

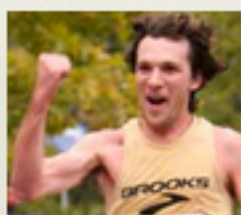
# The Empire Runner

June 2011 | [empirerunners.org](http://empirerunners.org) | Vol. XXXVI No. 438



## Register Now for Riverfront Relay!

Registration is limited for this popular event. The 4th Annual Riverfront River Rat Rambling Relay Rendezvous & Breakfast Revery will take place on Sunday, June 19th. [Click Here](#) to register.



### 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

An update on the 2011 series from GP Czar Gerald McCormick

[Mens Standings](#)  
[Womens Standings](#)



### New Club Members

Please welcome our new members to the club -- Gil Moreno



### 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

## Proposed Club Bylaws Revisions to be Voted on by Membership

# Bylaw Revision Proposal



The Empire Runners Board of Directors has approved a new set of Bylaws constructed by the Bylaw Review Committee and now submit the proposal to the club membership for a vote. A formal introduction to the proposed new bylaws will be made at the June 23rd Club Meeting. Voting will take place at the July 28th Club Meeting, which as been designated a Special Meeting.

[Annoucement of new club bylaws proposal](#)

[Full Text of proposed new bylaws](#)

### Southeast Greenway Update

Join with the Southeast Greenway Campaign June 6 – 8 to 'Imagine a Greenway to Spring Lake'.--*Stephen Fuller-Rowell*, Southeast Greenway Campaign.

### The 35th Annual Salmon Creek Beach Runs

Online Registration is now open for Salmon Creek Beach Runs. [Click Here](#) to register!

### 'New Visions to Save our Valley's Three State Parks'

Re-imagining the operation of Annadel, Sugarloaf and Jack London State Parks. *By Valley of the Moon Natural History Association*

### Seeking New Membership Director

The Club is still in need of a new Membership Director. Please contact [membership@empirerunners.org](mailto:membership@empirerunners.org) to learn more about this important position.



## From the Board Room

[May Meeting Minutes \(Secretary Paul Berg\)](#)  
[May Treasurer's Report \(Treasure Tanya Narath\)](#)  
[Email the Board of Directors](#)

## Important Links

[JUNE TRAINING CALENDAR](#)  
[Email the newsletter editors](#)  
[Send an egroup message](#)  
[Club FAQ Page](#)  
[Club Sponsors](#)  
[Member Discounts](#)  
[Club Contact Page](#)

## Printable Newsletter

[View a printable PDF version of the newsletter](#)

*Empire Runners Club*  
*Hall of Fame*



## Southwest Greenway Update

by Stephen Fuller-Rowell

What a difference gas at \$4.25 a gallon, atmospheric CO<sub>2</sub> at 392 parts per million, and urban growth boundaries make!

50 years ago, suburban tract housing east of Farmers Lane gave every indication that Santa Rosa was going to have its very own San Fernando Valley sprawling out along the Valley of the Moon and Bennett Valley. Cars were assumed to be the transportation of the future.

Cardiovascular disease rates were still very high, and the concept of 'jogging' had not yet arrived. Wide feeder avenues such as Yulupa Avenue and Summerfield Road were intended to

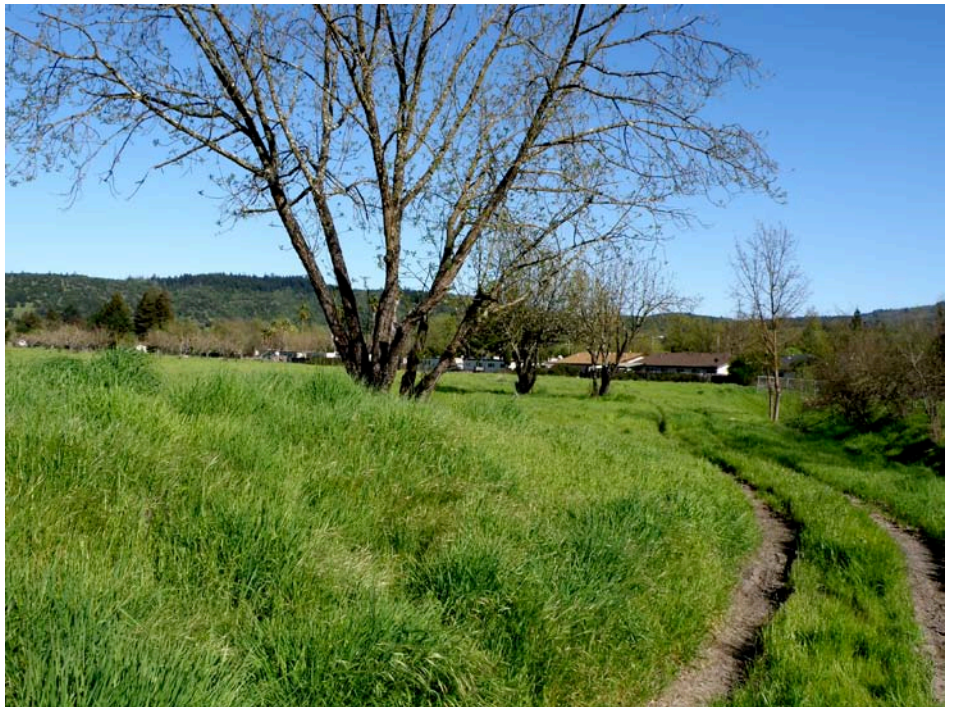
speed commuter traffic onto a major east-west freeway running from Kenwood to Highway 101 via a new bridge over Spring Lake.

Then the citizens of Santa Rosa rebelled and said: "Stop the bridge over Spring Lake!"

By that time, Caltrans had obtained most of the land needed for the new freeway: almost 50 acres stretching two miles from Farmers Lane to what is now Spring Lake Park ... and more on the other side of Spring Lake. And the land has now been sitting there for decades, fenced off to exclude bike riders, runners and walkers, and blocking north/south movement within the neighborhood.

What could this strip of land become? Could it provide a bike and trail link from Spring Lake and Annadel Park to downtown Santa Rosa, the Joe Rodota Trail and beyond to the Russian River? Could it offer safe routes to school for children attending the half dozen schools in the area? Could it transform this suburban area into a complete community of complete streets?

Join with the Southeast Greenway Campaign June 6 – 8 to **'Imagine a Greenway to Spring Lake'**.



# The Empire Runner

**Town Hall Meeting:** Monday evening, June 6, from 7:00 to 9:00 pm, at the Friedman Center, 4676 Mayette Avenue in Santa Rosa, facilitated by a team from the American Institute of Architects to gather community input and ideas;

**Focus Group Roundtables:** Monday afternoon, June 6, and Tuesday morning, June 7, with local stakeholders and interested citizens. (For topics, times and locations, visit [www.SoutheastGreenway.org](http://www.SoutheastGreenway.org)).

**Town Hall Report:** Wednesday evening, June 8, from 7:00 to 9:00 pm, at the Friedman Center, the AIA team will present a strategic plan that will move this ambitious project one step closer to fulfillment.

The American Institute of Architects Sustainable Design Assessment Team (SDAT) is a community assistance program that brings a national team of experienced volunteer professionals to help communities develop a vision and a framework for a sustainable future. The Southeast Greenway Campaign is one of very few non-



governmental entities to receive an SDAT award.

The Southeast Greenway Campaign began more than two years ago and is a community-based project to create a vital urban greenway on this land.

Come to the meetings in June and help create a valuable asset for the community and a legacy for our post-carbon future.

And watch for the next walking tour of the Southeast Greenway. These walks are announced at

[www.SoutheastGreenway.org](http://www.SoutheastGreenway.org). Get out there. See for yourself.



The 35<sup>th</sup> Annual  
Salmon Creek  
**Beach Runs**  
August 7<sup>th</sup> 2011  
Sunday 10:00 am



Course descriptions...

There are two events: The main event 5-Mile race, and a 2-Mile fun run and walk. Both events start at the same time, are out-and-back on the beach, and have a self-monitored turn-around point. You choose where you want to run on the beach – and have some say in whether or not your feet get wet!

Awards and Grand Prix...

There will be awards to the overall male and female winners of each race and divisional awards in the 5-Mile race only. Empire Runners Grand Prix points are awarded for both the 5-Mile and the 2-Mile race this year.

Following the Run...

There will be a potluck brunch after everyone is done running. Bring something to share and your own plastic/paper-ware. Please note that according to the California State Parks – “NO DOGS and NO FIRES are allowed on Salmon Creek Beach due to the protection of the snowy plovers, listed under the Federal Endangered Species Act as a threatened species.”

Directions...

Go West on HWY12/Bodega Hwy. Turn/merge right on CA Hwy 1 and go through town of Bodega Bay. Continue about 1.5 miles North of town and past the Salmon Creek Ranger Station. Park in lot on the left and at top of cliff. Down the steps to the beach for registration, running, eating, and playing.

Registration now open...

Register online at [www.empirerunners.org](http://www.empirerunners.org), give cash to E. J. Bohn, or register on the morning of the race. Entry for either race is \$5 for Empire Runners club members and \$10 for guests.



For more information...

This event hosted by the Bohns. Contact E. J. Bohn by phone at 537 – 0513 (before 8:00pm) or by email at [ejrun@sbcglobal.net](mailto:ejrun@sbcglobal.net)







## 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*

May 19, 2011

For approval by the Empire Runners Club Board of Directors in order to be presented to and voted on by the club membership

*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**

**Execution of Documents:** The Board may authorize any officer or officers, agent or agents to enter into any contract or execute any instrument in the name of and on behalf of the corporation and such authority may be general or confined to specific instances; and, unless so authorized by the Board, no officer, agent or other person shall have any power or authority to bind the corporation by any contract or agreement or to pledge its credit or to render it liable for any purpose or to any amount.

**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

# MOONLETTER



VALLEY OF THE MOON NATURAL HISTORY ASSOCIATION

QUARTERLY NEWSLETTER

SUMMER 2011

## NEW VISIONS TO SAVE OUR VALLEY'S THREE STATE PARKS

Re-imagining the operation of Annadel, Sugarloaf and Jack London State Parks

### Close to Home: Remember When Parks Were Forever?

Welcome to the "all-cuts budget."

If you weren't shocked by the promised *permanent* closure of 70 State Parks, then maybe you've given up on our elected leaders. Over the last 30 years they have systematically neglected and starved State Parks into worse than caretaker status while increasing deferred maintenance to \$1.2 billion dollars. Didn't we entrust these public servants with our irreplaceable heritage parks with the expectation that they would preserve them in perpetuity?

Turns out forever isn't very long. In 1971 tax-paying citizens and public agencies working together inspirationally raised \$5 million to buy the 5000 acres we call Annadel State Park. We did so with the understanding that we would not be barred access due to legislative negligence.

Also closing are Sugarloaf Ridge State Park, home to wilderness camping and the awesome Ferguson Observatory, and Jack London State Historic Park, with its monumental Wolf House ruins. Who knew how insignificant the internationally famous author's unique legacy was to the State of California? What exactly do officials plan to do with the park's 10,000 precious artifacts? Pack them off to Sacramento, never to be viewed again? Let Sotheby's auction them off?

Where do we go from here? Is there nothing left for these "non-essential" parks but subdivisions or privatization? Protected parklands are not designed to

make money. Even concessionaires find it tough to turn a profit in State Parks. Landpaths and the Open Space District are already over-laden with acreage like Willow Creek and Calabazas Creek that they hope park agencies will someday take over with tax-supported funding and staffing. Educational, all volunteer non-profits like the Valley of the Moon Natural History Association don't presently have the funds or paid executive staff to operate parks. (*Full disclosure:* This group supports the three above-mentioned parks that are about to be shut down, and I am currently its president.) Without passing Assemblyman Huffman's proposed new law, raising money for park operations would violate our non-profit charter. It would also turn us into entrepreneurs staging fundraisers targeting mega-donors. If you think ballot box budgeting is a bad idea, just how many Russian billionaires like the one who saved Fort Ross do you think we can count on popping out of a hat? Because of the limitations of homegrown non-profits, strange hybrids (think HMOs) are likely to spring up when those 70 park-quality properties suddenly hit the market. Groups affiliated with KOA-like companies would have to crowd in a few more campsites and possibly introduce our Sugarloaf Ridge campers to miniature golf to make ends meet.

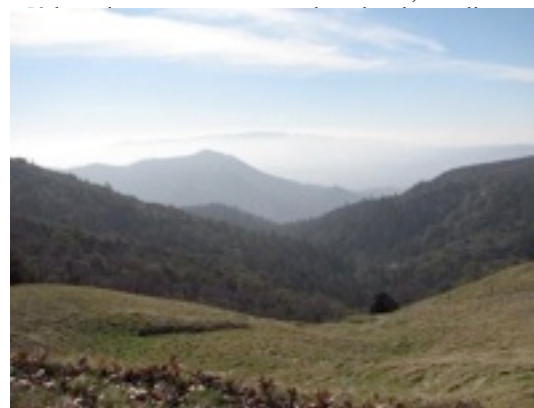
A stinging irony of the announced closures is that the bulk of them are in areas that approved the November ballot initiative to fund State Parks with vehicle registration fees. In Southern California, where the measure failed, few parks are closing. But our neighbors to the south should not feel overly secure. Saving the state's general fund \$23 million will not make a dent in the billion dollar maintenance backlog that

threatens to sink the entire park system. Inevitably, unless a better solution is found, the next list of closures will include their favorites too, the ones they thought they had already paid for and been promised access to forever.

So what's a better solution than magic billionaires and privatization? Ask your legislator, ask your governor. We elected them because they said they had the answers. Demand that they find \$23 million somewhere else in the \$85 billion budget to keep all the State Parks open. And failing that, demand that they at least not auction off a quarter of them to the highest bidder.

*---Greg Hayes worked at Jack London, Sugarloaf Ridge and Annadel State Parks as a ranger for twenty-five years. He has spent the past seven years volunteering for the Valley of the Moon Natural History Association, which is accepting tax-deductible donations to help stave off closure of our three local state parks: 2400 London Ranch Road, Glen Ellen, CA 95442. Online at: [jacklondonpark.com](http://jacklondonpark.com).*

**SUGARLOAF RIDGE STATE PARK**, below





# HOW TO HELP RE-OPEN OUR CLOSED STATE PARKS

## LETTER TO THE EDITOR

With voter rejection of Proposition 21 (State Parks Funding Initiative) and the announced closure of 70 state parks (25% of the entire state park system), it is now obvious to everyone that we *don't* get what we *don't* pay for! As unfortunate and painful as this situation is, there are ways that Californians can hasten the day when all, or at least some, of the closed parks will be able to re-open.

Most importantly, people who use the facilities of state parks need to pay for the experience. Funding from the State's General Fund now only covers less than half of the expenses needed to operate our state parks. To cope with budget cuts initiated last year, many state parks are now partially closed because of staffing cuts, and maintenance of trails and buildings is being deferred. A majority of state park funding now needs to come from entry/camping fees, boat launch fees, income from park concessionaires, revenue from annual park passes, and donations. It is a sad fact that many people who make frequent use of our state parks still try to avoid paying the entry fees by parking their car outside of the park gate and then walk in without paying – or bypass the “iron ranger” without depositing the use fee in the envelope. When people try to use park resources for free, they are depriving the system of revenue needed to maintain park infrastructure and park safety.

This LETTER and ACTION LIST was sent to all our local newspapers by RICHARD ARENDT, President of Sonoma/Petaluma State Parks Association

## ACTIONS THAT WE CAN TAKE

1. Buy an Annual Vehicle Day Use Pass on-line at [www.parks.ca.gov](http://www.parks.ca.gov). The cost is \$125 a year for the statewide Annual Vehicle Day Use Pass, or \$90 a year for the Golden Poppy Day Use Pass (valid in 97 parks).
2. If you are an infrequent user of state parks, please pay the day use fee every time that you visit.
3. Become a member of the various non-profit organizations that support state parks. Two local park associations are: Sonoma/Petaluma State Historic Parks Association ([www.sonomaparks.org](http://www.sonomaparks.org)) which supports the Sonoma State Historic Park and the Petaluma Adobe State Historic Park, and the Valley of the Moon Natural History Association ([www.jacklondonpark.com](http://www.jacklondonpark.com)), which supports the Jack London, Sugarloaf Ridge and Annadel state parks.
4. Become a member of the California State Parks Foundation ([www.calparks.org](http://www.calparks.org)) which is the main lobbying group for state parks in Sacramento.
5. Become a volunteer or docent with your local state park or with local open-space organizations such as LandPaths in Santa Rosa ([www.landpaths.org](http://www.landpaths.org)).



ANNADEL STATE PARK, above slated for closure, 40th anniversary this year

## LandPaths Weighs In...

We are an independent non profit with a focus on education, public access, and land stewardship currently helping State Parks by managing access and stewardship at the Willow Creek addition to Sonoma Coast State Park. County-wide we manage access to over 6,000 acres of land that would otherwise be closed.

Fortunately, we now have a staff of 14, hundreds of active volunteers, and scores of fantastic partner orgs-- we do not consider ourselves overburdened with our current projects. The number of parks, farms and open spaces in need of care is indeed daunting, but LandPaths will continue to focus on our current projects and lend support where we can. We also do indeed hope for (and continue to work for) a fully funded park system. However, after 14 years providing “interim” access and care for our local park districts, we are also realists. We believe strongly in the power of community investment (ie. volunteer time, \$\$, labor, etc.) – both as armor against the budget ax today, and as an important supplement to fully funded professional park administrators.

Our primary message is this one of working with our park system – not to replace or “privatize”, but to engage the public (especially the next generation) so that they will continue to advocate for land protection, public access, land stewardship, and a recognition of the importance and relevance of these gems to everyone in our communities.

Jonathon Glass, Field Programs Director  
LandPaths  
Learn more at [www.landpaths.org](http://www.landpaths.org)

# OUTSOURCING OUR PARKS

A LOOK AT AB 42, A BILL DESIGNED TO FILL THE GAP by Chuck Levine

Assemblyman Jared Huffman submitted a bill to the California General Assembly (AB 42) focused on enabling the parks to continue operations by enabling nonprofit organizations to operate them for a period of up to ten years.

This bill passed the House with a 69-0 vote and would authorize the Department of Parks and Recreation to enter into an operating agreement for the “development, improvement, restoration, care, maintenance, administration, or operation” with a qualified nonprofit organization to facilitate public access to parks.

The bill recognizes that, “The budget for the state park system has not kept pace with the state's population growth and growing demand. The annual budget for state parks has been significantly below the amount necessary to maintain the parks in their current condition. The ongoing shortfall

has caused a burgeoning backlog of deferred maintenance of over \$1.3 billion in 2010, inadequate staff to protect park resources and maintain public access and safety, and partial closures of many state parks.” Moreover, as a result of the current budget crisis, “Current budget resources will force the closure of state parks throughout the system...”

Assemblyman Huffman’s bill would limit the nonprofits eligible to apply for parks management to organizations whose purpose is to provide visitor services in state parks, facilitate public access to park resources, improve park facilities, provide interpretive and educational services, or provide direct protection or stewardship of natural, cultural or historical lands, or resources.

Further, all revenues received from a park may be used only for the “care, maintenance, operation, administration, improvement, or development” of the park. The qualified nonprofit

organization may additionally contribute in-kind services and funds raised from outside entities.

I believe the bill is a good starting point. However, organizations such as the Valley of the Moon Natural History Association will be severely challenged taking on full management and control of our Parks. Today, the organization has no full time professional staff members, and while we have some funds in our treasury, the bill would put the onus for any losses of the contracting organization without clear authority to initiate new fund raising efforts. It may be more promising to allow an organization with existing expertise in park management, such as our Regional Parks, to extend their reach to our State Parks.

***Chuck Levine is a VMNHA Board member and Mounted Assistance Unit rider with over 2500 hours of volunteer service.***

## MAKING IT WORK!!

more ideas from  
Richard Arendt

One of the best ways that the DPR can increase its revenues and thereby reduce the number of park closures is to redesign and aggressively market its Annual State Park Pass program. A good model for the DPR to follow is the park pass program developed by the Sonoma Regional Parks department. There are now over 9,000 members in this program which provides access to the 45 regional parks in Sonoma county. The pass is sold on-line and is also available at multiple retail stores throughout the county. The cost of Individual/Family Pass is \$69, Golden Years Pass \$39 and a Disabled Access Pass \$23. Their

renewal rate for existing members exceeds 80% -- one of the highest in the industry! One of the other cooperative associations recently made a PowerPoint presentation to DPR management with suggestions to improve the design and marketing of the State Park Pass program. This presentation estimated that approximately \$20 million a year in revenue can be raised via a better Pass program.

Another way to reduce the number of closed state parks is for the DPR to partner with other local open space groups such as LandPaths in Santa Rosa or with the Sonoma County Regional Parks department. Such a partnership might be ideal for Annadel SP, which borders with Spring Lake Regional Park. These organizations are able to manage open space on a cost-effective basis

as they rely on a strong group of volunteers and private donors.

A third alternative to keeping more state parks open is to enter into operating leases with private sector park management companies. The state of Arizona, which last year closed two-thirds of its state parks because of budget cuts, has now re-opened some of these parks through contracts with private companies. Typically, these park management companies are responsible for the administrative and interpretive programs, while the DPR retains ownership of the land and buildings and continues to provide law enforcement services. They are able to offer low-cost management without increasing the existing park entry and camping fees.

***Richard Arendt is President of Sonoma/Petaluma State Parks Assoc.***



# WELCOME NEW VOLUNTEERS!

Please welcome our 35 new

volunteers, who graduated from the 6 week training course on Saturday April 30th.

Jacqueline Bahue  
Vince Bierman  
Laura Blatt  
Karen Buchanan  
Bill Cloud  
Bea Fossell  
Mark Glasser  
Bill Greenley  
Linda Grimes  
Charles Haseltine  
Jean Hasser  
Lisa Heisinger

Katherine Lee  
Diane Linneball  
Larry Maniscalco  
Pat Marcelli  
Conci McKinney-Mack  
Andrew McQuiddy  
Melissa Meith  
Sue Onsea  
Katy O'Neil  
Jim Ouimette  
Marna Owen  
Ashley Poggio

Christina Saschin  
Steve Shaffer  
Richard Smith  
Chuck Stanley  
Doc Stull  
Marian Taylor  
Sandy Wald  
Lin Waldron  
MJ Wickham  
Judith Wright

Christine Wright-Shacklett  
and additional new  
volunteers:

Lucas Ivor - Piano player  
Adolfo Hernandez - Piano  
player  
Jim Wittes - Piano player  
Veda Rose Pope - MAU  
Joanna Proctor - MAU  
Katherine Dunbar

## FASHION IN THE PARK . . .

This weekend, I was lucky enough to attend a lecture and tour of Charmian London's clothing collection at the Jack London State Historic Park in Glen Ellen, CA – organized through the Western Region of the Costume Society of America.

Those in attendance were treated to a lecture by Jo Ann Stabb, who conducted an assessment of this collection of over 100 artifacts in 2002-3 for the California State Parks. On display at Sonoma Developmental Center were some lovely theater coats, evening shoes, a lace blouse and an evening dress. The lecture highlighted Charmian's independent spirit and outgoing nature, and drew links between her wardrobe and the larger fashion world of each era.

Many of the garments in her collection draw strong correlations with the House of Lucille and with Paul Poiret – though it's not likely that she purchased items from these makers. Jack London's mother was an accomplished seamstress, as was Charmian herself.

At various times Charmian's style was inspired by the Aesthetic Movement and Art Nouveau (especially during her bohemian days in Berkeley and Oakland), and often by her travels abroad with Jack



(including trips to Hawaii and the tropics, where she would don Mother Hubbard style dresses and Kimono's). Japanese, African and other ethnic influences can certainly be found in extant photos and clothing pieces in the collection. Not surprisingly, she had a love of fur – especially trimming hats and garments (reminiscent of Lucille).

The incredibly informative and well attended lecture was followed by lunch and a visit to the Jack London State Historic

Park to see the House of Happy Walls (where Charmian's closets were on view). Docents were on hand to answer our questions, and a park volunteer played music on Charmian London's piano – much to the delight of the visitors. Carol Dodge, State Historian, provided background on many of the amazing artifacts.



What made this event all the more bittersweet was the news that the Jack London State Historic Park is one of many on a proposed list of park closures due to a \$22 million California general fund budget cut. According to the San Francisco Chronicle, those closures are expected to begin in September and have already been approved by the California Legislature.

It will be the first time in California's history, including during the Great Depression, that state parks have closed

because of budget cuts and parks that remain open also will have reduced services.

What isn't obvious to many, is that some of these parks also house historic collections of costumes and textiles (as well as other artifacts) – and access to these collections would also be diminished. According to one parks employee "Parks

that do end up being closed will be in a caretaker status, and the collections will still be preserved." While officials weren't able to confirm which parks had historic costume and textile collections, they indicated that the Governor's Mansion and Leland Stanford Mansion both include displays of historic dress. Upon further research, it seems that the Petaluma Adobe State Historic Park also has historic costume, and is scheduled to close in

September (For a complete list of California collections housing historic costumes and textiles, see Clothing And Textile Collections in the United States: A Csa Guide).

**From the blog FASHION HISTORIA by Heather A. Vaughan**

For more photos go to <http://fashionhistorian.net/blog/2011/05/16/historic-costume-in-california-state-parks>

reprinted with the gracious permission of Heather Vaughan





## CELEBRATE THE PARK ANNADEL'S 40th Anniversary

VMNHA joined with Empire Runners and Fleet Feet Santa Rosa at the second annual Annadel Half Marathon April 17th. Our children's games and park information booths were a big hit and we enjoyed pitching our tents next to REI, Gibbons Slack Line, and the other great sponsors to celebrate the 40th Anniversary of

one of our valley's premier parks.

This year a 5k was held to benefit Kathy's Camp, a non-profit serving children of cancer patients, and brought in over \$4,000! \$23,000+ raised from the Annadel Half Marathon is hoped to be used to maintain or improve trails within Annadel, through Sonoma County Trails Council, but the park must remain open!!!

[www.annadel40th.com](http://www.annadel40th.com)  
[www.annadelhalf.com](http://www.annadelhalf.com)

Games like the MYSTERY BOX and SACK RACES were a big hit, with many children spending hours playing on the hay bales, spinning hula hoops, jumping rope and playing RECYCLE RELAY. Volunteers had a great time keeping the kids occupied at two booths,

one for quiet activities like coloring and drawing, and the other for more active sports. Prizes and gifts were given, and Junior Ranger coloring books in Spanish and English were available.

Next year we hope to host CELEBRATE THE PARK for SUGARLOAF's 50th. Stay tuned!

## Ruth Coleman, who runs California State Parks, says they regret the closing the parks...but

“with the proposed budget reductions over the next two years, we can no longer afford to operate all parks within the system,” Coleman said in a news release.

“These cuts are unfortunate, but the state’s current budget crisis demands that tough decisions be made,” said Resources Secretary John Laird. “Hopefully, Republicans in the legislature will agree to allow California voters to decide whether we extend currently existing taxes or make deeper cuts to our parks.”

When reached by phone Friday, Stearns said the department will avoid any layoffs as a result of the parks closures.

"We have about 500 vacancies in the system. We hope to move those employees to positions in other parks that are still operating," Stearns said.

Stearns said it is about a 2,300-position system, but they have been operating at 500 fewer workers than were employed by the park system in 1979.

"We've also get about 10 million more visitors per year with about 500,000 more acres," he added.

The land will go into caretaker status, according to Stearns.

"We won't sell it or dispose of it in any way." He said park rangers and maintenance people will check on the properties periodically.

## ***OUR PROMISE***

***We will make every effort to prevent the closure of our parks.***

***VALLEY OF THE MOON NATURAL HISTORY ASSOCIATION***

California State Parks has now released the list of State Parks to be closed due to budget cuts. Among the 70 parks to be permanently closed are Annadel State Park, Jack London State Historic Park and Sugarloaf Ridge State Park. Closures will start as early as September and all parks scheduled to be closed will be locked no later than July 1, 2012.

There is a great deal of uncertainty about what will actually happen. Please help us work toward eliminating the closures altogether by contacting your state legislators and telling them to adequately fund the parks. You can write to your legislators from this convenient link on the California State Park Foundation website. The Valley of the Moon Natural History Association has for the last 34 years provided financial support for our State Parks. You can support us with your membership or donation.

Click to <http://moonvalleystore.3dcartstores.com>.

**JACK LONDON STATE HISTORIC PARK** 50th anniversary last year, is slated for closure. Wolf House Ruins, above





**VALLEY OF THE MOON NATURAL  
HISTORY ASSOCIATION**

**VMNHA**

California State Parks, Valley Sector

Jack London State Historic Park

2400 London Ranch Road

Glen Ellen, CA 95442

Board of Directors:

Greg Hayes, President

Lou Leal, Vice President

Dave Chalk, Secretary

Sheila Ward, Treasurer

Al Stumpf

Chuck Levine, MAU rep

Matt Atkinson

Chris Ward, Docent Council rep

William Murray

Larry Houghton

John Felton

Rich Ward



**SUPPORT OUR STATE PARKS, VOLUNTEER!**

**ANNADEL PHOTO CONTEST**

CELEBRATE THE PARK and enter the PHOTO CONTEST

This year 5th graders through Pro photographers can take pictures in

*Annadel*

**ENTRIES WELCOME through August 1, 2011.**

This program helps us bring the park to the people through a traveling exhibit, where winning photographs are displayed in community venues

Our 40th Anniversary of ANNADEL website is live, go to

[www.annadel40th.com](http://www.annadel40th.com)

Find out how easy it is to enter our annual photo contest and see the winners from last year!

**GRAND PRIZE is \$100 cash or a statewide State Parks Pass**



# The Empire Runner



## *The Prez Sez...*

There was something of an oddity in Empire hurdles this year, as two of the top three boys were from small-schools in the Coastal Mountain Conference. These young men are **Jemal Williams** of Sonoma Academy, and **Caleb Cunha** of Fort Bragg. (The other is Casa Grande's **Adam Lundquist**.) All season long these two have been tearing it up, posting top times in both the 110m hurdles and the 300m hurdles.

Cunha has been faster, especially in the long hurdles, but Williams has had his share of success as well. He earned the Athlete of the Meet at the Santa Rosa All City meet, where he won both hurdle races. To be fair, he also is a very good jumper,

while Cunha has stayed on the track.

Still, going into the CMC Championship meet, Cunha was the favorite in both hurdles. He had run a few tenths better for the season in the short hurdles, and a few seconds faster in the long. But none of that mattered when the gun fired in the 110's. Williams and Cunha were neck and neck the entire race.

1<sup>st</sup> place: Jemal Williams, 15.52

2<sup>nd</sup> place: Caleb Cunha, 15.52

That's right, same time to the hundredth of a second.

And the long hurdles... went as expected, with Cunha dominating for the win. But both athletes qualified on to the Class A Championship meet the next week. The Class A would qualify top-3 per event for the NCS Meet of Champions, with top-4 at NCS MOC going on to the State Meet.

There, Cunha just edged Williams, 15.25 to 15.26. Both safely on to MOC.

On to the 300m hurdles, Cunha's big event. It was out of the question for Williams to upset Cunha here, but would he too qualify on for MOC?

Yes. And no.

On the penultimate hurdle, disaster struck. Cunha, expected to fight for a spot at the State Championships, hit a hurdle. And went down. That's all a part of the game when you're flying over 36" hurdles. Williams and the rest of the field flew by. Cunha got up fast, but not fast enough. He caught all the way up to 4<sup>th</sup>, but 4<sup>th</sup> may as well have been last, as it was top three only that advanced. His chance of a state meet berth was gone. Williams, however, advanced in third.

So Williams defeated his biggest league rival, earning a trip to the prestigious North Coast Section Meet of Champions. How would you celebrate? Well, if your name is Jemal Williams, you don't. No, it's not that you don't celebrate, but you don't take the 300m hurdle spot at NCS MOC.

Run Happy,

*Alex Wolf-Root*



## The Long and Short of It – DM Peterson

### California State Parks R.I.P. 1864-2012

By now you have probably heard that many California State Parks are once again on the chopping-block. While it would be an exaggeration to say that the entire system is slated to be scrapped, it is a fact that over seventy parks in northern California alone may be shuttered before the end of 2012, perhaps sooner!

The California State Park system pre-dates the National Park system. Yosemite was the first State Park before Yellowstone was the first National Park. Later of course Yosemite became a National Park. There are state parks in California that would be *National Parks* in 45 out of 50 states.

How the mighty have fallen. Although the California economy ranks seventh in the world we can't even pay our own bills. Everybody wants to keep their share of the pie. God forbid we should work for the greater good and pool our resources. Everybody wants everyone else to pay.

Last year voters had a chance and failed to fund the parks and all they had to do was pay an extra \$10 a year in DMV fees. You can't even watch a movie for \$10 and it will get you little more than two gallons of gas.

And with the parks teetering on the verge of extinction you still see tons of cars parked on Channel drive, Howarth Park and in the adjoining neighborhoods so that people can walk or run into the park for free. Some of these folks of course have purchased parking passes in support of the park but more on that in a bit...

So now the chickens are coming home to roost.

People say they won't be able to keep people out of the park. That much is probably true, but imagine how bad the trails will look with no maintenance. Imagine too the free reign rogue mountain bikers will have to cut their own trails, build obstacles and otherwise reek havoc. With no regular patrols you might stumble across a pot garden when you are on your illegal five-miler and find a shotgun pointed in your direction. And while it has never been a great idea for women to run alone in the park, it will become even more dangerous should their no longer be a law enforcement presence in the park. It is not a pretty picture.

There are good things brewing however and the future may not be as bleak as it first appears.

Various efforts are underway for volunteer groups to patrol and maintain the park in the event of a complete or partial closure. Large sums of money have been raised once again via the Annadel Half Marathon. You can and should go to Save Our State Parks online at <http://savestateparks.org/> and get involved. And it is always a good idea to buy an annual parks pass. If everybody bought one a couple of years ago when this first came up, and continued to do so, this would be a non-issue!



## **County Parks need Love Too**

Think you will just run at Spring Lake if they close Annadel? Think again. With the state nearly bankrupt it won't be long until Sacramento bleeds the cities and counties dry and then we will be looking at closing our wonderful Sonoma Co. Regional Parks too.

Buy a Regional Parks pass and avoid using the park for "free". Start paying your way unless you are prepared to do all your running in town and on asphalt.

To buy a Regional Parks Pass go to: [https://sonomacountycamping.org/pass\\_sales.asp](https://sonomacountycamping.org/pass_sales.asp)

## **Howarth Park Charging Entrance Fees?**

Not to be left out, the Santa Rosa City Council has threatened to invoke parking fees at Howarth park. If they do I can't say that I blame them and given the choice between closure and paying a fee, I will happily pay to park or to buy an annual pass should they be offered.

## **And... in the End**

When it is all said and done. No matter what happens I have to believe that the parks will be saved. There may be a time of trial to endure but eventually they will be saved.

When they are it will be thanks to the effort of the people who cared enough to give just a little bit of their time, their money and their creativity. If you find the opportunity to help directly or indirectly just do it.

Don't give up the park(s) without a fight!



## ***THE MONTH THAT WAS...***

It's track season baby! Scholastic competition is finishing up, and the pro's are just getting under way. Just this last weekend of May alone we have NCAA DI Regionals, NCAA DII and DIII Nationals, NAIA Nationals, HS State and State-qualifying action across the nation, plus Rome Diamond League meet and Götsis multis! So get ready for another jam-packed edition of The Month That Was!

**NOTE:** Whoops, I bit off more than I could chew. I'm in the process of moving (within Sonoma County, don't worry!) so didn't have time to really cover this month as well as it deserves...

### **Big West Conference Champoinships**

I realize there were many "bigger" Conference Champs to recap, but I'm picking the Big West. Trust me on this one. Or don't. Whatever, I'm doing it anyways.

First event on the track: women's 3,000m steeplechase. A grueling give-or-take 7.5 laps (it varies depending on water pit location), in which racers must clear 4 barriers and 1 water jump per lap. It needs be stressed that these are barriers, not hurdles. Hurdles fall when you hit them. Barriers? They don't move. While sometimes called the most painful event in athletics, this didn't phase Cal Poly's **Leanne Fogg** one bit.

Name sound familiar? It should. Fogg, a 2007 graduate of Maria Carrillo HS, has been all over the local scene. A NBL XC Champ, 20<sup>th</sup> fastest ever on Spring Lake, 14<sup>th</sup> fastest ever over 3,200m, and 10<sup>th</sup> at 1,600m, it's no shock that Leanne has become a force to be reckoned with in collegiate track.

Though it's worth noting that her debut steeplechase, a 2,000m co-ed race in January '04 (I'm not THAT good on stats, I was just in the race too!) was anything but stellar. Despite her dad, **Greg Fogg**, himself a sub-9 steeper, and **Jenny Aldridge**, ex-National High School Record-holder for the steeple, showing the basics, Fogg came away all dinged up, not thinking about steeple for a long while.

But Fogg is a now steeper. Despite coming into the season barely under 11 minutes, the season has been a string of PR after PR after PR. After making a big jump at the Mt. SAC relays, finishing a tick over 10:30, she propelled herself onto the national lime-light with a 2<sup>nd</sup> place finish at Stanford, clocking 10:17.24, less than a quarter-second on the USA B-Standard.

So, coming into the Big West Champs, it was all Fogg. And the result was as expected: easy Conference Championship for the (redshirt-) junior from Santa Rosa.

But that wasn't all for the Maria Carrillo High School class of 2007. The last event of the day, the men's 10,000m, also saw some local flavor from UC Davis's **Calvin Thigpen**. Like Fogg, he too had a solid prep career, also earning an NBL XC title and making the 3,200m (20<sup>th</sup>) and Spring Lake (15<sup>th</sup>) lists, though hadn't yet made any huge splashes on the college T&F scene. (He had, though, captured Bronze at Big West XC.)

But accolades and PR's mean diddly when you're on the track. Going with a pack that included runners with PR's nearly a minute better; Calvin hung tough through 25 grueling laps, coming down the home-straight in a



# The Empire Runner

three-man sprint for the title. Only 0.35 seconds separated the three medalists, but it was the senior from Santa Rosa who took home the gold.



While these were my highlights from the meet/conference championship weekend, the big event of the Big West Champs by most accounts would have to be the men's 800m. Headlining the field was UC Irvine's **Charles Jock**. Earlier in the season he clocked a scintillating 1:45.19, which led the USA (overall, not just college) as well as placing him 4<sup>th</sup> in the world. Surely, he was the overwhelming favorite?

Maybe, maybe not. There was also **Ryan Martin** out of UC Santa Barbara. Martin edged Jock by two-hundredths of a second at the 2009 Championships, though Jock took the crown in the 2010 Champs. Most importantly, though Martin has a badass mountain man beard. Badass.



Most high-level 800m's go out painfully fast, and this was no exception. The pack came through 400m around 53 seconds – but Jock and Martin weren't there! Nope, they were about 3 seconds head of the pack... From the gun this was a two-man battle, and it came all the way down to the line, with Martin just edging Jock 1:45.34 to 1:45.40. They are also 1-2 in the NCAA right now, though Jock's on top there with his 1:45.19 PR.

## NCAA Division 1 Regionals

Quick highlights: NCAA XC silver medalist **Stephen Sambu** of Arizona did not qualify for nationals! But teammate **Abdi Hassan** destroyed the field in the West 1,500m, celebrating across the line. Oregon Duck **Jordan Hasay** double-qualifier in 1,500m and 5,000m easily. Men's 5,000m from the west: Heat one takes 13:4X to qualify, but heat two takes 13:3X!

## Rome Diamond League

**Usain Bolt** over **Asafa Powell** at the line! Powell gets out well, decent lead at 50m, Bolt starts closing around 60m, Powell still in first at 90m, and Bolt's superior top-end speed gets him at the line.

## Gotsis

World Decathlon Champ **Trey Hardee** absolutely crushes competition, scores 8,689 to show world that he's ready to repeat in Daegu.

For full results of all the college meets I mentioned but didn't get around to writing about, check out [ustfccca.org](http://ustfccca.org). For more fun recaps check out [Letsrun.com](http://Letsrun.com) and [TrackandFieldNews.com](http://TrackandFieldNews.com)

# The Empire Runner

## NEW MEMBERS

Please welcome the following new members to the Empire Runners Club

### Cloverdale

Helen Coniglio

### Fullerton

Meaghan O'Day

### Fulton

Alex Mendoza

### Glen Ellen

Kevin Moe

### Healdsburg

Jonathan Ramirez

### Petaluma

Morgan RichardsK

### Rohnert Park

Ashley Holtze

Carly McCready

### San Francisco

Caron Anderson

### San Jose

Veronica Kays

### Santa Rosa

Douglas Jordan

Doug Jordan is a veteran of 40 marathons and a member of the marathon maniacs. He has run about 5 marathons per year since 2006. His favorite marathon is the Napa Valley Marathon which he has run 7 times. His PR is 4 hour even. He is joining the club in an effort to find a training partner(s) for long training runs on Sunday morning and to find partners to run local marathons with.

The Fette Family: Suzy, Randy, Riley, Rory and Shelby Mizner

The Gonsalves Family: Kaisa, Emanuel III and Emanuel IV

Stephen Agar

Tobi Alongi

Robert Boller

Jesus Estevez

Kyra Johnson

Dezairae Johnson

Dante Moreno

Epi Nunez

Mark Raymond

Kristie Shepherd

Maria Vierra

### Sebastopol

The Paull Family: Anya and Preston

### Sonoma

The Jensen Family: Lance, Robin and Quinn

### Windsor

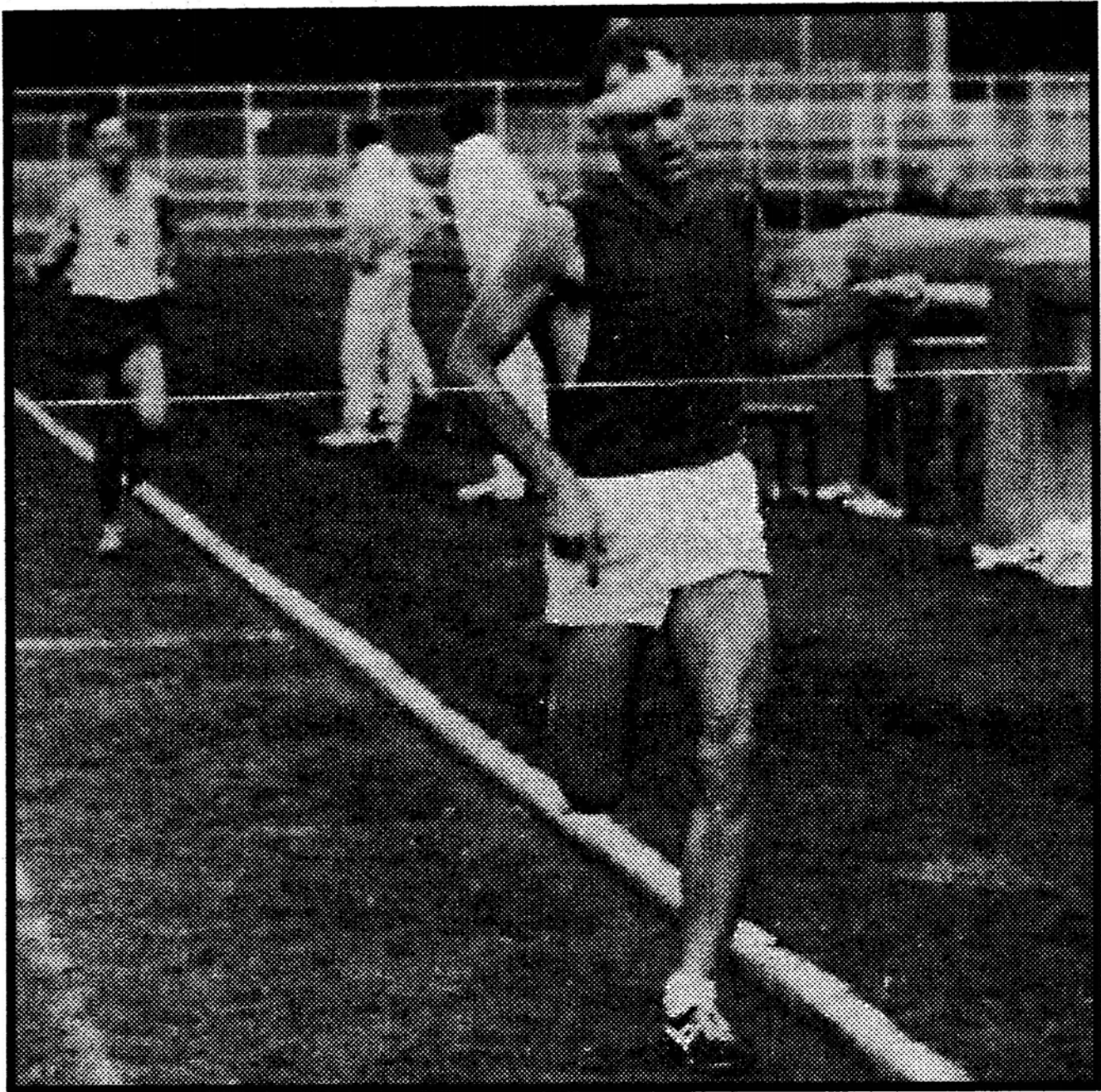
The Daniel Family: Rachel, Brett, Carter and Sara

Matt Fannin



# The Empire Runner

## Blast from the Past: 1972



**Sonoma State University Instructor, Doug Rustad was Kenwood's Inaugural Champion in 1972.**

The Empire Runners Club | [www.empirerunners.org](http://www.empirerunners.org) | [newsletter@empirerunners.org](mailto:newsletter@empirerunners.org)



# The Empire Runner

## June Grand Prix Update

5 races in the books and 4 have been scored. The action is heating up!

On the men's side, John Staroba, Ex-President Nathan Koch, and Andy Howard are atop the leader board. Unfortunately for John, he lost his stranglehold on the pole position when Koch "accidentally" lost some money for the Grand Prix Czar to find. Now Nate has a commanding lead in the standings. But they better watch out for little Orion James whose Bunny Hop win has moved him into the top 10 overall.

The women's standings are no less competitive. Karen Kissick has lengthened her lead, but Alyce Parks and Tanya Narath are sitting in second and third.

Remember, only 8 races are being scored this year. There is plenty of opportunity to lace up those racers and move up in the standings!

P.S. The Grand Prix Czar does have a sense of humor, but does not accept bribes. A friendly smile and wave while out running is all I need.



# **Empire Runners May 26, 2011 Club Meeting**

*(pending approval at the June 23, 2011 meeting)*

President Alex Wolf-Root (president@empirerunners.org) called the May 26, 2011 meeting to order at 7:32 pm.

## **Secretary's Report:**

Secretary Paul Berg (secretary@empirerunners.org) 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 \$26,939, up \$ 3023 from the same time last year.

The Student Grant Fund balance is \$ 3433, approx \$ 1058 more than the same time last year.

HS donations YTD \$1570, projected \$7955 remaining YTD.

## **Race Financials:**

*Jack Rabbit Derby:* Net income -\$106 vs -\$98 last year. It was noted that this race expense includes HS donation, which makes it difficult for smaller races to turn a profit.

*Annadel Half:* Net income \$23,357 vs \$25,439 last year. Club is holding these funds until we can determine the most effective way to fund the park.

*Kathy Race:* \$4277.02 was donated to Kathy's Camp.

## **President's Report:**

President **Alex Wolf-Root** reported that there are several options for year-end track action: NCAA finals and Diamond meet in Europe, with local legends Sara Bei and Jake Arnold competing.

## **Race Reports:**

### **A. Recent Events**

1. Jackrabbit Derby - 5/1/11 Record turnout, lots of students. Luis Luna set a new meet record, plus many age group records.
2. Heart and Sole Elite Mile - 5/6/11 Anti-climactic result due to weather and racers not properly following the assigned rabbits. Alex reported that he would be restructuring the prize structure for next year.
3. Human Race - 5/7/11 Approx 10,000 runners, Gerald McCormick won.
4. Windsor Half and 5k. 5/22/11 Good ER representation, great event.
5. Humboldt Avenue of Giants marathon and 5k. Shirley Fee and Thermo each won age groups.

### **B. Upcoming Events**

1. PA Track and Field - 5/29/11 College of San Mateo
2. Marin Memorial Day 10k (PA) - 5/30/11
3. Fitch Mountain Footrace - 6/12/11 3k and 10k.

4. Summer Track Series - 6/14/11 SRHS, \$1,000+ of prizes plus give-aways and swag offered by H&S for overall winners of entire series. See website for details.
5. Riverfront River Rat Rambling Relay Rendezvous and bReakfast Revelry - 6/19/11 2x5k relay.
6. Kenwood Footrace - 7/4/11 Tori modeled the collectible Bob Shor t-shirt, available for \$20. Val Sell reported that the re would be in-store packet pickup at FF July 2nd and 3rd. 220 registered online to-date. SRHS will man the aid stations for \$1250 donation. Piner HS will provide 12-15 adults for parking duty for \$1000 donation.
7. Santa Rosa Marathon - 8/28/11 Now Boston qualifier. Will have pacers this year, still looking for a few more.
8. Senior Games 6/05/11

### **Reports of Committees:**

1. Bylaws committee has reviewed the document and will be presented next month.

### **Unfinished Business:**

1. Apparel Directors found, the Ortlinghauses!
2. New Membership Director needed

### **New Business:**

1. South East Greenway. Tanya reported that the American Institute of Architects has selected SE Greenway as a notable sustainable project. There will be a series of town hall meetings and roundtable discussions June 6-8. See website for details.
2. Annadel closing. Val Sell reported that the Valley of the Moon Historical Center newsletter has an informative article about the status of the park in case the proposed cuts are carried out. The Annadel Half committee is studying the best way to utilize the money we've raised. It was also suggested that everyone consider buying a State Park annual pass.

### **Monkey Business**

Raffle: Sledge won \$19, and \$19 went to the student grant fund

Drawing: Patricia Lunabus would have won \$200 if she attended the meeting....

President Alex Wolf-Root concluded the meeting at 8:20 pm.

### *Attendance:*

Paul Berg, Ginny Doyle, Mini Mel, Todd B., Carl Jackson, Dale Trowbridge, Super George, Tanya Narath, Jen & Will Ortlinghaus, Don Sampson, Bill Browne, Chris Mason, John Staroba, Alex Wolf-Root, Regan Masi, Sledge, Larry Meredith, Tori Meredith, Val Sell, Luis Rosales, Melanie Rosales, Thermo, Dave Goodwin, Brian Goodwin.





## TREASURER'S REPORT AS OF MAY 22, 2011

### Current Assets

Checking/Savings	Chase Bank Certificates of Deposit	\$2,351
	Exchange Bank	\$26,161
	PayPal Money Market	\$24,792
Total Checking/Savings		\$53,304
	Petty Cash	\$425
Total Current Assets		\$53,729

### Fund Balances 2011      2010

Annadel Half Restricted Fund Balance	\$23,357	
Kathy's Race Restricted Fund Balance	\$0	<i>5/8/11: \$4,277.02 donated to Kathy's Camp</i>
Student Grant Restricted Fund Balance	\$3,433	\$2,375
Empire Runners Club Fund Balance	\$26,939	\$23,916

### 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




<b><u>Jack Rabbit Derby</u></b>		
Race entry fees	\$353	\$323
Race expenses	(\$459)	(\$421)
Net Income	(\$106)	(\$98)

<b><u>Annadel Half</u></b>		
Race entry fees	\$22,845	\$20,393
Donations & Sponsorships	\$9,195	\$10,125
Misc income	\$2,514	\$497
Race expenses	(\$11,197)	(\$5,576)
Net Income	\$23,357	\$25,439

<b><u>Kathy's Race</u></b>		
Race entry fees	\$6,470	
Race expenses	(\$2,193)	
Net Income	\$4,277	



# June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>29</b></p> <p>8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p><b>30</b></p> <p><b>Race: Marin Memorial Day 10K &amp; 2.5M, Kentfield 6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p>	<p><b>31</b></p> <p><b>12x300m@1M G.P., walk 50, jog 50</b> 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart &amp; Sole Sports Jog/Run, 3-5 miles</p>	<p><b>1</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>2</b></p> <p><b>9M total with 8x2 min. at strong pace</b> 5:30p Howarth Park</p>		<p><b>3</b></p> <p><b>8:30a SR Creek Training Run, Railroad Square, SR</b></p>
<p><b>5</b></p> <p><b>Race: Hit The Road Jack 10K &amp; 2.2M, Sonoma 12M at medium pace</b> 8:00a Trail run, Lawndale Trailhead on Lawndale Rd. in Kenwood</p>	<p><b>6</b></p> <p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p>	<p><b>7</b></p> <p><b>4x300@2M GP, 4x300@1M GP, 4x300@800m GP</b> 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart &amp; Sole Sports Jog/Run, 3-5 miles</p>	<p><b>8</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p> 	<p><b>9</b></p> <p><b>8.5M at medium pace</b> 5:30p Howarth Park</p>	<p><b>10</b></p>	<p><b>11</b></p> <p><b>8:30a SR Creek Training Run, Railroad Square, SR</b></p>
<p><b>12</b></p> <p><b>Race: Fitch Mountain Footrace 10K &amp; 3K, Healdsburg 5M at medium pace</b> 8:00a Trail run, Parktrail Drive at Summerfield Drive</p>	<p><b>13</b></p> <p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p>	<p><b>14</b></p> <p>5:30p Heart &amp; Sole Sports Jog/Run, 3-5 miles <b>6:30p All-Comers Track Meet, Santa Rosa HS</b></p>	<p><b>15</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>16</b></p> <p><b>Newsletter Submissions Deadline 9.5M total with 2M at strong pace</b> 5:30p Howarth Park</p>	<p><b>17</b></p>	<p><b>18</b></p> <p><b>8:30a SR Creek Training Run, Railroad Square, SR</b></p> 
<p><b>19</b></p> <p><b>ERGP Race: Riverfront Relay, Windsor, 8:00 a.m. 10M at medium pace</b> 8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p><b>20</b></p> <p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p>	<p><b>21</b></p> <p><b>3x400@1M GP, 3x300@800m GP, 3x200@400m GP</b> 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart &amp; Sole Sports Jog/Run, 3-5 miles</p>	<p><b>22</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>23</b></p> <p><b>11.5M with 2.5M at strong pace</b> 5:30p Howarth Park <b>7:30p Club Meeting, MV RT Pizza</b></p>	<p><b>24</b></p>	<p><b>25</b></p> <p><b>Race: Double Dipsea 13.7M, Stinson Beach 8:30a SR Creek Training Run, Railroad Square, SR</b></p>
<p><b>26</b></p> <p><b>5M at medium pace</b> 8:00a Trail run, Parktrail Drive at Summerfield Drive</p>	<p><b>27</b></p> <p><b>6.5M at 7:30 pace</b> 7:00p 1932 Yolo Court, SR</p>	<p><b>28</b></p> <p>5:30p Heart &amp; Sole Sports Jog/Run, 3-5 miles <b>6:30p All-Comers Track Meet, Santa Rosa HS</b></p>	<p><b>29</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p> 	<p><b>30</b></p> <p><b>6M at comfortable pace</b> 5:30p Howarth Park</p>	<p><b>1</b></p>	<p><b>2</b></p> <p><b>Race: Angel Island 8K, Tiburon 8:30a SR Creek Training Run, Railroad Square, SR</b></p>