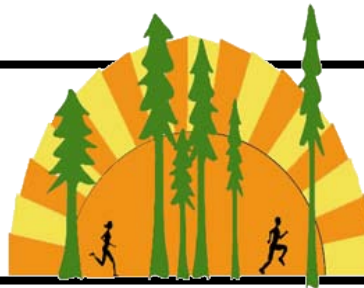


The Empire Runner



May 2009

Doc n' Mojo Productions Pulls Practical Prank for 17th Time

One man still falling for it after 17 years.

Somehow, after all these years, you Empire Runners just don't get it, do you? The Loop de Loop is a JOKE, a cruel, twisted joke and you all keep falling for it. Stop showing up, please! This year, a record 94 runners succumbed to the lure of Loop de Loop fame and fortune: there were 33 two-person teams, 22 full double loopers and a half-dozen wise folks who chose to simply run one loop and not press their luck.



The Winner of the legendary Loop de Loop - Don Stewart

The 17th Annual Loop de Loop was won handily by our resident turbo-trail-goat, Don Stewart, followed by a heavily up-armored Rich Anderson and then Ty Strange, who had to change shoes at the turn-around after stepping on a chunk of ferrotitanium-kryptomagnetic

meteorite which pierced his shoe and embedded into his spleen. The top women finishers were Tess Berg in 8th place and Shirley Fee in 12th: most very incredibly awesome!

The relay race was won by the team of Nate Koch and Andy Howard, followed by Team Berg, Team Main and Team Goodwin. The top trophy of the day went to Dale "Sledgehammer" Peterson, for being the Last Man Standing: after yours truly bailed from running the full double-loop due to

a bum bum (that's a medical diagnosis), Dale is now the only person remaining who has run every single Loop de Loop since its inception! The CDC strongly advises that you do not let him bite or lick you, as his dementia is likely contagious.

See you all next year, unless you finally wise up. The Loop de Loop is brought to you by Doc n' Mojo Productions, where it doesn't have to be fun, to be fun.

...see full results inside

Marathon Comes to Town

On August 30, 2009, True Grit Running will be presenting the inaugural Santa Rosa full and half marathons. The flat, fast, paved and hard packed course starts and finishes in redwood and oak studded Juilliard Park and traverses the entire scenic Prince Memorial Greenway along the Santa Rosa Creek.

Be a part of the fun and colorful festivities, which includes two local community involved prominent celebrities "throwing out the first pitch" at the starting line.

We welcome and encourage walkers, recreational, beginner and competitive runners to participate and enjoy this event. Quality wicking T-shirts for every entrant and a coveted custom medallion will be awarded to every finisher.

For detailed information and registration visit www.thesantarosamarathon.com

Arthur Webb
Race Director

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65 Brookwood Ave - Santa Rosa CA 95404



Pace Group Mentors Wanted

Many of you know that I have wanted to start a program that will encourage more of our members to take part in our Club training programs. I thought I would start with our Saturday group with the program outlined below. This is not a program I designed but ideas I have found used by other running clubs.

The primary component of the program we want to start will be "pace groups." These pace groups are established in timed increments so that each runner/walker can find a group that matches their level of ability and fitness. Pace groups include those for both runners and walkers. Being part of a pace group team in itself is a primary motivation for many to get up early on a Saturday morning and train. The bonding and support you get along the way makes it all worthwhile.

I'm looking for Club members to be volunteer mentors or assistant mentors.

Mentors and assistant mentors lead each pace group and help keep the run/walk system on track. Your pace group mentor is your guide to a successful training program.

Mentors should be experienced runners and walkers themselves, (right now we will take anyone that wants to be a mentor. It won't take long before you will be that experienced mentor) and more importantly, volunteers within the Empire Runners Club.

What kind of pace groups does the club want to establish?

The club will start with three different pace groups for training:

8:00-8:30 minute/mile group

8:30-9:00 minute/mile group,

9:30-10:30 minute/mile group

A Pace Group is your expected RACE PACE. You will NOT be training at this pace. Expect to run/walk 30-60 seconds slower than your race pace. Some weeks you may be much slower. Remember you are building up mileage on our Saturday Run; time to complete the distance is irrelevant

Fitness Training

This is a time-based training program. You will start training by walking or running 20 minutes and slowly build up until close to 1 to 1 1/2 hours and eventually build up to 2 hours. You will follow the same routes as our other groups but you will turn around when you reach half your time. Runners and walkers will also train with our pace-groups listed above. You will need a watch or another indicator to let you know when it is time to turn around; you don't want to forget and run 10 miles when you are only scheduled for 30 minutes!

We are looking for different areas to do our Saturday runs. We want to include those of you who live in Petaluma and other areas away from downtown Santa Rosa. Suggestions are welcome. We would like to have 4 regular places with a wildcard day if we have a 5th Saturday in the month. We will be choosing a local Bay Area race as our goal distance or race.

Thank you. I look forward to hearing from you.

Gil Moreno, Membership

runfire@earthlink.net or funrunner@gmail.com

Please welcome
the following
new members to
the Club

DeAnne Reeder - Sebastopol - 38

I'm a distance runner who is only recently interested in getting faster! I've done 4 marathons (2 trail and 2 road), and do most of my training alone, and am tired of always being alone!!! I do my Sunday long runs or trails. Just looking for the rest of my tribe.

Luis Luna - Santa Rosa - 15

Michael Metela - Santa Rosa - 63

Susan Spaulding - Petaluma - 36

Rebecca George - Santa Rosa - 27

Heather Pruett - San Francisco - 34

Joe Hinde - Santa Rosa - 17

Andre Davis - Santa Rosa - 31

Fertilize Your Brain: Go Run!

If you have a brain and would like it to perform optimally for as long as possible, read on. If you either don't possess a brain or have no interest in enhancing your brain function, then turn the page.

Twenty-five years ago the neuroscience dogma we were taught in school and solemnly passed on to our patients was that brain dysfunction, whether from aging, disease or trauma, was irreversible. Brain cells (*neurons*) couldn't regenerate, so we were told, and beyond a very youthful age a grim and relentless degradation of brain function was absolute. Fortunately, we were wrong.

Fascinating recent research has dramatically revised our understanding of neurophysiology, learning, memory and the aging brain. Two particularly remarkable revelations have emerged: first off, given the right stimulus, neurons in the brain, at any age, can indeed be induced to proliferate, integrate and interact more efficiently and effectively. Researchers call this *neuroplasticity*, which means that the brain can actually adapt, transform and learn throughout our life-spans. In other words, you really can teach an old dog new tricks. Secondly, the most potent stimulus or "fertilizer" for neuronal vigor appears to be...EXERCISE!



Neurons are induced to learn new tasks and interact faster and more effectively by a soup mix of chemicals known as *neurotrophins*, which are produced, not surprisingly, when we engage in challenging mental tasks, such as a tough crossword puzzle or math problem. Amazingly, though, these brain-fertilizing chemicals are also produced in great quantities as soon as we perform vigorous *physical* activity and, here's the kicker, exercise appears to induce a more potent and immediate outpouring of this neuron-nourishing brew. The brain clearly benefits from (or more accurately, *requires*) physical exercise, just as do all the other organs of the body.

Two particular forms of exercise create massive quantities of neurotrophins: intense, metabolically challenging aerobic exercise (intervals, hill repeats, racing, etc.) and activities which challenge our skill, coordination, balance and load-bearing. Examples include martial arts, yoga, Pilates, rock climbing, strength training with heavy free weights, body-weight exercises and skill sports like soccer, basketball, tennis, etc.

The bottom line is that the brain needs both mentally and physically challenging stimuli throughout life in order to remain optimally functional. So what's your prescription for a sharp mind? Go on a hard, hilly, twisty run in Annadel, followed by a yoga class, heavy weight lifting or rock climbing, and then top it off with the New York Times crossword puzzle (and a big healthy meal, of course). I assure you, that combination, or something similar of your own design and liking, is powerful brain medicine. Go to it, you old (or young) dog.

Alec Isabeau, D.C.



“It’s bad you know..”

Beginnings

Last summer, tired of the up and down effect of training for a marathon getting into great shape and then losing everything in the months that follow; I decided to start doing long runs all the time regardless of my marathon plans or lack thereof. As such I have been doing a long three-hour easy run once every four to six weeks. I don’t know if it makes me any faster but it definitely makes me stronger.

Doing these long runs has not been too much of a problem in terms of scheduling. If it does not fit in at four weeks, I have not had any problem in five or six. Now however I ran into a problem. Four weeks would be one week before the Loop de Loop. Five weeks would be the week of Loop de Loop and six weeks would be the weekend I was going to Death Valley for some camping, backpacking and canyoneering.

The Plan

So I thought of my options. I could run the week before

Loop de Loop – out of the question – I was nursing a sore hamstring leftover from Ilsanjo. I could just keep going after the finish of Loop de Loop – no way – I am not that crazy. I could do my long run in Death Valley.... – maybe I am that crazy!

Alright, I decided to run my long run in Death Valley and since I was going to anyway I would just have to run down at Badwater. If you are not familiar with the Badwater basin, you need to know that this is the lowest point in North America, 282 feet below sea-level. If that were not enough, Death Valley had the second hottest temperature ever recorded at 134F. However, that recording was made at Furnace

Creek which is about 100 feet higher in elevation. So, if Badwater is not the hottest place on earth it certainly is hot enough! Now, before you think I am completely out of my mind remember that these kind of temperatures occur in July or August. I would be running in the mild time of the year when the highs generally only reach into the 90’s. I would camp as close as I could get to the starting point of my run and get going just as soon as there was enough light to see down the road.

Things don’t always go as planned

After two long days hiking back and



forth on the alluvial fan on the east side of Death Valley looking for the elusive Indian Pass through the Funeral Mountains, I got back to my truck and after a quick lunch headed for Trail Canyon to find a place to park and camp for the night. This took me many miles away from Badwater but it was about as close as I could get and camp legally. Too tired to think much about it and nursing a headache I retreated early to my sleeping bag as the wind was picking up. I lay there thinking about the run I had planned for the morning. Maybe it was crazy. Maybe I should just bag it. No, I thought, I will do it. Maybe I will just decide in the

morning. Who knows? Who cares?

It’s bad you know... (RL Burnside)

I woke up and the wind had died. The sun was already out on the west side of the valley but thankfully my run would start on the east side, still in shadows. I made a quick breakfast on the tailgate of my truck, cleaned things up and started packing up all my gear. I got dressed in my running gear, filled my camelback and greased up my undersides with Vaseline and my uppersides with SPF50. I tied on a bandana to keep the sun off the back of neck and put on my sunglasses and white hat.

I started the drive down to Badwater with the CD player blasting. By now it was after 8am. So much for the early start. I thought to myself that it would just be nuts to try to do a 3-hour run. Maybe 2 hours would be okay. Maybe. Maybe I should just go an hour or so. I kept waffling back and forth. I really didn’t feel that great. I was still tired from the Loop de Loop and the last two days did not help. I had lots of excuses and nobody to listen.

I got to the parking lot at Badwater. It was still in shade as was much of this section of the road. There were only a handful of tourists taking pictures, talking and joking. I asked one young girl if she could take my picture. I explained how to use my camera and then I realized that she did not speak English. None the less she seemed to understand exactly what to do. She snapped the picture and I thanked her as she handed back my camera. I put my camera in my truck, strapped on my camelback, downed a quart of water and then facing north started in a slow jog away from the parking lot.

At first in the shade and fairly close to

the cliffs it did not seem too bad, but quickly as I moved into the sun and onto flatter terrain I could see this would be a challenge. Though it was not truly hot, it was getting warm. What was worse was that there was little sense of movement. The landscape was just so vast that I felt like I was not moving. I looked at my watch to see that five minutes had gone by since the start. Oh boy...

I passed a mile-marker and quickly guesstimated my pace. I was already in a marathon death-slog. Good. The slower the better today. Every five or ten minutes a car or truck would whiz by and people would either wave or just stare. Whenever I heard them coming I would hop off of the pavement and give them plenty of room. I imagined that they supposed I was on some 100-miler. I was glad that I was not.

Slowly the time started to go by. Half an hour into the run and I was really in the middle of nowhere. The scene before me was beautiful if stark. The salt-pan stretched out to my left, already shimmering in the morning heat while high above the valley the snow-capped Panamints topped by 11,049 Ft Telescope Peak were veiled in clouds. I felt very small and vulnerable with all of my supplies, additional water and the only shade getting further away with every step. Every 15 or 20 minutes I took a long drink of water and just kept moving along. As I got closer to the one hour mark I realized that it would be foolish for me to try and go any further than that this day. I could always do a second shorter loop after returning to my truck to re-fill my camelback.

It's not the Heat, it's the Humility

Finally about half a mile past the turn off for the Devil's Golf Course, I hit one hour and turned around to head back

to Badwater. I of course have read of the exploits of those who run from Badwater to Mt. Whitney. How is that even humanly possible? If it was hard to fathom before, it was much harder to imagine now. I was going to be relieved just to get back to my truck after two

onto the salt-pan with the tourists to take a few photos.

Onward

That night I lay in the back of my truck at the end of Hole in the Wall road and



hours of this. My hat is off to anyone who could run completely across the valley let alone all the way to the top of the highest mountain in the lower 48 states!

Now facing into the wind I was going even slower if that was possible but at least it felt a little cooler.

After what I could only call the longest two-hour run ever, I finally spotted the Badwater parking lot now bathed in sunlight and crawling with tourists. There was a school bus, several giant motor-homes and what seemed like dozens of cookie-cutter sedans. I rounded the last little bend and made it back alive! Two-hours and five minutes. Any fantasy of re-filling my camelback and going out for another hour was quickly shot down by my realization that it was now nearly 10:30am and getting hotter by the minute. So, I tanked up on water, ate a bagel and walked out

listened as huge drops of rain pounded against my camper shell windows. The wind howled and gently rocked me to sleep.

I awoke the next day and could see absolutely no trace of a storm with the exception of the dried splatter marks on my windshield. There was not a puddle or drop of water to be found. The desert had simply absorbed it all.

Later that day I headed through Hole in the Wall up into Slit Canyon. I spent the night under the stars completely alone in the badlands. I was no longer thinking about two-hour or three-hour runs, stop-watches or other man-made foolishness. There would be plenty of time for that when I got home.

DM Peterson

A Message from the Sponsorship Director

Hi all, I have somehow gotten myself into the position of Undersecretary, or Uber Czar, of the sponsorship committee (of one) of the Empire Runners. Thanks for placing your trust and faith in me. I will try to live up to the high standards that my predecessor, Dave DeSelle has set for me. I will try to raise my standards up to the level of other club officials, excepting of course Dale Pedersen. Those levels cannot be reached without the use of banned substances.

Seriously, we are a lucky as a club to have the support of many local businesses. They are an important part of our club and help us to fund many of our programs. Because of this, we should all try to support these sponsors with our business, both personal and occupational, whenever possible. Our largest sponsors are Fleet Feet (Santa Rosa), Heart & Sole (Santa Rosa) and Al Tagliaferri's Delis (Petaluma and Novato). Our next level of sponsors are Culligan Water (Santa Rosa) and Sir Speedy Printing (Santa Rosa). Sponsoring us at the next level are Alec Isabeau (True North Health Santa Rosa) and Stephen Starkweather (massage and hypnotherapy).

We have also recently added some businesses that offer a 10% discount to all club members. They are: Heart & Sole (Santa Rosa), Athletic Soles (Petaluma) a new sponsor, Mike Winters (Custom Security & sound Santa Rosa) and Jeanne Browne, whoever that is, (Family Law Santa Rosa).

Whenever you get a chance to bring your business to any of our sponsors, mention that you are with the Empire Runners and thank them for their support (try not to ask for any additional discounts when doing so). These are very difficult times for all businesses and we really do owe a lot of our success as a club to these businesses.

Bill Browne

Empire Runners March 2009 Club Meeting

(pending approval at the April 23, 2009 meeting)

President *Bob Finlay* (bfinlay@sbcglobal.net) called the March, 2009 meeting to order at 7:35 pm.

Secretary's Report:

Secretary *Paul Berg* (pberg@sonic.net) read the February 2009 meeting minutes which were approved as read.

Treasurer's Report:

Treasurer *John Harmon* (jj2harmon@yahoo.com) reported that the current club balance is \$30,019.61, down \$1276 from the same time last year. The major expense in the past month was \$1237 for clothing and \$1485 for Kenwood footrace awards. The Student Grant Fund balance is \$1416, approx \$1937 less than the same time last year. *Ilсанjo* race had income of \$1518, expenses of \$ 836, for a net of \$682.

President's Report:

President *Bob Finlay* reported that the new club sponsorship director is *Bill Browne*.

He also reported that the student grant fund is down from this time last year, and encouraged contributions.

Race Reports:

Recent races/Runs:

- a. Point Reyes Trail run 3-08-09: no report, women's group of 5 ran
- b. *Ilсанjo* Classic 3-15-09: Race director *Mark James* thanked everyone who helped on race day. There were 55% non-Empire runners, many from the Fleet Feet training group. 35 newt scoot kids, a large turnout.
- c. Napa marathon 3-01-09: Paul Berg, Darryl Beardall, Nuvit Foster ran.

Upcoming Races/Runs:

Loop-de-loop 4-5-09: *Alec Isabeau* reminded everyone of the great swag and amenities

Petaluma Footrace 4-19-09: *Chris Mason* reminded that runners must pre-register by 4-15-09

Fitch Mountain footrace 6-07-09: *Jerry Strong* thanked ER for their support in the past and will be seeking race-day help

again this year

Viking Track Classic 4-25-09: *Val Sell* said that there is an open 2-mile race for all ages as part of the high school invitational 8:45 am, free.

Committee Reports:

Creek Cleanup 4-25-09: *Alec Isabeau* said that since the club has done such a good job cleaning up the previous section of creek, the Parks Department has requested that we undertake the section downstream of the Piersen Bridge. This section is less accessible and requires a physically fit group. Tools and snacks will be provided. *Heart & Sole* has generously donated 2- \$50 gift certificates for a lucky participant. 9am, optional run at 8am.

Membership software update: *Jerry Lyman* proposed:

That the club authorize the committee to determine if a Paypal online payment account will work for us and, if so, to set up this feature on our website, the club to absorb the cost of each transaction estimated at under \$1 each (2.9% + \$.30).

That the membership authorize *Jerry Lyman* to spend up to \$100 for 3 months of email marketing service from either Constant Contact or similar company in order to send 3 Kenwood Footrace promotional emails, one each in April, May, and June. At the end of 3 months we can decide if we want to continue using email marketing and possibly pay for a year's service. Seconded by *Dave DeSelle*. APPROVED by hand vote.

New Business:

A. Proposal for Dues and Member Benefits change: *Jerry Lyman* presented the following proposals, to be considered at the April meeting:

In order to promote participation in club races, attract new members, and more fairly assign the cost of printing and mailing hardcopies of the club newsletter, we propose the following changes in club dues and race entry fees, and the additional of a new membership benefit:

Increase the charge for a mailed printed newsletter from \$10 to \$25 per year so that newsletter income covers actual expenses.

Increase yearly dues as follows:

Youth 21 and under: \$10 (from \$5)

Adult over 21: \$20 (from \$15)

Family: \$25 (from \$20)

Provide free entry to one club race for any new member

Reduce race entry fee for club members to \$5 (from \$7) for all \$10 races. Entry fee for youth club members stays at \$5. Entry fee for non-member youth goes up to \$10 (from \$8).

Provide free club t-shirt, one per membership household per year.

B. Clarification regarding payments to SSU program for helping with Ilsanjo race: *John Harmon* explained that the club has historically paid a stipend to high school teams that assist at races, and was requesting guidance regarding payment to SSU. *Mark James* explained that he is reviving the running programs at SSU, and he received Ilsanjo help primarily from those runners, plus a few El Molino swimmers. \$500 was authorized to SSU running program.

C. Possibility of having weekly training runs in Petaluma. *Holly Wick* described her involvement in the Petaluma running community through her store *Athletic Soles*, and raised the possibility of having weekly training runs for Empire Runners. *Chris Mason* noted that we have over 75 members in south Sonoma County, and 2 successful high school running programs in Petaluma. It was agreed that *Holly* should put a few proposed Saturday runs on the training calendar to gauge the response. *Holly* also reminded members that she offers a 10% discount to Empire runners.

D. Possibility of hosting running book author: *Paul Berg* raised the idea of inviting *Lynda Drews*, a runner from Green Bay, Wisconsin, to read from her upcoming novel "Run at Destruction". The book is a murder-mystery based on true events that transpired in her running club in the early 80's, recounting a love triangle, a mysterious death and trial of the accused runner. There was moderate interest and *Paul* was encouraged to explore the details.

E. Holly Wick generously brought lots of swag from her store to reward members who could answer Petaluma trivia.

Raffle: *Nate Koch* won \$35, and \$35 went to the student grant fund

Drawing: *Alexander Reyes* would have won \$200 if he attended the meeting...

President *Bob Finlay* concluded the meeting at 9:12 pm.

Attendance:

Paul Berg, *Mini-Mel*, *Bill Browne*, *Holly Wick*, *Nate Koch*, *John Harmon*, *Jerry Strong*, *Super G*, *Dave DeSelle*, *Gil Moreno*, *Wolfman*, *Masonman*, *Bob Finlay*, *Val Sell*, *Susan Kelleher*, *Dale Peterson*, *Bob Shor*, *Pappy*, *Carl Jackson*, *Tori Meredith*

2009 Men Grand Prix Totals through Loop de Loop

	First Name	Last Name	Div.	Res.Run	Vlly Ford	Isanjo	LoopdeLp	Total
1	Ty	Strange	40s	99	100	100	99	398
2	Andy	Howard	40s	92	100	100	100	392
3	Larry	Meredith	50s	80	99	89	96	364
4	Vernon	Stafford	50s	71	98	79	112	360
5	Dave	Goodwin	50s	74	100	86	97	357
6	Rob	Main	50s	73	99	85	98	355
7	Derek	Felciano	30s	78	96	90	88	352
8	Dale	Peterson	50s	58	100	78	113	349
9	Don	Sampson	60s	60	99	93	91	343
10	Darryl	Beardall	70+	64	100	67	110	341
11	Fred	Garcia	50s	69	94	83	86	332
12	Don	Stewart	40s	96	0	99	120	315
13	Kenny	Brown	30s	95	100	0	118	313
14	Eric	Downing	30s	0	98	98	116	312
15	Brian	Goodwin	14-19	0	100	93	97	290
16	Mark	James	40s	0	100	100	87	287
17	John	Harmon	50s	0	100	84	96	280
18	Doug	Starr	50s	0	100	74	92	266
19	Jerry	Lyman	50s	77	100	88	0	265
20	Bob	Holland	60s	65	100	94	0	259
21	Don	Meixell	40s	0	100	71	82	253
22	Bill	Browne	50s	67	97	85	0	249
23	Nicholas	Rauch	10-13	49	100	99	0	248
24	Stephen	Rauch	40s	50	99	97	0	246
25	Brendan	Hutchinson	60s	69	100	76	0	245
26	Carl	Jackson	70+	51	99	88	0	238
27	Ernst	Bohn	60s	54	0	68	111	233
28	Paul	Peck	40s	48	97	86	0	231
29	George	Urdzik	60s	47	95	84	0	226
30	Greg	Jennings	30s	0	0	95	117	212
31	Christopher	Strunk	30s	0	0	92	115	207
32	Nate	Koch	20s	0	99	0	100	199
33	Peter	Kirk	40s	84	0	0	114	198
34	Jon	Hermstad	60s	0	100	0	94	194
35	Jonathan	Peck	14-19	91	99	0	0	190
36	Paul	Berg	50s	0	0	91	99	190
37	Kevin	Poteracke	10-13	90	0	99	0	189
38	Eric	Walker	40s	89	0	96	0	185
39	Brandon	Crowell	30s	88	0	94	0	182
40	Troy	Tuscher	40s	81	0	96	0	177
41	Bill	Tuohy	20s	0	99	77	0	176

See full results at
www.empirerunners.org

2009 Women Grand Prix Totals through Loop de Loop.

	First Name	Last Name	Div.	Res. Run	Vlly Ford	Ilsanjo	LoopdeLp	Total
1	Shelli	Main	40s	94	99	100	98	391
2	Lidia	Alcazar	30s	90	99	96	82	367
3	Mel	Lovrin	30s	75	100	100	91	366
4	Tori	Meredith	50s	75	100	98	93	366
5	Alisha	Rice	20s	83	98	87	86	354
6	Lisa	Anderson	40s	72	100	92	79	343
7	Shirley	Fee	60s	0	100	95	119	314
8	Suzanne	Eraldi	40s	0	98	88	118	304
9	Karen	Kissick	50s	92	100	99	0	291
10	Val	Sell	40s	100	100	0	84	284
11	Catherine	Rauch	<10	76	100	100	0	276
12	Alyce	Parks	40s	89	0	95	80	264
13	Robin	Stovall	40s	68	100	93	0	261
14	Celeste	Berg	14-19	0	100	0	99	199
15	Shannon	Rich	14-19	99	0	98	0	197
16	Liz	Sinna	40s	0	99	90	0	189
17	Delaney	White	10-13	87	100	0	0	187
18	Jillian	VanRiper	10-13	88	0	96	0	184
19	Elizabeth	Meza	30s	86	0	95	0	181
20	Lisa	Titus-Isabeau	50s	0	0	97	83	180
21	Kathy	VanRiper	30s	85	0	94	0	179
22	Karen	Frindell	30s	82	0	97	0	179
23	Tayna	Narath	40s	0	0	92	83	175
24	Linda	Reed	40s	0	0	89	81	170
25	Leslie	Curry	40s	75	94	0	0	169
26	Holly	Haley	20s	81	0	86	0	167
27	Susan	Kelleher	30s	0	0	85	78	163
28	Drue	Rostel	40s	73	0	84	0	157
29	Tessa	Berg	40's	0	0	0	120	120
30	Carrie	Peterson-Kirby	30s	100	0	0	0	100
31	Andrea	Meza	<10	0	0	99	0	99
32	Katie	Bolce	14-19	0	0	99	0	99
33	Veronica	Bosque	20s	98	0	0	0	98
34	Kallista	James	<10	0	0	98	0	98
35	Meredith	Inman	14-19	97	0	0	0	97
36	Lori	Winkler	40s	96	0	0	0	96
37	Shelly	Lydon	40s	95	0	0	0	95
38	Jennifer	Buescher	30s	93	0	0	0	93
39	Angie	Corwin	20s	0	0	93	0	93
40	Andrea	Guzman	20's	0	0	0	93	93
41	Jennifer	Brazinsky	40s	91	0	0	0	91
42	Ginny	Doyle	60s	0	0	91	0	91

See full results at
www.empirerunners.org

Empire Runners - recent race results.

Want to see your results printed in the Club Newsletter? Submit your results to Gil Moreno funrunner@gmail.com
Any errors or missed results should be directed to funrunner@gmail.com

<u>NAPA MARATHON</u>			1-Mar		
Name	Time	Overall	Age	Division	Pace
Clinton Stevens	3:19:38	125	1	M 35 to 39	7:37/M
Paul Berg	3:26:53	172	11	M 50 to 54	7:53/M
Nuvit Foster	4:24:44	995	45	F 45 to 49	10:06/M
Darryl Beardall	4:46:31	1281	4	M 70 to 74	10:56/M
<u>NAPA MARATHON 5K</u>					
Kevin Poteracke	0:18:07	1	1	M 2 to 14	5:49/M
Karen Frindell	0:21:56	14	1	F 30 to 39	7:03/M
Andrea Guzman	0:23:00	20	2	F 20 to 29	7:24/M
Kevin Teuscher	0:28:00	79	5	M 50 to 59	9:00/M
<u>Marin Trails 20K</u>			7-Mar		
Name	Time	Overall	Age	Division	Pace
Derek Felciano	1:33:47	11	2	2 M 30-39	7:33/M
Greg Simson	1:49:30	51	5	5 M 50-59	8:49/M
Wendy Cole	2:12:09	92	1	1 F 50-59	10:38/M
<u>2009 Whale Run 10k, Fort Bragg</u>			21-Mar		
Name	Time	Overall	Age	Division	Pace
Jon Hermstad	0:45:43	0	1	M 60 to 69	7:21/M
Shirley Fee	0:50:38	0	1	F 60 to 69	8:08/M
<u>Carneros Vineyard Run 2009 - 10K</u>			28-Mar		
Name	Time	Overall	Age	Division	Pace
Carrie Peterson Kirby	0:42:00	16	2	F 30-39	6:46/M
Debbie Beem	0:46:43	73	1	F 50-59	7:31/M
Scott Cronk	0:50:26	66	15	M 40-49	8:07/M
Rebecca George	0:51:04	166	5	F 21-29	8:13/M
Debbie Beem	1:01:22	200	13	F 50-59	9:53/M
<u>Emerald Across the Bay 12K</u>			1-Apr		
Name	Time	Overall	Age	Division	Pace
Bernie Hollander	1:04:16	803	6	M 70-74	8:37/M
Scott Cronk	1:10:14	1182	102	M 40-44	9:25/M
E J Bohn	1:55:31	2704	159	M 40-44	15:29/M

The Empire Runners Club
HALL OF FAME
The Class of 2009
Brendan Hutchinson
Dan Preston
Pamela Horton

Learn more about the Hall of Fame,
its members, and how to nominate
a club member for the Hall of Fame
by visiting the club website,
www.empirerunners.org.

Loop-de-Loop Results

Place	First	Last	Time	Run
1	Don	Stewart	1:54:53	1:34:53
2	Rich	Anderson	1:56:16	1:36:16
3	Ty	Strange	1:59:52	1:39:52
4	Kenny	Brown	2:03:59	1:38:59
5	Gregg	Jennings	2:06:38	1:41:38
6	Eric	Downing	2:16:45	1:51:45
7	Chris	Strunk	2:17:58	1:52:58
8	Tess	Berg	2:20:49	2:10:49
9	Asher	Nathan	2:24:54	2:09:54
10	Doug	Wilson	2:25:16	2:00:16
11	Peter	Kirk	2:26:05	2:06:05
12	Shirley	Fee	2:27:31	2:27:31
13	Dale	Peterson	2:31:21	2:11:21
14	Vernon	Stafford	2:34:37	2:14:37
15	Ernst	Bohn	2:38:54	2:28:54
16	Ian	Murdock	2:41:40	2:21:40
17	Darryl	Beardall	2:45:02	2:35:02
18	Kelly	Winklebauer	2:45:27	2:25:27
19	Susan	Eraldi	2:47:23	2:42:23
20	Mariko	Wesley-Fa	3:00:21	2:45:21
22	Paul	Archibald	3:05:48	2:45:48

Halfaloopers			
Place	First	Last	Time
1	Doug	Wilson	1:23:38
2	Sue	Urkheart	1:27:58
3	Rochelle	Anderson	1:27:58
4	Brian	Morrey	1:30:03
5	Patric	Guy	1:38:34
6	Kevin	Williams	1:38:43

There is no handicap schedule for running 1/2 of race

Sunday, April 5th, 2009

Place	Clock	Run	First Leg		Clock	Run	Second Leg		Run
1	2:05:23	1:40:23	Nate	Koch	1:17:07	0:52:07	Andy	Howard	0:48:16
2	2:07:40	1:50:10	Paul	Berg	1:11:25	0:53:55	Celeste	Berg	0:56:15
3	2:09:34	1:57:04	Rob	Maine	1:08:30	0:56:00	Shelly	Maine	1:01:04
4	2:09:50	1:44:50	Dave	Goodwin	1:18:55	0:53:55	Brian	Goodwin	0:50:55
5	2:09:57	1:54:57	Larry	Merrideth	1:14:39	0:59:39	John	Harmon	0:55:18
6	2:10:01	1:55:01	Al	Tagliaferi	1:17:31	1:02:31	Brian	Tagliaferi	0:52:30
7	2:11:24	1:48:54	Matt	Mellen	1:13:48	0:51:18	John	Hermstad	0:57:36
8	2:13:26	2:03:26	Tori	Merridith	1:11:43	1:01:43	Andrea	Guzman	1:01:43
9	2:15:11	2:00:11	Doug	Starr	1:16:35	1:01:35	Jeff	Guzman	0:58:36
10	2:16:54	2:01:54	Don	Sampson	1:23:33	1:08:33	Melanie	Lovrin	0:53:21
11	2:17:16	2:07:16	Allan	Marshall	1:14:17	1:04:17	Lori	Barekmen	1:02:59
12	2:17:43	1:52:43	Bob	Finley	1:23:35	0:58:35	Jerry	Finley	0:54:08
13	2:18:10	1:58:10	Mike	Winters	1:19:02	0:59:02	Dave	Vigil	0:59:08
14	2:18:51	2:01:21	Dereck	Felicianlo	1:10:17	0:52:47	Gil	Moreno	1:08:34
15	2:20:05	2:00:05	Katie	Bolce	1:18:22	0:58:22	Mark	James	1:01:43
16	2:24:47	2:07:17	Fred	Garcia	1:15:06	0:57:36	Alisha	Rice	1:09:41
17	2:25:31	2:25:31	Bruce	Koepf	1:03:03	1:03:03	Clair	Gilbert	1:22:28
18	2:26:27	2:01:27	Russ	Hause	1:21:12	0:56:12	Jay	Silverstein	1:05:15
19	2:28:04	1:58:04	Alec	Isabeau	1:26:48	0:56:48	Val	Sell	1:01:16
20	2:28:25	2:23:25	Tanya	Narath	1:15:15	1:10:15	Lisa	Isabeau	1:13:10
21	2:28:45	2:11:15	Irene	Meech	1:27:04	1:09:34	Duncan	Meech	1:01:41
22	2:28:55	2:11:25	Lidia	Alcazar	1:24:34	1:07:04	Don	Mixsell	1:04:21
23	2:30:06	2:15:06	Scott	Ashe	1:21:02	1:06:02	Dave	Ashe	1:09:04
24	2:30:39	2:18:09	Linda	Reed	1:25:10	1:12:40	Jay	Reed	1:05:29
25	2:30:56	2:18:26	Alice	Parks	1:18:25	1:05:55	William	Rogers	1:12:31
26	2:38:49	2:28:49	Sheila	Walker	1:16:18	1:06:18	Lisa	Anderson	1:22:31
27	2:40:46	2:10:46	Philip	Ma	1:38:38	1:08:38	John	Esposti	1:02:08
28	2:44:42	2:24:42	Robert	Thille	1:28:40	1:08:40	Susan	Kelleher	1:16:02
29	2:48:11	2:25:41	Erica	Bosque	1:47:10	1:24:40	Ryan	Terschuren	1:01:01
30	2:54:26	2:26:56	John	Wong	1:44:05	1:16:35	Carlo	Garmano	1:10:21
31	2:54:54	2:27:24	Ricci	Meja	1:43:59	1:16:29	Tom	Tria	1:10:55

Join us at Spring Lake on Sunday, May 3rd @ 8am for this years Jack Rabbit Derby.

Jack Rabbit Derby 1992-2008

All Time Top Finishers

Men			Women		
1 – Kenny Brown	1994	15:29	1 – Jacque Taylor	2007	17:32
2 – Eric Walker	1995	15:44	2 – Michelle Nielsen	1995	17:50
3 – EJ Bohn	1995	15:51	3 – Eileen Vukicevich	1992	18:11
4 – Scott Pierce	1994	15:59	4 – Cathy DuBay	2002	18:12
5 – Louis Garcia	1992	16:03	5 – Lura Damiano	1992	18:19
6 – Dan King	1993	16:07	6 – Christi Holligan	1993	18:29
7 – Larry Meredith	1992	16:24	7 – Val Sell	2002	18:47
8 – Ty Strange	1999	16:28	8 – Kim Conley	2003	19:16
9 – Ron Smith	1992	16:32	9 – Julia Stamps	1992	19:23
10 – Jason Selby	1995	16:35	10 – Shelly Lydon	1999	19:35

Jack Rabbit Derby All Time Top Three per Division

Men			Women		
19 & Under			19 & Under		
1 – Jason Selby	1995	16:35	1 – Jacque Taylor	2007	17:32
2 – Matt Fitch	2003	16:37	2 – Kim Conley	2003	19:16
3 – Brice Winkler	2007	16:39	3 – Julia Stamps	1992	19:23
20-29			20-29		
1 – Kenny Brown	1994	15:29	1 – Cathy DuBay	1994	18:43
2 – Eric Walker	1995	15:44	2 – Melanie Lovrin	2006	20:02
3 – EJ Bohn	1995	15:51	3 – Leah Etling	2002	20:22
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	2 – Val Sell	2006	19:54
50-59			50-59		
1 – Dan Preston	1992	17:06	3 – Susan Vasquez	2001	20:08
2 – Karl Greipenberg	1994	17:38	1 – Ann-Marie Von Hoene	1995	20:22
3 – Jerry Lyman	1999	17:43	2 – Debbie DeCarli	2005	24:33
60-69			60-69		
1 – Mort Gray	1992	19:19	3 – Emily Deering	2004	27:22
2 – Darryl Beardall	1999	19:50	1 – Pam Horton	2004	29:59
3 – Brendon Hutchinson	2008	21:02	2 – Leslie Howell	2008	38:55
70-79			70-79		
1 – Bernie Hollander	2007	23:57	3 – DJ Andrews	1992	41:57
2 – Darryl Beardall	2007	25:31	No Finishers to Date		
3 – Jim Ray	2004	26:13			
80+			80+		
1 – Charles Hoagland	2008	35:45	No Finishers to Date		

2009 All-Comers

Summer Track Series

Presented by



S P O R T S

65 Brookwood Ave - Santa Rosa CA 95404

at **Maria Carrillo High School**

Starting Time

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

Order of Events

Mile Run

100 Meter Dash

800 Meter Run

200 Meter Dash

400 Meter Run

One of the following:

- 3000 Meter Run (6/10 & 7/22)
- 2 Mile Run (6/24)
- 5000 Meter Run (7/8)
- Distance Medley Relay (8/5)

4x400 Meter Relay

6975 Montecito Boulevard, Santa Rosa

Track

All-Weather Surface

Entry Fee

\$3 for entrants aged 13-and-over, \$2 for 12-and-under; no limit on number of events

Meet Dates

Wednesday, June 10

Wednesday, June 24

Wednesday, July 8

Wednesday, July 22








Wednesday, Aug 5

All ages and levels of ability are welcome. Heats are separated by ability level and/or age groups. All finishers (except kids 100 + 200) are timed and results published in the Empire Runners Newsletter.
Information: Greg Fogg 707-545-7653

Benefits Maria Carrillo High School Cross Country Team
Directed by the Empire Runners Club of Sonoma County

Directions to Maria Carrillo High School: From 101 or downtown Santa Rosa, take Hwy 12 East toward Sonoma. In Rincon Valley, turn left onto Calistoga Road at the Safeway Shopping Center. At the Montecito Boulevard stoplight, turn left and then turn right into the H.S. lot.

May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Race: Just Go! 26 10K & 5K, Santa Rosa 8M at medium-strong pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p>6.5M at 7:30 pace 27 7:00p Training run, 1932 Yolo Court, SR</p>	<p>16x300m@1M GP; walk 50, jog 50 after each 28 5:30p Track workout, 3390 Princeton Drive, SR</p>	<p>5:30p Group run, Fleet Feet shoe store, 3rd St., SR 29</p>	<p>4M total with 2x3 min. at strong pace 30 5:30p Trail workout, Howarth Park</p>		<p>8:30a Welcome New Members Training Run, Railroad Square, SR 2 (Meet at W.6th & Wilson Sts.) Coffee after! All members encouraged to attend! </p>
<p>ERGP Race: 8 a.m. Jackrabbit 3M Cross Country, 1K for kids, Spring Lake Park, SR 3 </p>	<p>6.5M at 7:30 pace 4 7:00p Training run, 1932 Yolo Court, SR</p>	<p>2x1M@2M GP; walk 200, jog 600 5 5:30p Track workout, 3390 Princeton Drive, SR</p>	<p>5:30p Group run, Fleet Feet shoe store, 3rd St., SR 6</p>	<p>9.5M total with 3x6 min. at strong pace 7 5:30p Trail workout, Howarth Park</p>		<p>8:30a Training Run, Railroad Square, SR 9 (Meet at W.6th & Wilson Sts.) Coffee after! Race: Mt. Tam Wild Boar Ridge Run 10K & 18K, Mill Valley Race: Human Race </p>
<p>8M at medium pace 10 8:00a Trail run, Parktrail Drive at Summerfield Drive</p>	<p>6.5M at 7:30 pace 11 7:00p Training run, 1932 Yolo Court, SR</p>	<p>800@2M GP, 600@1M GP, 2x400@1M GP, 4x200@800m GP; jog same 12 5:30p Track workout, 3390 Princeton Drive, SR</p>	<p>5:30p Group run, Fleet Feet shoe store, 3rd St., SR 13</p>	<p>6M total with 1.5M (8-11 min.) at strong pace 14 5:30p Trail workout, Howarth Park</p>		<p>8:30a Training Run, Railroad Square, SR 16 (Meet at W.6th & Wilson Sts.) Coffee after!</p>
<p>12M at medium pace 17 8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p>6.5M at 7:30 pace 18 7:00p Training run, 1932 Yolo Court, SR</p>	<p>10x400@1M GP; walk 50, jog 350 after each 19 5:30p Track workout, 3390 Princeton Drive, SR</p>	<p>5:30p Group run, Fleet Feet shoe store, 3rd St., SR 20</p>	<p>Newsletter Deadline: Chris Mason, Editor 21 9M total with 4x4 min. at strong pace 5:30p Trail workout, Howarth Park </p>		<p>8:30a Welcome New Members Training Run, Railroad Square, SR 23 (Meet at W.6th & Wilson Sts.) Coffee after!</p>
<p>11M at medium pace 24 8:00a Trail run, Parktrail Drive at Summerfield Drive</p>	<p>Race: Marin Memorial Day 10K & 2.5M, Kentfield 25 6.5M at 7:30 pace 7:00p Training run, 1932 Yolo Court, SR</p>	<p>1200@2M GP, 800@1M GP, 600@1M GP, 2x400@800m GP; jog same 26 5:30p Track workout, 3390 Princeton Drive, SR</p>	<p>5:30p Group run, Fleet Feet shoe store, 3rd St., SR 27</p>	<p>11M total with 8M at medium-strong pace 28 5:30p Trail workout, Howarth Park 7:30p Club Meeting, MV RT Pizza </p>		<p>8:30a Welcome New Members Training Run, Railroad Square, SR 30 (Meet at W.6th & Wilson Sts.) Coffee after! Race: Spring Has Sprung 5K, Hidden Valley </p>
<p>8M at medium pace 31 8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p>6.5M at 7:30 pace 1 7:00p Training run, 1932 Yolo Court, SR</p>	<p>4x300@2M GP, 4x300@1M GP, 4x300@800m GP 2 5:30p Track workout, 3390 Princeton Drive, SR</p>	<p>5:30p Group run, Fleet Feet shoe store, 3rd St., SR 3</p>	<p>9M total with 8x2 min. at strong pace 4 5:30p Trail workout, Howarth Park</p>		<p>8:30a Welcome New Members Training Run, Railroad Square, SR 6 (Meet at W.6th & Wilson Sts.) Coffee after! All members encouraged to attend! </p>

Empire Runners Club Sponsors

To find out how to become a Club Sponsor visit the club website (www.empirerunners.org, see "Sponsors") or contact the Sponsorship Administrator, Bill Browne, at (707) 528-7963 or bbruns2win@aol.com.

Partners in Fitness

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

FLEET FEET SPORTS, 111 Third St., Santa Rosa. 707 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707-545-SOLE (7653)

Member Discounts

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

ATHLETIC SOLES, 49 Petaluma BLVD N., Petaluma, 763-0700

Jeanne Browne, Family Law Attorney, 575-5162, JMBCounsel@aol.com

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707-545-SOLE (7653)

MIKE WINTERS CUSTOM SECURITY & SOUND, 707-544-7525 M-tronix@sbcglobal.net

Donors

Allies

The following have given cash or in-kind donations to the Empire Runners Club of \$200 to \$499 in value:

ALEC ISABEAU, D.C., Chiropractic Sports Medicine, 707 586-5555

STEPHEN STARKWEATHER, Massage & Hypnotherapy, 707 544-5143

Backers

The following have given cash or in-kind donations to the Empire Runners Club of \$500 to \$999 in value:

SIR SPEEDY PRINTING

CULLIGAN WATER OF SONOMA COUNTY, 707-545-1330

Champions

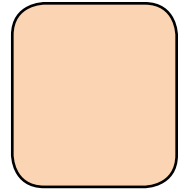
The following have given cash or in-kind donations to the Empire Runners Club of \$1000 or more in value:

FLEET FEET SPORTS, 111 Third St., Santa Rosa. 707 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE (545-7653)

TAGLIAFERRI'S DELICATESSEN & CAFE, Petaluma (707)765-2138 & Navato (415)8979677

Empire Runners Club
PO Box 4241
Santa Rosa, CA 95402



Are your DUES DUE? Check to see or renew online at www.empirerunners.org. Click on "Join/ Renew"

Upcoming Events!	
April 25	Creek Clean Up - Pierson St. Bridge
April 26	Just Go! 10K & 5K
May 3	JackRabbit Derby - Spring Lake Park
May 9	Human Race - Slater Middle School
May 21	Newsletter Deadline: Chris Mason - editor

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