

The Empire Runner

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40th Annual Kenwood Footrace Registration is now open!

Register early and save! Starting this year, registration is online only! There will be no in-store registration at packet pickup. Limited Race Day registration will be available, space permitting. [Click Here to Register!](#)



The Prez Says...

A message from club president Alex-Wolf Root



The Long & Short of It

Commentary, random musings, and occasional Deep Thoughts -- Dale Peterson



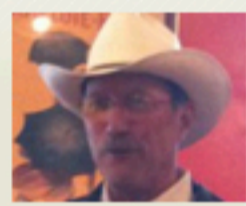
The Month That Was

Alex Wolf-Root reports on the month that was in local and national running



Grand Prix Update

An update on the 2011 series from GP Czar Gerald McCormick
[Mens Standings](#)
[Womens Standings](#)



New Club Members

Please welcome our new members to the club -- Gil Moreno



Blast from the Past

Memorable newsletter articles and photos



Records Smashed at 20th running of the Jack Rabbit Derby!



Dave DeSelle

The Jack Rabbit Derby has been going on since 1992 and there have been a lot of very special races, hard running and incredible times on this very tough course, but 2011 will long be remembered as standing just a little higher than all the rest. [Read Dale Peterson's Race Report](#)

The Scoop On The LOOP de LOOP!

150 runners decided to sprint, stumble and crawl their way through the infamous Loop de Loop...brought to you with cruel glee by Doc n' Mojo Productions. Our motto says it all: "It doesn't have to be fun to be fun!" -Doc, Race Director.

Cheers from Boston!

Jen Ortlinghaus reports from the 115th annual Boston Marathon!

Carlsbad 5000 – World's Fastest 5K?!

How many times have you gotten yourself into something or some event and you wondered how the heck this all transpired? *By Brad Zenetti*

7th Annual Petaluma Footrace

The 7th Annual Petaluma Footrace took place on April 10 with 940 different stories to tell. *By Holly Wick*

The 39th Illsanjo Classic

Putting the 39th edition of the Illsanjo Classic this year reminded me of an episode of Extreme House Make Overs of which I've only seen once.... *By Mark James, Race Director*



From the Board Room

[April Meeting Minutes \(Secretary Paul Berg\)](#)
[April Treasurer's Report \(Treasure Tanya Narath\)](#)
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Records Smashed at 20th running of the Jack Rabbit Derby!



Luis Luna on his way to running the fastest time ever recorded at the Jack Rabbit Derby – 15:08



Nicole Lane clocked 18:55 – good enough for 9th all time for women.

The Jack Rabbit Derby has been going on since 1992 and there have been a lot of very special races, hard running and incredible times on this very tough course, but 2011 will long be remembered as standing just a little higher than all the rest.

Coach **Luis Rosales** brought a large contingent of **Piner High School** runners led by **Luis Luna** who re-wrote the all-time men's record book. Luis was joined by team mates **Jaime Silva**, **Epi Nunez** and **Efren Reyes** 5th, 8th and 10th all-time!

Not to be outdone, 16 – year old **Nicole Lane** logged the 9th best time ever for women and is now the third best woman aged 13-19.

The race boasted three other new age-division top three runners all-time in **Alejandro Escutra** (3rd Boys 12 and under), **Carly McCready** (2nd Women 20-29) and **Sylvia Moffett** (3rd Women 50-59).

There were eleven runners age 12 or younger in the 3 Mile Race! In addition to Alejandro leading the way for boys age 12 and under, **Zuley Munoz** was the first girl age 12 and under. There were two boys under 10 years old in **Orion James** age 8 and **Cameron Meech** age 7. Talk about a youth movement!

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Record Turnouts are becoming the norm at Empire Runner races and the Derby was no exception. There were 20 kids in the **Bunny Hop** with **Catherine Rauch** age 10 just nosing out **Will Beiswanger** age 7 for the victory. The 3 Mile race included 48 women and 70 men.



Left to Right – Steve Cryer, John Harmon, Jerry Lyman and Dave Goodwin charge across the Spring Lake boat-ramp.

No race can do without good volunteers and the JR Derby was blessed with the best of the best including but not limited to: **Bob Shor, Larry Meredith, John Anderson, Gil Moreno, John Harmon, Carl Triola and his band of Casa Grande course monitors extraordinaire, Tanya Narath, Tori Meredith, Robin Stovall, Chris Mason, Dave DeSelle (photography), Jerry Lyman and Val Sell.**

See you next year at the Jack Rabbit Derby!

DM Peterson

The Empire



Runner

HERE'S THE SCOOP ON THE LOOP de LOOP!

For the 19th year in a row, Dale “Sledgehammer” Peterson awoke on a pleasant spring morning and decided to head over to Annadel Park and run 14 of the gnarliest miles in the county. No doubt he had plenty of good reasons to remain at home: his gal, his pets, coffee, pancakes, the Sunday paper, Click and Clack on NPR all tempted him to stay put. But Sledge has a peculiar affliction, and this year his affliction spread to over 150 other runners who also decided to sprint, stumble and crawl their way through the infamous Loop de Loop...brought to you with cruel glee by Doc n’ Mojo Productions. Our motto says it all: “It doesn’t have to be fun to be fun!”

Let me first get some sincere apologies out of the way. We’re sorry that the portapotty was not situated, as we had requested, so as to threaten capsizing when entered – but at least we did run out of TP. We’re sorry that it was sunny on race morning – but at least the trails were still treacherously muddy. We’re sorry that the rattlesnakes hadn’t yet come out of hibernation – but at least the poison oak was juicy and potent. We’re sorry that we didn’t run out of cookies – but at least they were stale and full of trans-fats. And we’re sorry that these results have been published so promptly (only two weeks post-race!) – but at least most of the names, ages, places and times are incorrect. You have nearly a full year to forgive us, and do take note: April 2012 will mark the 20th running of this goofy little gathering that began as a clandestine, unmarked, unsanctioned, unwise, ungodly tribute to the famous Double Dipsea in Marin and a celebration of fitness and folly. Next year we will provide commemorative T-shirts (or perhaps oven mitts, garter belts or top hats) to all participants and we’ll do our best to make sure you get thoroughly exhausted, scraped up, dehydrated, hypoglycemic and disoriented...just what Sledge and all of you seem to relish. We are truly awed, humbled and inspired by your enthusiasm and tenacity. And a big “Thanks!” goes to the volunteers who helped us flog all of you this year: the Bob Trio (Shor, Merritt and Hasenick), Big Al Tagliaferri and the Meredith duo.

Lovingly,

Doc ‘n Mojo Productions

“It doesn’t have to be fun to be fun!”

2011 Loop de Loop Results: The following data is entirely fictional. Any resemblance to real persons or actual accomplishments is entirely unintentional and a darn shame.



Clock times are noted; add your handicap to get actual running time

1. Don Stewart, M50, 1:25:35 (Don OWNS this race now and beat all the teams, also!)
2. Vince Ewing, M46, 1:35:05
3. Steve Behler, M44, 1:39:12
4. Guy Schott, M48, 1:41:14
5. Mike Behler, M46, 1:42:32
6. Sid Andreis, M30, 1:44:30
7. Chandra Farnham, F27, 1:45:08 (First woman!)
8. Pappy Lyman, M62, 1:48:49
9. Karen Kissick, F53, 1:49:53
10. Philip Sevilla, M33, 1:51:29
11. Dave Two Shoes Goodwin, M53, 1:52:14
12. Vernon Stafford, M56, 1:53:06
13. Thermo Hermstad, M62, 1:53:18
14. Victor Heredin, M47, 1:59:42
15. Peter Kirk, M47, 2:01:06
16. Duncan Meech, M46, 2:01:45
17. Shelly Lydon, F50, 2:03:40
18. Lydia Alcazar, F34, 2:03:52
19. Lori Behler, F47, 2:06:56
20. Reyanna Ewing, F40, 2:07:21

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21. Dale Sledgehammer Peterson, M53, 2:07:21 (The Last Man Standing!)
22. Dario Zea, M35, 2:10:38
23. Shirely Fee, F70, 2:11:19 (Extremely Burly!)
24. Asher Nathan, M64, 2:12:19
25. Paul Archibald, M57, 2:15:56
26. Linda Reed, F51, 2:16:56
27. Mark Strozyk, M40, 2:22:39
28. Susan Kelleher, F36, 2:27:01
29. Zach Rounds, M32, 2:30:48
30. Ernst Bohn, M71, 2:33:12 (Also Extremely Burly!)
31. Doug Evans, M40, 2:35:56
32. James Reed, M28, 2:41:02
33. Rob McGuire, M52, 2:50:37

There were a number of semi-sane (i.e. half-looped) runners who rationally chose to bail out after only one lap. Perhaps these folks will blossom to full double-loop insanity next year:

Lori Adams, Phil Lane, John Katchmer, Mary Menicucci, Amber Munck, Monica Cose, Elizabeth Douglas, Wendy French, Ron Svinth and a few others.

2011 Loop de Loop Relay:

1. Alex Wolf-Root, M24 and Jessica Dawney, F25, 1:28:39
2. Joe Carillo, M17 and Luis Balderas, M18, 1:33:48



3. John Staroba, M32 and Ashlee Staroba, F31, 1:36:44
4. Devin Carranza, M47 and Nate Koch, M30, 1:42:50
5. Daniel Pride, M12 and Ryan Nguyen, M14, 1:45:11 (Very Burly Youngsters!)
6. Steve Leslie, M47 and Tim Brown, M48, 1:46:02
7. Hugo Yesa, M32 and Evan Labruzzo, M18, 1:46:11
8. Barrett Klein, M24 and Nick Utter-Leyton, M22, 1:47:24
9. Zoe Miller, F 38 and Anne Henderson, F40, 1:47:32 (First Female Team!)
10. Patrick Burden, M22 and Brent Smith, M49, 1:49:20
11. Kelly Garb, F37 and Scott Bice, M35, 1:51:11
12. Chris Oliver, M35 and Russ Hause, M35, 1:52:50
13. John Pearson, M49 and Jason Pollack, M44, 1:54:31
14. Matt Schiffer, M36 and Jen McLendon, F32, 1:55:22
15. Ryan Terschuren, M28 and Steve Cryer, M59, 1:55:45
16. Kevin Teuscher, M59 and Karen Teuscher, F 35, 1:56:10
17. Roger Williams, M49 and Alyce Parks, F51, 1:56:26
18. Anne Eichenseher, F30 and Joe Eichenseher, M33, 1:56:40
19. Burt Braden, M50 and Andrea Guzman, F30, 1:57:39
20. Leslie Giacomelli, F48 and Scarlet Prati, F23, 1:57:56
21. Margarita Gonzales, F32 and Gerald Jones, M41, 2:00:25
22. Lori Barekman F50 and Zchary Woodson, M34, 2:02:55
23. Leah Pulis, F40 and Robert Thille, M43, 2:04:50
24. Margie Al-Ghanim, F50 and Arvan Williams, M47, 2:06:01
25. Sherry Glascock, F39 and Frank Wentz, M64, 2:07:45



26. Dianna winter, F55 and Diane Teetu, F57, 2:07:45
27. Amy Mondragon, F32 and Kim Krueger, F43, 2:07:56
28. Danielle Oryn, F35 and Gorgon Turner, M55, 2:08:46
29. John Martin, M39 and Leigh Meyer, M49, 2:08:46
30. Lee-Ann Wentz, F53 and Rachel Easley, F28, 2:09:09
31. Drue Rostel, F48 and Chris Rostel, M51, 2:10:58
32. Unknown Runner and Van Hooser, M52, 2:11:02
33. LT Isabeau, F52 and Tanya Narath, F47, 2:11:36
34. Brian Morrey, M36 and Bryan Bradley, M32, 2:13:41
35. Unknown Runner and Tressa Berg, F38, 2:13:15
36. Skip Feldman, M59 and Andy Howard, M50, 2:14:03
37. Nic Mark, M26 and Jim Newman, M52, 2:15:04
38. Leila Nacouzi, F15 and Stephanie Nacouzi, F52, 2:16:00
39. Jay Silverstein, M50 and Kelly Silverstein, F42, 2:16:20
40. Mark James, M44 and Orion James, M8 (Youngest runner ever!), 2:16:47
41. Stephanie Nacouzi, F52 and George Nacouzi, M13, 2:16:52
42. Jonathon Choe, M37 and Stephanie Roesner, F36, 2:17:02
43. Jessie Lora, M28 and Stephanie Johnson, F35, 2:17:34
44. Mike Moorhead, M51 and Tom Ross, M53, 2:18:24
45. Mariko Wesley-Fegundes, F40 and Samol Williams, F 45, 2:20:19
46. Unknown Runner and Rachel Daniel, F40, 2:20:29
47. Wendy French, F46 and Richard Burt, M61, 2:21:47
48. Jessica Balli, F27 and Ester Keating, F41, 2:25:54

The Empire



Runner

49. John Katchmer, M59 and Chris Sevilla, M35, 2:26:18
50. Marina Galvin, F40 and Cara Tocchini, F35, 2:27:16
51. Dana Aguero, F39 and Michaela Baltasar, F32, 2:27:18
52. Andrea Kenny, F37 and Scott Montrose, M53, 2:34:16
53. Bria Myers, F29 and Anna Myers, F49, 2:36:25
54. Dan Myers, M27 and Al Myers, M49, 2:36:26 (Quite the fit family!)
55. Leslie Giacomelli, F48 and Toni Quigley, F53, 2:41:37
56. Sharon Strom, F32 and Maggi Allen, F23, 2:52:12
57. Lisa Anderson, F42 and John Anderson, M57, 3:03:25

That's all, folks! See you at the next Doc n' Mojo event: The Riverfront Relay in June



Cheers From Boston!



Will and Jen Ortlinghaus on the hallowed ground of Boylston Street.

October 18, 2010 began as a regular day. I woke up at 5:40 a.m. just like I would on any workday. However, instead of doing my normal morning routine, I headed straight to the computer and went to baa.org. It was opening day for registration for the 115th Boston Marathon! Although registration wouldn't begin until 9:00 a.m. EST (6:00 here) I wanted sign up early, and then go to work.

There I sat at the computer, no shower, teeth unbrushed, no coffee, just fidgeting and watching a few clocks in the room. I had better start trying to click the registration tab at 5:57 or so if I wanted to be the first to sign up. Click, click, click...YES! The registration form appeared! I typed in a full page of information from name, address, birth date, to credit card number and hit "submit." Woo hoo! I should have a submission i.d. number any second now...

Instead of a submission i.d. number, I was staring at a blank registration form. I guess a couple of other people must have shared my excitement and were trying to register immediately as well. Maybe the server was too busy? Okay, I'll fill out the form (including my credit card number) again. Another try on "submit" and another blank registration form. Already I started to worry.

The torture of submit and blank registration form went on for another 45 minutes. At this point I decided that I could never make it to work in time, so I called in my absence in order to complete this registration. Another 10 minutes of trying to submit my information (by now I have memorized my credit card number) and my husband walked in to find out what time our work carpool would be leaving. In a not so kind tone I replied, "I already called in! GO!"

The Empire Runner

After about an hour or so of filling out the same form, I had an idea...I "like" The Boston Marathon on Facebook! I'll check in with my friends there. Successful registrants had been posting the correct link to the registration form right there on Facebook! I tried the alternate link that everyone was posting. I filled out the registration form, clicked "submit", the computer screen paused, and then I got my submission i.d. number. Of course I'm grateful that I put in all that time at the computer, because as you know, the race sold out in just over 8 hours.

After all the stress of registering, I was extremely eager to compare my story with those of other runners. I wondered how long and how many tries it took everyone else. Paul Berg, Shirley Fee, and Ty Strange all got through on their first try.

Fast forward to April in Boston. I run my qualifying races barely below my qualifying time, which makes me one of the slower Boston Marathoners. I realize that my bib number is going to be high, and I'm going to be in the second wave. It's all fine with me; I'm just happy to be in the race. Oops- no second wave for me this time. Because the Boston Athletic Association wanted to improve the efficiency of the start, they decided to add a third wave. The way I look at it, I was a part of history since this was the first Wave Three AND by missing Wave Two, I was placed in corral 1 so I actually got to start at the starting line!

Most things went well on race day. I heard that the three wave start was great for the first two waves. Runners were called out of Athletes' Village in groups of 3 corrals at a time, so that the corrals could be loaded orderly from the front to the back. Wave One started nicely at 10:00 a.m., but the Wave Two corral-loading slowed down. Things start on time in Boston, so they had their 10:20 A.M. start. Somehow ALL of the 8,000 or so Wave Three runners ended up trying to get to corrals at the exact same time. I knew I wouldn't make it up to the front if I stayed back and walked with the masses, so I exited the barricades and ran across front yards to make it just in time for the prompt 10:40 a.m. start.

My run wasn't fast, but it was fun. Since I spent so much time on the course, I got to take in many sights and sounds that the fast people might have missed. There were the enthusiastic bikers at the beginning, the Vermont Fiddlers, and plenty of barbecues and free beer for the runners. It was awesome that throughout the race many people had signs that said, "GO JEN!" I couldn't resist telling each one of those spectators that, "I'm Jen!" They all gave me extra cheers.

I remember noting around mile 11 that the official clock read 2:12:30. I thought, "Huh. I have been running for only 1 hour and 32 minutes so far. I am going to be out here for about 2 hours and 15 minutes more. The race is already over, and somebody has won." Of course I was wrong since Geoffrey Mutai had won the race about 9 minute earlier in 2:03:02.

Through Wellesley, I high fived every possible spectator that I could, and after passing the "scream tunnel" the noise echoed for another quarter mile. Also fun was watching the groups of college men choose a runner and chant his name such as, "CHUCK, CHUCK, CHUCK!" Or maybe it was "chug." And look out Canadian runners...In as friendly a manner as possible, spectators let runners representing Canada know, "It's a sin to be Canadian!" and, "We're going get out a broom out on you're a#@!" (The Red Sox were in the process of sweeping the Toronto Blue Jays.)

Getting out of the finishing area took over 45 minutes, but once I got to the Family Reunion Area, it was easy to meet up with my husband and start making our way back to the hotel so that we could shower and get ready for some fried dough! Unfortunately the fried dough stands were closed by the time we were ready to go out, so we had to settle for cannoli at Mike's Pastry.

The day before the marathon, Will ran in the B.A.A. 5K. The weather was NOT friendly. In fact it was so windy that tents were beginning to fall, marathon banners were on the verge of snapping, and American flags could not be displayed. However, being as determined as he is, Will ran the exact race that he had planned. Wearing his Empire Runners singlet, he earned another P.R. Obviously I was very proud of Will, and I was also thankful that he ran so fast because it meant we could get to Fenway Park even earlier to see the Red Sox win 8-1.



Will sporting his B.A.A. 5K medal and a PR Grin!

Boston is an amazing city, and there was an incredible amount of energy in town while we were there. There was the anticipation from the runners and encouragement from anyone and everyone we met. The locals were filled with pride and excitement for the Bruins and Celtics who were both at home competing in play-off series. And of course there was the non-stop chatter from the loyal Red Sox fans because the team was embarking on a win streak. Will and I have visited Boston a few times now, and we always find something new to experience. This year we spent some time in the New England Sports History Museum which is located in the TD Banknorth Garden. In addition to viewing memorabilia from the Red Sox, Patriots, Bruins, Celtics, and Marathon, we had the opportunity to watch as the home ice was prepared for the Bruins game. I am hoping to return to the Boston Marathon next year...as a spectator.

Jen Ortlinghaus



Carlsbad 5000 – World's Fastest 5K?!

By Brad Zanetti



How many times have you gotten yourself into something or some event and you wondered how the heck this all transpired. Sure it ends up being a great adventure but you still wonder how it happened...and maybe how you could have avoided it?! Through the years I am sure many of you have had a similar experience as mine because as it happens this trip all began with a discussion with Val Sell. Around 8 months ago she asked about 'bucket list' races. Of course the discussion started with the obvious, BOSTON; and included New York, Chicago, Grandma's, Western States, even the Bay to Breakers. There was some discussion time taken up with triathlons- Ironman, Escape from Alcatraz even our very own Vineman. After some lively discussion of some of our experiences, Val got to one of her 'bucket list' items that she needed to get to soon... THE CARLSBAD 5000. She very energetically impressed me that there is a very narrow window to maximize a chance for a great result(an 80 %er).

8 months ago while we were discussing this I was listening but I wasn't really feeling it, if you know what I mean. I didn't particularly like 5Ks. I didn't run them particularly well. My mile, 3K and 2 mile times were improving but I hadn't figured how to maintain the 2 mile speed for another 1.1 mile. 5Ks seem like a particularly hard race unlike the 10K where it is a given that you are going to be pacing a bit more; well at least that is my take on that distance. Again as I know many of you have



experienced, Val continued to bring up this Carlsbad thing and with such enthusiasm that I was feeling bad that I couldn't latch on to her excitement no matter how hard I tried. Well as fate would have it I PR'd big at the Harvest Fair 5K(19 low), the day after a tough XC race at the Presidio. I was pretty excited and Val called when she found out my time and said how about Carlsbad. Well I don't know(I was thinking of every excuse in the book). There is the travel- all the way to New Mexico. Yeah, I know, somehow I have watched this race multiple times on OLN/VERSUS and somehow missed that body of water along the race course. Well you know, Carlsbad Caverns. Carlsbad 5K. Super FAST course, maximum amount of negative elevation gain allowable for certification. I heard all of the stories. I've been to New Mexico. It has hills and a lot of flat, I mean a lot of flat. Seemed like a perfect place for a course like that. Well it appears that was mistake #1. I went on the internet; googled Carlsbad 5000 and was surprised to find out the Carlsbad 5K is in San Diego County, so I guess the travel excuse was a bit weak.

At the next Thursday nite run Coach congratulated me and then asked, "think the course was a full 5K?" (thanks for keeping me grounded, Coach). The doubts resurfaced but at the Run to Feed the Hungry I PR'd again(sub 19) and I started to pick up on Val's window of opportunity theory(I know coach, not sure if that course is certified either) and I figured if I ran well at Valley Ford I was gonna go. Another significant PR at Valley Ford iced it. Next year may never come around so it is now or never...I am going.

I guess that is part of the bucket list theory. Don't just go do these runs, but try to run them well. So I tell Val we're going and now she has cold feet. She's been injured and not in shape, blah, blah, blah. Well I am going anyway, Val. You have a month to decide no biggie. Well, you all know Val, she calls about 2 days later and says, "I want to go and is there room? Oh by the way I have registered." Is there room? There is always room in the Zanetti Van and time for a road trip with Brad and Bev.

The Carlsbad event began in 1986, and Steve Scott, the great American miler and Olympian, won each of the first three years, giving the race tremendous credibility. It is known as the "World's Fastest 5K" because 16 world records, 8 U.S. records along with numerous national and age-group marks have been set on the scenic oceanfront course. In the weeks to follow all we talk about is the Carlsbad 5K and find out Bryan Porter is going, too, with a big group of friends from Las Vegas. He has run it numerous times and gives us the rundown on the course, the festivities. In typical fashion I plan to drive down Saturday am EARLY to get our bib packet before 2pm, then relax, run Sunday am then hightail it back right after the elite races.

Uh, that would be mistake #2. Bryan is flying down and will be there to meet us. Ahh the best laid plans...Bryan is consumed by the Southwest Airlines Debacle of 2011 and his flight is cancelled. So now Bryan must drive down.

As smoothly as we 'fly' down to the San Fernando Valley traffic turns into a quagmire of crashes, headturners, upside down cars and cars just broken down. Stressfully, we barely make it down to packet pickup before it closes . We are all trashed and decide to go to the hotel which allows to



peruse the course(along the Pacific Ocean) and nap before dinner with Bryan and his group.

We had a great dinner and lively conversation. Bryan's group is great and much like our running group. In the space of an hour or so we were all quite comfortable and spent Sunday racing, yacking and joking it up. It was a bit like the Bizarro world episode of Seinfeld where each of Bryan's friends kind of fit counterparts of our group.

Early to bed, early to rise because the masters mens race was the first race of the day @7:05am, followed by Val's masters womens race at 8:00am.

A 6am check out the window and we were tickled to see overcast skies and predicted Low 50's. PERFECT. We get our stuff together, a small snack and water, then head to park and warm up. Warm up surprisingly was just that. I was sweating at 6:30am after only a half mile and suddenly it didn't seem perfect. I cut the warmup short and just sat in the car and chilled, then headed to the start. I set up viewing spots for Bev to video the start and finish then went looking for Bryan. Our race had about 1500 participants yet I found Bryan and his group pretty easily and we started pretty much together.

The start, a slight downhill for about 600m, was great; getting out easily and smoothly. Then a couple block uphill leads to a left turn onto the main drag and a long flat, slightly downhill section pass the 1 mile, Bryan and I together, around

5:40-5:41. OOPS. A bit fast but on to the first turnaround, where we now follow the ocean on our left. On to the 2 mile split, and a long slight climb back, I hit the mark in 11:40, Bryan a few seconds back. I can't hear Bryan but I know how badly I feel and not sure how long I can persevere(well at least I PR'd the 2 mile). By the way where did all of the downhill go? Well it did come but none too soon nor was I in the least able to recover, then a turnaround back up what we just went down. At this point it is one foot in front of the other and the hope(!) of a fast finish. Alas, the fast finish never happened even with a downhill finish and as we made the last turn, Bryan came by me like a freighttrain and using his 800m speed he finished in a blur at around 18:40. I 'waddled' in at 18:49 with a certified PR and although I missed my goal, it was an 80%er, and I placed 6th in my age group. After recovering, eating breakfast and a long hot tub soak we went back to check out the vendor area and grab all of the 'freebies', killing time until the Elite 5K's.

Bryan will have to tell you his story since we were in the same race. Val, too, will have to tell her side of things but since I watched her race I will give you the fan's point of view. The Masters Woman's race started promptly at 8:05am and was preceded by a wonderful rendition of the Star Spangled Banner(in fact the young man sang before each race). The Woman's race had some incredibly fit and fast over 40 somethings. I recognized a few of the front runners, including Cece St Geme, former Stanford All American and XC coach for Corona Del Mar.

And before I knew it there was Val somewhere in the top 30-40 it seemed. WOW

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All I could muster was GO VAL, and head over to the 2 mile and hopefully shout some 'useful' encouragement this time. Well Val looked strong at the 2 mile @12:47 and I hoped she would persevere better than I. On to the 3 mile and the finishing straight. There is Val at the 3 mile @19:33 and running for all she is worth to break 20:00. That last 0.1mile just wouldn't come fast enough for her even though she passed a couple of ladies and was passed by no one. Her final time was 20:11(79.9%-oooh so close: which begs for a return trip), and she ended up in 30th out of nearly 1200.

After recovery and moaning about everything we could have done better we decided we needed to try this one again and it had to be sooner than later(we are getting older after all)so why not next year. Yeah we're in.

Quickly, the Elites race. The fields were smallish but the talent was incredible



The course is one of the greatest viewing courses since it folds on itself, from one spot you can see them 3 times and the finish. By walking a block you can see the start as well. Also, the Elite men start first and the women start 2mins later so both races are going on at once and you can see both races entirely. The elite males went out at 4:06 for the 1mile split, then hit a little headwind which turned the race "tactical"; if you consider a 8:25 2 mile split tactical!! This and the 2 leaders seemed to be talking and jockeying for position. The finishing sprint started from around 0.4mile out which turned into a flat out drag race won by the 21yo Ethiopian, Dejen Gebremeskel in 13:11, followed by

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World 5K champion, Eluid Kipchoge(Kenya) in 13:14 and in 3rd, Bobby Curtis(USA) in 13:48. If you get a chance, check out Gebremeskel as his finishing speed is nothing short of astounding. The women's Elite was similar and also ended up as a 2 woman race with the sprint starting a full 0.3-0.4 miles out and with multiple changes right until the last 10 meters, the winners being separated by a mere second.

The woman's winner, too, was from Ethiopia, the diminutive Aheza Kiros in 15:13 with the long and lanky Pauline Korikwiang(Kenya) 2nd in 15:14. The crowd favorite from the running group in Mammoth Lakes, Jen Rhimes was 3rd in 15:37.

It was worth the trip just to see the Elites and be that close to world class runners.

For the record, the masters mens winner was Christian Cushing-Murray who at 43yrs of age ran, for him, a rather pedestrian 15:04(his best is around 14:40 or so) and has a son in high school with a 9:20 3200 best this year(so goes the gene theory, it's too bad we don't have a chance to pick our parents...just kidding Mom). The winner of the Womans masters race was, Tania Fischer who at age 45 ran 17:24.

This has gone on long enough but let me just finish with a couple of thoughts.

1-DON'T drive 500 miles the day before a bucketlist PR attempt and conversely DO drink A LOT of fluids the day or 2 before said attempt.

2-KNOW the course (driving part of it probably doesn't give you the whole story although running the course a couple of days prior probably would).

3-THEY all start like crazy in SoCal and it might be better to hold back a bit to the first split(...if you can).



The Empire Runner

The race was great but the atmosphere was AMAZING. The course lends itself to fast but fair times(it is not all downhill, wind at your back stuff of lore) but its design and the fact that thousands of runners as well as fans line the course and scream nonstop make it extremely memorable and worthy of anyone's bucketlist. I know we are planning to go back again next year and I hope this has piqued some interest for an Empire Runner Group Sojourn. We have already contacted the hotel and they want us back, offering discounts for 10 or more rooms. We can put together teams and run in corporate divisions. There is also a 25K division with its own awards(5 x 5K races, yep you run them all). It is located a short drive from San Diego(Zoo, Sea World, Wild Animal Park, Gaslamp District, etc). Sounds like fun times for all ages(fly out of Sonoma Cty Airport Fri am, back mon). To quote race director, Mr Turnbull. "After Steve Scott won this the first 3 years people wanted to come here. They thought it was the fastest course. I don't think it's the fastest course. It's the personnel that make the race fast as opposed to the course."



Think about it for just a minute then start planning for a glorious bucket list adventure at the 2012 Carlsbad 5000(sign ups are currently open and the earlier you sign up the cheaper- check the website). CIRCLE the calendar, April 1, 2012.

You would be a 'FOOL' to miss it.

The Empire Runner

7th Annual Petaluma Footrace – by Holly Wick



The 7th Annual Petaluma Footrace took place on April 10 with 940 local runners and walkers participating in what has become the kick off to the Petaluma Butter & Eggs week long celebrations. As you may know, this event benefits the Adobe Schools Kids (ASK) Foundation. The Petaluma Footrace was started by two Casa Grande students, Chris Mason and Ian Inman, as a fund raiser for their senior project. Seven years later, even after finishing college and starting their careers, these young men still are giving back to their community. Talk about your good eggs!!!

Perhaps, seeing how important the Petaluma Footrace is to the community, makes the hard work that goes into organizing the event worth the effort. Listening to Diane Zimmerman, the Superintendent of the Old Adobe Union School District, thanking the community for coming out to support their school district, made me smile as I choked back a few tears. In these difficult financial times, we all know how important donations are to our local school programs. This run raised a record \$17,000 for the charity. Equally as important, are the individual stories of setting a goal, working hard to ensure success and finally completing the journey.

Everyone has a different reason for why they got out of bed on Sunday, April 10 to run or walk five or three miles. For the top runners in the 5 mile race, like Alex Wolf-Root, 24, from Santa Rosa, who comfortably ran a 5:16 mile pace to win the race, it might be to better his time from last year. Phil Johnson, ran an impressive 5:56 pace and was the first finisher from Petaluma and 4th overall. At just 18 years old, Phil will only get faster, so watch out Alex! For Kim Baumann, 43, the top female and 19th overall, 6:41 mile pace, her reason might be to inspire her students at Grant School to follow in her speedy foot steps! I know that Ron Svinth, 51, had to feel good about finishing 11th overall and first place in 50-59 making all us over 50 proud!



Then there are the rest of us who are just trying to finish. This race was a victory of sorts for me. My first race back after fighting uterine cancer. Yes, it was hard. Ya, it hurt. No, I wasn't happy with my time but that is the burden of being a competitive athlete – we are rarely ever satisfied. I was however, grateful. Grateful for my health, for the opportunity to run in a beautiful park on a beautiful day with my husband and 938 of my friends and neighbors. Grateful for the opportunity to watch others enjoy their personal triumphs.



One of the most inspiring runners I saw was a fellow who was running his first race. He was on the last mile of the 3 mile course, at the section of the race where the two races merge. I was feeling pretty spent at this time and was beginning to slow down and mentally give up. Just at that time I heard my friend and trainer, Char, yell out "You're not stopping until we reach that fire hydrant! Then we will take it from there!" She wasn't talking to me, but when I saw the determination on the face of the fellow she was talking to, I give my inner wimp a kick in the pants and picked up my pace! (Char also happens to be a retired US Army Sargent, so when she says you can do it – YOU WILL DO IT!) At the end of the race I tracked Char down and asked her about the fellow she was training. He successful completed the course, totally exhausted but filled with pride for finishing the course with a personal best time. Wow! I would also like to congratulate Deborah Hatfield, 50, who won her age division and set a personal record for her time. Deborah just started running last year to improve her fitness. Now she is faster than runners half her age!!!

There are 940 different stories to tell about this race. I would love to hear yours – you might inspire someone else to lace up and try an event! To the 940 winners who got out of bed on April 10 and participated in the 7th Annual Petaluma Footrace we thank you all for making this race the success it is for Petaluma! Continuing to build on the success of this race Chris Mason is introducing the Moo Cow Half Marathon on Sept. 18. So get moo-ving and start training. You can be a part of Petaluma history. [Editors Note: Published with permission from the "Pacing Petaluma" Blog at Petaluma360.com]



The 39th Illsanjo Classic 10 mile, 4 mile Neo classic and 1k Newt Scoot

Putting the 39th edition of the Illsanjo Classic this year reminded me of an episode of *Extreme House Make Overs* of which I've only seen once....Basically we start with three beautiful parks (Howarth, Spring Lake and Annadale) to run in and through the efforts of a few volunteers, some orange cones, pink ribbons and two hundred and eighty happy runners a race is formed!

It was a busy week for me. I work in San Diego four days a week and the past two days I was in Humboldt with the SSU Women's Cross Country team for a track meet. Race morning-- thanks to Day Light Savings time change-- was oh sooo dark at 0700 but Bob Shore was there with the race trailer and the ER tent was already up. Within the hour over the runners showed up ready to race...several had signed up for the event but either forgot to set their clock back or were scared off by the potential showers that make this course down right dangerous!

The Newt Scoot Race

8:45am exactly, twenty mini runners (not you Mel!) took off on the out and back rolling course. This race itself is a classic with every kid who finishes receiving a finishers ribbon and a frozen yogurt from Yogurt Farms across from Santa Rosa High School thanks once again to Todd Phillips. Connor Schott was the first to spank the course in 4:27 followed closely by Orion James (4:33) who used the race as a warm up for the 4 Mile race. Forrest Devine came in third in 4:45. For the girls McKenna Sell just missed breaking five minutes in 5:01 followed by Kallista James (5:17) wearing jeans and Ella O'Toole in 5:20. Both Connor and McKenna got cool Yogurt Farms t-shirts for their efforts.

The 4 mile Race

Numbers were down for this race with only 56 racers this year...probably due to the fact that runners wanted to get their moneys worth and opted for the 10 mile instead. The race actually started ten minutes after the 10 Mile race and as always despite multiple warnings and signage a few 4 milers left in the earlier group (they were promptly fined, penalized and made to wear an orange cone on their heads for the rest of the race! I'm kidding!) The first across the line was Guy Schott who obviously trained with his son as they got the father/son combo winner award for the day. Guy went 24:56, quite impressive for a :48 year old guy! Andy Howard who is actually a couple years older came in second in 25:21 followed by Mini Mel for third place overall in 25:50. The very ripped looking Mel decided not to pursue another championship ring in the 10 mile this year and instead is training for Ultimate Fighting. Again I jest! Third place guy was Nathon Koch in 27:35. It should be noted that Koch actually started the beard fad that is being seen in so many sports today. Second place woman was Val Sell and third was 12 year old Delaney White in 30:53. Orion James, at 8 years old, won the 29 and under male category mostly because, well, all those guys were doing the 10 miler!

The 10 classic race

Michael Zanetti was only 7 seconds from Gerald McCormick's time from last year finishing the 10 miler in 59:55 putting him on the sub one hour list. He was so distraught he went and ran it over again and I never saw him at the awards where he missed claiming his first place of a trip to Hawaii so I took it. Actually he had to go to work at Fleet Feet. John Staroba minus his kid in a stroller which has become his trademark came in second in 1:02:52 and Sid Andreis was third in 1:04:33. The rain held out for the entire race which was fortunate as the downhill section of the course can be a real doozy. Cathy Dubay was the first female finisher in 1:10:46 followed by Carrie Joseph (1:12:24) and Karen Teuscher in 1:14:40. There were several pre teen runners who did the 10 miler including Daniel Pride (11) in 1:18:15 and Alejandro Escutio (12) in 1:21:05 prompting me to reconsider my kid Orion's request to do the 10 miler next year!

By 11:30 most if all the runners were accounted for and awards were handed out courtesy of Heart and Soul and Fleet Feet. Rodney King....I mean Rodney Strong wine was also doled out to winners and lucky raffle ticket holders.

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Again special thanks to you--the runners--who came out to do the race and the volunteers to include SSU Cross Country who set up, closed down and monitored the race along with assistant coach Chandra Farnham. To Bob Shore who is awesome at what he always does. To Doug and Tori at the finish line and to those Empire runners who stepped into help monitor and make the race work. To Danae Hawkey at Starbucks who gave us 5 gallons of coffee of which I drank myself and Todd at Yogurt Farms. Lastly to my wife Tania who shopped for bagles and oranges, funneled my three kids to the race on time and spent the night inputting names and times on Excel. Thanks All!

PS Next year Illsanjo will have something in common with Southwest Airlines and Starbucks.....yep the 40th! Start training now!

Mark James

SSU XC...etc!

Empire Runners April 28, 2011 Club Meeting

(Pending approval at the May 26, 2011 meeting)

President Alex Wolf-Root (president@empirerunners.org) called the April 2011 meeting to order at 7:32 pm.

Secretary's Report:

Secretary Paul Berg (secretary@empirerunners.org) read the March meeting minutes, which were approved as read.

Treasurers' Report:

For treasurer Tanya Narath (treasurer@empirerunners.org) Val Sell reported that the current club balance is \$31,968, down \$162 from the same time last year.

HS/SSU donations YTD \$1255 projected \$9525 for 2011.

Race financials: Loop-de-loop, net \$959.

President's Report:

President Alex Wolf-Root reported that many club members were sighted at the Viking Track classic April 23 as volunteers.

Peyton Jordan meet at Stanford will face diluted talent field due to Jackrabbit derby on May 1.

Race Reports:

A. Recent Events

1. Loop de Loop - 4/3/11 Biggest turnout ever, large FF training group. Next year is 20th anniversary, t-shirts promised, as well as pre-race results to avoid any delay in reporting actual results.
2. Petaluma Footrace - 4/10/11 Chris Mason reported that they had 900 runners and raised \$17,000.
3. Annadel Half Marathon and Kathy's 5k- 4/17/11. Val Sell reported that the half marathon had 279 runners, approximately 40 more than last year. Top male runners was ex-Piner athlete Jeff Gardina, top woman was Julie Nacouzi from MHS. The race and FF training group raised \$22,000 for trail maintenance, signage and the discovery center. Kathy's race had approximately 220 runners and raised \$4300, allowing the organization to be a Kenwood footrace sponsor.
4. Zippy 5k - 4/24/11. Part of the USATF road racing series. an ER open men's team competed, failed to score when two members forgot PA registrations.
5. Carlsbad 5k 4/06/11. 3 Empire runners competed. Brad Zanetti reported that he's interested in recruiting a full ER team for next year.
6. Boston marathon 4/18/11. 6 ER members, good weather. Shirley Fee 2nd in her 70-74 age group.
7. Viking Track Classic 4/23/11. MHS. John Staroba won 2 mile open in 9:57.
8. Marin Half marathon. 4/23/11. Theresa Manchester reported that she ran. Nice race, half trail, half road.

B. Upcoming Events

1. Jackrabbit Derby - 5/1/11, 8am. 3mile, Spring Lake boat dock.
2. Heart and Sole Elite Mile - 5/6/11. SRHS 5pm for HS meet, 8:15 elite mile.
3. Human Race - 5/7/11. Val and Gil will have the ER tent. Smart money says Gerald McCormick will win!
4. Summer Track Series 6/14/11. SRHS.
5. Kenwood Footrace! - 7/4/11. Val Sell reported that there will be online or race day registration. There will be 2 in store registration days in May and June only meant for people who have trouble registering on-line. There is also a planned 40th anniversary surprise! SRHS volunteers will again man the aid stations and food. Piner HS volunteers will provide parking assistance.
6. Fitch Mountain footrace- 6/12/11. Tori Meredith reported that she needs volunteers for registration.
7. Cloverdale Marathon, half- ,5k- 10/23/11. Greg Carter reported that the friendly city of Cloverdale would be hosting this new event. Proceeds to fund child literacy will provide showers and food.
8. MooCow Half marathon, and 5k. 9/18/11

Committee Reports:

A. Bylaws committee. The long-anticipated bylaws revision has been delivered to the committee. After review by the committee, plans are for a report to the full membership next month.

New Business

A. Grand Prix Division awards.

Gerald McCormick presented:

I propose that the club awards the top 3 finishers in each division a gift certificate to a local running store.

1st place: 20 dollars

2nd place: 15 dollars

3rd place: 10 dollars

The club would be responsible for buying \$45 worth of gift certificates per division. There are 18 divisions (9 male, 9 female), so the total dollar amount would be \$810.

The gift certificates will be bought equally (\$270 each) among Fleet Feet Santa Rosa, Heart and Sole Sports Santa Rosa, and Athletic Soles of Petaluma.

As stated in the rules, the top 3 winners overall will be eliminated from age group awards.

Not surprisingly, debate ensued. It was explained that Fleet Feet has traditionally supplied the top 6 overall awards in exchange for naming right on the FF Grand Prix. Individual members have traditionally donated the age group awards, which has often lead to inequitable prizes in many categories. Last year, due to the difficulty of securing donations, the former GP czar proposed that the club buy gift certificates from Fleet Feet instead of member donations.

The discussion focused primarily on the sentiment that FF has been a strong supporter of the club over the years, and many did not want to jeopardize that relationship. The other two stores are newer and have not yet shown the commitment to support the club, which would be welcomed in other areas.

Finally, the motion was rescinded, with the understanding that czar Gerald would attempt to get a better deal on gift cards from FF for the allotted \$810.

B. New Membership Director and Apparel director needed. Gil Moreno has decided to pursue his golf career and resign after 5 years. Kudos to Gil for an excellent job.

Monkey Business

Raffle: Sledge won \$19, and \$20 went to the student grant fund

Drawing: Michelle Wood would have won \$200 if she attended the meeting....

President Alex Wolf-Root concluded the meeting at 8:51 pm.

Attendance:

Paul Berg, Jerry Lyman, Will Ortlinghaus, Jacob Ortlinghaus, Val Sell, Brad Zanetti, Melanie Rosales, Luis Rosales, SL Edge, Victoria Lynn Meredith, Larry Meredith, Chris Mason, Gerald McCormick, Alex Wolf-Root, Doc, Bill Browne, Super George, Iguana Don, Darryl Beardall, Theresa Manchester, Greg Carter, Mini-Mel, Mr. Mel



TREASURER'S REPORT AS OF APRIL 26, 2011

Current Assets

Checking/Savings		
	Chase Bank Certificates of Deposit	\$2,351
	Exchange Bank	\$10,883
	PayPal Money Market	\$41,136
Total Checking/Savings		\$54,369
	Petty Cash	\$425
Total Current Assets		\$54,794

Fund Balances

2011

2010

Annadel Half Restricted Fund Balance	\$15,296	
Kathy's Race Restricted Fund Balance	\$4,277	
Student Grant Restricted Fund Balance	\$3,253	\$2,125
Empire Runners Club Fund Balance	\$31,968	\$33,590

Donations

2011 Budget: High School/SSU Donations	\$9,525
High School & SSU Donations Paid YTD	(\$1,255)
Balance remaining	\$8,270

Race Income and Expense

2011

2010

<u>Loop de Loop</u>		
Race entry fees	\$1,215	
Race expenses	(\$256)	
Net Income	\$959	



The PREZ SEZ

Ask a little leaguer his favorite third-baseman and you'll get a long list. Ask a high school footballer his bets for the Super Bowl and you'll get a long conversation. Ask a random guy on the street, one who doesn't play competitive basketball, about March Madness and he'll likely have filled out a bracket.

But if someone asks you some simple answers about running, odds are you just won't know.

Our sport unfortunately suffers from a lack of publicity, and while it is one of the biggest participation sports at the prep level (cross country and track & field), as well as hugely popular in the road-race scene, most people don't really know, and thus don't care, about the elite side. But it's an incredibly interesting sport. Part of it is that it isn't on TV much, and isn't covered by local papers. But it's kind of a chicken and egg thing.

I challenge you all to this little survey I found online a few days back (and was the spark for this column): <http://www.norwichbulletin.com/sports/x128432021/The-Long-Run-Test-your-knowledge-of-distance-running-and-its-history#axzz1KWF7JnJ9>

While the competitive side of the sport may not bombard you in all media sources (ESPN, newspaper, radio, etc), it's out there, and you can follow it. Check out sites such as LetsRun.com, TrackAndFieldNews.com, USATF.org (our national governing body), and IAAF.org (the international governing body). Really see what else there is out there on the pro level.

And we are fortunate enough to have a PHENOMENAL source of local prep coverage: northbay.com/running. We are incredibly lucky to have Jim Crowhurst run such a site for us. Check it out.

Even more-so, on that note, go check out a prep track & field meet! What these local kids can do is incredible, and track & field meets are like three-ring circuses. There is always something going on, and it can just get your blood pumping. Lists of upcoming events can be found on that northbay.com/running site.

A big one to put on your calendar is the Santa Rosa All City meet, to be held Friday, May 6th. Of course a big draw is the Heart and Sole Elite mile (heartsolesantarosa.com/elitemile.html), in which a bunch of professional milers will be racing, but show up for the high school portion too. These kids really care about it, race with all their hearts, and really, I can't explain it if you haven't checked it out. Give it a try. Then check out some of the league championships the week after.

Our sport is a great one, with events happening across the globe across the calendar. There's always something to watch or read up about. You all participate in it, but now spend some time following and learning about it. You won't be disappointed.

Hope to see many of you out at the All City Meet at Santa Rosa HS on May 6th!

-Alex



The Long and Short of It – DM Peterson

Brave New World

Not many years ago a club race was a club race. Everybody in attendance pretty much knew everyone else except for the occasional newbie or out of towners. Now, that is not to say that everyone was best friends with all of the other runners but everyone seemed to at least recognize the faces if not the names of most everyone else. Everyone seemed to be *acquainted*.

I'm not talking about Kenwood which for as long as I remember was pretty good sized and seemed to attract a large cross-section of runners. Ilsanjo too has always been a pretty "large" race. But the other club races some of which are now extinct seemed to be just that, primarily *club* races. I don't pretend to have any numbers to back this up, but it sure seems like our club races used to be fairly small affairs full of runners who were acquainted with each other.

Whether my memory serves me or not, I think it is safe to say that our race numbers are way up these past few years. There seems to be a legitimate running-boom going on across the nation in general and in Sonoma County in particular. This local boom has been fueled in no small part by the various running stores and their associated training programs.

It used to be that if you saw a large number of folks out on a training run they would either be Empire Runners or maybe members of the local triathlon club IE the Tri-Dogs. At any rate, these were either people you knew or had seen around. Now you may find that the large group bearing down on you contains not a single familiar face.

Another phenomenon is the "unknown" Empire Runner. It is no longer unusual to see someone in an Empire Runner singlet or t-shirt at a race, running down the road or at the mall who you do not recognize. What's more, they do not recognize *YOU*.

It is now possible to purchase an Empire Runner's singlet, hat or other gear without even being a member. You may think this is why you did not recognize the dude who passed you on the trail last week without even saying "hello". However, you may be completely off base. The Empire Runner's membership is far higher now than it was five or ten years ago and that "dude" may be a member in good standing. At least he was wearing his ER Runner's gear while you were in your old smelly Hit The Road Jack t-shirt from 1994!

Now when you go to an Empire Runner's Club race you may find that it is so crowded that not only do you not recognize many faces, you can't even find the people you do recognize. I have been to races and seen people I wanted to say hello to but I never got the chance as I was swept along in the mass of humanity. Okay, that is a slight exaggeration, but you get the point!

These hordes of new people are a blessing to the club coffers but they present challenges. Not only do these folks look different but they may think differently as well. They may not find our ways to be

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cute, quaint or endearing. They may expect to see race results posted online after they drive home if not sooner! They may get upset if the course is not perfectly marked or monitored. They may expect to get some kind of award or recognition in age divisions divided up not by decade but by year or month... again an exaggeration, but not by much. They may not care that our races are dirt cheap. They have grown to expect a certain degree of pampering having been to many a “destination” race. They have had their complimentary wine-glasses filled to the brim as they hauled their huge bag of “schwag” while receiving the latest “tweets” from Dean Karnazes.

However, these same people may pump some new blood and energy into our wonderful club just when many of the “old guard” are starting to wobble just a bit. They may provide some new ideas and different ways of doing things that will keep our mission going forward for many years.

They may just jump in and get their hands dirty doing the hard work of putting on races, managing club resources, promoting running and all the myriad tasks associated with what we call the Empire Runners – and they may have fun while they do so.

If all of that comes to pass then things will not have changed so much after all.

Next time that dude in the ER Runners sleeveless t-shirt runs by, yell out “Go Empire”!

Tahoe Bound

I will be joining six other crazy gentlemen over the age of 50 for the fourth straight year to run around the shore of Lake Tahoe in June at the **47th Annual DeCelle Memorial Lake Tahoe Relay**.

Our men’s 50-59 team won our age division in 2008 and 2009 and took second in 2010.

This year I believe we will have a women’s team for the first time and a co-ed team as well to go along with our over-50 team.

It can be brutally hard but also incredibly fun.

More on this later!



The Month That Was – Alex Wolf-Root

HS track is in full swing, college track is heating up, and the pro's are starting to hit the oval. But there's no question that the biggest news of the month happened on the roads, just one day and one ocean apart. I'm talking of course about the London and Boston Marathons.

London Women

Remember all the way back to the March newsletter and my Month That Was? We talked about an awesome half marathoner by the name of **Mary Keitany**. Here's a reminder if ya need it:

<http://www.empirerunners.com/newsletters/mar2011/articles/Article10.pdf>

Well, she's back!

The half marathon world-record holder only had one foray into the marathon distance, a 2:29 debut that she wasn't too happy with. But everyone knew it wouldn't be long before she got the distance down and popped a big one. Well, London was her chance.

The field, called "undoubtedly our strongest ever," by the race director, was teaming with talent. Short rundown:

Liliya Shobukhova (Russia): Defending London Champion

Constantina Dita (Romania): Reigning Olympic Champion

Bai Xue (China): Reigning World Champion

Edna Kiplagat (Kenya): Reigning NYC Champion

Aberu Kebede (Ethiopia): Reigning Berlin Champion

Irina Mikitenko (Russia): 2008-2009 London Champion

Zhou Chunxiu (China): 2007 London Champion

And those are only the runners with major marathon titles to their names. You still have the Netherlands **Lornah Kiplagat** who captured the 2006-2008 World Half Marathon Championships and 2007 World XC Championships and of course the aforementioned Mary Keitany. And there are some other 2:20-low women who don't even make the preview.

Yea, it's stacked. So we're going to see a bunch of women fighting over the last 10km, probably with a sprint finish with a few there, right? Wrong.

The Empire Runner

Well, there was a pack through halfway, which they crossed at 70:37. Then the pacers dropped and, the pace started getting faster? Hm. They dropped a 5:13 mile, but many were still there. And then Mary Keitany dropped the hammer.

With a 5-minute mile. When there was still 10miles to go.

After that Keitany was alone. While she certainly couldn't keep that 5flat pace, it separated her enough to put pressure on all the other women. And she followed it up by running the next 3miles under 15:30. This gave her over a minute lead with 4 miles to go. And while Shobukhova closed the gap slightly, no one was even in sight when Keitany crossed the line... in 2:19:19.

That time of 2:19:19 is the first sub-2:20 since 2008, and made Keitany the 4th fastest marathoner ever, in only her second marathon ever.

Hell, her second half split alone (68:41) is a world-class performance.

There's not much else to say; Mary Keitany is just an amazing road racer. It's painfully impressive.

But behind Keitany, there was still fireworks. A whopping 20 runners broke the 2:30 barrier (with 21st and 22nd running 2:30 flat). Both Shobukhova in second and Kiplagat in third broke 2:21, with six others between 2:23 and 2:25. Britain's next marathon hopeful, **Jo Pavey**, ran a 2:28:24 in her debut, something that really should be newsworthy, but was just overshadowed by the front of the field.

Amazing race. Where else can you run 2:30 and be outside the top 20? Wow.

London Men

Like the women's field, the men's race had some of the best runners to ever line up in a marathon. Let's break it down a little bit.

Seven runners had PB's under 2:06. Wait, seven? America's Ryan Hall, the great American hope, was a 2:06+ guy coming into this. That's right, seven runners in the field had better PB's than America's greatest marathoner. Yea, it was going to be a good one.

Ya know, the London website said it best:

"London will host a race featuring eight of the top 10 men from last year's contest, including all three medallists; three of the top five from the Beijing Olympics; all three medallists from the Berlin World Championships; the three 2010 European Championships medallists; the fastest man in the world in 2010; the third and fourth fastest men of all time."

Let's get to the race.

The Empire Runner

From the gun, the pack, aided by a slew of pace-makers, went out on near-world-record pace. The 10k was crossed in 29:24, with amazingly still 12 runners there. Included in that pack was reigning USA half-marathon champ **Mo Trafteh** in his marathon debut. But, Trafteh soon realized that the full and the half are quite different, as he dropped back, then stepped off, shortly thereafter.

The pace slowed slightly in the next stretch, though since the first 10k is a net downhill it was to be expected. The lead group of 9 hit 20k at 59:29. They then picked it up as the pace-makers dropped out, hitting 30k at 1:29:21. That's when the real racing started.

I mentioned before about how deep this men's field was. Well, let's look at just those runners who were still in the front with just 12.2km to go:

Tsegaye Kebede: Defending Champion

Abel Kirui: Reigning World Champion

Patrick Makau: 2010 #1 ranked marathoner

Jaouad Gharib: 2003 and 2005 World Champion, Reigning Olympic Silver Medalist

Martin Lel: 3-time Champion here, also 2-time NYC Champ

Emmanuel Mutai: 2010 London Runner-Up, 2009 World Silver Medalist

Marilson Gomes dos Santos: 2-time NYC Champ

James Kwambai: 2:04:27 man

Abderrahime Bouramdane: 4th here in 2010, 2:07:33 man

Someone had to make a move, or else this would be a huge sprint finish. And that someone was reigning champion Tsegaye Kebede.

His resulted not only in trimming the pack, but to a DNF by Kwambai. Things were heating up. But that wasn't enough. Mutai then took it to another level.

Dropping a 4:30 for mile 21, the race was effectively over. Kebede trimmed the field, Mutai obliterated it. To squash all doubts, his 22nd mile was a 4:31, making this a race against the clock. He continued on this insane pace, crossing the 40km mark in 1:58:05. Doing a little math, we see that's a 28:44 10k, which is the pace for a 2:01:14 marathon. It's no wonder he was alone.

While he did start to feel the effects of this incredible push, his final 2.2km didn't slow too badly, as he still found the tape in 2:04:40 (and a 61:58 second half).

The Empire Runner

Behind him Makau and Lel were fighting for second, as they were the only ones to really try to stick with Mutai as he tried to pull away. Coming down the home straight, they were seemingly jogging, waiting each other out for a final push. Lel was sitting on Makau, both unwilling to go, until with about 30 meters to go Lel geared up and flew by, though both received the same finish time of 2:05:45.

Yes, 2:05:45 is amazing, but that also means that they lost over a full minute in the last 6 miles. Incredible! The finishers trickled in after that, with Dos Santos PR'ing at 2:06:34 for fourth, and Defending Champion Kebede well beaten at 2:07:48. Three others broke the 2:10 barrier, with the top US finisher being **Jason Lehmkuhle** at 2:13:40.

Boston Men

The other big race of the weekend was Boston. While you may or may not have heard recaps of London before today (I hope so!), I'd be shocked if you didn't hear a ton about Boston, so I won't recap this like normal.



The Empire Runner

We all know that **Geoffrey Mutai** and **Moses Mosop** ran the fastest marathons in history, 2:03:02 and 2:03:06, and that **Ryan Hall** ran the fastest marathon by an American ever at 2:04:58. And we all know that these won't count as records.

Now, the times are incredible, the performances jaw-dropping, but there should be no hard feelings that these don't count as records, and no shenanigans like Boston is now doing trying to get them certified.

For a road record to count, it can only lose 1 meter for every kilometer run, and the finish and start can only be something like 10% apart from each other. Boston fits neither of these, and everyone knew that going in. The reason for the first makes obvious sense (net downhill=faster), and the second should be clear. If it's point to point, as is the case for Boston, then there can be situations like this one where there is extreme wind helping out.

In fact, while the mainstream media which only cares about running once a year at Boston (and once every 4 at the Olympics) seemed shocked and appalled by this "fiasco," the whole situation was predicted by many in the sport beforehand: <http://www.letsrun.com/2011/bostonweather-0416.php>

What do we take from all this? These were awesome performances, but the World Record still belongs to **Haile Gebrselassie** and the American Record to **Khalid Kannouchi**.

So, other highlights from the race: 2nd placer Moses Mosop. This was his marathon debut. I repeat: he had never run a marathon before Boston. And now he's run the second fastest marathon in the history of the world. ...



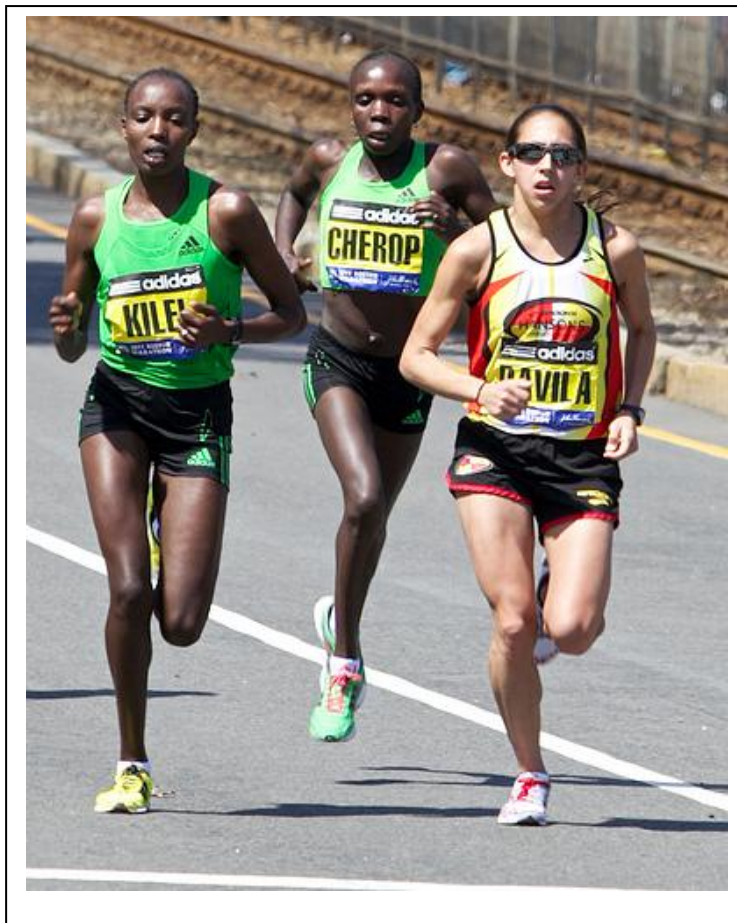
The Empire Runner

Ryan Hall knows how to keep his head, run his race. There were times in the race when Hall was leading. Other times he fell off the pack. In fact, it seemed like he was yo-yoing quite a bit in the early and mid stages. But in fact he was the one running event. While there were surges mid-race put in, Hall let them go, knowing he'd reel them back in. When the pace slowed, Hall went to the front, keeping his rhythm, knowing this was what was needed for a fast time. Indeed, Mutai thanked Hall for the fast time, comparing him to a pacemaker. Are these the tactics needed for Hall to finally win a big one? I don't know, but it certainly resulted in a fine performance.

Boston Women

There were two big stories circling going into the women's race.

From the "mainstream" running media: Could **Kara Goucher**, within a year of having a baby, take the win (or at least compete up front)?



The Empire Runner

From the “letsrun.com crowd”: Would Goucher even be the top American, or would **Desiree Davila** take that honor?

The big story was Goucher. Just a few months after having a baby, she went out and ran a 73 minute half marathon, nowhere near her best. But just a few months later, she got back to Goucher-shape, dropping a sub-70. Her rise back to world-class was incredible, and everyone knew she was eyeing Boston. If she could bounce back that quickly to run such a fast half, could she be ready to contend on the Boston hills? Maybe.

The smaller story on the national scale was that of Davila. Who’s Davila you may ask (if you were to read this before Boston...). Well, fortunately for you, she’s the subject of this month’s *Spotlight on the Stars!*

Davila graduated from Arizona State University with solid credentials, but nothing Goucher-esque. She had some All-American awards in cross country and track, but nothing crazy. Many athletes would pack it in after that, say they had a good college career, and go do a “real” job. Davila was not one of those athletes.

Hooking up with the **Hanson-Brooks Distance Project**, Davila trained with some of our country’s B-tier athletes. The Hanson-Brooks has done a great job of turning good-not-great runners into great runners (exhibit A: **Brian Sell**), and Davila was becoming the next project.

Shortly after graduating she represented the USA at the World Road Racing Champs over 20km. No stellar performance, no head turns, after all she was 43rd, but it was an international appearance, and made her hungry for more.

She kept improving, and her first big-time race was at the 2009 World Championships, where she placed 11th in the marathon, one place (and 5 seconds) behind Goucher. This put her on the map, big time.

But her credentials go down to the shorter distances as well. At least year’s USATF Indoor Nationals, she placed a solid 4th, but due to two runners dropping she earned the chance to go to Doha for the World Indoor Champs, making the final at 3,000m. Certainly couldn’t contend for a medal, but making the finals over



3,000m for a marathoner is sick range. (Aside: The great **Haile Gebrselassie**, the current WR holder at the marathon, also won a World Indoor 1,500m title. Sick)

Davila now had some solid credentials: 8:51.08 3,000m indoors, sub 15-30 5k, 32low 10k, 1:10 half, and 2:26:20 marathon at Chicago. (That puts her #4 all-time, just behind Goucher.) She was ready for Boston.

Early on in the race, it wasn't Goucher or Davila, but another former NCAA star in New Zealand's **Kim Smith**, who pushed the early pace. Pretty early on Smith separated herself from the pack, seemingly want to run away with the race from the get-go. Everyone let her go, later saying the pace was just too fast. Smith found that out too, as she ended up getting caught and going way backwards.

The whole last second half it seemed like Davila was getting dropped, then coming back, then in the front, then getting dropped. Hm, sounds like Hall in the men's race. But when the pack started falling apart, it was Davila who stuck up front with Kenya's **Caroline Kilel**.

With about a kilometer to go it looked like Davila could win this. She pulled ahead with about 800m to go, only to be caught by Kilel. Fading backwards, it looked like Davila would do no better than 2nd, but she found another gear with maybe 400m to go, flying by Kilel to open what appeared to be a huge (~10 meter?) lead. And then she faded as Kilel flew by. That was the last move, as Davila was finished, losing by two seconds in the final ~400m. But she put up a fight.

Kilel broke the tape at 2:22:36, then fell to the ground. Most reports say she "collapsed," and maybe so, but it looked like she was just overjoyed and relieved (and okay, exhausted too). Davila got a 2:22:38 PB.



The Empire Runner

Keep your eyes out for Davila, and don't be shocked if you see her wearing the Red White and Blue come London. Though of course, there's still Goucher. While she wasn't in the fight for the win, Goucher still took home her own PB at 2:24:52 for 5th. No question that US Women's Marathoning is in a very good place right now with these two leading the way. Expect more great things to come.

Thanks for reading, and look forward for some fun track action in the next edition of *The Month That Was!*

The Empire Runner

NEW MEMBERS

Please welcome the following new members to the
Empire Runners Club

Cotati

Adel Dahmani and Iman Senan

Healdsburg

The Myers Family

Al and Anna

Petaluma

Harrison Wistock

Santa Rosa

The Ciudad-Real Family

Hellen and Robert

The Gaab Family

Kelly, Emily and Jackson Blake, Shannon Poore

Jon Foyt

Marina James-Galvan

Jennifer McClendon

Paul Greve

Sonoma

Leticia Cruz

Windsor

Cara Tocchini

Cheryl Carey



Blast from the Past: June '78

What goes around, comes around.

A WORD ON SHOES, AND A GOOD BUY

by Glenn McCarthy

After 15 years of involvement in this running game I am more and more put off by the high cost of running shoes. I try to look for shoes that fill my needs but cost as little as possible. The best hidden advise in the "Runner's World" shoe issue was-- "runners should try to get by with the least shoe they can." Then turning around and doing just the opposite, Runner's World evaluated the most heavily padded shoes as the best, if that is true let's all put pillows under our feet. Exercise Physiologist and marathoner E.C. Frederick wrote in the last issue of "Running" that over padding in the ball of shoes is a reason for loss of efficiency and power, as well as a slight change in form of the runner. Instead of pushing off after impact, the foot is busy compressing all the excess padding.

At any rate I've found a bargain. Now don't be put off with the fact that the shoes are available only at Mervyn's for \$21.97 (\$19.97 on sale). They are the Nike Monterrey. I've now been running "hard" over hills and dales (the Montecito Heights area) for the last 3 months, with no aches or pains. I am glad to report that the Monterreys are still not worn through the outer soles (9 miles average per day for 3 months). I recommend that you check them out as a good buy. *Just saw them called "Grizzly" also, check for padding.*

If you have something to say about shoes you have tried, good or bad, just write down your thoughts. Your experience with a certain pair of shoes may not be of any further value to you but it may save someone else or help them make the right decision.

2011 Fleet Feet Grand Prix Men

	First Name	Last Name	Div	Res Run	Vlly Ford	Illsanjo	LoopdeLoop	Total
1	John	Staroba	30's	98		99	99	296
2	Nathan	Koch	30's	97		98	100	295
3	Andy	Howard	40's	94		99	93	286
4	Evan	LaBrazzo	14-19	99		87	98	284
5	Steve	Cryer	50's	81		97	95	273
6	Dave	Goodwin	50's	79		91	103	273
7	Daniel	Pride	10 13	87		86	99	272
8	Peter	Kirk	40's	88		83	100	271
9	Vernon	Stafford	50's	75		90	102	267
10	Ryan	Terschuren	20's	74		85	95	254
11	Kevin	Teuscher	50's	58		89	97	244
12	Guy	Schott	40's			100	107	207
13	Sid	Andreis	30's			98	106	204
14	Vince	Ewing	40's	95			109	204
15	Hugo	Yescas	30's			93	98	191
16	Orion	James	under 10			99	91	190
17	Michael	Parker	40's	92		97		189
18	Nick	Utter-Leyton	20's			92	97	189
19	Brent	Smith	40's			88	96	184
20	Duncan	Meech	40's			84	99	183
21	Ryan	Nguyen	10 13	84			99	183
22	Matt	Schiffer	30's			80	98	178
23	Jerry	Lyman	60's	72			105	177
24	Larry	Meredith	50's	86		89		175
25	Jon	Hermstad	60's	73			101	174
26	Paul	Archibald	50's			72	95	167
27	Mark	Strozyk	40's			73	94	167
28	Zach	Rounds	30's			71	93	164
29	Brian	Morrey	30's	67			94	161
30	William	Rogers	40's	62		99		161
31	John	Katchmer	50's			70	90	160
32	Al	Myers	40's			66	89	155
33	Bill	Browne	60's	59		88		147
34	Jim	Parks	50's	55		91		146
35	Mike	Quigley	50's	65		77		142
36	Dale	Peterson	50's	41			98	139
37	Matt	Pride	40's	45		92		137
38	Ernst	Bohn	70's	43			92	135
39	Joe	Sanchez	50's	56		78		134
40	David	Veveiros	50's	57		74		131
41	George	Nacouzi	10 13	39			89	128
42	Paul	Peck	50's	40		86		126
43	Darryl	Beardall	70's	49		68		117
44	Dale	Leyhe	70's	32		85		117

	First Name	Last Name	Div	Res Run	Vlly Ford	Illsanjo	LoopdeLoop	Total
45	John	Anderson	50's	23			87	110
46	Don	Stewart	50's				110	110
47	Steve	Behler	40's				108	108
48	Philip	Sevilla	30's				104	104
49	Devin	Carranza	40's				100	100
50	Connor	Schott	under 10			100		100
51	Ty	Strange	50's	100				100
52	Alex	Wolf-Root	20's				100	100
53	Michael	Zanetti	20's			100		100
54	Barrett	Klein	20's				97	97
55	Dario	Zea	30's				97	97
56	Joseph	Bootier	40's			96		96
57	Patrick	Burden	20's				96	96
58	Jonathan	Hayden	50's	96				96
59	Asher	Nathan	60's				96	96
60	Troy	Tuscher	50's			96		96
61	Roger	Williams	40's				96	96
62	Joe	Eichenseher	30's				95	95
63	Bob	Rogers	50's			95		95
64	Doug	Starr	50's			95		95
65	Paul	Berg	50's			94		94
66	Burt	Braden	50's				94	94
67	Bryan	Bradley	30's				94	94
68	Stephen	Rauch	40's			94		94
69	Skip	Feldman	50's				93	93
70	Jason	Salig	40's	93				93
71	Dave	Secchitano	50's			93		93
72	Zchary	Woodson	30's				93	93
73	Nic	Mark	20's				92	92
74	Jim	Newman	50's				92	92
75	Robert	Thille	40's				92	92
76	Mark	James	40's				91	91
77	Arvan	Williams	40's				91	91
78	Brad	Zanetti	50's	91				91
79	Jerry	Finlay	30's	90				90
80	Chris	Rostel	50's				90	90
81	Chris	Sevilla	30's				90	90
82	Dan	Myers	20's				89	89
83	Bryan	Porter	40's	89				89
84	Jonathon	Choe	30's				88	88
85	Derek	Felciano	30's	86				86
86	Brian	Goodwin	14-19	83				83
87	JR	Mintz	40's	82				82
88	William	Rostel	50's			82		82
89	Chris	Alejos	30's			81		81

	First Name	Last Name	Div	Res Run	Vlly Ford	Illsanjo	LoopdeLoop	Total
90	Philippe	Thibault	40's	80				80
91	Alejandro	Escutio/Escutia	10 13			79		79
92	Patrick	Temple	40's	78				78
93	Lon	Wiley	60's	77				77
94	Mark	Cole	30's	76				76
95	Adel	Dahmani	30's			76		76
96	Surachai	Intarapravich	50's			75		75
97	Rob	Main	50's	71				71
98	James	Wiley	40's	70				70
99	Brendan	Hutchinson	60's	69				69
100	Michael	Pallatrolti	50's			69		69
101	Tony	McCormick	50's	68				68
102	Julio	Gutierrez	10 13			67		67
103	Bob	Finlay	50's	66				66
104	Jordan	Scobey	10 13	64				64
105	Carl	Triola	40's	63				63
106	George	Bratsburg	50's	61				61
107	William	Ortlinghaus	40's	60				60
108	Ricky	Meza	10 13	54				54
109	Clayton	Smithson	20's	53				53
110	Vance	DeWitt	40's	52				52
111	Steven	Solari	30's	51				51
112	Bob	Frazer	60's	50				50
113	Don	Sampson	60's	48				48
114	Daniel	Eperson	40's	47				47
115	Jason	Azat	30's	46				46
116	Thomas	Grinder	60's	44				44
117	Misael	Giron	40's	42				42
118	Ricky	Zamora	10 13	38				38
119	Nick	Rogers	20's	37				37
120	Dale	Trowbridge	70's	36				36
121	Carl	Jackson	70's	35				35
122	David	Garcia	40's	34				34
123	Drue	Rostel	40's	33				33
124	Curt	Hayden	60's	31				31
125	Rene	Meza	40's	30				30
126	Charlie	Johnson	30's	29				29
127	Dan	Thomson	40's	28				28
128	Nico	Zamora	under 10	27				27
129	Ron	Franklin	60's	26				26
130	Al	Tagliaferri	60's	25				25
131	Gilman	Jung	70's	24				24
132	Jacob	Berg	10 13	22				22
133	Cooper	Prior-Hodenfield	under 10	21				21
134	Rustin	Prior-Hodenfield	under 10	20				20
135	Mariko	Wesley-Fagundes	30's	19				19
136	Sammy	Nacouzi	under 10	18				18


2011 Fleet Feet Grand Prix Women

	First Name	Last Name	Div	Res Run	Vlly Ford	Illsanjo	LoopdeLoop	Total
1	Karen	Kissick	50's	87		96	110	293
2	Alyce	Parks	50's	80		94	96	270
3	Tanya	Narath	40's	76		90	99	265
4	Stephanie	Nacouzi	50's	63		95	98	256
5	Shelly	Lydon	40's	94			109	203
6	Cathy	Dubay	40's	99		100		199
7	Val	Sell	40's	100		99		199
8	Karen	Frindell-Teuscher	30's	97		99		196
9	Ashlee	Staroba	30's	96			99	195
10	LT	Isabeau	50's			94	99	193
11	Susan	Kellerher	30's			88	103	191
12	Linda	Reed	50's			86	104	190
13	Reyana	Ewing	40's	81			106	187
14	Cara	Tocchini	30's			91	96	187
15	Andrea	Guzman	20's	91			94	185
16	Melanie	Mathewson	10 13	88		97		185
17	Margie	Al-Ghanim	50's			92	91	183
18	Shirley	Fee	70's	74			105	179
19	Shelli	Main	40's	82		96		178
20	Maggie	Allen	20's			74	93	167
21	Drue	Rostel	40's			76	90	166
22	Lisa	Anderson	40's	53			87	140
23	Lori	Prior	40's	60		78		138
24	Lydia	Alcazar	30's				108	108
25	Lori	Behler	40's				107	107
26	Mel	Belluomini	30's			100		100
27	Jessica	Dawney	20's				100	100
28	Anne	Henderson	F				100	100
29	Zoe	Miller	30's				100	100
30	Julie	Nacouzi	14-19	100				100
31	McKenna	Sell	under 10			100		100
32	Kallista	James	under 10			99		99
33	Shannon	Mitchell	30's			99		99
34	Jen	McLendon	30's				98	98
35	Leila	Nacouzi	14-19				98	98
36	Carrie	Peterson-Kirby	30's	98				98
37	Alisha	Rice	30's			98		98
38	Delaney	White	10 13			98		98
39	Kelly	Gaab	30's			97		97
40	Karen	Teuscher	F				97	97
41	Mariko	Wesley-Fegundes	40's				97	97
42	Samol	Williams	F				97	97
43	Marina	Galvin	40's				96	96
44	Dana	Aguero	30's				95	95
45	Michaela	Baltasar	30's				95	95
46	Allyson	Bricker	14 19			95		95

	First Name	Last Name	Div	Res Run	Vlly Ford	Illsanjo	LoopdeLoop	Total
47	Anne	Eichenseher	30's				95	95
48	Elizabeth	Meza	40's	95				95
49	Bria	Myers	20's				94	94
50	Anna	Myers	40's				94	94
51	Lori	Barekman	50's				93	93
52	Tessa	Berg	30's	93				93
53	Jen	Clouse	20's			93		93
54	Sheila	Masi	50's			93		93
55	Sharon	Strom	30's				93	93
56	Bridget	Dempsey	40's			92		92
57	Leah	Pulis	40's				92	92
58	Odessa	Schexnaydre	30's	92				92
59	Tina	San Azzaro	40's			91		91
60	Lexy	Cruz	30's			90		90
61	Tori	Meredith	50's	90				90
62	Jessica	Aguilar	14 19			89		89
63	Suzanne	Howard	20's	89				89
64	Theresa	Manchester	50's			89		89
65	Stephanie	Roesner	30's				88	88
66	Janeth	Garcia	30's			87		87
67	Deb	DeCarli	50's	86				86
68	Megan	Basinger	30's	85				85
69	Alandra	Torres	14 19			85		85
70	Lori	Adams	30's			84		84
71	Jennifer	Ortlinghaus	40's	84				84
72	Salma	Ewing	10 13	83				83
73	Marina	James-Galvin	40's			83		83
74	Claudia	Caballero	10 13			82		82
75	Zuley	Munoz	10 13			81		81
76	Britney	Baxmen	14 19			80		80
77	Cathy	Goodwin	50's	79				79
78	Adriana	Torres	14 19			79		79
79	Rachel	Pride	10 13	78				78
80	Nancy	Abila	30's	77				77
81	Wendy	Cole	50's			77		77
82	Sara	Azat	40's			75		75
83	Anette	Niewald	50's	75				75
84	Vera	Ewing	10 13	73				73
85	Laura	Roesner	30's	72				72
86	Ruby	Garcia	30's	71				71
87	Jordan	Pride	under 10	70				70
88	Erica	Bosque	20's	69				69
89	Susan	Miller	40's	68				68
90	Michelle	Nacouzi	14-19	67				67
91	MaryAnn	Frazer	50's	66				66
92	Michelle	Thompson	40's	65				65
93	Tiffany	Ettedgui	40's	64				64
94	Jodi	Zamora	30's	62				62

	First Name	Last Name	Div	Res Run	Vlly Ford	Illsanjo	LoopdeLoop	Total
95	Renee	Garvin	40's	61				61
96	Leah	Garcia	10 13	59				59
97	Roberta	Kralj	20's	58				58
98	Stephanie	Thibault	40's	57				57
99	Leslie	Curry	40's	56				56
100	Mackenzie	Mathewson	under 10	55				55
101	Stephanie	Jones	30's	54				54
102	Kathy	Dowdall	40's	52				52
103	Mina	Ewing	under 10	51				51
104	Mary	Kern	60's	50				50
105	Nataleigh	Johnson	under 10	49				49
106	Yasmine	Zamora	under 10	48				48
107	Katelin	Riolo	20's	47				47
108	Maleah	Giron	under 10	46				46
109	Toni	Giron	40's	45				45
110	Ann	Allen	40's	44				44
111	Shaline	Echols	30's	43				43
112	Xenia	Echols	under 10	42				42
113	Maria	Howard	50's	41				41
114	Carley	Tagliaferri	60's	40				40
115	Tina	Sanazzaro	40's	39				39
116	Elizabeth	Berg	10 13	38				38
117	Alicia	Hodenfield	40's	37				37
118	Beth	Johnson	30's	36				36
119	Melanie	Nacouzi	20's	35				35

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>ERGP Race: 8 a.m. Jackrabbit 3M Cross Country, 1K for kids, Race: Avenue of Giants Marathon, Half-Marathon & 10K</p> 	<p>2</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>3</p> <p>2x1M@2M GP; walk 200, jog 600 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>4</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>5</p> <p>9.5M total with 3x6 min. at strong pace 5:30p Howarth Park</p>	<p>6</p>	<p>7</p> <p>Race: Human Race 3K & 10K, Santa Rosa 8:30a SR Creek Training Run, Railroad Square, SR</p>
<p>8</p> <p>8M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive</p>	<p>9</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>10</p> <p>800@2M GP, 600@1M GP, 2x400@1M GP, 4x200@800m GP; jog same 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>11</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>12</p> <p>8M total with 3x3 min. at strong pace 5:30p Howarth Park</p>	<p>13</p>	<p>14</p> <p>Race: Sonoma Valley Footrace, 8:00 a.m. 8:30a SR Creek Training Run, Railroad Square, SR</p>
<p>15</p> <p>12M at medium pace 8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p>16</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>17</p> <p>10x400@1M GP; walk 50, jog 350 after each 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>18</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>19</p> <p>Newsletter Submissions Deadline 9M total with 4x4 min. at strong pace 5:30p Howarth Park</p>	<p>20</p>	<p>21</p> <p>8:30a SR Creek Training Run, Railroad Square, SR</p>
<p>22</p> <p>Race: Windsor Green 5K, 10K & Half-Marathon 11M at medium pace 8:00a Trail run, Parktrail Drive at Summerfield Drive</p>	<p>23</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>24</p> <p>1200@2M GP, 800@1M GP, 600@1M GP, 2x400@800m GP; jog same 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>25</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>26</p> <p>11M total with 8M at medium-strong pace 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p>	<p>27</p>	<p>28</p> <p>8:30a SR Creek Training Run, Railroad Square, SR</p>
<p>29</p> <p>8:00a Trail run, Cobblestone Trailhead on Channel Drive</p>	<p>30</p> <p>Race: Marin Memorial Day 10K & 2.5M, Kentfield 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>31</p> <p>12x300m@1M G.P., walk 50, jog 50 5:30p Interval workout, 3390 Princeton Drive, SR 5:30p Heart & Sole Sports Jog/Run, 3-5 miles</p>	<p>1</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>2</p> <p>9M total with 8x2 min. at strong pace 5:30p Howarth Park</p>	<p>3</p>	<p>4</p> <p>8:30a SR Creek Training Run, Railroad Square, SR</p>