

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

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- 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