

*JackRabbit Derby – May 18th
FREE to Empire Runners who register online.*

The Empire Runner

May 2014

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www.empirerunners.org

President's Message

More Shoes to Fill

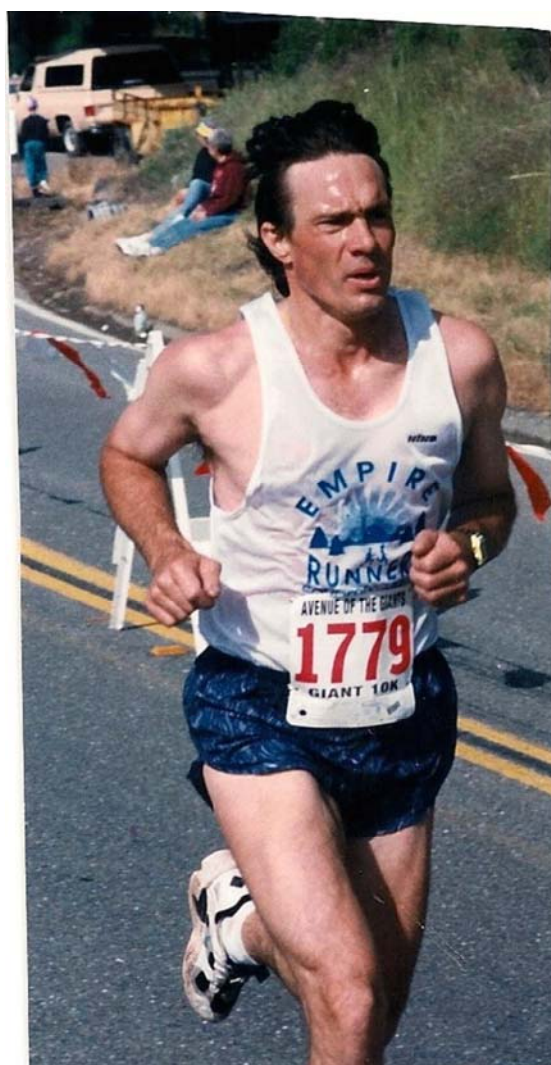
Long-time race director **Bob Merritt** will be turning in the keys to the **Annadel Loop** after this September's event. Inspired by Marin County's **Dipsea Run**, the race was first contested back in 1985 under the direction of **Mort Gray** and **Mark Miller**. Back then it was called a 5.9-mile run.

I was surprised to find my name in the results for that inaugural event. If they had awarded shirts to the top 13 finishers (as we have done for many years now), I would have snagged the last one, just a half-second behind a 40-year-old **Mike McGuire** and just one second ahead of a 60-year-old named **Mike O'Neil**. It must have been quite a finish! Too bad I have no recollection of it.

At 28, I was running in the scratch group, starting 18 minutes behind the race winner, 51-year-old **Janet Buckendahl**. I only gained half of that handicap back but ran the 3rd-best time of the day. The results show a remarkable diversity in participation and an outstanding knowledge of handicapping by Mort and Mark. The top 10 finishers all started in different handicap groups, ranging from 11-year-old **Nika Horn** (4th place) to 62-year-old **Gene DeSoto** (7th).

Guess the name of the only runner in the top ten who still races locally. That's right, **Darryl Beardall** (5th).

So here we are at the 30th annual **Annadel Loop** and the 20th anniversary of Bob Merritt's leadership of the event. The club has plenty of time to find a replacement but I'm asking



Bob Merritt at the 1997 Avenue of the Giants

someone (or some two) to jump on board early, work with Bob at this September's race and be ready to take the reins in 2015.

- Larry Meredith



The Long and Short of It Thinking about Meb and Roger

Unless you have been on a desert island you probably saw that Meb Keflezighi won the Boston Marathon becoming the first American to win in 31 years.



Clearly a man on a mission, Meb ran only with Josphat Boit from 10 miles out and was all alone from 16 miles to the finish, holding off a late surge by Chebet (Kenya).

He ran what most would agree to have been a tactically perfect race on a tough course familiar to many of us in 2:08:37.

The look of sheer joy on his face as he hit the line will live on as long as there is a Boston Marathon.

Who better to bring the joy back to this event after the tragic events of one year ago?

Who exemplifies what it means to be an American more than Meb? Like our grandparents or our great-great grandparents, he and his family came to America seeking freedom and new opportunities. Having settled here he worked hard, indeed harder than anyone else and became successful in his chosen field.

Meb now has won Boston, New York and medaled (silver) in the Athens Olympics.

What a great career. What a great American!

May 6th was just another day - one day after Cinco de Mayo and a Tuesday. It was nothing special right? Wrong!



For those of you who somehow missed it, May 6th was the 60th anniversary of the first sub-four minute mile set by the immortal Roger Bannister. On that day running on the cinders of the Iffley Road track Bannister succeeded where so many other great runners had failed.

Bannister continued to run at a very high level for only a few scant years beyond his triumph in 1954. This was part due to injury but also to his dedication to his career as a physician and research scientist.

Bannister was and continues to be the epitome of the *complete* man. Not content to ride on the laurels of a few minutes spent on the track when he was a very young man, he dedicated his life to the betterment of all men and women.

When you go out and run the mile this summer at one of the open meets, or during a training session, think about Roger and what made him tick both on and off the track and then say *thank you*.

DM Peterson

The Empire



Runner

Empire Runners of Sonoma County
Profit and Loss Budget vs. Actual
March 2014

04/06/14

	Mar '14	Budget	\$ Over Budget
Ordinary Income/Expense			
Income			
Direct Public Support	326.00	291.17	34.83
Other Types of Income	0.00	90.17	-90.17
Program Income	4,742.00	2,919.08	1,822.92
Total Income	5,068.00	3,300.42	1,767.58
Expense			
Business Expenses	417.02	0.00	417.02
Contract Services	550.00	227.92	322.08
Facilities and Equipment	426.33	79.50	346.83
Operations	1,285.56	1,159.50	126.06
Program Expenses	3,327.93	2,681.59	646.34
Travel and Meetings	0.00	3.25	-3.25
Total Expense	6,006.84	4,151.76	1,855.08
Net Ordinary Income	-938.84	-851.34	-87.50
Net Income	-938.84	-851.34	-87.50

The Empire



Runner

Empire Runners of Sonoma County
Balance Sheet Standard
As of March 31, 2014

04/06/14

	Mar 31, '14	Feb 28, '14
ASSETS		
Current Assets		
Checking/Savings		
Exchange Bank	71,571.01	72,926.87
PayPal Money Market	1,143.19	476.17
Total Checking/Savings	<u>72,714.20</u>	<u>73,403.04</u>
Other Current Assets		
Petty Cash	400.00	400.00
Total Other Current Assets	<u>400.00</u>	<u>400.00</u>
Total Current Assets	<u>73,114.20</u>	<u>73,803.04</u>
Other Assets		
Security Deposits Asset	0.00	250.00
Total Other Assets	<u>0.00</u>	<u>250.00</u>
TOTAL ASSETS	<u>73,114.20</u>	<u>74,053.04</u>
LIABILITIES & EQUITY		
Equity		
Restricted - Kenwood	30,000.00	30,000.00
Restricted - Student Grant Fund	4,391.00	4,065.00
Unrestricted Net Assets	42,473.04	42,799.04
Net Income	-3,749.84	-2,811.00
Total Equity	<u>73,114.20</u>	<u>74,053.04</u>
TOTAL LIABILITIES & EQUITY	<u>73,114.20</u>	<u>74,053.04</u>



The Empire Runners Club - 24 April 2014

Meeting called to order at 7:40 pm by president Larry Meredith

Members present: Larry Meredith Bill Browne
 William Ortlinghaus Chris Mason Luis Rosales

Members not present: Tanya Narath Paul Berg

Approval of Minutes:

Motion: To approve the minutes for 27 March 2014

Vote: Motion carried

Resolved: Minutes from the meeting on 27 March 2014 approved without modification

Officer's Reports:

Treasurer's Report: Treasurer was absent. See newsletter for report.

Secretary's Report: Reported by Will Ortlinghaus. Assignment of voting rights to recognized proxy holder for the Road Runners Club of America's 2014 annual meeting.

Committee Reports:

Apparel (Jen Ortlinghaus) - A new grey sweatshirt will be available soon (replacing the blue).

Kenwood (Val Sell) - Everything is going smoothly in preparation for the 2014 event.

Hall of Fame (Mike McGuire) - we need some fast runners for the "Hall of Fame"...

Newsletter (Dale Petersen) - discussion over what is the "trigger" for the newsletter deadline? Plus, the minutes are available online.

New Business:

- Proposal #1
Motion from Val Sell: The Empire Runners Club will move venue and course for the Resolution Run from Montgomery High School to 'A Place to Play' in Santa Rosa starting in Jan 1, 2015.
Vote: 6 in favor (1 via proxy), 1 absent
Resolution: Motion carried; Resolution run will move from Montgomery High School to 'A Place to Play' for the Jan 1, 2015 race.
- Fitch Mountain Footrace (Jerry Strong) - Information about event and solicitation for volunteers.

Meeting adjourned at 8:14 pm.



Brad's Corner

"RUNNING WITH THE BUFFALOES", by Chris Lear, The Lyons Press, Guilford, Connecticut, 2003, pp. 260

What makes this book a great read? First of all the author, Chris Lear is a runner, himself, of some repute. He ran a 4:09 mile in high school, fifth in the nation. He then matriculated to Princeton where he was an All-American 2 times and 2 time captain of the cross country team. His collegiate career ended with 2 years of plantar fasciitis and stress fractures. His history of running at a high level at a nationally ranked track/cross country university prepared him well to expose the experience of a team chasing a national championship. His writing skills were honed as a monthly contributor to Runner's World magazine. He then spent every waking minute with the University of Colorado (Buffaloes) cross country team from August thru late November (NCAA National Championship) 1998; living with the team and biking along with his "teammates" during long runs.

The book was written in a (running) journal format and his keep it real style quoted the individuals directly. I mention this as some of the language used may be offensive to some and I would recommend parents of middle school children preview the book prior to offering this to their children. With this in mind, if you can get by some of the language, I think this would still be appropriate to older high school cross country runners and it could be a

great book for team bonding during summer training.

The year was 1998, and Coach Mark Wetmore had his University Of Colorado Cross Country team poised for a run at a national championship led by Adam Goucher the odds on favorite for the individual title. The summer training went well but it wasn't long before a series of events and injuries began to unravel this show. You will need to read the book because to give any more details will ruin the timing and experience of this well written story. What you will find though is an appreciation of the coaching style of Mark Wetmore and his Lydiard laced training program. You will know the team members, especially Adam Batliner, Friedberg, Roybal, Slattery, Severy and of course Goucher. You will feel like you are on the inside, one of the teammates, experiencing and feeling what it is like to run and race with a national caliber team. As a teammate, you will experience friendship, hardship; the highest highs and the lowest lows. You will bond with this team, this coach, this story. You will bask in the 'glow'. You will not want the season to end.

This is a 5 star book and a must read. It is a pillar of your running book library. Run don't walk to the library, bookstore or your computer to pick this up. I predict you may want to own this one.

Rating ***** 5/5

Jack Rabbit Derby 1992-2013

All Time Top Finishers

Men				Women			
1 – Luis Luna	2011	15:08		1 – Jacque Taylor	2007	17:32	
2 – Jaime Silva	2013	15:18		2 – Julie Nacouzi	2010	17:46	
3 – Kenny Brown	1994	15:29		3 – Michelle Nielsen	1995	17:50	
4 – Efren Reyes	2013	15:34		4 – Eileen Vukicevich	1992	18:11	
5 – Eric Walker	1995	15:44		5 – Cathy DuBay	2002	18:12	
6 – EJ Bohn	1995	15:51		6 – Lura Damiano	1992	18:19	
7 – Scott Pierce	1994	15:59		7 – Christi Holligan	1993	18:29	
8 – Louis Garcia	1992	16:03		8 – Val Sell	2002	18:47	
9 – Epi Nunez	2011	16:03		9 – Nicole Lane	2011	18:55	
10 – Tyler Harwood	2013	16:08		10 – Kim Conley	2003	19:16	

Jack Rabbit Derby All Time Top Three per Division

Boys 12 & Under				Girls 12 & Under			
1 – Daniel Pride	2012	18:34		1 – McKenna Sell	2013	21:44	
2 – Job Skandera	2013	19:15		2 – Kristin Charles	1997	22:21	
3 – Kevin Poterake	2007	19:23		2 – Jaime Feldman	2002	23:03	
Men				Women			
13 – 19				13 - 19			
1 – Luis Luna	2011	15:08		1 – Jacque Taylor	2007	17:32	
2 – Jaime Silva	2013	15:18		2 – Julie Nacouzi	2010	17:46	
3 – Efren Reyes	2013	15:34		3 – Nicole Lane	2011	18:55	
20-29				20-29			
1 – Kenny Brown	1994	15:29		1 – Cathy DuBay	1994	18:43	
2 – Eric Walker	1995	15:44		2 – Carly McCready	2011	19:42	
3 – EJ Bohn	1995	15:51		3 – Melanie Lovrin	2006	20:02	
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 – Stephen Agar	2013	16:48		2 – Val Sell	2006	19:54	
50-59				50-59			
1 – Dan Preston	1992	17:06		1 – Ann-Marie Von Hoene	1995	20:22	
2 – Karl Greipenberg	1994	17:38		2 – Tori Meredith	2010	21:20	
3 – Jerry Lyman	1999	17:43		3 – Sylvia Moffett	2012	22:16	
60-69				60-69			
1 – Mort Gray	1992	19:19		1 – Shirley Fee	2009	25:45	
2 – Darryl Beardall	1999	19:50		2 – Pam Horton	2004	29:59	
3 – Jerry Lyman	2009	20:22		3 – Kathy Kelly	2013	30:35	
70-79				70-79			
1 – Bernie Hollander	2007	23:57		No Finishers to Date			
2 – Darryl Beardall	2007	25:31					
3 – Ernst Bohn	2010	26:08					
80+				80+			
1 – Carl Jackson	2013	30:45		No Finishers to Date			
2 – Charles Hoagland	2008	35:45					

May 2014

April 2014

S	M	T	W	T	F	S
1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2014

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2014

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

grouptraining@empirerunners.org


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 11M Trail Run 8:00 AM Channel Drive ... Night Sweats Trail Marathon	28 7:00 PM 1932 Yolo Court, SR	29 800m; 2x60...00m; 4x200m 5:30 PM Heart & Sole Run 5:30 PM Interval Training	30 5:30 PM Fleet Feet Run	1 9.5M with 3x...t Strong Pace 5:30 PM Howarth Park	2	3 8:30 AM Railroad Square, SR 9:00 AM Roseland Fun Run
4 8M at Medium Pace 8:00 AM Parktrail Drive	5 7:00 PM 1932 Yolo Court, SR	6 2x1600m at 2M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM Interval Training	7 5:30 PM Fleet Feet Run	8 8M with 3x3...t Strong Pace 5:30 PM Howarth Park	9	10 8:00 AM Human Race 10K & 3K 8:30 AM Railroad Square, SR
11 12.5M at Medium Pace 8:00 AM Channel Drive 8:00 AM Spring Has Sprung 10K & 5K	12 7:00 PM 1932 Yolo Court, SR	13 10x400m at 1M Goal Pace 5:30 PM Interval Training 5:30 PM Heart & Sole Run	14 5:30 PM Fleet Feet Run	15 4.6M w/4x6...at Strong Pace 5:30 PM Howarth Park	16	17 8:30 AM Railroad Square, SR
18 8:00 AM Parktrail Drive 8:00 AM Windsor Green HM, 10K, 5K 8:15 AM Jackrabbitt Derby 3M XC	19 7:00 PM 1932 Yolo Court, SR	20 1200m, 800...00m, 2x400m 5:30 PM Heart & Sole Run 5:30 PM Interval Training	21 5:30 PM Fleet Feet Run	22 6M w/Short Hill Repeats 5:30 PM Howarth Park 7:30 PM ER Club Meeting	23	24 8:30 AM Railroad Square, SR
25 9M at Medium Pace 8:00 AM Channel Drive	26 8:00 AM Marin Memorial Day Races 7:00 PM 1932 Yolo Court, SR	27 12x300m at 1M Goal Pace 5:30 PM Interval Training 5:30 PM Heart & Sole Run	28 5:30 PM Fleet Feet Run	29 10.5M with 7...-Strong Pace 5:30 PM Howarth Park	30	31 8:30 AM Railroad Square, SR

Summer Track Series

at Montgomery High School

1250 Hahman Drive
Santa Rosa

Meet Dates:
(Every Other
Tuesday)



Again this year:
Shot Put! Discus
Throw! Long Jump!
Triple Jump!

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
 - 2 Mile Run
 - 5000 Meter Run

• 4x400 Meter Relay*

* Replaced by Distance Medley Relay in August 5 meet

June 10

June 24

July 8

July 22

August 5

All ages and levels of ability are welcome. Heats are separated by ability level and/or age groups. All finishers timed (except kids' 100 & 200) and results published in the Empire Runners Newsletter.
Information: Paul Berg

scholarship@empirerunners.org

Entry Fee:

**\$5 for entrants
aged 13-and-
over**

**\$2 for 12-and-
under**

**No limit on
number of
events**

**Free for Empire
Runners Club
members who
register on line:
www.empirerunners.org**

Benefits Montgomery High School Cross Country Team

Directed by the Empire Runners Club of Sonoma County

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



Renew Online at www.empirerunners.org and click on "membership"

MARK YOUR CALENDAR!

Sun May18	Jackrabbit Derby – Spring Lake – 8:15am
Sun May18	Windsor Half Marathon – Windsor Town Green – 8:00am
Sun May22	ER Club Meeting – MV RoundTable – 7:30pm
Mon May	Marin Memorial Day Race – Kentfield– 8:00am
Sun Jun 1	Hit the Road Jack – Sonoma Plaza – 8:00am
Sun Jun 8	Fitch Mountain Footrace – Downtown Healdsburg – 8:00am

2014 BOARD MEMBERS and Contacts

President Larry Meredith 707 526-4536 boardofdirectors@empirerunners.org	Vice-President Bill Browne 707 528-7963 boardofdirectors@empirerunners.org	Secretary Will Ortlinghaus 707 480-7369 boardofdirectors@empirerunners.org
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