

Newsletter

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Supergroup is Super at Valley Ford!

Here's the scoop:

The Big Valley Drama, Family Struggles and All Manner of Animals

With a name like Supergroup, anything less than victory would invite ridicule. The pressure was on at the 18th Annual Valley Ford Relay on February 17 and it would be up to 16-year-old anchorman Rory McLeod to save face for his Santa Rosa High School teammates. At the final handoff he started 8 seconds behind Jon Martindill of Majq, a team of Montgomery High School runners. The two squads had staged a dramatic battle from start to finish and now McLeod, who finished 6th in the North Bay League Cross Country Championship Meet last fall, would have to catch Martindill, the 13th place finisher in that event.

The relay started under a solid gray sky less than an hour earlier, the temperature a bit chilly for such a short (at 2.75 miles per leg) race but the lack of even a light breeze made for the best racing conditions here in years. Leadoff runners from twenty-six teams responded to Bob Shor's pistol blast with a rush down the hill from the starting line.

Leg One: Downhill Course

Santa Rosa HS was well represented in this event as, right off the bat, Panther alum and assistant coach Sean Fitzpatrick has his team, Cougar Panther Pride, on top. He reached the first exchange zone in 15:02 and that time would stand as the fastest downhill time of the day. The effort was good for a 14-second lead over the Lions who had 16-year-old Micah Shaw



Bob Finlay and Rob Main stroll with their best friends out on the Valley Ford Relay course.

-Henderson leading off. At this point in the race it looked like an old-fashioned catfight. In the end, however, both teams would be clawed viciously by the Wu-Tang Monkey Kittens who started with a whimper back in 18th place.

Eric Downing, a former Montgomery Viking carrying the flag for Santa Rosa's newest running store, Heart & Sole, was running a leg in this event for the 11th time since 2001 (he regularly does double-duty here). At the seasoned age of 37 he knocked 9 seconds off his previous best effort set 6 years earlier, bringing his squad through in 3rd place with a 15:46.

(see Valley Ford on next page)



Valley Ford (continued)

SRHS runner Ryan Chodora, running for the Streakers, came in 15 seconds later, fully clothed. In fact all four of the Streakers failed to live up to their team name during the race, to the great relief of all participants, spectators and livestock in attendance.

The two teams that would ultimately settle the argument for 2008 superiority here were getting off to a rather mediocre start. Chris Edwards' 16:02 had Supergroup in 5th place at the exchange while Majq was trailing in 7th, nearly a minute further back after Michael Zanetti's 16:55. Jessie Lucia of Maria Carrillo HS, running for The Guys, was just a couple of strides ahead of Zanetti in 6th. Lucia's fast finish was rumored to be the result of running from his mother, Val Sell, who was the first woman to reach the exchange, putting Olde + English into 9th overall at this point. Sell's time of 17:41 ended up as the fastest downhill effort for the fems by nearly 2 minutes.

The first woman to trail Sell on leg one was Tori Meredith of Fast A-Sheep, turning in a good time of 19:31 as part of a multi-loop 14-mile run this morning. The effort places her on the All-Time list for the 50-59 age group in 3rd place. A further check of the record books revealed that Ms. Meredith is the only competitor to race in each of the 18 Valley Ford Relays held since the olden days when the event first crawled out of the Estero Americano in 1991.

Robin Stovall had the only all-woman team, Shoulda Slept In, in 16th place. Shirley Fee, at 67 running for Uffda, would be the only record-setter on the day, turning in a 22:39 to eclipse Pam Horton's 2004 mark.

Leg Two: Uphill Course

The second leg of the VFR is usually the most volatile, with the field still relatively bunched and runners of widely varying abilities taking the handoffs. This year was no different. The Lions immediately devoured Cougar Panther Pride with Jeremiah Mahan turning in a fine 15:58 but alas, the kings of the jungle turned out to be two cats short of a pride and were forced to withdraw from the fracas at the halfway point. Suddenly it was every cat for themselves.

Reese Byers of the Streakers undressed the other two teams in front of him and, with the demise of the Lions, gave his squad the lead going into leg three. Byers, another current SRHS runner and 8th in last fall's NBL race, set the 4th-fastest 13-to-15 division time in race history with his 15:48. Supergroup was showing signs of shaking off the Kryptonite, Jason Petersen knocking off a couple of teams to move into 3rd, which of course became 2nd thanks to the lack of available Lions. Aria Kiani had Majq right on Supergroup's heels, however, running just one second slower than Byers to move into 5th-best on the VFR All-Time list for 13-to-15-year-olds. Fourth place was

held by The Guys at the halfway mark, with James Ramirez moving his team up a notch.

Ethan Mora displayed some serious Wu-Tang and had his Monkey Kittens on the prowl. His effort resulted in the single biggest move of the day as he scratched past nine other teams to pull his team of genetically enhanced species into 9th place overall. There were others feasting on the wounded left behind by Mora. Stephen Rauch brought Four Lonely Runners back where they could have some company in 11th place, 6 spots better than where he started. Michael Parker of The Schedule kept his appointments with 5 others who started ahead of him to pull into 16th, just behind the havoc caused by Project Mayhem's Brent Edson, whose reckless brutality left 4 victims in his wake. The BBGG's Brad Zanetti gave the Hee-B-G-Bs to 5 nervous runners along the way and vaulted his team from 24th to 19th.

Old Crow Dan Preston flew into the record books yet again, notching the 5th-best mark ever for the 60-69 set with a 19:31. The last time he ran faster on this course was in 1997. Notable marks on the second leg were the 17:27 by English Olney of Olde+English, the 2nd-best uphill time of the day for women and the 18:53 turned in by Reyana Ewing, the lone female runner for Heart & Sole clocking the 4th-best uphill time.

Leg Three: Downhill Course

Sam Strobino started the second half of the race with his team of Streakers in the lead but soon had to face the naked truth as delivered first by the Supergroup's Austin Hermosillo and then by Quinn Coughlin of Majq. Near the end of the leg Coughlin took over the lead from Hermosillo and by the final exchange had given Majq the race lead by a mere 8 seconds, running 15:59.

Strobino held onto 3rd for the Streakers despite another outstanding effort by Danny Aldridge, who vaulted Heart & Sole into 4th place with the 2nd-fastest downhill time of the day, a 15:03. It is the 3rd-fastest mark all-time for 50-year-olds. Aldridge is the course record holder on the uphill course with his 1995 effort of 13:09 and a year before that ran the 2nd-best downhill time of 13:05.

With one leg left to run Olde+English grabbed a top-five spot thanks to the efforts of Bob Finlay in picking up three roadkill.

Tyler Shaw-Henderson brought Uffda all the way from 20th to 12th with a great run of 15:50 and Rob Main was also on the rise, ringing up six roadkill for Sell-Bells to bring that team up to 8th overall. A pair of teams were moving up four notches each, Brian Lincoln herding Baa Bad Black Sheep up to 14th and 11-year-old Jillian Van Riper carrying the family load for Van Riper Four into 21st.

(see Valley Ford – next page)

Valley Ford (continued)

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Leg Four: Uphill Course

Supergroup had moved from 5th to 3rd to 2nd at the first three exchanges and now the young man who put Super in the Group took little time to climb the final rung of the ladder. Rory McLeod passed Majq's anchorman Jon Martindill well before they had run a mile and kept right on going. At the finish line McLeod had obliterated the day's previous best time by 40 seconds, despite racing the harder direction, good for about another 15 seconds when compared to the downhill course. His 14:22 was the 3rd-fastest in race history for 16-to-19-year olds and more than a minute quicker than his PR from 2007. Supergroup could wear their name proudly, combining for the winning time of 63 minutes and 23 seconds.

Martindill didn't exactly fall apart, running 15:31 for the 4th-fastest uphill mark of the day to nail down 2nd place for Majq. Vince Ewing, anchoring for Heart & Sole, showed a bit of each to the Streakers' Jake Van Riper in overhauling him for 3rd place. The Wu-Tang Monkey Kittens who, as we recall, were mired in 18th place after leg one, continued their remarkable resurgence by evolving into the 5th-best team on the day with a strong anchor leg from Spencer Hall.

Olde+English came through next with Steve Cleal anchoring to win the Mixed Team competition. Val Sell ran leadoff, English Olney was on leg two and Bob Finlay handed off to Cleal. Sell, running her second leg of the morning, finished in 18:12, the 4th-best uphill time ever recorded for women 40-to-49.

Tim Garcia of The Guys started the final leg in 10th place, 10 seconds ahead of Fast A-Sheep, anchored by Larry Meredith. Both teams rolled past three other squads along the course backstretch and then Meredith caught and passed Garcia just past the 2-mile mark. They traded places three more times until Garcia blazed the downhill to claim 7th place for The Guys, three seconds ahead of Meredith, who clocked the 4th-best 50-to-59 time in race history with a 16:24. The spirited dual probably kept them from becoming victims of the last of Four Lonely Runners, Zack Styskal. His final time of 15:28 was the 2nd-best uphill clocking on the day and led the Four Lonely Runners. just nine seconds back of Fast A-Sheep. Styskal caught four other teams during his leg.

Greg Jennings was movin' on up too, getting The Schedule back on schedule with the 3rd-

best uphill mark of the day, a 15:30. It was almost a minute faster than his downhill debut here two years ago and his effort gained his team three spots in the final standings. That gain in the standings was matched by Travis Carranza of Dream Believe who took his team from 24th to 21st.

Claiming the women's team title, almost reluctantly if you believe their team name, was Shoulda Slept In. The bleary-eyed foursome included Robin Stovall, Lisa Titus-Isabeau, Tanya Narath and Shelly Lydon.

Cougar Panther Pride could be very proud of their anchor runner, 15-year-old Suzanna Rozga of Santa Rosa HS, the 8th-place finisher in NBL cross country last fall. Her finish time of 17:18 was the fastest female effort of the day, uphill or down, and it places her at 4th all-time for women 13-to-15. Not so impressive, you say? Well the other four runners on that age group all-time list includes national cross country champions Julia Stamps (Santa Rosa HS) and Sara Bei (Montgomery HS) along with cross country state meet medalists Phyllis Blanchard (Rancho Cotate HS) and Jacque Taylor (Casa Grande HS). Oh, Suzanna!

Four teams ran their way onto the all-time team list during the race. The Golden Geezers of Ernst Bohn, Darryl Beardall, Carl Jackson and Dan Tuohy are now the 2nd-best 70-and-over men's team trailing only themselves from 2007 when they competed as the Venerable Vets. Speaking of returning, the mixed 60-to-69 team, Return of the Machines, also registered a number two position. George Urdzik, Pam Horton and Dale Trowbridge have been the common thread for all three teams on the list in this division, competing for Three Wrongs & A Wright in 2006 and as Hot Flashes, Hot Flashes in 2005.

Shoulda Slept In sleepwalked into the number three spot for women 40-to-49 and The Guys grabbed that same spot in the men's 15-and-under division. The Guys were manned (boyed?) by Jesse Lucia, James Ramirez, 10-year-old Justin Plott and Tim Garcia.

The biggest winner on the day is always the last one: He (or she) who takes home the Grand Prize, a year's supply of Red Vines. In his 13th try for the Grand Prize it was fitting that Don "Iguanadon" Sampson finally claimed it. He promptly ripped off the bucket lid and spread untold joy among the masses.

Kudos once again to Santa Rosa High School cross country coach Doug Courtemarche, his staff, volunteers and team members who orchestrated another terrific event. Bob Shor, as always, handled race day details with skill and aplomb. Long live the Valley Ford Relay!

Larry Meredith

2008 Valley Ford Relay

4 x 2.75-Mile, Sunday, February 17

Pl.	Team	Time / Div.Pl.	*
1	Supergroup Edwards,Ja.Peterson,Hermosillo,McLeod	1:03:23 M16-19, 1st	
2	Majq M.Zanetti,Kiani,Coughlin,Martindill	1:04:14 M16-19, 2nd	
3	Heart & Sole Downing,R.Ewing(F),Aldridge,V.Ewing	1:06:04 M40-49, 1st	
4	Streakers Chodora,Byers,Strobino,Ja.Van Riper	1:06:53 M16-19, 3rd	
5	Wu-Tang Monkey Kittens Mason,Mora,Inman,Hall	1:09:47 M16-19, 4th	
6	Olde + English V.Sell,Olney,Finlay,Cleal	1:10:30 C40-49, 1st	
7	The Guys Lucia,Ramirez,Plott,T.Garcia	1:13:43 M10-15, 1st	3
8	Fast A-Sheep T.Meredith,Foster,Middlebrook,L.Meredith	1:13:46 C40-49, 2nd	
9	Four Lonely Runners Beeson,Rauch,Rourke(F),Styskal	1:13:55 M40-49, 2nd	
10	Sell-Bells S.Main,D.Sell,R.Main,V.Sell	1:14:36 C40-49, 3rd	
11	Amici B.Ballatore,E.Ballatore,R.Ballatore(F),Young	1:15:05 M20-29, 1st	
12	Baa Bad Black Sheep Garrett,Lacy,Lincoln,Kingwell	1:15:26 M30-39, 1st	
13	Project Mayhem Clark,Edson,Rosales,Stevens	1:16:00 M30-39, 2nd	
14	The Schedule Friedman,Parker,Swinth,Jennings	1:16:44 C30-39, 1st	
15	Cougar Panther Pride Fitzpatrick,E.Rozga,Coreche,S.Rozga	1:17:36 C16-19,	
16	Old Crows Hutchinson,Preston,Holland,Moreno	1:17:45 M60+, 1st	
17	Uffda Fee,Hermstad,T.Shaw-Henderson,Browne	1:18:00	
18	BBGGS Judge,B.Zanetti,Perry,Berg	1:22:18 C50-59, 1st	
19	Country Burns Morini,Meixsell,Peck,Sampson	1:23:10 M50-59, 1st	
20	Shoulda Slept In Stovall,Titus-Isabeau,Narath,Lydon	1:27:38 F40-49, 1st	3
21	Dream Believe Nichols,Williams,Jo.Peterson,Carranza	1:30:44 C30-39, 2nd	
22	Van Riper Four I.VanRiper,K.VanRiper,Ja.VanRiper,M.VanRiper	1:30:45 C20-29, 1st	
23	Golden Geezers Bohn,Beardall,Jackson,Tuohy	1:33:46 M60+, 2nd	2
24	The Gravel Grinders F.Garcia,L.Anderson,J.Anderson,Curry	1:37:47 C40-49, 4th	
25	Return of the Machines Urdzik,Trowbridge,Horton,DeCarli	1:40:47 C60+, 1st	2
26	Lions M.Shaw-Henderson,Mahan	DNF	

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

Downhill Women

	Age	Time	†
Val Sell	43	17:41	
Tori Meredith	50	19:31	3
Shelli Main	46	19:59	
Nichelle Rourke	30	20:00	
Robin Stovall	48	20:10	
Rosario Ballatore	28	20:49	
Marina Coreche	13	21:29	
Robin Swinth	40	21:32	
Tanya Narath	44	22:04	
Jillan Van Riper	11	22:15	
Shirley Fee	67	22:39	1
Gail Perry	52	22:40	
Lisa Friedman	38	23:00	
Gail Judge	52	23:35	
Luci Nichols	54	24:30	
Pam Horton	64	27:53	
Joann Peterson	43	29:31	

Downhill Men

Sean Fitzpatrick	35	15:02	
Danny Aldridge	51	15:03	3
Micah Shaw-Henderson	16	15:16	
Eric Downing	37	15:46	
Tyler Shaw-Henderson		15:50	
Quinn Coughlin	18	15:59	
Ryan Chodora	17	16:01	
Chris Edwards	17	16:02	
Austin Hermosillo	17	16:22	
Ian Inman	20	16:32	
Jesse Lucia	16	16:53	
Michael Zanetti	16	16:55	
Rob Main	49	17:30	
Chris Garrett	38	17:37	
Sam Strobino	17	17:46	
Brendan Hutchinson	64	17:56	
Bob Finlay	51	18:18	
Paul Middlebrook	42	18:34	
Brian Ballatore	26	18:43	
Brian Lincoln	25	19:10	
Gary Morini	53	19:13	
Bob Holland	63	19:28	
Luis Rosales		19:46	
Fred Garcia	49	20:07	
Wes Beeson	65	20:13	
Chris Mason	20	20:29	
Jason Clark	46	21:54	
Paul Peck	47	22:18	
Ernie Bohn	68	23:04	
Ian Van Riper	8	23:10	
Carl Jackson	75	23:49	
Justin Plott	10	24:08	
John Anderson	54	27:24	
George Urdzik	64	29:41	

Uphill Women

	Age	Time	†
Suzanna Rozga	15	17:18	4
English Olney	38	17:27	
Val Sell	43	18:12	4
Reyana Ewing	37	18:53	
Nuvit Foster	47	19:17	
Krista Williams	34	20:10	
Debbie DeCarli	56	21:41	
Shelly Lydon	47	22:04	
Lisa Titus-Isabeau	49	23:20	
Emily Rozga	13	23:47	
Leslie Curry	44	24:35	
Lisa Anderson	39	25:41	
Kathy Van Riper	38	26:33	

Uphill Men

Rory McLeod	16	14:22	3
Zack Styskal	28	15:28	
Gregg Jennings	37	15:30	
Jon Martindill	18	15:31	
Ressey Byers	15	15:48	4
Aria Kiani	15	15:49	5
Jeremiah Mahan	18	15:58	
James Ramirez	15	16:11	
Spencer Hall	15	16:18	
Eric Ballatore	28	16:19	
Vince Ewing	43	16:22	
Larry Meredith	50	16:24	4
Steve Kingwell	39	16:26	
Ethan Mora	16	16:28	
Tim Garcia	16	16:31	
Travis Carranza	23	16:33	
Jason Peterson	17	16:37	
Michael Parker	40	16:42	
Todd Stevens	35	16:45	
Steve Cleal	50	17:04	
Jake Van Riper	17	17:18	
Brent Edson	30	17:35	
Paul Berg	52	17:55	
Brad Zanetti	53	18:08	
Stephen Rauch	44	18:14	
Dave Sell	43	18:55	
Marc Van Riper	37	19:07	
Taylor Young	18	19:14	
Dan Preston	65	19:31	5
Bill Browne	58	20:06	
Don Meixsell	46	20:34	
Gil Moreno	64	20:50	
Don Sampson	60	21:05	
Jon Hermstad	59	21:25	
Dale Trowbridge	67	21:32	
Dan Tuohy	72	21:57	
Keith Lacy	41	22:13	
Darryl Beardall	71	24:56	

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

Shirley Fee sets new age-group record for Downhill

Females, 60-69: 22:39

Old Record: 25:46, Pam Horton, 2004

January Empire Runners Club Meeting Minutes

[pending approval at the February 28, 2008, club meeting]



Call to Order

- President **Bob Finlay** called the January 2008 meeting of the Empire Runners to order at 6:35pm on January 24th, 2008.

Secretary's Report:

- Secretary **Nate Koch** read the minutes from the December 2007 meeting and they were approved as read.

Treasurer's Report:

- President **Bob Finlay** filled in for Treasurer **John Harmon** and gave the starting balance as \$21,551.21 and the ending balance as \$26,290.09. Student grant fund reserves are \$965.00.

President's Report:

- President **Bob Finlay** reported that the officers met on Monday, January 21st and had discussed how to fine tune the current procedures and activities of the club. **Bob** also said that they were looking at starting a club Hall of Fame and improving the website, but that these would be reported on under New Business.

Recent Events:

- Resolution Run – had more than 200 participants, the largest ever
- Palisades Run – The run, started by **Doc**, was a great event and would possibly become an annual event.
- Boston Training Group – If anyone would like to train with the group contact **Larry Meredith** for a schedule. The schedule will be slightly different from the club training schedule.

- Lars Andersen ran a ½ Marathon in Denmark on December 31st. He invites others to run it next year. When asked how he did he declared "I finished".

Upcoming Events:

- All-comers track meet – Heart & Sole is putting on a track meet on February 2nd, at Cardinal Newman High School. See the club website or newsletter for more information.
- Valley Ford Relays – February 17th, 2008 9am. Each leg is 2.75 miles.
- Ilsanjo Classic – March 16, 2008. Healdsburg High School is supplying the volunteers. **Digger** asked for further volunteers. daviddeselle@sbcglobal.net
- Sonoma Valley Footrace – June 21st, 2008. The 5k will be run as last year and a 10k course will be added. See **Dave Secchitano** for more information. copyike@comcast.net
- Doc announced that the Creek Cleanup is scheduled for April 12th, 2008.
- Doc also announced that he will be giving a clinic on mobility exercises at Fleet Feet in March.

Committee Reports:

- The club banquet is February 2nd at 5pm. **Val Sell** has everything under control. You need to RSVP and pay at the door.
- A Hall of Fame is in the works being headed up by **Ralph Harms**. This is an old idea that is being resurrected. Requirements for the Hall of Fame are still being worked out. The purpose is to honor those club members who have had an impact on the club and the running community at large, preferably not posthumously. The Hall of Fame would reside on the website. A report and proposal will be given at another meeting. The committee hopes to have the program set up and induct the initial class at the club party in 2009.
- **Chris Mason** is making revisions to the current website. The aim is to include the current content, add more content, and to make it more easily accessible. It should be up in a few weeks.

Unfinished Business:

- **Bob Finlay** is still working on the Raffle change. Several ideas were discussed. A proposal will be made at a later meeting.

New Business:

- **Bob Shor** stated that the Santa Rosa Express youth running club needs a Club Manager and a new Head Coach. Contact him if you are interested at (707) 539-6787 or ashorsr@aol.com

(see Meeting Minutes – next page)

Club Meeting Minutes (continued)

- **Bob Finlay** announced that the club is looking for people to fill several positions. Most importantly the Membership Director position as **Anette Niewald** is stepping down. The other positions are the Cross Country team coordinator, several cross country team captains, and a club historian. Contact **Bob Finlay** if you are interested in any of the above positions.
- Ian Inman reported that Carl Triola is back at home after a heart stoppage. He is expected to make a full recovery.
- Darryl Beardall reported that he is still recovering from injuries incurred in December. He still made it to the January Meeting.

Raffle/Drawing:

- Raffle: **Bob Finlay** (\$23).
- Drawing: **Nate Verbiscar-Brown** (\$200, not present). Next month's drawing is for **\$200**.
- Newsletter: The February 2007 newsletter was already ready to be mailed.

Adjournment

- **Bob Finlay** adjourned the meeting at 7:24pm.

Attendance:

Nate Koch, Geisha, Mel, Lars Andersen, Don Sampson, Dave DeSelle, Bob Shor, Super G, Dale Trowbridge, LT, Dave Secchitano, Larry Meredith, Tori Meredith, Sledge, Pots Nordvold, Bob Finlay, Anna Derho, Gil Moreno, Chris Mason, Ian Inman, Darryl Beardall, Doc, Dan Preston

Annual Brush Creek Clean-Up

Our adopted stretch of Brush Creek needs our attention and the date for its yearly make-over is Saturday, **April 12**. As usual, we'll work from **9:30 am until 11:30am or noon**, with a pre-work **run** available for those inclined at **8:30am**.

We'll provide coffee and bagels, the city provides tools and gloves and you bring the muscle and enthusiasm. Kids are most welcome: this is a good opportunity to teach them about environmental stewardship.

Meet at the footbridge over Brush Creek in the Hampton Woods neighborhood at the north end of Yulupa Avenue in Santa Rosa.

For more info call Doc @ 578-3025

Rono – Terek have *Heart and Sole*



Danny Aldridge (red cap), Henry Rono (white cap) and friends on the Cardinal Newman track.

What does a Kenyan Nandi and a two-time competitor on the hit Japanese show *Ninja Warrior* have in common? Both of them have connections to Heart and Sole owners **Greg Fogg** and **Dan Aldridge**, so they were both visitors to Santa Rosa the first weekend of February. But why should this matter to you? Well the first is no ordinary Nandi and the second, well, there are no ordinary *Ninja Warriors*.

In 1978, Henry Rono, a University of Washington student from Nandi Hills, Kenya, broke the world record for the 3,000m. And in the span of just 80 more days, he proceeded to break the world records for the 5,000m, 10,000m, and 3,000m steeplechase. He was a favorite for many Olympic golds, but due to boycotts and unfair treatment of by his national organizing bodies, those Olympic dreams never came to fruition. He went through much of his adult life, including his record-setting days, as an alcoholic, and spent time truly rock bottom, before working his way back to become a high school coach and teacher. But this amazing story can be found in his autobiography *Olympic Dreams*. On February second, Santa Rosa had a chance to meet this truly amazing man as he is today.

Hailing from Livonia, Michigan, Paul "Turbo" Terek was an all-everything high school standout. Earning letters in football, basketball, and track & field, Terek earned multiple all-state honors, both on and off the track. But although good at many different events, there did not seem to be just one that would propel him to the big time while a student at Michigan State (well, his PV was close). It soon became apparent that it was the decathlon that would be the best fit.

(see Rono - Terek on Next Page)

Rono - Terek (continued)

Completed over two days, with day one contesting the 100m, long jump, shot put, high jump, and 400m, with day two contesting the 110m hurdles, discus, pole vault, javelin, and finally the 1,500m, the world champion in this event truly has a claim to being the World's Greatest Athlete. One year after graduating from college, he made the leap to the world scene when he competed in France for the 2003 World Championships in Athletics. He followed that up by competing at the 2004 Olympic Games in Athens, as well as the 2005 and 2007 world championships, in which he most recently finished as the 10th best athlete in the world. Yet despite all of this, he may be more well known to some for his performance on the hit Japanese game show *Ninja Warrior*. (Youtube can do a better job than I at explaining...) His star is still rising, and he has a great shot to compete at the 2008 Olympic Games in Beijing. He also was on hand February 2nd at Heart and Sole Sports.

Talking to him, you would have no idea that Henry used to be considered the greatest distance runner in the world. Quite soft spoken, he gives gentle encouragement to the youth, and will gladly talk about his passion of being a teacher and coach to his own group of high school students. Although many years past his prime, he also expresses interest in breaking the world record for the mile for the 50 plus age group. He was planning on taking a run at the mile Saturday morning at Cardinal Newman High School, but due to rain the meet directors cancelled the meet. Not at all upset by this, Henry offered to run with everyone there. Needless to say, everyone from the young high school students to your star-struck author jumped at the opportunity. Henry truly wishes to be a guiding light for future generations, and he did a great job of that on Saturday. And after the many loops around Cardinal Newman's track, he spent the day at Heart and Sole signing autographs and speaking to all those interested.

On the big screen TV inside Heart and Sole, one of the many track & field videos was, as usual, playing in the background. But something odd struck me. On the screen, via the Olympic Games, was someone who was standing a mere meter away from me: Paul Terek. When asked how it felt to see himself in the spotlight on such occasions, he admitted that at first it was pretty cool, but now he would just critique his events. He proceeded to explain how any given throw or race felt as they were shown. Just like us distance runners, though proud of his past accomplishments, Terek was always looking for a way to improve himself. Like Rono, he spent much of the day signing autographs, many of which were on miniature American flags with his distinctive 2004-as-Olympic-rings-signature.

Both Terek and Rono are (or were) elite athletes, but both showed that they too are extremely pleasant people. And both greatly enjoyed their trip to Santa Rosa. Henry was especially enthusiastic when claiming on the great letsrun.com forums "I had the best weekend of my life." He expressed wishes to come back again, and as I jokingly recommended the week of March 24th (my spring break) he seriously started to consider. So perhaps we will be blessed by Rono's presence sometime again in the near future. And as for Terek, he is back to his training for the 2008 games, but will be in the area from time to time. For all you high school athletes out there, Terek says that he will be at the Woody Wilson Invite on April 19th, the day after the high school portion.

If you wish to keep up with Henry Rono, he posts on a thread on the world famous letsrun.com forums chronicling his attempt to become a world class masters athlete. He also has a brand new book, *Olympic Dreams*, which can be purchased easily online. If you wish to keep up with Paul Terek, well just keep your eyes on usatf.org for any elite events, specifically the 2008 Olympic Trials in Eugene, Oregon.

Alex Wolf-Root

16th Loop de Loop

Back again by popular demand!: The race that was never supposed to really be a race. The cruel joke that just won't die. A celebration of metabolic and orthopedic self-flagellation...yes folks, April is soon upon us and that can mean only one thing (besides taxes): The Loop de Loop!

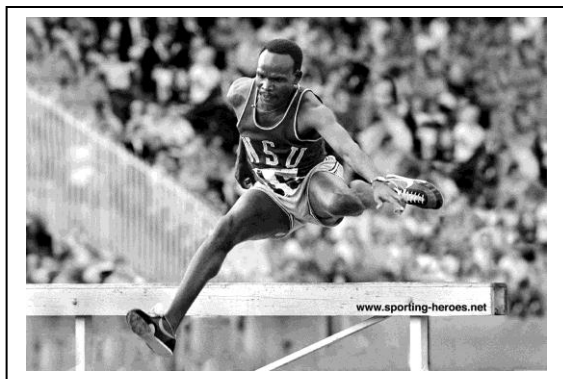
In addition to the classic two-loop 14 miler, we now offer a slightly more sane two-person relay, run simultaneously with the long race. Both races are age/gender handicapped and we suggest you bring an abacus and a Mayan calendar to determine what group you'll be assigned to.

See you on **Sunday, April 6 on Channel Drive, Annadel State Park, Santa Rosa.**
Races begin at 8:00 a.m.

Our guarantee to you: unique, extremely expensive prizes for all participants; three well-stocked and eerily-similar aid stations along the course; one very tippy but freshly scrubbed portapotty at every aid station; and a new appreciation of the Doc n' Mojo motto:

A Doc N' Mojo Production
("It doesn't have to be fun to be fun!")

Henry and John



The screenplay would start like this:

"Camera looks down at a solo runner's shoes in the pure white snow of winter. The only sounds are the scrunch of his shoes and his labored breadth in the cold air. Hints of mist from his breath break into camera view.

"Camera pans up to reveal a panoramic winter landscape of limited visibility. Far off in the distance a lone figure emerges – another runner approaching. Soon the approaching runner takes shape. With a whoosh, he passes and disappears into the fog of the morning mist.

"Cut to black. Title music starts and title credits roll."

That's how it plays in my mind when I recall it - a screenplay. It's fanciful, but it captures what I want to remember it was, not as it was.

A Kenyan running in the snow in the early morning - the contrast is unmistakable. In fact, I wasn't running – although I had run many times then and since in the pre-dawn snow. I was slogging my way to an early class in hopes of finishing my lab before it was due that day. But the part about Henry Rono running past me was real. While I have never seen him run live in competition, I knew who he was. His accomplishments later that year would stun the world – four world records in 81 days.

While I was shuttling back and forth between Pullman, Washington in pursuit of a degree and Richmond, California for co-op experience, Henry Rono, Samson Kimombwa, and a handful of their fellow countrymen dominated the collegiate running world and brought a national title to WSU. I read about it, but was focused "somewhere else." I missed history in the making.

Fast forward 30 years. Arriving at the track on a recent Saturday morning, there he was - older, heavier, slower. Life had taken its toll on his slight frame.

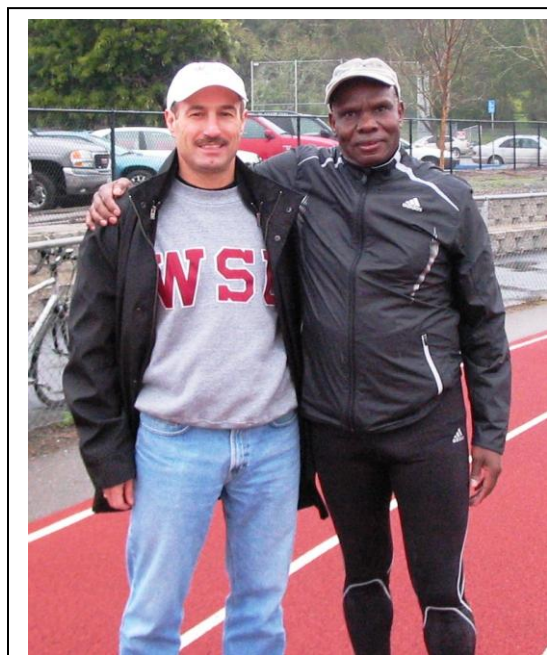
Danny Aldridge and **Greg Fogg** sponsored an event at Cardinal Newman in conjunction with a season-first high school track meet to bring the legendary runner to Santa Rosa for the grand opening

of their running store. Coincidentally, Henry is promoting a new book. But the day was overshadowed by a steady rain, the meet cancelled and what runners showed were left with Danny introducing Henry to a group of high schoolers, most of whose parents had not even met each other when Rono was in his prime. His times impressed them, but his impact was more felt by the adults who came to see and run with this famous man.

Henry and crew jogged with increasing pace about 10 laps around the track before calling it a day. There is joy in Henry's face when he is in motion, something serene, a sense of peace. His age and weight cannot mask his elegance of motion. What poetry it must have been to see him in his prime. It's not hard to see the sense of the moment in the faces of those accompanying Henry around the track that morning – "I can't believe I'm here running with Henry Rono."

Needless to say, I bought the book, got the autograph - the whole nine yards. It's not literary genius. It's a simply written story from a man's heart which has seen higher mountains and lower valleys than most of us warrant or wish for. His story is both uplifting and heartbreaking at the same time. I won't belabor the records he set, the accolades he deserves, nor his anguish of never having participated in the Olympics. It's a story worth telling because it's more than about running.

(see Henry and John – next page)



John Harmon and fellow Washington State alum Henry Rono Feb 2nd at on the Cardinal Newman track.

Meet your neighbors the Newts!

Just yesterday I was out on a long training run up in the park. I had made my way up Two Quarry amid the fog. Though it was not raining, water was dripping off of the trees. I saw out of the corner of my eye something near the edge of the trail. At first I thought it was a stick or maybe a rock but on further inspection I could see it was a small newt. Then I soon saw two more, followed by what must have been dozens over the next half-mile.

I slowed my pace and became very alert. I have always loved the little guys. They seem so incredibly gentle and at peace with their environment.

Now, I'm sure that you've seen them from time to time as well and you may or may not have much affection for them. Perhaps you feel like you know what they are and what they are not. I thought I had them figured out too but I decided to do a little research and to pass on what I found. There were a few surprises.



Often mistaken for lizards newts are amphibians and members of the salamander family. In fact all newts are salamanders but not all salamanders are newts. In common practice a newt is considered to be a salamander that lives primarily on the land. Some salamanders live in the sea and they are not considered to be "newts". Newts do need water however for reproduction and their development is similar to that of frogs and toads. Newts in the larval stage, similar to tadpoles are called efts. Once on land newts continue to need to stay cool and moist so you won't normally see one in Annadel in the middle of August. When the weather gets warm and dry they hide under rotted logs or in a burrow or under a pile of leaves. When the weather turns damp again, out they come to eat and mate. Newts may look gentle but they are carnivores who eat other slow-pokes like slugs, grubs, sow-bugs and such. Although they are slow movers, they are not defenseless. It seems that virtually all newts secrete powerful neuro-toxins that can harm or kill other animals such as foxes, bob-cats and even humans. Fortunately for us, these toxins can only take effect if the Newt is eaten or the secretions enter through the mucous membranes or a tear in the

skin. If you ever handle a Newt be sure to wash your hands thoroughly afterwards, as they are definitely not finger-lickin' good! Newts have another neat trick – the ability to regenerate whole limbs. Of course this will not help if they are squished beneath a bicycle tire or your Nike's.

Next time you are on a run through Annadel and the ground is soupy and the air is damp keep one eye out for these fascinating and very well adapted creatures. Slow down and be careful. They can't get out of your way so you have to get out of theirs!

DM Peterson

Henry and John (continued)

My regret surprisingly is not that I missed seeing him run in Pullman when I attended, but that we did not meet that cold winter morning, become friends nor enjoy each other's company. I have no illusions that I would have had some impact on Henry's problems – his alcoholism, his difficulties with his coach, his encounters with racism. But I would be a much richer person for having known him. Now that would have been something.

Just meeting him and seeing him run was very cool indeed. The screenplay in my memory just added another page.

John Harmon

Ilsanjo Classic March 16th

It's time to mark your calendars for the Ilsanjo Classic. It will be held on March 16th. The 1k Newt Scoot will start at 8:45. For those who have children under 12 this is a great way to start them on the world of running. Cost is \$1 and all children who enter will receive a finisher ribbon. This race is race-day registration only. The 10-mile Classic and 4-mile Neoclassic will start at 9:00am. If attendance is large the race starts will be separated by a few minutes. The start and finish, will again, be at the upper parking lot of Howarth Park. The cost for adults for the races will be \$7 for Empire Runners members and \$10 for non members. There is pre-registration available online thru empirerunners.org until March 10th. Race day registration begins at 8:00am. Make sure you get there early enough to register! Both the 10-mile Classic and 4-mile Neoclassic are run almost entirely on trails. The 10-mile race runs through Spring Lake Park into Annadel State Park, circles Lake Ilsanjo and returns to Howarth Park. It is a hilly course. The 4-mile course is out and back on the same trail with the turnaround at the 2-mile mark. For those unable to run, just remember, I can always use volunteers for monitoring and such. If you have any questions or you would like to help please don't hesitate to contact me. See you there!

Dave DeSelle phone 523-3590 or email daviddeselle@sbcglobal.net

2008 Davis Stampede

I must be going nuts. This was the first thought that crossed my extremely groggy mind when the alarm went off at 4:30am on Sunday February 3rd. What kind of nut-job gets up this early to run 13 miles??? As I reached for the snooze button, I found my answer...

Lars (Andersen) was already up and halfway out the door. With a minor effort and some major grumbling I stumbled out of bed and began gathering things for our 5:15am departure for Davis. By the time I had my act together, **Nuvit (Foster)** was at my place and we piled into Lars' car for the hour and a half drive. I even stayed awake most of the way! For someone who can't drink coffee before they run that is a challenge. I often get the urge to lie down for a nap while on a Sunday run in Annadel.

As I slowly woke up for the 2nd time, I wondered if the weather was going to hold up for us today. Anyone who has run the Davis Stampede knows that the weather can be anywhere on the map. Having lived there for 4 years I have seen everything from sunshine, to ice, to sideways rain and extreme headwinds. Anything can happen. My worries were calmed, though, when we got to Davis and there were mild temperatures, no rain, and no wind! Woo hoo!

After a couple quick trips to the portos and a visit with Fleet Feet's New Balance reps at their booth, it was time to start the race. During the first mile, there was this kid next to me howling in agony and assailing the ears of anyone who could hear him. I prayed he was only running the 10K if he already hurt that badly, but took off and gained some distance on him just in case. I'd be in agony if I had to listen to that the next 12 miles. I had decided to get some practice in not using my iPod (since the head honchos at Boston will DQ me for it) so the option to simply turn up my music was not there for me this time.

As I passed through the first aid station I saw the most unusual thing: people standing with the water/Cytomax cups on their outstretched palms. Now, *that's* not going to work! I tried to snatch the cup from a few people's hands but failed miserably and got several people soaked in the process. And I got no water! Hopefully those people learned how to pass out cups quickly or else they were going to be drenched by the time all 1200 people passed.

The next few miles were pretty uneventful. I ran into some people I knew from my days in Davis and spoke briefly with them, but mostly my mind just wandered during my solitude. I wondered how far back Lars was. I wondered if I was going too fast (I ran my last official half marathon in 1998). I wished I had my iPod. At some point I learned that I was the 2nd female runner so then I thought I'd better get my butt in gear and stop

daydreaming. Maybe I could catch the 1st place female. Or at least not get passed and stay in 2nd! At one point (about mile 9), there was a slight headwind and some guy tried to tuck behind me. It took him a couple of minutes to realize that short, skinny people don't make good wind-blocks and he eventually decided to run next to me instead.

Fatigue started setting in during the last couple miles, but I just kept telling myself it was almost over. A few more minutes of pain was all that was left. One of my old friends from Davis caught up to me about this time and I tried to stay with him until the end. Once I saw the finish line, though, it was all over and I took off in a mad sprint, leaving him in the dust. Guess I had more left than I thought! I finished in 1:26:17. At least now I could say my PR was not set at the halfway point of a marathon (as has been the case in both of my marathons).

I went in search of some liquid refreshment thinking I still had time before Lars got to the finish and was surprised when I barely made it back in time. He was only about 2.5 minutes behind me! We wandered around the various booths for a few minutes while we waited for Nuvit and I ran into many more people that I knew from Davis. It was like a family reunion or something! I learned that the winning female had run a 1:21. Wow! Guess I still have some work to do.

Once Nuvit got in we hung around a little while more and then decided we needed coffee for the ride home. After being up since 4:30am I need about a gallon! So, I used my caffeine radar and found us a Starbucks within a couple blocks. OK, so I vaguely remembered one being there 8 years ago but I really do have radar for that stuff (it helps that there's a Starbucks about every 2 blocks in any given city too). Once we had our caffeine, Lars and I started home (Nuvit had other plans for a ride home). And I managed to stay awake the whole car trip this time (but did take a long nap later)!

Melanie Lovrin

Armstrong Woods / Austin Creek Run Or... the Few, the Proud, the Hypothermic

On Sunday Feb 24th English Olney and Dale Peterson, led by John Mojo Royston took a stroll in the mist thru Armstrong Woods and Austin Creek State Park.

14 Miles, 3000ft of elevation change, at least ten swollen-creek crossings, untold wind, rain and mud followed by thousands of calories and even more smiles and laughs.

It could have been **YOU**. Don't miss the next one!

Oat Hill Mine Run

January 13th, what a lucky day for the ten runners that started up the Oat Hill Mine Road that morning and their benevolent benefactor who drove their get-away vehicle to the top. Over the course of many years this course has become an infrequent but favored venue for a small group of Empire Runners. But on this occasion there was a twist thrown in: instead of an 11 mile run with a net loss of 2,000 feet, how about a gain of 2,000 feet? What could be better than pain on top of suffering? And one of the best parts was that we had female company on the run for the first time as three of our fairer members joined the typically guy thing. The consensus is that even though the run itself is a little more taxing the pounding is a lot less. Look for this one on your calendar next year.



From left Doc Isabeau, Megan Johnson, Jesse, Mojo, Val Sell, English Olney, Paul Berg, Coach Meredith, Bob Finlay, and Danger Downing

Kaiser Permanente – Feb 3rd 2008 San Francisco Half Marathon

Name	Age/Age	Place	Time
Larry Meredith	50-54	5 th	1:29:07
Megan Johnson	20-24	2 nd	1:30:20
Reyana Ewing	35-39	8 th	1:34:32
Val Sell	40-44	12 th	1:35:38
Paul Berg	50-54	16 th	1:36:25
John Harmon	50-54	25 th	1:38:27
Mike Winters	50-54	28 th	1:39:47
Mady Stewart	40-44	27 th	1:40:29
Debbie Beam	45-49	8 th	1:41:50
Dale Peterson	50-54	38 th	1:43:08
Dave Secchitano	45-49	79 th	1:43:45
Scott Montrose	50-54	62 nd	1:52:32
Tori Meredith	50-54	14 th	1:53:13
Lise Narath	40-44	73 rd	1:54:16
Tom Hinde	45-49	151 st	2:00:36
Liz Sinna	40-44	228 th	2:23:27

Point Reyes Run

Look for the 4th annual Point Reyes Run on March 9th. This low-key, non-competitive run has become a favorite among a small group. And not the least reason is that they serve great post-run coffee at the Point Reyes Station. What they lack in service they make up for with great eats. Along with the out-and-back 8 mile course this year the Point Reyes Run will feature a contingency of the Boston Marathon training squad doing an 18 miler. And to support any in-betweeners, Mojo will take a group on a 12 miler that features a 1,200 foot climb up Mt. Wittenburg in the first 1.8 mile (this is followed by lots and lots of downhill). There is also a cut-off that will result in a 10 mile run for those looking for a more subtle nuance. Meet at the Montgomery HS parking lot at 7:00 am to carpool or at the Bear Valley Trailhead. Run starts at 8am.



A few familiar and not so familiar faces from last year's Point Reyes Run

Don't Miss this run March 9th!!



A Turkey Buzzard warms up at the Bear Valley Trailhead at Pt. Reyes National Seashore – a sample of the wildlife you will see if you join in on the run scheduled for March 9th.

HURT'n for Certain

The HURT 100 is a hundred mile trail race held in mid January on the island of Oahu. The course consists of five 20 mile loops, over treacherous, technical trails. There are rocky, butt-scooting descents, ropes affixed to rocks to guide runners where the course is swallowed up along cliff faces, areas where the trail is so obscured by banyan roots it appears as a tangle of huge snakes on the ground. There are river crossings, constant mud and almost nothing flat. In addition to the physical challenge that this course is notorious for, there is the added mental hardship of enduring a loop course. I had only ever run point to point 100 milers, so this would be something new for me. Runners experienced with the course had told me beforehand "the good thing about the loop course is you learn the course and know what to expect, but the bad thing about the loop course is you know the course and what to expect"....ahhh the ol' double-edged sword!

At the start my mind and body were eager, alert and focused. I had distilled the advice and wisdom of veteran runners into a plan that I hoped would get me successfully to the finish in about 30 hours. It included starting very conservatively, staying well hydrated and ahead on calories, and following white (tape) to green and then from green to orange, 5 times with as few "detours" as possible.

The first loop, which I call the "exploratory loop" is when I learned the course. White, green, orange, up, down, back up down, back up, and finally down again. Across Pauoa Flats 3 times, through bamboo forests, along open ridges, under densely lush tropical foliage, past spectacular waterfalls, this course takes one through paradise. Although later this would become a hellish sort of paradise.

In the course of the race, the weather served up every conceivable possibility, from soft, warm, tropical air early in the first day to the blinding torrential downpours in the afternoon (did I mention mud?) and the wind whippings along the exposed ridges during the night.

I followed the food/calorie protocol that worked so well for me at AC. Real food (Probars, Mojo bars, pretzels, potatoes, sandwiches) and avoiding sugary stuff for the first 50 miles and then, while continuing with a/s offerings add in gu, coke, and occasional cookies, M&Ms, etc. Being out on the trails for more than 30 hours, I could definitely feel my body needing more and more calories as the hours piled up. I was just burning through them so fast. During the last couple of hours, eating every 20-30 minutes wasn't enough; I needed to be constantly eating, which included pancakes and sausage, breakfast burritos, a delightful spam sushi treat and endless packets of Espresso Love GU.

The knee pain that slowed me down later in the race turned out to be a hamstring issue that took a few weeks to resolve. Other than that, minimal chafing and no blisters! Despite saturated feet and mud caked shoes for 30+ hours my feet held up beautifully. A few black toenails along with some bruises and scrapes from the multiple falls I had taken were my only complaints.

The last loop and indeed the last few hours out on the course were so incredibly intense. This is the part of ultra running where one is truly stripped down to the rawest part of your being, completely spent. The body is exhausted, and the determined mind simply takes over to accomplish the task. At several times during the last couple of hours I felt myself getting emotionally overwhelmed, thinking of my family, the opportunities and richness ultra running has afforded me and knowing that this monumental accomplishment would soon be completed. But the determined mind, with its ongoing conversations told me to "buck up and save the crying for when it's all over." And boy did I ever (some REALLY pretty photos attest to that!) Of course at the finish there is that weird paradox of the inexplicable feeling of being so stripped down and raw, while at the same time feeling so filled up with the glow of vitality, satisfaction and accomplishment (you other ultra runners know what I mean.) All earned over 24,935 ft of ascent, 24,935 ft of descent, roots, (and more roots) clinging to a rope across rocks, through mud (and more mud), wind and rain, lots of sweat, laughter, encouragements and the pure joy of enduring it all!

The finish was sublime, I could now relax, let it go and feel it all. The attention of the volunteers was almost embarrassing as they took my shoes and socks off for me, washed my feet and generally waited on my every whim, ...something cold to drink, something hot to eat, bringing my drop bag and other necessities.

Completing this race took 10 hours longer than my last 100 miler at Angeles Crest in Sept. The intensely treacherous nature of the course is equal only to its incredible beauty. The list is long and varied of those who in ways great and small aided me in accomplishing this goal, and I will remember with gratitude each act of kindness and generosity.

The most heartfelt and sincere thanks to my pacer Kelly Ridgway, I think she is aware of how important her contribution was and what it will always mean to me.

For more information on this race check out www.hurt100trailrace.com

Suzanna Bon

2008 EMPIRE RUNNERS/FLEET FEET GRAND PRIX RULES

Final overall scoring - best 11 out of 14 races.

2008 Grand Prix races:

1. 1/01/08 Resolution Run 5K
2. 2/18/08 Valley Ford Relay 2.75 mile
3. 3/16/08 Ilsanjo Classic 4 mile and 10 mile
4. 4/06/08 Loop de Loop 14 mile and Relay(2x7m)
5. 5/04/08 Jackrabbit Derby 3 mile
6. 6/11/08to 8/06/08 Summer Track Series (5 Wednesday events)
7. 6/21/08 River Front Relay
8. 7/04/08 Kenwood Footrace
9. 8/03/08 Salmon Creek Beach Run 5 mile
10. 8/23/08 Phil Widener Empire XC Open 3.43 mile
11. 9/07/08 Annadel Loop 7 mile
12. Date TBA Run for the Hungry
13. 11/30/08 McGuires Breakfast Run 3K and 10K
14. 12/13/08 Last 10K and Final 2 mile

Scoring:

Empire Runners who are current members on the day of the race and new members joining on race day will score in that race.

Regular races:

The first place ER finisher will receive 100 points, 2nd place 99 points and so on for both men and women. If there is a short and long race at the same event(example-Ilsanjo has a 4m and 10m race) 4 people will score 100 points.

Relays:

Valley Ford Relay and River Front Relay have 3 categories: Men(75%-100% men),Coed(50%-75%women),Women(100%women).Teams must have at least 50% Empire Runners to be eligible to score. The first place team from each category will receive 100 points, 2nd place team 99 points and so on. Loop de Loop Relay will be scored as a handicapped race with the 1st team scoring 100 points, 2nd team scoring 99 points and so on. If you run on 2 teams you will score in the higher placing team in its category.

Summer Track Series (5 Wednesday events)

25 points will be given to each person who participates in one or more events per track meet. There is a maximum of 100 points possible for this event. There are no volunteer points for this event unless previously arranged with the race director. Race director will score 100 points.

2008 EMPIRE RUNNERS/FLEET FEET GRAND PRIX RULES (continued)

Age divisions: <10, 10-13,14-19,20-29,30-39-,40-49,50-59,60-69,70+

Age division assignment will be determined by age on first race run on or after 1/1/08.

Volunteer and Race Director Points

Volunteers at races receive 75 points. It is the responsibility of race director to provide volunteer names to series Director after race. Race directors receive 100 points.

Eligibility for Grand Prix Awards: (new for 2008!)

Club members must participate in a minimum of five races in order to be eligible to receive a Grand Prix award.

Prizes:

The 1st,2nd and 3rd overall scoring women and men will be awarded \$100, \$75 and \$50 in the form of a gift certificate from Fleet Feet Sports of Santa Rosa to be awarded at the annual banquet. Overall top 6 finishers will be eliminated from age group awards. Age group awards will be given to the top 3 of each division for both women and men. Prizes TBD.

Series Director Responsibilities / Authority

The Series Director will endeavor to score each event as accurately as possible but mistakes and omissions inevitably will happen. Corrections will be made upon notification to the director up to 30 days after the results of an event have been published in the newsletter. Results will become official after that.

The Series Director has the authority to make changes to the above rules from time to time throughout the year as may be necessary due to changing situations. Changes will be published in the newsletter and posted on the website as soon as possible. Any problems or disputes regarding the series will be settled at the sole discretion of the Series Director with emphasis placed on maintaining a series that is fair for all participants.

Anna Derho derho@sbcglobal.net

2008 Grand Prix Director

EMPIRE RUNNERS/FLEET FEET GRAND PRIX 2008

O'all Pl	First Name	Last Name	Div.	Res.Run	Vlly Ford	Total	*Volunteer points not included*	
1	Eric	Downing	30s	96	100	196	Eric Downing is repeating last year	
2	Larry	Meredith	50s	94	99	193	in 1st place , Larry just 3 points behind	
3	Ian	Inman	20s	92	99	191	Top 3 within 5 points of each other	
4	Steve	Cleal	50s	89	100	189		
5	Bob	Finlay	50s	85	100	185		
6	Paul	Berg	50s	87	97	184		
7	Rob	Main	40s	80	98	178		
8	Brendan	Hutchinson	60s	79	96	175		
8	Brad	Zanetti	50s	78	97	175		
9	Jesse	Lucia	14-19	71	98	169		
10	Gary	Morini	50s	74	94	168		
11	Mark	Van Riper	30s	70	95	165		
12	Dan	Preston	60s	68	96	164		
13	Fred	Garcia	40s	69	94	163		
13	Dave	Sell	40s	65	98	163		
14	Bob	Holland	60s	66	96	162		
15	Chris	Mason	20s	62	99	161		
16	Bill	Browne	50s	64	95	159		
17	Don	Sampson	60s	63	94	157		
18	Gil	Moreno	60s	60	96	156		
19	Dan	Tuohy	70+	59	93	152		
18	Paul	Peck	40s	58	94	152		
19	Carl	Jackson	70+	56	93	149		
20	Ernst	Bohn	60s	55	93	148		
20	Ian	Van Riper	<10	53	95	148		
21	George	Urdzik	60s	51	93	144		
22	Alex	Wolf-Root	20s	100		100		
22	Danny	Aldridge	50s		100	100		
22	Vince	Ewing	40s		100	100		
23	Sean	Fitzpatrick	30s	99		99		
23	Spencer	Hall	14-19		99	99		
24	Ty	Strange	40s	98		98		
24	James	Ramirez	14-19		98	98		
24	Justin	Plott	10to13		98	98		
24	Tim	Garcia	14-19		98	98		
25	Don	Stewart	40s	97		97		
25	Wes	Beeson	60s		97	97		
25	Stephen	Rauch	40s		97	97		
26	Greg	Jennings	30s	95		95		
26	Jon	Hermstad	50s		95	95		
27	Don	Meixsell	40s		94	94		
27	John	Anderson	50s		94	94		
28	Todd	Bertolone	40s	93		93		
28	Darryl	Beardall	70+		93	93		
28	Dale	Trowbridge	60s		93	93		
29	Tim	Lorentz	40s	91		91		
30	Andy	Roth	30s	90		90		
31	Bob	Rogers	50s	88		88		
32	Peter	Kirk	40s	86		86		
33	Derek	Felciano	30s	84		84		
34	Cameron	Tully-Smith	30s	83		83		
35	Alec	Isabeau	40s	82		82		
36	John	Harmon	50s	81		81		
37	Mark	James	40s	77		77		
38	Jeff	Shaver	50s	76		76		
39	Dennis	Fagent	50s	73		73		
40	Dave	Secchitano	40s	72		72		
41	Vance	Dewitt	40s	67		67		
42	Bob	Bellino	60s	61		61		
43	Harold	Nordvold	60s	57		57		
44	Andres	Meza	<10	54		54		
45	Duane	Koenig	50s	53		53		
46	Gilman	Jung	70+	50		50		
47	Scott	Montrose	50s	49		49		
48	Terry	McNeill	60s	48		48		
49	Roger	Anawalt	70+	47		47		

EMPIRE RUNNERS FLEET FEET GRAND PRIX 2008

[illegible]

IL SANJO CLASSIC

10-Mile Trail Run 4-Mile Neoclassic

When: March 16, 2008

Kids 1k (0.62 mile) starts at 8:45 a. m.
/ 10mile & 4-mile start at 9:00 a. m.

Where: Start and finish at the upper parking lot of Howarth Park in Santa Rosa.

Registration: Race day registration beginning at 8:00 a. m. On line thru empirerunners.org



Entry Fees for the non-Empire Runner: \$10 for the either the 10-mile race or for the 4-mile race and \$1 for the 1k Newt Scoot.

Empire Runner Member Cost: \$7 either race.

Youth Discount \$2: Any entrant 18 years or younger for either of the long races. \$8 non-Empire Runner and \$5 Empire Runner member.

The Newt Scoot: For youngsters 12 and under the 1k race is an out and back paved course. All finishers are awarded a ribbon. Bring out the kids and trun them loose on the world of running!!

Information: Dave "Digger" DeSelle @523-3590 or daviddeselle@sbcglobal.net

Ask about joining Empire Runners

We gratefully acknowledge our...

Empire Runners Club Sponsors

To find out how to become a Club Sponsor visit the club website (www.empirerunners.org, see "Sponsors") or contact the Sponsorship Administrator, Dave DeSelle, at 707 523-3590, daviddeselle@sbcglobal.net.

Partners in Fitness

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

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

Member Discounts

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

DONORS

Friends

The following have given annual cash or in-kind donations to the Empire Runners Club of \$100 or more in value:

MIKE FANELLI

Allies

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

ALEC ISABEAU, D.C. – Chiropractic Sports Medicine, 586-5555
STEPHEN STARKWEATHER – Massage & Hypnotherapy, 707-544-5143

Backers

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

KZST & KJZY
CULLIGAN WATER OF SONOMA COUNTY–707-545-1330
SIR SPEEDY PRINTING–3451 Airway Drive Santa Rosa, 707-546-3900

Champions

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

FLEET FEET SPORTS -- 111 Third St., Santa Rosa, 569-1494
HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE

March 2008

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Key: M=miles, m=meters, K=kilometers, G.P.=goal
pace
Group I (>45M/wk): run as written
Group II (30-45M/wk): 3/4 of workout;
Group III (20-30M/wk): 2/3 of workout
Group IV (<20M/wk): 1/2 of workout

27

28

29

1

10M total with
3.5M (20-25 min.)
at strong pace
4:30p Howarth
Park
6:30p Club Meeting,
MV RT Pizza

4M 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 Training
Run, Railroad
Square, SR

2

3

4

5

6

7

8

14M at medium
pace
8:00a
Cobblestone
Trailhead on
Channel Drive

7M at
comfortable pace
7:00p 1932 Yolo
Court, SR: 6.5M
at 7:30 pace

8M with 5x1M at
5K G.P., jog 400
5:30p 3390
Princeton Drive,
SR

7M at
comfortable pace
5:30p Fleet Feet
shoe store, 3rd
St., SR

11.5M with 3.5M
at strong pace
4:30p Howarth
Park

6M at
comfortable pace
or Off

8M total with 4M
at strong pace
8:30a Training
Run, Railroad
Square, SR

9

10

11

12

13

14

15

Pt. Reyes Trail
Run
8M - 20M at your
pace
8:00a Bear Valley
Center, Pt.
Reyes National
Seashore

4M at
comfortable pace
7:00p 1932 Yolo
Court, SR: 6.5M
at 7:30 pace

5M with 12x200
at 5K G.P., jog
200
5:30p 3390
Princeton Drive,
SR

8M at
comfortable pace
5:30p Fleet Feet
shoe store, 3rd
St., SR

8.5M at
comfortable pace
4:30p Howarth
Park

7M 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 Training
Run, Railroad
Square, SR

16

17

18

19

20

21

22

Race: Ilsejo
Classic 4M &
10M, 9 a.m.
Howarth Park,
Santa Rosa

6M at
comfortable pace
7:00p 1932 Yolo
Court, SR: 6.5M
at 7:30 pace

6M with 12x400
at 5K G.P., jog
200
5:30p 3390
Princeton Drive,
SR

4M at
comfortable pace
5:30p Fleet Feet
shoe store, 3rd
St., SR

10.5M with 3.5M
at strong pace
Newsletter Deadline:
Jerry Lyman, Editor
4:30p Howarth
Park

4M at
comfortable pace
or Off

8M total with 4M
at
medium-strong
pace
8:30a Training
Run, Railroad
Square, SR

23

24

25

26

27

28

29

15M at medium
pace
Race: Across the
Bay 12K, San
Francisco
8:00a Parktrail
Drive at
Summerfield
Drive

3M at
comfortable pace
7:00p 1932 Yolo
Court, SR: 6.5M
at 7:30 pace

8M with 3x2M at
strong pace, jog
800
5:30p
Cobblestone
Trailhead on
Channel Drive

5M at
comfortable pace
5:30p Fleet Feet
shoe store, 3rd
St., SR

11M total with
3.5M (21-25 min.)
at strong pace
4:30p Howarth
Park
6:30p Club Meeting,
MV RT Pizza

4M at
comfortable pace
or Off

6M at
comfortable pace
8:30a Training
Run, Railroad
Square, SR

30

31

1

2

3

4

5

10M at medium
pace
8:00a
Cobblestone
Trailhead on
Channel Drive

6M at
comfortable pace
7:00p 1932 Yolo
Court, SR: 6.5M
at 7:30 pace

4.5M with 10x30
sec. at 2M G.P.
5:30p 3390
Princeton Drive,
SR

7M at
comfortable pace
5:30p Fleet Feet
shoe store, 3rd
St., SR

6M at
comfortable pace
5:30p Howarth
Park

6M at
comfortable pace
or Off

3M total with
10x20 sec. @ 2M
GP, jog 20 sec.
8:30a Training
Run, Railroad
Square, SR

Time

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



If your Dues are Due! Renew On-Line at www.empirerunners.org and click on "membership"

MARK YOUR CALENDAR!

Sun Mar 9	Pt. Reyes Trail Run – 8 to 20 miles at your own pace – 8am – Bear Valley Visitor Center, Pt. Reyes National Seashore
Sun Mar 16	Ilsanjo Classic – 4M & 10M – 9:00am Howarth Park, Santa Rosa
Thu Mar 20	Newsletter Deadline – Jerry Lyman Editor (pigfete@aol.com)
Thu Mar 27	Club Meeting – 6:30pm Round Table Pizza – Montgomery Village
Sun Apr 6	Loop de Loop & Relay – 14M – 8:00am Cobblestone Trail, Annadel State Park
Sat Apr 12	Brush Creek Cleanup – see inside newsletter for details
Sun Apr 13	Petaluma Footrace – 9:00am Petaluma Marina (www.petalumafootrace.com)
Mon Apr 21	Boston Marathon – 26.2 Miles – Patriots Day – Boston Massachusetts

2008 CLUB OFFICERS

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