

Empire Runners

Sonoma County, CA

June 2003 Newsletter

Volume XXVIII, No. 6

Reports on **Human Race, Just Go! Run/Walk**

Fitch Mountain,
6/8, **Summer Track Series,**
6/18,
Sugarloaf Relays,
6/20.

Races coming up: **Pacific Sun,** 5/26,



Runners line up for the **JACK RABBIT DERBY**, at Spring Lake Park, Sunday, May 4

In this issue:

Jack Rabbit results

articles on **Santa Rosa Express, Trailer Saga**

Jack Rabbit: The rain cleared just long enough to allow nice weather for some 68 runners to splash through a muddy course. Results and pictures inside.

Santa Rosa Express. Article on Santa Rosa's youth track club now in its 26th year.

The Trailer Saga: Dale Peterson's wry account of the never-ending effort to register our trailer.

Also included:

Grand Prix standings, Meeting minutes, President's Message.



Jack Rabbit runners. See if you can find the 3 stoooges in this picture (hint: wisdom does not always come with age).

L to R: **Mike Wortman** (8th), **Dawit Tessessfalisse** (DNR), **Chris Gardina** (5th), **Larry Meredith** (9th), **Alec "Doc" Isabeau** (15th), **Al Tagliaferri** (19th).

Presidential Ploddings

The high school track season is winding down. The level of competition in Sonoma County is as usual high. Runners from our area have traveled the state and the nation to compete in top meets. The State Meet will again be in southern California at Cerritos College. It is a two-day affair with trials on Friday and finals on Saturday night. A number of our young men and women have a legitimate shot at qualifying.

In the girl's sprints, Elsie Allen's **Whitney Leachman** has the best shot at advancing in the 100m. She is the Empire leader with a fine 12.20. Ukiah's **Mary Shibota** should also make the section finals in the 100m hurdles. Her time of 15.34 makes very competitive at the section level this year.

Four young women from our area have excellent chances to advance to the State Meet in the 1600 and 3200m. Montgomery's **Kim Conley** and Maria Carrillo's **Amy Robinson** have section medallist potential. Conley's 5:01.84 and Robinson's 5:06.10 both rank in the top four at the time of this writing. Rancho's **Phyllis Blanchard** with a 10:50.81 and **Shelby Leland** with an 11:04.60 have top four times.

Sonoma freshman **Mindi Wiley** and Rancho senior **Melissa Adams** lead the jumps. Wiley's 5'10" leap makes her one of the State favorites to medal.

Adams is the all-time prep leader in the Redwood Empire with a vault of 11'6". Santa Rosa's **Caroline**

Templeton, a section finalist last year, has an excellent chance of repeating. She leads the Empire girls with a jump of 16'11". Montgomery freshman **Alexica Bosque** is right behind at 16'10". **Melissa Van Paris** of Sonoma Valley High is the area top thrower. Her toss in the shot put of 41'2.5" has her ranked in the top three in the North Coast Section. Melissa is a junior. The 800m have two top entrants from this area. Montgomery's **Regan Masi** has run 1:56.49. Just behind is Cardinal Newman's **J.K. Withers** at 1:56.80. Withers is also a top 1600 runner. His time of 4:20.99 leads the Redwood Empire. **Ruben Mora** of Analy has produced the fastest 3200 from our area in over five years. His 9:26.70 puts him in the thick of things in the quest to qualify for State. **Corey Coles** of Maria Carrillo is the top 110m hurdler in the Empire. His 15.24 should be fast enough to place him in the Section finals. Santa Rosa High School has the possibility of qualifying both their 400m and 1600m relay teams. Their best times of 43.40 and 3:27.35 have been fast enough in the past to qualify for a medal at the Section finals.

In the field events, the **Tillinghast** brothers from Montgomery are very strong contenders in the Pole Vault. **Mike** has a vault of 15'75", while **Matt** is right behind at 15'0". Baring disaster, both should qualify for State. Rancho's **Richard Jones** is the leading thrower in the area. His Put of 51'2" currently ranks him in the top four in the North Coast Section.

-John Anderson

Meeting Minutes

The April meeting or the Empire Runners was called to order at 6:35pm, April 24th, 2003, John Anderson presiding.

I. Reports:

Secretary: The minutes were approved as read.

Treasure: Current club funds are \$13,900, with \$1,800 in our High School Scholarship fund. Incoming funds included: Ilsanjo Classic- \$500; Loop de Loop- \$64; Club dues- \$64; and USAT&F prize money- \$300. Outgoing funds were: High School support program- \$500; club trailer- \$245; and newsletter- \$300.

High School Scholarship: There will be a meeting April 29th at 7pm to look over the applications that have been received.

Kenwood: Those interested in helping with the assembly of the race fliers should show up ½ hour early to the club meeting for May. The race will award glasses for all, with Fleet Feet joining 3rd Street Aleworks as a sponsor. The race director also decided there will be no tiles as awards this year. Also, our website now has a link for on-line pre-registration (\$15 rate). This is not for those who are club

members.

Empire Open: Jerry Lyman is still looking for an assistant for the Empire Open. Anyone interested should contact him.

II. Race Reports:

Loop de Loop: another year, another course record. This time it was Chris Gilbert who ran the course in an excellent 1:27:02. For those who have run this before, not only was the course familiar, so were the cookies at the finish line.

Jackrabbit: Ian Messier will be the new Race Director this year. He will be joined by volunteers from Casa Grande HS.

Boston Marathon: ER was well represented this year. Those who ran included Todd Bertolone, Keri Nelson, Greg Clementi, Donna Hishaw, and John Lander.

Viking Track Classic: April 26th, 8:45 am at the SRJC track. Timers are welcome.

III. New Business:

2003 Election Procedure: John Anderson shared some ideas to better promote the club elections. His ideas included nominations to be held in September, a ballot in the October newsletter, and the election to be held at the November

meeting (including proxy votes).

Track Series: Bob Holland volunteered to review past results from the ER track series and pull out records for men's 60's and 70's age brackets.

Fitch Mountain Footrace: Tori Meredith is looking for volunteers to help with registration, finish line, and t-shirts.

IV. Raffle:

Raffle winner: Jerry Lyman

Drawing: Martin Laurie (not present)

Attendance:

F. Puddles

Super G.

Sledge

Iguana Don

Shorty

409

Shor

Lisa Anderson

John Anderson

Rick Peters

Carl Jackson

Stephen Starkweather

Terry McNeill

Paula Radcliff

Respectfully submitted, Eric Downing

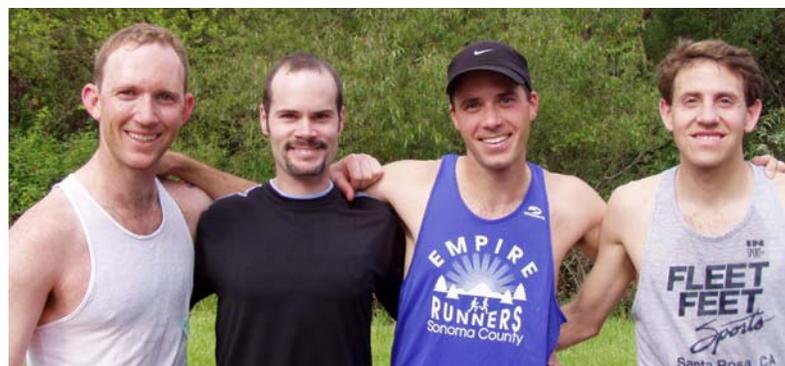
Jack Rabbit Derby 2003

Brown and Conley take home the Carrots!

Youth is served at 2003 Jack Rabbit Derby

With lots of mud beneath their shoes and threatening skies above their heads, a near-record turnout of 63 hearty souls gave their all in the annual rite of spring known as the Jack Rabbit Derby.

Kenny Brown (1st 30-39) led pretty much from wire to wire in nailing down another Derby win in a fast 16:23. Without the mud he might have broken 16 minutes. Following Kenny was high school standout **Matt Fitch** (1st 19 & under) in 16:37, fast enough to place him tenth on the all-time list! In third overall was **Josh Dorris** (1st 20-29) completing the course in 16:49.



*The Young Studs: L to R: **Eric Downing** (11th), **Sean Fitzpatrick** (DNR), **Josh Dorris** (3rd), **Kenny Brown** (1st)*

Kim Conley (1st 19 & under) ran a very fast 19:16 to win the women's race with her coach and mentor **Val Sell** (1st 30-39) hot on her heels in 19:17. Third place for the women was taken by **Kim Handel** (2nd 19 & under) in 19:50. Kim's time surpassed Julia Stamp's 1992 effort and propelled her to 7th place on the all-time top ten women's list. In addition, Kim now has the best time ever in the Jack Rabbit Derby for a women 19 years & younger! Not to be forgotten, Kim Handel is now third all-time for women 19 years & younger!

Other outstanding performances, Women: **Janet Feldman** (1st 40-49) 5th overall woman 20:29, **Hannah Kwiatkowski** (1st 20-29) 23:56 and **Leslie Howell** (1st 50-59) 32:36. Janet's time was good enough for third all-time for women 40-49!



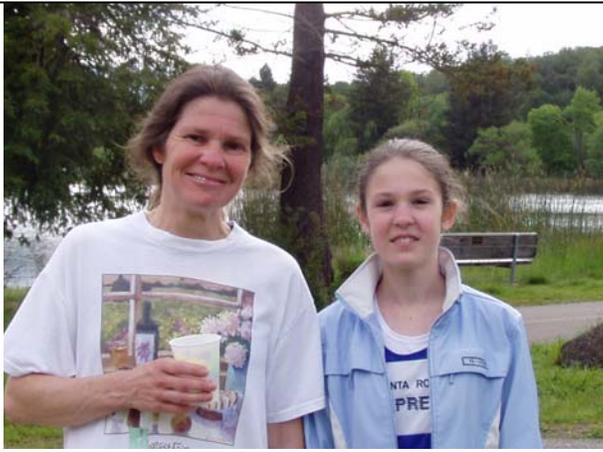
*L to R: **Kim Handel** (3rd), **Kim Conley** (1st), **Emma Conley** (6th)*

Other outstanding performances, Men: **Larry Meredith** (1st 40-49) 9th overall in 18:26, **Jerry Lyman** (1st 50-59) 10th overall in 18:44, **Darryl Beardall** (1st 60-69) 22:55 and **Carl Jackson** (1st 70 & over) 27:22. Carl's time places him first all-time in the 70 & over division and may prove to be nearly untouchable as time goes by!



***Val Sell** (on the right) was 2nd overall. That's **Nika Bowen** (Horn) on the left.*

There was quite a youth movement going on at the ol' Derby as no fewer than nineteen runners under age 19 finished the three-mile course. In both the Men's and Women's races runners 19 & under accounted for 6 of the top ten places.



Jaime Feldman (on the right) beat her mom (**Janet**) for the first time, the two coming in 4th and 5th and beating some very good runners in the process.

Speaking of youth, we had a small but spirited turnout for the almost, kinda sorta, who knows how long it really is... Bunny Hop! **Jonathan Fisher** won in 2:25 followed by **Tyler Ashton** in 2:27 for the boys. **Lauren Feldman** 2:53 won for the girls followed closely by **Christina Fisher** in 2:54 with little **Marcella Shrift** (3-5) in 4:45. Great job kids!



L to R: Tyler Ashton, Christina Fisher, Lauren Feldman, Jonathan Fisher, Marcella Shrift

At the other end of the spectrum, the men's race had six finishers in the 60-69 age division and for the first time ever three finishers in the 70 & over age division! Following Darryl Beardall in the 60-69 division were **Dan Tuohy** 23:29 and **Dale Trowbridge** 23:38. Following Carl Jackson in the 70 & over age division were **Bill Fisher** 29:14 and **Charles Hoagland** 29:29. At this time I would like to congratulate this year's official Race Director **Ian Messier** from Casa Grande



Ian Messier, Race Director

High School in Petaluma. Ian came to a recent Empire Runners Club meeting and expressed a desire to put on a X-Country race for his senior project. So I became his mentor and advisor while Ian did all of the work of getting things ready for the race. He did a great job. In addition, I would like to thank **Carl Triola**, Casa Grande's X-Country coach for supplying us with race-day volunteers as part of our new High School Running Support Program. The Empire Runners will be donating \$250 to the Casa Grande X-Country program. The Casa runners supplied us with course monitors, finish-chute help and general slave labor before, during and after the race. We appreciate it!

Thanks also to the Empire Runners who volunteered to help with the race: **Ray Messier and family, John Anderson, Larry and Tori Meredith, Carl Triola**, and anyone else I may have missed in the race-day blur! If you did volunteer and want to ensure you get your 50 Grand Prix points, please contact Grand Prix Czar **Bill Browne** post-haste at bbruns2win@aol.com.

Thank you very much to **Ron and Rhonda Roman** from **Fleet Feet** for donating a lot of cool prizes for this year's raffle!

Special thanks to **Robin Stovall** for providing the new life-sized Jack Rabbit Derby Mascot that welcomed all of the runners at the registration area and finish line!

Okay, that about wraps things up. Thanks to everyone for coming out and see you again next year!
-DM Peterson

RACE RESULTS

BUNNY HOP

Pl	Name	Time	Division	Place
1	Jonathan Fisher	2:25	9-12 B	1 st
2	Tyler Ashton	2:27	9-12 B	2 nd
3	Lauren Feldman	2:53	9-12 G	1 st
4	Christina Fisher	2:54	6-8 G	1 st
5	Marcella Schrift	4:45	3-5 G	1 st



Kristen Komoroski of Healdsburg High (8th)

WOMENS 3 MILE

Pl	Name	Time	Division	Place
1	Kimmy Conley	19:16	19 & under	1 st
2	Val Sell	19:17	30-39	1 st
3	Kim Handel	19:50	19 & under	2 nd
4	Jaime Feldman	20:24	19 & under	3 rd
5	Janet Feldman	20:29	40-49	1 st
6	Emma Conley	21:00	19& under	4 th
7	Christy Sweany	21:02	19& under	5 th
8	Kristen Komoroski	21:03	19& under	6 th
9	Lori Winkler	21:38	40-49	2 nd
10	Tori Meredith	21:59	40-49	3 rd
11	Robin Stovall	22:59	40-49	4 th
12	Audrey Schrift	23:23	40-49	5 th
13	LT Isabeau	23:28	40-49	6 th
14	Hannah Kwiatkowski	23:56	20-29	1 st
15	Carryl Hardy	24:44	30-39	2 nd
16	Leslie Curry	24:45	30-39	3 rd
17	Marcia Seim Bossier	26:00	40-49	7 th
18	Lilly Hayden	26:09	19 & under	7 th
19	Nichole Felker	31:32	20-29	2 nd
20	Kristen Fritz	31:41	20-29	3 rd
21	Nina Hansen	32:32	19 & under	8 th
22	Leslie Howell	32:36	50-59	1 st

MENS 3 MILE

1	Kenny Brown	16:23	30-39	1 st
2	Matt Fitch	16:37	19 & under	1 st
3	Josh Dorris	16:49	20-29	1 st
4	KC Cody	17:10	19 & under	2 nd
5	Chris Gardina	17:35	19 & under	3 rd
6	Jano Cabrera	17:37	19 & under	4 th
7	Joe Withers	18:23	19 & under	5 th
8	Mike Wortman	18:24	19 & under	6 th
9	Larry Meredith	18:26	40-49	1 st
10	Jerry Lyman	18:44	50-59	1 st
11	Eric Downing	18:57	30-39	2 nd
12	Neil Pinkerton	19:11	30-39	3 rd
13	Bruce Tuohy	19:25	19 & under	7 th
14	Bob Finlay	19:30	40-49	2 nd
15	Alec Isabeau	19:36	40-49	3 rd
16	Quin Coughlin	20:10	19 & under	8 th
17	John Royston	20:42	40-49	4 th
18	Casey Peters	21:10	19 & under	9 th
19	Al Tagliaferri	21:15	50-59	2 nd
20	John Harmon	21:22	40-49	5 th

21	Bill Browne	21:25	50-59	3 rd
22	Greg De Selle	22:19	19 & under	10 th
23	Bob Holland	22:26	50-59	4 th
24	Don Sampson	22:54	50-59	5 th
25	Darryl Beardall	22:55	60-69	1 st
26	Dave De Selle	23:12	50-59	6 th
27	Dan Tuohy	23:29	60-69	2 nd
28	Dale Trowbridge	23:38	60-69	3 rd
29	Wes Beeson	23:45	60-69	4 th
30	Walt Basinger	23:47	50-59	7 th
31	Paul Peck	23:55	40-49	6 th
32	John Anderson	25:59	40-49	7 th
33	Ray Messier	26:35	40-49	8 th
34	John Kwiatkowski	26:56	50-59	8 th
35	Carl Jackson	27:22	70 & up	1 st
36	Ralph Harms	27:42	60-69	5 th
37	Steve Santa Cruz	27:43	19 & under	11 th
38	Bill Fisher	29:14	70 & up	2 nd
39	Charles Hoagland	29:29	70 & up	3 rd
40	George Urdzik	30:31	60-69	6 th
41	Tyler Ashton	35:45	19 & under	12 th

Santa Rosa Express Youth Running Club

Dan Preston

At the Jack Rabbit Derby, and at most local races, young runners from our local youth running club, **SRx**, are participating. Like Empire Runners it is a PA/USATF club and competes with other clubs in the Bay Area, and like its adult counterpart it is small in size compared to the huge clubs in SF, the East Bay, and on the Peninsula. Express signs up around 70 kids most years, although in recent years we have lost a lot of kids to soccer whose popularity has grown in Santa Rosa. Typically we take 10 – 15 kids to track meets on Saturdays, so a lot of the kids are there just for the M-TH practices at SRHS from 5-6pm evenings. When the season starts everyone is there, but as the long track season progresses, attendance drops off. Some of the kids have been with the club for years, are very competitive, and rarely miss a practice or track meet. Others are struggling to run at all, and some show up just to socialize. At practices we break them up into groups of beginners and advanced, young and old.

The guiding philosophy, especially for the younger runners, is that it is never serious. Serious, we tell them, comes later, in high school. It is important that they enjoy it and want to come. It has been our experience that if we explain the benefits of conditioning most kids become motivated themselves. We are lucky to draw from an exceptional group of families whose kids are motivated anyway. We hope we are introducing them to a life style of running that they will carry forward into adulthood, and a discipline that will transfer into other areas of their lives.

The club was founded in 1977 by **John Gash** whose son was an exceptional pole vaulter. It was managed for a while by **Allen Bursh**, who coaches at Piner HS, and then by **Doug Courtemarche**, the track coach at SRHS, and by **Danny Aldridge** the track coach at Maria Carrillo HS, before it was taken over by **Bob Shor** in 1989. The connection with SRHS extends not only to the facilities, but also to the Express coaching staff: Bob Shor, **Shannon Dower**, **Sean Fitzpatrick**, and **Ross Weisshaar** all coach both at SRHS and for Express. Shannon, an Olympic Trials pole vaulter who still competes, was a great addition last year. Sean ran track for both Express and SRHS and still competes. Ross has been with Express for years and is especially valuable because of his knowledge of field events. Occasionally we even find parents who competed in school and can help out. Most of these coaches can only make it to practices once or twice a week, so Bob Shor is the constant who never misses a practice unless he is off somewhere officiating at

a track meet. The club survives on the strength of the parents who shuttle the kids to and from practice and manage the club from a Board of Directors, but it helps to have two retirees, Bob and I, who can afford the time to always be there. Bob has directed the club for 14 years and I've been there for three.



Santa Rosa Express runners at the Jack Rabbit: L to R front row: **Jaime Feldman, Jonathan Fisher, Christina Fisher, Lauren Feldman**. Back: **Joe Withers, Quinn Coughlin**

For me, it was a struggle early on to be committed to long Saturdays at far away track meets and to being at every practice, but Bob seems to take that commitment, and even more onerous ones to officiate at meets all over the State, in stride. Certainly getting to know the parents and the kids is very rewarding, and that keeps me motivated.

The club has had its share of gifted runners. **Kim Conley**, her younger sister **Emma**, and **Alex**, Emma's twin brother, all top runners at Montgomery, were very active in Express. **Amy Robinson**, a top runner at Maria Carrillo, was also very active. **Jordan Kinley** continued to run for Express well into high school, and **Jennifer Aldridge** and **Julie Stamps** came through our ranks. Express makes no claim to causing their success, only to providing a program where they could enjoy running until they were ready to be really competitive in high school (and keeping them away from soccer!). Our real claim to success is all the kids who learned the habit of running from us. If you have ever watched a coach potato jell into a runner over the course of a season you know what a marvelous gift that is to give someone.

To learn more about the club, come to a practice, or check out the "Youth" link on the Empire Runner's website. We can always use volunteers, especially ones with experience coaching, and time available to help. -DP

The Saga of the Empire Runners Club Trailer

Or "I know it's LONG it's a %\$#@ Saga!" –Dale Peterson
What do you get when you combine Norse mythology, Hindu philosophy, a giant chain store, human frailty and the DMV? Well, what you get ain't pretty. What you get is the Saga of the Empire Runners Trailer. "Hey dude, I can't help, it's not in my job description. You're gonna hafta wait for Mike and I think he's on like a leave of absence or lunch or somethin'. Sorry man. Maybe you can come back like later today or like next week." There I stood in the bowels of Lumber Barn, otherwise known as the Fortress of Ineptitude, staring at the glazed visage of another advertisement for retroactive birth control.
But how did I get here? Long before The Idea, there was the Creation. Somewhere in the vast wastes of the Utah salt flats in a corrugated metal factory, an innocent utility trailer was spawned. Its name would be 4P2FB08162U030359. A name as unique, yeah more unique than any John Smith, Jesus Martinez, Abdul Akbar or Wang Chun Lo. But this name was cursed, as you will see. Before The Idea there was The Need which begot The Want (or vice-versa). There is no truth to the rumor that the original club trailer was once used as a field hospital during the Korean War. It's much older than that. If you looked closely before it was painted you could still see where it was charred from what must have been a Sioux war party's flaming arrow or two. So we needed a new trailer. One that weighed less than 3 tons when empty. Something with round tires instead of the cracked, petrified blocks of mystery-rubber that somehow never blew-out on the way to Kenwood. The Idea was brilliant and it seems so simple now. But that was an innocent time. "The Club has MEGABUCKS. So I say we should buy a NEW trailer", cried the mob. "As you wish, so I decree", said Pappy. And the Gang of Two made there way to the far side of the realm, entered the gates of the Fortress of Ineptitude and flung their sacks of gold upon the counter and demanded, "we have come a long journey laden with much gold. Give us your finest trailer!" They could not have known that they were at the mercy of Slacker the Dyslexic! So fill all these places out that I checked off and make another appointment." "Oh and by the way you can't register the trailer without the Certificate of Origin!" The words hit Sledge like a hammer. How could he get the Certificate of Origin? What would he do? So he did as he always does. Without thinking much, he put his head down and continued to move forward. Slowly, clumsily, defiantly forward. Once more, our hero followed the footprints of the other great men who had preceded him. Across the realm he went. Over the vast plains and through the omnipresent strip-malls of Santa Park and Rohnert Rosa to the Lumber Barn, nay, The Fortress of Ineptitude. "Like dude, I said I can't help!" "Like Mike will be back sometime today or next week". Frustrated I started to go when a striking figure in an orange smock strode over, smote the Slacker and declared "I am Norm, the Normal, and I will help thee!" He had a long gray beard and thick glasses that spoke of his wisdom and the hours he spent filing useless paperwork. I explained the situation and he nodded knowingly.

"I shall have to petition the Trailer Gods. They live high atop Mount Arrogance overlooking the Great Salt Lake and they can be difficult... With trailer in tow and hearts full of mirth, Pappy and Rick drove off into the sunset with light hearts and lighter wallets. But the Slacker of the Lumber Barn filled out the paperwork. And he wrote down the name of the trailer as FP2FBO8162V03059! He then sent this on to the evil wizards of the DMV who entered the corrupted name into their computers that said, "invalid input, try again". But being good civil servants, practiced in their black art, they did NOT try again, but filed the paperwork in the great pit from whence nothing returns. Several months went by and no license plate appeared at the good home of Rick Peters. Rick, by now suspected that something had gone terribly wrong and so he once again traveled across the realm to the Fortress of Ineptitude. And he bellowed "Lo, I have come to you in good faith, traveling across the realm with sacks of gold and yet I have not received the shining plates of legitimacy that you owe me. I demand satisfaction!" Slacker the Dyslexic only nodded and said "cool" and filled out more paperwork. This time he called our poor little trailer 4P2480B162U03059. Once again the evil wizards at the DMV filed the paperwork deep within the great pit from whence nothing returns. Weeks went by and no shining plates graced the mailbox of Rick Peters. And so it was that a distraught Rick came to me and said "surely we must find someone who has the time and the where with all to deal with these fiends at the Lumber Barn". And so it was decreed that The Legend would be sent across the realm to slay Slacker the Dyslexic. The Legend promptly rode across the wide plains of Rohnert Park, tossed the paperwork at the feet of the Slacker, said something that nobody quite understood and returned confident in his victory!
Still more weeks went by and no shining plates were to be seen. And so it came to pass that a man some think patient, but most know as being merely a stubborn SOB, a man called Sledge began the arduous work of finding the one true name of our trailer! With the help of the Sheriff of Sonoma the trailer's true name was established as 4P2FB08162U030359. Then with the true identity in hand Sledge confronted the evil wizards at the DMV. "Well..... I really should make you fill out a completely NEW form..... some of this just isn't right.... But you seem like a smart guy.... but I have my ways." With that Norm the Normal, took our cause to the Trailer Gods. For many weeks of intense lobbying, sacrificial offerings, frantic phone calls and copious amounts of absolutely nothing, nothing seemed to be gained. And there was a great cloud across the land. Until.... Until one shining day, when Norm the Normal called Sledge the Hammer and said proudly "I HAVE THE PAPERWORK!" Sledge wasted no time, strode into the Fortress of Ineptitude, scooped up the Certificate of Origin, thanked Norm the Normal and made haste for the evil wizards of the DMV. Through some quirk of fate, the most evil wizard was on a coffee break and the stand-in wizard accidentally registered the trailer and handed the license plate to Sledge. The rest is history as they say. So, how does Hindu philosophy figure in to this great tale? Well, it is plain to see that it is much easier to enter Nirvana than to register the Empire Runners Club trailer!! -DP

2003 Grand Prix Standings (thru Jack Rabbit)

by Age Group

(overall place in parentheses)

Men

Under 14

1. Quinn Coughlin (51)
2. Michael Curry (61)
3. -

14 – 19

1. Chris Gardina (8)
2. Mike Wortman (9)
3. Ian Messier (22)

20 – 29

1. Josh Dorris (38)
2. Jason DeSelle (74)
3. -

30 – 39

1. Eric Downing (4)
2. Ken Brown (21)
3. Neil Pinkerton (23)

40 – 49

1. Larry Meredith (1)
2. Bob Finlay (3)
3. John Anderson (7)

50 – 59

1. Jerry Lyman (2)
2. Bill Browne (5)
3. Dave DeSelle (11)

60 – 69

1. Dan Tuohy (15)
2. Wes Beeson (17)
3. Darryl Beardall (18)

70+

1. Carl Jackson (34)
2. Dale Leyhe (56)
3. Charles Hoagland (57)

Women

Under 14

1. Jamie Feldman (4)
2. Lauren Feldman (10)
3. Kara Curry (23)

14 – 19

1. Kim Conley (12)
2. Lilly Hayden (15)
3. Anna Shaver (29)

20 – 29

1. Melanie Lovrin (7)
2. Keri Nelson (11)
3. Martha McNeil (36)

30 -39

1. Val Sell (2)
2. Leslie Curry (5)
3. Lisa Anderson (6)

40 – 49

1. Tori Meredith (1)
2. Janet Feldman (3)
3. Lori Winkler (8)

50 – 59

1. Leslie Howell (16)
2. Claire Paleszny-S (39)
3. Ginger Kwiatkowski (41)

60 – 69

1. -
2. -
3. -

70+

1. Helen Kuziara (48)
2. -
3. -

Complete standings can be viewed on our website: www.empirerunners.org

Empire Runners in High School: Here are some photos from the All-City Finals
...from Larry Meredith:



Piner HS sophomore Dawit Tesfasilassie leads a trio of Empire Runners at the bell lap of the Santa Rosa All-City Meet Boys 1600-meter race. He held on to win in 4:26.8, less than a second ahead of Santa Rosa's Silas Stafford and Piner teammate Chris Gardina. Regan Masi of Montgomery finished 4th.



Christy Sweaney, a junior from Montgomery HS, placed 4th in the All-City Girls 1600 meters, running 5:18.7



A pair of juniors battle for the All-City Boys 3200 crown: Cardinal Newman's J.K. Withers (left) pulled away in the final 600 meters to win in 9:44.8. Matt Fitch of Montgomery ran second in 9:52.3



Montgomery sisters Emma Conley (left), a sophomore, and Kim Conley, a junior, run away from the field in the All-City Girls 3200. Emma took this one in 11:46 after Kim had won the 1600 in an Empire-best 5:01.7.

Odds & Ends

Summer Solstice Sugarloaf Relays. Mojo reports that there will be a course walk at 5:15 PM so runners can preview the 3 mile course. He will be serving Mojo's supernatural heartburn burgers after the race (heartburn optional), and providing condiments and buns. Runners should bring whatever else that goes for potluck. Doc reminds everyone that you do NOT need a relay partner to run. Just show-up and, like Valley Ford, we'll form teams on the spot.

Carl Jackson tells me he talked to a friend who told him the reason the **Hit the Road Jack** race in Sonoma was cancelled this year is because of objections in the community to having the roads closed for the race. The race organizers got tired of fighting them and gave up. Sonoma residents beware! Not everybody is runner friendly.

The Loop de Loop this year saw the emergence of a new top runner in the area. **Chris Gilbert** led from start to finish with **Kenny Brown** not far behind. Kenny must have been giving directions, because Chris negotiated the course despite not being familiar with the territory and the course not completely marked yet (Mojo was coming from the other direction with the course markers). Chris moved here from Oregon about three years ago and lives and trains in west Santa Rosa. Since the Loop de Loop he has also won the Just Go! and the Human Race.

Ralph Harms was given his moment of fame after the **Human Race**. He was interviewed and quoted in the article in the Press Democrat and figures prominently in two photos. He even got in a plug for his favorite charity, the Double Punches Boxing Club. Here's what the paper wrote: "*Ralph Harms, a volunteer coach with Double Punches Boxing Club, earmarked his pledges for teen-agers who train at the club. "We give them a place to go where they feel wanted," said Harms, 67. A veteran of 15 Human Races, Harms has proudly witnessed the event's evolution: "The people who live in and around Santa Rosa are just caring people," he said. "This is just another way of showing it."*

Julie Stamps in the news. In an article published in the NY Times, Julie Stamps is featured as an example of how serious training for young girls often leads to injury and burn out. Now 24 years old and working for a financial services firm in NY, Julia seems past all that and ready for new things. Here is an excerpt:

"In resurrecting her running career, Stamps may exemplify a development in which female runners rise from a turbulent adolescence to regain their zest for running. Stamps ran the New York City Marathon in two hours, 54 minutes, 47 seconds, outstanding for a first-timer. She placed 30th among women. "It felt easy," Stamps said. "I ran an even pace all the way, about 6:30 per mile, and it took me only a week to recover." Stamps plans to run her next marathon in June at the Rock 'n' Roll Marathon in San Diego. She hopes to achieve the qualifying standard for the American women's Olympic marathon trials: 2:48. Enduring repeated injuries, Stamps began to think that she had given up too much for her running career. At Stanford, a torn hamstring muscle and a stress fracture in her lower back sidelined her for two years. Then in March 2001, when she was finally healthy and in her junior season, Stamps blacked out while riding a skateboard.

"I totally shattered my left leg with two complete fractures from top to bottom," she recalled. "Doctors told me I'd never run again." Stamps underwent two operations and was on crutches for seven months. In March 2002, while on vacation in Costa Rica, Stamps tried running again. For the first time in years, she felt no pain. By late June, Stamps was running as much as 20 miles and planning for the New York City Marathon. Her recent training pace has increased to six minutes a mile, encouraging her to think she has a chance to make the Olympic team next year.

"I feel fabulous," she said. "Running the marathon didn't hurt a bit. It's a miracle, like I'm running with a halo."

Race Reports

JUST GO! Run/Walk

Men's and women's winners of this year's *Dr. McDonald JUST GO! Run/Walk* (5K & 10K runs, 5K walk) were uplifted to say the least. They all won rides in the REACH helicopter—fortunately for fun, not for medical emergency.

John McDonald, founder of REACH Air Medical Services, passed away in October of 2000. In his name and with the initiative of his family a scholarship fund was established through the Santa Rosa Junior College Foundation and the SRJC Paramedic Program. Last year, the first *Dr. McDonald JUST GO! Run/Walk* raised more than \$4500 in support of the John L. McDonald Paramedic Education Scholarship. This year only about 175 runners and walkers showed up, though it was announced that they hoped to raise about the same money as last year. This race deserves more support.

All three events (both runs and the walk) started and ended at the same spot on Flightline Drive, following the nearly flat roads encircling the Sonoma County Airport. Last year's confusion about turn-around points was cleared up. Mile markers were obvious and seemed accurate. There were plenty of course monitors and a couple of water stations. Music, water, fruit, and orange juice awaited us at the finish. Nice T-shirt, too. What were missing were more participants.

Empire Runners competing included **George Urdzik, Bruce Bowie, Len Gerald, Bill Brown, Jerry Lyman, Debbie Albers, Roger Anwalt, and Michael Numainville**. (Forgive me if I left anyone out.) Chris Gilbert, winner of this year's Loop de Loop won the 10K in 33:14. For race results visit www.rdysetgo.com.

Jerry Lyman

Human Race

By Cathy DuBay

In 1982 I was a senior in high school. Santa Rosa was still considered a little hick town north of San Francisco and there was a small race in Rincon Valley which started and finished at Montecito Park. Twenty one years later and I am a middle age mother of two, Santa Rosa has a three lane freeway and two malls and that small race in Rincon Valley is now Sonoma County's largest race and fund raiser; The Human Race.

This year's event drew over 8,000 participants and raised over 1.4 million (that's right, *million*) dollars for non-profits in Sonoma County. The sad state of the economy shone through this year with not only the traditional non-profits such as Canine Companions and American Heart Association raising money, but also in the hunt for our donations were High School and Junior College Athletic teams. Faced with the prospect of losing their programs and/or having to pay hefty fees to participate on these teams, the athletes went to work and raised money to keep their programs going.

Once a year Sonoma County comes together in the form of the Human Race to show our best side. Costumes, balloons, centipedes and all ages can be seen participating in the race. And somewhere tucked amongst all the good will and goofiness there is a race going on. I was fortunate enough to participate in the race, as every runner in Sonoma County should do. The 10k course is a runner's dream course: No traffic. Undulating hills, a section where you get to see how close your competitors are, great scenery and a flat, fast finish. And finally, after many years of problems with the accuracy of the course and lack of good signage along the way, the Volunteer Center (the organization in charge of the race) has solicited a group of exceptionally hard working individuals who are committed to making the "race" aspect of the event as well organized as the fund raising aspect.

OK, I'll be honest with you. My husband, **Mark Mathewson**, is now the one in charge of the racecourse. Several years ago I wrote a letter to the Volunteer center about my frustration with the racecourse. Year after year the racecourse was inaccurate and/or the volunteers were sending runners the wrong way. I kept telling myself it isn't about the race it is about community spirit. But after 1999's race I finally could take no more. After leading the race for 4 miles I was misdirected by a volunteer. I was quite sure I knew the course, but she convinced me to turn when I should have gone straight. When I got back on course I was in 5th place and never was able to make up the extra

distance I covered. It's not about the race it's about the community spirit...Even I can only take so much so I complained and ended up getting my husband involved which was the best thing that ever happened to the "race" part of the Human Race.

Ok, so we have a great event and an accurate, well marked racecourse. Add perfect weather and you have the makings for ideal race conditions. I had hoped to run a 40:00 minute 10K which is a little off for me but given I had foot surgery just 3 months prior I thought this was a realistic goal. But there is something to be said for ideal conditions and rest as I felt great and was able to post a 38:19. This effort felt completely controlled and never did I feel that sense of nausea or desperate to stop.

So if you have stayed away from this event because of past bad experiences it is time to reconsider and participate again. This is one great event and every runner in Sonoma County should be there!

*** **

Cathy mentions how small the race was long ago when it started, but I can remember even a few years ago when it was staged by **Mike McGuire**, a past Empire Runners president, who used to single handedly stage many of the races in this area. The race itself is now handled by the very professional Vineman team, and there are volunteer and public agencies involved at every level.

Nevertheless, the times in the 3K continue to be suspiciously fast, even if you allow for a fast course.

Ruben Mora Roman is an outstanding high school runner from Analy, but I doubt even he thinks he can run a 3K in 8:37.5 (No one in recent memory has broken 9:00 on the very competitive Kenwood 3K course). Even 40-year-old **Don Nauman** who placed third, broke 9 minutes with an 8:52.63, and we all know somebody that old can't run that fast. 14-year-old **Brice Winkler**, a Santa Rosa Express runner, was 4th overall in 9:19.37, and we all know somebody that young can't run that fast. Don't we?

Another young Express runner was **Rory McLeod**, 11, who was 10th overall and 1st in his age-group in 9:56.11. His dad, **Gary McLeod**, 43, was 29th overall in 11:25.96. On the very young side, Express runner **Trevor Smith**, 9, ran a 12:31.13 for 43rd overall. And to go to the other extreme, **Ralph Harms**, 67, and **Carl Jackson**, 70, both won their age-groups.

Besides Cathy on the distaff side, Brice's mother, **Lori Winkler**, 44, was 22nd overall and the 2nd place woman in 11:04.25. And 13-year-old **Shanon Rich**, another Express runner, was 25th overall and 5th place woman in 11:10.97.

The 10K saw some the areas top runners compete. **Chris Gilbert**, 33, continued winning every local race he enters, winning handily in 32:31.74. **Jacob Busienei**, 27, the distance ace from Kenya who appeared here a few years ago, was 2nd in 34:45.03, followed closely by one of the top local runners, from Sonoma, **John Litzenberg**, 33, in 34:50.05.



Jacob Busienei (on the right) in the lead with Dan Nelson at a major PAUSATF race last year.

Following are just some names I am familiar with as I scanned the results in the 10K. For complete results visit our website.

- 4. Johnathan Teeters, 16, 34:57.45
- 7. Ian Messier, 17, 36:55.36
- 8. Mike Fink, 34, 36:59.58
- 14. Jerry Lyman, 54, 38:35.80
- 19. Neil Pinkerton, 39, 39:54.21



Chris Gilbert winning the LoopdeLoop last month

- 28. Bill Browne, 53, 41:50.11
- 29. Rick Niles, 56, 42:05.96
- 31. Dennis Fagent, 51, 42:15.75
- 42. Jim Hiserman, 52, 43:03.20
- 63. Robert Holland, 58, 44:49.84
- 90. Peter Masi, 51, 46:29.08
- 66. John Lander, 62, 45:07.59



Rory McLeod, 11, was 10th overall in the 3K. Here he is later the same day where he competed for Express at a track meet in Fairfield (5:07 1500m, 4'8" HJ, 13'8" LJ).



Trevor Smith, 9, was 43rd and also came to Fairfield later the same day to compete for Express (6:39 1500M).

2003 All-Comers

Summer Track Series

at Analy High School

6950 Analy Avenue, Sebastopol

Starting Time:
The first event
starts at 6:30 p.m.

Meet Dates:
(All on
Wednesdays)

Track:
All-Weather
Surface

Order of Events

Mile Run
100 Meter Dash
800 Meter Run
200 Meter Dash
400 Meter Run

One of the
following:
3000 Meter Run
2 Mile Run
5000 Meter Run

4x400 Meter Relay

June 18

June 25

July 9

July 23

August 6

Entry Fee:
\$2 for
entrants aged
13-and-over,
\$1 for 12-and-
under;
no limit on
number of
events

All ages and levels of ability are welcome. Heats
are separated by ability level and/or age groups.
All finishers timed and results published in the
Empire Runners Newsletter.

Information: John Anderson, 527-0673

Benefits Analy High School Cross Country Team

Directed by the Empire Runners Club of Sonoma County

Are you ready for Kenwood?



3K and 10K

July 4, 2003

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

Plaza Park, Kenwood

(Warm Springs Rd., off Hwy 12)

**Pre-register
3 ways
\$20**

ONLINE: www.empirerunners.org - by 6/27

MAIL-IN FORM (below) Postmark deadline -6/27

IN PERSON on June 28, 29 & 30 (Sat., Sun., Mon.) only
at Fleet Feet Sports, 643 Fourth St., Santa Rosa (569-1494)

Special Discounts Empire Runners Club members--\$15

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

New this year for pre-registered runners: RACE BIB NUMBERS WILL NOT BE MAILED. Please pick up bib numbers at Registration Table on race day or at Fleet Feet Sports on June 28, 29, or 30.

Race Day Registration from 6:00 - 7:15 AM

Registration \$25 Special Discount: Youth 18 & Under \$15, \$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 get free entry to Kenwood's World Championship Pillow Fights!

Info Hotline

707/569-1494 (Fleet Feet Sports)

Please make checks payable to **Empire Runners Club**. Pre-registration postmark deadline **June 27 (Friday)**

Pre-registration fees: Adults--\$20; Youth 18 or under--\$10 with T-shirt, \$5 no shirt

MAIL TO: **Fleet Feet Sports, 643 Fourth St., Santa Rosa, CA 95404**

PLEASE PRINT CLEARLY

SEX: M F AGE ON RACE DAY _____ DATE OF BIRTH _____ - _____ - _____ 3K 10K

FIRST NAME _____ LAST NAME _____ For Official Use Only

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE _____ Are you an Empire Runners Club member? yes no

Amount enclosed: \$ _____ Youth 18 and under only: Shirt? No shirt?

NOTICE: This entry and release form is a contract with legal consequences. Read it carefully before signing.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any and all other risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, and the conditions of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and unconditionally waive and release and discharge the race officials, volunteers, and any and all sponsors including any and all of their agents, employees, assigns, or anyone acting for or on their behalf from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature _____ Date _____

(Signature of Parent or Guardian if under 18)

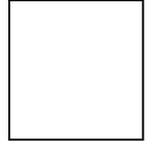
Empire Runners Training

June 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>12M at medium pace</u> 8:30a Parktrail Drive at Summerfield Drive	2 <u>4M at comfortable pace</u> 7:00p 1932 Yolo Court, SR	3 <u>4x300@2M GP, 4x300@1M GP, 4x300@800m GP</u> 5:30p SRJC Track	4 <u>5M at comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	5 <u>9M total with 8x2 min. at strong pace</u> 5:30p Howarth Park	6 <u>5M at comfortable pace or Off</u>	7 <u>8x300@800m GP; walk 100, jog 400</u> 8:30a Y'Allcomers Training Run, Railroad Square, SR
8 <u>10M at medium pace</u> Race: Fitch Mountain Footrace 10K & 3K, Healdsburg 8:30a Cobblestone Trailhead on Channel Drive	9 <u>6M at comfortable pace</u> 7:00p 1932 Yolo Court, SR	10 <u>3x400@1M GP, 3x300@800m GP, 3x200@400m GP</u> 5:30p SRJC Track	11 <u>6M at comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	12 <u>9.5M total with 2M at strong pace</u> 5:30p Howarth Park	13 <u>5M at comfortable pace or Off</u>	14 <u>1M time trial, w400/j800; 8x150@400m GP, w50</u> 8:30a Y'Allcomers Training Run, Railroad Square, SR
15 <u>7M at medium pace</u> 8:30a Parktrail Drive at Summerfield Drive	16 <u>10x200@1M GP, jog 200</u> 7:00p 1932 Yolo Court, SR	17 <u>4M at comfortable pace</u> 5:30p SRJC Track	18 <u>5M at comfortable pace</u> 6:30p All-Comers Track, Analy HS, Sebastopol	19 <u>8.5M at medium pace</u> 5:30p Howarth Park	20 Race: Sugarloaf Relay, 6:30p	21 <u>1.5M jog, 20x45 sec. @1M GP, jog 45 sec.</u> 8:30a Y'Allcomers Training Run, Railroad Square, SR
22 <u>10M at medium pace</u> 8:30a Cobblestone Trailhead on Channel Drive	23 <u>12x150@1M GP, jog 200</u> 7:00p 1932 Yolo Court, SR	24 <u>4M at comfortable pace</u> 5:30p SRJC Track	25 Track Meet 6:30p All-Comers Track, Analy HS, Sebastopol	26 <u>8.5M at medium pace</u> Newsletter Deadline: Larry Meredith, Editor 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza	27 <u>4M at comfortable pace or Off</u>	28 <u>800m@1M GP, 600@1M GP, 2x400@1M GP, 2x300@800m GP; long rest</u> 8:30a Y'Allcomers Training Run, Railroad Square, SR
29 <u>7M at medium pace</u> 8:30a Parktrail Drive at Summerfield Drive	30 <u>5M at comfortable pace</u> 7:00p 1932 Yolo Court, SR	31 Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>45M/wk): run as written; Group II (30-45M/wk): 2/3 of workout; Group III (20-30M/wk): 1/2 of workout; Group IV (<20M/wk): 1/3 of workout		3 <u>ce</u>	4 Road Race Race: Kenwood Footrace 10K & 3K	5 <u>4M at comfortable pace or Off</u> 8:30a Y'Allcomers Training Run, Railroad Square, SR

Empire Runners Club

3648 Evergreen Road
Santa Rosa, CA 95405



Upcoming Races

Summer Track Series

When: Wednesday nights, starting Jun 18
Time: 6:30 PM
Where: Analy High School, Sebastopol
What: No field events; 100, 200, 400, 800, Mile plus either a 2M, 3K, or 5K
Who: 3-yr-olds to 80-yr-olds, elite and beginners
Entry: \$2, \$1 under 13
Info: John Anderson 527-0673

Sugarloaf Summer Solstice Relays

When: Friday, June 20 (Summer Solstice).
Time: 6:00 PM. Course Walk, 5:15 PM.
Where: Sugarloaf Ridge State Park, Kenwood
What: 2-person relay, each runs 3 miles. Group campsite. Potluck after race.
Entry: \$15 per team; \$8 u-18; \$12 if only one u-18
Info: Doc 578-3025 or Mojo 546-1021

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