

# Empire Runners Sonoma County, Ca.

## November 2001 Newsletter

Volume XXVI, Number 11



### The Relay Pick of the Vine Takes 2<sup>nd</sup> Place

(Left to right: Shelly Lydon, Jenny Surprise, Cindy Roach, Robin Stovall, Tori Meredith, Lisa Youmens, Deb Murray, Val Sell, Mary Rogers, Marie Jordan, Laurie Martin. Not pictured: Sue Marcus and Terry Benedetti.)

#### By Shelly Lydon

For the second year now, Pick of the Vine, an all-woman team made primarily of Empire Runners, made their way from Calistoga to Santa Cruz in this year's Providian Relay. The race is a 200-mile odyssey of 12 runners, two vans and two weary drivers (with nerves of steel). The goal is to raise awareness about the importance of organ donation. This year, the race was in honor of Nicholas Green, the young boy from Bodega who donated organs to five Italians when his life was cut short on a family vacation.

While our team managed to shave about 1:20 from last year's time to finish in 27:26:46, Pick of the Vine will forever be known for a few other things unrelated to running. Empire Runners Newsletter, November 2001

If anyone out there has ever done this race or Hood to Coast, you know that you end up hanging out with the other teams along the way. Well, we got to talking to one of the many teams from Texas who boasted they had some beer on board and offered us some. No thanks, we responded, got five cases of our own, pointing to the Lagunitas poster on the side of our van. Sponsor #1. Did we mention Clos du Bois? They gave us all (including the drivers) fleece jackets and T-shirts, embroidered with our team name. Sponsor #2. We didn't have time to mention the others before we had to pile back in the van and head to the next exchange. So if you're out there, Team Texas, here's the rest of the list: Thrifty Car Rental provided two 15-passenger vans, Empire Runners took care of gas money, Fleet Feet donated 12 cool-max singlets, Stanley

## The Relay (Continued)

Steamer took care of the two hotel suites we used in between exchanges. Come on! You can't do this race without a massage after each leg – are you crazy!!! A special thanks goes out to our team masseuse, Jenny Surprise. Without Jenny, it would NOT have been possible. So, the other teams would bow to us as our van passed by; we were – without a doubt – the Best Sponsored Team. [We recommend Jenny for your sports massage needs. She is excellent. Unfortunately, she will be out for about 6 weeks recovering from a bicycle accident, but keep her number handy: 799-8094.]

With all that support, we better run well, right?! We placed 2<sup>nd</sup> in our Sub-Masters division with a time that would have placed us 2<sup>nd</sup> in the Open Women's division as well. All told, we were the third all-woman team. Van 1: Driver: Jerry Roach, Runners: **Cindy Roach, Val Sell, Tori Meredith, Robin Stovall, Terry Benedetti, Mary Rogers.** Van 2: Driver: Jess Murray, Runners: **Laurie Martin, Deb Murray, Sue Marcus, Lisa Youmens, Marie Jordan** and myself. Race conditions were sweltering. You may recall the weekend when temperatures reached the 90s in San Francisco. We had some stellar performances in Van 1 from Val and Tori. They really smoked their legs and put us ahead of our predicted time. We also had some heroics when Cindy had a problem with her right ankle and Val had to step in to finish that leg and run her leg right after. To top it off, Val ran half of Tori's final leg with her for support – 3.1 miles straight up in the Santa Cruz Mountains. It was no walk-in-the-park for Van 2 either which took on some of the longer legs in the race. As I started my first leg over in Sonoma, a bystander cautioned my pace and asked me if I knew what was in store. Well, not exactly. I got to the top of the Sonoma Mountains and then hit a trail that brought me down into Petaluma, 9 miles later. Unfortunately, I couldn't enjoy the view and had to keep my eyes on the trail as it was dark by this time. We all enjoyed the balmy nighttime temperatures – even through San Francisco along the Great Highway where the bon fires were blazing. We had to explain to some "first timers" that "Road Kill" did not mean the dead animals along the road but the other runners you pass on your leg. We keep a running tally on the side of the van. Van 2 had some impressive numbers with help from Marie, Lisa and Laurie. However, I think Val's number surpassed the total number for Van 2! Both vans combined, we passed almost 100 runners. (We don't count the ones that pass us.)

So, are you still wondering about the second thing our team will be famous for? Christmas lights. Thanks to Jess Murray, we were quite the hit when nighttime rolled around. He rigged up some lights that lit up Van 2 like a Christmas tree! It was also a good way for Van 1 to spot us in the sea of vans at the 2:00am exchange out at the Cheese Factory. Next year you can count on more than a few teams to follow suit.

Pick of the Vine would like to thank the Empire Runners and the rest of our sponsors for their support. You spoiled us! We encourage everyone to find a team and take part in next year's Relay. It's a blast – especially when you go first class.

# President's Message

## Hall of Fame: RIP?

Since last March the Hall of Fame Committee, led by **Phil Widener** with **Dave Sjostedt, Larry and Tori Meredith, Dan Preston, Linda Phaby**, and myself, has been wrestling with the task of establishing an Empire Runners Hall of Fame. **Ralph Harms** originally suggested the idea as a way of recognizing and honoring the achievements and contributions of long-time Empire Runners. Meeting several times and communicating regularly by email, the committee first tried to determine criteria to qualify for the HOF, then attempted to come up with a list of candidates—the inaugural class of 2001 of the Empire Runners Hall of Fame.

We struggled. We knew we had to honor the great club runners as well as those who helped to build the club and to hold it together, but this isn't like a professional sport in which one has a career and then retires. Does a hall of famer have to be an older guy or gal? How old? Some of our most renowned runners made their names in their youth and then faded away. Some didn't excel at all until their older years as age-group standouts. What about our local teenage phenoms who won national championships but whose participation in ERC races and club activities was marginal? Or, how about that Legend Guy who really runs for that other club?

The Empire Runners Club is over 25 years old. Most current members wouldn't even recognize the names of many who helped found the club and kept it going in its infancy. But there are also members, still active, who literally saved the club from extinction or whose energetic input elevated the club to the place it is today. They deserve to be in the Hall of Fame. When do they get in?

Names and more names kept popping up. Do we select a group of 5 or so this year and then add 2 or 3 a year? And how do we select this group? Some who deserve to be recognized now won't get in for years. And, it's not like we can compare batting averages or career homeruns. It's not like we can even compare 10K times. The achievements and contributions vary so widely. It's not even like comparing apples and oranges; it's apples, oranges, bananas, tomatoes, and Studebakers.

Apparently, the club grasped the dilemma of our task. We've been soliciting HOF nominations from the membership for several months. We've had only two responses.

As the committee deliberated our Hall of Fame choices, two things became very clear. This club needs to pay homage to a special group of its members who have excelled as runners or who have made exceptional contributions to our club or to the larger running community. And, second, the club needs to tell its history so it's not lost to posterity and so newcomers can get their bearings and learn who's who and how it all began.

Here's the tentative plan: Unless we hear a loud protest, we're not going to select a hall of fame. Instead, the committee will set about to write a brief history of the Empire Runners Club that will be published on our website. Names mentioned in that history will be linked to biographical webpages for each of those individuals that will list important data and include a paragraph or two elaborating the significance of that person's achievements or contributions. In

addition to the historical summary, lists of past club officers, newsletter editors, and the like, as well as a list of outstanding club runners, past and present, will be included, again with links to biographical webpages.

Some of the groundwork for the historical summary and for these biographies has already been completed, but it's a large undertaking that will take some time. All club members will be invited to contribute. Yes, many things still need to be figured out. The subject is on the table for the October club meeting. The committee members invite your comments.

#### PA/USATF XC Grand Prix Update

With seven races down and three to go ER Open Men hold onto a three-way tie for first place. Men's Senior team has a solid third place. Individually, Men's Open: **Ken Brown**, 5<sup>th</sup> place; **Eric Bohn**, 8<sup>th</sup>; **Jacob Busienei**, 15<sup>th</sup>; **Gary Blanco**, 18<sup>th</sup>. Men's Masters: Ty **Strange**, 1<sup>st</sup> place.

#### Yahoo Yoohoo

For those interested: We have a web message board at <http://groups.yahoo.com/group/empirerunners>. Just sign on and sign up. It's free.

-Jerry Lyman



### Chicago Marathon Oct. 7, 2001

## “Getting There: 26.2”

By Mady Stewart

After running the Boston Marathon in April, I thought no marathon could compare, but the Chicago Marathon is a close second. Perfect race conditions: crisp, clear, 36 degrees and not a trace of wind. Like **Eric Bohn** told me- flat and fast. If you want to set a PR, Chicago's the marathon.

At the expo the day before the race, I checked out the pace team booth and spoke to the man leading the 3:20 pack- my admitted goal was 3:25, but secretly 3:20. After some interrogation, Greg (the pace leader) told me he was training for New York Marathon and going for 3:00, so I decided to entrust my PR to him. Race morning I ate my lucky breakfast- coffee, Gatorade, cliff bar and GU (in that order but NOT at the same time!). I left my husband in bed and bundled up heading to the start line. I found the sweat bag drop off and proceeded to strip down and drop off my bag. I then waded through the crowd of 37,500 runners to the front and found my pace team, approximately 40 runners; I was 1 of 4 women. Next, a warming rendition of the National Anthem and a minute of silence for the victims of Sept. 11<sup>th</sup> you could've heard a pin drop in the crowd of thousands. The gun went off and I said a prayer to hit my goal and finish vertically, not horizontally!

The first 3 miles was mayhem- full of kicks and jabs, but we runners are a polite bunch so I would get a nice “sorry” or “excuse me” with every blow. Finally, by the 10k mark, Empire Runners Newsletter, November 2001

the crowd thinned a bit. I kept Greg- my pacer- about 10 yards in front of me and concentrated on that “3:20” number on the back of his hat. The miles ticked away and before you know it we were at the half at 1:40ish. At mile 18, nature called and I hit the portapotty telling myself to hurry so I could quickly catch up with my pacers. I got back in the race and reached in the back of my shorts for my hat that I stuffed there at mile 10- it wasn't there. I chuckled to myself- my hat must have literally fallen in the portapotty! Oh well! I shot some GU and tried to find my team, but to no avail. At mile 20, the familiar tightness in my legs and back and I told myself Greg was gone, it was up to me to keep up the 7:45 pace. Mile 21, 22...now I was getting some stomach cramps, I pictured **Veronica Pineda** next to me saying, “Good job, you're almost there”. Mile 23... it can't be coincidence that “ER” not only stands for “Empire Runner” but also “Emergency Room”. Mile 25... my watch said 3:15- I was getting cramps in my quads too. I thought about **Kenny Brown's** e-mail saying “run the last part with your heart” and I was remembering today was Oct. 7<sup>th</sup>, my 7<sup>th</sup> marathon, and I got lucky #7 at the Loop- this is my day. I begin to see runners walking and laying on the side of the road. My toe hurts! I must ask **Doc Isabeau** how many toenails the human body can regenerate in a lifetime. Around one last corner and there was the chute! I did my usual screaming with hands in the air and I crossed the chip mat and stopped my watch and there it was- 3:23:19! I'll take it! What an awesome feeling and as I looked up I saw a huge TV monitor that said “Congratulations a New World Record for Catherine Ndereba in 2:18:27”. Wow! The men's winner was Ben Kimondiu in 2:08:52. I got a picture, a medal, retrieved my sweat bag and hobbled back to my hotel room. Everywhere were American flags and I thought about all the people lost in the terrorist attacks and I thanked God for the health to be a runner and I thought of all the people I need to thank who got me to the finish line.

To begin, one enormous thanks to the most thoughtful, humble person I know- **Veronica Pineda**. If you've met Veronica you know she does not have an egotistical bone in her body and she is capable of great things in her running future, I'm so proud to call her my coach. She was there every Thursday morning at 5:30am running repeats with **Sally Schlich** and me, getting stung by bees and nearly trampled by deer, at a pace that was leisure for her, but never complaining. Veronica was there every Sunday morning at 6:30am for our long, *slow*, runs, always giving us support and telling us “good job!” I thank **Kenny Brown** too, never too busy to give some great running tips and sending a good luck e-mail. I also thank **Doc Isabeau** for all the tune-ups and pep talks. Also, my teammate **Sally Schlich** who qualified a second time for Boston at Twin Cities, the same day, with a finish time of 3:44. And last but not least, my husband/babysitter and two little girls always there to give me a hug when I'm sweaty and caked with mud after a long trail run. Empire Runners is an amazing group of people of all shapes, sizes, ages and paces and every story I read in the newsletter keeps me inspired and motivated. So for now, I've set my marathon PR the same day a new marathon world record has been set, I will never forget my summer of '01 training with Veronica and Sally- thank you both!



**Empire Runners of Sonoma County  
Monthly Meeting Minutes  
September 16, 2001**

The September meeting of the Empire Runners was called to order at 7:37, September 27, 2001, Jerry Lyman presiding. Minutes of the August meeting were accepted as read.

**Reports:**

**Treasurer:** Rick Peters reported that there was yet another bookkeeping error. However, with a checkbook balance of \$18,391.69 and cash available of \$17,755.69 we are still in good shape.

**Hall of Fame:** There are currently 10 nominees for the hall with a deadline of October 30<sup>th</sup> looming.

**Speaker:** We will have a guest speaker at the October meeting. Ron Wayne will address the group on the topic of running shoes.

**Information Booth:** The Empire Runners will have an information booth at the Harvest Fair Footrace. Dale Peterson is coordinating

**Summer Camp:** Three ideas were proposed: 1) The participants pay all costs, 2) The club pays all costs, 3) An equitable split. Each participant pays \$6.00. Proposal 3 carried with George, naturally, dissenting.

**Trailer:** We will make one more attempt to have Jim Velou (?) look at our trailer to see if repairs are practical. Val reports that a good quality trailer should be available in the \$1300-1600 range.

**Walkie-talkies:** More research is warranted.

**Finish chute bases:** Pricing for replacements was obtained. However, feedback based on first hand experience of club member Bob Finlay indicates that there may be some unforeseen problems with replacements. We are going to look in to lightening the bases that we have because they are wonderful, already paid for and I made them.

**Mandate from Heaven:** Jerry read a well-crafted letter to Joe Morello regarding the use of the JC track. It was moved to send the letter to Joe.

**New Club Event:** Jerry spoke to Marc Richardson about a new event in the new Santa Rosa Greenway, possibly for the spring of 2003. More discussion to follow with city councilman Robinowitz.

**Cash Give Away:** Can we donate cash to high school running programs? Larry Meredith, Dan Preston, Rick Peters, Bob Finlay, Dave DeSelle and Mojo were named to the Empire Sweepstakes committee.

**Club Party:** Mojo will have a report on the availability of the Santa Rosa Vets hall next month.

**Kenwood Tee Shirt Contest:** Val read a brief on the rules of engagement to govern the competition and participation in the high school art program to design. She will lay out the final rules for year one. \$325.00 was allocated as the purse.

**Race Review:**

**Empire Open:** With 190 participants there was a net take of about \$1500 after costs including a \$775.00 purse.

**Annadel Loop:** \$200 was allocated to the Montgomery High School team for monitoring the course, which George opposed.

**PA: Results** are slow coming but will be posted as soon as possible. Ty Strange leads the Masters Division. The open team has the overall lead in their division.

**Race Preview:**

**Shiloh Ridge:** Rick Peters is still in need of course monitors. Lisa Isabeau will see if she can recruit the Analy cross Country team to monitor.

**Napa to Santa Cruz:** No report.

**Old Business:**

None

**New Business:**

**Software:** Funds were allocated to provide Adobe Acrobat to Larry Meredith for club use.

**Club Singlet:** Should the club provide a singlet to members who participate in at least 4 PA events?

**Raffle:**

Monthly raffle: Bob Finlay  
Monthly drawing: Robert Collins

Respectfully submitted,  
Mojo De Scribe

**Attendance:**

Dale Trowbridge	Rick Peters	George Urdzik
Dave DeSelle	Dan Preston	Don Sampson
Larry Meredith	Jerry Lyman	Mojo
Bob Shor	Bob Finlay	Marlene Peters
Phil Widener	Liz Sinna	Carl Jackson
Val Sell		

**Bill Browne Reports**

**FLEET FEET GRAND PRIX**

Grand Prix Standings by Age Group thru The Loop													
PI O'all	Men	Age Grp	Res olut	Vlly Frd	llsa njo	loop x2	jack rbbt	trac k	trac k 5k	ken wud	sal mn	loop	Tot al
75	JONATHON MARTINDILL	<14		100									100
87	QUINN COUGHLIN	<14								95			95
95	BRYAN BEI	<14								86			86
101	MAX COUGHLIN	<14								82			82
103	ALEXANDER FUNG	<14								81			81
120	JAIME FELDMAN	<14	57										57
30	GREG DE SELLE	14-19	69			73		100	88	87			417
44	REGAN MASI	14-19						75	97	98			270
51	JORDAN KINLEY	14-19						25	99	100			224
55	NICK MILLAR	14-19	97							99			196

### Grand Prix Standings by Age Group thru The Loop

Pl O'all	Men	Age Grp	Res olut	Vlly Frd	llsa njo	loop x2	jack rbbt	trac k	trac k 5k	ken wud	sal mn	loop	Tot al
56	KIRK BRANDT	14-19	98		97								195
58	SILAS STAFFORD	14-19		99						90			189
68	JASON FUNG	14-19						50		92			142
77	BRIAN TUOHY	14-19		99									99
78	BILL TUOHY	14-19		99									99
79	BRUCE TUOHY	14-19		99									99
80	CHASE STAFFORD	14-19		99									99
83	JEFF GARDINA	14-19								96			96
92	PATRICK BAND	14-19								88			88
17	BRIAN D. PURCELL	20-29	94	100		75		100	98	97			564
35	ERIC DOWNING	20-29	91	100	97	88							376
62	JOSH DORRIS	20-29						75		99			174
65	MARC VAN RIPER	20-29	73							83			156
67	JASON DeSelle	20-29						50		97			147
81	SEAN FITZPATRICK	20-29	96										96
90	CHARLIE ANDERSON	20-29				91							91
106	PHIL STEPANEK	20-29										76	76
8	KENNY BROWN	30-39	99	99	99	99	100	75		100			671
18	ALEC I'SABEAU	30-39		100	98	100	89			75		100	562
23	CARL TRIOLA	30-39	60	98	74		91	25	89	75			512
25	PETER KIRK	30-39			89	58		75	94		96	68	480
31	BRYAN WEHMYER	30-39	79		81					91	90	67	408
38	ERIC BILLETER	30-39	75		83		93			85			336
43	CHRIS HENRY	30-39		98	75	72				63			308
53	ERIC BOHN	30-39			72			50	100				222
69	MICHAEL VILORIA	30-39								76		62	138
70	BRETT BRYARS	30-39			70							56	126

### Grand Prix Standings by Age Group thru The Loop

Pl O'all	Men	Age Grp	Res olut	Vlly Frd	llsa njo	loop x2	jack rbbt	trac k	trac k 5k	ken wud	sal mn	loop	Tot al
100	JEFF SHAVER	30-39								84			84
113	MIKE NUMAINVILL	30-39				66							66
115	JASON BRAVOS	30-39										64	64
119	ALEX COGNATA	30-39										58	58
1	STEVE STRKWOTHER	40-49		100	95	94	99	125	95	94	94	84	880
3	DALE PETERSON	40-49	76	96	82	80	100	100	91	75	91	73	864
5	GREG CLEMENTI	40-49	95	100	93		81	50	96	95	95	86	791
7	BOB FINLAY	40-49	87	97	87	68	96	50	92	75		79	731
10	MARK CURRAN	40-49	88	100	92	96	75				99	91	641
13	JOHN ANDERSON	40-49	75	97	75	54	75	75		75		61	587
15	TY STRANGE	40-49	100	99	100	100	75				100		574
16	SCOTT AMES	40-49	89	99	100	89				98		96	571
19	JOHN ROYDSTON	40-49		100	86	100	98			75		100	559
28	LARRY MEREDITH	40-49	75	99	98		75	25				75	447
33	TONY SMYTH	40-49	78		88	78		75				77	396
37	TIM STEWART	40-49					75	200				75	350
41	TOM HINDE	40-49	74	96			75			73			318
42	MIKE WEDDINGTN	40-49						50		75	98	89	312
47	ROB MAIN	40-49	83		89					93			265
49	ED FELDMAN	40-49	65	99	91								255
54	DAN ALDRIDGE	40-49		100				25				90	215
57	BRIAN PURCELL	40-49				98						97	195
60	DENNIS FAGENT	40-49	82	98									180
61	PETER GANG	40-49		95						82			177
66	DOUG SHROCK	40-49								83		66	149
71	RICHARD FLORES	40-49		100				25					125
73	MIKE STAFFORD	40-49				83		25					108

### Grand Prix Standings by Age Group thru The Loop

PI O'all	Men	Age Grp	Res olut	Vlly Frd	llsa njo	loop x2	jack rbbt	trac k	trac k 5k	ken wud	sal mn	loop	Tot al
74	MARK MARTINDILL	40-49		100									100
76	LOU GARCIA	40-49						25		75			100
82	BILL BAKER	40-49			96								96
85	JIM MC CRAY	40-49		95									95
86	JEFF BELL	40-49			95								95
97	BOB ROGERS	40-49										85	85
98	JOHN CULLEN	40-49	84										84
99	DON LINDSAY	40-49				84							84
105	DAVE GOODWIN	40-49								78			78
109	JOHN PAUL MCINTOSH KING	40-49								71			71
112	EDDIE FREYER	40-49								67			67
118	MICHAEL PALLATRONO	40-49										59	59
123	KEN GRAY	40-49										53	53
2	ERIC NORDVALD	50-59	71	97	90	60	75	125	93	94	93	70	868
4	D. PRESTON	50-59	92	100	99	90	95	75		96	97	98	842
6	DAVE DE SELLE	50-59		97	100	57	90	75	87	89	89	69	753
12	JERRY LYMAN	50-59	90	99	96	75	75			75		95	605
14	DON SAMPSON	50-59	77	100	78	67	88			80	87		577
20	RICK PETERS	50-59	61	94	89		75	25		75	86	52	557
21	BILL BROWNE	50-59	81	99	90	86	94	75					525
22	PHIL WIDENER	50-59	67	100	84	77	92	25		79			524
24	LES BRODIE	50-59	66	96	77		87				88	78	492
26	BREND HUTCHINSN	50-59	86	98	85						92	92	453
29	TERRY MCNEILL	50-59	59	100	71	55				64		88	437
34	JON HERMSTAD	50-59		97	94	95						93	379
36	ROBERT HOLLAND	50-59	80					100	90	87			357
39	WES BEESON	50-59	70	99	80		85						334
45	GIL MORENO	50-59			92		86			91			269

### Grand Prix Standings by Age Group thru The Loop

PI O'all	Men	Age Grp	Res olut	Vlly Frd	llsa njo	loop x2	jack rbbt	trac k	trac k 5k	ken wud	sal mn	loop	Tot al
50	RICH HOWELL	50-59			88		82			62			232
52	PETER VERB-BROW	50-59				71				77		74	222
63	TIM STAFFORD	50-59		99						70			169
64	WALT BALES	50-59				81						80	161
91	ANDREW JENSEN	50-59								89			89
94	TOM ANDERSON	50-59								86			86
96	BRUCE BOWIE	50-59								85			85
102	RORY POOL	50-59								81			81
104	SHELBOURN E FUNG	50-59								80			80
107	REY CORONA	50-59	72										72
108	ANDREW HIDAS	50-59								72			72
114	WARREN HUBER	50-59								66			66
122	JOHN HUDSON	50-59										54	54
9	DARRYL BEARDALL	60-69	85	100	79	85	78	0		74	85	75	661
11	GEORGE URDZIK	60-69	58	100	87	52	80	25		75	84	50	611
27	MORT GRAY	60-69		98	94		84			90		82	448
32	CARL JACKSON	60-69	64	100	75		83			84			406
40	ERNST BOHN	60-69	63	99	73	69		25					329
46	DALE TROWBRIDG	60-69					79	50		88		49	266
48	RALPH HARMS	60-69	68	98	93								259
72	GIL JUNG	60-69				51				65			116
84	DAN TUOHY	60-69		95									95
88	BERNIE HOLLANDER	60-69								93			93
89	JOHN LANDER	60-69								92			92
93	DALE LEYHE	60-69			86								86
110	GARY AUDIS	60-69										71	71
111	RAY YOUNG	60-69								68			68
116	BRUCE SCOTT	60-69										63	63

Grand Prix Standings by Age Group thru The Loop													
Pl O'all	Men	Age Grp	Resolut	Vlly Frd	llsan njo	loop x2	jack rbbt	trac k	trac k 5k	ken wud	sal mn	loop	Tot al
59	CHARLES HOAGLAND	70+			69					61		51	181
117	JOHN LE BARON	70+								59			59
121	JIM ARTHURS	70+										57	57

Grand Prix Standings by Age Group thru The Loop													
Pl O'all	Women	Age Grp	Resolut	Vlly Frd	llsan jo	Loop x2	Jack rbbt	trac k	trac k 5k	ken wud	sal mon	loop	Tot al
21	JENNIFER MARTINDILL	<14		100						95			195
36	JOSEPHINE TUOHY	<14		99									99
48	JAIME FELDMAN	<14					93						93
62	ASHLEY FREYER	<14								84			84
18	JENNY ALDRIDGE	14-19		100				50		100			250
19	ANNA SHAVER	14-19						25	96	97			218
34	KRISTIN CHARLES	14-19								100			100
33	ROSE FLORES	14-19		100									100
37	JULIANNE BAKER	14-19								99			99
43	LAUREN CHARLES	14-19								96			96
46	ARIANNA VIBISCAR-BROWN	14-19								94			94
61	NAOMI BISAGNO	14-19								86			86
6	VERONICA PINEDA	20-29	100	99	100	97		75			99		570
20	NICOLE DISHER	20-29		100						98			198
40	IRIS DUNKLE	20-29		97									97
41	TIFFANY BOWIE	20-29								97			97
44	KATIE STAFFORD	20-29								96			96
52	ARIANNE SPERRY	20-29			91								91
1	VALERIE SELL	30-39	97	100	98	82	99	75	100	99	100	100	950
2	LIZ SINNA	30-39	96	100	97	76	75	25	98	75	98	83	823
3	LISA ANDERSON	30-39	88	98	84	53	88	100		75	95	55	736

Grand Prix Standings by Age Group thru The Loop													
Pl O'all	Women	Age Grp	Resolut	Vlly Frd	llsan jo	Loop x2	Jack rbbt	trac k	trac k 5k	ken wud	sal mon	loop	Tot al
10	LESLIE CURRY	30-39			99		95	75	97				72 438
11	SHELLYLYDN	30-39	99		99	92				100			390
13	KATHY VAN RIPER	30-39					97	75	99	94			365
14	MADY STEWART	30-39	95							92		94	357
16	SALLY SCHALICH	30-39					79	94		88		81	342
24	CATHY DUBAY	30-39	92							95			187
27	CAROL DUBAY	30-39	93							81			174
29	DEB MURRAY	30-39					65			98			163
31	LAURIE MARTIN	30-39					64			91			155
32	TANYA NARANTH	30-39					63					65	128
39	TERRY BAKER	30-39			97								97
45	KATHY DOWDALL	30-39			95								95
57	SHERYL ENDERS	30-39								89			89
4	LISA ISABEAU	40-49		100	96	74	96	75		75	96	75	687
5	AMY GANDY	40-49	90	100	85	56	91	25		75		60	582
7	ROBIN STOVALL	40-49		95	94	71				93	97	87	537
8	ANNA DERHO	40-49	91	94	86	59	90			82			502
9	TORI MEREDITH	40-49	98	100		87	98					99	482
12	CHRIS MARTINDILL	40-49	94	100	92					86			372
15	SUE MARCUS	40-49			93	70	96			90			349
17	NANCY WRIGHT	40-49		100	91					83			274
22	JANET FELDMAN	40-49			100		92						192
26	DIANNE PALECZNY-STEVENSON	40-49			98					79			177
35	KARI MASTROCOL	40-49		99									99
38	MARCIA SEIM BOSSIER	40-49			98								98
42	MARY ROGERS	40-49			96								96
47	LINDA SOMERS	40-49									94		94
49	SANDRA MAURER	40-49									93		93



Grand Prix Standings by Age Group thru The Loop													
Pl O'all	Women	Age Grp	Reso lut	Vlly Frd	Ilsan jo	Loop x2	Jack rbbt	trac k	trac k 5k	ken wud	sal mon	loop	Tot al
53	CATHY CHARLES	40-49								91			91
55	CHERYL COLLINS	40-49					89						89
56	SARA FUNG	40-49								89			89
58	BETH ANN MCINTOSH-KI	40-49								88			88
64	SHEILA MASI	40-49								80			80
65	GWENCREW	40-49					75						75
67	CINDY ROACH	40-49				63							63
23	PAM HORTON	50-59		100	89								189
25	LESLIE HOWELL	50-59					87			93			180
28	SHERRI GUINN	50-59	89							77			166
30	JOAN BENNETT	50-59	87							75			162
50	MARILYN CALDERON	50-59								92			92
54	JUDY MCNEIL	50-59								90			90
59	EDDA STICKLE	50-59								87			87
66	MARLENE PETERS	50-59								75			75
68	DEBORAH HODESSON	50-59				61							61
51	ELLEN LUCCA	60-69									92		92
63	LOIS COOK	60-69			83								83
60	HELEN KUZIARA	70 UP	86										86

Late Breaking News  
October 21, 2001

## SHILOH RESULTS

Rick Peters reports the following:

- **Val Sell** set a new Women's 10k record of 48:12.
- **Lou Garcia** has won both 10k races he's competed in at Shiloh Park.
- Empire Runners that have competed in all 4 races are: **Charles Hoagland, George Urdzik, Ernst Bohn, John Anderson, and Bob Finlay.**
- Of the 36 runners that competed in the Shiloh races 16 were not club members!
- For the second year in a row all raffle ticket holders got a prize.
- The single track called "Creekside Trail" is still one of the best. Come up sometime in the early spring.



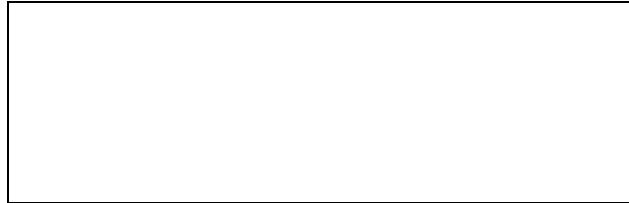
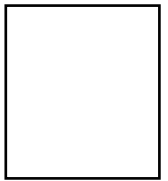
Shiloh Ranch Ridge Run 10 K MEN									
Plac e	First Name	Last Name	Time	Pace	Age	Div	Div.PI	O'all PI	ER ?
1	Lou	Garcia	43:55	7:04	M40	M40-49	1	1	Y
2	Matt	Blanchard	47:31	7:39	M17	M14-19	1	2	N
3	Ken	Reid	47:37	7:40	M40	M40-49	2	3	N
4	Bob	Finlay	47:55	7:43	M44	M40-49	3	4	Y
5	Larry	Meredith	49:09	7:55	M44	M40-49	4	6	Y
6	Brendan	Hutchinson	50:07	8:04	M58	M50-59	1	8	Y
7	John	Cullen	51:51	8:21	M46	M40-49	5	11	Y
8	Michael	Quigley	54:42	8:48	M49	M40-49	6	13	N
9	John	Anderson	55:15	8:53	M48	M40-49	7	14	Y
10	David	Secchitano	57:39	9:17	M43	M40-49	8	15	N
11	Ed	Feldman	1:09:17	11:09	M50	M50-59	2	17	Y
12	Charles	Hoagland	1:20:49	13:00	M73	M60-O	1	19	Y
13	Dale	Leyhe	1:25:33	13:46	M70	M60-O	6	18	Y
10K WOMEN									
Plac e	First Name	Last Name	Time	Pace	Age	Div	Div.PI	O'all PI	ER
1	Val	Sell	48:12	7:45	F37	F30-39	1	5	Y
2	Laurel	Weil	49:58	8:02	F19	F14-19	1	7	N
3	Kelly	Ridgway	50:49	8:11	F43	F40-49	1	9	N
4	Tori	Meredith	51:42	8:19	F44	F40-49	2	10	Y
5	Phyllis	Blanchard	54:02	8:42	F15	F14-19	2	12	N
6	Sarah	Quady	59:05	9:31	F41	F40-49	3	16	N
7	Sara	Cullen	1:10:01	11:16	F40	F40-49	4	18	Y
2 MILE MEN									
Plac e	First Name	Last Name	Time	Pace	Age	Div	Div.PI	O'all PI	ER
1	Greg	Clementi	13:23	6:42	M43	M40-49	1	1	Y
2	Quin	Coughlin	14:31	7:15	M11	M13-U	1	2	Y
3	Ernst	Bohn	16:00	8:00	M61	M60-O	1	4	Y
4	Peter	Detrick	16:37	8:19	M47	M40-49	2	5	N
5	Ralph	Harms	17:20	8:40	M66	M60-O	2	8	Y
6	Carl	Jackson	18:22	9:11	M68	M60-O	3	10	Y
7	George	Urdzik	21:35	10:47	M58	M50-59	1	13	Y
2 MILE WOMEN									
Plac e	First Name	Last Name	Time	Pace	Age	Div	Div.PI	O'all PI	ER
1	Shelly	Lydon	14:41	7:20	F40	F40-49	1	3	Y
2	Katy	Bussey	16:49	8:24	F12	F13-U	1	6	N
3	Hallie	Detrick	16:54	8:27	F12	F13-U	2	7	N
4	Marcia	Seim-Bossi	17:22	8:41	F44	F40-49	2	9	Y
5	Noelle	Bisson	19:27	9:43	F12	F13-U	3	11	N
6	Jessica	Low	19:45	9:52	F12	F13-U	4	12	N
7	Anna	Campbell	23:05	11:33	F11	F13-U	5	14	N
8	Bryn	Kirk	25:32	12:46	F12	F13-U	6	15	N
9	Katie	Sibbald	25:35	12:47	F11	F13-U	7	16	N





## Empire Runners Club

3648 Evergreen Road  
Santa Rosa, CA 95404



Sunday, November 4

THE UMPTEENTH ANNUAL

# McGuire's Breakfast Run

3K and 10K (more or less)

8 AM

Hidden Valley School

Followed by a scrumptious breakfast! (You bring it. It's a potluck.)

RACE ENTRY FEE: \$3

Free entry to those participating in the **Run for America** fund-raiser.

For info visit [www.runforamerica.com](http://www.runforamerica.com).

The "Run for America" is a virtual run/walk benefiting the victims and heroes of the September 11, 2001 tragedy.

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Jerry Lyman  
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