



Empire Runners Newsletter

Volume XXVIII, Number 11, November 2003

News Flash!

Grand Prix Schedule Change for November!

**The Fleet Feet Empire Runners Grand
Prix has adopted the
Prince Greenway
4.3-Mile Run**

in downtown Santa Rosa to replace two
races on the points schedule -- **Shiloh
Ranch Ridge Run**, which was
discontinued, and **McGuire's Breakfast
Run**, which may become Run for
Breakfast at Bohn's (see announcement,
this page).

The Prince Greenway Run is scheduled for:
Saturday, November 15
with the start and finish in Julliard
Park in downtown Santa Rosa
Race Flyer Inside
or sign up at Fleet Feet on 4th Street

News Flash!

Breakfast Run Cancelled!

News Flash!

Breakfast Run Saved by E.J. Bohn!

This year's McGuire's Breakfast Run, one of the oldest traditions of the Empire Runners Club, was cancelled by long-time host and race director **Mike McGuire**. But **Eric Bohn**, a club member for more than 20 years (although only 37 years old), is a man who cherishes tradition and cannot stand to see a good thing end.

So E.J. will pick up the flag in 2003, promising a course that is hilly, confusing, ill-marked and of mysterious length in keeping with tradition. The location changes to the Skyhawk development on the east end of Rincon Valley. **This will NOT be a club Grand Prix points race!**

Date: Sunday, November 9.

Race Start: 9:00 a.m.

**Where: Park near the Bohn's house
at 1445 Grey Hawk Way.**

Race: Distance TBD.

5M to 10K and possibly a 2M to boot.

**Breakfast: Potluck at the Bohn's after the
race. Bring yummy vittles.**

Eric asks that anyone planning to attend please contact him so he can estimate a headcount. E-mail to ejbohn@saber.net or call 537-0513 (before 8 p.m.).

Masters Women Win Again!

Janet Feldman made her season debut for the Empire Runners cross country team and proceeded to lead the Masters Women to victory, their 2nd win in 3 tries this season. Feldman finished 6th among all masters in the women's race and then teammates **Tori**



Janet Feldman conquers the hill at the Presidio Challenge, leading the Empire Runners Masters Women to victory.

Photo by Larry Meredith

Empire Runners in that division, the team winning a tie-breaker over the Golden Valley Harriers and narrowly defeating solid teams from Hoy's Excelsior and Pacific Striders. Frazier placed 7th and Thomsen 14th in the field of 119 runners. The usual tight group of teammates followed, this time led by **Alec Isabeau**, who loves the steep ups and downs. Isabeau grabbed 29th place ahead of clubmates **Mark Curran**, 31st, **Larry Meredith**, 34th, **Stephen Starkweather**, 38th, **Bob Finlay**, 42nd, and **Scott Ames**, making his season

Meredith and **Lisa Youmans** captured the next 2 spots to wrap up the title. **Shelly Lydon**, in 10th and **Debbie Albers**, 20th, were also part of the Empire A-Team for that division. Our club also fielded the only B-Team in that race and they came within 3 points of beating Tamalpa for 4th place. Newcomer **Shelli Gordon** led the way for teammates **Carol DuBay**, **Victoria Street** and **Tonie Quigley**.

The Masters Men's team had its strongest showing of the season when **Jim Frazier**, a.k.a. The Invisible Man, suddenly appeared shortly after **Niels Thomsen's** 40th birthday. That happy coincidence resulted in a 3rd-place finish for the

debut in 43rd.

Again, the Empire Runners had the only B-Team in the race and they finished ahead of the Spartan Track Club to take 9th in the division. Ames was the top scorer on that team and he had a full group of 6 others to complete the squad: **Todd Bertolone**, **John Harmon**, **Dale Peterson**, **Mark Fitch**, **Louis Seidner** and **Brett Bryars**.

Dan Tuohy held his position as the top dog on the club's Super-Seniors Men's team, placing 6th in that division to lead the team to a 2nd-place finish. John Lander returned after an injury stopped him in the Empire Open and he finished just 2 seconds behind Tuohy, 7th in the division. **Wes Beeson** and **Martin Jones** paired up to take 9th and 10th and team captain **Terry McNeill** jogged in behind Tamalpa's **Darryl Beardall** again to take 12th.

ER Seniors Men team captain **Jerry Lyman** finished 5th in his division, leading the team to a 3rd-place finish. **Dennis Fagent** jumped all the way up to the number 2 spot on the team, claiming 17th place and passing teammate **Jon Hermstad** who took 19th. **Bill Browne** and **Don Sampson** joined the A-Team, Browne taking 29th to Sampson's 30th. **David DeSelle** and **Doug Schrock** were the next 2 finishers behind that pair, scoring for the B-Team that finished 6th. They were backed by **Rick Peters** and **Randy Wood**.

Chris Gilbert turned in a great effort for the Open Men, taking 11th place overall and leading our club for the first time. The team placed 4th in their division with **Jacob Busienei** in 23rd, **Josh Dorris** in 27th, **John Staroba** in 29th and team captain **Eric Bohn**, warming up for his 4th-place finish in the Sacramento Marathon a day later, taking 38th.

Another top-notch performance was turned in by **Cathy DuBay** for the Open Women. She placed 7th overall to help our club hold off the Golden Valley Harriers for 5th in the team standings. **Michelle McConnico** continues to improve, scoring 27th place here, and **Deb Murray** took 48th place. **Robin Stovall**, who placed 19th among Masters, finished 60th overall and was added to the Open team to give them a complete squad. New club member **Birgit Sacher** finished the scoring for the team, taking 74th place.

There were 19 club members who were **Deb Murray** finished 48th in the competing here for the women's race at the Presidio 2nd year in-a-row and, **Challenge**



Photo by Larry Meredith



John Staroba ran the Presidio course 50 seconds faster than he did last year. Photo by Larry Meredith

as usual, **Mark Fitch** continues to be the Most Improved of all Empire Runners. This year he cut 89 seconds from his 2002 effort. **John Staroba** made great gains as well, slashing 50 seconds off his time from a year ago. **Terry McNeill** was 37 seconds faster and **Don Sampson** cut off 33 seconds. **Cathy DuBay**, in her final season as an Open runner, knocked off 29 seconds from the same race last year. **John Lander** was 18 seconds faster this time and **Bob Finlay** improved by 13 seconds. For the 2nd race in-a-row, **Larry Meredith** edged out his 2002 mark by just 1 second. In the 3 races run this fall, Meredith has a combined time of 75:50 - exactly the same as he ran for those 3 races last year.

99. Brett Bryars	29:46	29. Bill Browne	28:44
Super-Seniors Men (2nd)		30. Don Sampson	28:50
6. Dan Tuohy	28:24	31. Dave DeSelle	29:04
7. John Lander	28:26	32. Doug Schrock	29:12
9. Wes Beeson	29:24	40. Rick Peters	32:58
10. Martin Jones	29:32	41. Randy Wood	33:20
12. Terry McNeill	32:25		
13. George Urdzik	40:23		



What They Said About the Presidio Challenge:

Dale Peterson: I thought long and hard about how to sum up the entire Presidio experience. Here it is: OUCH!

Jerry Lyman: This year again the first three runners in each division were awarded a bottle of olive oil. Fortunately, I avoided having to offend our Hoy's hosts by finishing out of the loot. Based on the rather unpleasant experience I had last year, I had made up my mind not to drink the stuff anyway and brought my own Gatorade.

Presidio goes up and Presidio goes down. It ranks high on the sufferometer. I like it.

Hats off to the ER senior men who have put their bodies on the line for the scheduled races thus far this season. Our mythical senior 'A' team has yet to show up and perhaps never will. Three races to go. We'll just have to see.

Cathy DuBay: In a week of great disappointments and sorrow there was one bright spot in the first week of October. The Presidio Cross country race provided a ray of sunshine in the midst of the Giant's and A's dismal performance in the post season, and by far more traumatic, the death of my grandmother. Running the never ending uphill of the Presidio was the therapy I needed to cope with the grief I was feeling. Go Cubs!

Tori Meredith: It was great to have so many women out there running. Everyone was in great spirits considering the course was really tough. It was great to hear the masters and senior men cheering us on in different parts of the course. I know the cheering helped me get up those hills. Thanks guys!

Larry Meredith: I think it was Winston Churchill who said, "Fatigue makes cowards of us all." Those words were ringing in my head as I struggled to hold my position on the second loop. Running a distance race as hard as you can while at the same time knowing you can end the agony at any time by stopping tests your bravery every time out. Though it is hardly comparable to risking your life in war, the pain and the doubts we endure while racing are very real and remain largely unknown to the average citizen of industrialized nations. Also unknown is the satisfaction of bringing oneself to the very brink of giving up and then convincing yourself that you must not, you cannot, you will not. And then finding out later that the competitor who tried and failed to break you on the hills of the Presidio -- the runner who served as

Presidio Results (3.55 miles, hilly)

Open Men (4th)	Open Women (5th)	
11. Chris Gilbert 20:06	7. Cathy DuBay	23:38
23. Jacob Busienei 21:01	27. Michelle McConnico	26:02
27. Josh Dorris 21:21	48. Deb Murray	27:52
29. John Staroba 21:30	74. Birgit Sacher	32:02
38. Eric Bohn 21:58	Masters Women (1st)	
Masters Men (3rd)	6. Janet Feldman	26:30
7. Jim Frazier 21:32	7. Tori Meredith	26:53
14. Niels Thomsen 22:22	8. Lisa Youmans	27:08
29. Alec Isabeau 23:22	10. Shelly Lydon	27:29
31. Mark Curran 23:29	19. Robin Stovall	29:20
34. Larry Meredith 23:37	20. Debbie Albers	29:26
38. Stephen Starkweather 23:50	21. Shelli Gordon	30:18
42. Bob Finlay 24:01	22. Carol DuBay	30:41
43. Scott Ames 24:12	25. Victoria Street	39:40
55. Todd Bertolone 24:53	26. Tonie Quigley	42:16
73. John Harmon 26:17	Seniors Men (3rd)	
75. Dale Peterson 26:31	5. Jerry Lyman	23:51
78. Mark Fitch 26:41	17. Dennis Fagent	25:48
88. Louis Siedner 28:33	19. Jon Hermstad	25:56
99. Brett Bryars	29:46	29. Bill Browne

your target, your goal, your will to keep trying -- was the very runner you needed to beat for your team to win a tie-breaker.

Mark Fitch: This was my second race on the Presidio course. Last year Dale Peterson and I "took one for the team" and filled out the roster for the Open Men's team. Even with Dale's wise admonition to "go out slow", and "don't get sucked into the vortex", I went out too fast for me and it was a long, painful, long, long race. I actually passed 3 people as the race crossed through the playground area but it was two ladies pushing a baby carriage who thought the race was over. This year I was determined to run a smart race. I went out controlled and "slow" planning on being able to crest the big hill and start "racing" from there. My plan worked well until I crested the big hill. My legs felt like mush! Once again I was left trying to maintain for the last 2.5 miles. There are two Spartan Track Club runners that finish ahead of me 80% of the time. Nearing the top of the hill the first time they were running side by side on the narrow spot of the trail. I wanted to pass but there was no room. A small gap opened up and I slipped between them. Then I reached the top of the hill. One of them passed me on the flat portion in the woods. Now I had someone to chase! I also had someone chasing me! I tried to run a strong even pace and stay within striking distance. Several times I thought to my self, "Why am I doing this?" I pushed that thought from my brain and just focused on pressing to stay close to Spartanman #1 and pulling away from Spartanman #2. The finish took "guts" that I wish I had more of. It was like running the SRJC lawn relays where you hear the snarling pack of fast runners clawing at your back. I did manage to finish ahead of Spartanman #2, but I was 30 seconds back of #1. Don't tell those guys I'm gunning for them at China Camp on November 1st!

Stephen Starkweather: Usually I'm complaining courses don't have enough hills; not here -- my first Presidio. At the top of the first downhill, I decided to sprint, which wasn't a smart move, but I passed about 12 guys in 10 seconds. I was so out of control; just barely enough balance to keep from total collapse into the bushes on the side. I couldn't have gone ANY faster. At the bottom of that I was pooped and the 12 guys passed me again. I was ahead of Larry and Alec for the first mile but then they went on by. And Jerry almost caught me, breathing on my shoulder the whole last mile.

Cross Country Numbers Game

Empire Runners Bringing Quality, Quantity

When 48 Empire Runners tortured themselves for club glory on the hills of the Presidio October 4, it marked the changing of the guard in terms of

participation in the Pacific Association's cross country series. For years the largest group of competitors at each cross country race wore the Tamalpa singlet but last fall the Empire Runners made great gains and the momentum has continued in 2003. In the 3 races we have attended this fall our club has produced the largest contingent and fielded the most complete teams.

Naturally we expect to put runners on the line at our own race, the Empire Open, but just 3 years ago there were only 16 club members competing in our own event. This year there were 50, and the next-largest group was Hoy's Excelsior with 21. Our club brought 36 runners to the Golden Gate Open this fall, 3 more than Tamalpa and 6 more than Hoy's, the host club.

In 2000 the Empire Runners were represented by 7 runners at the Presidio race. That improved to 9 runners in 2001. Last year the boom began and 34 club runners made it to Presidio. Though only 19 of them returned in 2003, they were joined by 29 others as the Empire Runners fielded 9 teams in the event. The next-best output was from Tamalpa, who put together 7 teams with 37 runners.

T e a m performance improving as well with most of our squads finishing among the top 3 each time out. The Masters Women, who finished 2nd in the series last fall, is challenging for the top spot again this year.

The Open Men, who constantly face a young group of elite, sponsored teams, may well get into the top 3 for the season. Our Seniors Men's squad is bringing together the biggest guns in our area and, when combined, can win the division at any race in the series.

Heres's the scoop on participation in the 3 races we've run in so far:

Race:	Empire Open	Golden Gate	Presidio Challenge	Total
ER	50	36	48	134
Tam	20	33	37	90
Hoys	21	30	20	71
PacS	18	31	18	67
Imp	16	25	24	65
HTC	17	20	23	60
GVH	14	13	19	46



Masters Runner Shelli Gordon is one of many rookies on the ER cross country team.

Photo by Larry Meredith

Sierra College Challenge Results

PA Cross Country, October 11 at Rocklin

4 miles, rolling hills

Open Men (5th)

25. Kenny Brown, 21:44
41. Josh Dorris, 22:39
44. Eric Walker, 22:45
66. Christian Wagner, 24:09
76. Mark Curran, 25:16
78. Alec Isabeau, 25:17

Seniors Men (7th)

13. Jon Hermstad, 27:01
29. Bill Browne, 30:19
30. Mike Stafford, 30:21
Super-Seniors Men
7. Wes Beeson, 61, 31:22



Kenny Brown Wins Sacramento Marathon!

by Eric Bohn

Congratulations to **Kenny Brown** on his Sacramento Marathon win! Kenny had to run solo the entire way (except at turnarounds when I would yell at him) and still ran a fine 2:40. Ask Kenny about his new gel! **Sheila Walker** (**Eric Walker's** wife) ran a great half-marathon and medaled in her division.

I raced the Presidio PA XC race on Saturday (horribly) in a deliberate attempt to start Sunday's Sacramento Marathon tired. My goal was to use the marathon to somewhat simulate the later miles of an upcoming 50-mile race. I was supposed to run between 3:03 and 3:29 (7:00min/miles and 8:00min/miles), but unfortunately went out a bit too fast, and never really settled into the pace I had planned. There are certainly worse problems than accidentally running a marathon too fast, but I missed out on important information about running at my 50-mile pace, and I was more tired than planned, so I had to miss out on some speed training that I had planned on in the days following. I ended up finishing fourth overall in 2:54:58.



Points Czar Speaks!

by Bill Browne

Well, the Fleet Feet Grand Prix is down to the final two races and there is a dogfight goin' on as usual. In the women's category **Tori Meredith** leads with

632 with **Val Sell** closing in at 593. They are followed by **Lisa Anderson** with 545 and **Jaime Feldman** at 523 -- a huge total for any 13-and-under runner! Tori has missed one race, Val has already missed 2 and Lisa has missed one.

So it could come down to the **Prince Greenway** race (recently added to the Grand Prix to replace the cancelled Breakfast run and/or Shiloh also cancelled). The Last 10k will also be a huge factor in the final standings.

In the mens Fleet Feet Grand Prix things are even tighter: **Larry Meredith** (Tori's better half) leads with 843 points. Nipping at his heels are **Bob Finlay** (832) and **Jerry Lyman** (821). Yours truly has 780 pts and will have to pull a Tanya (Harding) to catch anyone but the Larry, Bob and Jerry raceoff will definitely be a close affair and will come down to the last 2 races, probably to the finish chute at the **Last 10K**.

To clear up any confusion, and put to rest any sinister strategy in the last race -- The Czar is right now announcing that all of the top contestants for the top three awards in each series (male overall winners and female overall winners) must run the LONG (10K) race in the Last 10K!!!! You may not run the short race that day and finish in the top 3 overall (you may run the short one and still score in your individual age bracket however). So no running the short one (Bob) to amass greater points than you'd get in the longer, more competitive race. (Just kidding Bob, but that would be my strategy if I were close enough to pass one of the top 3.)



The Mountain King

Last week, **Larry and Tori Meredith, Jeff and Laurie Martin, Robin Stovall and Dale Peterson** backpacked to the top of Snow Mountain in the Mendocino National Forest. Near the top of the peak there was an old mountain cedar that Dale knew well from previous trips on the mountain. This is the story of that mighty old tree.

In a time before there were any roads in a place that no white man had set foot, far from cool sea breezes a mountain range rose above the shimmering heat in what would become California's central valley. Atop this range of mountains, far above the grasslands, chaparral and Oak woodland, a forest of pines, Douglas fir and white fir covered the peaks in a luxuriant growth. Interspersed among the firs at the very apex of the range was the occasional mountain cedar. First among these noble trees was a particular cedar of good stock that sprouted in the rocky soil at the top of the range between the two highest peaks near a cool stream.

This cedar grew, ever so slowly. Adding ring after ring over the centuries. Down in the valley the fortune of the native tribes waxed and waned. The people lived, loved toiled, grew old, struggled, triumphed, failed and died. Still the cedar grew through oven-baked summers, dry autumns, ice-caked winters and wet moist springs. Year after year

through gale, blizzard, downpours and droughts. Occasionally the people of the valley would climb high into the mountains in search of game but usually they stayed lower in the hills collecting acorns. And the cedar grew even as other trees lived their long lives and fell to lightning or drought or disease. In the valley new people appeared. First the Spanish and the Mexicans and finally the Americans. Greater and greater numbers appeared. Crude roads were built. The land was put to the plow. Cities began to sprout along the new roads. Over many years the roads were paved, flying machines appeared in the air, higher even than the mighty peaks. Still the people lived, loved, toiled, grew old, struggled, failed, triumphed and died. By now the cedar was the mightiest tree on the flanks of the highest peak. More people came in search of game, but many came as well merely to escape the toil and struggle and the futility of the valley.

The cedar did not struggle. The cedar took what it needed from what was available of air, water and soil. It gave back shade and a home for the birds and a sense of peace and seemingly eternal life to the mere mortals who rested beneath its gnarled limbs. To this place a man came many times. When first he came he was still quite young. He came both to escape and to go home. He came when he was happy. He came when he was grieved. He came when he was confused. He came when he saw no reason to go on. The old cedar never failed to give good counsel and the man invariably left refreshed and renewed. Often when stressed he would think about the mountains and old cedar and how no matter what was going on in his life, the old tree was firmly anchored to the earth, its red bark fragrant as the wind rustled its branches in the thin air. This made the man very happy.

Down in the valley a fire started. No matter, there had been thousands of little fires and some big ones too and the old cedar always remained untouched growing larger and more majestic year by year. But this fire began to move up the mountain following the watercourse that separated the two highest points on the mountain. Slowly at first, the flames began to grow larger and bolder like a victorious army on the march. The air grew acrid as billows of smoke and ash moved up higher on the slopes. The old cedar stood its ground as it had for ages as the smaller more agile creatures sought to flee in a panic from the approach of the unquenchable forces of heat and flame.

By now the fire was being fought by the people of the valley. Bravery and toil. Slow progress against a fast moving foe. The fire jumped and zigzagged on the tail of a thousand hot breezes in a firestorm that could not be predicted. One stand of trees would fall and another be untouched. Perhaps the old cedar would survive after all.

But the old tree's bark became hot as coals. The green crown drier than on the hottest day of a hundred-year drought. A spark lands in the crown, glows then flickers out. Still others land some going out, but more beginning to light the branches and needles. The super-heated trunk begins to swell the sap and water within

boiling. The old tree groans and cries. Suddenly the cedar is lit like a bon-fire! The flames light up the night. The very soul of the old tree is alight. Released at last from its earthly bonds. The white hot light reflecting off of the peaks, crossing the valley, shooting across the sky, crossing the very universe in ever expanding, never dying rays of light and heat!

Many months later when the man saw the blackened hulk of the old tree he stared half in shock. Outwardly he was quiet, much as the tree had always been. But inside he wept, for the loss of a dear friend and confidant.

High on the mountain, a sapling cedar grows. Down in the valley the people live, love, toil, grow old, struggle, triumph, fail and die. But the man knows that long after he is gone, the cedar will grow, its branches will wave in the thin air high in the blue sky atop the highest peak, and once again he is happy.

- DM Peterson



Welcome, New Club Members!

If you have joined the club in the past year and we didn't get your introduction into the Empire Runner Newsletter, please e-mail a note about yourself to thirsty@saber.net. Here are some of the club members who have joined our ranks since February.

Mike and Lara Sremba have roots in Southern California. Between them they have completed 15-20 marathons, and well over 100 races. Mike's PRs: 3:23 for the marathon, 38:30 for 10K. Lana's PRs: 3:28 for the marathon, 42:30 for 10K. Currently run 25 miles-per-week at about 10 minutes-per-mile.

Elizabeth Grant-Douglas and David Douglas are enologists who have lived near Niagara Falls.

Tyler Ashton is a student and Petaluma native. He started running with Mr. Triola's (Casa Grande HS coach) 6th-grade class at Miwok Valley School. Tyler has run in the Petaluma Eastside Relays, Jackrabbit Derby and summer track series.

Karin Enstam is an assistant professor at Sonoma State University. she has lived in Davis, San Diego and Palo Alto. Karin ran track and cross country in high school. In 2001 she ran the Lake Tahoe Marathon in 3:45 for a top-25 finish. Other performances include running 4:00 for the 2003 Napa Marathon and 47:40 for 3rd place in her division at the Kenwood Footrace this past summer.

Michelle McConnico is from Santa Rosa and is currently employed as a payroll auditor for an insurance company. She graduated from Santa Rosa High School in 1994, and Sonoma State University in 1999. While at Santa Rosa High School, Michelle ran cross country and track. She then attended the University of Arizona for 3

years. "The heat was a bit intense," she writes, "so I only ran occasionally during the winter months, when it was a cool 70 degrees." She then earned her degree at Sonoma State University, and began running more distance. Of her training regimen, Michelle writes, "Currently, I run for fun and fitness. I run approximately 3-4 days a week. I usually run about 4-5 miles per workout, with the exception of an 8 miler on the weekends (it's usually the same route). I also train in the gym 2 days a week. I enjoy running 10k's and half marathons. I ran one marathon 2 years ago. It was a painful 4 hours, and I am not sure if I will do another one without proper training." She now competes for the Empire Runners Open Women's cross country team.

Janeen Shave lived all 36 years of her life in Matawan and Freehold, New Jersey where she was a music teacher in the school district that she grew up in. "I started running with my father when I was 14," Janeen writes, "and ran with my parents along with the Old Bridge Running Club until I moved to Sonoma, CA two months ago. I was married in March to a man I met and dated in Matawan High School 21 years ago! We lost touch for about 15 years and during that time he moved to CA and I am here for now." Janeen ran lots of fun local races with her family and friends in New Jersey and trained with them to run the New York Marathon twice. "If you have not run this it is AWESOME and worth the trip!!" She got the marathon bug and went on to run more marathons including the Boston in April 2001. Janeen has slowed down quite a bit due to a knee injury but is hoping to run the Big Sur Marathon this coming April. She writes, "I am looking forward to meeting runners on this coast and to being part of a club again."

Debbie DeCarli has been an avid runner for 10 years. "When I was attending the JC in the early 90's," Debbie writes, "I would run the track, for which I did not enjoy at all. Then I met **Marylou Robly**, an avid runner at the time and she introduced me to running at Howarth Park and Spring Lake. Well after one run at the park, I never went back to the track, except for interval training when getting ready for a race." Through Marylou she met long-time Empire Runner **Joyce Bennett**. "She has been my biggest inspiration in becoming a good runner and she has given me great training. She trained me for my first 10K, my first half-marathon and my first full-marathon, which I completed this past March." Debbie ran the Napa Marathon on March 2, 2003 and calls it a very exciting and re-warding achievement. Now she has run 12 10Ks, 1 ten-miler, 2 half-marathons and 1 full-marathon. She recently broke the 50-minute barrier for the first time in the Regional Parks 10K at Spring Lake with a 49:55, winning the women's overall award. Now she is competing in short triathlons. "One thing I've learned is that just because you're getting older doesn't mean one has to slow down. I'm in better shape at 51 years of age than I've ever been in my entire life. What I say now is, "The best is yet to come.""

Birgit Sacher grew up in Madison, Wisconsin

and graduated from the University of Wisconsin. She joined Empire Runners Club this fall to run on the cross country team. Birgit began running for fitness while working on her masters degree in Los Angeles. She moved back to Milwaukee in '97 and started running races. "After 2 years I got sick of the tavern-to-tavern 10Ks and training through sub-zero weather, so I moved to Northern California." Birgit and her husband-to-be, Greg, began training for the London Marathon a month after they started dating and eventually competed in triathlons. They moved to Santa Rosa in December '02 due to Greg's job. Birgit's favorite distance is the half-marathon. Best run: Three legs in the 2002 Providian relay.

Tania Wood has been running off and on since 1995. She gave birth to a son in 1997 and then a daughter in 2001, a time when she did little running. Tania started running regularly again in January 2003, about 4 to 5 times-a-week. Her favorite distance is 5 miles. She grew up in Fort Bragg, California and moved to Santa Rosa in 1992. She and her husband own Wood Pontiac Cadillac-Mazda in Santa Rosa. Tania writes, "I ran my first 10k in May, the Human Race. I loved it." She finished in 53:48. She then ran 52:16 for the Spring Lake Environmental Discovery Center 10K in August. Continuing her rapid improvement, she recently ran the Harvest Fair 10K in a personal best 49:30, good for 3rd in her age group. Tania's cross training consists of working out on the Stairmaster and treadmill 3 times-per-week. "I would like to run a Half Marathon someday. But, I would like first to do some speed training and get faster when I run 10k races."

Susan Baker is a Mortgage Specialist who was born and raised in Santa Rosa. She has been running on and off for 10 years but has started training more seriously the past 2 years and has run 5 races in the past few months. "My favorites were the Bay to Breakers and I really enjoyed the Wharf-to-Wharf in Santa Cruz where I ran 6 miles in 50 minutes." Susan runs about 25-30 miles per week, mostly at Spring Lake.

Brian Bauer signed up his entire family which includes wife **Ellen**, daughter **Hanna** and sons **Julian** and **Casey**. Brian started running in high school, competing in the half-mile, mile and 2-mile for the track team and running on the cross country team. Has run 5 marathons, a half-ironman triathlon and lots of Dolphin South End runs in San Francisco. His PRs include a 10K in 38 minutes and 18 minutes for the 5K. Ellen has run 1 marathon and 1 sprint triathlon.

Craig Olson is an Optical Engineer for JDSU-OCLI. He has lived in Memphis, Atlanta and Rochester, NY. He ran on and off through high school, then not again until 2001, 12 years later. Craig started training on a hard schedule for his 1st marathon, completed October 2002 in 3:39. He is working now on shorter distances, from 10K to the half-marathon. He writes, "I'm used to training alone, but a new baby makes it tough to get out."



September Meeting Minutes

The September meeting of the Empire Runners was called to order at 7:34 p.m. September 25th, 2003, Alec Isabeau presiding.

Treasurer's Report: Current monies available for expenses \$15,600.

Race Report:

- Loop: Small turnout. All info is in October newsletter.
- PA Cross Country: Women have been fielding full open and masters teams. Larry reports that mens' teams are kicking butt.
- Prince Greenway 4.3M: Race is November 15th Course starts at Julliard Park and includes the new walkway. Ron Jacobs is race director.

New Business:

Motion to reimburse Jerry Lyman \$50.00 for a volunteers breakfast. It was passed.

Officer nominations:

- President: Bill Browne, The Mojo
- Vice President: Doc
- Secretary: Eric Downing, Lars (Dutch) Andersen.
- Treasurer: Stephen Starkweather

Attendance:

F. Puddles, Sledge, Iguanadon, Starky, Bill Browne, Super G., Dale Trowbridge, Doctor Dutch, Doctor Izabeaux, Bob Shor, Larry Meredith, Tori Meredith, TMac, 409



Stephen Starkweather Massage
Therapy
707-544-5143

offering Swedish massage, deep-tissue, and therapeutic stretching -- a great aid to running well, preventing injuries, and relieving stress.

Be good to yourself and your friends!
Gift certificates. Visa/MC



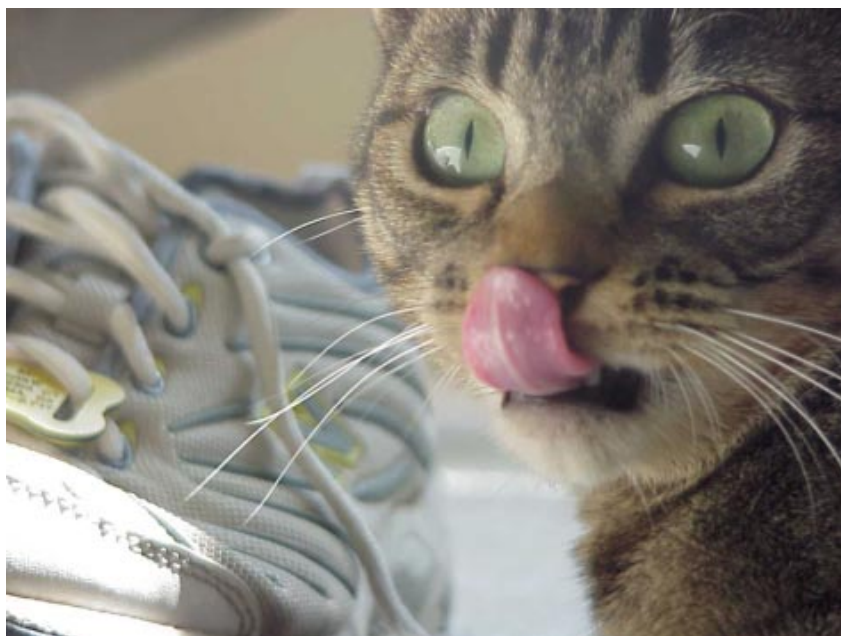
Take Note: Winter Schedule!

Tuesday Interval Workouts: Meeting place changes to the home of Larry & Tori Meredith, 3390 Princeton Drive. Time is still 5:30 p.m.

Thursday Group Training: Meeting time changes to 4:30 p.m. Location is still Howarth Park.

Club meetings for November and December: The holidays cause the club meetings to be held on the third Thursday during these months. November's meeting will be on the 20th; December's meeting will happen on the 18th. Throughout the winter, the club meeting time shifts to 6:30 p.m. Meetings are held at the Montgomery Village Round Table Pizza unless announced otherwise.

Newsletter deadlines: The early meetings mean that the newsletter deadline is also a week earlier than usual. Get articles for November in by the 13th; December's articles are due on the 11th.



Runners Tip #56: Fleeing from cats is guaranteed to trigger their hunting instincts.

Photo submitted by Donna Hinshaw

Third Annual

Windsor Foothill Challenge

3K / 10K Race

Saturday, November 8, 2003

3K starts at 8:00 a.m.

10K starts at 8:30 a.m.

Place:

*Windsor Community Center
901 Adele Drive in Windsor*

Races:

3K is a mass start and follows flat streets and trails in town

10K is a staggered start, handicapped by Age and Gender, includes hilly trails

Race Fees:

*Pre-registration by Nov. 5 --
Adults \$15, Under-13 \$10*

*Race day registration --
Adults \$20, Under-13 \$15*

*Info: Windsor Community Center
707-838-1260*

website: www.townofwindsor.com

2003 Fleet Feet Grand Prix

Summer Track

Women's Standings

			Res Run	Valley Ford	Ilсанjo Classic	Loop de Loop	Jack Rabbit	1	2	3	4	5	Kenwood	Salmon Creek	Annadel Loop	Total
1	Tori	Meredith	40's	95	100	97	50	92	25	25	25	25	96	97		727
2	Val	Sell	30's	100		100	98	99	25	25	25	25	x	97	99	693
3	Lisa	Anderson	30's	84	97	95			25	25	25	25	84	90	79	629
4	Jaime	Feldman	13-U	93	100	99		98	25		25		99		77	616
5	Kim	Conley	14-19	98				100			25	25	100	98	99	570
6	Janet	Feldman	40's	99	100	100		97	25		25		96			542
7	Leslie	Curry	30's	90	97	98		86							86	457
8	Lori	Winkler	40's	94	100			93	25			25	98			435
9	Lisa	Isabeau	30's					89	25	25			25	50	95	399
10	Marsha	SeimBossier	40's		96	96		85					97			374
11	Lauren	Feldman	13-U		100	100		100	25		25					350
12	Keri	Nelson	20's		99	99							98			296
13	Cathy	DuBay	30's	97									99		100	296
14	Josie	Tuohy							25	25	25	25	x	96	93	289
15	Melanie	Lovrin	20's		98	97	92									287
16	Kathy	Bisordi	30's			95							90	92		277
17	Phyllis	Blanchard	14-19							25	25	25	100	100		275
18	Angie	Curry	13-U	83		90			25	25		25	25			273
19	Carol	DuBay	30's	86	96								91			273
20	Amy	Gandy	40's		98								87		80	265
21	Leslie	Howell	50's	82				83					93			258
22	Robin	Stovall	40's		99			91					50			240
23	Emma	Conley	14-19					96					97			193
24	Victoria	Street	40's		100									88		188
25	Toni	Quigley	40's		95								81			176
26	Lilly	Hayden	14-19	88				84								172
27	Judy	McNeil	50's	79									92			171
28	Ellen	Luca	70's										79	87		166
29	Jillian	VanRiper	13-U						25		25	25	90			165
30	Sherri	Guinn	50's	81									82			163
31	Carryl	Hardy	30's				75	87								162
32	Anna	Derho	40s										83		73	156
33	Christy	Sweany	14-19					95				25	25			145
34	Marcella	Schrift	13-U					99	25							124
35	Shannon	Rich	14-19										25	96		121
36	Kristin	Komoroski	14-19					94	25							119
37	Audrey	Schrift	40's					90	25							115
38	Sheila	walker	30s									25			87	112
39	Jody	Lashinski	40's		100											100
40	Donna	Hinshaw	40's		99											99
41	Kara	Curry	13-U			99										99
42	Jaue	Pedgrift			98											98
43	Shelley	Lydon	40's			98										98
44	Anna	Shaver	14-19	96												96
45	Deb	Murray	30s										95			95
46	Juana	Vigil	20s										95			95
47	Kim	Lydon	40's			94										94
48	Heidi	VonDerMeh	20s										94			94
49	Carolyn	Daly	40s										94			94
50	Megan	Herold	14-19											94		94
51	Naomi	Bisagno	14-19										93			93
52	Kathy	VanRiper	30s										92			92
53	Marta	McNeil	20's	92												92
54	Lindsay	Roach	13-U										91			91
55	Liz	Sinna	30's											91		91
56	Kristin	Charles	14-19	91												91
57	Aimee	Fagent	20s										89			89
58	Meilina	MoraRoman	13-U										89			89
59	Cheryl	Hoeller	14-19											89		89
60	Diane	PaleszhyS	50's	89												89
61	Hannah	Kwiatkowski	20's					88								88
62	Nancy	Abila	40s										88			88
63	Sara	Fung	50s										88			88
64	Linda	Blanchard	40s										87			87
65	Ginger	Kwiatkowski	50's	87												87
66	Sheila	Masi	40s										86			86
67	Sara	Cullen	40s										85			85
68	Rhonda	Roman	30's	85												85
69	Kitty	Frazier	30's				83									83
70	Suzanne	Starke	30s										80			80
71	Cathy	Charles	50's	80												80
72	Joan	Bennett	50s										78			78
73	Helen	Kuziara	80's	78												78
74	Tanya	Naranth	30's				77									77
75	Linda	Benjamin				50										50
76	Kelly	Rogers	14-19						25							25
77	Mckenna	Sell	13-U						25							25



1st Annual Fleet Feet Sports
Prince Greenway 4.3 Mile Run/Walk
To Feed the Hungry

November 15, 2003

8:00 a.m.

Race Starts and ends at Julliard Park on Santa Rosa Avenue, south of Sonoma Avenue.
Parking is available at City Hall, 100 Santa Rosa Ave. or 1st. Street Parking Garage,
behind the Roxy Theater



Proceeds to benefit the Redwood Empire Food Bank (REFB) and FISH. FISH is a group of volunteers who operate a food cupboard where 50,000 people annually receive free emergency food. FISH uses 100% of all donated funds to purchase food. REFB serves as a central clearing house for donated food. Over 42,000 people receive food monthly through their programs and network of agencies.

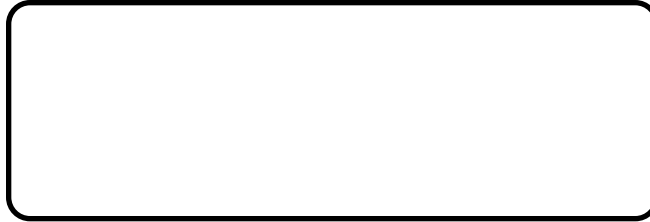
Empire Runners Training

November 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>45M/wk): run as written; Group II (30-45M/wk): 2/3 of workout; Group III (20-30M/wk): 1/2 of workout; Group IV (<20M/wk): 1/3 of workout</p>			29	30	31	1
			<p>4M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>4M with 2M at medium pace 5:30p Howarth Park</p>	<p>3M at comfortable pace or Off</p>	<p>Tamalpa 4.6M XC 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
2	3	4	5	6	7	8
<p>8:30a Parktrail Drive at Summerfield Drive</p>	<p>3M at comfortable pace or off 7:00p 1932 Yolo Court, SR</p>	<p>20x30 sec. at 3M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>5M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>7M with 2.5M at strong pace 4:30p Howarth Park</p>	<p>3M at comfortable pace or off</p>	<p>8 x 60 sec. at 1M G.P. Race: Windsor Foothill Challenge 3K & 10K 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
Location Change!			Time Change!			
9	10	11	12	13	14	15
<p>Race: Bohn's Breakfast Run, Santa Rosa</p>	<p>6M at comfortable pace 7:00p 1932 Yolo Court, SR</p>	<p>10x400m@2M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>6M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>8M with 3x5 min. at strong pace 4:30p Howarth Park</p>	<p>3M at comfortable pace or off</p>	<p>Race: Prince Greenway 4.3M, Santa Rosa</p>
16	17	18	19	20	21	22
<p>9M at medium pace 8:30a Parktrail Drive at Summerfield Drive</p>	<p>5M at comfortable pace 7:00p 1932 Yolo Court, SR</p>	<p>6M with 12 x 40 sec. at 3M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>5M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>5M with 12 x 20 sec. at 3M G.P. 4:30p Howarth Park 6:30p Club Meeting, MV RT Pizza</p>	<p>3M at comfortable pace or off</p>	<p>3M at comfortable pace or off Turkey Trot 5K & 10K, Davis 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
			Time Change!			
23	24	25	26	27	28	29
<p>PA Championships XC</p>	<p>3M at comfortable pace or off 7:00p 1932 Yolo Court, SR</p>	<p>6M with 20 x 30 sec. at 3M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>7M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>9M at medium pace 9:00a Channel Drive: Wild Turkey Ramble training run</p>	<p>3M at comfortable pace or off</p>	<p>4M at comfortable pace and 4M at medium-strong pace 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>
30	1	2	3	4	5	6
<p>12M at medium pace 8:30a Cobblestone Trailhead on Channel Drive</p>	<p>7M at comfortable pace 7:00p 1932 Yolo Court, SR</p>	<p>6M with street sign intervals 5:30p 3390 Princeton Drive, SR</p>	<p>6M at comfortable pace 5:15p Fleet Feet shoe store, 4th St., SR</p>	<p>7M with 3.5M at medium-strong pace 4:30p Howarth Park</p>	<p>3M at comfortable pace or off</p>	<p>8M with 3 sets of 10x30 sec. w/30-sec. jog 8:30a Y'Allcomers Training Run, Railroad Square, SR</p>

Empire Runners Club

3648 Evergreen Road
Santa Rosa, CA 95405



Mark Your Calendar

- **Saturday, November 1:** Tamalpa Challenge PA Cross Country, China Camp State Park, 9:00 a.m.
- **Tuesday, November 4:** Interval workout site switches to 3390 Princeton Drive for the winter, 5:30 p.m.
- **Thursday, November 6:** Group training run meets an hour earlier for the winter months, 4:30 p.m.
- **Saturday, November 8:** Windsor Foothill Challenge 3K / 10K.
- **Sunday, November 9:** Bohn's Breakfast Run, 9:00 a.m.
- **Thursday, November 13:** Early deadline for newsletter submissions.
- **Saturday, November 15:** Prince Greenway 4.3-Mile Run, Julliard Park in Santa Rosa, 8:00 a.m.
- **Thursday, November 20:** ER Club Meeting, time changed to 6:30 p.m.
- **Sunday, November 23:** PA Cross Country Championships, GG Park.
- **Thanksgiving Day, Thursday, November 27:** Wild Turkey Trot group training run, Cobblestone Trailhead on Channel Drive, 8:30 a.m.

2003 Club Officers

President

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Jcoacha@hotmail.com

Vice President

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Secretary

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Treasurer

Stephen Starkweather
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Directors, Managers and Committee Chairs

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Mar-Jul-Nov
Larry Meredith
(see Group Training)

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Apr-Aug-Dec

Dale Peterson
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