

Empire Runners Newsletter

Volume XXIX, Number 3, March 2004

Valley Ford Relay

Bad Apples Leave Second- Place Team Barely Standing

The 14th Annual Valley Ford Relay took place under calm, gray skies on February 15, but there was plenty of color and turbulence out on the course. Race Director **Doug Courtemarche** and Grand Marshall **Bob Shor** put on another flawless event that matched last year's turnout of 24 teams. Volunteers from the Santa Rosa High School cross country team contributed to the smooth operation of the race.

A group of current team members from SRHS, **Bad Apple Mutha Chuckas**, was also stealing the spotlight in winning the event, though they were nearly chased down by **Barely Standing**, a contingent of students and alums from Casa Grande and Rancho Cotate High Schools. In the end it was SRHS freshman **Brice Winkler** holding off SRJC freshman **Mike Wortman** for the team win by a mere 13 seconds. Wortman had cut the gap by 47 seconds but ran out of course in a valiant effort.

One-third of the field was participating in a Level Team pool, which provided much drama throughout the race as team positions changed constantly. In fact, the winning team among that group, **Sheep Dates**, went from first place after the second leg to last place after the third leg and finally back into first in the final 100 meters of the race.

And now, for the rest of the story . . .

Leg 1, Downhill Direction

Two teams put their best feet forward when

Chris Gilbert led off for **Krazy Kruzers** and **Kenny Brown** started for **Scrambled Eggs**. They ran stride-for-stride most of the way but as they approached the handoff it was Gilbert pulling out to a 4-second advantage. He covered the 2.75-mile course in 13:35, the 8th-best time ever for the downhill direction and 5th best for males aged 30-39. Brown's 13:39 broke his course PR of 13:43 set 9 years ago and is the 10th-fastest all-time.

Bad Apple Mutha Chuckas put up **Silas Stafford** and he ran pretty much alone, finishing more than a minute behind the top 2 yet 44 seconds ahead of the first Level Team, **Sheep Dates**, which had **Eric Downing** on leadoff. Another Level Team, **Better Late Than Never**, held 5th place with **Jerry Lyman** coming in only 5 seconds after Downing. Both held off the finish of Barely Standing's **Ian Messier**. Lyman's 16:07 earned him the number 5 ranking on the all-time list for 50-59 runners, bumping **Brendan Hutchinson's** 1996 time by 4 seconds.

Ilsanjo Classic 10-Miler plus Neoclassic 4-Mile and Newt Scoot 1K for kids

When: Sunday, March 21. 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.

Leg 2, Uphill Direction

Eddy McFarlin quickly moved his Bad Apples from 3rd to 1st and opened up a lead of 1:19 by the half-way point in the race. **Larry Meredith** had Sheep Dates on the move, gaining 2 spots to move into 2nd and continuing to hold the lead among Level Teams. **Robert Wheeler** of Barely Standing quickly cruised past Krazy Kruzer's **Jessi Ray** and then ate up Scrambled Eggs' **Carl Triola**, showing little respect for his old HS coach at Casa Grande. Wheeler had more trouble with Montgomery HS coach **Val Sell**, starting 7 seconds behind her and ending up just 3 seconds ahead, but Better Late Than Never, as Sell's team name suggested.

Several teams were on the move, none more methodical than **The Machines**, with **Ian Inman** grinding up 6 teams along the way. Among his victims were **Sally Cataldo**, lamenting, "**I Shoonta Had That Burrito**" and **Melissa Frediani**, asking, "**Why Me?**" The **Valley Ford Escort Service** also got caught up in the machinery but **Bill Browne** just made like a gigolo and scored 4 conquests of his own along the way. **Dave DeSelle's** team, **As If We Care**, had the answer for Why Me? and 3 other teams, including **Brutum Fulmens**, which is Latin for "Empty Threat." There's a team that lived up to its name - they started in 20th and made only one move during the entire race, going back one spot to 21st.

Four other teams gained 2 notches during the 2nd leg. Healdsburg HS senior **Kristin Komorowski** of **Three Chicks & A Chick Magnet** treated **Number 207's Joe Sanchez** like just another number and then gunned down **Lori Houston** of **The Quick & The Dead**. Komorowski established the 3rd-fastest time ever for the 16-19 division with a time of 17:27.

Don Sampson was a **Scaredy Cat** but his instincts could tell that Cataldo had one burrito too many and **Wes Beeson** of **Four For One** also picked up 2 spots. Then the only all-female team, **Go Girl!**, which started out in last place, had **Mariele Ponticiello** chowing down on **PB&J's Ron Bendorff** and then passing **Ray Messier**, whose team, **Mostly Out Of Shape**, was not kidding.

Sally Cataldo's 20:03 on this leg is the 2nd-fastest all-time for the 50-59 age group and **Jessi Ray's** 22:24 is now the 3rd-fastest in that division. **Wes Beeson** recorded the 3rd-best time for 60-69 men with his 19:21.

Leg 3, Downhill Direction

At the start of Leg 3 the Bad Apples had a lead of nearly 2 minutes on their would-be rival, Barely Standing. **Colin Gibbs** may not have been a rotten apple but he was a little over-ripe and **Mike Becker** worked hard to pick him off, cutting the lead in half along the way. Scrambled Eggs were cooking again, moving up 2 notches to 3rd with **Ian Messier** not yet fried even though he already led off for Barely Standing.

The next 4 teams were on a blitzkrieg during the 3rd leg, gaining a combined 28 positions. **Dennis**

Fagent brought Number 207 from 10th to 4th and his progress was matched identically by **Chris Mason** of The Machines (11th to 5th) and **Tom Hinde** of Valley Ford Escort Service (12th to 6th), each runner recording 6 roadkill. That was dwarfed by the performance of **Jason DeSelle**, carrying the flag for As If We Care. He knocked off 10 teams to pull into 7th.

Four For One jumped up 5 places, thanks to **Gil Moreno**, but they couldn't catch I Shoonta Had That Burrito because **Ray Cataldo** was busy passing 4 other teams himself. Mostly Out Of Shape was starting to shape up, even as **John Cullen** was feasting on PB&Js and 3 other victims. The **Good "Old" Boys** were reliving the glory days while **Len Gerald** was chasing down Scaredy Cats and taking advantage of **A FORDian Slip**.

Individual glory was earned by **Pam Horton** of A FORDian Slip as she posted a course record for women 60-and-over, running 25:46. Never mind that she is the first female of her era to run the Valley Ford Relay. **Bill Fisher**, keeping Sheep Dates in the hunt, ran 29:04 to record the 2nd-best 70-and-over time in race history. And Krazy Kruzer **Emily Deering** turned in a 23:32 to make the all-time list for 50-59 women in 3rd place.

Leg 4, Uphill Direction

Although Bad Apple Mutha Chuckas's lead shrank from 60 seconds down to 13, the high schooler, **Brice Winkler**, would not be caught by the college kid, **Mike Wortman**, and Barely Standing had to settle for 2nd place. Scrambled Eggs were served up next, with **Eric Downing** having a 2nd helping of Valley Ford roadways. Number 207, anchored by **Dennis Byrne**, and The Machines, with **Robert Wheeler** repeating, held their 4th and 5th positions, respectively, on the final leg.

The next 9 places in the race were dominated by the 8 Level Teams, as all were in contention with a mile to go. After going mano-a-mano in Leg 1, it was ironic that **Kenny Brown**, running last for Scaredy Cats, and **Chris Gilbert**, finishing up for Sheep Dates, were sent off in a virtual tie at the end of the 3rd leg. They were the last 2 Level Teams to start the final leg and once again they were in lockstep for 2 miles, passing one team after another, until Gilbert powered away up the The Hill and set his sights on one more victim - **Todd Bertolone**, leading the Level Teams division for Valley Ford Escort Service.

Ironic too, that as Gilbert chased Bertolone around the last turn and up the final hill, Bertolone was also running his second leg of the day, but on less rest as he had completed the 2nd leg for A FORDian Slip. So it was that Bertolone could not withstand the speed and determination of the younger Gilbert, and the Level Team victory went to Sheep Dates by 2 seconds. Brown was only 11 seconds back, giving Scaredy Cats 8th place overall. Gilbert had devoured 11 teams and Brown had overtaken 8 in the final loop. More Level Teams followed, **Stephen Starkweather**, also running a 2nd time, coming in 9th for **They'd Better Perform**; **Brendan Hutchinson**, the Chick Magnet himself, taking 10th; **Bob Finlay**, another doing double duty, gaining 2 spots to finish 11th; and A FORDian Slip, anchored by high schooler **Kim Conley**, leapfrogging over 3 teams to take

2004 Valley Ford Relay



Todd Bertolone, anchoring for Valley Ford Escort Service, ran the uphill leg twice, slowing down by only one second!
Photo by Larry Meredith



An apparently reluctant Carol DuBay (team name: "Why Me?") charges up the first hill on Leg 3.
Photo by Larry Meredith



Running 2nd for Mostly Out Of Shape, Ray Messier gets a workout up The Hill.
Photo by Larry Meredith



Dennis Byrne anchors Number 407 to team victory in the Men's 50-59 division and 4th place overall.
Photo by Larry Meredith



A team of distance runners from Santa Rosa High School, a.k.a. Bad Apple Mutha Chuckas, claimed the overall title in the 2004 Valley Ford Relay. From left, Colin Gibbs, Silas Stafford, Eddy McFarlin and Brice Winkler
Photo by Dan Preston



Chris Gilbert, left, nailed down the Level Teams victory for Sheep Dates in the final 100 meters of the race. The team included (L to R) Eric Downing, Larry Meredith, and Bill Fisher.
Photo by Dan Preston



Naming their team "They'd Better Peform," Lisa Anderson (2nd from L) and Lori Winkler were referring to teammates Stephen Starkweather (L) and Bob Finlay, who each had to run a leg on a different team. Perform they did, winning the Co-ed team title.
Photo by Dan Preston

2004 Valley Ford Relay

4 x 2.75-Mile, Sunday, February 15

Pl.	Team	Time / Div.Pl.	†
1	Bad Apple Mutha Chuckas S.Stafford,McFarlin,Gibbs,B.Winkler	1:03:44 M15-19, 1st	
2	Barely Standing I.Messier,Wheeler,Becker,Wortman	1:03:57 M15-19, 2nd	
3	Scrambled Eggs K.Brown,Triola,I.Messier,Downing	1:06:48 M30-39, 1st	
4	Number 207 Holland,Sanchez,De.Fagent,D.Byrne	1:13:23 M50-59, 1st	
5	The Machines J.Mason,Inman,C.Mason,Wheeler	1:14:48 M15-19, 3rd	
6	Sheep Dates Downing,L.Meredith,Fisher,Gilbert	1:15:06 M40-49, 1st	
7	Valley Ford Escort Service Seidner,B.Browne,Hinde,Bertolone	1:15:08 M40-49, 2nd	
8	Scaredy Cats Nordvold,Sampson,Bisordi,K.Brown	1:15:19 M40-49, 3rd	
9	They'd Better Perform Finlay,L.Winkler,L.Anderson,Starkweather	1:16:22 C40-49, 1st	
10	Three Chicks & A Chick Magnet T.Meredith,Komorowski,Mayo,Hutchinson	1:16:36 C30-39, 1st	
11	Better Late Than Never Lyman,Sell,Urdzik,Finlay	1:16:41 M50-59, 2nd	
12	A FORDian Slip Starkweather,Bertolone,Horton,Conley	1:16:47 C40-49, 2nd	
13	I Shoonta Had That Burrito Stovall,S.Cataldo,R.Cataldo,Peterson	1:16:58 C40-49, 3rd	
14	Four For One McNeill,Beeson,Moreno,Mar.Fitch	1:17:09 M50-59, 3rd	
15	Why Me? Montrose,Frediani,Car.DuBay,Cat.DuBay	1:17:39 C40-49, 4th	
16	As If We Care L.Curry,D.DeSelle,J.DeSelle,J.Anderson	1:18:48 M40-49, 4th	
17	Engineering Feets Reiter,Libby,Clayton,Penn	1:21:57 M40-49, 5th	
18	Good "Old" Boys Lander,Beardall,Geraldi,C.Jackson	1:21:58 M60-69, 1st	
19	Krazy Kruzers Gilbert,Je.Ray,Deering,Je.Ray	1:21:59 C50-59, 1st	2
20	Go Girl! K.Seliga,Ponticiello,N.Seliga,C.Byrne	1:28:52 F30-39, 1st	
21	Brutum Fulmens Ern.Bohn,E.Feldman,L.Feldman,Honrath	1:29:11 M40-49, 6th	
22	P, B & J's Di.Jenkins,Bendorff,Pedroncelli,Da.Jenkins	1:23:23 M30-39, 2nd	
23	Mostly Out Of Shape G.DeSelle,R.Messier,Cullen,Madronich	1:30:39 M30-39, 2nd	
24	The Quick & The Dead Hayes,Houston,Rogers,A.Curry	1:33:24 C20-29, 1st	

† = Place on Valley Ford Relay All-Time Team Division Lists



"I Shoonta Had That Burrito!" From left, Dale Peterson, Robin Stovall, Ray Cataldo and Sally Cataldo

Downhill Women

	Age	Time	†
Tori Meredith	46	19:10	
Robin Stovall	44	19:21	
Carol DuBay	40	19:22	
Leslie Clayton	35	19:24	
Leslie Curry	40	21:02	
Tanya Mayo	31	22:23	
Kathy Bisordi	38	22:26	
Lisa Anderson	35	23:31	
Emily Deering	53	23:32	3
Dia Jenkins	38	24:02	
Nina Seliga	39	24:50	
Lauren Feldman	10	24:52	
Mary Rogers	46	24:59	
Karie Seliga	37	25:17	
Pam Horton	60	25:46	1

Downhill Men

	Age	Time	†
Chris Gilbert	33	13:35	5
Kenny Brown	34	13:39	
Silas Stafford	17	15:18	
Mike Becker	17	15:54	
Eric Downing	33	16:02	
Jerry Lyman	54	16:07	5
Ian Messier	18	16:14	
Ian Messier	18	16:30	
Stephen Starkweather	43	16:36	
Bob Finlay	47	16:39	
Colin Gibbs	17	16:48	
Jason DeSelle	25	17:17	
Dennis Fagent	52	17:36	
Bob Holland	59	17:57	
John Cullen	49	17:58	
Sean Hayes	14	18:06	
Tom Hinde	44	19:15	
John Lander	62	19:15	
Gil Moreno	60	19:19	
Len Geraldi	67	19:32	
Ray Cataldo	58	19:40	
Scott Montrose	46	19:40	
Chris Mason	16	19:44	
Eric Nordvold	56	19:51	
Louis Seidner	42	20:03	
James Mason	16	20:27	
Terry McNeill	60	20:34	
Dan Reiter	44	20:47	
Ernst Bohn	62	20:58	
Rick Pedroncelli	38	22:18	
Greg DeSelle	19	24:41	
George Urdzik	60	26:25	
Bill Fisher	73	29:04	2

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

Pam Horton sets new age group record for Downhill Females, 60-69: 25:46

Brendan Hutchinson sets new age group record for Uphill Males, 60-69: 17:36

Old record: Darryl Beardall, 17:56, 1997

Jim Ray sets new age group record for Uphill Males, 70+: 22:28

Old record: Carl Jackson, 22:56, 2003

Uphill Women

	Age	Time	†
Cathy DuBay	39	16:07	4
Val Sell	39	16:56	
Kim Conley	17	17:02	2
Kristin Komorowski	17	17:27	3
Lori Winkler	45	18:39	
Christine Byrne	14	19:20	
Mariele Ponticiello	14	19:25	
Sally Cataldo	50	20:03	2
Jessi Ray	54	22:24	
Melissa Frediani	35	22:30	
Angie Curry	15	23:51	
Lori Houston	43	26:28	

Uphill Men

	Age	Time	†
Chris Gilbert	33	13:37	4
Kenny Brown	34	13:51	6
Mike Wortman	18	15:03	
Eddy McFarlin	17	15:48	
Brice Winkler	14	15:50	2
Larry Meredith	46	16:23	
Robert Wheeler	19	16:46	
Eric Downing	33	17:11	
Bob Finlay	47	17:13	
Ian Inman	16	17:17	
Robert Wheeler	19	17:20	
Todd Bertolone	41	17:23	
Todd Bertolone	41	17:24	
Stephen Starkweather	43	17:33	
Brendan Hutchinson	60	17:36	1
Dale Peterson	46	17:54	
Mark Fitch	49	17:55	
Bill Browne	54	18:26	
Dennis Byrne	49	18:27	
Darren Jenkins	31	18:31	
Don Sampson	56	19:11	
Wes Beeson	61	19:21	
Joe Sanchez	47	19:23	
Carl Triola	35	19:28	
Dave DeSelle	53	20:14	
John Anderson	50	20:15	
Eric Penn	37	20:28	
Darryl Beardall	67	20:34	
Tom Honrath	55	20:35	
Jim Libby	43	21:18	
Don Madronich	58	22:08	
Jim Ray	78	22:28	1
Carl Jackson	71	22:37	2
Ed Feldman	52	22:46	
Ron Bendorff	45	24:26	
Ray Messier	43	25:52	

12th. They'd Better Perform was the first mixed (men and women) team, taking 9th overall with **Bob Finlay**, **Lori Winkler** and **Lisa Anderson** joining Starkweather in the winner's circle.

After the burrito eater **Dale Peterson** finished 13th for a non-Level Team, the final Level Team, Four For One, anchored by **Mark Fitch**, came in 14th, barely 2 minutes after Level Team winner Sheep Dates. **Cathy DuBay** was in attack mode as usual, bringing Why Me? up 4 places on the last leg. Two other teams gained two notches each, Go Girl! relying on **Christine Byrne** and PB&J's getting help from **Darren Jenkins**. Byrne was joined by **Karie Seliga**, **Mariele Ponticiello** and **Nina Seliga** on the winning women's team, Go Girl!

There were numerous notable individual performances on the last go-round. **Brendan Hutchinson** erased **Darryl Beardall's** 1997 course record for 60-69 men by 20 seconds, running 17:36. **Jim Ray** took 28 seconds off of **Carl Jackson's** 2003 mark for 70-plus men, but had to hold off Jackson by just 9 seconds as both runners beat the old mark. **Cathy DuBay's** 16:07 was 9 seconds better than her PR from 4 years ago and she remains 4th on the all-time women's list for all age groups combined. **Brice Winkler** took over the #2 spot all-time for males 13-15 with a time of 15:50 and **Kim Conley** matched that in the females 16-19 division with her 17:02. **Chris Gilbert** became the 5th-fastest all-time on the uphill course with a 13:37, just 2 seconds slower than his downhill run earlier in the race. And, after breaking a downhill PR set 9 years ago, **Kenny Brown** repeated the feat on the uphill course, running 1 second faster than he did in 1994 - 10 years ago! He is now 8th on the all-time list for all age groups.



The Prez Sez . . .

Happy February, runner types. Hope everyone celebrated my holiday and ran a few extra miles in the rain like I did.

Since last month we had a great club party, thanks to **Lisa and John Anderson**, **Al and Carly Tagliaferri**, **Alec and Lisa Isabeau**, **Val Sell**, **Brendan Hutchinson** and The Thrilling Thirsty Players directed by **Larry "High Rappr from Wappo High" Meredith**. We had a much better halftime show than the Super Bowl and spent much, much less money producing (and defending) it! Honestly, I think this was one of the best club parties ever. Thanks to all who participated.

The Valley Ford Relays have now come and gone and this year Club Handicapper Larry Meredith succeeded in nearly getting his photo-finish, yet keeping his team narrowly in first place. My team on the other hand had an anchor leg run by **Todd Bertolone** who had had to run an earlier leg for another team, otherwise

we would have the crown. Wait till next year. Even the ankle weights I made Larry wear did not slow him down enough.

Seriously, we had a great turnout, great weather and some spirited competition, and at least one record. I stay awake much of the night before trying to come up with clever team names, just so **Doug "The Megaphone" Courtmarche** will have to announce them at the ceremony. He never fails to crack everyone up during the awards.

Next up is the Ilsanjo Classic 10-Miler, Neoclassic 4-Miler and the Newt Scoot 1K runs. Looks like it'll be good and muddy; the muddier the merrier we always say. If you can't beat your training partner in this one at least you can hip check 'em into a puddle. (Coach and Doc are on my short list this year plus one other unnamed marked runner, who knows, it could be you. Show up and see who goes down.

In closing let me leave you with my thought for the month, borrowed from a shoe ad: The Only Thing Harder Than Running Is Not Running. See you on the trails.

-Bill Browne



Club Party Fashion Show Inspires Super Bowl Halftime Antics

If you missed the annual Empire Runners Club Banquet, held January 31 in Sebastopol, you missed out on a fun-filled, entertaining night. The evening began with a great dinner catered by **Al Tagliaferri**. He has donated all of the proceeds this year back to the club with the proceeds going toward the scholarship fund and the high school support fund.

Wendy Widener thanked the club for their support of **Phil** and the recognition of renaming the Empire Open the **Phil Widener Empire Open**. She wants us all to remember **Phil** not only as a runner but as a Vietnam Vet.

The raffle ran through the evening with four big donors: **Fleet Feet** gave a gift certificate, **Steven Starkweather** donated a 1 hour massage, **Pam Field** donated a 6 week yoga session, and **Sue Ridge** donated a facial.

Larry Meredith gave a great showing of the last year's club racing with his slides, done this year through his digital camera. **Brendan Hutchinson** also had an excellent slide show, this year focusing on the deer in the park.

The fashion show though, was the hit of the night. Imagine **Tori "Notorious" Meredith**, **John "Mojo" Royston**, **Robin "Redpeps" Stovall**, **Dale "Sledge" Peterson**, **John "Funky Town" Anderson**, **Laurie "Amore" Martin**, **Jerry "Pappy" Lyman** and **Alec "Doctor Crackerback" Isabeau** dancing to funky music, acting and dressing the part, and dressed in Empire

Runners clothing. This does nothing to describe how fun this was, I guess you just had to be there!

A special award was given to **Don Sampson** by Alec for his dedication toward running. Other fun awards were given and **Bill Browne** gave out certificates of the top runners in each age group and the overall winners. The night ended with music and then me, pulling the plug. Hope you all had a good time. Thank you to everyone who had a hand in helping this night go on.

-Lisa Anderson



Lydon, Harms, Jackson Win Division Titles at Davis Stampede

Empire Runner **Shelly Lydon** finished 8th among all women in the 10K and won her 40-44 age group at the Davis Stampede on February 8. Her finish time was 41:58 for a pace of 6:45-per-mile. There were 540 women in the race.

Lydon was joined in the winner's circle by 5K division winners **Ralph Harms**, in the 65-69 group, and **Carl Jackson**, in the 70-74 bracket. Harms turned in a fine 22:23 to outdistance his nearest divisional competitor by almost 6 minutes. Jackson's 24:38 was nearly 8 minutes better than anyone else in his age group.

In the Half-Marathon, **Jeff Mitchell** ran 1:28:50 to earn 2nd place in the 25-29 division. **Robert Lutolf** ran 1:42:47 for 3rd in the 60-64 age group. **Mady Stewart** came in 7th in the 35-39 division in that race with a 1:39:43.

Dennis Byrne took 5th place in the 45-49 division among 5K runners, running 19:24. **George Urdzik** was also in the 5K, running 30:21 for 9th among the 60-64 set.

Liz Sinna ran the 10K in 48:36 to place 7th in the 35-39 group and **Jennifer Surprise** was 17th in her 30-34 age group for that distance, running 52:21. **Bob Holland** ran the 10K but accidentally started 5 minutes early when the 5K race began.

Nika (Horn) Bowen at age 29 has regained the form she showed as a prep star while at Santa Rosa High School. She won the women's 5K by 1:10 over the next female finisher and finished 8th among all runners in the race with a remarkable time of 16:48.



Super Bowl Warm-Up

by Terry McNeill

Few things could keep an ardent Empire runner

and Thirsty Boy from missing both the January 31 Club party and the Pacific Association banquet in Marin. But the call of the 23rd edition of the Super Bowl 10k in sunny and warm Redondo Beach was too enticing to resist, and I went with family and ran it Feb. 1.

Associated with races for baby buggies, in-line skates and a 5k fun run, the 10k drew more than 7,000 competitors under bright sunshine. The course winds along Redondo's famous shoreline and finishes in a long slope in front of the renovated King Harbor. Corporate sponsor Asahi beer added to the post-race festivities, held mostly in large beachside tents. The local MO at this event is to accept penance in the long race, and then to join the crowded apartment and beach parties leading up to the game on TV.

National standout Meb Keflezighi bested the field in 29:53, fast for a course with many turns and some short hills. Sylvia Mosqueda sped to a quick 32:21 for the women's title.

My time, somewhere over 49, was approximate due to a clamitous finish, simply too many people for one chute. Aggie star Jamie Harris took the 5k in 14:36.

Perhaps the most exciting race of the day was for skaters, the top finishers well under 20 minutes for 6.2 miles, and the downhill home stretch generated speeds of up to 40 mph. It's quite a sight to watch the leaders, heads down with legs sweeping left and right, roaring towards the line. Fortunately there were adequate chutes for the in-line velocity.



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 thirstyboy1@sbcglobal.net. Here are some of the club members who have joined our ranks recently.

Mary Coleman will be hitting the big four-oh this year and started running again last summer after a long break. She grew up in Marin County, attending Marin Catholic High School where she ran track and cross country all 4 years. Mary continued competing while attending the College of Marin. She turned in impressive times of 3:20 for the marathon and 1:29 for the half-marathon in her early twenties and also competed in triathlons. She then attended Sacramento State University and stopped competing. Mary currently trains at about 8-and-a-half minutes per mile and would like to find others to train with. Mary lives in Windsor with her husband, 12-year-old son and 7-year-old daughter.

Now in his 50s, **David Anderson** has been a runner since high school, when he was a middle-distance specialist. Recently he has been inspired by the publication *National Masters News* and would like to compete on the track again.

Damon Mattson is a recent arrival to the Golden

State from Michigan, and will not miss the winters of treadmill training. He started running more than 10 years ago when he competed on his high school cross country team. Running was then put on the back burner while he enjoyed cycling during his college years. Damon began running again last year and prefers 5K races. He works as a Senior Chemist for Medtronic.

Karen Price has been running off and on for the last couple of years. She usually runs 6 days per week and logs 15 or more miles combined. She mixes up her running with a swim class twice each week. In November Karen ran in her first race ever, the 10K Mare Island-to-Medusa in Vallejo. She currently attends a running camp in San Francisco on Tuesday evenings, sponsored by the Golden Gate Triathlon Club. She writes, "My short-term goals are to get faster, continue to build base and train for a half-marathon in May."

Sara Edwards began running track and cross country back at Herbert Slater Junior High in 1989. Currently she runs 3 to 4 times per week, averaging 3 to 4 miles per run. Her motivation for joining the Empire Runners: "I will be 30 years old in September and have set some new health and fitness goals for myself. I have run in a couple of 3K fun runs in the last few years and placed, but I want to train for longer distances. I enjoy trail running the most. I think a runners' club is just what I need to stay psyched." Sara adds weight training, yoga and spin classes to her fitness regimen and enjoys hiking and mountain biking. She lives in Rohnert Park with her husband and step-daughter and works as a nurse at Santa Rosa Memorial Hospital.



Time to Get Looped!

Get your tail out into Annadel and muddy up them shoes cuz you're almost out of training time for...**The Loop De Loop**, of course! Be one of the few, the proud, the psychotic, by joining us on Sunday, April 4 at 8:00 a.m. at the Cobblestone Trailhead in Annadel State Park.

As usual, the race will be scientifically handicapped so that there is no way you can possibly win, but we will charge you a few bucks for being bull-headed enough to try anyway. And of course you will receive gourmet sustenance and beverages at the three identical aid stations and thence (thence!) upon completion of your flagellation you will be awarded fine jewelry, silk pajamas and cash...honest.

So no excuses! Be there or we'll unleash Lars upon you. A Doc n' Mojo Production; call 578-3025 for more info.

Meeting Minutes January 22, 2004

The January meeting of the Empire Runners was called to order at 6:32PM, January 22, 2004, Bill Browne presiding.

Minutes: Approved as read. **Treasurer's Report:** \$13,100 available for expenses. **Club Party:** Lisa Anderson reports that everything is set. Al and Carly are cooking. Slideshow by Hutch. **Race Reports:** Last 10K: We had a good turnout as 117 runners showed up to run. Resolution Run: Near perfect conditions for those who shrugged off hangovers to run 5K. Valley Ford: Larry Meredith will send out an e-mail looking for interested runners to participate in a competitive teams pool. The Second Summer Solstice Sunset Swingin' Social Super Sweaty Sashay Relay: Friday, June 18th at 6:30PM. Free BBQ. Stay tuned for more details. Ilsanjo Classic: March 21st. More to come. Loop De Loop: April 4th. Details to follow. **Other Business:** Alec Isabeau will speak for 15 minuets next month to help stretch out the meeting. Exciting stuff planned! **Raffle:** Super G (donated back) **Drawing:** Dennis Fagent (not present). **Lastly:** Bidwell Classic 1/2 Marathon in Chico on March 6th.

Attendance:

Baron Von Tintin	Coach
Tori Meredith	Pappy
Lisa Anderson	John Anderson
SLEDGE	409
Bill Browne	Super G
Digger Dog	Carl Jackson
Iguana Don	Happy
Digger Pup	Starky
The MOJO	Leslie Curry
Doc "Professor Tournesol"	Isabeau

*Suddenly submitted,
Eric "Tintin" Downing*

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

When: Sunday, April 4. 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.

2004 Fleet Feet

EMPIRE RUNNERS GRAND PRIX

Men	Place	Name	Division	Resolution Run	Valley Ford Relays	Ilisanjo Classic	Total
				Jan 1st	Feb 15th	Mar 21st	
1	K Brown	30-39	99	98		197	
2	M Wortman	14-19	94	99		193	
3	L Meredith	40-49	92	96		188	
3	E Downing	30-39	90	98		188	
4	B Holland	50-59	86	97		183	
5	B Finlay	40-49	89	93		182	
6	B Browne	50-59	84	95		179	
7	C Triola	30-39	80	98		178	
8	T Hinde	40-49	82	95		177	
9	D Peterson	40-49	87	89		176	
9	L Seidner	40-49	81	95		176	
10	M Fitch	40-49	83	88		171	
11	B Fisher	70+	72	96		168	
12	D Courtemarche	50-59	65	100		165	
12	D Preston	60-69	100	65		165	
13	J Anderson	50-59	77	86		163	
14	D Beardall	60-69	78	84		162	
15	D DeSelle	50-59	74	86		160	
15	T Bertolone	40-49	65	95		160	
16	J Ray	70+	76	83		159	
17	B Shore	60-69	65	65		130	
18	JK Withers	14-19	100	0		100	
18	B Winkler	14-19	0	100		100	
18	C Gibbs	14-19	0	100		100	
18	S Stafford	14-19	0	100		100	
19	I Messier	14-19	0	99		99	
20	EJ Bohn	30-39	98	0		98	
21	C Gardina	14-19	97	0		97	
21	D Fagent	50-59	0	97		97	
21	D Byrne	40-49	0	97		97	
22	E Walker	30-35	96	0		96	
22	C Gilbert	30-39	0	96		96	
23	S Fitzpatrick	30-39	95	0		95	
24	D Sampson	50-59	0	94		94	
24	E Nordvold	50-59	0	94		94	
25	B Rogers	40-49	93	0		93	
25	S Starkweather	40-49	0	93		93	
26	B Hutchinson	60-69	0	92		92	
27	J Withers	14-19	91	0		91	
27	J Lyman	50-59	0	91		91	
27	G Urdzik	60-69	0	91		91	
28	R Cataldo	50-59	0	89		89	
29	P Kirk	30-39	88	0		88	
29	G Moreno	60-69	0	88		88	
29	W Beeson	60-69	0	88		88	
29	T McNeill	60-69	0	88		88	
30	J DeSelle	20-29	0	86		86	
31	D Byrne	40-49	85	0		85	
31	B Libby	40-49	0	85		85	
32	L Gerald	60-69	0	84		84	
32	C Jackson	70+	0	84		84	
32	J Lander	60-69	0	84		84	
33	E Feldman	50-59	0	80		80	
33	Ernst Bohn	60-69	0	80		80	
32	BD Purcell	30-39	79	0		79	
32	D Jenkins	30-39	0	79		79	
33	G DeSelle	14-19	0	78		78	
33	R Messier	40-49	0	78		78	
33	J Cullen	40-49	0	78		78	
33	D Madronich	50-59	0	78		78	
34	D Leyhe	70+	75	0		75	
35	S Feldman	50-59	73	0		73	
36	D Trowbridge	60-69	71	0		71	

Women	Place	Name	Division	Resolution Run	Valley Ford Relays	Ilisanjo Classic	Total
				Jan 1st	Feb 15th	Mar 21st	
1	V Sell	30-39	100	91		191	
2	T Meredith	40-49	98	92		190	
3	K Bisordi	30-39	92	94		186	
4	R Stovall	40-49	95	89		184	
5	L Anderson	30-39	90	93		183	
6	L Curry	40-49	94	86		180	
7	P Horton	60-69	88	90		178	
8	E Deering	50-59	93	83		176	
9	A Curry	14-19	91	77		168	
10	L Feldman	13 & under	87	80		167	
11	J Feldman	40-49	99	0		99	
12	J Oakley	30-39	97	0		97	
13	J Feldman	13 & under	96	0		96	
14	L Winkler	40-49	0	93		93	
15	K Komorowski	14-19	0	92		92	
16	K Conley	14-19	0	90		90	
17	S Guinn	50-59	89	0		89	
17	S Cataldo	50-59	0	89		89	
18	Carol Dubay	40-49	0	87		87	
18	Cathy Dubay	30-39	0	87		87	
19	C Byrne	14-19	0	82		82	
20	D Jenkins	30-39	0	79		79	
21	M Rogers	40-49	0	77		77	

Notes from the Czar!

Well the 2004 Grand Prix series is heating up! The turnout for the Valley Ford Relays was awesome and that turnout is reflected here in a whole lot of points being scored. The season is very young and if you have not jumped in to the fray just yet, you get your next opportunity on March 21st at the Ilisanjo Classic 10 Miler and Neo-Classic 4 Miler. Don't miss out on all the fun!

As always, your Czar does the best he can compiling all of this, but there are constant changes what with new members, name changes and well you name it. So, if you see any errors or omissions, be sure to send me an email or give me a call and I will make adjustments as soon as practical.

Race Directors - A reminder to send me a list of volunteers after your race so I don't have to guess!

Think volunteer's don't get recognized? Well, I am planning on honoring the person at the end of the year with the most overall volunteer points. Remember if you volunteer and do not run, that is still worth 65 points. I have not quite figured it all out just yet, but I like the idea.

See you at the next race!

Dale Peterson

The IIsanjo Classic



10-Mile Trail Run and 4-Mile Neoclassic

When: Sunday, March 21, 2004.
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!

2004 Davis Stampede Race Results

Sunday, February 8, Central Park, Davis, CA

5K Run (3.1 Miles, 953 Finishers)

Sonoma County Women

Place	SexP	DivP	Name	Age	Home Town	Time	Pace
8	1	1	Nika Bowen	29	Santa Rosa	16:48	5:24
230	79	14	Tiffany Reis	23	Rohnert Park	26:35	8:05
252	89	1	Linda Thomas	59	Guerneville	25:35	8:13
949	558	85	Elisa Hoffmann	31	Santa Rosa	65:01	20:55

Sonoma County Men

Place	SexP	DivP	Name	Age	Home Town	Time	Pace
50	41	5	Dennis J. Byrne	49	Sebastopol	19:24	6:14
130	95	1	Ralph C. Harms	68	Santa Rosa	22:23	7:12
200	138	1	Carl Jackson	71	Santa Rosa	24:28	7:52
479	270	9	George Urdzik	60	Santa Rosa	30:21	9:46

10K Run (6.2 Miles, 988 Finishers)

Sonoma County Women

Place	SexP	DivP	Name	Age	Home Town	Time	Pace
70	8	1	Shelly Lydon	43	Santa Rosa	41:58	6:45
160	34	8	Karin Enstam	32	Rohnert Park	47:48	7:41
187	44	7	Elizabeth Sinna	38	Santa Rosa	48:36	7:49
220	58	8	Mica Canova	29	Sebastopol	49:32	7:58
295	97	17	Jennifer Surprise	31	Santa Rosa	52:21	8:25
563	235	34	Alice Harten	43	Sebastopol	58:56	9:28
638	279	38	Jani Krambs	44	Forestville	61:17	9:51
828	417	66	Elaine Oliver	30	Sebastopol	69:24	11:09
872	450	85	Tamal White	28	Sebastopol	74:28	11:58
873	451	86	Kym Mitchell	29	Sebastopol	74:30	11:59
879	455	62	Nicole Porter	22	Sebastopol	74:53	12:02
898	469	66	Karina Kowler	23	Rohnert Park	79:02	12:42

Sonoma County Men

Place	SexP	DivP	Name	Age	Home Town	Time	Pace
127	104	14	Layne Scoggins	38	Santa Rosa	45:49	7:22
316	205	34	Richard Schneider	28	Santa Rosa	53:02	8:31
426	267	20	Del Malec	50	Rohnert Park	55:49	8:58
687	375	24	Alan Fassio	56	Santa Rosa	62:53	10:07

Half-Marathon (13.1 Miles, 847 Finishers)

Sonoma County Women

Place	SexP	DivP	Name	Age	Home Town	Time	Pace
134	30	7	Mady Stewart	37	Santa Rosa	1:39:43	7:36
341	100	15	Brooke Miller	23	Rohnert Park	1:53:09	8:38
601	222	4	Mary Follis	55	Guerneville	2:10:11	9:56

Sonoma County Men

Place	SexP	DivP	Name	Age	Home Town	Time	Pace
49	40	7	Jady Palko	30	Windsor	1:28:33	6:45
50	41	2	Jeff Mitchell	29	Santa Rosa	1:28:50	6:46
51	42	10	Michael Raasch	39	Santa Rosa	1:29:12	6:48
58	47	10	John Rochat	40	Santa Rosa	1:29:45	6:51
180	141	3	Robert Lutolf	60	Sonoma	1:42:47	7:50
190	149	4	Steve Cederborg	60	Sonoma	1:43:26	7:53
226	175	45	Jude Radeski	42	Santa Rosa	1:45:55	8:05
620	386	36	Gary Krambs	53	Forestville	2:11:30	10:02
810	449	8	Sean Sullivan	18	Sebastopol	2:41:18	12:18

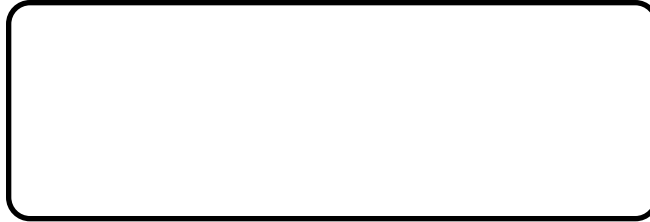
Empire Runners Training

March 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	1	2	3	4	5	6
10M at medium pace 8:30a Parktrail Drive at Summerfield Drive	7M at comfortable pace 7:00p 1932 Yolo Court, SR	8x800m@5K G.P., walk 50, jog 350 5:30p 3390 Princeton Drive, SR	7M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	7M total with 2.5M (14-17 min.) at strong pace 5:30p Howarth Park	6M at comfortable pace or Off	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
7	8	9	10	11	12	13
14M at medium pace 8:30a Cobblestone Trailhead on Channel Drive	4M at comfortable pace 7:00p 1932 Yolo Court, SR	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	5M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	8M total with 3M (18-22 min.) at strong pace 5:30p Howarth Park	7M at comfortable pace or Off	8M total with 4M at strong pace Race: Run for the Seals 4M, Marin Headlands 8:30a Y'Allcomers Training Run, Railroad Square, SR
14	15	16	17	18	19	20
15M at medium pace 8:30a Parktrail Drive at Summerfield Drive	6M at comfortable pace 7:00p 1932 Yolo Court, SR	12x300m@5K G.P., walk 50, jog 50 5:30p 3390 Princeton Drive, SR	4M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	6M total with 1.5M (8-11 min.) at strong pace Newsletter Deadline: Dale Peterson, Editor 5:30p Howarth Park	4M at comfortable pace or Off	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
21	22	23	24	25	26	27
Race: IIsanjo Classic 4M & 10M, Howarth Park, Santa Rosa	3M at comfortable pace 7:00p 1932 Yolo Court, SR	5M at comfortable pace 5:30p Cobblestone Trailhead on Channel Drive	8M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	8M total with 3.5M (21-25 min.) at strong pace 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza	4M at comfortable pace or Off	8M total with 16x60 sec. @ 2M G.P., jog 60 sec. 8:30a Y'Allcomers Training Run, Railroad Square, SR
28	29	30	31	1	2	2
10M at medium pace Race: Houlihan's 12K, San Francisco 8:30a Cobblestone Trailhead on Channel Drive	6M at comfortable pace 7:00p 1932 Yolo Court, SR	1.5M@10K G.P., 2x1M@10K G.P., jog half-mile after each 5:30p 3390 Princeton Drive, SR	7M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR	<div style="border: 1px solid black; padding: 5px;"> <p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace</p> <p>Group I (>45M/wk): run as written;</p> <p>Group II (30-45M/wk): 2/3 of workout;</p> <p>Group III (20-30M/wk): 1/2 of workout;</p> <p>Group IV (<20M/wk): 1/3 of workout</p> </div>		

Empire Runners Club

3648 Evergreen Road
Santa Rosa, CA 95405



Mark Your Calendar

- **Thursday, March 18:** Deadline for April newsletter submissions.
- **Sunday, March 21:** Ilsanjo Classic 10M, Neoclassic 4M and Kids' Newt Scoot 1K, Howarth Park, Santa Rosa, 9:00 a.m.
- **Thursday, March 25:** ER Club Meeting, Montgomery Village Round Table Pizza, 6:30 p.m.
- **Thursday, April 1:** Group training run at Howarth Park switches back to 5:30 p.m.
- **Sunday, April 4:** Loop de Loop 14-Mile age-and-gender-handicapped trail race, 8:00 a.m., Channel Drive in Santa Rosa.
- **Tuesday, April 6:** Interval workout site switches to SRJC Track, 5:30 p.m.
- **Thursday, April 15:** Deadline for May newsletter submissions.
- **Thursday, April 22:** ER Club Meeting, Montgomery Village Round Table Pizza, time changes to 7:30 p.m.

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