

# Newsletter

May 2004

Volume XXIX, No. 5

*"You better run, run, run..."*—Tracy Chapman

**!!HEADS UP!! HEADS UP!! HEADS UP!!**

## **Jack Rabbit Derby**

Sunday, May 2. Details, page 9

## **Sugarloaf Summer Solstice Sunset Soiree and Relay**

(run, fun, barbecue, fun, campout, fun, breakfast, fun, run, more fun, go home)

Friday, June 18

**SIGN UP ASAP!!!!** Details, page 9

## **2004 All-comers Summer Track Series**

Starts Wednesday, June 16. Details, page 11

### ***In this issue:***

**President's Massage ("Up your running"), p. 2**

**March Monthly Meeting Minutia, p. 2**

**Ilsanjo Classic Report: *Winkler in unprecedented women's victory*, page 3**

**Loop de Loop Sufferfest, *bloody details*, page 5**

**Way to Cool 50K (*we actually had a team!*), page 6**

**Leaving Las Vegas (*New Mexico*), page 7**

**Spinning Yarn, page 7**

***Hot Naked Guys*, page 10**

# President's Massage

Here we are almost through April and hopefully all of you runner types are feeling like upping your running like I am. If you don't like April in Sonoma County you must be dead. The tough Ilsanjo and Loop de Loop races are over and now we turn to shorter (Jackrabbit and track races) for the points series.

By the way, congratulate Jerry Lyman for winning the Loop de Loop next time you see him. He says it is the first race he's ever won. Who knew he was a loser like the rest of us till now? Let's see if success changes him (a recliner in the clubhouse, no more talking to the media).

There are a few new races coming up (non-Empire Runner races) in April and May. The SSU women are putting on a 3k and mile 4/25 at Corporate Center Parkway (off Sebastopol Rd) and the Human Race is 5/8. I know we all like to support any races still standing in our county since so many have dropped off due to expenses, insurance etc, so come on out and see what kind of shape you are in for these road races. I've run the Human Race almost every year, and yes, the course has had a few shortcomings over the years, but it is still the biggest fundraiser in the county and is a beautiful course. And any race with a start and finish is a great chance to see who you can beat and hone your race skills. See ya at the races.

P.S. We still need some more of us slower types to run with on Thursdays and Sundays on the training runs, so I'm challenging all of you hesitant ones to come on out and run with us, we need you!

--Bill Browne

## Empire Runners Getting Ready to Award Donations

The applications have been sent out and now I wait as Sonoma County high school seniors are filling out information, getting letters of recommendations and their transcripts. Every year the Empire Runners donate at least two \$500 donations toward the college of their choice, to one graduating high school senior boy and girl. It is our hope that they continue to run as their new life begins. If you are interested in helping me select this year's recipients please call for the date and time.

Lisa Anderson  
527-0673

## The March meeting of the Empire Runners

was called to order at 7:30PM, March 25<sup>th</sup>, 2004, Bill Browne presiding.

### Guest Speakers:

Marcie Silva introduced the "Spring Sprint 3K Run/Walk" put on by a management class at SSU to benefit the SSU Women's T&F Scholarship Fund. The Empire Runners will assist with the race organization.

Brad Rex from Fleet Feet talked about the dirty little secrets of shoe manufacturing and the functions and features of running shoes.

**Secretary:** The minutes were approved as read by Eric Downing for the 15<sup>th</sup> consecutive month (not a record).

**Treasurer's Report:** \$12,480 is available for expenses.

### Race Reports:

Ilsanjo: There were over 100 participants combined from the three races. Lori Winkler finished first overall in the 4 mile race, the first time a female has been the overall winner at an Empire Runner non-handicapped race.

George Urdzik won his division at the Redwood Trails 10K.

Loop de Loop: Sunday, March 4<sup>th</sup>, 8AM.

### New Business:

Kenwood 10K: T-shirt contest will be open to all high schools this year. Race fees are \$20 for pre-registration and \$25 for race day registration.

Empire Open: will be September 4<sup>th</sup>.

Sonoma County Trails: Alec Isabeau asked for the club to donate \$100 (motion passed).

Track Series dates: June 16<sup>th</sup> & 30<sup>th</sup>, July 14<sup>th</sup> & 28<sup>th</sup>, and August 11<sup>th</sup>.

**Raffle:** won by Bill Browne (donated) **Drawing:** Richard Flores (not present)

### Attendance:

Pudster	Digger
L. T. Yzabeaux	Bill Browne
Docteur Milou Isabeau	Bob Finlay
Super "G"	Larry Meredith
Dale Trowbridge	Tori Meredith
Iguana Don	Darrell Beardall
Mr. Rodgers	Jerry Lyman

Like, totally, submitted:  
Eric le journaliste Downing

Not a member?  
**Join the Empire Runners Club**

The fee for membership is \$20/year, payable to "Empire Runners".

Youth under 18 is \$10/year, and there is a maximum \$25/year fee to include all family members in a single household.

Send to:  
Empire Runners  
3648 Evergreen Rd  
Santa Rosa, CA 95405

and include your name, address, sex, birthdate, and telephone number.

Your newsletter should begin arriving soon thereafter.

Check out the Empire Runners Club Website: [www.empirerunners.org](http://www.empirerunners.org)

To sign up for the club e-group: Send an email to : [empirerunners-subscribe@yahoogroups.com](mailto:empirerunners-subscribe@yahoogroups.com), provide your name and confirm that you are an Empire Runners Club member.

## ILSANJO CLASSIC

The day before the race I was a little worried. Clear as a bell and hot! There definitely was no mud on the course when I marked on the upper portion of the course. My thoughts went to heat exhaustion for those doing the 10-mile race. Sunday morning I woke at 6 a. m. and relaxed a little seeing the layer of fog. Setting up the cones and signs went smoothly. Registration was a blur as more than expected signed up. I wasn't able even watch the Newt Scoot start, but I did see a large group of youngsters take off.

The first to cross the line in the Newt Scoot was a 10-year old Megan Dellavalle in a time 4:35. Next was the first boy, John Fisher in 4:42. In all 20 finished the Newt Scoot. It sure looked as if they all enjoyed the race even those being

assisted by the adults. This year we had 2 two year olds finish the race Jack Frediani and Mackenzie Mathewson. (Good job guys even though you can't read this, yet.)

At 9 a. m. 88 brave souls lined up for the 4-mile Neo-Classic and 10-mile

**Lori Winkler, first place overall winner of the Ilsanjo 4-Mile Neo-Classic.**

classic. Brendan Hutchinson started the race with antlers of "Stubby" whose photo was given as the prize. Brendan you did such a great job with the photograph.

Twenty-nine minutes and thirty five seconds (29:35) later the first place runner crossed the finish line and like the prior race it was a female. It was club member Lori Winkler. **This may be the first time that a woman has won outright an adult Empire Runners race. "Good job Lori!"** Second overall and the first male was Kai Mazua in 30:04. Third overall and the second male was Dave Carey in 30:13. Next came 56 year old Don Sampson in 31:01 as the third male. On the women's side the second place finisher was Lisa (L.T.) Isabeau in 31:53 and third Melissa Frediani in



34:13. One of the real battles in the 4-mile race was between the two youngest runners. In the under 12 division 10 year old **Lauren Feldman** held off 8 year old **Rita Purcell** by one second 40:47 to 40:48. (photo at left) Coming to the finish line neither one would give an inch. Maybe it runs in their families. You guess?

During this time the 10-mile Classic was taking shape. At the Canyon Bridge approximately three miles into the race Chris Gilbert and Kenny Brown were side by side with Rich Anderson about 15 yards back. By the time Chris Gilbert reached Lake Ilsanjo he had put a stranglehold on first place with a strong surge up the hill. Kenny was game but having run the Napa Marathon in 2:34 for a 6<sup>th</sup> place finish just a few weeks before, there wasn't enough in the tank today to catch the surging Gilbert. Chris in fact extended his lead and finished in a course record time of 55:05. Kenny Brown was second in an excellent time of 57:59 with Rich Anderson third in 1:01:57 and the first Master runner. On the women's side Rancho Cotate running star Phyllis Blanchard made short work of the rest of the field by doing a "Sunday work-out" in a time of 1:07:21. She was followed by 45 year old Janet Feldman in 1:15:22. Karin Enstam finished third overall in 1:18:55.

Other finishers of note in the men divisions were Jerry Lyman first in the 50-59 division, in second and all the way from Elko, Nevada for the second year in a row and a former high school classmate of mine Tom Poulsen. In the 60-69 division 67 year old Len Geraldi ran and held off Martin Jones 1:16:22 to 1:20:27. Truly outstanding efforts both. We even had one 70+ runner Jim Ray, 78, finished in 1:40:17.

On the woman side 40-year-old Carol Dubay seems to be getting better with age finishing fourth overall in 1:19:02 and Liz Sinna finishing fifth overall in 1:24:38.

For all those who ran "thanks " and I hope you enjoyed the race. Also "thanks " to all those helped make this race happen our sponsors: Fleet Feet Sports Ron Jacobs), Montecito Heights Health and Racquet Club (Cathy Dubay), Lads Supermarket (Art Maybrun), Clo's Parkside Grill and BBQ, and Healdsburg High School cross country team who monitored the major part of the course.

Race day helpers were Bob Shor, Doug Courtemarche, Bill Fisher, George Urdzik, Kathy Basorti, Carl Jackson and my sons Jason and Greg DeSelle. If I have forgotten anyone please accept my apology. Without all of these people this race wouldn't turn out the way it has.

I'll see you on the trails. (For those who haven't don't be afraid to join one of the group runs.)

**Dave DeSelle**



*Chris Gilbert, winner of the Classic 10-Miler in a blistering 55:05*

## ILSANJO 2004 RACE RESULTS

### NEWT SCOOT -BOYS

<u>NAME</u>	<u>AGE</u>	<u>TIME</u>
JOHN FISHER	10	4:42
JACK MATTERN	10	4:44
MAX MAUER	8	5:24
MICHAEL CURRY	5	6:00
JACKSON HERRFELDT	8	6:18
IAN VAN RIPER	4	6:25
JORDAN HERRFELDT	3	7:30
DRAKE CODY	5	7:38
JACK FREDIANI	2	8:31

### NEWT SCOOT-GIRLS

<u>NAME</u>	<u>AGE</u>	<u>TIME</u>
MEAGN DELLAVALLE	10	4:35
NATALIE NAZUA	6	5:38
JILLIAN VAN RIPER	7	5:47
KARA CURRY	6	6:04
MELANIE MATHEWSON	5	6:28
SONNIA BRADEN	7	6:32
KATIE KIRK	6	6:33
AUTUMN CODY	7	7:25
JULIE SANCHEZ	12	8:06
GRACE FREDIANI	5	9:56
MACKENZIE MATHEWSON	2	10:11

### 4-MILE NEOCLASSIC - MEN

<u>NAME</u>	<u>AGE</u>	<u>TIME</u>	<u>DIV</u>	<u>PL</u>
KAI MAZUA	40	30:04	40-49	1
DAVE CAREY	33	30:13	30-39	1
DON SAMPSON	56	31:01	50-59	1
LOUIS SEIDNER	42	32:32	40-49	2
MORT GRAY	72	32:41	70+	1
CHRIS COPPINGER	39	33:40	30-39	2
JEFF CODY	40	34:29	40-49	3
KEN GRAY	42	38:13	40-49	4
TODD FREDIANI	35	38:45	30-39	3
DALE LEYHE	72	38:56	70+	2

### 4-MILE NEOCLASSIC - WOMEN

<u>NAME</u>	<u>AGE</u>	<u>TIME</u>	<u>DIV</u>	<u>PL</u>
LORI WINKLER	45	29:35	40-49	1
LISA ISABEAU	45	31:53	40-49	2
MELISSA FREDIANI	35	34:13	30-39	1
KIM CAREY	32	34:54	30-39	2
SADONNA CODY	33	36:17	30-39	3
ANGIE CURRY	15	38:00	12-19	1
LILLY HAYDEN	20	38:07	20-29	1
JOANN HERRFELDT	39	38:32	30-39	4
AMY GANDY	50	38:39	50-59	1
LISA ANDERSON	35	38:52	30-39	5
LAUREN FELDMAN	10	40:47	U-12	1
RITA PURCELL	8	40:48	U-12	2
EMILY McGRANAGHAN	38	41:34	30-39	6
MARY ROGERS	46	42:49	40-49	3
LORI HOUSTON	44	42:49	40-49	4
KATHY DOWDALL	42	42:49	40-49	5
ANNA DERHO	50	46:17	50-59	2

## LAKE ILSANJO CLASSIC 10-MILE

### RESULTS-MEN

<u>NAME</u>	<u>AGE</u>	<u>TIME</u>	<u>DIV</u>	<u>PL</u>
CHRIS GILBERT	34	55:05	30-39	1
KENNY BROWN	34	57:59	30-39	2
RICH ANDERSON	41	1:01:57	40-49	1
BRAD BRYAN	46	1:04:00	40-49	2
ERIC DOWNING	33	1:05:26	30-39	3
JERRY LYMAN	54	1:05:37	50-59	1
DON LINDSEY	43	1:06:14	40-49	3
TOM POULSEN	54	1:06:58	50-59	2
TODD BERTOLONE	41	1:07:40	40-49	4
BOB ROGERS	47	1:07:58	40-49	5
ALEC ISABEAU	42	1:07:59	40-49	6
BOB FINLAY	47	1:08:34	40-49	7
JAMES LYNCH	43	1:09:58	40-49	8
BRUCE LINSKOTT	45	1:10:39	40-49	9
NEIL PINKERTON	39	1:10:54	30-39	4
ROB MAIN	45	1:12:45	40-49	10
STEVE STARKWEATHER	43	1:12:40	40-49	11
DALE PETERSON	46	1:12:58	40-49	12
PETER KIRK	40	1:13:34	40-49	13
BILL BROWNE	54	1:14:33	50-59	3
DAVE COVEY	42	1:15:11	40-49	14
JEFF GUSMAN	49	1:15:12	40-49	15
PETE GANG	47	1:15:24	40-49	16
LUIS PICAZO	22	1:16:12	20-29	1
GARY MORINI	50	1:16:12	50-59	4
LEN GERALDI	67	1:16:22	60-69	1
DOUG STARR	51	1:16:35	50-59	5
DARRIN JENKINS	31	1:17:24	30-39	5
BOB HOLLAND	59	1:17:39	50-59	6
JOE SANCHEZ	48	1:17:49	40-49	17
JON HERMSTAD	55	1:18:16	50-59	7
DAVE PINTO	53	1:19:26	50-59	8
MARTIN JONES	60	1:20:27	60-69	2
GUY MURTAGH	54	1:21:27	50-59	9
CARL TRIOLA	35	1:22:16	30-39	6
SCOTT MONTROSE	46	1:23:19	40-49	18
CASEY PETERS	19	1:24:45	12-19	1
PAUL PECK	43	1:25:25	40-49	19
FRANK FAN	29	1:25:26	20-29	2
TOM HINDE	44	1:25:51	40-49	20
CRAIG STERN	49	1:28:49	40-49	21
ERIC NORVOLD	56	1:32:30	50-59	10
JOHN ANDERSON	50	1:33:43	50-59	11
LUIS MARTINEZ	33	1:34:02	30-39	7
RUDY NOCHEZ	33	1:34:04	30-39	8
MATT GOODACRE	45	1:34:51	40-49	22
DARINSH GARBER	21	1:35:59	20-29	3
JIM RAY	78	1:40:17	70+	1
DON ERICSON	53	1:41:07	50-59	12
DARYL BEARDALL	67	1:45:21	60-69	3
TERRY McNEILL	61	1:45:22	60-69	4

### RESULTS - WOMEN

<u>NAME</u>	<u>AGE</u>	<u>TIME</u>	<u>DIV</u>	<u>PL</u>
PHYLLIS BLANCHARD	17	1:07:21	12-19	1
JANET FELDMAN	45	1:15:22	40-49	1
KARIN ENSTAM	32	1:18:55	30-39	1
CAROL DUBAY	40	1:19:02	40-49	2
LIZ SINNA	38	1:24:38	30-39	2
REBECCA DELOREFILE	26	1:25:46	20-29	1
NANCY ABILA	43	1:28:22	40-49	3
PATTY SANDERS	54	1:31:24	50-59	1
LESLIE CURRY	40	1:33:44	40-49	4
EMILY DEERING	53	1:40:18	50-59	2



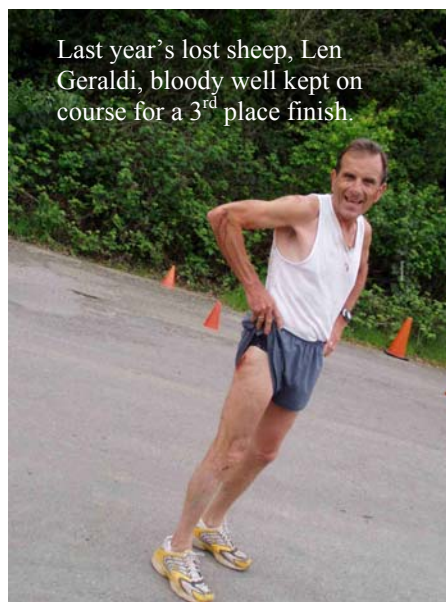
*LoopdeLoopster 10 Top Finishers: Top right to left: Jerry Lyman, Val Sell, Len Geraldi, Bob Rogers, Kenny Brown. Bottom right to left: Eric Downing, Bob Finlay, Todd Bertoloni (invisible), Gil Moreno, and John Harmon (also invisible). Race results on next page.*

## BURLINESS ABOUNDS

### At the Loop De Loop! Lyman Undisputed Alpha Goat!

Once again, the toughest of the tough congregated on Channel Drive recently for the infamous Loop de Loop 14 Mile Sufferfest. Using a proprietary mixture of age, extremely burly fitness and a Bubba's passion for suffering, Jerry "Pappy" Lyman left all other runners behind on the second loop and cranked to the finish to claim his first Empire Runners Club race victory! We grovel at Pappy's feet in awe.

Equally awesome (in all truth) were all the other participants, including second place finisher Val Sell and our beloved last finisher Don "Mad Dog" Madronich, one of the original Loop de Loopers from way back when this was only a 13 miler and the hills weren't nearly so steep, nor so long, and Puddles was still in diapers.



Last year's lost sheep, Len Geraldi, bloody well kept on course for a 3<sup>rd</sup> place finish.

Thank you to our volunteers (Tori, LT, Bill Fisher, others) and to all those who showed up on race day to test their mettle and to simply celebrate the good fortune of being alive and fit on this one particular spring morning. It's worth repeating: you are all awesome. See you at the next race.

-- A Doc n' Mojo Production



## 2004 Loop de Loop Results

Place	Name	Age	Handicap	Loop 1	Loop 2	Handicap Time	Actual Time	/Place
1	Jerry Lyman	55	20	49:53	50:54	1:20:47	1:40:47	2
2	Val Sell	39	20	56:20	55:12	1:31:32	1:51:32	7
3	Len Geraldi	67	30	1:01:52	1:04:30	1:36:22	2:06:22	15
4	Bob Rogers	47	10	53:06	54:05	1:37:11	1:47:11	4
5	Kenny Brown	34	5	54:55	47:29	1:37:24	1:42:24	3
6	Eric Downing	33	0	49:59	50:16	1:40:15	1:40:15	1
7	Bob Finlay	47	10	55:53	56:07	1:42:00	1:52:00	9
8	Todd Bertoloni	41	5	53:44	54:59	1:43:43	1:48:43	5
9	Gil Moreno	60	25	1:05:33	1:04:19	1:44:52	2:09:52	16
10	John Harmon	47	10	57:38	57:33	1:45:11	1:55:11	10
11	Stephen Starkweather	43	5	56:09	53:35	1:45:44	1:49:44	6
12	Dale Peterson	46	10	58:54	59:58	1:48:52	1:58:52	11
13	Shelly Lydon	43	25	1:09:06	1:05:47	1:49:53	2:14:53	18
14	Alec Isabeau	42	0 *	53:07	58:48	1:51:55	1:51:55	8
15	Cindy Roach	44	25	1:10:30	1:09:17	1:54:47	2:19:47	19
16	Peter Kirk	40	5	59:26	1:01:32	1:55:58	2:00:58	12
17	Mike Stafford	52	15	1:01:57	1:09:04	1:56:01	2:11:01	17
18	Jim Lynch	43	5	1:00:56	1:01:38	1:57:34	2:02:34	13
19	Andrew Mitchell	36	5	1:00:57	1:01:37	1:57:34	2:02:34	14
20	Darryl Beardall	67	30	1:16:54	1:28:38	2:15:32	2:45:32	21
21	Al Meyers	42	5	1:05:33	1:19:06	2:19:39	2:24:39	20
22	Jim Arthurs	72	30	1:23:05	1:27:46	2:20:51	2:50:51	22
23	Don Madronich	59	20	1:24:45	1:40:00	2:44:00	3:04:45	23

### Also Ran

Eric Bohn	38	0 *	47:56	47:37	1:35:33	1:35:33
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### Half Looped

Jon Hermstad	55	20	57:22
Mike Ward	40??	5	56:35
LT Isabeau	45	20 *	1:12:18
Laurie Martin	34	20	1:12:21
Michael Vilorio	42	5	59:55
Jim Ray	78	30	1:33:19
Anna Derho	50	30	1:40:47

# Way to Cool 50K

- Eric Walker

Four Empire Runners toed the starting line for the rugged and hilly Way to Cool 50K trail race in the Sierra Foothills this past March 13<sup>th</sup>. For two of us this was a first attempt at anything longer than a marathon. Ernst Bohn and I were both newcomers to Ultras while Eric Bohn had run nearly every ultra that I had ever heard of. Mark Grismer rounded out the team, running in his second ultra and first race for the Empire Runners.

Forget about the name of this race, since "Cool" is definitely not what this race was. The race started at the winter-friendly hour of 8am. By then, I was toasty in a singlet. By noon, I was delirious and covered in saline slime... which I could really have used internally it turns out. Leg cramps and 80 degree temps notwithstanding, the race was a very enjoyable event. Ernie cranked out a really impressive 5hr 54min effort for 7th in his age group—merely a warmup for a marathon on Whidbey Island, Washington three weeks later (4:01 on a rather hilly course). Mark Grismer ran a very smart and steady race in 4hrs 28mins for 35th overall. Eric Bohn, who had been sick with a nasty cold for 6 weeks prior to the race, ran a careful 4hr 44min effort. He had been third overall in this race two years earlier and hung on for 64th this year. I gambled a little and ran the race like a trail marathon (lots of experience there...uh huh) which fortunately worked out alright. My time was 4hrs 7mins for 12th overall. Brian Purcell had been scheduled to run for the ER team, but suffered a bicycle accident just a week prior to the race. Even without Brian's incredible ultra experience, the home team pulled off a second place in a Pacific Association event.

The part of this story that absolutely has to be told is that Eric Bohn and I had an agreement about this race: I would run an ultra and Eric will be strutting a Pacific Association race walk somewhere in the next two years (I'm a patient guy, Eric).



Val Sell at the turn-around at the 2004 Loop de Loop

# Leaving Las Vegas

My son Andy plays baseball in Las Vegas. Although he is nearly 22 years old, you will never find him in a casino or playing one-armed bandits. It's not that he doesn't enjoy a little fun now and then. The reason he never does these things is that although he lives in Las Vegas, his town doesn't have a single casino (not counting the Indian casino down the highway). You see my son lives in the *other* Las Vegas. Las Vegas New Mexico.

Andy is going to New Mexico Highlands University in Las Vegas New Mexico on a baseball scholarship. Andy is a junior now and counting the one year he red-shirted at SRJC, he has been playing baseball for about sixteen years now. When he was little he used to accompany me to the summer track meets. He was pretty fast in the short races. Now he is a big 6' 3" 205lb relief pitcher for his college team. I have been following him and his team on the internet all year but finally got the chance to go see him in Las Vegas last week.

I had not been to New Mexico since before I had a driver's license so it was an interesting trip to say the least. Now I had to fly in to Albuquerque and then drive through Santa Fe and on to Las Vegas. Las Vegas is on the extreme southeast tip of the Rocky Mountains. As I was approaching the city limits Sheryl Crow was on the radio singing "Leaving Las Vegas". I hoped this was a good omen...

Las Vegas is an interesting town. Besides the typical mix of cultures (about 40% Mexican, 54% white and 6% Native American) the town was apparently quite prosperous about 100 or so years ago. The downtown is about four-times the size of Santa Rosa's but over half is empty and has been for about 80 years or so it would appear. Giant empty hotels, imposing banks with empty vaults, faded store-fronts. I understand that Las Vegas New Mexico has more buildings on the historical register than any other city in the United States. Over 900. The town's population is around 16,000 now but I would guess it was much higher one-hundred years ago. The town sits at over 6,500 feet. About a quarter mile higher than Denver. Needless to say a baseball really carries in the thin air. This would be proven in my son's games over the weekend.

The town was interesting as I have said. The food was great if you like southwestern and Tex-Mex. But the landscape is equally fascinating. The north and west the mountains rise abruptly from the surrounding plateau quickly achieving ten to eleven-thousand feet. I took a hike on Friday to the top of a granite monolith known as Hermits Peak. I gained over 4000 feet in four miles. My lungs were getting a great workout

along with my legs! My climbing buddies would be impressed with the climbing opportunities here. From a distance Hermits Peak would look quite at home in Yosemite. To the east it is flat all the way to Texas and beyond.

Running in and around Las Vegas was a challenge. Not just because of the altitude but rather because running seems to be relatively foreign to the population. Whenever I ran on the road I had people honking horns at me, yelling, laughing or just giving me weird looks. It reminded me of running thirty years ago in Iowa. I finally found a short path along the Gallinas River and a nice all-weather track at the local High School. So I got my running in, but it made me appreciate Sonoma County all that much more!

At one of the baseball games I met a kid on the Highlands cross-country team. I found that they have cross-country but no track team due primarily to budget and Title-IX issues. I understand they are trying to add women's track for next year with a hope to get a men's team in a couple more years. As such they built a nice track around the football stadium. Meanwhile the cross-country runners go to as many track meets in the region running unattached as they can to keep sharp during the summer. So even in Las Vegas New Mexico, there is hope of a running future.

Every day my son's team the Highland University Cowboys played against the Ft. Hays (Kansas) Tigers a nationally ranked Division II school. I am proud to report that Andy's team won 3 of the 4 games. Unfortunately I never got to see my son pitch. Such is the life of a middle relief pitcher. They just never know when they will play. Still I had a lot of fun at the games. I met my son's room-mates who share a house together and went out to dinner with them along with some of their parents, my son and his girlfriend Teran. All in all it was very enjoyable trip.

Before I knew it, it was time to make the drive back to Albuquerque for the flight home. Next year I will know what to expect in regard to the running. Next year my son hopes to win a spot as a starting pitcher. I look forward to going back and seeing him play.

**--DM Peterson**

## Spinning my Wheels

Cross-training is supposed to be good for you. Work different muscle groups, or work muscle groups in a different way. It's supposed to make you a better runner. It's supposed to be fun. I guess you'd say I am a believer. Besides running which of course takes up the vast majority of my non-work time, I also enjoy climbing and lifting on a regular basis with occasional cycling thrown in. Now I don't claim

to be a cyclist per se', but I do enjoy it when I get the chance. **Robin Stovall** and I like to get in a nice ride whenever we can. It is always a good workout and a lot of fun to boot. Robin is one of these people who just looks comfortable on a bike. I on the other hand always feel like I am expending much more energy than I should be for the results I get. Still, like I say, it is a lot of fun and a nice break from running.

Now so far, I have been talking about outdoor cycling. A sport that involves an actual bicycle with tires and everything. Now there are also indoor, stationary bikes. But before we go any further you need to throw away any visions of the "Sears Best" bicycle trainer that your aunt bought back in '77 and which was already gathering dust before '78. Although there are still clunky stationary bikes out there; the latest models are sleek, lean, mean and fit a lot like a standard road-bike. Indoor cycling is often referred to as "spinning" especially when done in a group setting and led by an instructor.

The word "spinning" conjures up images of delight, ease, picnics and happy children. Nothing could be further from the truth. When you hear "spinning", think "torture". When you hear "instructor" think "inquisitor". Okay, Okay, it's not really *that* bad. But it is definitely not a day at the beach!

Recently Robin invited me to go to her spin class (torture session) at her local health club. Thinking this would be a nice break from the usual Thursday night run, I quickly said "sure, sign me up". Well, the appointed day came and I came over to Robin's place dressed in my bike shorts and singlet, all ready to go. Stupidly I asked Robin, "What's your gym bag got in it?" We were running late so we got going before my question could be fully explored.

We got to the gym a little early and while Robin worked out on some of the weight machines, I wasted my time trying to figure out how to use them. Rather than get frustrated I migrated over to the free weights where the "real men" work out. Soon it was time to go to the broom-closet that passes for a spinning room. I understand that they are scheduled to expand soon. That would be a very good thing. Somehow they cram at least eight bikes in there but it is beyond cozy! I jumped up on my bike, and announced that it was a perfect fit. Five minutes later I found that I had a nasty tendency to slip forward off of the saddle. Take my word for it, this is not a good thing. I plopped my water bottle into the holder, draped my towel over the handlebar and I was ready to go! Unlike me, Robin carefully adjusted her bike to ensure a good fit.

The room filled up with men and women of various ages and apparent fitness levels. Then the instructor came in. She looked very enthusiastic and smiled a lot but started dropping little hints that we were in for a real butt-kicking. She had her complete collection of hits from the 80's and was not afraid to use them!

We started the work-out just kind of warming up. Spinning with very little resistance just to get the blood pumping. Uh-oh, I thought, I'm already starting to sweat and we haven't even started. Lucky for me Robin positioned me next to the fan so I wouldn't become completely soaked in the first 5 minutes! Okay, so now we were told to turn it up to about a "four". Each bike comes with a little knob that allows you to fine-tune the torture to fit your particular masochistic mood. I soon found that this is a fine art but that a "four" was on a scale of ten, one being like coasting downhill and ten being like riding your bike up Mt. Everest.

The music got faster, the instructor got more hyped and we were told to "turn it up a notch", "here we go", "all the way" etc etc. Never did I hear "go for the burn", but burn we did! All the while, Journey, Bon-Jovi and other assorted 80's bands were wailing from the speakers. Just when I was thinking I could handle this, the instructor announced that we would be doing "jumps". You may ask "how can you do jumps on a stationary bike?" Good question. A "jump" requires you to lift your big butt off the saddle and to remain off the saddle for a revolution or two. Sounds easy. Everyone else in the room seemed fine with it. But I can tell you it really hurt my knees and it really kicked my butt. Very hard. I glanced over at Robin and she had a look of what I would call serene exertion. She was working hard but at least outwardly she did not appear to be suffering. Like I said before, she is comfortable on a bike, stationary or not.

Meanwhile we alternately dialed up or down the resistance of our bikes as the instructor fine-tuned our group torture. Besides the jumps we also spent a good amount of time totally out of the saddle. I thought I had fairly strong quads but this just killed me. After that we did a series of short "sprints", thankfully in the saddle, for bursts ranging from 10 to 40 seconds which I actually enjoyed. We ended by slowly decreasing the resistance, dismounting and doing some well deserved stretches.

I had chugged my entire bottle of water during the hour-long workout and most of it seemed to have ended up on the floor in the form of perspiration. I mopped up as best I could and followed Robin out of the room. (she had a nice "glow") It was at that point that I realized what was in the gym bag... a change of clothes. Okay, I get it now!!! DUH!!

In spite of how hard this all seemed, I still managed to run very well on the following Sunday at Ilsanjo. Who knows, maybe it even helped. One thing is for sure, if you do this regularly it is bound to make you a stronger, fitter person and that translates into being a stronger, fitter runner!

I hope Robin will invite me again. This time I promise not to whine. ***And I promise to bring a change of clothes!***

***--DM Peterson***



13<sup>th</sup> Annual

## *Jackrabbit Derby*

**Sunday May 2<sup>nd</sup> 8:00am Bunny Hop  
8:15am 3 Miler**



Spring Lake Park (near the boat ramp)  
\$5 Empire Runners, \$7 non-members \$1 Bunny Hop

Call Dale Peterson (707) 579-3067 for info or email [sledge@saber.net](mailto:sledge@saber.net)

## **SUGARLOAF SUMMER SOLSTICE SUNSET SOIREE and RELAY RACE**

**WHAT?** A two-person relay race on a beautiful 2.7 mile trail loop, followed by awards, barbecue, merriment, campout and easy morning trail run the next day.

**WHERE?** At the group campsite in Sugarloaf State Park, off Highway 12 near Kenwood; 15 minutes from Santa Rosa.

**WHEN?** Friday evening, June 18; race starts at 6:30 p.m. BBQ immediately afterward.

**HOW MUCH?** \$8 per runner; additional \$2 for anyone camping for the night. If you want to run but don't have a partner for a team, don't fret. We'll put teams together before the race. If you can't make the race, join us for the BBQ and/or campout.

**WHAT ELSE?** If you'd like to camp, please call me (Doc) at 578-3025 and let me know how many people will be spending the night. There is a 50 person limit on camping, so call soon. Everyone is welcome to stay after the race and enjoy the campfire and BBQ (grilled Mega-Bubba Burgers by Chef Mojo!); we will supply burgers, buns and condiments; you bring your own drinks and additional grub.

For more info call Doc at 578-3025 or Mojo at 538-1418.

-- A Doc n' Mojo Production

# Jack Rabbit Derby All Time Top Finishers

## Men's Top Ten

1 - <b>Kenny Brown</b>	1994	15:29
2 - <b>Eric Walker</b>	1995	15:44
3 - <b>E.J. Bohn</b>	1995	15:51
4 - <b>Scott Pierce</b>	1994	15:59
5 - <b>Louis Garcia</b>	1992	16:03
6 - <b>Dan King</b>	1993	16:07
7 - <b>Ty Strange</b>	1999	16:29
8 - <b>Ron Smith</b>	1992	16:32
9 - <b>Jason Selby</b>	1995	16:35
10 - <b>Matt Fitch</b>	2003	16:37

## Women's Top Ten

1 - Michelle Nielsen	1995	17:50
2 - Eileen Vukicevich	1992	18:11
3 - <b>Cathy DuBay</b>	2002	18:12
4 - <b>Lura Damiano</b>	1992	18:19
5 - <b>Christi Holligan</b>	1993	18:29
6 - <b>Val Sell</b>	2002	18:47
7 - <b>Kim Conley</b>	2003	19:16
8 - <b>Julia Stamps</b>	1992	19:23
9 - <b>Shelly Lydon</b>	1999	19:35
10 - Bonne Zapata	1992	19:40

## *Jackrabbit Derby All Time Top Three per Division*

### Men

#### 19 and under

1 - <b>Jason Selby</b>	1994	16:35
2 - <b>Matt Fitch</b>	2003	16:37
2 - <b>Kevin Funk</b>	1994	17:13

#### 20 - 29

1 - <b>Kenny Brown</b>	1994	15:29
2 - <b>Eric Walker</b>	1995	15:44
3 - <b>E.J. Bohn</b>	1995	15:51

#### 30 - 39

1 - <b>Louis Garcia</b>	1992	16:03
2 - <b>Dan King</b>	1993	16:07
3 - <b>Kenny Brown</b>	2003	16:23

#### 40 - 49

1 - <b>Ron Smith</b>	1992	16:32
2 - <b>Ty Strange</b>	2002	16:42
3 - <b>Louis Garcia</b>	1998	16:54

#### 50 - 59

1 - <b>Dan Preston</b>	1992	17:06
2 - <b>Karl Greipenberg</b>	1994	17:38
3 - <b>Jerry Lyman</b>	1999	17:43

#### 60 - 69

1 - <b>Mort Gray</b>	1992	19:19
2 - <b>Darryl Beardall</b>	1999	19:50
3 - <b>Wil King</b>	1993	21:24

#### 70 +

1 - <b>Carl Jackson</b>	2003	27:22
2 - <b>Dale Leyhe</b>	2002	28:15
3 - <b>Bill Fisher</b>	2003	29:14

### Women

#### 19 and under

1 - <b>Kim Conley</b>	2003	19:16
2 - <b>Julia Stamps</b>	1992	19:23
3 - <b>Kim Handel</b>	2003	19:50

#### 20 - 29

1 - <b>Cathy DuBay</b>	1994	18:43
2 - <b>Leah Etling</b>	2002	20:22
3 - <b>Valerie Lucia</b>	1994	21:12

#### 30 - 39

1 - Michelle Nielsen	1995	17:50
2 - Eileen Vukicevich	1992	18:11
3 - <b>Cathy DuBay</b>	2002	18:12

#### 40 - 49

1 - <b>Tori Meredith</b>	2000	19:54
2 - <b>Susan Vasquez</b>	2001	20:08
3 - <b>Janet Feldman</b>	2003	20:29

#### 50 - 59

1 - <b>Ann-Marie Von Hoene</b>	1995	20:22
2 - <b>Leslie Howell</b>	2002	32:02
3 - <b>Kathy Charles</b>	2002	32:07

#### 60 - 69

1 - <b>D. J. Andrews</b>	1992	41:57
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#### 70 +

no finisher



*Love Thirsty Boys Frolic at Hotsprings!  
Sordid Details in June ERC Newsletter!*

2004 All-Comers

# Summer Track Series

at Analy High School

6950 Analy Avenue, Sebastopol

Starting Time:  
The first event  
starts at 6:30 p.m.

Meet Dates:  
(Every Other  
Wednesday)

Track:  
All-Weather  
Surface

## Order of Events

Mile Run  
100 Meter Dash  
800 Meter Run  
200 Meter Dash  
400 Meter Run  
  
One of the  
following:  
3000 Meter Run  
2 Mile Run  
5000 Meter Run  
4x400 Meter Relay

June 16

June 30

July 14

July 28

August 11

Entry Fee:  
\$2 for  
entrants aged  
13-and-over,  
\$1 for 12-and-  
under;  
no limit on  
number of  
events

All ages and levels of ability are welcome. Heats  
are separated by ability level and/or age groups.  
All finishers timed and results published in the  
Empire Runners Newsletter.

Information: John Anderson, 527-0673

Benefits Analy High School Cross Country Team

Directed by the Empire Runners Club of Sonoma County

TAMALPA RUNNERS PRESENT . . .

THE TWENTY-SEVENTH ANNUAL

# PacificSun Races 2004

**Memorial Day**  
**Monday, May 31, 2004**  
**8:00 A.M.**



**START TIMES**

8:00 AM - 2.5 Mile Walkers and Runners - **CHIP TIMING**  
8:15 AM - 10K Runners - **CHIP TIMING**  
9:45 AM - Tamalpa Youth Track Races

**LOCATION**

College of Marin - Kentfield, CA

**REGISTRATION**

**2.5 Mile and 10K**

Received by 5/21:

Adults - \$25  
18 and Under - \$14

After 5/21 (INCLUDING RACE DAY):

Adults - \$30  
18 and Under - \$19

Tamalpa Youth Track Races 12 and Under Only - \$5 (No T Shirt)

**RACE DAY REGISTRATION:** 6:30 TO 7:30 am

**MAKE CHECKS PAYABLE TO:** Pacific Sun Races

**IMPORTANT!!!**

**COMPLETE FORM, SIGN WAIVER, ENCLOSE CHECK AND INCLUDE ONE 4" X 9" SASE per person for the Race Packet. If not enclosed, pick up on race day between 6:30 and 7:30 AM.**

**MAIL TO:**

Pacific Sun Races c/o Carmela Toledo  
8404 Locust Place N., Dublin, CA 94568

**AWARDS:**

\$2,600 PA/USATF Prize Money  
10K USAT&F Championships - ALL DIVISIONS  
3 Deep: 12 & Under  
13 - 18, 19 - 29  
30 & Over, every five years  
2.5 Mile: 7 & Under, 8 - 12, 13 - 18, 19 - 29  
& 10 year age divisions to 80 & over

**TAMALPA YOUTH TRACK RACES: 12 & UNDER**

50, 100, 200, 400, 800 Meters and One Mile

**COURSE**

Certified, flat, fast, mile splits, 2 aid stations, stadium finish.

**FOR MORE INFORMATION**

WWW.TAMALPARUNNERS.ORG - or - (415) 721-3791 - or -  
PACSUN@TAMALPARUNNERS.ORG

**BENEFICIARIES**

- Marin County Schools, Tamalpa Youth Track Programs/Tamalpa Runners. Donations to Marin County Schools will be based on both highest number of participants and as a percent of enrollment.
- Cash awards will be 1st: \$1,000, 2nd: \$500, 3rd: \$250, for both categories.
- Amount is based on student or parents running in, or performing volunteer duty for the 10K or 2.5 Mile race.
- Yes, you can earn double miles by running AND volunteering!
- TO QUALIFY you must enter school name on entry.

**PACIFIC SUN 10K, 2.5 MILE & YOUTH TRACK RACES**

10K                       2.5 Mile Run/Walk

Tamalpa Youth Track Races                       Race Walker 2.5 Mile

Club or School Name:

\_\_\_\_\_

For Official Use Only

USATF #

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age Race Day \_\_\_\_\_

E-Mail \_\_\_\_\_ T-Shirt (Circle One) **S M L XL**

WAIVER: The following must be signed to enter the race. If you are under 18, your parent or guardian must sign for you. In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors and administrators waive and release forever any and all rights and claims for damages I may accrue against Tamalpa Runners, Road Runners of America, USATF, any and all organizations and or individuals connected with this event, their representatives, successors and assigns for any and all injuries that may be suffered by me in connection with this event including pre- and post-race activities. I certify that I am physically fit, have trained sufficiently for participation in this event and have not been advised otherwise by a qualified medical person. I agree to comply with all race rules and instructions of race officials. I agree to allow my photo to be used for any legitimate purpose by the event holders and or assigns. Parent/Guardian Waiver for Minors. The undersigned parent and natural or legal guardian does hereby represent that he/she is, in fact, authorized to act on behalf of and is acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, claims and damages.

**ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if Under 18)** \_\_\_\_\_ **Date:** \_\_\_\_\_

# Empire Runners Training

## May 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace            Group I (&gt;45M/wk): run as written;            Group II (30-45M/wk): 2/3 of workout;            Group III (20-30M/wk): 1/2 of workout;            Group IV (&lt;20M/wk): 1/3 of workout</p>			7 28	29	30	1
			<p><b>5M at comfortable pace</b>            5:15p Fleet Feet shoe store, 4th St., SR</p>	<p><b>4M total with 2x3 min. at strong pace</b>            5:30p Howarth Park</p>	<p><b>3M at comfortable pace or Off</b></p>	<p><b>4M total with 10x20sec. @ 2M G.P.</b>  <b>Races: • Spring Has Sprung 5K/10K, Middletown</b>            8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
2	3	4	5	6	7	8
<p><b>ERGP Race: Jackrabbit 3M Cross Country, Spring Lake Park</b></p>	<p><b>7M at comfortable pace</b>            7:00p 1932 Yolo Court, SR</p>	<p><b>2x1M@2M GP, walk 200, jog 600</b>            5:30p SRJC Track</p>	<p><b>6M at comfortable pace</b>            5:15p Fleet Feet shoe store, 4th St., SR</p>	<p><b>9.5M total with 3x6 min. at strong pace</b>            5:30p Howarth Park</p>	<p><b>6M at comfortable pace or Off</b></p>	<p><b>2M at comfortable pace or Off</b>  <b>Race: Human Race 3K &amp; 10K, Santa Rosa</b>            8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
9	10	11	12	13	14	15
<p><b>12M at medium pace</b>  <b>Race: Zippy 5K, San Francisco</b>            8:30a Cobblestone Trailhead on Channel Drive</p>	<p><b>5M at comfortable pace</b>            7:00p 1932 Yolo Court, SR</p>	<p><b>800@2M GP, 600@1M GP, 2x400@1M GP, 4x200@800m GP; jog same</b>            5:30p SRJC Track</p>	<p><b>4M at comfortable pace</b>            5:15p Fleet Feet shoe store, 4th St., SR</p>	<p><b>11.5M total with 3.5M (20-25 min.) at strong pace</b>            5:30p Howarth Park</p>	<p><b>5M at comfortable pace or Off</b></p>	<p><b>8x2min@2M GP</b>  <b>Race: Gold Rush, Cloverdale</b>            8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
16	17	18	19	20	21	22
<p><b>12M at medium pace</b>            8:30a Lawndale Trailhead off Lawndale Road in Kenwood</p>	<p><b>7M at comfortable pace</b>            7:00p 1932 Yolo Court, SR</p>	<p><b>10x400@1M GP, walk 50, jog 350 after each</b>            5:30p SRJC Track</p>	<p><b>7M at comfortable pace</b>            5:15p Fleet Feet shoe store, 4th St., SR</p>	<p><b>9M total with 4x4 min. at strong pace</b>            5:30p Howarth Park</p>	<p><b>6M at comfortable pace or Off</b></p>	<p><b>8M total with 15x1 min. @ 5K GP, jog 2 min.</b>  <b>Race: Salmon Run 5M, Jenner</b>            8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
23	24	25	26	27	28	29
<p><b>11M at medium pace</b>            8:30a Parktrail Drive at Summerfield Drive</p>	<p><b>7M at comfortable pace</b>            7:00p 1932 Yolo Court, SR</p>	<p><b>1200@2M GP, 800@1M GP, 600@1M GP, 2x400@800m GP; jog same</b>            5:30p SRJC Track</p>	<p><b>6M at comfortable pace</b>            5:15p Fleet Feet shoe store, 4th St., SR</p>	<p><b>11M total with 8M at medium-strong pace</b>            5:30p Howarth Park            7:30p Club Meeting, MV RT Pizza</p>	<p><b>5M at comfortable pace or Off</b></p>	<p><b>8M total with 2x1.5M @ 10K GP, jog 15 min.</b>            8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
30	31	1	2	3	4	5
<p><b>11M at medium pace</b>            8:30a Cobblestone Trailhead on Channel Drive</p>	<p><b>7M at comfortable pace</b>  <b>Race: Pacific Sun 10K &amp; 2.5M, Kentfield</b>            7:00p 1932 Yolo Court, SR</p>	<p><b>4x300@2M GP, 4x300@1M GP, 4x300@800m GP</b>            5:30p SRJC Track</p>	<p><b>5M at comfortable pace</b>            5:15p Fleet Feet shoe store, 4th St., SR</p>	<p><b>9M total with 8x2 min. at strong pace</b>            5:30p Howarth Park</p>	<p><b>5M at comfortable pace or Off</b></p>	<p><b>8x300@800m GP; walk 100, jog 400</b>            8:30a Y'Allcomers Training Run, Railroad Square, SR</p>

**Empire Runners Club**  
3648 Evergreen Road  
Santa Rosa, CA 95404



### **Mark Your Calendar!**

**Saturday, May 1**  
**Sunday, May 2**  
**Saturday, May 8**  
**Sunday, May 9**  
**Sunday, May 15**  
**Sunday, May 22**  
**Monday, May 31**

**Spring Has Sprung 5K/10K, Middletown**  
**Jackrabbit Derby, Spring Lake Park**  
**Human Race, Santa Rosa**  
**Zippy 5K, San Francisco**  
**Gold Rush, Cloverdale**  
**Salmon Run 5M, Jenner**  
**Pacific Sun 10K & 2.5M, Kentfield**

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