

# Newsletter

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[www.empirerunners.org](http://www.empirerunners.org)

## 2007 USATF PA Cross-Country is in Full Swing Open Men Place Second at Presidio October 6<sup>th</sup>! Super Senior Men on top of PA Standings



Mel Lovrin 5<sup>th</sup> overall at Presidio in the women's race in 23:31

The 2007 PA Cross-Country season is two-thirds complete and the competition is really heating up. Attendance is a little down this year but the enthusiasm is as high as ever. There were a number of outstanding performances recently at the Presidio October 6<sup>th</sup> as the Open Men took first place, led by Jeff Jackson who was third overall in his race.

Mel Lovrin continues to run well placing 5<sup>th</sup> overall in the women's open. Ty Strange and Shelly Lydon were 3<sup>rd</sup> masters overall in their respective races and Dan Tuohy was the 1<sup>st</sup> Veteran.

The ER Super Senior Men are on top of the PA standings and the ER Masters Women are currently in 2<sup>nd</sup> place.



Jeff Jackson 3<sup>rd</sup> overall at Presidio in the open men's race in 19:40

### Top-Ten Individual Standings:

**Men:** Jeff Jackson 5<sup>th</sup> Open, Ty Strange 4<sup>th</sup> Master, Brendon Hutchinson 2<sup>nd</sup> Super Senior, Dan Preston 5<sup>th</sup> Super Senior, Dan Tuohy 1<sup>st</sup> Veteran.

**Women:** Melanie Lovrin 4<sup>th</sup> Open, Shelly Lydon 2<sup>nd</sup> Master



## Mrs. Prez sez...

"Take my advice". Don't you love it when people say that? Usually brings a deaf ear but I'll give you some anyway. If you haven't changed the batteries in your smoke detectors lately now might be a good time. There's nothing like being startled out of bed to the shrill of a beeping smoke alarm that only signals once every couple of minutes. Why does this kind of stuff seem to happen at night? This is one of those learning moments that apparently I haven't learned from yet. It is quite funny though as we scurry around the house in the middle of the night trying to solve this "which one is it" mystery.

On another note Halloween and the holidays are upon us. My days as President are drawing to an end. Nominations for Club officers will continue this month so if you are interested in joining in on the fun let us know.

It's not too late to join in on the few remaining Cross Country events for the PA. Tamalpa (beer included in this one), Fleet Feet (new course) and the Championships (Oh so fun) are left so don't be left out!

There is still plenty of time to qualify for Boston if you want to join the large group of folks that are planning on making the trip in 2008. Who knows maybe we'll have the largest team from California. Go Empire!

If you are competing in events outside the area we want to hear from you! Send results to the editors and comments about your event.

Run happy,

Mrs. President,  
**Val Sell**

### **MCGUIRE'S BREAKFAST RUN**

**Sunday November 25<sup>th</sup> 8:00am**

Hidden Valley School – Santa Rosa

Empire Runner Club Members Only!

3 Mile and 7 Mile Runs followed by a delicious potluck breakfast.

Details pending. **SAVE THE DATE!**

## September Meeting Minutes



On behalf of President Val Sell, Vice President Bob Finlay called the September 2007 meeting of the Empire Runners to order at 7:35pm on September 27th, 2007.

### **Secretary's Report:**

Secretary Lars Andersen read the minutes from the August 2007 club meeting. They were approved as read.

### **Treasurer's Report:**

On behalf of Treasurer John Harmon, Jerry Lyman reported on the club's finances. Starting balance \$28,646.60. Ending balance 27,294.67.

### **Recent Events:**

Santa Cruz: Ty Strange, Melanie Lovrin, and the Super Seniors went to therace.

Mustang Race: Gil Moreno reported that he won his age group.

Misty Redwoods: Dale Trowbridge reported that it was hard, hilly and beautiful.

Golden Gate: A big group went to the race.

Annadel Loop: Melanie Lovrin won the whole thing.

Empire Open: Jerry Lyman reported that attendance was down compared to last year, a trend also seen at other cross-country races.

Viking Opener: Everything went smoothly.

### **Upcoming Events:**

See the "Empire Runners Club 2007 Race Schedule."

Garin Park: September 29th.

Forestville 4M: September 30th.

Presidio: October 6th.

Prince Greenway Memorial: November 11th.

### **Old Business:**

A committee consisting of Larry Meredith, Bob Finlay, Dale Trowbridge, Jerry Lyman and Kenny Brown proposed that the club donate \$1,000 to the Kenwood community by giving \$500 to the Kenwood Firefighter's Association and \$500 to the elementary school's Outdoor Education Fund. The motion passed.

## September Meeting Minutes (cont.)

### New Business:

Gil Moreno proposed buying 36 high-quality caps with the Empire Runners logo embroidered in the front. There would be three different colors, and the total price would be \$381. We would sell the caps for \$12 each, with any profits above \$381 donated to the Student Grant Fund. The motion passed.

**Officer nominations** for 2008 were held:

President: Bob Finlay, Val Sell.

Vice President: Dave DeSelle.

Treasurer: John Harmon.

Secretary: Nate Koch, Lars Andersen (Lars will do another turn as Secretary if Val will do another turn as President).

**Fleet Feet Grand Prix results** A very interesting and relevant discussion ensued about how to edit the (results) for the newsletters.

**Mark James** is the new Sonoma State Women's Cross Country coach. He came to the meeting to build a relationship with the club. He offered to match any Student Grant Fund donations to Sonoma State runners. Bob Finlay would talk to Mark after the meeting. Mark also mentioned his desire to put on a race on the Sonoma State campus.

**Anette Niewald** noted that we don't have a welcome letter that we can send out to new members, and offered to draft one.

### Raffle/Drawing:

Raffle: Dave Secchitano (\$17).

Drawing: Leslie Wolcott (\$200, not present). Next month's drawing is for \$200.

### Newsletter:

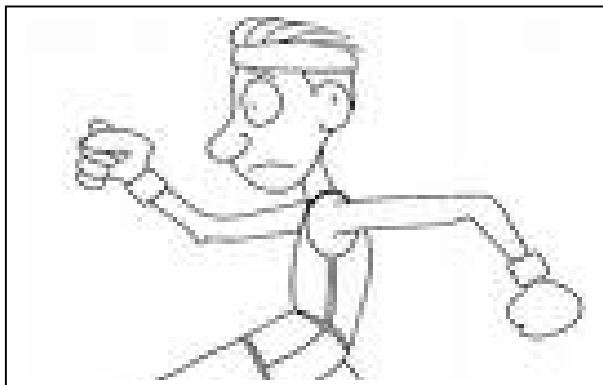
The October 2007 newsletter was folded, stapled and stamped.

### Attendance:

Lars Andersen, Mel, Susan Kelleher, Jerry Lyman, Bob Shor, Dale Trowbridge, George Super-G-U, Dave DeSelle, Gil Moreno, Nate Koch, Anna Derho, Bob Finlay, Dave Secchitano, Sledge, 409, Anette Niewald, Thermo, Shirley Lee, Mark James.

**Respectfully submitted,**

**Lars Andersen**



## John Lander – Ironman!



Santa Rosan and Empire Runner John Lander is 66 years young.

The Ironman Triathlon was held recently in Kona Hawaii. John finished 12th out of 23 competitors in the 65-69 age group. This in spite of the fact that he finished last in his age group in the two-mile swim (2:15.58). John recovered to post the seventh fastest time on the bike (112 miles / 6:58.32) and the 11<sup>th</sup> best in the marathon (5:15.05).

John trained very hard in preparation for this grueling event. He previously completed eight half-ironman competitions.

He was featured recently in the Press Democrat.

Great job John!

### Super G

## You call *that* a Running Streak?

I've seen a running streak, and that is no running streak....

Recently I sent out a note through the Empire Runner's Yahoo Group asking people to comment on their running streaks – no rules, anything goes, just to see what would come up. Well, it seems that there are as many "streaks" as you care to think of and I'm sure I only scratched the surface.

Now, many of you have probably heard of good ol' what's his name, who has been featured in a national running magazine sometimes called Runner's World. I would use the real name but copyright laws prevent me from doing so. Anyway, this guy who was featured

## Running Streaks (continued)

has apparently run every day of his life for the past 28 years or something like that. I really don't remember, but suffice to say it has been a very long and mentally imbalanced road. I did not want to compare these nationally known wackos to our own homegrown variety and I won't. So without further ado, let's get right down to it:

### Mildly Obsessive

- Dan Tuohy and The Hutch are in their third consecutive PA cross-country season without missing a single race.
- Jim Gibbons ran in five straight USA Track and Field National Championships (Masters) starting at age 50.
- Deb DiCarli has run the Nike Half Marathon every year since it began in 2004 (she has finished higher in her age group every time!) and she does not plan to stop. How can you get better than 1<sup>st</sup>?
- Ralph Harms won his age division at the Bridge-to-Bridge three years running 1995, '96 and '97.
- Ralph also ran three races in one weekend in 1985 a 4-miler, and two 3K's and won the 50 year old age division in each)
- Doc Isabeau gets the "hard luck" award for six consecutive second-place finishes at the Ilsanjo Classic between the late eighties and early nineties. Coach Meredith called him the Buffalo Bills of Ilsanjo.
- Bill Browne says he has not won a race outright in 40 years. (Sorry Bill, the award still goes to Doc – you're not winning *this* either.)

### Pretty Kooky

- Steve Brown is trying to finish his "streak" of 4 straight marathons in which he cramps up at mile 18 and barely staggers to the finish just to avoid a DNF.
- Ralph Harms has run 13 marathons in one year (1977)
- Ralph Harms also lays claim to 33 years of competitive racing from age 39 to 72 (and he ain't done yet!)
- 40 Years without a DNF claims Bill Browne.
- Dale Peterson and Alec Isabeau are the only two people to have completed all 15 Loop de Loop trail races since the inception in 1993. That is a whole lot of bad road.

### Off the Chart

- John Anderson apparently ran over 2000 miles a year for five years in the mid-eighties. John says that is why he is now an inch and one-half shorter!
- Johnpaul McIntosh-King has run 54 marathons and just turned 55. According to his patient wife Bethann, he now plans to run a marathon every year for the rest of his life to keep the number of marathons he has run equal to his age. Good luck on that Johnpaul...
- Mike Fannelli apparently did not miss even a single day of running between December 17, 2004 and February 7<sup>th</sup> 2006 and averaged exactly 50 miles per week during the entire period. Mike does not say what ended the streak but he does say that his running "almost cost me my marriage when I had to sneak in a run at London's Heathrow airport en route from South Africa...my wife was waiting at the gate as I jogged up three minutes after the final boarding call (oooops)...fortunately they let us board and one Bloody-Mary later my marriage was somewhat back intact...". Yes, Mike the things we endure to maintain a streak indeed! Now for some psychotherapy.
- Darryl Beardall undoubtedly owns enough streaks to fill several heavy leather-bound volumes. Here are a few samples
  - 35 straight Dipseas (ouch)
  - 35 straight Deseret Morning News Marathons (this explains a lot)
  - Assuming he runs this year, Darryl will have run in 23 out of the 25 California International Marathons.

### A Different Kind of Streak

- The entire John F. Kennedy High School (La Palma) track team streaked around the outside of the boy's gym (several laps) when they beat arch-rival Foothill High School in a dual meet in 1975 according to former sprinter and current geezer Dale Peterson.
- According to John Mojo Royston, Steve Starkweather certainly holds the Thirsty-Boy record for the fastest naked mile run at elevation somewhere in Nevada several years ago. How high and how fast must remain a mystery for now. Use your imagination... or don't.

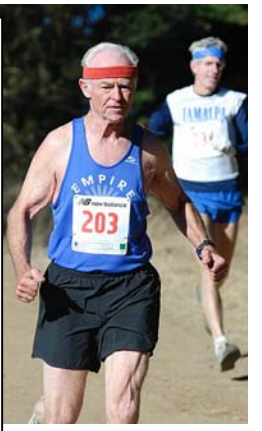
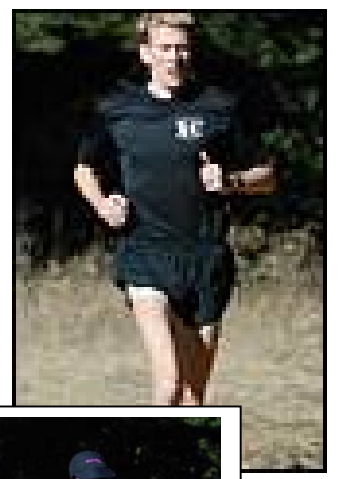
### DM Peterson

**\$200 Up for Grabs at the Empire Runners Club Meeting!**

Geisha Whalcot could have been the winner at the September Meeting if only she were there!

**Don't let this happen to you! Go to the Meeting and Win Big Bucks!**

# The Presidio - 2007



## 2007 Fleet Feet Grand Prix - Mens

Place	First Name	Last Name	Div.	Total to Date	Age Group	Top 3	(to date)
1	Bob	Finlay	50s	1035	<10	Ian Van Riper	1st
2	Eric	Downing	30s	877		William Stewart	2nd
3	Sam	Strobino	14-19	820		Parker Jakel	3rd
4	Daryl	Beardall	70s	807	10-13	Jon Ahnberg	1st
5	Dale	Peterson	40s	805		Austin Champie	2nd
6	Larry	Meredith	40s	741	14-19	Sam Strobino	1st
7	Dan	Preston	60s	725		Chris Edwards	2nd
8	Bill	Browne	50s	715		Tim Garcia	3rd
9	Brendan	Hutchinson	60s	713	20s	Brian Tuohy	1st
10	Rob	Main	40s	709		Andy Furlong	2nd
11	Don	Sampson	50s	698		Nathan Koch	3rd
12	Dave	DeSelle	50s	672	30s	Eric Downing	1st
13	Don	Stewart	40s	666		Greg Jennings	2nd
14	Brian	Tuohy	20s	657		Carl Triola	3rd
15	John	Anderson	50s	648	40s	Dale Peterson	1st
16	John	Harmon	50s	629		Larry Meredith	2nd
17	Ty	Strange	40s	623		Rob Main	3rd
18	Dale	Trowbridge	60s	590	50s	Bob Finlay	1st
19	Greg	Jennings	30s	587		Bill Browne	2nd
20	Jerry	Lyman	50s	581		Don Sampson	3rd
21	Steve	Cleal	40s	578	60s	Dan Preston	1st
22	Paul	Berg	50s	557		B. Hutchinson	2nd
23	Fred	Garcia	40s	551		D. Trowbridge	3rd
24	Dan	Tuohy	70s	518	70s	Daryl Beardall	1st
25	Carl	Triola	30s	497		Dan Tuohy	2nd

Closing in on the end of the grand prix season **Bob Finlay** holds the lead and increases his margin while **Eric Downing** shows everyone what he is made of by moving into 2nd spot. **Sam Strobino** is in the coveted third position while **Daryl Beardall** edges out **Dale Peterson** for a close fourth but only by a narrow 2 point margin. This is still fair game for the top spots so don't loose your momentum now. Check out the age division leaders, you might be surprised where you rank.

## 2007 Fleet Feet Grand Prix - Women

Place	First Name	Last Name	Div.	Total	Date	Age Group	Top 3	(to date)
1	Leslie	Wolcott	40s	1st	973	<10	McKenna Sell	1st
2	Lisa	Anderson	30s	1st	811		Marcella Schrift	2nd
3	Melanie	Lovrin	20s	1st	770		Chiara Schrift	3rd
4	Tori	Meredith	40s	2nd	694	10-13	Jillian Van Riper	1st
5	Shelly	Gordon	40s	3rd	640	14-19	Lauren Zanetti	1st
6	Robin	Stovall	40s		603		Michelle Zannetti	2nd
7	Val	Sell	40s		559		Shannon Rich	3rd
8	Shelly	Lydon	40s		491	20s	Melanie Lovrin	1st
9	Anna	Derho	50s	1st	453		Alisha Rice	2nd
10	Lisa	Isabeau	40s		452		Andrea Guzman	3rd
11	Twyla	Roberts	50s	2nd	379	30s	Lisa Anderson	1st
12	Molly	Wolf	50s	3rd	367		Susan Kelleher	2nd
13	Liz	Sinna	40s		349		Tina Mourad	3rd
14	Lauren	Zanetti	14-19	1st	341	40s	Leslie Wolcott	1st
15	Michelle	Zanetti	14-19	2nd	340		Tori Meredith	2nd
16	Lori	Winkler	40s		317		Shelly Gordon	3rd
17	McKenna	Sell	<10	1st	298	50s	Anna Derho	1st
18	Shannon	Rich	14-19	3rd	297		Twyla Roberts	2nd
18	Debbie	Beem	40s		294		Molly Wolf	3rd
19	Leslie	Curry	40s		289	60s	Edda Stickle	1st
20	Susan	Kelleher	30s	2nd	286		Shirley Fee	2nd
21	Tina	Mourad	30s	3rd	284		Pamela Horton	3rd
22	Peyton	Willert	40s		283			
23	Joyce	Giammattei	40s		267			
24	Jillian	VanRiper	10to13	1st	266			
25	Annette	Niewald	50s		263			

As we near the end of this years competition there seems to be no let up in those eyeing the top spots. **Leslie Wolcott** and **Lisa Anderson** have been solid in positions 1 and 2 while the others in the top 10 seem to be doing some sort of dance. A big move for **Melanie Lovrin** who has moved up into 3rd- will she go after 2nd next? The margins are fairly tight so don't miss the last few races or you might be bumped out of your slot! Watch out for those age group leaders, prizes are to be awarded for those spots as well.

*We gratefully acknowledge our...*

# Empire Runners Club Sponsors

To find out how to become a Club Sponsor visit the club website ([www.empirerunners.org](http://www.empirerunners.org), see "Sponsors") or contact the Sponsorship Administrator, Dave DeSelle, at 707 523-3590, [daviddeselle@sbcglobal.net](mailto:daviddeselle@sbcglobal.net).

## Partners in Fitness

*The following fitness-related businesses or organizations display the Empire Runners Club Poster or offer Club race schedules for the benefit of their clients:*

**FLEET FEET SPORTS -- 111 Third St., Santa Rosa; 569-1494**

## Member Discounts

*The following businesses or organizations offer discounts of at least 10% to Empire Runners Club members:*

## **DONORS**

### Friends

*The following have given cash or in-kind donations to the Empire Runners Club of \$100 or more in value:*

**MIKE FANELLI**

### Allies

*The following have given cash or in-kind donations to the Empire Runners Club of \$200 or more in value:*

**ALEC ISABEAU, D.C. -- Chiropractic Sports Medicine, 586-5555**  
**STEPHEN STARKWEATHER – Massage & Hypnotherapy, 707-544-5143**

### Backers

*The following have given cash or in-kind donations to the Empire Runners Club of \$500 or more in value:*

**KZST & KJZY**

### Champions

*The following have given cash or in-kind donations to the Empire Runners Club of \$1000 or more in value:*

**FLEET FEET SPORTS -- 111 Third St., Santa Rosa; 569-1494**



# November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>28</b></p> <p><b>7M at medium pace</b>  <b>Race: Crossroads 5K, San Rafael</b>                      8:00a                      Cobblestone Trailhead on Channel Drive</p>	<p><b>29</b></p> <p><b>6M at comfortable pace</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>30</b></p> <p><b>6x600 at 1M G.P., walk 50, jog 150</b>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>31</b></p> <p><b>7M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>1</b></p> <p><b>5M with 1.5M at strong pace</b>                      4:30p Howarth Park</p> <p style="text-align: center; border: 1px solid green; border-radius: 15px; padding: 2px;">Time Change!</p>	<p><b>2</b></p> <p><b>3M at comfortable pace or off</b></p>	<p><b>3</b></p> <p><b>1.5M jog, 8x90 sec. at 5K G.P., jog 90 sec between each Race: Fleet Feet XC</b>                      8:30a Training Run, Railroad Square, SR</p>
<p><b>4</b></p> <p><b>Race: 8:00a - Redwood Fun Run, Julliard Park, Santa Rosa</b>  <b>8M at medium pace</b>                      8:00a                      Cobblestone Trailhead on Channel Drive</p>	<p><b>5</b></p> <p><b>3M at comfortable pace or off</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>6</b></p> <p><b>6M with 6 x 2 min. at 3M G.P.</b>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>7</b></p> <p><b>4M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>8</b></p> <p><b>Newsletter Deadline: Jerry Lyman, Editor</b>  <b>7M with 3 x 4 min. at strong pace</b>                      4:30p Howarth Park</p>	<p><b>9</b></p> <p><b>3M at comfortable pace or off</b></p>	<p><b>10</b></p> <p><b>8 x 60 sec. at 1M G.P.</b>                      8:30a Training Run, Railroad Square, SR</p>
<p><b>11</b></p> <p><b>Race: 9:00a - Prince Memorial Greenway 10K, Santa Rosa</b>  <b>9M at medium pace</b>                      8:00a Parktrail Drive at Summerfield Drive</p>	<p><b>12</b></p> <p><b>6M at comfortable pace</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>13</b></p> <p><b>12x400m@2M G.P.</b>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>14</b></p> <p><b>6M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>15</b></p> <p><b>5M with 12 x 20 sec. at 3M G.P.</b>                      4:30p Howarth Park  <b>6:30p Club Meeting, MV RT Pizza</b></p>	<p><b>16</b></p> <p><b>4M at comfortable pace or off</b></p>	<p><b>17</b></p> <p><b>4M at comfortable pace and 4M at medium-strong pace</b>                      8:30a Training Run, Railroad Square, SR</p>
<p><b>18</b></p> <p><b>PA Championships XC</b>  <b>9M at medium pace</b>                      8:00a                      Cobblestone Trailhead on Channel Drive</p>	<p><b>19</b></p> <p><b>5M at comfortable pace</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>20</b></p> <p><b>6M with 12 x 60 sec. at 3M G.P.</b>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>21</b></p> <p><b>5M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>22</b></p> <p><b>9M at medium pace</b>  <b>8:30a Channel Drive: Wild Turkey Ramble training run</b></p>	<p><b>23</b></p> <p><b>3M at comfortable pace or off</b></p>	<p><b>24</b></p> <p><b>Race: Turkey Trot 5K &amp; 10K, Davis</b>  <b>8M at medium pace</b>                      8:30a Training Run, Railroad Square, SR</p>
<p><b>25</b></p> <p><b>Race: 8:00a - McGuire's Breakfast Run, Santa Rosa</b></p>	<p><b>26</b></p> <p><b>3M at comfortable pace or off</b>                      7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>27</b></p> <p><b>6M with 20 x 30 sec. at 3M G.P.</b>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>28</b></p> <p><b>7M at comfortable pace</b>                      5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>29</b></p> <p><b>6M total with 4x3 min. at strong pace</b>                      4:30p Howarth Park</p>	<p><b>30</b></p> <p><b>4M at comfortable pace or off</b></p>	<p><b>1</b></p> <p><b>8M with 3 sets of 10x30 sec. w/30-sec. jog</b>                      8:30a Training Run, Railroad Square, SR</p>

# Empire Runners Club

PO Box 4241  
Santa Rosa, CA 95402



If your Dues are Due! Renew On-Line at [www.empirerunners.org](http://www.empirerunners.org) and click on "membership"

## MARK YOUR CALENDAR!

Sat Oct 27	PA Cross-Country John Lawson Tamalpa Challenge – China Camp, Marin
Sat Nov 3	PA Cross-Country Fleet Feet Open – Granite Regional Park, Sacramento
Sun Nov 11	<a href="#">Prince Memorial Greenway</a> 10K – Railroad Square, Santa Rosa 9:00am
Thu Nov 8	Newsletter Deadline – Jerry Lyman Editor
Thu Nov 15	Club Meeting – 6:30pm Round Table Pizza – Montgomery Village
Sun Nov 18	PA Cross-Country Championships – Golden Gate Park, San Francisco
Sun Nov 25	<a href="#">McGuire's Breakfast Run</a> 3K / 7 Miles – Hidden Valley School, Santa Rosa

## 2007 CLUB OFFICERS

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