee shall have any power or authority to bind the corporation by any contract or engagement or to pledge its credit or to render it liable monetarily for any purpose or in any amount.

Gifts: The board of directors may accept on behalf of the corporation any contribution, gift, bequest, or devise for the charitable or public purposes of this corporation.

ARTICLE XII - CORPORATE RECORDS AND REPORTS

Maintenance of Corporate Records:

The corporation shall keep at its principal office in the State of California:

- (a) Minutes of all meetings of directors, committees of the board and, if this corporation has members, of all meetings of members, indicating the time and place of holding such meetings, whether regular or special, how called, the notice given, and the names of those present and the proceedings thereof;
- (b) Adequate and correct books and records of account, including accounts of its properties and business transactions and accounts of its assets, liabilities, receipts, disbursements, gains, and losses;
- (c) A copy of the corporation's articles of incorporation and bylaws as amended to date, which shall be open to inspection by the members, if any, of the corporation at all reasonable times during office hours.
- (d) A copy of the corporation's Conflict of Interest and Compensation Approval Policy, which shall be in compliance with state and federal laws applicable to non-profit and charitable organizations governing transactions, arrangements, or compensation that might benefit the private interest of officers, directors, or any corporate member authorized by the board to act on behalf of the corporation.

Directors' Inspection Rights: Every director shall have the absolute right at any reasonable time to inspect and copy all books, records, and documents of every kind and to inspect the physical properties of the corporation.

Right to Copy and Make Extracts: Any inspection under the provisions of this article may be made in person or by agent or attorney and the right to inspection includes the right to copy and make extracts.

ARTICLE XIII - DISSOLUTION

Upon dissolution, the property of the organization is irrevocably dedicated to nonprofit purposes and no part of the net income or assets of this corporation shall inure to the benefit of any officer or member thereof or to the benefit of any private person. In the event of dissolution of this corporation, all assets will be turned over to educational or charitable organizations in the community as shall at that time qualify as exempt type organizations under section 501(c)(3) of the Internal Revenue Code.

ARTICLE XIV - AMENDMENT OF BYLAWS

Introduction: An amendment to these bylaws may be introduced at any meeting of the board to be acted upon at the next meeting of the corporation membership.

Announcement: Each proposed amendment, together with the recommendations of the board, shall be prepared at least 30 days before the next membership meeting and announced in the newsletter preceding that meeting. Members who have registered email addresses with the corporation shall be emailed the proposed amendment and notice of the pending membership meeting at least ten (10) days prior to the meeting. The proposed amendment shall be presented at the meeting and read aloud to the membership by a member of the board unless the members present vote to waive this reading.

Member's Authority: New bylaws may be adopted or these bylaws may be amended or repealed by a two-thirds vote of the members present in person or by proxy at the next corporation meeting.

Board Authority: Subject to the right of the members as provided in this article to adopt, amend or repeal bylaws, any bylaw other than a bylaw or amendment there of changing the authorized number of board members may be adopted, amended or repealed by the board of directors.

CERTIFICATE

This is to certify that the foregoing is a true and correct copy of the bylaws of the corporation named in the title thereto and that the board of directors of said corporation duly adopted such bylaws on the date set forth below.

Dated: _____

Secretary

The Empire Runner

Proposed changes to the Bylaws of the Empire Runners Club

In response to a proposal to amend the club bylaws presented in 2009 by Gil Moreno, last year a Club Bylaws Committee, consisting of last year's officers (Nate Koch, Dale Peterson, Paul Berg, and John Harmon), plus Jerry Lyman, began meeting with Linda Rosen, a professional consultant in regulatory compliance issues for 501(c)(3) non-profit organizations. In discussions with Ms. Rosen, it immediately became clear that the club's current bylaws and the way the club ran its meetings and made decisions may not meet the standards required by the IRS and the California Franchise Tax Board of organizations with non-profit status. At issue are the responsibility and liability resting with the Board of Directors for any actions taken by the club. Also at issue are regulations guarding against potential conflicts of interest.

The result of the Committee's effort is a proposed new set of bylaws which the Committee has submitted to the current club officers (Alex Wolf-Root, John Staroba, Tanya Narath, and Paul Berg). The club officers have approved the proposed bylaws and now submit the proposal to the membership with the recommendation that members also vote to approve it.

The club officers have designated the July 28 club meeting a special membership meeting for voting on the proposed bylaws. A 2/3 majority vote of those members voting is required in order for the measure to pass. For those not able to attend the July 28 meeting, a ballot will be published in the July newsletter along with instructions for mailing the ballot to the club secretary in time for the July meeting.

The proposed bylaws call for significant changes in the structure of the governing body of the club and the way the club does business. Here are some major elements:

- The authority, responsibility, and liability of actions taken by the club rest with the Board of Directors. Except for electing Board members and amending the bylaws, the general club membership will not vote on club issues.
- The Board expands from 4 to 7 members. Board members are elected for 2-year terms, staggered so that each year the Board will have either 3 or 4 newly elected members. Each year the presiding Board will elect 4 club officers from among Board members for one-year terms of office.
- The Board may call Board meetings and conduct club business at any time. The Board may continue to hold monthly meetings much like our current meetings at which members are welcome to attend and submit comment. However, at these meetings only the vote of Board members will be binding.

The proposed new bylaws contain many other changes. Please read the proposal and be ready to submit an informed vote. To meet the requirements of our current bylaws, this proposal is submitted to the membership 30 days before the July 28 meeting. Other proposals to be voted at the July meeting that will allow the club to transition to the new governing system will be forthcoming.

The Board of Directors

Empire Runners Club
PO Box 4241
Santa Rosa, CA 95402

Member Name:

Member Signature:

July 2011 Special Election

Club ByLaws Revision Proposal

Yes

No

Shall the Empire Runners Club adopt the proposed new set of Bylaws

☐☐

The July 28 club meeting has been designated a special membership meeting for the purpose of voting on the proposed bylaws. A 2/3 majority vote is required for the measure to pass.

Current club members who cannot attend the July meeting can vote by mail by using this ballot.

All mail-in ballots must be signed and mailed by Thursday, July 21, 2011. Ballots must be mailed to: PO Box 4241, Santa Rosa, CA 95402

The Empire Runner



The Prez Sez

Injuries suck.

We've all had 'em. Or if you haven't, then you just haven't been running long enough. It's part of the sport.

Of course not all injuries are equal. I'm not saying we're all going to get stress fractures or shin-splints, but if you run long enough, something is going to hurt in a bad way. (Yes, there is a "good" hurt to contrast with this "bad" hurt.)

There are many ways to minimize the risks of these injuries, though you can never make the risk nonexistent. Working on form may be the flavor of the week, but it is certainly important. Doing your core work is too. Playing with all those weird muscles that (people like Doc aside) can't name or even really pinpoint is often undervalued. Those drills that make you look ridiculous? Yeah, do those too. And of course the bread and butter: stretching and icing. Heck, if you're doing it right, you may spend two hours a day running but three doing what Nick Willis calls his "extra 5%". Blah.

But probably the hardest thing to do is rest. "The pain will go away by itself." "I can run through it." "I just slept on it weird, it's not running related at all!" And the worst bit is we all can give the advice to our injured friends. It's just hard to take the same advice ourselves.

I recently tweaked my calf. It's track season, which means getting on the track w/spikes and running *fast*. Gotta flirt with injury to get sharp. Sometimes it works out, sometimes you just step over the edge. I found that edge. Realized I hurt myself, took a week off.

But then there was a 10K that I had committed to. And I was fit. And it didn't hurt *that* bad. So yeah, of course I could race it. Why not? I was getting better so it'd all be good soon, right?



The Empire Runner

Well, I finished (and set a PB). But it hurt. Heck, I couldn't cool down. That was about a month ago. And I'm still not completely pain/injury free. Why is that? Lots of reasons, but a key one: I didn't rest enough. I would have told a friend not to run, as friends did for me. Live and learn.

So keep up with all the little things. Ice. Do core. Work on drills and strides. But don't forget to rest. Sometimes the simplest thing is the most important - and most annoying. But if you don't rest and recover and take care of yourself, you'll never be able to

Run Happy,

-Alex

The Empire Runner

The Long and Short of It – DM Peterson

Perfect Form

The Friday before the Tahoe Relay I was treated to a lively debate between **Rob Main** and **Val Sell** regarding running form and more precisely turnover vs. stride length. They were quite spirited. As is often the case, I found that they often seemed to be saying the same thing in different ways and thus they were unable to understand each other. In the end I think they agreed to disagree or disagreed on agreeing or something like that. I certainly found it interesting but did not want to think too much about it with a race the very next day!

You can hardly open a running magazine, web-site or blog now days without being bombarded with a whole slew of advice on how to run. I have used up a fair amount of space and ink dedicated to the subject of bare-foot running and my own attempts at same. Quick update: I am up to one-mile on the Montgomery HS football field, alternating 100M of quick strides and 100M of slow jogging. For me this bare-foot running has seemed to be beneficial so far in that I just *feel* more efficient. I am certain that I am running with more of the desired mid-foot strike than in the past and although I have not put myself to the ultimate test before the merciless stop-watch – I feel like I can better get up on my toes and really sprint when I need or want to.

Okay, so running bare-foot striders can possibly improve your form. The bare-foot part may be “new” but anyone who has been around running; especially *track* knows that doing striders to enhance your speed and form is older than Jim Thorpe.

Besides the wonderful world of running bare-foot, what else is out there to improve your form? Well, LOTS of stuff that’s what! I know of at least two formal running technique schools of thought:

Chi Running is described on their web-site as: “the world’s leader in teaching safe and efficient natural running technique” and teaching “the benefits of barefoot-like” running”. Besides promising improved efficiency and reduced injuries, the Chi Running Technique is described as blending “the powerful movement principles from T’ai Chi, with running”.

Pose Method is described on their web-site as: “a system for teaching of human movement”. A further description states “if you analyze the movement of any body through time and space, you will clearly see that the body passes through an infinite number of positions. Pose running promises to “dramatically improve training and racing performance, help prevent injuries and create a competitive edge.

Wow. They both sound great though they seem at first glance to take different approaches. One “eastern and philosophical” the other “western and scientific”. Only further investigation can reveal whether either is for you.

The Empire Runner

Personally, I find this all very interesting but will strive to continue to keep a balance between technique and just relaxing and having fun.

Meanwhile after listening to Rob and Val I latched on to one component of their discussion surrounding *turnover*. That is to say how many strides one takes per minute - so on my Thursday night long-run I decided to take random samplings of my own turnover rate. I counted every other stride then doubled it after each one-minute interval going up Canyon, around Ilsanjo, up the Gravel Grind, down Richardson, and along Channel Drive. I was shocked to find that no matter the terrain, my speed or perceived effort – the number of strides varied by no more than one or two per minute, averaging right around 170. If you look up “how many strides per minute is ideal?” on the internet you will quickly find several links that claim 180 is the magic number.

So, I guess I need to find a way to pick up another 10 strides per minute without going into cardiac arrest. And... I really wonder exactly what I am doing differently when I am going faster vs slower, uphill vs downhill vs flat if my number of strides seems to stay constant. I am betting on either stride length and/or push-off which was at the heart of the Rob vs Val debate.

I guess the next step in the process will be for me to read more and see what other folks are saying about form and stride length and average turnover rate. Sounds like something best done in a chaise lounge while sipping an IPA.

Department of Corrections

Last month in my Annadel “rant” I mis-stated a couple of facts. Here are my corrections:

- 1) The number of State Parks targeted for closure is 70 state-wide not just northern California.
- 2) The DMV annual fee initiative would have cost motorists \$17 dollars not \$10. So YES you could still buy 3 gallons of gas with the money you saved by defeating the initiative.

State Parks Department

Thursday I did my first “bandit” run in Annadel now that they have closed the park Tuesday thru Thursday each week. It was a little eerie knowing that the park was closed and it got me thinking a little bit about the men and women who maintain and patrol our parks. We have all heard of the “thin blue line” representing the police but it seems to me we tend to take for granted the thin *khaki* line formed by our State Park Rangers. Next time the park is actually open and you see one of these fine folks give them a wave and thank them. And **BUY A PARK PASS** while you wait for Sacramento to sort this all out.

The Empire Runner

The Month That Was – Alex Wolf-Root

Nationals. That's the word for June when it comes to USA Track and Field. First you have the NCAA D1 Champs in Des Moines, Iowa, then the month ends up with the USATF Nationals – the qualifier for the World Champs in Daegu, South Korea – at Historic Hayward Field. (Yes, "Historic" is part of the name. Ridiculous? I think yes.) There's other stuff too, but it's these bookends that shaped The Month That Was

NCAA DI Champs

Two years ago, Texas A&M produced an historic double-team championships, both men and women. Last year, Texas A&M produced an historic double-team championships, both men and women. This year? This year, Texas A&M produced an historic double-team championships, both men and women. And in true dramatic track & field action, it came down to the last event both timeads, the 4x400m relay.

But arguably the biggest story of the meet was the weather.

Freak thunderstorms interrupted the meet multiple times, leading to delays, breaks, and, in one case, postponement of events until the next morning. On day two, with four jumps left in the long jump, two events (javelin, 1,500m run) in the men's 1,500m, one of three 4x400m women's heats, all 4x400m men heats, and the men's 10,000m still to be run, they stopped the meet.

Thus, a three-day decathlon was born, all the time qualifiers for the women's 4x400m relay came in heat three, and the 10,000m/5,000m doublers had it all the more tough, as they had less than 24 hours recovery time. No excuses (that I heard) were made, but it was a different sort of situation, for sure.

Some actual competition highlights:

Ngonidzashe Makusha: Makusha started of Florida State's run for the championship (ended up second by a point) with his very first jump in the long jump, hitting 7.79m (25'6.75"). And it only get better. His next two prelim jumps saw 7.97 and 7.93, letting him sit in third. **Damar Forbes** of LSU and **Will Claye** had both bettered 8 meters, with Forbes hitting 8.15m for his third jump and Claye at 8.08m on his very first.

Marquise Goodwin of Texas wanted to make it interesting too, as on his first of the final three jumps he hit 8.02m to move ahead of Makusha into third. But right after that, Makusha blew those marks out of the water with a world-leading 8.40m (0.0mps wind too!) or 27'6.75" for your imperial folks. That mark also broke the stadium record held by World Champion **Dwight Phillips**.

The Empire Runner



But the competition wasn't done there. Claye was up next, and was able to respond with an improvement of his own, hitting 8.20m to move back into second, ahead of Forbes. That lasted all of a minute, as Forbes then popped an 8.23m to re-take silver position.

Adding to the fun Goodwin hit 8.16. on his fifth jump, with Texas Tech's Bryce Lamb joining the party on the final jump in terrible weather to hit 8.15m. All in all, 5 jumped 8.15m or better, with 7 cracking 27 feet. Deepest NCAA Long Jump ever? Maybe. Deepest since I've been alive? Probably.

Let's stick with the jumps, yea? Remember that Will Claye guy? While he was only third, albeit with a ridiculous 8.20m jump, he was the only one of the field to break 8 on all legal jumps (three of six were fouls). Well, he was back in action on day 4 with the triple jump. He started off well, hitting 16.84m on jump one, to again find himself in that second spot. Because on the first jump of one **Christian Taylor** of Florida, the junior popped a 17.28m (+2.0mps) to smash the stadium record of US Olympian **Kenta Bell**.

Taylor was 10th in the long jump at 7.83m, but this was clearly his real event.

But Claye wasn't done yet. Jump two produced a 17.07m jump, also over the old stadium record. To give you a better idea, that's 56 feet. And on jump three, Claye surprised Taylor (and everyone else) with a 17.35m jump, to take the pole position heading into the final three jumps. No one else had cracked 16.50m yet.

In round four, Taylor was right back, edging Claye's 17.35m with a 17.40m of his own. That's 57+feet. A minute later, Claye was back, with 17.41m. For both the fifth round was lackluster, but on their final jumps, there was magic.

The Empire Runner

Taylor had the penultimate jump of the competition, and made it count, skyrocketing to a 17.80m (+2.3mps) jump, or a whopping 58'4.75". It was over, right? Yes. Claye had a valiant final jump all his own, and while his 17.62m (+2.9mps) or 57'9.75" would win nearly other year, he'd have to settle for two silver's.

Fortunately, both these jumpers, plus the top-5 from the long jump, are all back next year.

Earlier on, I mentioned **Ngonidzashe Makusha**. Well, the long jump may have been his specialty, but he was so fast on the runway that his coach had him try the 100m at the conference champs. He won. And on Day 3, he found himself in the final of the NCAA 100m dash, after running just a handful throughout his college career.

Well, he was out slow, but if it stayed that way I wouldn't be writing this. While his block skills clearly weren't as polished as the rest of the field, about 50m in his speed surely turned it on. The last 20m it was all Makusha, as he powered home in an astounding 9.89 (+1.3mps) collegiate record, breaking Olympic Medalist and announcer-extraordinaire **Ato Bolden's** mark from 1996. Second place's 9.97 would have been huge news, and a stadium record, but a 9.89 from a college junior long jumper?!

Yea, he just signed a fat endorsement deal. Well, after he helped his team to the 4x100m relay title, of course.

Alright, **Distance Action**. I know that's really what the majority of you care about.

Well, do you consider the 800m distance? I don't, it's middle-distance. But whatever. The men's race was AMAZING. Honestly, it's one of those things you have to see for yourself. Go here: <http://www.letsrun.com/2011/final800-0611.php>

K, real distance action: **Men's 10,000m**

Only four NCAA athletes have ever broken 27:30 for 10,000m. One of them was the great Henry Rono. The other three in orders of PB: **Sam Chelanga**, Liberty. College Record-Holder at 27:08.39, Reigning Champ, NCAA XC Champ, second indoors 5,000m. **Stephen Sambu**, Arizona. 27:28.64, NCAA XC Runner-Up. **Leonard Korir**, Iona, 27:29.30, NCAA Indoor 5,000m Champ. It was going to be fun.

The Empire Runner



The pace started off solid, as they crossed 3,200m at a tick over 9 minutes. There were some hangers-on at this point, but a surge by Korir dropped the field to these three standouts, as they continued to click off 67's/68s for laps. Around 7,000m they started to lag, as they were all gauging each other's fitness/ability to kick.

With 1,200m to go, the race was on. Korir made a big move, dropping a sub-65 second lap. Chelanga and Sambu caught up, and all three were there with two to go. This time it was Chelanga's turn, and he quickly opened up a gap with ~700m to go. Sambu was gone, while Korir spotted him those 10 or so meters. But about 500m to go the gap was shrinking, and Korir quickly overtook a slowing Chelanga. It wasn't even close after that. Korir's final lap, 56.18, easily brought him the victory. Chelanga second, Sambu third.

Down the line, all 8 scorers broke the 29 minute barrier.

The Empire Runner



Next up: Women's **5,000m** and **1,500m**:

What was billed as **Sheila Reid** versus **Jordan Hasay** yet again turned into simply the Sheila Reid show. If you forgot, here's a little of their history:
www.empirerunners.com/newsletters/apr2011/articles/f3.pdf



From the gun this race was hot. 5:02 at 4 laps, 9:34 at 3,000m. 22 of the 24 person field was under 9:40 at 3,000m. And then it only got faster. Hasay went to the front and dropped some 75s (previously running 76/77s) but everyone was still there with a kilometer to go. With two laps to go things got serious, and the field got whittled down to five: Hasay, Reid, **Emily Infield**, **Abby D'Agostino**, and **Kathy Kroeger**.

Hasay led this penultimate lap with all five of them at 71-point. Kroeger was the first to falter, as she faded to a 72 second last lap for 5th in 15:45. Hasay had the lead still with 200m to go, but Reid was flying by her, followed closely by Infield. Dartmouth Frosh D'Agostino came up to challenge for third, just getting Hasay at the line, while up front Reid was able to hold off Infield, 15:37.57-15:38.23. Reid's last lap: 64.54.

Notably, D'Agostino is now the No.2 US Junior ever, behind only **Molly Huddle**, also the current American Record Holder.

The Empire Runner

Well Reid and Hasay were both back in the 1,500m on the final day. The pace started slow, with the field coming through 700m at 2:04. The field began to pick up just after that, as the next circuit was crossed in a respectable 67. Still, everyone was there. On the backstretch Hasay went into the lead, trying to take the individual title and score much-needed points for Oregon (ended up second for the third straight year as a team).

Reid, on the other-hand, was sitting in the pack. But somehow, she found an opening, moving from the outside of lane one to the inside, passing on the rail, to move into first. While others followed, Reid's kick was unmatched, as her 4:14.57 took the win by nearly a full second. The top 6 all broke 4:17, with Hasay fading to 4:17.67 for 8th. Reid's last lap here: 62.93. To give you an idea of the ridiculousness of that, the winner of the women's 800m closed in 62.34.

Adidas Grand Prix

No no, I'm not talking about any of the "Grand Prix's" here in Santa Rosa, of course! The adidas Grand Prix is one of the biggest track meets in the world, as it's one of the two Diamond League Meets in the USA. There was a lot of big action, but only 10% of you have read this far down, so we're going with two events: Men's, 1,500m and HS Boy's Mile.

1,500m

TORRENCE! **David Torrence**, the guy who had to bring attention to himself with a screaming-downhill sub-4 mile to try to be seen by a sponsor, the guy who could barely make rent on a tiny room in a tiny apartment in Berkeley (rooming with Empire Great **Dawit Tesfasilassie**), the guy who was the rabbit for the first Heart and Sole Elite Mile, well that guy lined up against some of the top milers in the world, including Reigning Olympic Silver Medalist **Nick Willis** of New Zealand.

And it was Torrence who came out on top.

Coming wide on the final turn, Torrence was able to fight from within a very tight pack to wage a three-person battle with Willis and **Caleb Ndiku**, a 3:32.02 guy from Kenya. For a while it looked like Willis was going to take it, after all he was the Olympic Silver Medalist with 3:32.17 and 1:45.54 PB's, but Torrence was right with him with 50m to go. It was only in the last few steps that Torrence had it won, 3:36.15 to 3:36.46.

And it wasn't just these three studs in the field. American Olympic Flag-Bearer **Lopez Lomong**, a 3:32.20 guy was 6th, American Olympian **Lionel Manzano** (3:32.37) was 7th, with the rest of the field having give or take 3:35 PB's. (Torrence is 3:34.25)

Clearly excited, Torrence quickly went over to thank rabbit **David Krummenacker**, himself a 3:31.96/1:43.92 guy, also a former World Indoor 800m Champ. First time I've ever seen that from a pro right after the race. Awesome.

The Empire Runner



But arguably the biggest event on the American front was the HS Dream Mile. **Lukas Verzbicas**, the new National Record Holder in the 2mile (8:29) versus **Jantzen Oshier**, the CA State 1,600m Champ (4-flat), versus the other best HS milers across the country. Talk was about a sub-4, with Verzbicas the favorite. In quite the oddity for a HS race, there was even a pace-setter, Pennsylvania's **Conner Manley**.

Manley took out the field in a scintillating 57.68, with the pack at roughly 59. Slowing only slightly, the pack came through half-way just over 2 minutes, and everyone was still there. But just 200m later, at roughly 1,000m in, Verzbicas took over. **Edward Cheserek** followed closely, with Oshier jumping on the train, pulling even with Verzbicas going into the final lap. 3:01.38 at the bell.

And then Verzbicas took off. Oshier was quickly losing ground, and was about 2 second back with 200m to go. He'd end up paying the price for really going for it, ending at 4:06.51 for 5th, though I'd bet he doesn't regret the decision.

But the home-straight was all Verzbicas, who was able to power home alone in 3:59.71, becoming only the fifth high-schooler in the United States to break 4. Next year, his first year as an Oregon Duck, should be exciting!

The Empire Runner



USA Track and Field Nationals

(To watch the races without knowing results, go to runnerspace.com)

First up, let's recap our local Empire Athletes who competed at the National Championships.

Jake Arnold: Maria Carrillo HS '02, Decathlon. Empire stud in pole vault and hurdles, 2-time NCAA Decathlon Champ, 3-time USA Indoor Heptathlon Champ, reigning USA Decathlon Champ.

While Jake has had a ton of success (he was the reigning champ, after all!) things weren't going too hot coming into the competition. Hampered by a hip flexor injury, Jake hadn't completed a decent decathlon since summer of 2010. Could he bounce back to try to defend his national title?

No. After a sub-par 100m to start things off, Jake had a decent shot put before bowing out to heal up. But it would have taken a herculean effort to win, as **Asthon Eaton**, the world record holder in the indoor heptathlon absolutely dominated, scoring over 8700 points!

Jacqui Wentz: Maria Carrillo HS '06, 3,000m Steeplechase. 3,200m standout, NBL XC Champ, DIII Steeple champ and record holder.

Jacqui made nationals last year in her breakout year (PB dropping from just sub-11 to 10:04 in one year!), but hasn't had as good a season this time out. Qualifying on her performance from last year, Jacqui made the field, but clearly wasn't fit enough for it. After trying to stick on the pace for the first three laps, she fell back a bit on the fourth before dropping out. But can't fault her for taking a chance to compete at the national champs, even knowing she wasn't fully there this season.

The Empire Runner

Sara “Bei” Hall: Montgomery HS '01, 3,000m Steeplechase. First 4-time California State XC Champ, All-State 1,600m/3,200m runner, Stanford Standout, World Indoor and World Cross Country team member.

Sara's had some success, no question. But the steeple is new to her. I'm pretty sure she just started dabbling at it last year. But she's done quite well so far, with a 9:39 PB.

While the heats didn't treat her well (she was in the same heat as Jacqui), and she had to qualify on time, she put herself in position in the finals, sitting around 5th or 6th for most of the race. Besides for the first two laps, it was a quick pace, and the pack was splitting up fast, but Hall hung tough. Unfortunately, the top three began to separate around 600m to go, and Sara finished in 5th. A solid performance, but not quite enough to make the World team.

Kim Conley: Montgomery HS '04, 5,000m. Another 1,600m/3,200m standout, part of the MHS State Championship team (with Bei), UC Davis standout qualifying for NCAA XC Nationals and earning all-region honors.

Conley had a good HS career and a solid college career. But unlike most girls with her accolades, she's seen some rapid improvements as a post-collegiate. Competing unattached and training under her old college coach, Conley qualified for USA's in the 10,000m last year, and this season made it in both the 5,000m and 1,500m, dropping her PB from ~4:24 to 4:12 in the later.

As the only runner in the field without a logo or sponsor on her singlet (she wore a blank white tank-top), she valiantly hung on to a blistering pace, led by American Record Holder **Molly Huddle**. The winners would run ~15:10, and Conley's early efforts paid off with a 10th place finish in 15:38, a new PB.

That's it on the local front. Very impressive to have four locals make the national champs, though only the Monty kids did something with it this time... (tough for me to say, as I'm from Carrillo!)

Tyson Gay: 2nd fastest 100m man in history, American Record-Holder, fastest 100m man in 2011, former double-world champ, reigning silver medalist from worlds, etcetcetc, the great Tyson Gay had to drop out due to a hip injury. Unfortunately it's been bugging him all year, and while he was able to run the first round he was just in too much pain for the semi's. Tough.

Sprints: With Tyson gone, **Walter Dix**, the bronze medalist in both the 100m and 200m from the Beijing Olympics, captured the double at Nationals. Also completing a double was **Carmelita Jeter**, the second fastest 100m woman in history (well fastest if you don't count a certain mark that many people don't think is legit....)

Field: Didn't get to watch a ton, so I'll just mention the men's shot put. World Champ **Christian Cantwell** started off with a huge bomb, looking like he'd win from the very first throw of the competition. But then **Adam Nelson**, 2-time Olympic Silver medalist, former World Champ, plus three

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world silver medals, uncorked his biggest throw in three-plus years, getting over the 22m mark. That was untouchable today. Except by Nelson, as he bombed another great one shortly thereafter.

Middle-Distances: Just like at NCAA's **Charles Jock** took it out, though not quite as hard. But the field was strung out fast; guess three 800m's in four days will get you tired! **Andrews** wasn't in the same form he was at NCAA's, and while he started in his patented back position, his move never materialized. **KD Robinson**, an 8-time national champ, went with Jock, and it looked like they'd go 1-2 with no one else close. But then **Nick Symmonds**, 3-time defending champ, 2008 Olympian, showed off his come-from-behind-kick for the first time all year, to capture another USA title. Robinson overtook a tiring Jock for second, though Jock held on enough to punch his ticket to Daegu for the world champs.



On the women's side, **Alyssa Montano** (formerly **Johnson**) ex-Cal standout won wire to wire, with five women going sub-2. Five!

The men's 1,500m went out slower than the women's. Yea. It did. 2:11 for the first 800m. This was going to upset the form charts for sure. In the end it was **Matt Centrowitz**, the newly crowned NCAA Champ, who took the win over the great Bernard Lagat. **Leo Manzano** was third, with **Andrew Wheating** a surprising fourth (I thought he'd have won, and woulda put good money on it. Good no

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one took me up on it!). But Wheating will make the world team as Lagat is dropping this for the 5,000m.



Women's 1,500m: **Christian Worth-Thomas** has guts. Starting out at a blistering 62 second first lap, she tried to dominate this field wire to wire. And if it was the 1,400m she would have. Unfortunately the wheels came off with about 100m to go, when **Morgan Uceny** flew by, and she just buckled the last 20 meters to be passed by **Jenny (Barringer) Simpson** and **Shannon Rowbury**, the later by just 1/100th of a second. But you have to see this race. If you watch just one race, watch this one. Pure guts. Just 1/100th of a second too little. Owch.

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Distances:

10,000m: It was slow from the get-go, so everyone was in it early. When moves finally started to be made at the end of the race, it was all **Galen Rupp**, though **Matt Tegenkamp** held on valiantly. But with 600m to go Rupp just blasted away, winning by about two seconds as he celebrated on the home straight. Fighting for the final qualifying spot was **Scotty Bauhs**, who even came within about 20 meters of Teg on the final straight.



The women's race was all **Shalane Flanagan**, the American Record-Holder. She took the pace from the gun and never settled, clocking 30:59. **Kara Goucher** continued her bounce back from childbirth with an impressive second, with **Jen Rhines** third.

5,000m: **Lagat** versus **Rupp** versus **Chris Solinsky** versus **Tegenkamp** was just as exciting as expected. With a mile to go, these four were out front, and Solinsky, the American Record-Holder at 10,000m, was hammering. Tegenkamp dropped hard, obviously feeling the 10,000m (his second on the track ever?) from the night before, and faded to fifth. But Lagat and Rupp were holding on, despite a 60 low lap. And then there was a 59 second lap. Rupp started to fade a little, and there was even a slight gap back to Lagat. But with 200m to go on the final lap, Lagat flew by. Solinsky was flying, but it was nothing compared to the second fastest 1,500m runner in history. Lagat's last 1,600m was a scintillating 3:57. Solinsky finished just behind, with Rupp under 4 for the final 4 laps as well in third.

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There's only so much room to write here, but once you get me starting to talk running I can't stop! To discuss more great Track and Field action, email runnerforlife86@gmail.com to talk with your resident Track Nut. Or, better yet, find me at the next Empire Runners Summer Track Series sponsored by Heart and Sole. Future dates: July 12th, July 26th, and August 9th. All are Tuesdays at 6:30pm at Santa Rosa HS, home of the Panthers!

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Have any photos meriting **Blast from the Past** status? Email to newsletter@empirerunners.org. Please put "Blast" in the subject title of your email. Include explanatory details and date.

Blast from the Past

November '99 newsletter

Photo provided by Terry McNeill



Continuing a long tradition of wearing black for a soon-to-be-married runner, Valerie Smith (now Sell) was "honored" September 27 at the Monday night Yolo Yo Yo Run. In "mourning" for Val included (back row, left-to-right) Al Tagliaferri, Brendan Hutchinson and Alec Isabeau; (front row, l-r) Louis Garcia, Terry McNeill, Valerie Sell, Bob Merritt and John Royston.

Empire Runners June 23, 2011 Club Meeting

(pending approval at the July 28, 2011 meeting)

President Alex Wolf-Root(president@empirerunners.org) called the May 26,2011 meeting to order at 7:37pm

Secretary's Report:

Brad Zanetti, in place of secretary Paul Berg, read the previous Month's meeting minutes, which were approved as read.

Treasurer's Report:

Treasurer Tanya Narath(treasurer@empirerunners.org) reported that The current club balance is \$39,379, up \$7,362 from the same time last year.

The Student Grant Fund balance is \$3552, up \$987 from the same time last year.

HS donations are the same as last month YTD \$1570, projected balance of \$7,995.

Race Financials:

Elite Mile: There were no race entry fees. There were \$2,000 in sponsorships, \$3,000 in expenses(prize money) with a net income of (\$-1,000) which was contributed by the Empire Runners Club per plan.

Summer Track Series #1: There were \$471 in entry fees. There were no expenses noted as of yet. This left a net income of \$471.

Riverfront Relays: There were \$585 in entry fees up \$35 from last year. There were \$673 in expenses also up from last year(\$138). This left A net income of(-\$88) down from last year when it managed a \$15 profit.

President's Report:

President **Alex Wolf-Root** reported that USATF National Championships started today and will run thru the weekend to determine the national team for track and field. Local talent to perform at the USATF nationals include: Sara Bei(steeplechase), Jacqui Wentz(steeplechase), Kim Conley(5K) and Jake Arnold(decathlon). Can be viewed on the internet via the USATF website, viewed on demand for free @runnerspace.com and replays on standard TV.

Race Reports:

A. Recent Events

1. Marin Memorial 10K- Carlos Castelo 36.29, Julia Stamps 36.34, Greg Jennings 36.37(5th age grp)
2. Tahoe Relay 6/11- beautiful day, 3 teams: Mens 50+ 3rd, Womens 40+ 3rd, Open Mixed 13th. Fun was had by all. Also Darryl ran the first leg and was last seen hightailing it(in his yellow bug) to Mt Tam
3. Dipsea 6/12- nice day, 60yo woman won, lot of ER involvement. Julie Nacouzi first highschool girl, Don Stewart 8th overall, both received black shirts, Paul Berg qualified out of the second group and will join the invitational next year(...just fill out the forms Paul) Darryl ran for the millionth time...the day after the Tahoe Relays. Unbelievable.
4. Fitch Mtn. 6/12- went on ok. Nice day. Same numbers as usual. Some problems noted with running the event. No money from Kiwanis yet. Luis Luna easily took the 10K. Due to another event The 3K course was changed(shortened), everybody had PRs and were very happy.
5. Summer Track Series #1 6/14- weather was nice(if a bit hot), attendance seemed about usual. Some problems with times in some events(200m). will need to figure out as it can effect STS awards sponsored by H&S. Reese Byers won all 3 distance events effortlessly, Julia Stamps won mile, 3K for women(both 80+% scores).
6. Riverfront River Rat Rambling Relay Rendezvous and bReakfast- 6/19- weather was pristine if a bit warm, especially the second legs. Went off without a problem, breakfast was great. Overall winner was from Sonoma(John Litzenberg and Nick Spector). 42 teams total. And the results are already up...take that.
7. Golden West Track Meet, Sacto, the Johnson Twins from Piner HS were proudly sporting their Empire Runners Gear.

B. Upcoming Events-

1. Summer Track Series #2- 6/28/11- distance event is the 2 mile.
2. Kenwood Footrace- 7/4/11 750 entries so far, still need some volunteer support.
3. World Masters Track- 7/6 thru 7/17, Sacto(pausatf). Andy Howard is planning to run.

Reports of Committees:

1. Bylaws committee discussed and explained the why and wherefor about the new Bylaws. In last months Empire Runner there is a synopsis of the proposed changes. It is recommended that everybody read this before next months meeting. We will be voting for the new Board of Directors at that meeting, on July 28th. Come prepared to vote.

The new bylaws are necessary to be in line with the RRCA(Road Runners Club of America) which we are a member of and to meet the standards of the IRS and Franchise Tax Board regarding our non-profit status.

Major changes include:

1-authority, responsibility and liability of actions by the club rest with the Board of Directors(BOD). Except for electing the BOD and amending the bylaws, the general club membership will no longer vote on club issues.

2-The BOD expands from 4 to 7 members. Terms are for 2 years, staggered each year so the board will have 3 or 4 new members. There are no term limits.

3-The BOD may call meetings and conduct club business at any time. They may continue monthly meetings much like our current meetings At which members are welcome to attend and submit content. Only the vote of the BOD will be binding.

Unfinished Business:

1. The new Membership Director has been crowned. Much thanks to Regan Masi for taking on this important job. And thanks to Gil our outgoing director for his tireless service.

New Business:

1. Welcome to new ER member, Katie Bolce. Katie was interested in heading another Annadel Run/Fundraiser maybe in the fall with a 5K/10K design to get more people involved. She is very affected by the probable closure of Annadel and wanted to give 'something back'. There was much discussion about how the money raised by the previous fundraisers was to be used and how this money

probably couldn't stop the closure. It was mentioned that we should be bombarding our politicians with email to show them how much the park is used/needed as the park doesn't generate much revenue. Also again it was mentioned to buy state park passes to show revenue interest and do our part for our usage. A number of people discussed what it takes to put together a fundraiser. Katie would get more information to guide her.

2. Possible Board Members Nominations- nothing yet. Will be voting on 3 new member. Follow in the July issue of the Empire Runner.

Monkey Business:

Raffle: Winner and still champion, Luis Rosales \$26, \$27 to the student grant fund. Congratulations Luis.

Drawing: Charles Hoagland would have won \$200 if he was in Attendance. Sorry Charlie.

President Alex Wolf-Root concluded the meeting at ??8:45PM (didn't have my watch on)

Attendance:

Nate 'Bones' Koch, (Iguano)Don Sampson, Super George, LT, Tanya Narath, Genney Doyle, Katie Bolce, Bob 'Shooter' Shor, Regan Masi Alex Wolf-Root, Chris Mason, Jerry 'Pigfete" Lyman, Val Sell, Luis and Melanie Rosales, Dale 'Hammah Time' Peterson, Larry and Tori, Will and Jen Ortlinghaus, Patti Lounibos, Mini Mel Belluomini, acting Secretary Brad Zanetti.



TREASURER'S REPORT AS OF JUNE 23, 2011

Current Assets

Checking/Savings		
	Chase Bank Certificates of Deposit	\$2,351
	Exchange Bank	\$11,297
	PayPal Money Market	\$40,314
Total Checking/Savings		\$53,962
	Petty Cash	\$425
Total Current Assets		\$54,387

Fund Balances

2011 **2010**

Annadel Half Restricted Fund Balance	\$11,457	
Student Grant Restricted Fund Balance	\$3,552	\$2,565
Empire Runners Club Fund Balance	\$39,379	\$32,017

Donations

2011 Budget: High School/SSU Donations	\$9,525
High School & SSU Donations Paid YTD	(\$1,570)
Balance remaining	\$7,955

Race Income and Expense

2011 **2010**






<u>Annadel Half</u>		
Race entry fees	\$22,845	\$20,393
Donations & Sponsorships	\$9,195	\$10,125
Misc income	\$2,614	\$497
Race expenses	(\$11,197)	(\$5,576)
Net Income	\$23,457	\$25,439

<u>Elite Mile</u>		
Race entry fees	\$0	
Sponsorships	\$2,000	
Race expenses	(\$3,000)	
Net Income	(\$1,000)	

<u>Summer Track Series #1</u>		
Race entry fees	\$471	
Race expenses	\$0	
Net Income	\$471	

<u>Riverfront Relays</u>		
Race entry fees	\$585	\$550
Race expenses	(\$673)	(\$535)
Net Income	(\$88)	\$15

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 5M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive	27 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	28 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 6:30p All-Comers Track Meet, Santa Rosa HS	29 5:30p Fleet Feet shoe store, 3rd St., SR 	30 6M at comfortable pace 5:30p Howarth Park		2 Race: Angel Island 8K, Tiburon 8:30a SR Creek Training Run, Railroad Square, SR
3 3M at comfortable pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive	4 Road Race ERGP Race: Kenwood Footrace 10K & 3K, 7:30 a.m. 	5 3M at comfortable pace 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles	6 5:30p Fleet Feet shoe store, 3rd St., SR	7 5M at comfortable pace 5:30p Howarth Park	8	9 8:30a SR Creek Training Run, Railroad Square, SR
10 6M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive	11 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	12 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 6:30p All-Comers Track Meet, Santa Rosa HS	13 5:30p Fleet Feet shoe store, 3rd St., SR 	14 7M at comfortable pace 5:30p Howarth Park	15	16 8:30a SR Creek Training Run, Railroad Square, SR
17 Race: Napa-Sonoma Half-Marathon, Napa 12M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive	18 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	19 Lawn Relays/Repeats: 6 x 500m 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 5:30p SRJC Lawn along Mendocino Avenue	20 5:30p Fleet Feet shoe store, 3rd St., SR	21 Newsletter Submissions Deadline 11.5M total with 3.5M at strong pace 5:30p Howarth Park	22	23 8:30a SR Creek Training Run, Railroad Square, SR
24 5M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive	25 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	26 5:30p Heart & Sole Sports Jog/Run, 3-5 miles 6:30p All-Comers Track Meet, Santa Rosa HS	27 5:30p Fleet Feet shoe store, 3rd St., SR 	28 7M at medium pace 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza	29	30 8:30a SR Creek Training Run, Railroad Square, SR
31 Race: San Francisco Marathon 11M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive	1 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	2 20x200m @XC race pace, jog 100 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles	3 5:30p Fleet Feet shoe store, 3rd St., SR 	4 6M at comfortable pace 5:30p Howarth Park	5	6 8:30a SR Creek Training Run, Railroad Square, SR