



The Empire Runners Club NEWSLETTER

May, 2005

Volume XXX, No. 5

“You better run, run, run, run, run, run...”—Tracy Chapman

Big-Time Club Changes

Coming Soon to You!

Newsletter Goes Online

A new era in the Empire Runners Club begins this month with the trial launch of the monthly newsletter—online. From now on all members who have provided the club with an e-mail address will receive an online version of the club newsletter, in glorious living color, via a link in a monthly e-mail message. Just click the link (or cut and paste into your internet address window) and you will have access to the newsletter. This comes free of charge and in addition to the lifeless black and white printed newsletter members receive via snail mail.

Club Cheap

Also coming are **REDUCED** annual dues!!!! Okay, there’s a catch. A proposal is before club members (to be voted on at the May 26 meeting) to reduce dues for those members who opt to receive their newsletter online only. For those who want to continue receiving the printed newsletter, however, dues will go up. (Don’t panic. We’re only talking \$5, one way or the other.) All members will continue to receive the printed version of the newsletter and their dues will not change until their annual dues come due. At that time members will be offered the option: How would you like that membership: with or without?

Currently, the cost of printing and mailing the monthly newsletter nearly exceeds the revenue the club receives from membership fees, leaving nothing to cover other club overhead expenses. The new club dues structure (see table below) will ease the pressure of ever-increasing expenses. The online version of the newsletter will be in a PDF format, printable—and for those with color printers, printable in color. Or, don’t print it at all and save some trees. Only current members who provide us an email address will get the current online newsletter, but old newsletters will be archived online for all to access.

As always, five dollars from each adult and family annual membership fee will still go to the Student Grant Fund to support college expenses of graduating high school runners.

To be voted on at the May 26th club meeting:

Membership Type	Current dues	Proposed <u>WITHOUT</u> printed newsletter	Proposed <u>WITH</u> printed newsletter
Adult Individual	\$20	\$15 (cheap!)	\$25
Family	\$25	\$20 (cheap!)	\$30
Youth (under 22)	\$10	\$5 (really cheap!)	\$15

CORRECT E-MAIL ADDRESSES NEEDED

To get your online newsletter, we must have your current e-mail address. If you are not sure that we have your current e-mail address, or if there’s any possibility the address we have for you is obsolete or incorrect, please send an e-mail, ASAP, your name in the text, subject title “NEWSLETTER,” to pigfete@aol.com. A list of current members for whom we do not have any e-mail addresses appears on page 4.

Online Registration

Also coming to you very within the next couple of months: **ONLINE REGISTRATION**. A membership link on the club website will allow current members to renew or new members to sign up entirely online—and to pay online, too. Members will automatically be e-mailed a reminder when their membership is about to expire and can take care of that nasty chore as easy as click, click, tap, tap, click... You’ll also be able to update the personal information we have on you: address corrections, phone numbers, e-mail addresses, your real date of birth, whatever—you can change it. Want to delete a family member? Click, they’re gone! Details coming.

Minutes

Empire Runners March 2005 Club Meeting

President **John Royston** called the March 2005 meeting of the Empire Runners to order at 6:37pm on March 24th, 2005.

Secretary's Report:

Secretary **Lars Andersen** read the minutes from the February 2005 club meeting. They were approved as read.

Treasurer's Report:

Treasurer **Michelle McConnico** reported on the club's finances. Starting balance \$5,868.00. Ending balance \$5,786.00. We are still being charged for the Earthlink web site that we supposedly cancelled. **John Royston** will follow up on this.

Recent Events:

- Ilsanjo Classic: **Dave DeSelle** reported that it was clear but muddy. 50 runners ran the long race, 35 runners ran the short race, and 10 runners ran the kids race.
- Napa Valley Marathon: **Todd Bertolone** and **Peter Kirk** ran it.

Upcoming Events:

- Sonoma Lake Run: March 27th.
- Creek Clean-Up: April 9th.
- Loop de Loop: April 16th.
- Spring Sprint: April 24th.
- The Human Race: May 7th.
- Spring has Sprung: May 14th/15th.
- Jack Rabbit Derby: May 22nd.
- Sugarloaf Summer Solstice Relay: July 15th.

Old Business:

- **James Devine** is the club's new Permits & Insurance Chair.
- **John Royston** reported that bulletin boards are now present at Fleet Feet and Vertex Climbing Center. Bulletin boards will soon be present at Bennett's Gym, Airport Club, and Montecito Health Club.
- **Jon Hermstad** presented the results of his investigation of creating an Empire Runners license plate frame. Cheap custom plastic frames with text top/bottom can be made for \$9.99 per frame. A 35% discount applies if we buy 15 or more, bringing the price to \$6.50 per frame. A quick poll showed almost all attendees would buy a frame at this price. A committee consisting of **Jon Hermstad**, **Val Sell**, and **Tori Meredith** will propose a design and a business model at the next club meeting.
- **Dan Preston** reported that the club now has a new membership database. Tentatively, people will be able to join/renew online starting June 1st. The database also gives the club other exciting possibilities, such as offering members the ability to compile race statistics. Details will follow at the next club meeting.
- **John Royston** has bought new staplers for the club.

New Business:

- **Jerry Lyman** presented a proposal for online newsletters. Details can be found elsewhere in this newsletter. The proposal is supported by all four board members and will be voted on at the May 2005 club meeting.
- **Alec Isabeau** reminded members that the creek clean-up is April 9th. It will be preceded by a run along the creek. Refreshments will be provided.
- **Val Sell** asked if Montgomery High School could borrow the club's timer on April 30th. The request was approved.
- **Dale Peterson** suggested the club consider the possibility of using chip timing at Kenwood. He will talk to race director **Kenny Brown** about this.

Raffle/Drawing:

- Raffle: **Bob Finlay** (\$18).
- Drawing: **Tom Hinde** (\$20, not present).

Slide Show:

- **Brendan Hutchinson** presented a Spring Time in Annadel slide show.

Newsletter:

- The April 2005 newsletter was folded, stapled and stamped.

Attendance:

Lars Andersen, Iguana Don, Thermo, Super G, Dale Trowbridge, Carl Jackson, Tori Meredith, Sledgeo-rific, Coach, Dave DeSelle, Pam Horton, Daukk!?, Danger! Downing, Pappy, Bob Finlay, Wrong Way, LT, Val Sell, Sarah, Hutch, Michelle McConnico, Bobby Rogers, Mojo.

Respectfully submitted,
Lars Andersen

The prez sez...

If you are still considering an opportunity to get involved with your running club, if you are thinking about how to make a contribution to your community, if pulling your weight is a worthy cause, there is still a need for one person who has a few hours a month to coordinate activities for the club. While this is a small time commitment it is potentially a great help to race directors and to the greater running community. This person will head up a committee to help publicize our racing events and promote club membership. Contact me at 291-0937.

Probably the most exciting old news is that we now have three Partners in Fitness. Although we have been talking about this since January, we have just recently gotten them all set up. These three businesses, Stan Bennett's Health and Fitness, Vertex Climbing Center and Fleet Feet Sports, are all fitness related. We now have bulletin boards at each of these locations to inform their members/patrons of Empire Runners. As more people in the athletic community become aware of Empire Runners, our race schedule and community involvement, we expect to recruit more members. In return, we are providing space in the newsletter to promote their businesses to our membership. Please see the Partners in Fitness page, in this issue, to find opportunities for interesting and challenging activities and services. There are also currently two or three other businesses that are considering becoming our Partners in Fitness.

Now, for the most exciting new news: I just signed up, on line, to renew my membership. It was the first full test of the sign up and payment system that Dan and his crack(ed?) team of programmers have put together to handle our clubs needs in the Information Age! I do a lot of internet commerce and this was as simple as anything on the internet that I have used. I was able to opt out of receiving the hard copy (saved a tree there) and use the money saved to support our college fund (saved a starving student there). The plan is to roll this out the general membership within the next month or so.

If you missed this month's meeting you also missed the beginning dialog about welcoming new members. We have been tossing about ideas to get new people to meetings and welcoming them to the club. One thought is to include a new member's packet with each membership. This packet would include discounts with a couple of local merchants that have expressed an interest. I would also like to include a coupon for a free race entry and a pair of good socks! How about a muffin or a can of orange spray paint? Well if you don't think that those are such great ideas, how about an idea of your own. Bring it to the next meeting. If you can't (can't = won't?) make it to the meeting send me your ideas at Imojo@sbcglobal.net. I promise to answer all emails and the best idea(s) will be awarded ...a can of orange spray paint!

-prezmo



Kenny Brown, Brian Purcell, Mike Decker, and Eric Bohn

Empire Runners Win National Title at Snowshoe National Championships in Anchorage, Alaska

For the third year in a row, the Empire Runners have been well represented at the United States Snowshoe National Championships. In 2003, Chris Gilbert finished 10th overall at the national championships in Salt Lake City, Utah. In 2004, Chris convinced me to join him at the national championships in Squaw Valley, California, where Chris finished 8th overall, while I ended up 34th.

With the 2005 championships taking place in Anchorage, Alaska, we were able to convince several more club members to join in on the fun this year – Kenny Brown and Brian and Rita Purcell. We all managed to qualify at the Squaw Valley regional race (one of 10 qualifying races) and made plans to go north.

Unfortunately, Chris Gilbert was not able to make the trip, but we still managed to take a group of six Empire Runners to Alaska. Brian, Rita, Kenny and myself would

race, and our support crew was Kathy Bisordi and Karen Bohn. We all hoped to do a bit of sight seeing as well as compete at the nationals.

Immediately after landing in Alaska, my Mom and I drove around the outskirts of town. We were delighted to get a nice view of Denali (the tallest peak in North America at 20,320 feet) five minutes into our trip! Later that evening we watched the Alaska Aces host the Long Beach Ice Dogs in minor league ice hockey (the only kind there is this year). About eight thousand locals stomped and screamed for their hometown boys, who won in overtime that night.

Saturday morning began with a race, but not running or snowshoeing – we were off to see the start of the Iditarod Sled Dog race! The directors of our snowshoeing race wisely scheduled our event so as to make it possible for us to see the ceremonial start to the Iditarod on Saturday

morning. We all decided to set our concerns about racing dogs aside, and went to enjoy the spectacle. It was quite a show! Thousands of spectators lined the streets to watch almost 100 teams begin their 1150 mile journey to Nome. The race was created in 1973 to commemorate the brave trek made by sled dog in 1925 to deliver serum to fight the Diphtheria epidemic that was ravaging Alaska at that time.

Later that day we were finally ready to race ourselves, in Kincaid Park on the outskirts of town. All of us would toe/shoe the line together, though adults would be racing a 10K and the juniors a 5K. At the sound of the gun, 80 or so individuals who had qualified and traveled great distances took off across the snow. The course took us through a tunnel and off into the woods. It was a great course, with challenging, rolling hills, and a fun mix of road-width and single-track trails – not too different than Annadel really, but with shorter and more numerous hills.

As it has often seemed to end up, Kenny and I traveled a few thousand miles and ended up one after another for most of the race. Kenny was our first runner at 13th overall (35-39 gold medal) in 47:44 while I was 14th overall (35-39 silver medal) in 48:04. Brian was close behind in 19th overall (45-49 silver medal) in 50:46. Rita Purcell was 5th overall in the Junior Girls race in 45:21. We all had great fun and celebrated later that evening with salmon burgers and milkshakes at a local bar and grill.

Sunday morning bought very sore legs for everyone, but we wouldn't have time to rest, as today would be the relay component of the snowshoe national championships. In the early stages of our planning, local handicapper Lars picked our team of Kenny Brian, Chris and myself as the team to beat. However, with Chris unable to make the trip the feeling was that we might have to settle for a bit less. I refused to give up however, and put my recruiting skills to work Saturday afternoon and Sunday morning. By race time I had secured the services of our newest Empire Runner, Mike Decker (Michigan) to anchor our team. Mike had finished 5th overall the previous day in the individual race, so we were back in business, though we missed Chris' presence.

At the sound of the gun, the lead-off runners sprinted into the woods to complete the first 2.5K loop (team total of 10K). The course was well packed and very fast (this may have been what led many runners to miss turns, despite the well-marked course). Kenny led off for the Empire Runners team, followed by Brian, myself, and then Mike. I could write a lengthy play-by-play that would bore most everyone, but instead I'll ask you to trust me that it was one of the most exciting relay races I've seen! Our team ran at our near the lead for the entire race. I handed off to Mike, who led the field into the woods. When we saw him emerge from the trees and head across the meadow a quarter of a mile away, close on his heels was Mike McManus (of Dipsea fame) who had finished 4th overall the day before. In a desperate sprint for the finish "our" Mike held off "their" Mike by about a stride for the win. We were National Champions!

Now I'll admit that snowshoeing is an "emerging" or "growing" sport. And I'd prefer to avoid telling you how many teams were there on Sunday (though there were more teams than there were medals). But a win is a win, and we are

the 2005 10K Relay Snowshoe National Champions! Mike graciously declined our offer of the team trophy and said



that it belonged with our club. We hope more Empire Runners will join in the fun next year - ask any of us how exciting the snowshoe racing is, and how much fun it is to travel to the championships. Next year – Bolton Valley, Vermont! Happy (snow-covered) trails,

E. J. Bohn

Locals Run Boston

A quick scan of the results of the 109th running of the Boston Marathon shows at least 20 Sonoma County residents completed the race held under warm conditions. Among them were current Empire Runners Ernst Bohn, 65, (4:26:44) and Nika Bowen, 30, (3:15:22 net). At least five former Empire Runners also ran, including Robert Lutolf (61, Sonoma), Richard Willets (70, Forestville), Thomas Phillips (37, Santa Rosa), Michael Quigley (53, Santa Rosa), and Pauline Rogers (49, Healdsburg). Full results at www.bostonmarathon.org. Apologies to anyone missed.

Email Address-less List

We have no e-mail addresses for the following members. If you're on this list and have an e-mail address and are willing to send it to us, please do so. That way you can get the newsletter online. Please send an e-mail, ASAP, your name in the text, subject title "NEWSLETTER," to pigfete@aol.com.

Donna Abell, Nancy Abila, Joann Anderson, Jim Arthurs, Tyler Ashton, Joan Bennett, Tiffany & Bruce Bowie, Maria Carlsen, Greg Carter, Ted Draper, Diane Ellis Caruana, Wayne & Robin Hinrichs, Jim & Odette Hudson, Brendan Hutchinson, Ian Inman, Gregg Jennings, Sharon Jensen & Daryl Jacobson, Gilman Jung, Anne-Elise Krug, Ellen Kruusmagi & Kathy Bain, Jim LaFrance & Lisa Bellone, John Le Baron, Rebecca Maestas & Rafael Dominguez, Chris Mason, Nawara Nassan, Hugh & Diane Paleczny-Stevenson, Linda Ross, Don Sampson, Sally Schalich-McGuinn, Philip Schild, Doug Starr, Sam Strobino, Mrs. Philip Widener.

!!!!!!!!!!Newsflash!!!!!!!!!!!!

All Loop de Loopers reported alive and ambulatory after race!

Officials stunned; investigation under way

The 13th Annual Loop de Loop was marked by gorgeous weather, blankets of Loop de Lupines in the meadows of Annadel and a small but supremely fit, boisterous and tenacious gaggle of runners.

56 year old Pappy Lyman made good use of his 20 minute handicap and extremely burly fitness to win the race by a margin of nearly 12 minutes over Bob Shebest, who was running from the scratch group. 14 year old Sam Strobino, the youngest finisher ever in the history of this grueling race, held on through the brutal climbs of the second loop to take third place. At the other end of the time line were such vintage studs as 70+ year old Charles Hoagland, 69 year old Bernie Hollander and the indestructible dinosaur himself, Darryl Beardall (carbon dating results not yet in).

Many thanks to our helpers: LT Isabeau, Bill Fischer, Bob Holland, Dan Preston, James Devine and the Analy Cross-Country Team and parents. And to all you Loop de Loopers: you define fitness. All other Empire Runners should grovel at your feet and kiss your smelly shoes.

(The Loop de Loop is an unregistered trademark of Doc n' Mojo Productions, a subsidiary of the Bubbas Misadventures Foundation, a subgroup of the Church of Perpetual Thirst, a stain upon the good reputation of this fine running club. All rights reserved.)



Meet Ranger Bob...

For those of you who were not at the Ilsanjo Classic this year you missed a first for an Empire Runners event. That was a ranger riding a quad. Ranger Bob, Robert Birkland was a welcome face and presence in the relative seclusion of the park. It was great to see that the Parks Department would send someone out to monitor our event and who could provide emergency services if needed. Ranger Bob shared some of his thoughts about safety and park use with me. For those of you who noticed the ribbons that marked the Loop de Loop course were attached to the trees with clothespins, that idea came from Ranger Bob. Ranger Bob has expressed an interest in participating, in an official capacity, in all of our Annadel events. If you see him in the park stop and say hello for the Empire Runners



Loop de Loop Results

Pl	Name	Age	Handi-cap	Clock Time	Actual Time	Place by Time
1	Jerry Lyman	56	20	1:24:33	1:44:33	3
2	Bob Shebest	30	0	1:36:27	1:36:27	1
3	Sam Strobino	14	30	1:37:11	2:07:11	18
4	Steve Cleal	47	10	1:37:25	1:47:25	8
5	Bob Rogers	48	10	1:37:25	1:47:25	8
6	James Devine	35	5	1:37:25	1:42:25	2
7	Shelly Lydon	44	30	1:39:04	2:09:04	19
8	Zane Schafer	41	5	1:41:09	1:46:09	6
9	Ken Reid	44	5	1:42:11	1:47:11	7
10	Bernie Hollander	69	30	1:45:04	2:15:04	20
11	Todd Bertolone	42	5	1:45:18	1:50:18	10
12	Ace Danger Downing	34	0	1:45:37	1:45:37	4
13	Alec Isabeau	43	0	1:46:03	1:46:03	5
14	Rob Pitchford	36	5	1:46:18	1:51:18	11
15	John Harmon	49	10	1:48:47	1:58:47	12
16	Dale Peterson	47	10	1:53:09	2:03:09	13
17	Dave Secchitano	46	10	1:55:38	2:05:38	17
18	Kevin Wolski	38	5	1:59:40	2:04:40	16
19	Paul Hadley	30	0	2:04:33	2:04:33	14
20	Darrin Jenkins	32	0	2:04:34	2:04:34	15
21	Julie Moore	49	30	2:10:37	2:40:37	22
22	Darryl Beardall	68	30	2:14:24	2:44:21	23
23	Bob Vyenielo	50	15	2:17:27	2:32:27	21
24	Warren Huber	58	20	2:24:42	2:44:42	24
25	Charles Hoagland	77	30	2:54:56	3:24:56	25
Half-Loopers: Pam Horton, Nancy Wright, George Urdzik, Jon Hermstad, Rita Purcell						



Some of the crew: (left to right) Steve Cleal, Prezmo, Bob Rodgers, Mark Curran, Kathy Bisordi, Kenny Brown, Eric Bohn, Sara Denslow-Gonzalez, Dave DeSelle, Alec Nosferatu, Shelli Gordon, Weasleness Ames, Brendan Huggy Bear Hutch Hutchinson, Mastadon Sampson, Lars Andersen, Ace Danger Viper Puddles Downing.

Creek Clean-Up a Great Success!

Our first clean-up session on our adopted section of Brush Creek was a terrific success, with about 30 club members showing up to put in a couple hours of work picking up trash and clearing out non-native plants. We were so energetic and efficient that we covered much more ground up and downstream of our designated stretch of creek. Alistair Bleifus, our liaison from the city and water agency, expressed great thanks and utter amazement at our enthusiasm and energy! Many walkers and cyclists on the bike path stopped to thank us for our work that morning. ...We done good!

To all of you who showed to help: you are awesome! Thanks! A sign will be erected at the foot-bridge over Brush Creek indicating that this section of the creek is being cared for by the Empire Runners, so take pride, folks. Please join us in October for our next clean-up party. I'll let you know the exact date this summer. -- Alec Isabeau



Hunks o' Steel

Lonely Lake Sonoma

by Larry Meredith

A cast of 17 Empire Runners traveled north on Sunday, March 27 to explore a part of the county few runners know about and even fewer set foot on. The wilds of Lake Sonoma was the second stop on President Royston's "No Trail Left Behind" program, following the early February trip to Pt. Reyes National Seashore.

Prez Mojo and I had reconnoitered the route on a crisp, sunny morning earlier in the month. We racked up about 10 miles that day and the only souls we saw on the trails were a pair of bow hunters coming out as we were going in, no wild pig to show for it, and a single mountain biker headed in as we were coming out.

The group run was similarly lonely as we bumped into just a pair of hikers on our way out. Rain was in the forecast as we gathered at the No Name Trail parking lot. The day was overcast but the temperature was perfect for a challenging run, the only kind of run available in this land of steep ridges.

Our route began with a mild half-mile climb to the crest of the ridge that separates the two largest bodies of the lake. The ridge is dotted with pine and oak trees but mostly offers wide-ranging views of the surrounding ridges, distant ranges and the lake, far below on both sides. The ridge trail is wide and well-maintained and, from March through May the hillsides are awash in wildflowers.

We took a left and rolled up and down for the next mile, gaining more elevation as we approached Bummer Peak, a hike-in campsite that overlooks the scenic bridge far below.

Then down steeply through wooded switchbacks for about three-quarters of a mile, we reached lake level where the trail became muddy and rutted but still offered pretty good footing for a run.

The trail along the lake presented a series of short, yet challenging, ups and downs. At the end of a narrow cove we took a right turn at an intersection and the trail climbed steadily away from the lake for just over a mile. For those of us putting in a long run, this section would have to be repeated later.

About halfway up the ridge another trail junction presented members of the group with their first choice. Continue up the ridge to complete the short loop of 5.3 miles or head northwest towards Liberty Glen

campground with the option of running 8.1 or 10.6 miles.

The Liberty Glen group negotiated some more uphill to reach a parking area and, after searching for the trail to the campground for some time, finally opted for a narrow, rocky path marked as the Serpentine Trail. It was a gentle downhill on singletrack across a picturesque footbridge, then back the same way. Some chose to head back to the cars after this jaunt and the rest of us looked forward to another long drop to lake level, this time on paved and gravel roads, which are closed to auto traffic.

The road led to Madrone Point, a boat-in campsite with long views of the lake and ridges in all directions. A good singletrack path through oak forest led away from here, tracing the opposite side of the cove we ran along earlier.

We knew the next one-and-a-half miles would be steady uphill with the steepest part saved for last, so we put our heads down and put our lungs and legs to work. Completing the loop, we enjoyed the easy downhill half-mile to the parking lot. The rain was still an hour away.

The most remarkable aspect of these trails is the fact that they are so rarely used. The weather is outstanding most of the time from October through May, the scenery is exceptional and the routes are in pretty good shape and easy to follow. There are many more miles of trails in the area so perhaps we'll cover other routes in years to come.

Not-so-lonely Empire Runners at Lake Sonoma: (l to r) Paul Berg, Brendan Hutchinson, Jon Hermstad, Celeste Berg, John Royston, Larry Meredith, kneeling Scott Ames, Tory Meredith, Jerry Lyman, Bob Rogers, Steve Cleal, Pam Horton, Puddly Ace Danger Downing, Kristin Komorowski, Martin Jones, George Urdzik.



ANNOUNCEMENTS

May 14

Sugarloaf (not relay) Hike

For those not doing the Spring Has Sprung race in Middletown on Saturday, May 14, there will be an 8-mile 5-hour hike in the McCormick addition to Sugarloaf Ridge State Park.

The hike is sponsored by Dave & Bill Hikes who many of you will already be familiar with. But for those of you who are not, they are a couple of mid-westerners who moved here five years ago and have been directing informative hikes in our three local State Parks (Sugarloaf, Jack London, and Annadel) ever since. The hikes are almost always on a Saturday morning at 10am, and draw an average of 35 hikers (their last hike in Annadel drew over 50).

Plan to leave promptly from the Montgomery High School parking lot at 9:30AM to car pool (\$4 parking fee at the park). This is a great chance to see the new McCormick addition to Sugarloaf with an informed guide. For more information, call Dan Preston (707) 527-0613.

May 26 Meeting Presentation

Injury Prevention through Core Strengthening

Core Strength: What Is It?

When you walk or run, you're probably thinking more about putting one foot down in front of the other than you are about your core muscles. But did you know that your core is where all movement in your body originates? Not only that, but when you run -- or walk, ride a bike or skip across a room -- your core muscles are hard at work, keeping you upright, stabilizing your body as your weight shifts and absorbing impact from ground forces.

Your body's "core"--the area around your trunk and pelvis--is where your center of gravity is located. When you have good core stability, the muscles in your pelvis, lower back, hips and abdomen work in harmony. They provide support to your spine for just about any activity.

Join us at the our May meeting when Cassandra Lund, personal trainer at Montecito Health and Racquet club presents a lecture on core strengthening. The meeting is 6:30 May 26th at the Montgomery Village Round Table Pizza. Cassandra's presentation will be at about 7:30 but get there early for the best seating.

July 15

Sugarloaf Summer Sorta-Solstice Relay (not hike) coming up!

The Third Annual Sugarloaf Relay, brought to you *by Doc n' Mojo Productions*, is scheduled for Friday, July 15 at 6:30 p.m. (The race is later this year because the instigators will be lost in the canyons of Utah on the actual solstice.)

Come join us for a fun two-person relay race on a balmy Friday evening. Each person runs a 2.7 mile loop on trails; immediately after the race we have a potluck BBQ and awards ceremony, bonfire and we hope you will join us to spend the night at the park, as we have the group campsite reserved. Saturday morning after coffee we will go on an easy run and/or walk before heading home.

Race entry is \$8 per person, race day registration only. You do not need to have a team partner before-hand; we will make teams as needed before the race. If you plan on camping, please RSVP to Doc or Mojo and plan on throwing in two extra dollars per camper to cover our expenses.

Sugarloaf State Park is about 15 minutes east of Santa Rosa. Take Highway 12 to Adobe Canyon Road, just before you reach Kenwood. Drive to the group campsite in the park. 'Hope to see you there!

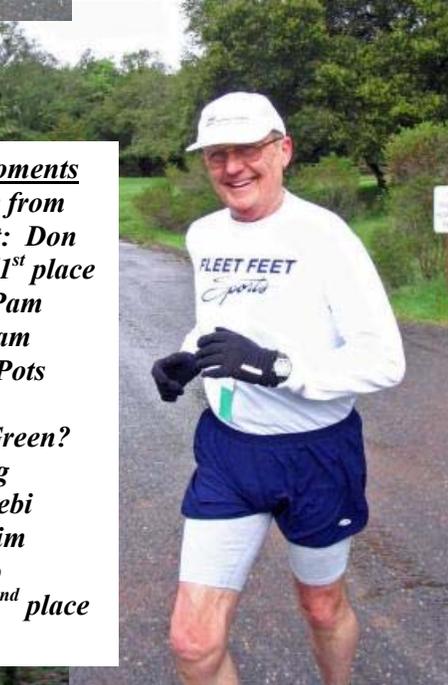
Contact Doc or Mojo for more info.

Meeting in the parking lot for the Sat. AM "Y'Allcomers Training Run" (l to r): Thermo, Digger, Mastodon, Bill 'Remember Me?' Browne, Pots, Coach, Sam I am Strobino, Pappy.





Ilсанjo Moments
(clockwise from upper left): Don Nauman (1st place 4 Miler), Pam Horton, Sam Strobino, Pots Nordvold, Heather Green? and Tenzig Sherpa, Debi DiCarli, Jim Gage, Bob Shebest (2nd place 10-Miler).





Clockwise from left:
Charles Hoagland;
Tenzig Sherpa;
Hermstad, Sampson, &
Browne; Doug Starr,
Handsome Harold Eric
Pots Nordvold, Pam
Horton, Shelly Lydon.





Clockwise from upper left: Neil Pinkerton; not sure but maybe Selena Manani and Shern Detiolia; Donny McClure; Will Stewart; Dan Tuohy; Ralph Harms; Papa Don Stewart; Steve 'I'm so happy to be here' Cleal. Center: One of the helpful Healdsburg High Course Monitors.

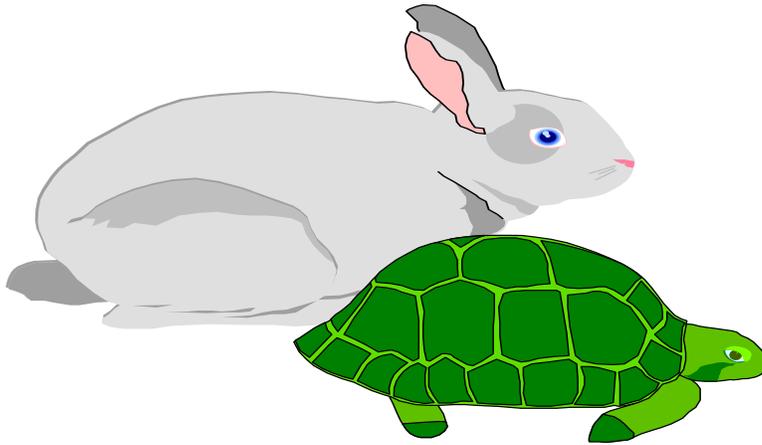


Empire Runners of Sonoma County
Fourteenth Annual

Jackrabbit Derby

3 Mile Cross-Country Race
& Bunny Hop Fun Run 1K (for kids)

Saturday May 21st, 2005



- Time:** 8:00am Bunny Hop, 8:15am 3 Miler
- Distance:** 3 MILES – 1K Bunny Hop for kids (12 and under)
- Course:** High School X-Country Course, dirt trails and paved surfaces
- Site:** Spring Lake Park, near boat launch ramp west of the lake
- Directions:** Highway 12, east to Hoen Avenue. Cross Summerfield Road to Newanga Ave. to Spring Lake
Park entrance. \$3.00 parking fee (not included in race fee).
- Registration:** **RACE DAY ONLY!** Make checks payable to “EMPIRE RUNNERS”.
- Fees:** 3 MILE - \$5.00 Empire Runners \$7.00 non-Empire Runners
Bunny Hop - \$1.00 All Runners
- Awards:** First thru Third Overall and First thru Third in all age divisions (men, women and kids)
- Raffle:** All entrants and volunteers are eligible for prizes!
- Information:** Race Director: Dale Peterson (707) 569-9859

Jack Rabbit Derby All Time Top Finishers

Men			Women		
1 – Kenny Brown	1994	15:29	1 – Michelle Nielsen	1995	17:50
2 – Eric Walker	1995	15:44	2 – Eileen Vukicevich	1992	18:11
3 – EJ Bohn	1995	15:51	3 – Cathy DuBay	2002	18:12
4 – Scott Pierce	1994	15:59	4 – Lura Damiano	1992	18:19
5 – Louis Garcia	1992	16:03	5 – Christi Holligan	1993	18:29
6 – Dan King	1993	16:07	6 – Val Sell	2002	18:47
7 – Ty Strange	1999	16:28	7 – Kim Conley	2003	19:16
8 – Ron Smith	1992	16:32	8 – Julia Stamps	1992	19:23
9 – Jason Selby	1995	16:35	9 – Shelly Lydon	1999	19:35
10 – Matt Fitch	2003	16:37	10 – Bonnie Zapata	1992	19:40

Jack Rabbit Derby All Time Top Three per Division

Men			Women		
19 & Under			19 & Under		
1 – Jason Selby	1995	16:35	1 – Kim Conley	2003	19:16
2 – Matt Fitch	2003	16:37	2 – Julia Stamps	1992	19:23
3 – Mike Wortman	2004	16:42	3 – Kim Handel	2003	19:50
20-29			20-29		
1 – Kenny Brown	1994	15:29	1 – Cathy DuBay	1994	18:43
2 – Eric Walker	1995	15:44	2 – Leah Etling	2002	20:22
3 – EJ Bohn	1995	15:51	3 – Val Lucia	1994	21:12
30-39			30-39		
1 – Louis Garcia	1992	16:03	1 – Michelle Nielsen	1995	17:50
2 – Dan King	1993	16:07	2 – Eileen Vukicevich	1992	18:11
3 – Kenny Brown	2003	16:23	3 – Cathy DuBay	2002	18:12
40-49			40-49		
1 – Ron Smith	1992	16:32	1 – Tori Meredith	2000	19:54
2 – Ty Strange	2002	16:42	2 – Susan Vasquez	2001	20:08
3 – Louis Garcia	1998	16:54	3 – Janet Feldman	2003	20:29
50-59			50-59		
1 – Dan Preston	1992	17:06	1 – Ann-Marie Von Hoene	1995	20:22
2 – Karl Greipenberg	1994	17:38	2 – Emily Deering	2004	27:22
3 – Jerry Lyman	1999	17:43	3 – Nancy Wright	2004	28:38
60-69			60-69		
1- Mort Gray	1992	19:19	1 – Pam Horton	2004	29:59
2 – Darryl Beardall	1999	19:50	2 – DJ Andrews	1992	41:57
3 – Wil King	1993	21:24			
70-79			70-79		
1 – Jim Ray	2004	26:13	No Finishers to Date		
2 – Carl Jackson	2004	27:07			
3 – Dale Leyhe	2004	27:51			
80+			80+		
No Finishers to Date			No Finishers to Date		

2005 All-Comers

Summer Track Series

at Santa Rosa High School

1235 Mendocino Avenue

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 15

June 29

July 13

July 27

August 17*
(*one week later than usual)

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 Santa Rosa High School Cross Country Team

Directed by the Empire Runners Club of Sonoma County

Empire Runner's Partners in Fitness

There is a lot more to fitness than just running. Now granted, there probably is not a better activity for basic fitness than running, but at the end of the run you are still lacking in upper body work, core strength and flexibility. There are many options to choose from and Empire Runners is now working with local business to bring a little more balance to life. These businesses are sponsoring Empire Runners bulletin boards in their places of business to make their clients/members aware of Empire Runners. In return we are running advertising in our newsletter to acquaint our membership of the opportunities that are available to improve their overall fitness level. This is a win-win scenario with the three Partners in Fitness that we currently have and other businesses have expressed an interest.

We invite you to get a crazy kind of high in the vertical world of Vertex Climbing Center. Also check out the great facilities at Stan Bennett's Fitness Center and experience the friendly, professional staff at Fleet Feet Sports



Vertex offers weekly introduction classes as well as instruction in Safety Skills, Lead Climbing, Technique & Movement and Private Instruction. Vertex is kid friendly with many opportunities for children including: After School Program, Camp Vertical, Scout Night and birthday parties. You will also find outdoor climbing programs and climbing programs for and by women. In addition to climbing and climbing instruction, Vertex has a weight room and offers Wednesday and Saturday morning yoga classes. Day passes and equipment rentals are available. Visit their website at www.vertexclimbing.com Or call (707) 573-1608
Open: Mon – Fri @ 11:30am -10:00pm
Sat & Sun @ 10:00am - 6:00pm
Vertex is located in the Pine Creek Business Center at:
3358a Coffey Lane
Santa Rosa, Ca.

STAN BENNETT'S HEALTH & FITNESS



60 ft. heated pool • saunas • team rooms •
• jacuzzis • day care •
• tanning salon • pilates • aerobics •
• yoga and more •

Basketball and volleyball in Rohnert Park

SANTA ROSA

3033 Coffey Lane / 578-7406
760 Montecito Center / 537-6796
3345 Santa Rosa Ave. / 579-9500

Rohnert Park

6595 Commerce Blvd. / 585-3232

Sonoma

989 W. Spain Street / 996-2768

FITNESS
HOTLINE: **579-9500**

FLEET FEET Sports

Fleet Feet Sports Santa Rosa is a unique specialty store catering to the individual needs of runners, joggers and walkers. Locally owned and operated by Ron Jacobs & Rhonda Roman since 1997. Fleet Feet Santa Rosa offers the best in technical and performance footwear, apparel and accessories.

Fleet Feet has built its national reputation on superior customer service and extensive knowledge of fitness products. Our qualified staff will continue this tradition by focusing on your specific needs – whether you are running a marathon or walking for weight loss or pleasure.

Whether you are a serious athlete, or just beginning a walking or running program, Fleet Feet Santa Rosa can help you reach and maintain your fitness and lifestyle goals. Our store is a place where everyone will feel welcome and comfortable, never intimidated. We look forward to serving you!

Visit us at 643 4th Street, Santa Rosa

Or call 569-1494

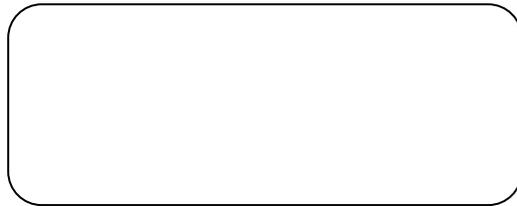
<http://www.fleetfeet.com/storeprofile/43/>

May 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p><u>12M at medium pace</u> Race: Avenue of Giants Marathon, Half-Marathon & 10K 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>2</p> <p><u>7M at comfortable pace</u> 7:00p 1932 Yolo Court, SR</p>	<p>3</p> <p><u>2x1M@2M GP; walk 200, jog 600</u> 5:30p 3390 Princeton Drive, Santa Roa</p>	<p>4</p> <p><u>6M at comfortable pace</u></p>	<p>5</p> <p><u>9.5M total with 3x6 min. at strong pace</u> 5:30p Howarth Park</p>	<p>6</p> <p><u>6M at comfortable pace or Off</u></p>	<p>7</p> <p><u>8x2min@2M GP</u> Race: Human Race 3K & 10K, Santa Rosa Race: Bolinas Ridge Wild Boar 10K & 18K, Mill Valley 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
<p>8</p> <p><u>11M at medium pace</u> 8:30a Parktrail Drive at Summerfield Drive</p>	<p>9</p> <p><u>7M at comfortable pace</u> 7:00p 1932 Yolo Court, SR</p>	<p>10</p> <p><u>10x400@1M GP; walk 50, jog 350 after each</u> 5:30p 3390 Princeton Drive, Santa Roa</p>	<p>11</p> <p><u>7M at comfortable pace</u></p>	<p>12</p> <p><u>9M total with 4x4 min. at strong pace</u> 5:30p Howarth Park</p>	<p>13</p> <p><u>6M at comfortable pace or Off</u></p>	<p>14</p> <p><u>4M total with 10x20sec. @ 2M G.P.</u> Races: Spring Has Sprung 5K/10K, Middletown 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
<p>15</p> <p><u>12M at medium pace</u> 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>16</p> <p><u>5M at comfortable pace</u> 7:00p 1932 Yolo Court, SR</p>	<p>17</p> <p><u>800@2M GP, 600@1M GP, 2x400@1M GP, 4x200@800m GP; jog same</u> 5:30p 3390 Princeton Drive, Santa Roa</p>	<p>18</p> <p><u>4M at comfortable pace</u></p>	<p>19</p> <p><u>4M total with 2x3 min. at strong pace</u> 5:30p Howarth Park</p>	<p>20</p> <p><u>3M at comfortable pace or Off</u></p>	<p>21</p> <p>ERGP Race: Jackrabbit 3M Cross Country, Spring Lake Park</p>
<p>22</p> <p><u>8M at medium pace</u> 8:30a Parktrail Drive at Summerfield Drive</p>	<p>23</p> <p><u>7M at comfortable pace</u> 7:00p 1932 Yolo Court, SR</p>	<p>24</p> <p><u>1200@2M GP, 800@1M GP, 600@1M GP, 2x400@800m GP; jog same</u> 5:30p 3390 Princeton Drive, Santa Roa</p>	<p>25</p> <p><u>6M at comfortable pace</u></p>	<p>26</p> <p><u>11M total with 8M at medium-strong pace</u> 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p>	<p>27</p> <p><u>5M at comfortable pace or Off</u></p>	<p>28</p> <p><u>8M total with 15x1 min. @ 5K GP, jog 2 min.</u> Race: Salmon Run 5M, Jenner 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
<p>29</p> <p><u>10M at medium pace</u> 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>30</p> <p>Race: Marin Memorial Day 10K & 2.5M, Kentfield 7:00p 1932 Yolo Court, SR</p>	<p>31</p> <p><u>20x200@1M GP; jog 100 after each</u> 5:30p 3390 Princeton Drive, Santa Roa</p>	<p>1</p> <p><u>5M at comfortable pace</u></p>	<p>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</p>		

Empire Runners Club

2345 Hilltop Court
Santa Rosa, CA 95404



Mark Your Calendar!	
Sunday, May 1	Ave. of the Giants Marathon, 1/2, & 10K
Saturday, May 7	Human Race, Slater Middle School, Santa Rosa
Saturday, May 7	Bolinas Ridge Wild Boar 10K & 18K, Mill Valley
Saturday, May 14	Spring Has Sprung 5K/10K, Middletown
Saturday, May 14	Sugarloaf Hike (details inside)
<i>Saturday, May 21</i>	<i>Jackrabbit Derby 3M/1K, Spring Lake, 8AM</i>
<i>Thursday, May 26</i>	<i>Club Meeting, Montgomery Village RT Pizza, 7:30</i>
Saturday, May 28	Salmon Run 5M, Jenner
Monday, May 30	Marin Memorial Day (aka Pac Sun) 10K/2.5M, Kentfield

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