

Empire Runners Newsletter

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Runners of Rohan Dominate Valley Ford Relay

It takes a Viking to slay a Viking. So it was on Sunday, February 16 at Valley Ford when a trio of Montgomery High School runners combined, with a little help from Piner HS, to bring down one of the oldest age-group records in race history in winning the 13th Annual Valley Ford Relay. Back in the 2nd edition of this event, 11 years ago, 3 MHS Vikings (**Erik Haluzak, Tim Sanborn** and **Nate Bisbee**) and one outsider (**Jamie Jones**) joined up as the team **Loose Gravel** to run this 4 x 2.75-mile event in 60:06, a record for the male age group 16-to-19. This time it was current Vikings **K.C. Cody** and **Matt Fitch**, along with Viking alum **Josh Dorris** and Piner HS runner **Chris Gardina**. Each runner in that foursome broke the 15-minute barrier, slaughtering the old record by nearly a minute-and-a-half. Their winning time of 58:40 places **Runners Of Rohan** at the number 7 position all-time for male teams of any age.

Only one individual age-group record was broken in this year's event. **Chris Mastin**, running the 2nd leg for **Don't Get Hurt, Don't Barf, Just Finish**, took 14 seconds off of **Janet Feldman's** 2002 uphill course record for women in the 40-to-49 age group, clocking 17:52. Many local runners may remember her as **Chris Boyd** when, in 1992, she ran 15:36 on the uphill course, a time that is still the 2nd-fastest in race history for all age groups.

New records were created when, for the first time, runners over the age of 70 competed here. **Mort**

Gray, at the age of 70, turned the downhill course in 19:17, which is 34 seconds faster than he ran it 2 years ago. **Carl Jackson** became the most senior finisher ever at 71, running the uphill course in 22:56. Jackson still holds the second-best mark for the 60-69 division on that leg, running 19:30 in 1995. Both Gray and Jackson ran for the male 60-and-over winners, **Older Than Dirt**.

This year a "Level Team Pool" was formed, and 38 of the race's competitors signed up to be placed on 10 teams that were designed to create parity and tighten the competition in the middle of the pack. This left a void in the female divisions so that only one all-female team ran in the race. They were the **Ragle Runners** and were made up mostly of Feldmans. **Jody Lashinski** joined **Janet Feldman** and her young daughters **Jaime Feldman**, 11, and **Lauren Feldman**, 9 to lay claim to the women's team title. Jaime turned in a time of 18:46 on the uphill course, the second-fastest in race history for runners under 13 years of age.

The mixed team (2 females, 2 males) champion, **Victoria's Secrets**, came from the pool teams. **Brendan Hutchinson, Tori Meredith, Victoria Street** and **Bob Finlay** finished 14th overall in a time of 1:15:51.

Despite dire predictions of heavy rain runners were greeted with brilliant sunshine and a perfect temperature for running. The Valley Ford area was a ruffled carpet of green as far as the eye could see. Race directors **Doug Courtemarche** and **Bob Shor** both claimed credit for the break in the storm. A total of 24 teams took part in the event.

Mark Your Calendar

- **Thursday, March 21:** Newsletter deadline.
- **Sunday, March 23:** IIsajno Classic 10M, Neoclassic 4M and Kids 1K, 8:45 a.m., Howarth Park in Santa Rosa.
- **Thursday, March 28:** Club meeting, 7:30 p.m., Round Table Pizza, Montgomery Village.
- **Sunday, April 6:** Loop de Loop 14M, 8 a.m., Channel Drive in Santa Rosa.

Master runner **Jim Frazier**, running for a pool team called **Jacque's Stud Farm**, led the field of first-leg runners, his 14:44 good enough for 4th on the all-time list for males aged 40-49 on the downhill course. Josh Dorris was just 10 seconds behind Frazier, getting the eventual winning team, Runners of Rohan, off to a great start. A pair of high schoolers came through next, Santa Rosa's **Silas Stafford** running 15:42 for **Team J-Low** and Casa Grande's **Ian Messier** bringing **Freeballaz** to the exchange in 4th place, just 10 seconds later.

Dan Schafer, a late replacement for **Team Octopod**, one of the pool teams, ran 15:57 to claim the 4th-best ever mark for males 50-59. With Team Octopod now kicked out of the pool because of the replacement (it was all unofficial anyway) **Alec Isabeau** led the next pool team, **Art Plus Intelligence**.

Notable individual performances on Leg 1 included **Brice Winkler's** 16:36, good for 3rd on the all-time list for males 13-to-15. Brice had **Goldilocks & The Three Bears** in 8th place at the first exchange. **Melanie Lovrin**, leading off for **Mini-Mel And Her Munchkin Minions**, ran 17:50, the 4th-best 20-29 mark ever.

Chris Gardina moved Rohan into the lead early in the 2nd leg and they never trailed again. Gardina's 14:31 led all males on the uphill course and is the 3rd-



John "Mojo" Royston starts the 2nd leg of the Valley Ford Relay in the lead for Jacque's Stud Farm. Photo by Dan Preston

best all-time for the 16-19 age group. **John Royston** extended the pool team lead for the Stud Farm, now 2:32 ahead of Art Plus Intelligence, which was running 8th overall after **Al Tagliaferri** reached the next exchange. In 3rd place overall at the halfway point was Team J-Low.

The biggest move of the day belonged to Rancho Cotate HS runner **Mike Wortman**, who whipped past 8 other teams to bring **Team X** from 16th place all the way to 8th. **Keri Nelson** was doing some damage herself, running 17:02 and knocking off 5 teams to get **Gen W-X-Y-Z** into 15th. Nelson's mark was the fastest time of the day for females on the uphill course and puts her in the number 3 slot all-time for the 20-29 age group. Chris Mastin's record-setting run claimed 4 victims as Just Finish moved up to 17th. **Bill Kneis** moved by 3 teams to pull **Dinucci's Dogs** up to 4th place overall. Young Jaime Feldman and old Dave DeSelle each claimed 3 roadkill, Feldman holding off Digger Dog DeSelle for 19th at the exchange. **Clay Winkler**, for Goldilocks, **Dennis Byrne**, for **Another Year Older**, and **Rainer Pawlitski**, for **Spent Bullets** all passed 2 teams during their Leg 2 runs. Another outstanding individual effort on the 2nd leg was turned in by **Donna Hinshaw**, running for the pool team **Bohn Crushers**. Her mark of 19:00 is the 4th-fastest 40-49 time in race history.

During Leg 3 the Runners of Rohan all but sealed the victory, stretching their lead to 4:26. K.C. Cody recorded the best downhill time of the day, 14:41, which is also the 3rd-best in race history for males 16-to-19. **Mike Becker** came up big for Freeballaz, bringing them from 5th place to 2nd, with a full minute of cushion over the 3rd-place team, Team J-Low. **Jim Lynch** held onto 4th place for Dinucci's Dogs while 13-year-old **Joe Withers** climbed up one spot, giving the Goldilocks team 5th place at the exchange. Unfortunately for Joe, his time -- almost certainly in the 16:30 range -- did not get recorded, costing him a chance at a mark on the all-time list.

There were many position changes throughout the pack on the 3rd leg. **Ray Cataldo**, running for Just Finish, and **Ernst Bohn**, for the pool team Bohn Crushers, each passed 7 other teams on their way to 10th and 11th places, respectively. Bohn shook up the pool team standings, rocketing from 8th to 1st during his run and recording the 6th-best 60-69 time ever here with his 18:46. **Brian Smith** brought **Viagra Express** from 13th to 8th on this leg and **Marcia Seim-Bossier** nearly matched his effort by taking down 4 teams, getting **Anti-Warz But Pro-Run** into 18th. **Peter Ottenweller**, running for Another Year Older, and **Jim Pedgrift**, for **Waiting On The Legend**, each vanquished 3 teams along the way. Those knocking off 2 teams during the 3rd leg included **Wes Beeson** (Spent Bullets), **Amy Gandy** (Munchkin Minions), **Ralph Harms** (Older Than Dirt) and **Carol DuBay**, running for the team **I Weigh What!?**

The final leg was a mere formality for Runners of Rohan but Matt Fitch nearly matched teammate Gardina's uphill mark with his 14:34, good for 4th all-time in the 16-19 division. Their final margin of victory was over 6 minutes. The top 5 places went unchanged over the 4th leg. **Javier Cabrera** anchored for Freeballaz to claim 2nd place. It was **Chase Stafford** holding onto 3rd for Team

J-Low. **Bob Dickinson** nailed down 4th for Dinucci's Dogs and Goldilocks **Lori Winkler** kept her Three Bears in the 5th spot.

Most of the late-race action occurred in the battle for 8th place. **Scott Ames**, running for Team Octopod, moved up 4 places, including a spirited battle with Alec Isabeau, to win that spot. Isabeau, running his second leg of the day, still claimed the pool team title for Bohn Crushers as he held off a great run by **Lou Garcia** of Jacque's Stud Farm. Garcia also victimized 4 teams down the stretch. Among pool teams, Isabeau had both the sweet smell of victory and the rancid stench of defeat when Art Plus Intelligence was the last team out of the pool in 20th place. The pool team winners included **Jim McCray**, Donna Hinshaw and Ernie Bohn. **John Anderson** pulled his team, **Why Not?**, up 2 places over the last leg.

Several runners moved onto the all-time best list for the uphill leg. **Dan Tuohy** of Spent Bullets ran 19:39, the 3rd-best 60-69 time ever; on that same list were **Dan Preston**, 6th with a 20:07 and **John Lander**, 7th at 20:18. **Jon Hermstad** anchored Anti-Warz But Pro-Run with a 16:50, the 5th-best 50-59 time in event history.

-LM

Presidential Ploddings

The sun was out today. It was certainly a great change from the dreary fog or never ending drizzle. The hills seemed to come alive in their vivid emerald green. Water is falling in shimmering cascades all over Annadel.

I am bombarded with reminders of how California impressed me when I moved from Colorado twenty-three years ago this month. The contrast could not have been greater. My last day in Colorado was a sparkling midwinters day. The sun cast a million points of light on a foot of freshly fallen snow. It was also a toasty eighteen degrees below zero. Santa Rosa was a new world.

It was not just the weather that created such a favorable impression of California. I met some fantastic people in those first days in Sonoma County. **Mort** and **Chris Gray**, **Joe** and **Linda Phaby** and **Mike** and **Sandy McGuire** made me feel I had found a home. They were different from the people I had known back in Boulder. They were runners and they belonged to a club.

It was my introduction to the Empire Runners.

I think the Empire Runners impressed me so much because of their attitude. They loved life and they loved running. Most importantly, they were not afraid to share that love. The club is still full of those kinds of people. These are people who are fun to be around.

As a club, we have just finished a very successful year on the PA Cross country Circuit. Our relay teams have come out on top. Individually, our members have achieved note-worthy performances. We have a solid reputation as a well-run, competitive club.

That reputation might lead people to believe that we are another elite club. Some could imagine that if they can't run a sub five-minute mile, they don't meet our standards. Others might read about our workouts in the newspaper and be interested. They hesitate to check us out for fear that they would not fit in. Some might even be afraid that

they would be ignored unless they matched some unspoken stereotype. So they stay away. I am sorry they feel that way. It could not be further from the truth.

I like to run fast. It is very satisfying to me to hammer a hilly section of trail and stop to rest at the crest with Santa Rosa at my feet. The problem is, I cannot run that fast anymore. Injuries and job commitments have



Race Director Doug Courtemarche holds court at Dinucci's Restaurant to present Valley Ford Relay awards. Photo by Dan Preston



robbed me of my Kenyan-like abilities. But I do not care.

I run because of where I live. I run because of the people in this club. The interplay of personalities gives life a zest. The people in the club have been my support during rough times. The Empire Runners are still made up of people who made me know that is my home. I am thankful that they are a part of my life.

- John Anderson



Club Banquet a Fun Success

If you missed the club banquet this year, you missed out on a good time. 72 people were in attendance. I would like to thank those people who helped. At the door were **Matt and Phyllis Blanchard** and **Mike Wortman**. Serving dinner were **Lisa Isabeau** and **Val Sel**. A big thank you to **Al Tagliaferri** for catering. **Alec Isabeau** and **Walt Vennum** arrived early and helped set tables while **Leslie Curry** and **Amy Gandy** helped clear tables. **Darryl Beardall** and **Dave DeSelle** helped with clean-up. The donors for the raffle were **Steven Starkweather** with a 1-hour massage, **Sue Ride** with a facial, Monticito Heights with 2 one-month memberships and **Pam Field** with a six-week yoga session.

Bill Browne gave out the awards for the Grand Prix, the cross country team leaders gave out checks to those who ran 6 or more races during the season on a full team, and the mens' Providian Relay team awarded Al their plaque to be placed in his deli. **Larry Meredith** showed slides club runners and **Brendan Hutchinson** showed slides of our very own Annadel filled with turkeys. The evening ended with music provided by Elliot Finesse and the Artlaws.

-Lisa Anderson



Walkers Run Stampede!

Eric and Sheila Walker competed in the Davis Stampede on February 2 and Sheila came away with a 10K personal record of 49:24, nearly 3 minutes faster than her previous best. Eric ran 35:29 for 4th overall but laments that he "got outkicked by a HS kid in the last 300, ugh! Not a PR, but a time I'll take these days!"

IMPORTANT NOTICE! 2003 LOOP De LOOP CANCELLED! 2018 Loop De Loop will be run in its place!

Doc'n Mojo and Puddles haven't done a dang thing to prepare for this year's LDL, so we've cancelled it. In its place, we will be presenting the 2018 Loop De Loop, since the three of us will be out of town on race day in April 2018 (specifically, we intend to be shivering through the 5th day of an unrelenting ice storm, huddled in a shredded portaledge 19 pitches up a big wall on Baffin Island). Our apologies in advance.

So, you are cordially invited and challenged to participate in the 2018 Loop De Loop Certified Half-Marathon-Plus-A-Little-Extra-Bonus-Suffering, coming 15 years early to Annadel State Park on Sunday, April 6, 2003.

The grim details remain the same: the course is two laps through a brutal 7-mile rock-strewn briar patch, the start is handicapped so each runner feels certain that he or she has been singled out to finish last, we provide stale cookies and tepid swamp water at the three remarkably similar aid stations and we will charge you money for this privilege. But remember, every finisher gets a unique prize, a super-sized real faux-gold trophy and wads of CASH CASH CASH! ...And then there's the stunning portapotty available for your voiding pleasure! (Additional portapotty surcharge may apply; see application for details.)

See you on **Sunday, April 6, 2003** at the Cobblestone/Orchard Trailhead on **Channel Drive**. Race starts at **0800, a.m.**, in the morning. For further information call 578-3025 or 546-1021.

-- A Doc 'n Mojo (and Puddles Helped, Too) Production



NEW RACE ON CLUB SCHEDULE!

Doc 'n Mojo (and Puddles Helped, Too) Productions is proud to present a new addition to the Empire Runners menu of races: **The Sugarloaf Summer Solstice Sunset Relay** (in the coming months we will change the name to make it even longer and more complicated). This race will be a two-person relay, each runner covering a 3-mile loop on trails at Sugarloaf State Park in Kenwood.

The race will be held on Friday, June 20 at 6:00 p.m., with awards and BBQ afterwards. The start/finish

will be at the group campsite, which we have reserved for the night. Up to 50 people can spend the night and enjoy an easy run and breakfast on Saturday morning. Big Al says he'll bring abundant food for the post-race feast!

Put this on your calendar now and stay tuned for further details in the next couple months.

-- *Doc, Mojo and Puddles, at your service.*



Analy High School Seeks Track Coach

Anyone interested in being a track coach? Analy High School is looking for one or two assistant coaches. If interested, contact athletic director, Joe Ellwood, at 824-2321.



Ask Dr. Dutch*

Lars S. Andersen, Ph.D.

Introduction

Suffering... We've all been there. We all know it. On countless occasions, The Bubbas have discussed it on Monday Night Runs. Eric "Puddles" Downing even coined the term Bonus Suffering, something I'm guessing happened ascending the climb on Sweetwater Springs Rd on his bike. At one point, Alec "Doc" Isabeau asked me if I couldn't come up with a Suffering Equation - a Sufferometer - to mathematically describe Suffering. As the math geek I am, I accepted the challenge. The following documents my initial efforts to this end.

Formulation

Consider a person running. The suffering this person experiences during the run is denoted by S. Initial research shows that S can be approximated by

$$S = \frac{M \cdot E \cdot L_1}{L_2 \cdot O \cdot U}$$

where M denotes the mass of the runner. As **Jim "Cadillac" Coughlin** has so brilliantly demonstrated to us all, mass matters. Cadillac has initiated a running comeback, though, so watch out for him setting the roads on fire in the future. On a related note, anyone who has watched his kids run knows that we have some

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real talent brewing amongst the youngsters in our club.

E denotes the elevation gain of the run. Hills hurt. Just beware that ugly Danes have been known to carry albuterol inhalers with them wherever they run in a vain attempt to use exercise-induced asthma as an excuse for their inability run fast enough on hills - or anywhere else, for that matter. If you catch one in the act, by all means set him/her straight.

L_1 denotes the length of the run. Distance can definitely humble us humans. Nowhere is this more true than the Monday Night Run where the run time is always 49 minutes by definition. As the average speed is the length of the run divided by the (constant) run time, we see that the average speed is proportional to the length of the run. The longer we run, the faster we run. If the length of the run is seven miles, we run at 7:00 pace per mile. If we double the distance to 14 miles, the pace suddenly drops to 3:30 pace per mile. Talk about suffering! Note that this holds true for humans only. After his formidable 2002 ultra-running season, **Eric Bohn's** previously unchallenged status as a human is being seriously questioned by the running research community. Hence, distance may affect his species in an alternative manner that is not covered by the above equation.

L_2 denotes laughter. Trust me on this one, nothing melts away suffering like good buddies giving each other a hard time. It has gotten me home before and it will do so again. Thanks guys!

O denotes a function that increases as the fraction of time spent outdoors increases. Ever compared the suffering of a two hour session on the treadmill in the gym to that of a two hour run in Annadel with your friends? Ever compared the suffering of a four hour session on the bike trainer in your garage to that of a four hour ride to the coast and back with your buddies? Ever compared the suffering of an hour in the pool to that of an hour in Lake Ilsanjo? Get out there!

U denotes the unexpected. Like finding yourself on a Monday Night Run where women outnumber men and where you get to use **Melanie Lovrin** as the ball in a spontaneous game of hoops on a dark and deserted city street. I guess you had to be there. I wonder why Doc and I had a sore back the next morning...

Examining the above equation closer, we see that S increases as M, E and L_1 increase while S decreases as L_2 , O and U increase. In other words, the more $M \cdot E \cdot L_1$, the more suffering and the more $L_2 \cdot O \cdot U$, the less suffering. The former conclusion is quite obvious but the latter may come as a surprise to many. I certainly found it very unintuitive.

The above equation applies to a variety of runs and is clearly extensible to disciplines other than running. However, it is an approximation only and will likely have to be augmented with additional terms at a later time. One effect noticeably absent from this equation is the famous **John "Mojo" Royston** restroom dependency. Since this dependency involves a variable number of strongly time-dependent singularities, it is too complicated to be included in this initial approximation for S. Another less obvious deficiency is the lack of a Gorac dependency. This

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phenomenon is far too involved for this basic discussion of S but the reader is encouraged to seek out **Doc** and ask him to elaborate on the subject matter.

Conclusions

Two major conclusions can be made from the above. First, to minimize suffering, keep your friends close and you'll be all right. Second, Monday Night Runs are a blast! Come join us. We meet at 7pm every Monday at 1932 Yolo Ct and run seven miles in 49 minutes. We would love to see you there. If you do join us, be prepared to guest star in this column at some point in time.

**No, Dr. Dutch is not Dutch, he is Danish. Tell your friends. If you don't know the difference between The Netherlands and Denmark, hunt down your geography teacher and ask for a refund. Sure, they're both small, flat, insignificant countries in northern Europe characterized by bad weather and people who smoke -- but they're different countries nonetheless. It is left as an exercise to the reader to sort out how Holland relates to these two countries.*



Changes to the 2003 Grand Prix

The following changes will occur in this year's Grand Prix: All division leaders (top three per age group) must run a minimum of 3 races to qualify for awards. Also the top three overall winners in the mens and womens divisions who receive the Fleet Feet awards will not be counted for the division awards in their age groups (this will allow 3 extra men and women to be recognized for awards). Also, unless I hear a huge outcry of disagreement, awards this year to the top three division leaders in each of the age groups will be awarded certificates rather than arranging for a sponsor for each age group. It has been very difficult to get sponsors for all groups, and the same people step up each year

2002 Grand Prix Award Winners: Any award winners who were not at the club party to receive their prize has until the Ilsanjo Classic race to pick up their award. After that it will be returned to the sponsor or donated to be raffled off at a race. You must contact Bill Browne at 528 7963 or email him at bbruns2win@aol.com.



Masochistic Tendencies

by Stephen Starkweather

[I wrote this in the 1980's when I lived in Marin.]

It may be surprising to learn that pain can benefit runners; however, I have found that it tends to relax the body and mind, as well as uplift the spirit. Thus the adage, "No pain, no gain," may not be entirely meaningless, and the statement that many runners are masochistic may have some merit.

My first point is that any sudden pain during running seems to cause an instant relaxation in the body and mind. For example, two weeks ago while running through a dark redwood forest, I tripped over a root and painfully stubbed my big toe. Instantaneously a strong impulse traveled to my mind, which told me to slow down and take it easy. Last week, another painful experience caused me to relax my style of running. I was racing in from a long run near Bon Tempe Lake in the water district lands, when I felt a muscle rip apart underneath my left shoulder blade. At that moment I realized that I had been sprinting right through any reasonable boundaries of sanity, so I slowed my pace.

My second point is that pain during running can uplift the spirit by conjuring up memories of great running adventures of the past. For example, while running today, my sore knees continuously reminded me of yesterday's run up the 1160-foot grade of Bald Hill. The memory caused me to feel a spiritual glow of accomplishment and satisfaction. Another example is a certain pain in my big toes which I feel when I run over excessively hilly terrain. This pain never fails to remind me of the time I ran for five hours from Bolinas to San Rafael nonstop and my big toes swelled up and became red. The memory of this run always raises my self-esteem and spirit because it was such an accomplishment. Clearly then, pain can benefit a runner, either through a sudden, forced relaxation of the mind and body, or through the memories conjured up which lead to spiritual uplift.

But now you can prevent the pain. Or, take the pain away if you have it already!

Treat yourself to a relaxing massage -- Stephen Starkweather, Certified Massage Therapist

My office is at 403 Chinn Street, near College and Brookwood Avenues, in Santa Rosa. Ask for your runner's discount. Phone: 542-9739. E-mail: ItMustBe@att.net. Visa/Mastercard accepted.



Massage Therapy by Jenny Surprise

I have two offices to serve everyone's needs. My primary office is located in Santa Rosa at 170 Farmers Lane in the Sunrise Shopping Center (inside Avatar Image Center). This is directly across from the Montecito Heights Health and Raquet Club and the Flamingo Hotel. My other office is located in the 24-Hour Health Club in Santa Rosa.

I do a full consultation and health history, offer strength training recommendations for improved performance and injury prevention, and use assisted stretching, accupressure and deep tissue techniques.

Prices are as follows: 1/2-hour -- \$35; 1-hour - \$55; 1-1/2-hour -- \$65. Call (707) 799-8094.

*-Jenny Surprise, B.A.S.E. Training --
a Balanced Approach to Sports & Exercise*



Volunteers Needed for Biomechanics Study

I am looking for volunteers who are willing to have their running stride analyzed for a Biomechanics Study I am doing for one of my graduate classes at Sonoma State University.

What is biomechanics you might ask? Biomechanics is the study of human movement and can be applied to Sport Analysis, Ergonomics, study of general movements, and also has medical applications. Studies are usually analyzed in both a quantitative and qualitative manner. What the heck does that mean? Well, biomechanists use both visual and numerical data to analyze movements.

For the study I am conducting I will be recording an athlete's running stride with a digital camera while they are running on a treadmill. I will tape reflective markers on all joints, videotape the run, and then the video will be loaded into a motion analysis software program. The program allows me to study the center of gravity and all of the various angles of every joint in the body while you are pictured running. Numerical data in x,y coordinates is used to analyze and graph the movements.

Why am I conducting this study? Well -- I have to for school. But I am primarily interested in building a database of runners exhibiting a variety of strides from normal to irregular that I can use with this software. Using the database I will be comparing the movements of runners with irregular strides while running with and without orthotics to see if the orthotics achieve the desired correction. Essentially I'd like to see if the runner's stride follows the same gait patterns of the normal strides of efficient, uninjured runners.

I will be looking to begin videotaping within the next two weeks and will be conducting the testing at the *Empire Runners Newsletter*, March 2003

Biomechanics Lab on campus at Sonoma State. All taping will be conducted on a Friday during the late morning to afternoon.

If you are interested, the TEST IS FREE and you are welcome to a copy of your analysis to keep and/or share with your physical therapist/chiropractor/Dr., etc.

Please contact me by e-mail or phone as soon as possible. Study participants are scheduled on a first-come/first-served basis.

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A Page From The Legend's Past

*Reprinted from a recent edition of
Northern California Ultra Running*

The year 1970 was also notable for the classiest 50-miler yet seen on North American soil. At Rocklin, California, ultrarunning arrived with a bang on the West Coast. The AAU 50-mile championship, for the first time not held on the east coast, was dominated by Bob Deines, a top American marathon runner, who clocked 5:15:19, despite faltering at 48 miles. He was nearly caught by a fast-closing Skip Houk, who recorded 5:15:22, with **Darryl Beardall** running 5:18:55 in third. The three west-coasters had revolutionized the American record book with one fell swoop. The historic display of American ultra talent was capped by the performance of another female pioneer, Natalie Cullimore, who set a women's world road best of 7:35:57.

The following year at Rocklin a road 100 miler was held. Jose Cortes, a 19-year-old cross country and marathon runner, benefitting perhaps from the ignorance of youth, produced a stunning 12:54:31. Behind him Natalie Cullimore again produced a new world road best, and moved into second place on the US all-time road list behind only Cortes with a 16:11:00! Both performances would stand as American bests well into the next decade.

The next year, 1972, saw the 100-mile road event continue to prosper in the United States. In March Ken Young ran 14:14:39 in Sacramento, with **Darryl Beardall** in second with 15:38:38.....



New Club Members

Welcome, New Club Members!

If you have joined the club in the past year and we didn't get your introduction into the Empire Runner Newsletter, please e-mail a note about yourself to

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thirsty@saber.net. Here are some of the club members who have joined our ranks since August.

Kristin Komorowski is a 15-year-old sophomore at Healdsburg High School. She has lived in Healdsburg since she was one year old with her mother, Diane, father, Rob, brother, Michael (he's 18 and a freshman at UC Berkeley), and twin sister Megan. Kristen writes, "I joined my high school cross country team freshman year and loved it." She finished 3rd in the Sonoma County League Championship Meet that year and then placed 11th last fall. Her personal best time is 20:04 on the 2.97-mile Spring Lake course. She is currently competing for the high school track team, running distances from 800 to 3200 meters. She adds, "My favorite distance to race is 5K, and my favorite cross country course is the one at Mt. SAC (Southern California, very hilly). Locally, I like the Spring Lake course. One of my favorite workouts is doing the Monday night runs with the Empire Runners." She also favors doing fartlek workouts on the grass.

A Lacrosse club team player from Santa Rosa, **Leo von Raesfeld** had never competed as a runner until recently. He's originally from Petaluma and competes for his Lacrosse team out of Novato. Leo says, "After last season I did more running than I had ever done in an off season and ran in four 10Ks and the half-marathon in Humboldt. I want to continue advancing my running, primarily increasing my pace in 10Ks. I really enjoyed the half-marathon and would do another but I don't think I'm full marathon material. Anyhow I felt joining the club would help to keep me motivated."

Walt Vennum is a long-time local runner and former club member who recently re-joined. Here's his bio: "The highlight of my running career came in my senior year in high school when I turned in the 3rd-fastest half-mile time in the state of Washington, a time which nowadays probably wouldn't even win an NBL dual meet. Its been all downhill since then. That fall I competed on the University of Montana cross country team, but soon tired of running around the campus golf course in my underwear during snow storms and didn't run competitively again for almost 20 years. Between 1980 and 1995 I ran in about 200 local road races at distances from one mile to 25K, my proudest accomplishment being doing the Dipsea 7 times. I've continued to run for fitness and to be able to continue mountain climbing. Just recently I've felt the desire to find training partners (rather than run alone all the time), to socialize a bit and maybe even eventually road race again."

Dan Janeck of Graton recently moved here from San Diego and is a freelance editor.

The top high school distance runner in the Sonoma County League the past 2 years, **Ruben Mora-Roman Jr.** has won 2 titles each in cross country and track. He holds the Analy High School record for 3200 meters and set 4 cross country course records. Family members who have also joined the club include Ruben's father, **Ruben, Sr.**, and siblings

Empire Runners Newsletter, March 2003

Melina, age 8, and **Fernando**, age 6.

Len Gerardi from Penngrove is a retired engineer who began running at the age of 40. All of his personal-best times come from his early- to mid-50s and are quite impressive. He lists his PRs as 31:12 for 5 miles, 60:05 for 15K, 19:25 for 5K, 39:43 for 10K, 1:28:01 for the half-marathon and 3:15 for the marathon. Len is also a member of the Tamalpa Runners.

John Gannon is a former Piner High School runner and now a dedicated triathlete.

Neil Pinkerton works with computers and is a native of the United Kingdom. He ran track in high school and a bit of racing afterwards but now competes mostly in soccer. Neil claims to be best at middle distance but has a goal of breaking 40 minutes for 10K. He's already halfway there -- he ran our Resolution Run 5K in under 20 minutes.



January Empire Runners Club Meeting Minutes

The January meeting of the Empire Runners was called to order at 6:37pm, January 23rd, 2003, John Anderson presiding.

I. Reports:

Treasurer: Current club funds total \$17,844.22. The Last 10K brought in \$1400. The Resolution Run brought in \$643, which was donated to the MHS cross-county team. The PA Participation Incentive Awards paid out \$1890.

2003 Club Party: The party will be Sat., Feb. 1st, 5:30pm, at the Masonic Center. Bill Browne is looking for ER Grand Prix sponsors.

High School XC Teams Support Program: The committee is close to a proposal. More info coming soon.

II. Race Reports:

Resolution Run: Results are on the ER web page and the newsletter. Ty Strange wins again!

Cal 10: "Downtown" Kenny Brown and Eric Bohn represented the ER team well. They finished 24th and 39th respectively.

III. Race Reports-future:

Valley Ford: Same time, same place as last year. Larry Meredith is collecting names for a "level teams" pool.

Ilsanjo: March 23rd. Digger may need course monitors.

Loop de Loop: April 6th

Group Run: To be lead by Doc, 11 miles on the Palisades Trail, Saturday, Feb. 22nd. Carpool info coming soon.

New Club Race: Another Doc-n-Mojo (Puddles helped) Production. Coming in June. 2-person relay teams, 3-mile loop course. Stay tuned.

IV. Old Business:

P.A. Incentive Awards: Larry Meredith made a

proposal to award each qualifying runner \$90. This would extend the club contribution from \$1500 to \$1890. The motion was passed.

V. Raffle:

Monthly Raffles: Bob Finlay Monthly Drawing: Jim Busse \$20 (must be present to win)

*Respectfully submitted,
F. Puddles Downing, secretary*

Attendance:

F. Puddles Downing
John Anderson
Bill Browne
Don Sampson
Dave DeSelle
Super G
Dale Trowbridge
Carl Jackson
Jerry Lyman
Stephen Starkweather
409
Bob Shor
Doc Yzabeaux
Bob Rogers
Larry Meredith
Tori Meredith
Bob Finlay
Les Brodie
Dale Peterson
Terry McNeill
Ian Messier

JUST GO! Run/Walk

My name is Linda McDonald Ahmadi. The Dr. John McDonald JUST GO! Run/Walk is in honor of my Dad, who passed away in 2000, to benefit a scholarship in his name for paramedics at Santa Rosa Junior College.

On Sunday, **April 27**, REACH Air Medical Services, led by Pat McDonald, Tonia Bello and me, will put on the second Dr. John McDonald JUST GO! Run/Walk. The first place prizes are 30-minute HELICOPTER RIDES!!!

The event consists of a 10K run, a 5K run and a 5K walk. The courses are scenic out-and-back routes past a historic aircraft museum and vineyards on flat, paved, country roads. The races begin at **8:30 a.m.** from the REACH Air Medical Services Base at the Charles M. Schulz Sonoma County Airport (5010 Flightline Drive off of Airport Boulevard in Northwest Santa Rosa).

You can get an entry form and more information at www.reachairambulance.com or call (707) 575-6886. Or sign up on-line at www.rdysetgo.com.



Empire Runner Eric Bohn, left, receives his plaque for winning the 2002 Ultra Championship for the USATF Pacific Association. Photo by Dan Preston

2003 Valley Ford Relay

4 x 2.75-Mile, Sunday, February 16

Pl.	Team	Time / Div.Pl.	†
1	Runners Of Rohan	0:58:40	1
*	Dorris,C.Gardina,Cody,Matt Fitch	M15-19, 1st	
2	Freeballaz	1:04:56	
	Messier,Wheeler,Becker,Cabrera	M15-19, 2nd	
3	Team J-Low	1:05:18	
	S.Stafford,Chuang,Gatih,C.Stafford	M15-19, 3rd	
4	Dinuucci's Dogs	1:06:10	
	Crawford,Kneis,Lynch,Dickinson	M40-49, 1st	
5	Goldilocks & The Three Bears	1:09:13	
	B.Winkler,C.Winkler,J.Withers,L.Winkler(F)	M20-29, 1st	
6	Team X	1:10:51	
	T.Stafford,Wortman,Browne,S.Stafford	M30-39, 1st	
7	Another Year Older	1:12:16	
	D.Fagent,Byrne,Ottenweller,Holland	M50-59, 1st	
8	Team Octopod	1:13:58	
	Schafer,Sampson, Surprise(F),S.Ames	M40-49, 2nd	
9	Bohn Crushers	1:14:05	
	McCray,Hinshaw(F),Ern.Bohn,A.Isabeau	M50-59, 2nd	
10	Jacque's Stud Farm	1:14:26	
	J.Frazier,Royston,J.Pedgrift(F),Garcia	M40-49, 3rd	
11	Viagra Express	1:14:43	
	Clementi,McCormack,B.Smith,Preston	M50-59, 3rd	
12	Spent Bullets	1:15:07	
	Bru.Tuohy,Pawlitzi,Beeson,D.Tuohy	M50-59,4th	
13	Waiting On The Legend	1:15:16	
	Pinkerton,Beardall,J.Pedgrift,Downing	M40-49, 4th	
14	Victoria's Secrets	1:15:51	
	Hutchinson,T.Meredith,Street,B.Finlay	C40-49, 1st	
15	Two VWs, A Cadillac & A Ferrari	1:16:41	
	Browne,Peterson,J.Coughlin,J.Frazier	M40-49, 5th	
16	Don't Get Hurt or Barf, Just Finish	1:16:52	
	S.Cataldo(F),Mastin(F),R.Cataldo,Stovall(F)	C40-49, 2nd	
17	Mini-Mel & Her Munchkin Minions	1:17:44	
	Lovrin,Brodie,Gandy,Lyman	C40-49, 3rd	
18	Anti-Warz But Pro-Run	1:18:21	
	McNeill,Gade,Seim-Bossier(F),Hermstad	M50-59, 5th	
19	Gen W-X-Y-Z	1:19:01	
	G.DeSelle,Nelson(F),Urdzik,L.Meredith	M30-39, 2nd	
20	Art Plus Intelligence	1:19:44	
	A.Isabeau,Tagliaferri,Quigley(F),Andersen	M40-49, 6th	
21	Why Not	1:22:59	
	Curry,D.DeSelle,L.Anderson,J.Anderson	C40-49, 4th	
22	Older Than Dirt	1:23:23	
	Gray,C.Jackson,Harms,Lander	M60+, 1st	
23	I Weigh What!?	1:25:29	
	Montrose,Steinbrook,Car.DuBay,Mathewson	C40-49, 5th	
24	Ragle Runners	1:29:49	
	Lashinski,Jai,Feldman,L.Feldman,Jan.Feldman	F20-29, 1st	

*Runners Of Rohan sets new record for

Male Teams, 15-19: **0:58:40**

Old Record: 1:00:06, Loose Gravel, 1992

(Haluzak,Sanborn,Bisbee,Jones)

Downhill Women

	Age	Time	†
Melanie Lovrin	25	17:50	4
Marsha Seim-Bossier	46	19:21	
Sally Cataldo	49	19:32	
Jody Lashinski	40	21:08	
Leslie Curry	39	21:18	
Carol DuBay	40	21:32	
Amy Gandy	49	21:58	
Jenny Surprise	30	22:25	
Victoria Street	41	23:10	
Lisa Anderson	34	23:53	
Jacque Pedgrift		27:20	
Toni Quigley	40	28:51	
Lauren Feldman	9	31:29	

Downhill Men

	Age	Time	†
K.C. Cody	16	14:41	3
Jim Frazier	40	14:44	4
Josh Dorris	28	14:54	
Silas Stafford	16	15:42	
Ian Messier	17	15:52	
Dan Schafer	50	15:57	4
Alec Isabeau	41	16:02	
Brian Crawford	42	16:20	
Greg Clementi	45	16:32	
Brice Winkler	14	16:36	3
Neil Pinkerton	38	16:50	
Dennis Fagent	51	16:52	
Brendan Hutchinson	59	16:54	
James Lynch	42	17:08	
Bruce Tuohy	16	17:37	
Chris Gatih	19	17:47	
Bill Browne	53	18:16	
Ernst Bohn	63	18:46	6
Bill Browne	53	18:56	
Tim Stafford	52	19:12	
Mort Gray	70	19:17	1
Terry McNeill	59	19:21	
Jim McCray	49	19:25	
Greg DeSelle	18	19:32	
Ray Cataldo	57	19:38	
Wes Beeson	60	19:56	
Scott Montrose	46	20:23	
Ralph Harms	67	20:52	
Jim Pedgrift	61	21:32	
Jim Coughlin	43	25:00	
George Urdzik	59	26:00	
Brian Smith	56	NT	
Mike Becker	16	NT	
Joe Withers	13	NT	
Peter Ottenweller	48	NT	

Uphill Women

	Age	Time	†
Keri Nelson	24	17:02	3
Chris Mastin	41	17:52	1
Janet Feldman	44	18:26	
Lori Winkler	44	18:44	
Jaime Feldman	11	18:46	2
Tori Meredith	45	18:53	
Donna Hinshaw	48	19:00	4
Robin Stovall	43	19:50	

Uphill Men

	Age	Time	†
Chris Gardina	17	14:31	3
Matt Fitch	16	14:34	4
Mike Wortman	17	15:24	
Jim Frazier	40	15:32	
Lou Garcia	46	15:34	
Chase Stafford	19	15:46	
Ernie Chuang	22	16:03	
Bob Dickensen	46	16:12	
Scott Ames	44	16:16	
Javier Cabrera	18	16:24	
Jerry Lyman	53	16:25	
Larry Meredith	45	16:27	
Eric Downing	32	16:29	
Bill Kneis	47	16:30	
John Royston	48	16:48	
Lars Andersen	31	16:49	
Jon Hermstad	54	16:50	5
Alec Isabeau	41	16:54	
Bob Finlay	46	16:54	
Silas Staford	16	17:19	
Dale Peterson	45	17:53	
Ranier Pawlitzi	58	17:55	
Al Tagliaferri	55	18:02	
John Anderson	49	18:35	
Dave DeSelle	52	19:13	
Don Sampson	55	19:20	
Bob Hollander	58	19:35	
Dan Tuohy	67	19:39	3
Dan Preston	60	20:07	6
John Lander	61	20:18	7
Darryl Beardall	64	20:25	
Les Brodie	54	21:31	
Mark Mathewson	39	21:38	
Craig Stenbrook	47	21:56	
Jim Gade	48	22:49	
Carl Jackson	71	22:56	1
Dave McCormack	58	NT	
Andrew Wheeler	16	NT	
Clay Winkler	45	NT	
Dennis Byrne	48	NT	

† = Place on Valley Ford Relay All-Time Age Group Lists

Chris Mastin sets new age group record for

Uphill Females, 40-49: **17:52**

Old Record: 18:06, Janet Feldman, 2002

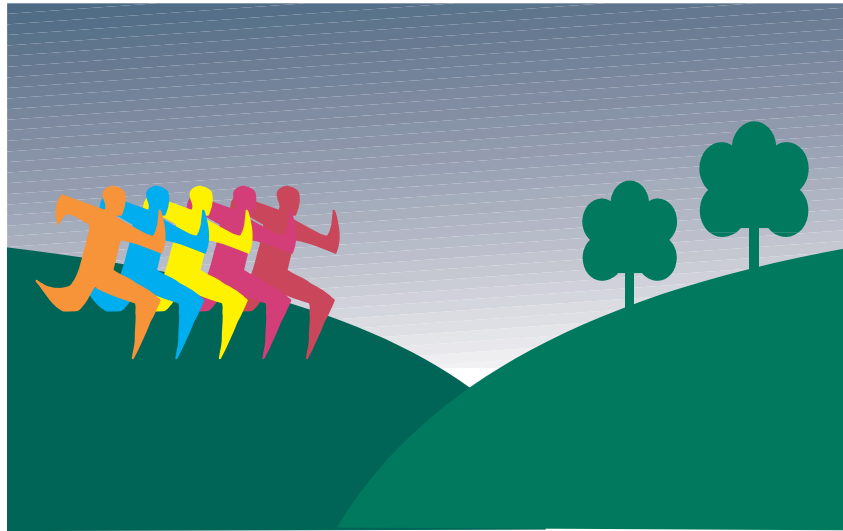
Mort Gray sets new age group record for

Downhill Males, 70+: **19:17**

Carl Jackson sets new age group record for

Uphill Males, 70+: **22:56**

The IIsanjo Classic



10-Mile Trail Run and 4-Mile Neoclassic

When: Sunday, March 11, 2001.
Kid's 1K (0.62 mile) starts at 8:45 a.m.
10-mile and 4-mile.

runs begin at 9:00 a.m.

Where: Start and finish at Howarth Park in Santa Rosa .

Registration: Race day registration only, beginning at 8 a.m.

Entry Fees: \$10 for the 10-mile race, \$6 for the 4-mile and \$1 for the 1K.

Empire Runner Discount: All Empire Runners Club members get \$2 off the 10-mile race entry fee and \$1 off the 4M.

Youth Discount: The 10-mile and 4-mile races are \$3 for **any** entrant aged 18 years or younger.

Information: Dave "Digger" DeSelle (707) 523-3590.

Just for KiDs

The Newt scoot 1K run is open to youngsters aged 12 and under. The race course is out-and-back on the bike path at Howarth Park. the distance is just over a half-mile and all finishers are awarded a Newt Scoot ribbon. the cost is just \$1.00 so bring those kids and turn them loose on the world of running!

Empire Runners Apparel for Sale

Numbers are quantities available

Shirts, Jackets, Sweats with Empire Runners Logo

	Small	Medium	Large	X-Large	Price	Enter Quantity Ordered				Total \$
						S	M	L	X	
Cotton Tank Top, White	6	7	3		\$ 7					\$
T-Shirt, White	1				\$ 8					\$
T-Shirt, Royal	1	3	7		\$ 8					\$
Long Sleeved T-Shirt, White	1	1	4		\$ 11					\$
Long Sleeved T-Shirt, Royal		2	4		\$ 11					\$
Crew-neck Sweatshirt, Royal	1	2	2		\$ 16					\$
Hooded Sweatshirt, White		1			\$ 20					\$
Hooded Sweatshirt, Royal	1	5	6	4	\$ 20					\$
Men's InSport CoolMax Singlet, White	2			3	\$ 15					\$
Women's InSport CoolMax Singlet, White	6				\$ 15					\$
Men's Brooks Singlet, Royal	6	8	2	3	\$ 20					\$
Women's Brooks Singlet, Royal		4	6		\$ 20					\$
Women's Brooks Singlet, White	2	8	4		\$ 20					\$
Men's Hind Nylon Singlet, White			3		\$ 10					\$
Women's Hind Nylon Singlet, White	1	1			\$ 10					\$
Men's Nylon Micromesh Singlet, Lt.Blue	1		1	1	\$ 15					\$
Women's Nylon Micromesh Singlet, Lt.Blue			1		\$ 15					\$
InSport Finalist Jacket, Royal/White	1	1	1		\$ 40					\$

Shorts & Pants

	Small	Medium	Large	X-Large		S	M	L	X	
Black Microsoft B.O.A. Shorts	5	1	4		\$ 20					\$
Men's Black Supplex Shorts	2				\$ 15					\$
Women's Black Supplex Shorts	1	2	1		\$ 15					\$
Men's Royal Nylon Shorts, BR		1			\$ 10					\$
Women's Royal Nylon Shorts, BR			1		\$ 10					\$
Asics Ultra-Lyte Rival Pants, Black		2	1		\$ 30					\$

Shirts, Jackets, Sweats with

Thirsty Logo

	Small	Medium	Large	X-Large		S	M	L	X	
Thirsty Boys Cotton Tank Top, Royal	1			1	\$ 7					\$
Thirsty Girls Cotton Tank Top, Royal	2		4	1	\$ 7					\$
Thirsty Boys T-Shirt, Navy			2 youth		\$ 8					\$
Thirsty Girls T-Shirt, Royal	2	2	3		\$ 8					\$
Thirsty Boys Hind Nylon Singlet, Royal				3	\$ 10					\$

Mail Check & Form to:

Larry Meredith, 3390 Princeton Drive,
Santa Rosa, CA 95405

Order Total:

Arrange for pickup or add \$4 for shipping and
include mailing address below

Total (check payable to Empire Runners):

How to Order:

Option 1: e-mail order info to Thirsty@saber.net
then send check & form

Option 2: phone Larry Meredith at 526-4536
and then send check & form

Option 3: mail check & form to Larry Meredith,
3390 Princeton Drive, Santa Rosa, CA 95405

Shipping/Pick-up: add \$4 and include mailing
address or avoid shipping charge by arranging for
pick-up (call or e-mail).

Name: _____

Address: _____

Phone: _____

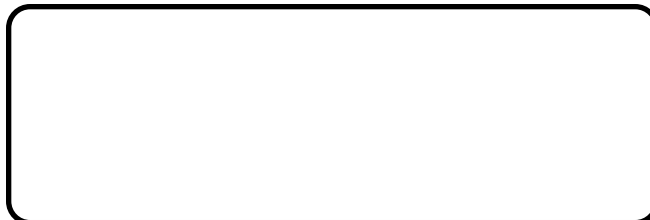
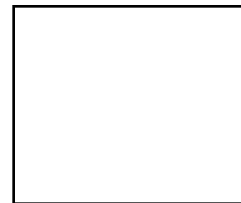
Empire Runners Training

March 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>45M/wk): run as written; Group II (30-45M/wk): 2/3 of workout; Group III (20-30M/wk): 1/2 of workout; Group IV (<20M/wk): 1/3 of workout</p>			25 90 ats rive,	26 7M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	27 10M total with 3.5M (20-25 min.) at <u>strong pace</u> 4:30p Howarth Park 6:30p Club Meeting, MV RT Pizza	28 5M at <u>comfortable pace</u> or Off	1 1.5M jog, 5x2 min. at 5K G.P., 5x1 min. at 2M G.P., 5x45 sec. at 1M G.P. 8:30a Y'Allcomers Training Run, Railroad Square, SR
			2 14M at <u>medium pace</u> Race: Napa Valley Marathon & 5K 8:30a Parktrail Drive at Summerfield Drive	3 7M at <u>comfortable pace</u> 7:00p 1932 Yolo Court, SR	4 16x400m@5K G.P., walk 50, jog 50 5:30p 3390 Princeton Drive, SR	5 7M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	6 7M total with 2.5M (14-17 min.) at <u>strong pace</u> 5:30p Howarth Park <div style="border: 1px solid black; border-radius: 15px; padding: 2px; display: inline-block; margin-top: 5px;">Back to 5:30!</div>
9 14M at <u>medium pace</u> 8:30a Cobblestone Trailhead on Channel Drive	10 4M at <u>comfortable pace</u> 7:00p 1932 Yolo Court, SR	11 1600m@5K G.P., 1200m@5K G.P., 2x800m@2M G.P., 4x400m@2M G.P.; jog half-distance after each 5:30p 3390 Princeton Drive, SR	12 8M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	13 8M total with 3M (18-22 min.) at <u>strong pace</u> 5:30p Howarth Park	14 7M at <u>comfortable pace</u> or Off	15 8M total with 2x1.5M @ 10K G.P., jog 15 min. between Race: Whale Run 5K & 10K, Fort Bragg 8:30a Y'Allcomers Training Run, Railroad Square, SR	
16 15M at <u>medium pace</u> 8:30a Parktrail Drive at Summerfield Drive	17 6M at <u>comfortable pace</u> 7:00p 1932 Yolo Court, SR	18 1.5M@10K G.P., 2x1M@10K G.P., jog half-mile after each 5:30p Cobblestone Trailhead on Channel Drive	19 4M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	20 6M total with 1.5M (8-11 min.) at <u>strong pace</u> Newsletter Deadline: Dale Peterson, Editor 5:30p Howarth Park	21 4M at <u>comfortable pace</u> or Off	22 3M total with 10x20sec. @ 2M G.P. 8:30a Y'Allcomers Training Run, Railroad Square, SR	
23 Race: Ilsanjo Classic 4M & 10M, Howarth Park, Santa Rosa	24 3M at <u>comfortable pace</u> 7:00p 1932 Yolo Court, SR	25 12x300m@5K G.P., walk 50, jog 50 5:30p 3390 Princeton Drive, SR	26 5M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	27 8M total with 3.5M (21-25 min.) at <u>strong pace</u> 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza	28 7M at <u>comfortable pace</u> or Off	29 8M total with 16x60 sec. @ 2M G.P., jog 60 sec. 8:30a Y'Allcomers Training Run, Railroad Square, SR	
30 10M at <u>medium pace</u> 8:30a Parktrail Drive at Summerfield Drive	31 6M at <u>comfortable pace</u> 7:00p 1932 Yolo Court, SR	1 3x800m@2M GP, 6x400m@1M GP; jog half-distance after each 5:30p SRJC Track <div style="border: 1px solid black; border-radius: 15px; padding: 2px; display: inline-block; margin-top: 5px;">To The Track!</div>	2 7M at <u>comfortable pace</u> 5:15p Fleet Feet shoe store, 4th St., SR	3 10M total with 4M (23-28 min.) at <u>strong pace</u> 5:30p Howarth Park	4 6M at <u>comfortable pace</u> or Off	5 3M total with 10x20 sec. @ 2M GP, jog 20 sec. 8:30a Y'Allcomers Training Run, Railroad Square, SR	

Empire Runners Club

3648 Evergreen Road
Santa Rosa, CA 95405



Ilsanjo Classic 10-Miler

plus Neoclassic 4-Mile and Newt Scoot 1K for kids

When: Sunday, March 23. Kid's 1K (0.62-mile) starts at 8:45 a.m. 10-mile and 4-mile runs begin at 9:00 a.m. **Where:** Start and finish at Howarth Park in Santa Rosa. **Registration:** Race day registration only, beginning at 8:00 a.m. **Entry Fee:** \$10 for the 10-mile race, \$6 for the 4-mile and \$1 for the 1K. **Empire Runner Discount:** All Empire Runners Club members get \$2 off the 10-mile race entry fee and \$1 off the 4M. **Youth Discount:** The 10-mile and 4-mile races are \$3 for **any** entrant aged 18 years or younger. **Information:** Dave "Digger" DeSelle, (707) 523-3590.

Loop-de-Loop 14-Mile Trail Race with Handicapped Start

When: Sunday, April 6. First group starts at 8:00 a.m. **Where:** Start and finish on Channel Drive in Annadel State Park in Santa Rosa. **Registration:** Race day registration only, beginning at 7:15 a.m. **Entry Fee:** Cheap. **Points Race:** The Loop-de-Loop is part of the Empire Runners Grand Prix points series. **Information:** Alec Isabeau at 578-3025, or John Royston at 546-1021.

2003 Club Officers

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Jcoacha@hotmail.com

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(see Group Training)

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