

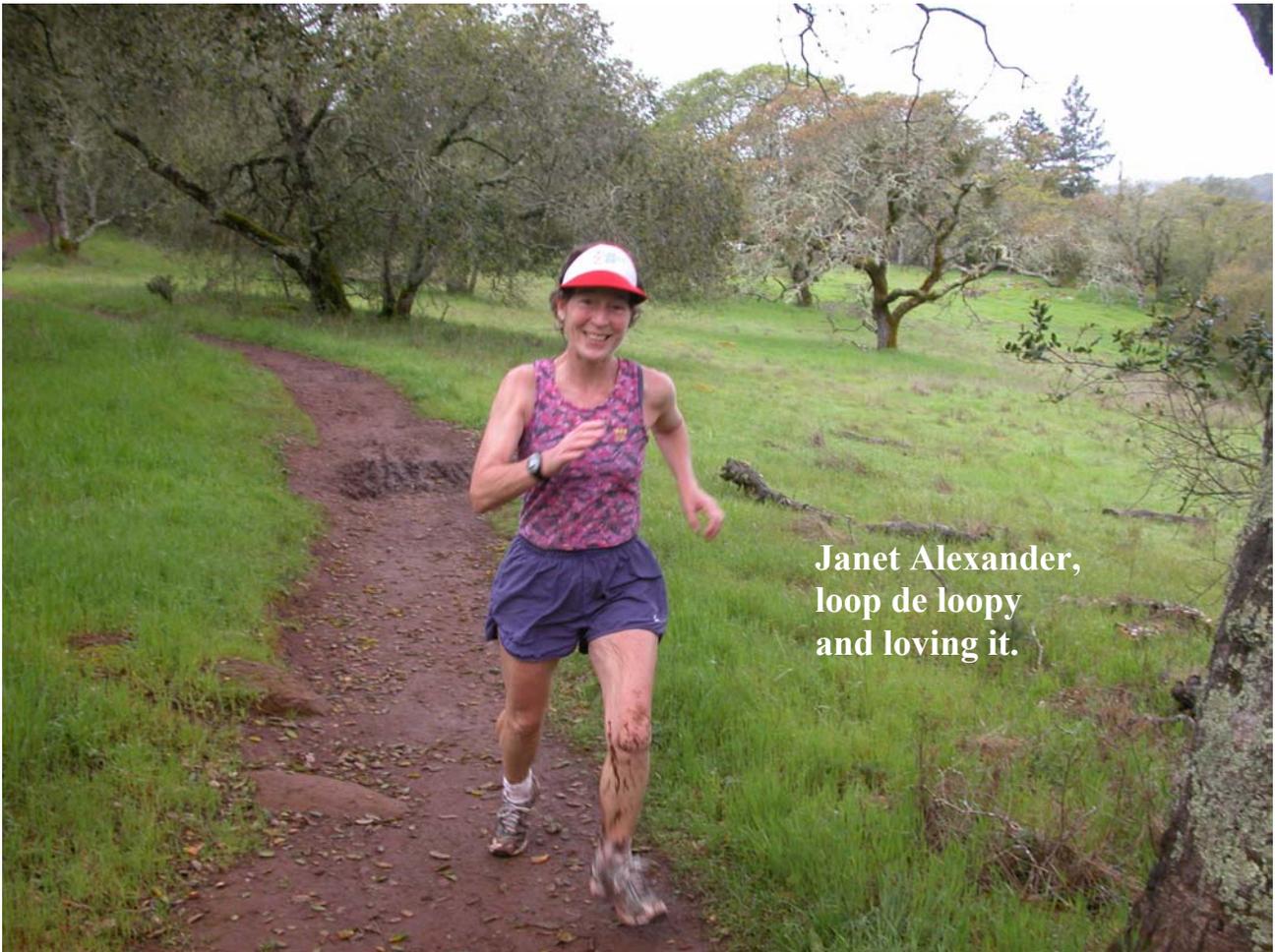


EMPIRE RUNNERS Newsletter

MAY, 2006

Volume XXXI, No. 5

"You better run, run, run, run, run, run, run, run, run..."
--Tracy Chapman



Janet Alexander,
loop de loopy
and loving it.

In this Issue

- Loop de Loop in the Poop
- Wise Words from Mrs. Prez
- John Harmon's Running Report from Amsterdam, Paris Disney, and Palermo
- About Shoes: What does Darryl know that we don't know?
- And other items, pertinent and impertinent

Coming Up

- Brush Creek Clean-up, Saturday, April 29, 9 am (pre-clean-up run at 8:30. Call Doc, 578-3025 for info.)
- Jackrabbit Derby 3M, Sunday, May 7, 8 am, Spring Lake Park (see info and stats inside)
- Club Meeting, Thursday, May 25, 7:30 pm, MV RTP (a gazzillion \$\$\$ in the club drawing but you gotta be there)

Empire Runners March 2006 Club Meeting

President **Val Sell** called the March 2006 meeting of the Empire Runners to order at 6:33pm on March 23rd, 2006.

Secretary's Report:

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

Treasurer's Report:

Treasurer **Dan Preston** reported on the club's finances. Starting balance \$4,630. Ending balance \$3,545.

Recent Events:

- Ilsanjo: Came out fine.
- Bear Valley Run: Superior run.

Upcoming Events:

- Across the Bay: March 26th.
- Careros Vineyard: April 1st.
- Boston Marathon: April 17th.
- Sugarloaf Summer Sunset Relays: July 8th.
- Rock 'n' Roll Half Marathon San Jose: October 8th. \$10 discount for club members.

Old Business:

- **Alec Isabeau** reported that no progress has been made on the EMT situation. Since we will likely change insurance carrier for 2007, we will just wing it in 2006.
- **Jerry Lyman** proposed that we change insurance carrier from PA to RRCA for 2007. The motion passed.
- **John Royston** reported that the shirt deal is dead.
- **John Royston** reported that he met with **Calvin Thigpen** and **Danny Aldridge** to discuss Calvin's "A Creek Runs Thru It" race idea for the Brush Creek area. They were upset that the club cannot provide insurance for the race. John is looking into alternative options for them and will follow up with them. John is not appealing for the club to sanction the race.
- **Val Sell** reported that we had a big snafu with the City of Santa Rosa's Park Service because of missing race permits. We were lucky we did not get fined. In the future, race directors should bring copies of their race permits to the race. "Why don't we just carry a gun that's bigger than the one the park ranger is carrying?" suggested a **club member** from Lake County...

New Business:

- **Jerry Lyman** reported that the Empire Open will be on a new date and a new course this year. The date will likely be either October 21st or October 28th. The two course candidates are Spring Lake Park in Santa Rosa and River Front Park in Windsor. Jerry will look into both options and pick the best venue.
- **Jerry Lyman** reported that **Ty Strange** will have a draft for the club's new web site ready in the next week or so. It will then be tested and brought online.
- **Jerry Lyman** reported that we can add a link to the club's web site from the Press Democrat's running web page for \$30 per month. **Dave DeSelle** proposed that we try this for six months. The motion passed.
- **Cathy Dubay** has proposed that we design a new club logo. There was very limited interest in this idea, so we will stick with the existing logo for now.
- **Dale Peterson** reported that Runner's World is considering Kenwood as one of their featured races for an upcoming issue. **Jerry Lyman** will follow up with them.
- **Bob Finlay** reported that the Student Grant Fund applications have been updated and will soon be mailed out.

Raffle/Drawing:

- Raffle: **George Urdzik** (\$18).
- Drawing: **Eric Walker** (\$140, not present). Next month's drawing is for \$160.

Newsletter:

- The April 2006 newsletter was folded, stapled and stamped.

Attendance:

Lars Andersenique, Bill Browne, Pico-Nano-Micro-Mel, The Steven Cleal Gala Extravaganza!!, Dawque, Iguana, Don Stewart, Dave "Digger" DeSelle, Mojo, Val, Sledge, Notorious Lynn Meredith, Larry "The Other Lars" Meredith, 409, Pap, Super G, Bob Finlay, Bob Shor, Alyce Parks.

Respectfully submitted,
Lars Andersen

The Newsletter is published monthly by The Empire Runners Club, a 501(c)(4) non-profit organization serving the running community of Sonoma County and beyond. Member households receive the newsletter online for free or a printed version by mail for an additional \$10 per year. Running-related articles are accepted from any club member and should be delivered, preferably by e-mail, to the appropriate editor listed on the last page of this newsletter. (When in doubt, send it to all of them.) Club members who own or operate businesses may advertise in the newsletter if they agree to offer club members at least 10% off their product or service.

Membership information and online membership registration is available on the club website: www.empirerunners.org.

Mrs. Prez says...

Well it looks like Spring has finally decided to make an appearance. As history would have it, the minute I left town on vacation, the sun came out, and there was beautiful weather the entire time I was gone. If I knew that all it took was for me to leave, I would have done it a long time ago. So there we all were living the American dream-Spring vacation! Driving down Interstate 5 (all 8 of us) on our way to Disneyland, I must admit I was not crazy about the anticipated crowds during Spring Break. We had all been there before but were anxious to witness our 5 year-old's reactions as a first timer. At the end of our trip we managed to accomplish our mission- See all the sights, ride all the rides, eat all the junk and be majorly sleep deprived. What I wasn't ready for was all of the reflecting that I did on my own Disneyland experience when I was 5. I truly felt as if the magic was being rekindled in me as well as in our youngest daughter. Vacations are such a great way to relax, unwind and get away from our everyday routine, but how often can you be taken back in time to a memory of when things were so simple and everything was new and exciting.

Now that we are back home and back to the reality of jobs, bills and housework, I feel a sense of renewal. The sun is out! I'm feeling good! And the park is dry! Time to find the singlets in the dusty box of Summer clothes. I'm still not sure if it is for real or just another tease from Mother Nature, but I'll take it nonetheless. See you on the trails.

Here's a saying that I find inspiring...

May you be blessed
with the strength of Heaven,
the light of the sun
the radiance of the moon
the splendor of fire
the speed of lightning
the swiftness of wind
the depth of the sea
the stability of earth
and the firmness of rock.

Run happy,
Mrs President,
Val Sell

Where were you at 9:00 am, March 12th?

Probably, like most Northern Californians, you were just trying to stay out of the rain. But 10 intrepid souls braved the drizzly morning to make the second annual Bear Valley run. Just as last year the weather looked ominous from the start. But unlike last year it remained pretty much that way throughout the run. However, that only made the hot coffee (excellent French Roast) and breakfast at the Station House that much more enjoyable.

Hope to see you all there next year. --Mojo

*From left:
Bob Finlay,
Jon
Hermstad, Gil
Moreno, Val
Sell, Mojo,
Cathy Burgett
(our favorite
cheerleader),
Pappy
Lyman, Bob
Rogers,
Debbie Beem,
Shirley Fee
and Twila
Robert.*



Attention High School Seniors!

Need money for college?

There is still time to submit applications for this year's Student Grant Fund awards. The final date for submitting your application this year is May 6, 2006. If you need more information or want an application please check our website or call Bob Finlay at 544-2251.

**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**

What goes around....

Comes around

RETRO Running Shoe Craze

If tube socks, short-shorts, mutton-chop sideburns, cotton tank-tops and drinking flat Coca-Cola during a marathon conjure up old memories; then you are probably old enough to remember the first running-boom of the late seventies and early eighties. Many of us have fond memories of those days, but few of us would care to exchange our Cool-Max and our Power-Aid in order to experience those by-gone days again. On the other hand – do you remember the shoes? While they may not have been the high-tech wonders that we see on each others feet today – remember how incredibly comfortable those old shoes were? Maybe that is why they wore out so fast and maybe that is why so many of us are pretty well worn out now ourselves. Still they were generally pretty light and felt great right out of the box. For years now I have been thinking about the shoes I wore back in those days and thinking about how cool



NIKE Waffle Trainer Circa - 1978

it would be to have a pair just to wear around as casual foot ware. I never pursued it because it was just a passing fancy, then about two months ago **John Harmon**, writing from Amsterdam, Holland mentioned that a current fad in Europe involves the wearing of what look like track-spikes as casual shoes. This seemed very odd but I suspected it would only be a matter of time before the trend caught on in the states. Well... the time has come. Then, a week or two ago I was killing time at lunch and Googled "Nike waffle trainer", then "classic running shoes". You would not believe all of the stuff that came up! There are folks who have websites dedicated to old running shoes. There are shoe museums, shoe collections and short histories of the cross-country spike. There are people selling old, cracked and essentially useless running shoes on eBay. Along with the rather zany sites however I found that major shoe companies including Nike, Adidas, Puma, New Balance and Asics (disguised as Onitsuka Tiger) are offering old shoe styles once again. These are not old stock, but brand-new shoes. Some appear to be near replicas while others are updated versions. In some cases the shoe itself

appears original except for the dizzying array of colors now available. Tiger, the original name for Asics - has the largest selection that I found. They offer copies of shoes dating back as far as 1966 – at least ten years before the start of the first running



Onitsuka Tiger "1981" Reproduction

boom. Tiger has more than a dozen shoes to choose from. Some are modeled after track shoes or "spikes". These would probably not be real comfortable and to me are more "faddish" than the trainers and running shoes. You be the judge. Puma and New Balance have a number of shoes that may appeal to you especially if those were brands that you wore back in your running hey-day. As for me, I went straight to Nike looking for my long-lost *Waffle Trainers*. Alas, they do not make a reproduction of that particular shoe but they do make one of the very popular, somewhat older and clearly more durable Nike *Cortez*. Actually, I understand that in some form or another Nike has always offered this shoe, but they apparently went back to an earlier more "retro" design in response to the current trend.



Adidas Country '73 - Reproduction

Adidas offers a large selection including the *Italia* from way back in 1960, the clunky *Gazelle* (1968) and my favorite the *Country* from 1973 that I wore as my training shoe at John F. Kennedy High School. Don't throw away your *Air Pegasus*, *Cumulus VII* or *adiStar's* anytime soon, but for casual comfort and nostalgia, Google any of the major shoe brands or retailers and see what all the fuss is about.

DM Peterson

Up to sea level...

tidbits from Amsterdam

Editor's note: Empire Runner John Harmon is on assignment in Holland for 6 months. He promises to file reports on the running scene there. This is his third edition.

Spring is here!!!

While Sonoma County and a lot of the Pacific Coast of the US treads water, Spring is bearing its head here slowly, but surely. The sun is up longer each day.

It's certainly warmer – no long underwear, sweaters and heavy coats needed to just walk down the street; no more tights, pullover and gloves required to run. The trees are budding and leafing bringing with them welcome color and some depth to the landscape. The ducks on the canals are fighting each other for mating rights and everyone is cleaning up their boats and taking them out for a test drive. Queen's Day is the end of the month – an all day celebration. The tulips are blooming now. I'll have more to report next month.

Our Thursday Night training session organizer and coach – Leslie – completed his ultramarathon, The South Africa Ocean-to-Ocean 56 km. Race, in 3:48 and change. He was very pleased on his improvement over last year. His marathon split was 2:43 and the last 10k rises 1000 ft.

Jill and I were at Paris-Disney for a company training week. It was pretty cold (32F). The running was windy, rainy and flat. I managed to get some grass running in which my legs really appreciated. We managed to skirt the riots and strikes in Paris, but it was obvious the disruption the whole process was having on the City.

On the weekend of the Loop de Loop, I celebrated the aging process as well as our wedding anniversary in Sicily. Starting in Palermo gave us the opportunity to complete the Palermo triathalon: (1) Recover your lost luggage from Alitalia, (2) survive a mugging on the streets of Palermo and (3) eat your combined body weight in gelato.

Despite that trauma, turning 50 for me was much easier to handle with sunshine and Italian food.

We spent a week touring this fascinating island. The Italian spoken here is an unintelligible dialect, but people flipped over to classic Italian and slowed down for me once they realized they were speaking to "uno straniero." The Sicilians are very friendly, proud of their independence from the rest of Italy and their land and



The 400 BC temple behind us is 100m L

culture. The larger cities spoke some English, and "grazie" gets you a long way.

The food is to die for - lots of seafood, fresh vegetables, citrus, wine, ricotta (like you have never dreamed of) and gelato. It was Easter Week, so there were lots of processions, displays and costumes and food.

The running was fabulous, and HILLY - thank God. The Netherlands is great but I sure miss Annadel. In Sicily I found some challenging terrain but loved every minute of it. I enjoy running in new cities in the early morning before it awakens. You learn the lay of the land and can check out potential sightseeing spots to come back to later in the day, plus there's no traffic. In Cefalù, a small coastal town, there is La Rocca, a rock which looms over the town where the citadel once stood.



Today's Hill Workout...

It's almost vertical climb is worth the view. I ran up this to enjoy the vista and watch the sun rise. Syracuse (Siracusa), where Archimedes was born and died, is one of the more preserved Greek settlements outside Greece. Enna, an interior town, is high in the mountains clinging to its rock as so many proverbial Italian hillside towns do.



There is little truth to the rumor that my being in Sicily bore any relation to the Italian authorities capturing the notorious Mafia boss who had been hiding out in Corleone (the very town "The Godfather" used for its fictional Don Vito). We had actually tried to drive there, but ran out of time. It turns out, we would have wandered into a media circus, not the sleepy little town we were thinking of, so it's just as well. This news even trumped the Italian general election.

Speaking of driving, it is a world of its own where signs and lights are merely suggestive. There is protocol that all respect, but it's not what we are used to. I liken it to downhill skiing rules with its implicit fluidity: don't stop, anticipate what is ahead of you, be in control of your own speed and vehicle. Those behind you have the burden of avoing you and anticipating what is in front of them. Be decisive in your moves and don't hesitate when you make one. What doesn't work is expecting your instincts to work. It's easy to spot the pedestrians and drivers who are new. A bus driver on his cell phone with one-hand on the wheel turning into a throng of Japanese tourists who had paused in the middle of a cross walk can be a frightening sight.

I hope to jump into some races as May approaches. My conditioning is suffering but I'll join in regardless. I'll keep you posted.

Congratulations to those who ran Boston. I only saw Todd Bertolone's time, but I know there were more ER participants.

Until next time, keep running and be healthy

John Harmon – jj2harmon@yahoo.com



DERBY DERBY DO

15th Annual Jackrabbit Derby

8 am, Sunday, May 7, 2006

Spring Lake Park -- Jackrabbit boat launch area

3 Miles, Cross Country Trails

1K Bunny Hop for kids precedes the 3 miler.

Info: Dale Peterson, 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 – Larry Meredith	1992	16:24		7 – Kim Conley	2003	19:16	
8 – Ty Strange	1999	16:28		8 – Julia Stamps	1992	19:23	
9 – Ron Smith	1992	16:32		9 – Shelly Lydon	1999	19:35	
10 – Jason Selby	1995	16:35		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 – Cathy DuBay	2005	18:13	
2 – Ty Strange	2002	16:42		2 – Tori Meredith	2000	19:54	
3 – Louis Garcia	1998	16:54		3 – Susan Vasquez	2001	20:08	
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 – Debbie DeCarli	2005	24:33	
3 – Jerry Lyman	1999	17:43		3 – Emily Deering	2004	27:22	
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	2005	26:40					
3 – Dale Leyhe	2005	27:50					
80+				80+			
No Finishers to Date				No Finishers to Date			

Healdsburg Kiwanis 32nd Annual
Fitch Mountain Footrace

10K and 3K Run/Walk
Sunday, June 11, 2006, 8:00 a.m.

Race Divisions

Below is a listing of age divisions for both the 10K and 3K runs. Enter the code letter on the form below.

10K	Age	3K
A	12-and-under	N
B	13-18	O
C	19-29	P
D	30-34	Q
E	35-39	R
F	40-44	S
G	45-49	T
H	50-54	U
I	55-59	V
J	60-64	W
K	65-69	X
L	70-75	Y
M	76-and-over	Z

Pre-registration Information:

- **Deadline** - Entries must be post-marked by 6/3/06.
- **Entry Fee** -
Adults, aged 13-59: \$20
Children, 12-and-under and Seniors, 60-and-over: \$15
Registered parent with one child under 12 years of age: no fee for child.
- **Mail Entry To** -
Healdsburg Kiwanis
c/o Jerry Strong
14685 Grove Street
Healdsburg, CA 95448

or register on-line at www.TheSchedule.com

Race Day Registration Information:

- **Time/place** - registration begins at 7:00 a.m. at the Downtown Plaza
- **Late or Race Day Entry Fee** -
Adults, aged 13-59: \$25
Children, 12-and-under and Seniors, 60-and-over: \$20
Registered parent with one child under 12 years of age: no fee for child.

All registered runners receive a commemorative T-Shirt

Fitch Mountain Footrace Entry Form

Name _____ Address _____

City _____ Zip _____ Age _____ Sex: M F

Race Division (enter letter code): 10K___ 3K___ Shirt Size: S M L XL

Fee (see information above):\$_____

Make checks payable to: **Healdsburg Kiwanis Memorial Scholarship Fund.**

Mail entries to: Healdsburg Kiwanis, c/o Jerry Strong, 14685 Grove Street, Healdsburg, CA 95448

Waiver: In consideration of the acceptance of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators forever waive, release, and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever, including but not limited to personal injuries to me or wrongful death, against the city of Healdsburg, Healdsburg Kiwanis, the Healdsburg Kiwanis Memorial Scholarship Fund, the County of Sonoma and all event sponsors and volunteers and their Officers, Directors, employees, representatives, agents, contractors and subcontractors, which may arise from my participation in the Fitch Mountain Footrace event on Sunday, June 11, 2006 or while traveling to or from the event, even if caused in whole or in part by the negligence or other fault of the parties or person or persons I am hereby releasing, by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of their liability without fault. I FULLY UNDERSTAND I AM FOREVER GIVING UP IN ADVANCE ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES OR DAMAGES EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I grant full permission to any and all organizations which obtain photographs, motion pictures, videotapes, or recording of any other record of the event to use them for any purpose whatsoever.

Signature _____

(Parent or guardian signature required for runners under 18.)

TAMALPA RUNNERS BRINGS YOU...

THE 29TH ANNUAL

MARIN MEMORIAL DAY RACES 2006

Memorial Day • Monday, May 29, 2006 • 8:00 AM

(Formerly Pacific Sun Races)

Presented by



Center for Sports Medicine

Saint Francis Memorial Hospital



M. Hoburg

On Monday, May 29, put your training to the test and run one of the fastest 10K courses in the Bay Area: a flat, certified loop that kicks into high gear for a dramatic finish in the College of Marin Stadium. Or challenge yourself to a walk, run, or racewalk on a shorter 2.5 mile loop.

EVENTS AND START TIMES

6:30 to 7:30 AM	Race Day Registration
8:00 AM	2.5 Mile Walk/Run
8:15 AM	10K Race

BENEFICIARIES

Marin County School Athletic Programs (MCAL), the Twilight Relays, Tamalpa Youth Track Programs, and other community running-related events.

EXCITING CHAMPIONSHIP EVENT!

The 10K is a part of the USA Track & Field/Pacific Association's Road Grand Prix, guaranteeing an exciting and highly competitive field. Pacific Association athletes are eligible to win cash prizes from a \$2,600 prize purse.

COMMEMORATIVE SHIRTS AND GIVEAWAYS

All pre-registered 10K and 2.5M runners will receive tank top shirts, separately styled for men and women for best fit. Race day entrants will receive tank tops while supplies last, otherwise a conventional T-shirt design. All entrants receive a bag full of cool product samples!

LOCATION

College of Marin, Kentfield, CA. From Hwy 101 in Marin, go west 2.5 miles on Sir Francis Drake Blvd. toward San Anselmo. Turn left onto College Ave. in Kentfield. Proceed 1/4 mile to race venue. 2.5M starts on College Ave. 10K starts on Kent Ave.

FEES

2.5 Mile and 10K

Received by 5/20:	Adults - \$25	18 and Under - \$20
After 5/20 (including race day):	Adults - \$30	18 and Under - \$25

IMPORTANT!!! Clip and complete Entry Form at bottom, sign waiver, enclose check and include one 4" x 9" SASE per person for the Race Packet. If SASE is not enclosed, pick up your packet on race day between 6:30 and 7:30 AM.

MAKE CHECKS PAYABLE TO: Marin Memorial Day Races

MAIL TO: Marin Memorial Day Races
c/o It's About Time / Carmela Toledo
8404 Locust Place N.
Dublin, CA 94568

DIVISIONS AND AWARDS

- \$2,600 PA/USATF Prize Money, 10K only. Must have current USATF card to be eligible.
- 10K Awards (individually engraved plaques) 3 Deep, M & F: 12 & Under, 13-18, 19-29, then 5 year age divisions for runners 30 and over.
- 2.5 Mile Awards (individually engraved plaques) 3 Deep, M & F: 12 & Under, 13-18, 19-29, then 10 year age divisions to 80 & over.

FOR MORE INFORMATION

Web: www.tamalparunners.org (register online, view course map, etc.)
E-mail: pacsun@tamalparunners.org
Race Director: Janet Bowman, (415) 924-5976

ADDITIONAL SPONSORS

ARCHRIVAL Stores at Bon Air & Strawberry Village

Marin Independent Journal

Silveira Pontiac-Buick-GMC of Novato

Hannaford Podiatry
Orcutt Chiropractic
Whole Foods Market
Barton's Bagels

Mollie Stone's
Woodlands Market
PowerBar
The Water Store
EO Products

VOLUNTEERING

Can't run? Help by being one of over 175 volunteers needed. Community Service points available to high school volunteers. Contact **Laurie Bolard** at (510) 435-8141 or l.bolard@comcast.net.



Marin Memorial Day 10K Race or 2.5 Mile Walk/Run

Check One:

10K

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

Email

Code

T-Shirt Desired (Circle One):

Men's M L XL

Women's S M L

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

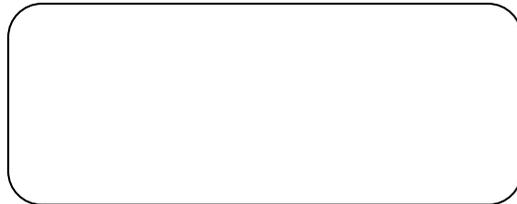
May 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>13M at medium pace 30 8:30a Lawndale Trailhead off Lawndale Road in Kenwood</p>	<p>7M at comfortable pace 1 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>2x1M@2M GP; walk 200, jog 600 2 5:30p 3390 Princeton Drive, SR</p>	<p>6M at comfortable pace 3 5:30p Fleet Feet shoe store, 4th St., SR</p>	<p>9.5M total with 3x6 min. at strong pace 4 5:30p Howarth Park</p>	<p>6M at comfortable pace or Off 5</p>	<p>2M at comfortable pace or Off 6 Race: Bolinas Ridge Wild Boar 10K & 18K, Mill Valley 8:30a Training Run, Railroad Square, SR</p>
<p>ERGP Race: 8 a.m. Jackrabbit 3M Cross Country, Spring Lake Park 7</p>	<p>5M at comfortable pace 8 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>800@2M GP, 600@1M GP, 2x400@1M GP, 4x200@800m GP; jog same 9 5:30p 3390 Princeton Drive, SR</p>	<p>4M at comfortable pace 10 5:30p Fleet Feet shoe store, 4th St., SR</p>	<p>4M total with 2x3 min. at strong pace 11 5:30p Howarth Park</p>	<p>3M at comfortable pace or Off 12</p>	<p>8x2min@2M GP 13 Race: Human Race 3K & 10K, Santa Rosa 8:30a Training Run, Railroad Square, SR</p>
<p>8M at medium pace 14 8:30a Parktrail Drive at Summerfield Drive</p>	<p>7M at comfortable pace 15 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>10x400@1M GP; walk 50, jog 350 after each 16 5:30p 3390 Princeton Drive, SR</p>	<p>7M at comfortable pace 17 5:30p Fleet Feet shoe store, 4th St., SR</p>	<p>9M total with 4x4 min. at strong pace 18 Newsletter Deadline: Dan Preston, Editor 5:30p Howarth Park</p>	<p>6M at comfortable pace or Off 19</p>	<p>4M total with 10x20sec. @ 2M G.P. 20 Race: Gold Rush, Cloverdale 8:30a Training Run, Railroad Square, SR</p>
<p>12M at medium pace 21 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>7M at comfortable pace 22 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>1200@2M GP, 800@1M GP, 600@1M GP, 2x400@800m GP; jog same 23 5:30p 3390 Princeton Drive, SR</p>	<p>6M at comfortable pace 24 5:30p Fleet Feet shoe store, 4th St., SR</p>	<p>11M total with 8M at medium-strong pace 25 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p>	<p>5M at comfortable pace or Off 26</p>	<p>8M total with 15x1 min. @ 5K GP, jog 2 min. 27 Race: Salmon Run 5M, Jenner 8:30a Training Run, Railroad Square, SR</p>
<p>11M at medium pace 28 8:30a Parktrail Drive at Summerfield Drive</p>	<p>6M at comfortable pace 29 Race: Marin Memorial Day 10K & 2.5M, Kentfield 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>12x300@1M GP; walk 50, jog 50 after each 30 5:30p 3390 Princeton Drive, SR</p>	<p>5M at comfortable pace 31 5:30p Fleet Feet shoe store, 4th St., SR</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

PO Box 4241

Santa Rosa, CA 95402



If your **Dues are Due**, renew online at www.empirerunners.org and click on “membership.”

Mark Your Calendar!	
Sat, April 29	Brush Creek Cleanup, 9 am (training run at 8:30)
Sun, May 7	Jackrabbit Derby 3M, Spring Lake Park, 8 am
Sat, May 13	The Human Race 3K & 10K, Slater Middle School, SR, 8 am
Thu, May 18	June Newsletter deadline – Dan Preston Editor
Thu, May 25	Club Meeting, Montgomery Village Round Table Pizza, 7:30 pm
Mon, May 29	Marin Memorial Day 10K & 2.5M, Kentfield, 8 am

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