

Empire Runners Sonoma County, Ca.

March 2001 Newsletter

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EMPIRE RUNNERS CLUB PARTY AND AWARDS BANQUET

January 20th, 2001, was a historic day as president barely-elect George W. Bush was inaugurated in Washington, DC, and we all pondered our future with the new administration. January 20th, 2001, was also a historic day for the Empire Runners Awards Banquet Party for it was moved out of the Bennett Valley barrio to the Powerhouse in Sebastopol. After a week of power blackmail blackouts in California we had the banquet in an old powerhouse building. The building was built in 1903 and was an electricity powerhouse in the past.

The energy of 120 Empire Runners could generate enough power to light the city of Santa Rosa to full kilowatt capacity. The 120 runners filled the room

to capacity, actually 20 more than we had plans for. We improvised by putting tables on the stage and all were comfortably seated and well fed by the club caterer, **Al Tagliaferri**. It was wonderful to have **Carley**, Al's wife, along this year. She seems to look younger every year. Great to have her wonderful spirit with us. Also thanks to Lisa Isabeau for helping with the food service.

After the dinner and dessert we had the Fleet Feet Grand Prix Awards Ceremony. **Bob Finlay** was the man in charge of the Fleet Feet Grand Prix Awards and is one of the few people in this group who can talk through a microphone, though I don't know if he needs one. If you ever need something done right and you are really, really, really serious about the job, he is the man. He will be a hard act to follow, as he is retiring from the Fleet Feet Grand Prix Awards. Thanks Bob for all the late nights going over race results and adding points accurately. The Fleet Feet store donated gift certificates to the top winners of Grand Prix Awards, thanks to **Ron and Ronda**.



Party-goers Nicole Disher, Lisa Anderson, Leslie Curry, and Liz Sinna early in the evening.



Party-goers **Nicole Disher**, **Lisa Anderson**, **Leslie Curry**, and **Liz Sinna** later that evening.

After the awards, we managed to set up a screen on the stage and were treated to a slide show by **Larry Meredith** and **Brendan Hutchinson**. Larry's slides were all of Empire Runners in local races. Larry always manages to capture us running at our best, though I always look like I am dragging a heavy safe. Remember when you see a camera in Larry's hand, smile and lift your knees, even if you are dying out there. And what can I say of Brendan Hutchinson's slides, except fantastic. We all need to spend some time slowing down and seeing the world as Brendan does.

After the slides, the tables were removed from the dance floor and the band was set up. **Pete Sweeney**, sitting on the side of the stage and realizing a pause in the activities, was drawn to the open live microphone to tell one of his great stories. Pete is a true original and kept people captivated with his stories. The band quickly set up and soon we were dancing to some great music. At the end of the evening I thanked John Allaier, the bandleader, for his show and he said this audience had more endurance than any one he had ever seen. I was disappointed that **Liz Sinna** didn't do her Elaine dance from the Jerry Seinfeld TV show. She looked great dancing. We all had fun dancing, and some people told me they were sore the next day.

The raffle prizes were given out when the band was on its break and many people went home with a winning bottle of wine or other gift. **Dale Peterson** was a big help to me picking the raffle prizes and organizing the party. Special thanks to **Melissa Bates** for donating wine from Sebastiani vineyards where she is a winemaker. Also thanks to **Tom Hinde** for donating wine from La Crema. Al Tagliaferri donated a 3-foot long sandwich from his delicatessen. (Sounds like a mouthful.) **Steven Starkweather** donated a massage, and **Terry McNeill** won it. We had a \$100 gift certificate to Fleet Feet as the big prize, though the 3-foot sandwich is bigger in size. Also **Mike Duggan** won the poll for guessing the time Terry left the party. Terry

tricked all of us by staying the entire evening. **Greg DeSelle** did a great job with the poll and keeping track of Terry.

The evening ended with another wonderful set of music by the John Allaier Band. As we were cleaning up and I was just about to throw out the dinner saved for **Darryl Beardall**, the Legend himself showed up. Must have been doing a night race somewhere. We had runners come from Marin county, and **Sandra Mauer** came the longest distance from Murphys in the Sierra foothills. **Linda Phaby** has been a member of the club since its inception, and she showed up this year. "Linda bring your husband, Smokin' Joe, next year." John Brant, the owner of the Powerhouse was wonderful to work with and was available all evening for anything we needed. He enjoyed the slide show and was out dancing to the band. This year was a lot of fun and the credit has to go to all of you who attended and made the evening wonderful. A guest of one of the Empire Runners commented to me that this is a wonderful group of people. I agree.

--Eric Pots Nordvold



President's Message

A small carrot now dangles before Empire Runners who consider competing for a club team in any of the PA/USATF Grand Prix running series (X-country, road, or ultras). As an experiment intended to increase participation and encourage team formation in these events, the club formalized at the January meeting a plan to reimburse club members for some of the expenses involved in running these races:

- Club members participating in PA/USATF Grand Prix Series events will receive \$15 (equal to the cost of a PA card or an average entry fee) for every four races in which they compete in a series season, regardless if a full scoring team is present at any race in which they participate.
- Participation in the cross country series is counted separately, but road and ultra races may be combined. Thus, a runner would have to compete in at least four cross country races to qualify for an award, or awards, for that series, but may combine road and ultra races to qualify for an award, or awards, for those series.

- PA/USATF track and field competition does not qualify for these awards.
- Runners are responsible for reporting their participation to team captains, or to a club officer if there is no team captain.
- Awards for the previous year are to be presented at the annual club party.

Granted, you don't want to quit your day job over these token incentives, but the hope is they'll add a bit of spice to the mix and contribute to team morale. We'll see. At the end of the year we'll review the effect of the program and decide whether it's worth continuing.

More about the PA-USATF races and teams will appear in next month's newsletter. In the meantime, if you'd like more information, feel free to contact any of the team captains:

Men's Open Team Captain **Eric Bohn**, 585-6012
 Men's Masters Team Captain **Ty Strange**, 542-1389
 Women's Captain **Lisa Isabeau**, 578-3025

Hall of Fame

A committee will meet shortly to create guidelines for a new **Empire Runners Hall of Fame**, a special honor for members whose extraordinary contributions to running and the Empire Runners Club deserve recognition for posterity. The committee, consisting of **Dan Preston, Phil Widener, Larry and Tori Meredith, Linda Phaby, and Dave Sjostedt**, will come up with recommendations regarding qualifications for Hall membership, the nomination/selection process, and what form the award should take. Full-size marble statues may not be feasible, but a virtual Hall of Fame on our Website looks promising.

Summer Camp

Keep the dates **July 28 and 29** open on your calendar. **Terry McNeill** has been orchestrating a two-day, one-night "runners heaven" campout this summer to be held jointly with the Tamalpa Running Club at the Olema Ranch Campground next to Point Reyes in Marin. Details and registration information will be forthcoming. This should be a terrific event, suitable for all family members, runners and non-runners alike. Stay tuned.

Club Roster

Plans are underway to update the club database and publish a club roster in the newsletter, making it easier for all of us to identify fellow clubmates and locate running partners. Next month's newsletter should contain information about how to update your personal info and how to make sure only the information you want gets published.

--Jerry Lyman

January Meeting Minutes

The January meeting of the Empire Runners was called to order at 6:37, January 25, 2001, Jerry Lyman presiding. Minutes of the December meeting were accepted as read.

Old Business:

Club party was declared a success. Attendance was about 120; an article is being prepared for the newsletter. A financial report is due next month.

Because of the special speaker on the meeting agenda some agenda topics were expedited.

See newsletter for race reports on Resolution Run and Cal 10.

Discussion on Scheduled Training Runs was tabled.

The scholarship committee is in a period of little activity as the applications have been sent out and are not expected to be returned for some weeks. Bob Finlay will be contacting the Athletic Directors at the various schools to ensure that track coaches and CC coaches are working together so that all eligible athletes are given proper consideration.

The committee responsible for recommending guidelines to determine eligibility for PA\USATF Grand Prix Series Participation Compensation submitted its determinations. The guideline was accepted in its entirety after clarification.

New Business:

The Valley Ford Relay is scheduled for February 18, at 9:00 A.M. Doug Courtemarche and Bob Shor are organizing.

The balance of the race schedule is tentatively set as per hand out.

The planning committee for the Kenwood race is scheduled for January 29th.

Discussion of a Santa Rosa-Sebastopol race venue was tabled for later debate.

Terry McNeill is spearheading a drive to put together a summer running camp with a family atmosphere. Venue, accommodations and activities are yet to be decided.

A meeting is scheduled with the Tamalpa Runners to see if there is sufficient interest to make it a joint effort.

Ralph Harms has put forward the idea that we should develop an ER Runners Hall of Fame. It would be a virtual hall. Larry & Tori Meredith and Dan Preston have volunteered to develop a committee.

Team captains for 2001 Men: Open- Eric Bohn CC, Road & Ultra; Master- Ty Strange CC & Road; Senior- Terry McNeill & Phil Widener CC & Road. Women's team captain is Lisa Isabeau for Open and Master CC.

Jerry Lyman and John Royston are to discuss how to move the club roster to a more universally accessible application. The club roster is to be published in upcoming newsletter.

Rick Peters submitted the Treasurer's report. Available funds are \$8,803.83.

Bob Finlay conducted the Scholarship raffle and monthly drawing. The winners were John Royston and Casey Lashinski. You must be present to win.

The Archeological presentation by Breck Parkman was both informative and entertaining and was warmly received.

The meeting was adjourned at 8:30.

Respectfully submitted,

Mojo De Scribe

Attendance:

Lisa Anderson	Rick Peters	Larry Meredith
Tori Meredith	Dan Preston	E. J. Bohn
Ty Strange	Ron Jacobs	Nettie Lane
Mike Duggan	Pots Nordvold	George T. Urdzik
Pamela D. Horton	Hovis Garcia	Stephen Starkweather
Don Sampson	Carl Jackson	Terry McNeill
Dale Peterson	Jerry Lyman	Bob Finlay
Mojo		



Body Language

WHY DO RUNNERS GET INJURED SO OFTEN?

Part II

You may recall from last month's newsletter (which I'm sure is now stored away in your safe deposit box) that runners seem to get injured frequently due to three major factors:

1. Running has narrow tolerances for biomechanical distortions and imbalances in our joints, muscles and connective tissues.

2. Running can be easily sabotaged by numerous external factors, such as how we work, sit, drive and sleep, as well as what shoes we wear, the surfaces we run on, etc.

3. Runners are notorious for over-training.

So, armed with this wisdom, how can we minimize our chances of becoming lame, limping, grumbling non-runners?

First off, take very good care of your running machinery. In particular, aim to reduce your unique pattern of distortions and imbalances via a patient, diligent program of stretching and strengthening. Running, of course, is incredibly effective at enhancing aerobic endurance, but it's next to worthless at improving general flexibility and head-to-toe strength. While stretching and strengthening may feel like unpleasant chores to someone who just wants to romp in the woods, these two other components of fitness are often critically important in managing running injuries and -- bonus! -- they can also enhance race performance. So, consider starting a routine of post-run or evening stretches, as well as plugging in a couple sessions of strength training per week, which can include free weights, machines, swimming, yoga, pull ups, push ups, crunches, etc.

Secondly, recognize that even the most devoted, high mileage runner spends only about 5% of the week actually running. The remaining 95% of the time is spent sitting, working, driving, sleeping, letting the cat in and out of the house, etc., and it is what we do during these other hours that often creates trouble that emerges only when we run. Perhaps the most common example of this phenomenon is the achy, aggravating stiffness and pain which develop around the hips in a runner, resulting in a shorter, less fluid gait and slower race times. The usual culprit? Sitting. Sitting, sitting, sitting

for hundreds of hours, at a computer, in a car, in front of the TV. The solution: sit less, if possible, but most importantly, counteract the compression and restriction induced by the sitting by ... you guessed it, stretching.

Other factors which may insidiously wreak havoc upon a runner include the shoes we wear at work and while running, ergonomic and postural distortions, muscle tension induced by emotional distress, and congenital imbalances in our skeletons (e.g., leg length discrepancies, spinal curvatures, over-pronation of the feet).

Finally, to paraphrase Pogo, we have met the runner's worst enemy and he or she is us. Diplomatically, we competitive runners could describe ourselves as enthusiastic, self-disciplined, highly motivated and goal oriented. Stated more bluntly, we all exhibit varying degrees of obsessive-compulsive behavior. We all know runners (look in the mirror, perhaps?) who are chronically injured because they are chained to some arbitrary weekly mileage goal, they run workouts and races loaded up on Advil and they simply refuse to embrace the concepts of rest, recovery, cross-training and the limitations of mammalian physiology. Remembering that too much of a good thing ain't no good at all, balance your love of running with adequate recovery and replace that old notion of high volume training with lower volume, higher quality workouts and essential rest. Don't be a slave to your logbook.

Wow, that's all pretty heavy stuff. Are we really that wayward and whacked? Should you just forget this running nonsense and join the bingo club? Indeed you should!... on your 95th birthday. Until then, with a little luck, you can continue joyfully running and racing, by staying healthy, taking good care of your parts and by training wisely. See you on the trails.

--Alec Isabeau, D.C.



Team Diabetes in Las Vegas

On February 4th, three Sonoma County Team Diabetes athletes competed in the Las Vegas Marathon and Half Marathon events. **Loren Duncan** of Rohnert Park covered the 26.2 miles in 4:51:25, which was very close to her pre-race goal. **Sasha Nicoll** of Santa Rosa ran 5:21:42, more than 8 minutes faster than her goal time. Loren and Sasha were both competing in their first marathon event. In the half marathon, **Angel Sommerville** of Sonoma ran 3:05:51, right on goal pace. Great performances all around. Congratulations!

--Eric Walker

Did you miss Breck Parkman?

Well, then, you missed 3500-pound Short-Faced Bears charging through Annadel Park at 50 miles per hour amid camels, mammoths, and miniature horses. You missed how to craft and set a woodpecker trap and why you'd ever want to. You missed the tale told by an arrowhead and how digging the latrine at the foot of Richardson Trail was an archaeologist's goldmine. Women racing on foot up Annadel hills a modern phenomenon? How about a thousand years ago and the prizes were matrimonial. State Parks Senior Archaeologist Breck Parkman captivated last month's ER Club meeting attendees for over an hour. Did you miss Breck Parkman? So did **Pam Horton**, and she wants to organize a repeat performance, either at another club meeting or somewhere else. Whether you missed last month's meeting or not, if you're interested in hearing Breck Parkman speak, please give Pam a call at **571-8498** or e-mail her at **phorton@santarosa.edu**.



LOOP DE LOOP!

Here it is March already and you still haven't decided how to celebrate the first April Fool's Day of the New Millennium. What's a fool to do? You could bungee jump off the back of a speeding train (ho-hum) or... you could aspire to a higher level of utter fooliocity and participate in the 117th (give or take) running of the fabled Loop De Loop!

Join your fellow fools, knaves and village idiots on Sunday, April 1, at 8:00 a.m. at the Cobblestone/Orchard Trailhead on Channel Drive in Annadel Park for 14 miles (yikes!) of foolhardy flummoxing floundering flatulent fun.

As expected from a Doc n' Mojo Production, our course will be UNmarked, UNofficial, UNinsured, UNimaginably challenging and UNSurpassingly foolish. Hand-crafted awards and generous CASH CASH CASH prizes will be distributed to all worthy participants. Refreshments will be available at three convenient locations on the course, and entertainment will be provided at the awards ceremony by the Thirsty Bubbas Precision Marching Flugelhorn Band and Ferret Juggling Ensemble.

All this for only \$3, or SAVE SAVE SAVE!: Bring two friends along and pay only \$10 for all three of you! Offer expires 4/1/01. Not available in Hawaii, Alaska, the Ottoman Empire or the Belgian Congo. Call 578-3205 or 546-1021 for more info.

Grand Prix Czar Pronouncement

The Empire Runners/Fleet Feet Grand Prix Series Rules

- 1) All (and only) Empire Runners races will be scored. This year's schedule is tentatively:
 - Resolution Run (Y2K5K)
 - Valley Ford Relay
 - Ilсанjo Classic* (10 mile and 4 mile)
 - Loop de Loop
 - Jack Rabbit Run
 - Summer Track Series (5 meets total)
 - 5K Track Race (at the fourth meet)
 - Kenwood Footrace* (10K and 3K)
 - Salmon Creek Beach Run
 - Annadel Loop
 - Shiloh Ranch Ridge Run
 - McGuire's Breakfast Runs* (6.5 mile and 3K)
 - Last 10K* (10K and 2 mile)

* You can score points in either race, but only in one race.

- 2) Races will be scored as follows:
 - Men and women score separately.
 - Only Empire Runners in good standing will be considered for scoring.
 - 100 points to the winner, 99 points to second, etc. (If a race has more than 100 members running, only the winner will receive 100 points, the rest of the field will be scaled proportionately to the number of members participating.)
 - Results will be kept in standard divisions. Your division at your first race of the year is your division all year.
 - Exceptions in Scoring:
 - A. Valley Ford Relays will be scored according to team place. If you run on more than one team, your highest placing counts.
 - B. The Summer Track Series is worth 100 points total - 25 points for each meet; you can score 100 points by participating in any four of the five meets.

C. The Annadel Loop and the Loop-De-Loop are handicapped events, so men and women will be scored together.

4) Race directors will receive 100 points for directing a race. If they run in the race that they direct, they will still score 100 points, but their actual race score will displace other entrants in the scoring.

Race day volunteers will be awarded 75 points. Volunteers who also participate in the race will score either 75 points or their actual score, whichever is higher. (It is up to the race director to provide the names of volunteers to the Grand Prix Director.)

5) Overall scoring for the series will be based on 12 of the 13 events, so everyone can miss one race without penalty. If you run all races, your lowest score will be dropped.

6) The director of the Empire Runners Grand Prix Series reserves the right to make changes as he sees necessary, but will make an honest effort to inform everyone about changes in advance, in the newsletter.

7) I'd like to add a division just for volunteers to acknowledge their efforts at the end of the year. Any suggestions as to how to do this fairly let me know.

8) Also I'd like to allow empire runners who are racing for our teams on the same weekend as our scored races to be able to score in the grand prix. Let me know with suggestions any ideas of how to best accomplish this.

--Bill Browne, GPS Director (BBruns2win@aol.com)

Are you doing The Human Race?

Would you like to be part of something big, truly make a difference in our community and have fun while doing it?

If you answered "YES" to any of these questions, then please join us as we support Valley of the Moon Children's Foundation. Your pledges/donations will raise funds to expand the following programs out at Valley of the Moon Children's Home, thus enriching the lives of the children who live at the Home as the result of suspected abuse or neglect:

Running Program
Art Program
Music Program

For more information, please contact **Donna Ames, County of Sonoma Human Services Department, at 565-8380.**

Thank you
[The Human Race is Saturday, May 12]

Summer of '78

(2nd in a 4 part series)

By Ty Strange

Recently I was re-reading a book entitled *The Olympian* by Brian Glanville. It centers on a group of elite runners who are coached and trained by a fanatical Percy Cerutti type coach in London, England. Much of their training takes place along the Hempstead Heath, eloquently portrayed by Glanville as "grassy ... rolling-dips and hillocks and mounds and woods, very round and lush..." Upon reading this I recalled during my '78 European Track Tour a stint in London where I, too, had roamed over such luscious terrain. I pulled out my literary challenged, month long journal of that trip and began reading it for the first time in about 15 years. I found the entry that I was looking for, but though it did not reference the area specifically, between my simple description and evoked images they gave credence to my idle, nostalgic Saturday afternoon curiosity. Anyway, to make a long story short, as if runners are capable of that, I found myself laughing out loud at some of the comical and naive observations, perspectives, insights and experiences. I thought it might be fun to share them with you.

To set the stage, the tour takes place during the summer of 1978, concluding my junior year in high school. I was 17 years old. The trip consisted of some of the better high school and college track-n-field athletes from Washington and Idaho. The tour covered 7 countries in 4 weeks and included training, racing, sightseeing and plenty of socializing.

June 23rd:

Slept fair last night because of Bill's snoring. Had the famous hotel breakfast and we all got ready to go to Crystal Palace where some of our sprinters had to run prelims. I don't run 'til tomorrow. The train ride there was my first in a long time. Crystal Palace was beautiful. Looked like being in the Olympics. Neat stadium. Took some neat pictures of it. There were slight drizzles all day. None of our sprinters advanced, but did have fun. Had some spaghetti for dinner and hit the hay early. Didn't run and my excuse was the rain and travel (poor, poor excuse).

June 24th:

Woke up refreshed this morning but missed the breakfast. Had an omelet at Crystal Palace 3 1/2 hours before my race. We got to the meet early because some of the guys raced early. It didn't rain today but clouds sort of floated around. Nice temperature. Watched

some of the events then my race came up. [British AAA Junior Championships 3000 meters]. Quite an impressive meet. Felt strong throughout entire race; got 27th out of 32 with a time of 8:58. Watched Henry Rono win the 10,000 easily. Bought a t-shirt from Crystal Palace. While I was running to get warmed up for the race 2 kids came running up to me and asked me for my autograph. Can you believe that? On our train ride back home I was asked a dozen more times. Kick in the butt. Took a bath, used my hair dryer, bought some take-out spaghetti and relaxed for this was our last night in London.

June 25th:

Was abruptly awoken this morning for the hotel breakfast earlier than normal because we had to leave early to catch a train at Victoria Station. Train ride was long with beautiful scenery. Nothing really exciting happened. Next was the boat ride, which was fun. It took 2 hours with me sleeping about 30 minutes. Wandered the boat. Bill was throwing up all the way. When we landed in France we got a hold of our luggage and went looking for our bus, which was supposed to meet us there. We found a parking lot with 2 buses but not ours. So we were out in a near empty parking lot sitting against a stone fence with tons of baggage strung all over. A price-less picture. Art went to find out where our bus was. 15 minutes later here comes Art and the bus. He was in a different lot. What a bus; tape deck and the works, groovy bus driver named Rudy [spitting image, including mannerisms, of Marty Feldman as Igor from Young Frankenstein with Gene Wilder]. 5 hour trip to Paris and very scenic. France was neat. Arrived in Paris at about 10:00pm. Got checked in to a semi-nice hotel, which included a continental breakfast. After we settled in (5 of us in a 2-person room) we took a subway up town to grab something to eat. Found too high of prices and decided on McDonald's. Rationing was 1 Big Mac, fries, and a Coke. We found our way back home but while returning on the subway we ran into some American and Spanish girls, which made for an interesting conversation in itself. Bed was like a soup bowl but tired enough to sleep. Paris, here we are! Cloudy when we arrived. Didn't run.

June 26th:

Arose fairly early, 7:30am, for our breakfast and were quickly on our bus ready for sightseeing. First, we saw the Eiffel Tower, which was fantastic. Walked around there a little bit. Then we went to a couple cathedrals such as Notre Dame and some others. Saw the Mona Lisa, the Last Supper, plus thousands of other paintings. Didn't go on the boat ride because after being a beautiful morning it started drizzling. Went home and I walked up and down the streets looking for a phone, and when I

found one it was a hour delay to call out (oh.....). Went to dinner and had an elegant French meal called "crepe jambon". Delicious. Afterwards explored the city more, but all shops were closed (darn). Went home and talked for a while and decided to sleep on the floor because the bed hurt my back. I was having a hard time falling asleep. I don't know why. Couldn't run.

June 27th:

Woke up to the sound of pounding fists on our door this morning. Ate our continental breakfast and were on the road by 8:15 am. Art said we had a 7-hour drive ahead of us and he wasn't sure if we would make our meet. The trip was fantastic. It took us through some of the most beautiful countryside I have ever seen. Music on the bus was great as we bip-bopped along listening to the soundtrack from Saturday Night Fever. By midway Art realized that we weren't making any time and said we weren't going to race. For lunch we stopped in some small town, which looked dead. We went into this café (10 of us) in which the people couldn't speak English, only French. So we thought we ordered some bread and cheese, but we were surprised. First came some bread and some meat. Then came some lamb steaks. Then some spaghetti. Then some cheese and ice cream to top it off. Wow!! 202 franks, which was 20 franks per person. The trip was long and fun. When we finally reached Zug we wandered in to watch some of the remaining events. Then I started talking to the coach of another track tour from Wisconsin. I found out he was also on the Olympic team in '76, but I didn't get his name. Art motioned me down and asked if I wanted to run the 3000 tonight and I said great. So, quickly Chip, Bill, and I suited up and warmed up. It was 9:30 and very brisk. The track was wet. I ran a strong race and felt good as I stayed with Chip until the last 2 laps. 8:49 for me, and 8:39 for him. We took 1, 2, which was great after 7 hours of driving and not running for 2 days. Chip told me he couldn't believe I was with him because when he sped up I sped up. Great race. Took a quick shower and loaded back onto the bus. Still had a 5 1/2 hour drive to go and it was 10:15pm. I unloaded my sleeping bag so when I fell asleep on the bus I would be toasty. It was cold. I slept most of the trip, but saw many deer as we wound our way through the Alps. It was a long day and night with all the driving. Proud I got 2nd.

June 28th:

This day started very early, say 12:01am. We still had 3 hours of driving left. I dozed on and off. Was looking forward to calling home at 4:00am. We hit St. Moritz after some pretty hairy turns, cliffs, and fog. Went to the wrong hotel. So we called the guy up and he came and got us. What a beautiful hotel. The beds were bunks so the distance runners got 1 room. Got semi-settled and

wandered around a little. By now it was 4:00am and I wasn't tired. Everybody was in bed so I couldn't call home because you needed the reception lady. So, I watched for a few minutes as morning broke. It was overcast. Slept soundly until 9am when we got up and had breakfast. This place provides breakfast, lunch, and dinner. Breakfast was continental with hot chocolate. Good but not filling. By the time we got completely settled in our rooms it was 11am and lunch was to be served at 12 (breakfast is 7:30-9:30, dinner at 6pm). So, "Disco" (nickname for Dwaine Smith), Chip, Ramsey, Rudy and I walked up town for a few minutes to check it out. After lunch we explored more deeply the shops in town. Everything closes at noon and reopens at 2pm. Things are pretty expensive up here at 5500 feet. Had a delicious lunch consisting of French dip soup, salad, and stuffed tomato with rice. Had an easy run with Chip around the lake and up through the woods. Took our cameras and took pictures if each other running. 3 1/2 miles. Altitude not affecting me. Right before dinner I took another run by myself. Did a hard hill workout and it was very productive. The hills were steep and I had to work. Felt good. Had a good dinner of pork, soup, salad, and desert. Wrote some postcards. Everybody except a couple guys and I went to go to a disco. I really lucked out because they said it was a big rip-off. Chip set record of 10 postcards to my 1 huge one to home. Some can't believe how much I put on it. St. Moritz is beautiful, but you can't even completely describe it because I think you would have to see it. The lake looks cold, clear, and refreshing. The hills and mountains are so neat that I stood and just stared. An unbelievable place.



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June 29th:

Woke up pretty well refreshed considering Bill's snoring. He was on the top bunk and I on the other so when he'd wake me up I'd toss my towel at him and he would roll over. Ate the Continental breakfast and went back to my

room to gather my dirty laundry. Art went with me because he had some too. Rudy [bus driver] went along for the walk. Found the place but they do it for you and charge extra. There wasn't a do-it-yourself place up here. So, Art did his there because he needed clothes, but I wasn't that desperate, because I'd been conservative. I still have 2 pairs of socks and 1 pair of briefs I haven't even used. Went back home and told everybody about the no self-serve laundry service, and so everybody washed their stuff in the sinks, and we were able to use the hotel dryer. I washed mostly whites. Also washed my sweat jacket and it looks nice. The Woolite is easy to use and I'm not having

any problems with it. Took inventory of my stuff and it's still there. Lunchtime came and I was ready. It was like a chicken potpie only with ham and cheese inside. Soup was good, but don't know what it was. We all then took a trolley car to the top of the mountain. What a view. Sun was out and the snow was bright. What a view!! I came back early and went hiking, but not far. I sat on the edge of a rolling hill with my hat on, overlooking the town and lake of Moritz. What a sight. Went cruising around town and ran into Ed. Wanted to buy a t-shirt, but everywhere I went they were too expensive. Some of our group had bought some for 16.50 - 19 franks. Anyway, Ed and I walked into this one shop and I found some shirts with St. Moritz on them. Red shirt with black lettering for 15. Got the best deal of the whole gang. Came home and collected my wash. Had a delicious dinner of beef with cheese rice, and soup. After dinner a big group of us went miniature golfing and had fun. Winner would win a beer. It was close until the last hole where all but "Disco" blew it. He won with a 56. I was never in the running. Stayed up and wrote some postcards, took a nice shower, and got to use my hair dryer. Went to sleep after bopping Bill with my pillow. Didn't run, but did a lot of walking and hiking up and down the hills.

End, Part 2. To be continued.



Home Depot 5K & 1/2 Marathon

Morning broke early on the most sacred of all days- Super Bowl Sunday, January 28th, 2001. But this wasn't just another Super Sunday. There was some racing to do first.

A couple of friends and I met at 6:00 AM in Petaluma and made the hour drive over to the Great Highway near the edge of Golden Gate Park. There we hopped on one of the buses that were waiting to shuttle the runners to the start of the Home Depot 5K & Half Marathon. Once the bus was on the way, I realized that I'd forgotten my race number! The same thing had happened to one of my buddies here last year and he assured me that I would be issued another number with no problem.

It was a cool morning, but the clear skies and little wind indicated good racing conditions. After obtaining another number, we warmed up and prepared for the start. Jeff Galloway from Runners World magazine gave a short talk and the race director informed the 5K runners that the course measured "long", perhaps closer to 3.2 miles to provide a certified course for the half marathon. Both races would start together and finish at the same place near the Great Highway.

As the race got under way, the 5K runners split away from the larger half marathon field and looped past the edge of Stowe Lake turning west toward Martin Luther King Drive. After a very brief turn uphill, it was entirely downhill! If not for the course length, this would be a lightning fast run for a PR. The final mile of the 5K was a downgrade, which led to the finish.

Once in the chute however, a strange thing happened. I stopped my watch, reading 17:50 and was happy that I'd gotten under 18 minutes. Little did I know that when the official results were posted, I'd instead be credited with 18:04. Like the Nixon tapes, I had no idea what had happened to the missing 14 seconds! At any rate, I had a nice conversation with Jeff Galloway at his booth near the finish and soaked in some morning rays before heading home for the big game.

The Half Marathon provided some great performances for Empire Runners: **Kenny Brown** 1:20:47(37th); **Veronica Pineda** 1:25:46 (3rd female); **Shawn Chapler** 1:30:55 (14th female); **Bill Browne** 1:35:51; **Brian Wehmeyer** 1:38:35; **Michael Vilorio** 1:39:25; **Walt Bales** 1:43:43; **Sally Schlich** 1:48:46

--Greg Clementi

Davis Stampede 5K, 10k & 1/2 Marathon

It was a glorious day in Davis on February 4th. Unusually warm temperatures attracted runners from near & far for the 19th annual Davis Stampede races. The Stampede featured a 5K, 10K and Half Marathon, which were all certified flat and fast courses.

It was evident to all that attended that this was an extremely well organized event. The dozens of volunteers that manned the many tables were spread out over a large area, providing plenty of room for registration, T-shirt distribution, portal johns and general milling around. The crowd seemed charged and the atmosphere electric.

The 5K race started first, followed by the 10K & half marathon. The 5K wound its way through the UC campus, past the football and soccer fields and back to the center of town to the finish. It was flat as a pancake and well marked. From all reports, the 10K and half marathon were more of the same.

A strong ER contingent was on hand and posted some good times: 5K- **Greg Clementi** 17:44 (16th); **Carl Jackson** 24:00 (2nd 65-69); 10K- **Eric Billeter** 43:15 (66th); **Bob Holland** 43:26 (68th); **George Urdzik** 1:00:32 (527th); 1/2 Marathon- **Eric Bohn** 1:13:39 (2nd overall)

--Greg Clementi



Let it Snow, Let it Snow

After deciding not to risk a trip to Reno for an indoor track meet, Eric Bohn, Natalie, and I planned a trip up to the Willits Classic. Eric was going to run the 10 miles and I opted for the 5K to work on some much-needed speed. Little did we know the adventure that was to await us.

As we drove up 101 the hills that are usually green from the rain this time of year were coated with a thick layer of snow. The combination of snow on the mountaintops, brightly colored green grass, steady down pour of rain, and rainbows stretched out over the valley made for an incredible spectacle. As we entered Hopland the rain turned to sleet and then to snow that

was blowing at almost 90-degree angles. Climbing over the pass we might as well have been up in Tahoe. With a few inches of snow we stopped and put the truck into 4-wheel drive.

With the unusual weather I didn't know how many people to expect at the race. I was a little surprised that 80 people, or so, were braving the weather. The race organizers had brought out 3 propane heaters, hot chocolate, and tea to help keep everyone a little more comfortable. By race time the snow had stopped, the sky was getting brighter, and the snow on the road had melted. The hardest choice before the race was how much to wear (gloves, hat, long sleeve shirt, racing flats or training shoes with more traction?) I can't remember when it had been such a chore just deciding what to wear in a race.

Two minutes after the start the snow begin to fall again. Both Eric and I were wearing billed hats but somehow Eric managed to get a snowflake in his eye, which nearly cost him the race. Eric and I were in the lead at the 5K turn around. I opted to head back while Eric continued up the hill. The snow was starting to fall harder and was sticking to the road. While rounding one of the turns, another runner and myself almost had a head-on collision because neither one of us could change course on the slick pavement. Our arms hit but somehow we were able to avoid a major collision.

For the last 3/4 of a mile I was all alone. The road was completely covered in snow and slush. I was finding it very difficult to get any sort of traction no matter what part of the road I ran on. As a last resort I ran on the shoulder in the dirt and mud puddles. The last few turns had to be taken very slowly in order to avoid slipping. Despite all of the slipping and sliding I finished first in a time of 16:47.

As I was changing out of my wet racing gear and sitting in the nice warm truck, Eric was having to negotiate some steep portions of the 10-mile course slowly. At the turn around he said that he was treated to a great view and that they actually had sun. His time of 55:46 was good enough for a win today, almost 2 minutes ahead of 2nd place [Jerry Drew]. **Brian D. Purcell** [third, 61:51], **Pam Horton**, **George Urdzik** and **Ron Bishop** also ran the 10-mile course. In our rush to go get some food and get warm I did not look at any other results. Race times have not been posted yet, so I have been unable to get official times or places.

--Kenny Brown



Late Breaking News

Results of the 2001 Valley Ford Relay

Story and Photos in Next Month's Newsletter

February 18

Pl. Team Time/Div.Pl.

- 1 One Pleaser, Two Wheezers And A Geezer 1:03:52
B.D.Purcell,S.Starkweather,G.Clementi,D.Preston M 40-49, 1st
- 2 A Weasel Among Sheep 1:04:21
L.Meredith,J.Lyman,S.Ames,R.Flores M 40-49, 2nd
- 3 Unstable Bovine Syndrome 1:06:22
E.Downing,J.Royston,A.Isabeau,M.Curran M 30-39, 1st
- 4 Two Has Beens Plus Two 1:06:41
Ri.Flores,Ro.Flores,D.Aldridge,J.Aldridge C 30-39, 1st
- 5 Who Let The Dogs Out 1:07:52
V.Pineda,K.Mastrocola,K.Brown,T.Strange C 30-39, 2nd
- 6 Savage Seagulls 1:10:16
B.O'Grady,D.Zita,D.Winters,S.McWeeney M15-19, 1st
- 7 Team Why 1:10:24
P.Ottenweller,D.Byrne,D.Fuller,D.Fagent M 40-49, 3rd
- 8 The Norse Yanks 1:11:01
B.Finlay,D.DeSelle,J.Hermstad,E.Nordvold M 40-49, 4th
- 9 Grateful Dead 1:11:53
T.Stafford,C.Stafford,S.Stafford,B.Akers M 30-39, 2nd
- 10 Wet T-Shirt Contest 1:12:22*
T.Meredith,S.Vasquez,V.Sell,L.Isabeau F 40-49, 1st
- 11 Peg Legs 1:13:58
D.Peterson,L.Brodie,T.Hinde,D.Nevins M 40-49, 5th
- 12 Doc & Mojo's Pain Clinic Refugees 1:15:02
T.McNeill,D.Sampson,D.Beardall,P.Widener M 50-59, 1st
- 13 Blew By Ewe 1:15:40
W.Beeson,B.Browne,Ern.Bohn,E.Feldman M 50-59, 2nd
- 14 Yellow Jackets 1:16:53
B.Winkler,K.Alexander,L.Winkler,C.Winkler M 20-29, 1st
- 15 4-Runner 1:17:09
J.Tuohy,Bru.Tuohy,Bi.Tuohy,Bri.Tuohy M 15-19, 2nd
- 16 T-Girls 1:17:28
J.Vance,S.Laslo,E.Merriman,N.Kauk F 15-19, 1st
- 17 Canvas Backs 1:18:15
M.Gray,R.Harms,B.Hutchinson,M.Seim-Bossier M 50-59, 3rd
- 18 Team Molasses 1:19:08
N.Williams,J.Macken,G.Tunen,C.Triola M 30-39, 3rd
- 19 Odds-N-Ends 1:20:48
P.Gang,D.Tuohy,R.Stovall,J.McCray M 40-49, 6th
- 20 Zee Last Team 1:24:10
A.Derho,M.Viloria,A.Cognata,R.Peters M 40-49, 7th
- 21 Humpty Dumptys 1:26:39
C.Henry,J.Schorler,N.Henry,T.Cathala C 30-39, 3rd
- 22 Kids On The Run 1:26:44
K.Ihrig,H.Detrick,D.Crowley,K.Bussey C 10-14, 1st
- 23 Dashing Divas 1:28:09
L.Anderson,A.Gandy,L.Sinna,N.Disher F 30-39, 1st
- 24 Pickle Power 1:28:58
Je.Martindill,Jo.Martindill,C.Martindill,M.Martindill C 20-29, 1st
- 25 Three Wrongs And A Wright 1:31:02
P.Horton,G.Urdzik,C.Jackson,N.Wright C 50-59, 1st
- 26 RCFT 1:36:16
J.Anderson,D.Mawhinney,M.Dunkle,I.Dunkle C 30-39, 4th

Wet T-Shirt Contest sets new Female 40-49 Age Group Team Record. Old record: Tam Pokes, 1:27:07, 1994

2001 Valley Ford Relay—Individual Times

Downhill Women

17:26 Tori Meredith, 43 (1st)Ý
 17:26 Susan Vasquez, 42 (1st)Ý
 18:23 Robin Stovall, 41 (6th)
 18:56 Emily Merriman, 17 (5th)
 19:30 Rose Flores, 17
 20:21 Nancy Wright, 49
 20:22 Liz Sinna, 35
 20:36 Jacqui Vance, 15
 22:45 Kari Mastrocola, 41
 23:50 Jennifer Martindill, 12
 24:12 Amy Gandy, 47
 30:51 Dawn Mawhinney, 31
 ???? Janis Schorler, 48

Ý Tori Meredith and Susan Vasquez set new Female 40-49 Age Group Record. Old record: Sally Cataldo, 17:32, 1994

Uphill Women

16:55 Jenny Aldridge, 16 (1st)ÝÝ
 17:06 Veronica Pineda, 27 (3rd)
 18:11 Stephanie Laslo, 15 (4th)
 18:18 Valerie Sell, 36
 18:56 Nicole Disher, 28 (5th)
 19:03 Lori Winkler, 42 (2nd)
 19:12 Lisa Isabeau, 42 (3rd)
 19:45 Natalie Kauk, 15
 19:59 Marcia Seim Bossier, 44 (5th)
 20:23 Chris Martindill, 40
 21:56 Gabrielle Tunen, 31
 22:01 Katy Bussey, 11 (3rd)
 22:34 Hallie Detrick, 11 (4th)
 23:02 Josephine Tuohy, 12 (6th)
 23:22 Anna Derho, 47
 23:27 Pam Horton, 57
 23:43 Iris Dunkle, 27
 24:39 Lisa Anderson, 32
 ???? Nancy Henry, 34

ÝÝ Jenny Aldridge sets new Female 16-19 Age Group Record. Old record: Maggie Valterova, 18:01, 1993

Downhill Men

14:11 Kenny Brown, 31
 15:00 Richard Flores, 46
 15:33 Greg Clementi, 43 (5th)
 15:39 Dan Preston, 58
 16:09 Larry Meredith, 43
 16:22 Scott Ames, 42
 16:25 Eric Downing, 30
 16:29 Jon Hermstad, 52
 16:36 Chase Stafford, 17
 16:57 Doug Zita, 16
 17:20 John Royston, 46
 17:36 Bill Tuohy, 17
 17:43 Peter Ottenweller, 46
 17:48 Bruce Tuohy, 14 (3rd)
 17:53 Dennis Byrne, 46
 18:00 Wes Beeson, 58
 18:08 Tom Hinde, 41
 18:09 Clay Winkler, 43
 18:13 Eric Nordvold, 53
 18:13 Jim Macken, 30
 18:16 Brice Winkler, 12
 18:19 Darryl Beardall, 64
 18:35 Dan Nevins, 28
 18:45 Terry McNeill, 57
 18:59 Chris Henry, 39
 19:03 Michael Vioria, 39
 19:14 David Winters, 14 (4th)
 19:15 Nathan Williams, 31
 19:21 Keenan Ihrig, 11 (2nd)
 19:25 Tim Stafford, 50
 19:27 Mort Gray, 69
 19:51 Alex Cognata, 38
 20:00 Ed Feldman, 49
 20:00 Jim McCray, 47
 20:33 Ralph Harms, 65
 20:51 John Anderson, 47
 21:48 Dan Crowley, 11 (3rd)
 22:36 Jonathan Martindill, 11 (4th)
 25:17 George Urdzik, 57

Uphill Men

13:50 Ty Strange, 40 (1st)ÝÝÝ
 15:16 Danny Aldridge, 44 (4th)
 15:31 Richard Flores, 46
 16:00 Brian D. Purcell, 29
 16:18 Alec Isabeau, 39
 16:19 Jerry Lyman, 51 (3rd)
 16:19 Mark Curran, 40
 16:31 Brian O'Grady, 15 (2nd)
 16:40 Stephen Starkweather, 40
 17:03 Dennis Fagent, 49
 17:16 Brendan Hutchinson, 57
 17:17 Bill Browne, 51 (6th)
 17:20 Bob Finlay, 44
 17:34 Stephen McWeeney, 17
 17:45 Dave Fuller, 48
 17:52 Bob Akers, 44
 18:00 Silas Stafford, 14
 18:30 Dale Peterson, 43
 18:43 Brian Tuohy, 18
 18:49 Les Brodie, 52
 18:56 Phil Widener, 54

ÝÝÝ Ty Strange sets new Male 40-49 Age Group Record. Old record: Richard Flores, 14:20, 1997

Places in parenthesis = standings on all-time age group lists.

Empire Runners Club

3648 Evergreen Road
Santa Rosa, CA 95405



ANNOUNCING

Ilsanjo Classic 10-Miler Neo-Classic 4-Mile & Newt Scoot 1K (for Kids 12 and Under)

When: Sunday, March 11. 1K (0.62 mile) starts at 8:45 am. 10-mile and 4-mile runs start at 9:00 am.

Where: Howarth Park, Santa Rosa

Registration: Race day only, beginning at 8:00 am.

Entry Fee: \$8 for the 10-miler, \$4 for the 4-miler, and \$1 for 1K. (All Empire Runners Club members get \$2 off the 10M race entry fee and \$1 off the 4M. Youth 18 and under pay only \$3 for the 4M or 10M)

Information: Dave 'Digger' DeSelle, 707-523-3590

To Be Run Backward This Year

LOOP DE LOOP

Who: You, you two-legged noodlehead

What: 14 fun-packed precipitous miles

When: April 1, 2001, 8:00 am

Where: Channel Drive at the
Cobblestone/Orchard Trailhead

Why: Don't ask, don't tell.

(see page 5 for details)

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