

# Newsletter

November  
2008

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

## 2008 USATF PA Cross Country Season in full swing!



**Smoke before Fire** – Bob Shor pulls the trigger to unleash the men's master field at the Presidio Challenge – Photo by Jill Harmon.

***See Inside :*** Cross-Country Czar John Harmon Reports!  
Tamalpa / Empire Veteran Team Sets 4x1600M World Record!

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# September Empire Runners Club Meeting Minutes

[Pending approval at the October 23, 2008 club meeting]



**President Bob Finlay** (bfinlay@sbcglobal.net) called the September 25, 2008 meeting of the Empire Runners to order at 7:34pm.

## Secretary's Report:

Secretary Nate Koch (nathankoch@gmail.com) read the August meeting minutes which were approved with a change in the Student Grant Fund balance from \$650 to \$252 and an addition to clarify Mojo's proposal at the meeting.

## Treasurer's Report:

Treasurer John Harmon (jj2harmon@yahoo.com) reported that last month we ended with \$38,156.83 and is now at \$35,896.16. The Student Grant Fund balance is \$362 and there have been \$6,050 donated to high schools to date. The Empire Open netted \$168 and the Annadel Loop lost \$766. There have been \$1050 in costs for the current cross country season to date.

## President's Report

President Bob Finlay reported that there is now a link on the website to the American Cancer Society's Charity Runner program.

## Recent Events:

Mustang 5k – 9/1/08 – there was a changed course this year because of some issues with fire danger.

Golden Gate Cross Country – 9/6/08 – 40 pre-registered Empire Runners with a total of 45. The weather was much warmer than usual.

Annadel Loop – 9/7/08 – 50 entrants, Mini-Mel Lovrin took first place again. There were not as many participants as last year and the shirts cost more.

Viking Opener – 9/13/08 – Val Sell reported there were just under 1000 kids from 40 different schools.

Santa Cruz XC – 9/20/08 – Ty, Hutch, and Mel all ran. It was a small but very elite field.

Ukiah Triathlon – Stephen Starkweather, Shelli and Rob Main competed.

## Upcoming Events:

Redwood Fun Run – 11/2/08 –

(<http://www.allsportcentral.com/EventInfo.cfm?EventID=18462>) This will be a 5K or 12K course, beginning and ending on the west side of Juilliard Park. The run will continue onto the Prince Memorial Greenway, following along Santa Rosa Creek. The course is mixed surface beginning on cement to a turnaround point, then on to a gravel path. Racing bib, water, snacks, and a T-shirt are included with the registration fee. Awards will be given to the top finishers in several categories. This year, half of the registration fees will be donated to the Redwood Empire Food Bank. The event will also benefit the Redwood Foundation Student Scholarship Program.

Garrin Park XC – 9/27/08 - 25 already registered, 10 registering the day of the race.

Presidio Challenge – 10/4/08 – 17 signed up, a very hilly course. Bob Finlay mentioned that this is a great opportunity to go to the Hardly Strictly Bluegrass Festival in Golden Gate Park afterwards.

Shoreline Cross Country – 10/25/08 – This is not a team race.

Wine Country Marathon and ½ Marathon – 10/26/08 - A club sponsor. Still need volunteers for aid station. Talk to Mojo.

Harvest Fair Run – 10/5/08

Tamalpa Challenge – 11/1/08

PA Championships – 11/23/08

## Committee Reports

CPR Training – Mel Lovrin and Nate Koch reported the date is November 8th, at 9am at Rincon Valley Christian School (4585 Badger Road, Santa Rosa). The cost is \$30. Contact Mel (annadelmel77@yahoo.com) if you want to signup.

Hall of Fame – Ralph Harms reported that they are working on the plaques.

They are able to get a discount if they order 12 so the committee would like to purchase three plaques for the class of 2007, three for 2008, and three for upcoming classes. Jerry Lyman motioned to allocate \$600 for the purchase of the plaques. Hutch seconded. The motion carried.

**(see Minutes on Next Page)**

## Minutes (continued)

### Unfinished Business:

CC Club Sponsorship – Bob Finlay summed up the history and viewpoints of the current issue. He then opened it up to discussion. After some time, Kenny Brown motioned to rescind the motion passed last month and reinstitute the procedure of the runner paying for 1 race and the club paying for up to 5. The motion was seconded and then Jerry Lyman asked to amend the motion to include a discreet avenue for runners to reimburse the club for subsidized races on a volunteer basis. The amendment was accepted by Kenny and the motion was voted on and passed.

### New Business:

None

### Raffle/Drawing:

Raffle: Don Sampson won (\$30)

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

**President Bob Finlay** concluded the meeting at 9:07pm.

### Attendance:

"Bones" Koch, John Harmon, Bill Browne, Kathy Brown, Kenny Brown, Mini-Mel, Stephen Starkweather, Bob Shor, Val Sell, Paul Berg, Don Sampson, Danger! Downing, Dangerous Doc Isabeau, Dale Trowbridge, Rob Main, Shelli Main, Mojo, Chris Mason, Mike Wintem, Bob Finlay, Tori Lynn Meredith, Larry Eugene Meredith, Megan Johnson, Steve Cleal Scuba, S.L. Edge, Super G\*, Pap, Dawn Haight, Alec Haight, Ian Inman, Dave DeSelle (late), Ralph Harms



## 2008 USATF PA Cross Country

(Continued from Front Page)

**Open Women hang onto 2<sup>nd</sup> place!**

**Super Senior Men dominate**

With four of our six team scoring races now in the past, we make a final push to finish strong. We have had solid participation this season. Our numbers have been down a little and overall participation seems a little weaker than even last year, but those who are showing up are giving their all and doing the Empire Runners proud.

The Impalas have a strangle-hold on first place in the Open Women's division, but our Empire Team maintains a solid second position. Team Captain Melanie Lovrin is running away (literally) with 1<sup>st</sup> place in the individual Open Women's standings. Platoons of others have filled in at races including Carrie Paterson-Kirby, Dawn Haight, Karen Frindell, Reyana Ewing, Elisa Pedersen, and many more.

The Super Senior Men's Team, led by the irrepressible Bob Holland, holds a ten point lead over West Valley. Brendan "Hutch" Hutchinson sits comfortably in second place in the individual standings – "Go Hutch!" In a throw-down with legendary Darryl Beardall of rival Tamalpa, Don Sampson outkicked septuagenarian at Presidio in a blistering lap around the soccer field finish and almost clipping the next runner in front of him. "I was movin'," said Don, "I just ran out of real estate to catch that guy." [NOTE: The preceding quotation is a loose approximation as no translators were on hand to help interpret Don's native Massachusetts argot.] Don's repeated calls to Wallace Spearman for a sprint to the death have gone unanswered.

The Masters Women also currently reside in second overall. Team co-captains Shelley Lydon (currently 11<sup>th</sup> individually) and Lisa Titus-Isabeau (16<sup>th</sup>) drive their team – including Nuvit Foster, Lisa Youmans and Tanya Nareth - to peak for these last two races.

Meanwhile the Masters Men hang in fourth – but barely so. Team captain Stephen Starkweather leads by example with strong performances this season. Ty Strange (8<sup>th</sup> individual) and Andy Howard (10<sup>th</sup>) are the season standouts for the Masters Men. Most recently, Andy finished 10<sup>th</sup> led the team at Presidio. The Masters have tough competition this year, but a strong couple performances in the final two scoring races could grab one, maybe two, places – it's that close.

**(See Cross-Country – Next Page)**

## Cross-Country (continued)

“Coach” Larry Meredith, Senior Men Team Captain, marshals a seasoned group led by Chris Cole (6<sup>th</sup>) and key contributors Steve Cleal and Paul Berg. The Seniors sit in 3<sup>rd</sup> but have shown in the past they can be strong season finishers.

Kenny Brown and the Open Men sit gingerly in 3<sup>rd</sup> but within striking distance of the River City Rebels. Kenny, Eric Downing, Nate Koch, Taylor Hockett and Cameron Tully-Smith all contributed at the Presidio Challenge. They’ll be looking for standout Alex Wolf-Root to put some points on the board in the season’s final races.

### All in for John Lawson Tamalpa Challenge

– Saturday, Nov 1

It’s time to bring it at our next race – The John Lawson Tamalpa Challenge. We get up for this one every year because it’s a good course, always a beautiful day and...well...it’s Tamalpa. Tamalpa puts on a great race. We are neighboring clubs and enjoy the rivalry, but this is where we leave it all on the course and show who the Empire Runners are.

### PA Championships at Golden Gate Park

– Sunday, Nov 23

The only Sunday XC race all season, this is the ultimate race for us locally and our last chance to score team points. We always have a great turnout and many outstanding performances.

If you plan to run either race and want me to register for you, please tell your team captain or me and ensure I have a sign entry form. You can also register online or at the event on race day.

Go Empire!

*john harmon, 2008 XC Czar*



**John Harmon** follows Starky amongst a horde of other teams and runners.



**Stephen Starkweather** keeps a smile while setting a tough pace at the Presidio in San Francisco.

## MCGUIRE’S BREAKFAST RUN

**Sunday November 30<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!**

10/16/08

## Empire Runners Join Tamalpa Team to Set World Record

Everyone congratulated them for a fine effort, but disappointment was obvious on the faces of the four who had just failed to break the world record for men age 70-79 in the 4 X 1600 meter relay.



The attempt was organized as a Tamalpa team event by Bernie Hollander. Besides being a mainstay and past president of the Tamalpa Runners, Bernie also keeps membership in the Empire Runners Club and runs a few of our races. About 10 years ago, Bernie put together a Tamalpa team which set the 4 X 1600 record for 60-69 year-olds. Empire Runner Ralph Harms was on that team and was again granted special mercenary status for this occasion. Darryl Beardall, also a dual citizen, was on hand as a backup.

The auspiciously beautiful October morning at the College of Marin track in Kentfield darkened early when the second fastest runner on the team, Horst Meyer, begged out due to an uncooperative heart rhythm. Horst, who wears a pacemaker, realized during warm-ups that he didn't feel right and had better err on the side of caution. Beardall, who had not run on a track since college, was set to step in, but Horst suggested they wait for Tom Guldman. Not expecting to be called up, Guldman, who was at the track earlier, had taken off on a 5-mile training run. The plan devised was to go ahead and start the race and if Guldman showed up in time and could be persuaded to do it, he'd run the third leg. If Guldman declined, Darryl was in. If all this seems confusing and disorganized to you, just remember these are American track relay athletes proudly upholding American track relay traditions. Being in their 70's and being Tamalpa runners has nothing to do with it.

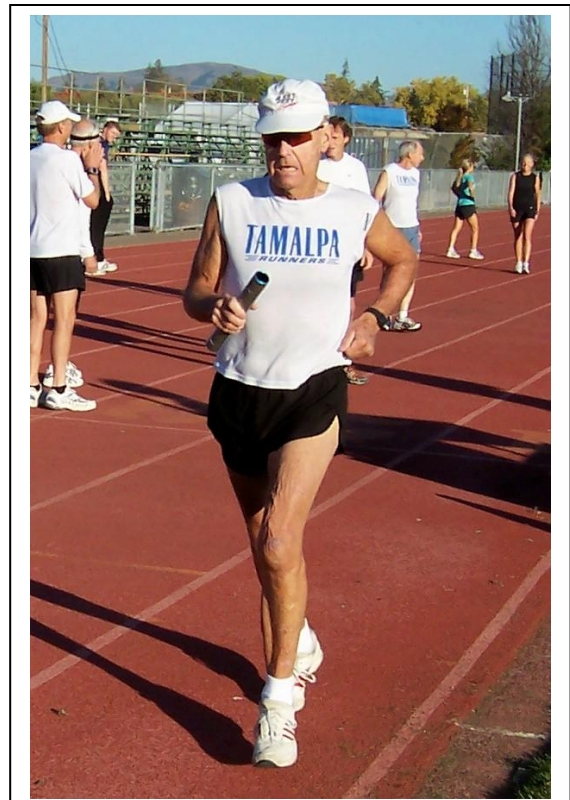
About five minutes before the start Guldman did show up, and though his expression said, "I just ran 5 miles! Don't make me do this!" he acquiesced and the team was set.

Bernie Hollander was to run the lead-off leg. Though Bernie didn't remember exactly what the record time was they were shooting for, he had calculated a 6:56 per man average would do it. Both he and Ralph Harms hoped to finish at or under 7 minutes each. Horst would have been counted on to run under 6:50, but how Guldman, his replacement, would do was uncertain, especially since Guldman had just finished a 5-miler. Russ Kiernan, the anchor leg, would undoubtedly run the fastest, but as a habit Russ stays away from tracks. Long, steep trails are his thing.

Bernie led off in 7:12.31—not what he had hoped but a strong effort. Ralph cranked out his first lap at a sub-6:30 pace but slowed to finish in 7:13.78. Guldman fought off his fatigue and ran an impressive 7:01.24. That left Kiernan with an impossible task. To have broken the record, Russ Kiernan would have had to run a 6:16. Russ was awesome but his 6:22.88 was 7 seconds too slow. Nice job, guys, better luck next time.

But wait! Upon returning home, Bernie checked the records and discovered his error. The old world record was actually 27:50.50. His team had just run .28 seconds faster. New world record—27:50.22!

*Jerry Lyman*



**Ralph Harms - World Record Holder!**

# November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>26</b></p> <p><u>7M at medium pace</u>  <b>Race: Crossroads 5K, San Rafael</b>                      8:00a                      Cobblestone Trailhead on Channel Drive</p>	<p><b>27</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>28</b></p> <p><u>4x400, 4x300, 4x200</u>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>29</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>30</b></p> <p><u>4.5M with 4x60sec. at medium-strong pace</u>                      5:30p Howarth Park</p>	<p><b>31</b></p>	<p><b>1</b></p> <p><b>PA Cross Country Race: Tamalpa 4.25M XC</b>                      8:30a Training Run, Railroad Square, SR</p>
<p><b>2</b></p> <p><b>Race: 8:00a - Redwood Fun Run 5K &amp; 12K, Julliard Park, Santa Rosa</b>  <u>8M at medium pace</u>                      8:00a                      Cobblestone Trailhead on Channel Drive</p>	<p><b>3</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>4</b></p> <p><u>6M with 6 x 2 min. at 3M G.P.</u>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>5</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>6</b></p> <p><u>5M with 1.5M at strong pace</u>                      4:30p Howarth Park</p>	<p><b>7</b></p>	<p><b>8</b></p> <p><b>Race: Crazy Creek 5K, Hidden Valley Lake</b>  <b>Race: Turkey Trot 5K &amp; 10K, Davis</b>                      8:30a Training Run, Railroad Square, SR</p>
<p><b>9</b></p> <p><b>Race: 9:00a - Run to Stop Hunger 10K, Santa Rosa</b>  <u>9M at medium pace</u>                      8:00a Parktrail Drive at Summerfield Drive</p>	<p><b>10</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>11</b></p> <p><u>12x400m@2M G.P.</u>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>12</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>13</b></p> <p><b>Newsletter Deadline: Jerry Lyman, Editor</b>  <u>7M with 3 x 4 min. at strong pace</u>                      4:30p Howarth Park</p>	<p><b>14</b></p>	<p><b>15</b></p> <p>8:30a Training Run, Railroad Square, SR</p>
<p><b>16</b></p> <p><u>9M at medium pace</u>                      8:00a                      Cobblestone Trailhead on Channel Drive</p>	<p><b>17</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>18</b></p> <p><u>6M with 12 x 60 sec. at 3M G.P.</u>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>19</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>20</b></p> <p><u>5M with 12 x 20 sec. at 3M G.P.</u>                      4:30p Howarth Park  <b>6:30p Club Meeting, MV RT Pizza</b></p>	<p><b>21</b></p>	<p><b>22</b></p> <p><b>Race: Turkey Trot 5K &amp; 10K, Davis</b>                      8:30a Training Run, Railroad Square, SR</p>
<p><b>23</b></p> <p><b>PA Championships XC</b></p>	<p><b>24</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>25</b></p> <p><u>6M with 20 x 30 sec. at 3M G.P.</u>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>26</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>27</b></p> <p><u>9M at medium pace</u>  <b>8:30a Channel Drive: Wild Turkey Ramble training run</b></p>	<p><b>28</b></p>	<p><b>29</b></p> <p>8:30a Training Run, Railroad Square, SR</p>
<p><b>30</b></p> <p><b>Race: 8:00a - McGuire's Breakfast Run, Santa Rosa</b></p>	<p><b>1</b></p> <p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p><b>2</b></p> <p><u>6M with street sign intervals</u>                      5:30p 3390 Princeton Drive, SR</p>	<p><b>3</b></p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p><b>4</b></p> <p><u>4M with 1.5M at medium-strong pace</u>                      4:30p Howarth Park</p>	<p><b>5</b></p>	<p><b>6</b></p> <p>8:30a Training Run, Railroad Square, SR</p>

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**  
**HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE**

## Member Discounts

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

## **DONORS**

### Friends

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

### Allies

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

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### Champions

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

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# 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 Nov 01	USATF-PA X-Country – Tamalpa John Lawson Challenge – China Camp
Sun Nov 09	Run to Stop Hunger - 10K, Santa Rosa – 9:00am
Thu Nov 13	Newsletter Deadline – Jerry Lyman Editor (pigfete@aol.com)
Thu Nov 20	Club Meeting – 6:30pm Round Table Pizza – Montgomery Village
Sun Nov 23	USATF-PA X-Country Championships – Golden Gate Park San Francisco
Thu Nov 27	Wild Turkey Ramble – fun run – Channel Dr Annadel State Park 8:30am
Sun Nov 30	<a href="#">McGuire's Breakfast Run</a> – 3K/7M – Hidden Valley School - Santa Rosa 8am
Sat Dec 20	<a href="#">Last 10K and Final 2Mile</a> – Howarth Park, Santa Rosa

## 2008 CLUB OFFICERS

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