



Empire Runners raise money for Breast Cancer awareness in support of Cathy and Kathy!

**Brown and Taylor pace the field
at the 2009 Jackrabbit Derby**

BY DALE PETERSON
Race Director

Thirteen years is a long time, but not long enough I thought as I heard the rain just hammering against our roof at 5am on race day. Thirteen years ago I ran my last Jack Rabbit Derby in an absolute downpour. That was also the last year that the original race directors **Mike Duggan** and **Eric Nordvold** put on the race. I took over as race director for the 1997 running and have been very fortunate in regard to the weather ever since. Well, until this year!

As I continued to listen to the rain I was worried that attendance would be down. Normally that would be bad enough, but this year's race was being run in honor of our two friends and team mates, **Kathy Van Riper** and **Cathy Dubay** in their fight against breast cancer.

At the club meeting held on April 23rd it was decided that all race fees and additional donations would be split three ways between *Susan G. Komen for the Cure*, *Kathy's Camp for Kids and Girls on the Run*, three charities important to Cathy and Kathy.

Despite the challenges of putting on a race in a hard rain, I need not have worried about the turnout. While we might have had larger numbers in nice weather, the turnout was pretty normal for this race. Considering the weather, I

was actually rather impressed.

Nine plucky youngsters got things started promptly at 8am with the running of the Bunny Hop. First overall was **Jillian Van Riper** age 12 in 2:57 followed closely by the first male **Justin Plott** age 11 in 2:59. All of the kids did great and seemed to enjoy themselves in spite of the rain. Each participant received a special finishers certificate.

About ten minutes after the kids race, the 3-Mile got underway. The course was slow but none the less several age-group records would fall.

Kenny Brown age 39 who holds the all-time record for the course set back in 1994 won again with a time of 17:43, followed by **Eric Downing** age 38 in 17:53 and the youngster **Kevin Poterake** age 14 in 18:02.

High School phenom **Jacque Taylor** age 17 who holds the all-time record for women on the course won easily in 19:00, followed by **Kristen Komeraski** age 22 in 22:10 and **Melanie Cox** age 16 in 23:31.

The first all time age-division record fell when **Jerry Lyman**

(Continued on page 2)

Inside this issue:

- Student Grant Recipients
- Track Series Approaching
- Intro to Team in Training
- Race Results
- Grand Prix Standings
- And much more!

FLEET FEET
Sports
SANTA ROSA

Tagliaferri's

Heart & Sole
SPORTS

[Jackrabbit—continued from pg 1]

recently turned 60 and crossed the line in 20:22 placing him third all time for men in the 60-69 age group. Just over three minutes later **Tori Meredith** age 51 finished in 23:40, followed closely by **Karen Kissick** also 51 in 24:05. For their efforts Tori and Karen are now second and third respectively all-time for women in the 50-59 age group. Not to be outdone and finishing less than two minutes later was **Shirley Fee** age 68 in a fantastic 25:45 over four-minutes faster than the previous all-time best for women age 60-69!

All age groups were represented today between three years of age in the Bunny Hop and seventy-seven year-old **Dale Leyhe** in the 3-mile race.

The closest finish of the day pitted **Kathy vs Cathy** when **Van Ripper** and **Dubay** finished in a dead-heat that the judges are still trying to sort out.

Thanks to all who donated raffle prizes especially **Al Tagliaferri** and **Stephen Starkweather**.

Special thanks to all of the volunteers. Thanks to **John Anderson** who wrangled with the moisture averse timing system, **Larry Meredith** who marked the course, **Dave DeSelle** for taking photographs, **Jerry Lyman** who pulled the trailer and everyone else who helped in a hundred different ways including **Tori Meredith**, **Robin Stovall**, **Bob Finlay**, **Bill Browne**, **John Harmon** and anyone else I may have missed.

Another special thank you to **Carl Triola** and his band of **Casa Grande HS** course monitors who stood in the rain and helped keep everyone going in the right direction! Great Job as always, you are appreciated more than you know.

Next year we will try to get back to the usual dry, warm weather!

The Empire Runners Club **HALL OF FAME**

The Inaugural Class of 2008

Darryl Beardall

Mort Gray

Carl Jackson

Class of 2009

Pamela Horton

Brendan Hutchinson

Dan Preston

Learn more about the Hall of Fame, its members, and how to nominate a club member for the Hall of Fame by visiting the club website, www.empirerunners.org.

WELCOME NEW MEMBERS

Alexcis Wichtowski and her Mom Rose Owens

-Sebastopol-

Hey Everyone! I'm Alexcis and I just joined the club along with my mom, Rose. I've been running some 5K's and 10's in Seattle and am looking to train for a half marathon and she's just starting out. We're looking forward to training and running races.

Megan Finnerty - Santa Rosa

Hi! I'm Meagan and I am pretty new to running... well running with a goal in mind. I have played soccer for 20+ years and have always run but never considered myself a runner. I recently ran my first 10k in Marin this past April and really enjoyed the race. I am pretty new to Santa Rosa and thought this would be a good way to meet other runners and find new areas to run in. Plus it keeps me from slacking on my training!

The Williams/Gay Family - Forestville

Kevin, Colin and Patricia

The Frost Family - Santa Rosa

Sandra, Michael, Christina and Emma

The Cox Family - Petaluma

Janice and Melanie

William Rogers - Santa Rosa

John Iervolino - Santa Rosa

Rich Fenske - Santa Rosa

Greg Fitch - Sebastopol

Marie Drake - Santa Rosa

Additions to the Jeff Sengstack Family

Birgit Meitza and Janine



Empire Runners April 2009 Club Meeting

[President **Bob Finlay** (bfinlay@sbcglobal.net) called the April 23, 2009 meeting to order at 7:35 pm.]



Secretary's Report:

Secretary **Paul Berg** (pberg@sonic.net) read the March 2009 meeting minutes, which were approved as read.

Treasurer's Report:

Secretary Paul Berg reading the report for Treasurer **John Harmon** (jj2harmon@yahoo.com) reported that the current club balance is \$ 27,349.62, down \$643 from the same time last year. The Student Grant Fund balance is \$1526, approx \$566 less than the same time last year.

Race Reports:

Recent races/Runs:

- a. Loop-D-loop 4-05-09 : **Doc** reported no one died, record turnout.
- b. Petaluma Footrace 4-19-09: **Chris Mason** reported a record turnout, 600+ runners for 3 and 5 mi races. Many Empire runners won age categories, including **Alex Wolf-Root** as overall winner. Netted \$12,000, Chris extended a special thank you to **Bob Shor** for officiating the event.

Upcoming Races/Runs:

- a. Viking Track Classic 4-25-09: **Val Sell** reminded the 2 mile open run at 8:35 am prior to the high school meet, Montgomery High school
- b. Just Go 4-26-09: Sonoma county airport, in conjunction with Girls on the Run
- c. Human race 5-09-09: **Val Sell** reported that Val and **Gil Moreno** will have a tent this year with ER merchandise, membership info and Kenwood flyers.
- d. Spring Has Sprung 5-30-09: Middletown 5k, new course
- e. Fitch Mtn Footrace 6-07-09: **Tori Meredith** reported that volunteers will be needed again this year for registration and finish line. An egroup message will be sent.
- f. Summer Track series begins 6-10-09 @ Maria Carillo HS: **Bob Shor** reported that some repair work will be done at the track this summer, which may impact one or more of our dates, stay tuned for updates.
- g. 5th grade fitness tests 5-01-09: **Tori Meredith** reported that she is looking for volunteers to assist in administering the annual evaluation. Contact Tori if you're available.

Committee Reports:

Creek Cleanup 4-25-09: **Alec Isabeau** reminded that creek cleanup this year is at Piersen Street Bridge near Railroad square. 9am- noon, 8am run prior. Heart & Sole has donated 2 -\$50 gift certificates to be raffled among participants.

Sponsorship Committee: **Bill Browne** reported that his is actively contacting our supporters to renew their support this year. He noted that in these difficult economic times, it is important to support our sponsors. Bill also reported that we are seeking 4 cases of wine for Kenwood age group awards.

Scholarship Committee: **Bob Finlay** reported that the High School Scholarship deadline is the end of this month. Only 2 applications have been received so far, but he is expecting a large number by the deadline.

Kenwood Footrace: **Val Sell** reported that the shirts are already ordered, 2000 flyers printed and looking for business locations to hang them. The first email was sent today on the new notification service.

Unfinished Business:

Changing Dues structure: **Jerry Lyman** reported that he wanted to table the motion for another month to notify members of the proposed changes before taking a vote.

New Business

Support for Cathy DuBay: **Melissa Frediani** reported on behalf of Scott Montrose (Cathy's brother-in-law) that in honor of Cathy's fight against breast cancer, their running group "The Weekend Warriors" will be running the Human Race to benefit Cathy's favorite charities, Komen for the Cure and Girls on the Run. In support of this effort, they are selling specially designed t-shirts. Melissa provided order forms and instructions for ordering. 130 have been ordered so far, and they can be picked up at Montecito Heights health club. Bill Browne noted that Montecito, where Cathy DuBay is manager, has been a generous supporter of the club.

Proposal to waive Jack Rabbit Derby entry fee in lieu of donation to Cathy DuBay's charity: race director **Dale Peterson** suggested that in support of Cathy DuBay and Kathy Van Riper, ER create an incentive to participants at the Jack-rabbit derby to donate to breast cancer charities. After lengthy discussion, it was agreed to the following motion: "To authorize the race director to divide all proceeds (entry fees and donations) from this years JR derby equally among three charities: Komen for the Cure, Girls on the Run and Kathy's Camp for Kids." Motion carried unanimously.

Request by Rohnert Park to use the Club clock for a race on May 16, 2009: **Bob Finlay** reported that **John Staroba** has requested the use of the clock for a race to raise funds for the Special Olympics. Clock czar **Bob Shor** said the clock was available, and the request was approved.

Raffle: **Jerry Lyman** won \$18, and \$18 went to the student grant fund.

Drawing: **Rob Drawsky** would have won \$200 if he attended the meeting.

[President **Bob Finlay** concluded the meeting at 8:40 pm.]

Attendance:

Bill Browne, Paul Berg, Hutch, Bones Koch, Val Sell, Doc, LT, Mini-Mel, Bob Shor, Super George, Dave DeSelle, Chris Mason, Bob Finlay, S L Edge, Pap, Larry Meredith, Victoria Meredith, Melissa Frediani

2009 Empire Runners Student Grant Awards

BY BOB FINLAY
Club President

The Student Grant Fund Committee is proud to present 2009 awards to the following students.

Celeste Berg of Montgomery High School and **Alex Bland** of Windsor High will both receive Top awards of \$500 Grants.

This year we will also present four "Runner-up" awards of \$300 each to the following students. **Douglas Emery** of Piner High, **Kevin Mawhinney** of Rancho Cotati, **Rory McLeod** of Santa Rosa High, and **Wesley Young** of Healdsburg High.

When making these awards, we are not simply looking to reward the fastest runners, or the smartest students. We hope to help and encourage well rounded students that balance academics with athletics, and that demonstrate good citizenship and leadership. We also look for someone

who recognizes the role that running plays in their own life and wants to share it with others.

In the 10 years that I have been involved with this committee, I am continually amazed at the applications that we receive each year. This year is no exception. While Celeste Berg was the sole female applicant this year, her application could have easily won top honors no matter what the competition. On the Male side, we had five outstanding applications. While the top award goes to Alex Bland, who's application is particularly inspiring due to the adversity that this young man has faced, there really were no runner-ups. There were simply five first place winners and not enough money to go around.

Formal presentation of the awards will be made at the Kenwood Footrace on July 4th but for now please join me in congratulating this year's award recipients and a sincere thanks to all who help support these annual scholarships.

Jackrabbit Derby Results

Bunny Hop - Girls				
1)	Jillian Van	Riper	12	2:57
2)	Catherin	Rauch	8	3:44

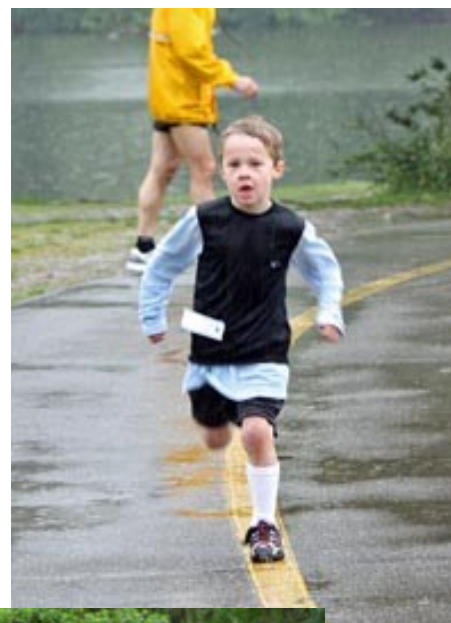
Bunny Hop - Boys				
1)	Justin	Plott	11	2:59
2)	Nicolas	Rauch	12	3:11
3)	Ian Van	Riper	9	3:15
4)	Brendon	Plott	8	3:28
5)	Orion	James	6	4:04
6)	Sebastian	Bohn	3	4:49
7)	Matthew	Anderson	4	6:09

3 Mile - Women				
1)	Jacque	Taylor	17	19:00
2)	Kristin	Komeraski	22	22:10
3)	Melanie	Cox	16	23:31
4)	Tori	Meredith	51	23:40
5)	Karen	Kissick	51	24:05:00
6)	Sarah	Kraemer	17	24:08:00
7)	Shirley	Fee	68	25:45:00
8)	Kathy Van	Riper	39	27:23:00
9)	Cathy	Dubay	44	27:23:00
10)	Suzanne	Braldi	47	27:28:00
11)	Liza	Klebe	16	27:40:00
12)	Lisa	Anderson	40	31:08:00

3 Mile - Men				
1)	Kenny	Brown	39	17:43
2)	Eric	Downing	38	17:53
3)	Kevin	Poterake	14	18:02
4)	Gregg	Jennings	39	18:06
5)	Andy	Howard	48	18:44
6)	Matt	Mellen	29	18:45
7)	Nate	Koch	28	18:57
8)	Brian	Goodwin	17	19:07
9)	Eric	Bohn	43	19:30
10)	Jerry	Finlay	30	19:52
11)	Larry	Meredith	51	20:03
12)	Jerry	Lyman	60	20:22
13)	Stephen	Rauch	45	20:30
14)	John	Harmon	53	20:43
15)	Bob	Finlay	52	21:04
16)	Vernon	Stafford	54	21:06
17)	Mark	James	42	21:09
18)	Jon	Hermstad	60	21:19
19)	David	Goodwin	51	21:25
20)	Ryan	Terschuren	26	22:00
21)	Brendon	Hutchinson	65	23:18
22)	Troy	Tuscher	48	24:06:00
23)	Rob	Main	50	24:28:00
24)	Gil	Moreno	65	25:10:00
25)	Don	Sampson	61	25:54:00
26)	Ernst	Bohn	69	26:56:00
27)	Darryl	Beardall	72	30:03:00
28)	Dale	Leyhe	77	33:58:00

A Day at the Derby

By Dave DeSelle



2009 Summer Track Series

Mark your calendars for June 10 and every 2 weeks after (see the flyer in this issue)

BY JOHN HARMON
Club Treasurer

The Summer Track Series All-comers Meets are coming to Maria Carrillo High School starting June 10. There are 5 meets in all every two weeks.



Jake Arnold, an accomplished decathlete, will compete in June's US Championships

Every summer in early June, thousands throng to their local track for their shot at glory. Second only to Eugene in Track & Field lore, Santa Rosa is no exception. Greg Fogg and his Maria Carrillo Pumas will host the Summer Track Series. Meets start at 6:30 sharp with the Mile Run. Final events end around 8:30 (-ish).



Local high school standouts Sara (Bei) Hall and Jake Arnold, both prominent at last year's U.S. Olympic Trials, got their start running in our fair city. Discover your inner Olympian this summer.

Fun for the Whole Family

Men and women, boys and girls of all ages participate. You will get to run again others of similar ability.

Every year we have more and more youngsters test their mettle. These future Olympians are fearless, even trying the 400m. It will introduce your kids to track rules and etiquette. In these economically-challenging times, where can you spend \$3 or less per person for so much fun? Why not make it a family evening out!

All A. Shor Who's Going A. Shor

Perennial starter, Bob Shor is back once again to manage the track, as he always does, with timing NASA en- vies. (The average person doesn't realize that NIST and the Royal Academy in Greenwich actually calibrate world time by Bob's meet starts)

See the flyer later in this newsletter.

More details on the ER website (www.empirerunners.org).



Attention Empire Runners!

Expand your horizons while benefitting the health of blood cancer survivors

Welcome to the Team In Training Experience!

Have you been thinking about a Century Ride, but are a little apprehensive about the distance. Do you think that you would benefit from a training program to help get you there? **How about a Marathon or Triathlon?** If so, here's a great opportunity for you to get personalized, one-on-one coaching that will help you achieve your goals and complete your event.

Our program is designed to address the training needs of the beginner to accomplished endurance athlete. You'll be time tested and placed in your appropriate training level and partake in professionally coached trainings twice a week. We'll send you to the event, provide the hotels accommodations, even a pasta and victory party – and we'll be there, along with your fellow team members, when you cross the finish line – how good can it get ?!

Your fundraising covers your costs and allows us to give 75% of your fundraising total toward The Leukemia & Lymphoma Society's mission to find a cure for blood cancers. Through the research we've funded over the past 60 years, the "cure" rate has gone from 4% to 85%, The Team In Training program has raised over ONE BILLION DOLLARS and trained 400,000 athletes like yourself in the past 20 years. Sign-up to be a part of that phenomenon.

And Fundraising is fun! You will be supporting through the entire process by a "Mentor" who has been through our program, completed a marathon or cycled a century AND has successfully fundraised. So they are primed to help you set up a strategy for success. Because Team In Training has been doing this for over 20 years, we can say that most people raise over their minimums!

For more information, please join us at:

Kickoff, May 30, Petaluma Community Center, **9 am Info Meeting and New Registration 10 am KICK-OFF!**

Info Meeting & Be our Guest at a training, June 6th 7:30 am at Finley Center in Santa Rosa – please RSVP to 707-303-4800 ext 2008 ~ Emily Sanborn

Here is a menu of our Summer events:

Walk, Run or Run/Walk

Kaua'i Marathon (half only), Sept. 6, Kaua'i, HI * *New Event!*

Portland Marathon, Oct. 4, Portland, OR

Nike Women's Marathon, Oct. 18, San Francisco, CA * *Guaranteed entry thru TNT!*

Triathlon

Triathlon at Pacific Grove, Sept. 12-13, Pacific Grove, CA

The Nation's Triathlon, Sept. 13, Washington, D.C * *Sold-out to the general public!*

Big Kahuna Triathlon, Oct. 25, Santa Cruz, CA

Cycle

Marin Century (Metric: 100K-62 miles), Aug. 1, Marin County, CA

Moab Century Tour (100-mile), Sept. 19, Moab, UT * *New Event!*



Register today! Train. Endure. Achieve. Matter. Go Team!

707-303-4800 RWC@lls.org

Hike Rocky Mountain National Park and **Tahoe Rim Trail**



Is your membership expiring?

Don't let your membership go inactive! Check your membership status by going to www.empirerunners.org, click "Join/Renew" > "Is my renewal due?"

-Renew by mail or online-

Membership Questions?

Email Gil Moreno at funrunner@gmail.com or call (707) 546-9142

Riverfront River Rat Rambling Relay Rendezvous & bReakfast Revelry Saturday, June 20, 2009

What: 2-person teams, each team member running a 5K on dirt and gravel trails. Enter as a team, or we will pair you up.

Start: Riverfront Regional Park 7821 Eastside Road, Windsor, CA. 8am Start.

bReakfast: Masterfully prepared post-race bReakfast included with entry. Non-running friends or family members coming? We'll work something out.

Fees: Adults--\$10; Youth 18 & under--\$8. Empire Runners Discount: \$3

Parking: \$6 and is limited. Please consider carpooling.



A Doc 'n Mojo Production

Stock up on club apparel for the summer!



Asics Warm-up Shirts

Men's and Women's
White and Navy
Long and Short Sleeve &
Sleeveless

**\$16-
18**



Brooks Singlet

Men's and
Women's

\$20



CoolMax Running Caps

Navy, White, Black

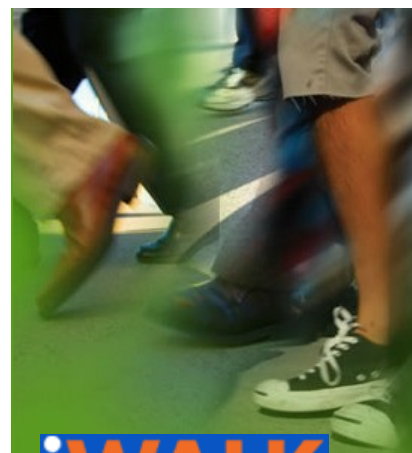
\$12



Brooks Sports Bra

\$25

**To order, visit empirerunners.org and click "apparel"
or call 546-9142**



**iWALK
sonoma**

What is iWALK?

iWALK is a campaign to increase the number of people who walk regularly.

iWALK is for everyone who lives or works in Sonoma County.

iWALK offers starter kits for individual walkers, walking groups, worksite walking programs and more.

iWALK is free and easy to do – just put on a comfortable pair of walking shoes and start walking!

For more info, visit www.iwalksonoma.org

iWALK is a program sponsored by

**HEALTH
ACTION**
A 2020 VISION
FOR SONOMA COUNTY

2009 Empire Runners Fleet Feet Grand Prix

Men's Standings—Top 50 | Full Standings at empirerunners.org

Place	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Total
1	Andy	Howard	40s	92	100	100	100	96	488
2	Larry	Meredith	50s	80	99	89	96	92	456
3	Dave	Goodwin	50s	74	100	86	97	84	441
4	Rob	Main	50s	73	99	85	98	80	435
5	Dale	Peterson	50s	58	100	78	93	100	429
6	Vernon	Stafford	50s	71	98	79	92	87	427
7	Don	Sampson	60s	60	99	93	91	78	421
8	Ty	Strange	40s	99	100	100	99	0	398
9	Darryl	Beardall	70+	64	100	67	90	76	397
10	Kenny	Brown	30s	95	100	0	98	100	393
11	Eric	Downing	30s	0	98	98	96	99	391
12	Brian	Goodwin	14-19	0	100	93	97	94	384
13	Mark	James	40s	0	100	100	87	86	373
14	John	Harmon	50s	0	100	84	96	89	369
15	Jerry	Lyman	50s	77	100	88	0	91	356
16	Derek	Felciano	30s	78	96	90	88	0	352
17	Nicholas	Rauch	10 to 13	49	100	99	0	99	347
18	Stephen	Rauch	40s	50	99	97	0	90	336
19	Fred	Garcia	50s	69	94	83	86	0	332
20	Brendan	Hutchinson	60s	69	100	76	0	82	327
21	Bill	Browne	50s	67	97	85	0	75	324
22	Don	Stewart	40s	96	0	99	100	0	295
23	Nate	Koch	20s	0	99	0	100	95	294
24	Ernst	Bohn	60s	54	0	68	91	77	290
25	Greg	Jennings	30s	0	0	95	97	97	289
26	Kevin	Poteracke	10 to 13	90	0	99	0	98	287
27	Jon	Hermstad	60s	0	100	0	94	85	279
28	Doug	Starr	50s	0	100	74	92	0	266
29	Bob	Holland	60s	65	100	94	0	0	259
30	Troy	Tuscher	40s	81	0	96	0	81	258
31	Bob	Finlay	50s	79	0	0	90	88	257
32	Ian	VanRiper	<10	59	0	98	0	98	255
33	Don	Meixell	40s	0	100	71	82	0	253
34	Carl	Jackson	70+	51	99	88	0	0	238
35	Paul	Peck	40s	48	97	86	0	0	231
36	Gil	Moreno	60s	62	0	0	88	79	229
37	George	Urdzik	60s	47	95	84	0	0	226
38	John	Anderson	50s	44	94	0	0	75	213
39	Justin	Plott	10 to 13	0	100	0	0	100	200
40	Orion	James	<10	0	0	95	0	96	191
41	Jonathan	Peck	14-19	91	99	0	0	0	190
42	Paul	Berg	50s	0	0	91	99	0	190
43	Matthew	Anderson	<10	0	0	94	0	94	188
44	Christopher	Strunk	30s	0	0	92	95	0	187
45	Eric	Walker	40s	89	0	96	0	0	185
46	Brandon	Crowell	30s	88	0	94	0	0	182
47	Peter	Kirk	40s	84	0	0	94	0	178
48	Bill	Tuohy	20s	0	99	77	0	0	176
49	Sam	Strobino	14-19	76	99	0	0	0	175
50	Jesse	Lucia	14-19	75	100	0	0	0	175

2009 Empire Runners Fleet Feet Grand Prix

Women's Standings—Top 50 | Full Standings at empirerunners.org

Place	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Total
1	Tori	Meredith	50s	75	100	98	93	98	464
2	Lisa	Anderson	40s	72	100	92	79	93	436
3	Shelli	Main	40s	94	99	100	98	0	391
4	Shirley	Fee	60s	0	100	95	99	96	390
5	Karen	Kissick	50s	92	100	99	0	97	388
6	Suzanne	Eraldi	40s	0	98	88	98	94	378
7	Catherine	Rauch	<10	76	100	100	0	99	375
8	Lidia	Alcazar	30s	90	99	96	82	0	367
9	Mel	Lovrin	30s	75	100	100	91	0	366
10	Alisha	Rice	20s	83	98	87	86	0	354
11	Robin	Stovall	40s	68	100	93	0	75	336
12	Val	Sell	40s	100	100	0	84	0	284
13	Jillian	VanRiper	10 to 13	88	0	96	0	100	284
14	Kathy	VanRiper	30s	85	0	94	0	95	274
15	Alyce	Parks	40s	89	0	95	80	0	264
16	Celeste	Berg	14-19	0	100	0	99	0	199
17	Shannon	Rich	14-19	99	0	98	0	0	197
18	Liz	Sinna	40s	0	99	90	0	0	189
19	Delaney	White	10 to 13	87	100	0	0	0	187
20	Elizabeth	Meza	30s	86	0	95	0	0	181
21	Lisa	Titus-	50s	0	0	97	83	0	180
22	Karen	Frindell	30s	82	0	97	0	0	179
23	Tayna	Narath	40s	0	0	92	83	0	175
24	Linda	Reed	40s	0	0	89	81	0	170
25	Leslie	Curry	40s	75	94	0	0	0	169
26	Holly	Haley	20s	81	0	86	0	0	167
27	Susan	Kelleher	30s	0	0	85	78	0	163
28	Drue	Rostel	40s	73	0	84	0	0	157
29	Tessa	Berg	40's	0	0	0	100	0	100
30	Carrie	Peterson-	30s	100	0	0	0	0	100
31	Jacque	Taylor	14-19	0	0	0	0	100	100
32	Andrea	Meza	<10	0	0	99	0	0	99
33	Katie	Bolce	14-19	0	0	99	0	0	99
34	Melanie	Cox	14-19	0	0	0	0	99	99
35	Veronica	Bosque	20s	98	0	0	0	0	98
36	Kallista	James	<10	0	0	98	0	0	98
37	Meredith	Inman	14-19	97	0	0	0	0	97
38	Lori	Winkler	40s	96	0	0	0	0	96
39	Shelly	Lydon	40s	95	0	0	0	0	95
40	Cathy	Dubay	40s	0	0	0	0	95	95
41	Jennifer	Buescher	30s	93	0	0	0	0	93
42	Angie	Corwin	20s	0	0	93	0	0	93
43	Andrea	Guzman	20's	0	0	0	93	0	93
44	Jennifer	Brazinsky	40s	91	0	0	0	0	91
45	Ginny	Doyle	60s	0	0	91	0	0	91
46	Birgit	Sacher	30s	0	0	91	0	0	91
47	Wendy	Cole	50s	0	0	90	0	0	90
48	Leslie	Wolcott	40s	84	0	0	0	0	84
49	Diane	Paleczny-	50s	80	0	0	0	0	80
50	Salma	Ewing	<10	79	0	0	0	0	79

The Empire Runners Club presents the 38th annual

KENWOOD FOOTRACE

SATURDAY, JULY 4TH, 7:30 AM



10K and 3K Scenic Wine Country Courses
Plaza Park, Kenwood (Warm Springs Rd., off Highway 12)



Commemorative glassware to all finishers! High-Tech T-Shirts! \$2 off Pancake Breakfast at the Kenwood Community Church!

US Mail	June 27 Postmark	\$25 Adults 19 and over \$15 Youth 10 to 18 \$5 Children 9 & under (cotton T-Shirt)
On-line	July 1 Deadline www.empirerunners.org no processing fee!	
In-store	July 2 & 3 10:00 AM - 7:00 PM Fleet Feet Sports, Santa Rosa	
Race Day	July 4 6:00 - 7:00 AM Plaza Park in Kenwood.	\$35 Adults (19 and over) \$25 Youth (18 and under)
Store Location & Info Hotline		Fleet Feet Sports, 111 Third Street, Santa Rosa 707-569-1494
Race Information & Online Results		www.empirerunners.org



POSTMARK DEADLINE JUNE 27

PLEASE FILL IN ALL BLANKS AND PRINT CLEARLY

WHICH RACE? (must check one): 10K _____ 3K _____

FIRST NAME _____ LAST NAME _____

SEX: **M** or **F** (circle one) AGE ON RACE DAY: _____ DATE OF BIRTH: _____ - _____ - _____

EMAIL ADDRESS _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Prices if mailed by June 27: Adults 19 and over--\$25/ Youth 10 to 18--\$15/ Children 9 and under --\$5

Make checks payable to: **Empire Runners Club.** Mail to: **Fleet Feet Sports, 111 Third St., Santa Rosa, CA 95401**

AMOUNT ENCLOSED: \$ _____

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 _____ (Signature of Parent or Guardian REQUIRED if under 18) Date _____

2009 All-Comers

Summer Track Series

Presented by



S P O R T S

65 Brookwood Ave - Santa Rosa CA 95404

at Maria Carrillo High School

Starting Time

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

Order of Events

Mile Run

100 Meter Dash

800 Meter Run

200 Meter Dash

400 Meter Run

One of the following:

- 3000 Meter Run (6/10 & 7/22)
- 2 Mile Run (6/24)
- 5000 Meter Run (7/8)
- Distance Medley Relay (8/5)

4x400 Meter Relay

Meet Dates

Wednesday, June 10

Wednesday, June 24

Wednesday, July 8

Wednesday, July 22

Wednesday, Aug 5

Track

All-Weather
Surface

Entry Fee

\$3 for entrants
aged 13-and-
over, \$2 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 (except kids 100 + 200) are timed and
results published in the Empire Runners Newsletter.
Information: Greg Fogg 707-545-7653

**Benefits Maria Carrillo High School Cross Country Team
Directed by the Empire Runners Club of Sonoma County**

Directions to Maria Carrillo High School: From 101 or downtown Santa Rosa, take Hwy 12
East toward Sonoma. In Rincon Valley, turn left onto Calistoga Road at the Safeway Shopping
Center. At the Montecito Boulevard stoplight, turn left and then turn right into the H.S. lot.

Fitch Mountain Footrace

10K and 3K Run/Walk

Sunday, June 7, 2009, 8:00 a.m.

Race Divisions

Below is a listing of age divisions for both the 10K and 3K runs. Enter the code letter on the form below.

10K	Age	3K
A	12-and-under	N
B	13-18	O
C	19-29	P
D	30-34	Q
E	35-39	R
F	40-44	S
G	45-49	T
H	50-54	U
I	55-59	V
J	60-64	W
K	65-69	X
L	70-75	Y
M	76-79	Z
N	80-and-over	ZZ

Pre-registration Information:

- **Deadline** - Entries must be post-marked by 6/3/07.
- **Entry Fee** -
Adults, aged 13-59: \$25
Children, 12-and-under and Seniors, 60-and-over: \$20
Children under 12 are free with participating parent

• **Mail Entry To -**

Healdsburg Kiwanis

c/o Jerry Strong

14685 Grove Street

Healdsburg, CA 95448

Register on-line at www.TheSchedule.com or **FAX to** 707-433-1856

Race Day Registration Information:

- **Time/place** - registration begins at 6:45 a.m. at the Downtown Plaza
- **Late or Race Day Entry Fee** -
Adults, aged 13-59: \$30
Children, 12-and-under and Seniors, 60-and-over: \$25
Children under 12 are free with participating parent

All registered runners receive a commemorative T-Shirt

Fitch Mountain Footrace Entry Form

Name_____ **Address**_____

City_____ **Zip**_____ **Age**_____ **Sex:** **M** **F**

Race Division (enter letter code): **10K**____ **3K**____ **Shirt Size:** **S** **M** **L** **XL**

Fee (see information above):\$_____

Make checks payable to: Healdsburg Kiwanis Memorial Scholarship Fund.

Mail entries to: Healdsburg Kiwanis, c/o Jerry Strong, 14685 Grove Street, Healdsburg, CA 95448

Waiver: I know that walking and running road races is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of any race official relative to my ability to safely complete the race. I assume all risks associated with competing or participating in this walking or running event. These hazards include, but are not limited to: falls, contact with other runners or walkers, effects of weather, traffic, hazards and conditions of the courses, all such risks being known and appreciated by me. Having read this waiver, knowing these facts, and in consideration for acceptance of my entry, Healdsburg Kiwanis and the City of Healdsburg and all other parties, including sponsors and event personnel associated with this event shall be held harmless from any and all claims of any kind arising out of my participation in this event. I also grant full permission for organizers to use my name and photograph.

Signature_____ **Date**_____

ALL ENTRANTS MUST SIGN WAIVER (Parent or guardian signature required for runners under 18.)

Empire Runners Club Sponsors

To find out how to become a Club Sponsor visit the club website (www.empirerunners.org, see "Sponsors") or contact the Sponsorship Director, Bill Browne, at (707) 528-7963 or bbruns2win@aol.com.

Partners in Fitness

The following fitness-related businesses or organizations display the Empire Runners Club Poster or provide ER Club race schedules for the benefit of their clients:

FLEET FEET SPORTS, 111 Third St., Santa Rosa. 707 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707-545-SOLE (7653)

Member Discounts

The following businesses or organizations offer discounts of at least 10% to Empire Runners Club members

ATHLETIC SOLES, 49 Petaluma BLVD N., Petaluma, 763-0700

Jeanne Browne, Family Law Attorney, 575-5162, JMBCounsel@aol.com

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707-545-SOLE (7653)

MIKE WINTERS CUSTOM SECURITY & SOUND, 707-544-7525 M-tronix@sbcglobal.net

Donors

Allies

The following have given cash or in-kind donations to the Empire Runners Club of \$200 to \$499 in value:

ALEC ISABEAU, D.C., Chiropractic Sports Medicine, 707 586-5555

STEPHEN STARKWEATHER, Massage & Hypnotherapy, 707 544-5143

Backers

The following have given cash or in-kind donations to the Empire Runners Club of \$500 to \$999 in value:

SIR SPEEDY PRINTING

CULLIGAN WATER OF SONOMA COUNTY, 707-545-1330

CHATEAU ST. JEAN, 8555 Sonoma Highway, Kenwood

Champions

The following have given cash or in-kind donations to the Empire Runners Club of \$1000 or more in value:

FLEET FEET SPORTS, 111 Third St., Santa Rosa. 707 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE (545-7653)

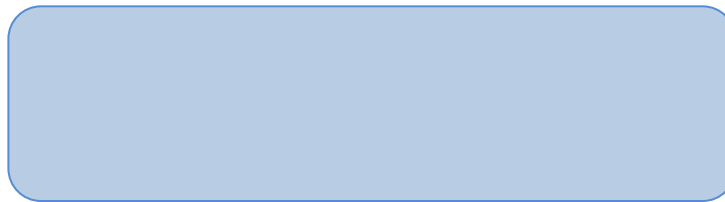
TAGLIAFERRI'S DELICATESSEN & CAFE, Petaluma (707)765-2138 & Novato (415)8979677

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 8M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive	1 6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR	2 4x300@2M GP, 4x300@1M GP, 4x300@800m GP 5:30p Track workout, 3390 Princeton Drive, SR	3 5:30p Group run, Fleet Feet shoe store, 3rd St., SR	4 9M total with 8x2 min. at strong pace 5:30p Trail workout, Howarth Park	5	6 8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W.6th & Wilson Sts.) Coffee after! All members encouraged to attend! 
7 Race: Fitch Mountain Footrace 10K & 3K, Healdsburg Race: Hit The Road Jack 10K & 2.2M, Sonoma 12M at medium pace 8:00a Trail run, Lawndale Trailhead on Lawndale Rd. in Kenwood	8 6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR	9	10 5:30p Group run, Fleet Feet shoe store, 3rd St., SR 6:30p All-Comers Track Meet, Maria Carrillo HS 	11 8.5M at medium pace 5:30p Trail workout, Howarth Park	12	13 8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W.6th & Wilson Sts.) Coffee after!
14 10M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive	15 6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR	16 3x400@1M GP, 3x300@800m GP, 3x200@400m GP 5:30p Track workout, 3390 Princeton Drive, SR	17 5:30p Group run, Fleet Feet shoe store, 3rd St., SR	18 Newsletter Deadline: Dale Peterson, Editor 9.5M total with 2M at strong pace 5:30p Trail workout, Howarth Park 	19	20 ERGP Race: Riverfront Relay, Windsor, 8:00 a.m. 
21 7M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive	22 6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR	23	24 All-Comers Track Meet 5:30p Group run, Fleet Feet shoe store, 3rd St., SR 6:30p All-Comers Track Meet, Maria Carrillo HS 	25 11.5M with 2.5M at strong pace 5:30p Trail workout, Howarth Park 7:30p Club Meeting, MV RT Pizza 	26	27 8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W.6th & Wilson Sts.) Coffee after! Race: Double Dipsea 13.7M, Stinson Beach
28 10M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive	29 6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR	30 10x200m@1M GP; jog 100m after each 5:30p Track workout, 3390 Princeton Drive, SR	1 5:30p Group run, Fleet Feet shoe store, 3rd St., SR	2 3M at comfortable pace 5:30p Trail workout, Howarth Park	3	4 ERGP Race: Kenwood Footrace 10K & 3K, 7:30 a.m. 



Empire Runners Club
PO Box 4241
Santa Rosa, CA 95402



Are your DUES DUE? Check to see or renew online at www.empirerunners.org. Click on "Join/ Renew"

Upcoming Events

Saturday, May 30 **Spring has Sprung**, 5K & 10K, Middletown, 8:30AM (see website for details)

Sunday, June 7 **Fitch Mountain Footrace**, 3K & 10K, Healdsburg Downtown Plaza, 8:00AM (see website for details)

Wednesday, June 10 & 24 **Summer Track Series**, Maria Carrillo HS, 6:30 PM (see flyer for details)

Saturday, June 20 **Riverfront River Rat Rambling Relay**, Riverfront Park - Windsor, 8:00AM (details inside)

Thursday, June 25 **Club Meeting**, Montgomery Village Round Table Pizza, 7:30PM

Saturday, July 4 **38th Annual Kenwood Footrace**, Plaza Park, 7:30AM (see flyer)

2009 Club Officers

President

Bob Finlay
(707) 544-2251
bfinlay@sbcglobal.net

Vice President

Nate Koch
(707) 525-1329
nathankoch@gmail.com

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Bbruns2win@aol.com

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Bob Rogers
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