

Bob Shebest wins the Wine Country Marathon in 2:55:54.9 – selected results inside!

The Empire Runner

November 2009 Volume XXXIV, No. 11

www.empirerunners.org

Masters Men in 2nd place overall – Super Seniors and Women's Seniors 3rd



Ty Strange – 48 years young –Has paced his ER Masters team to division wins at Presidio and Willow Hills.

Ty was the first Master at Garin Park, Presidio and Willow Hills and is now in second place overall in his division of the USATF-PA X-Country Grand Prix.

Masters Men Winning BIG! **Stephen Starkweather – Masters Team Captain**

Our Empire Runners Men's Masters Cross Country team is having an excellent year.

The team has scored at all six races so far – including placing second at the Empire Open, second at Garin, first at Presidio, and first at Folsom [Willow Hills]. Wow, what a terrific team!

The team includes Strange, Stewart, Howard, Brown, Walker, Bohn, Ewing, Isabeau, Starkweather, Spina, Rauch, Vigil, James, and Bratsberg,

At this point with just three races to go the team is tied for 2nd place overall. There is still a chance of upsetting the Aggies and Tamalpa for the season. Now its especially exciting to be tied with Tamalpa, the Empire Runner's friendly Marin County rival club.

Now because we have won some races, prize money is even flowing in. In addition, special individual prize money is going to **Ty Strange**. Ty has been our fastest Masters runner and has **won the entire Master's Division at the last three races. This is beyond incredible!**

Several of our Masters runners are also planning to go to the Nationals XC race in Lexington KY December 12th – we could possibly field a full team there too. Consider going with us – yes, I'm talking to you!

Empire Runners Hall of Fame Nominations now being accepted. See inside for details!

Heart & Sole
SPORTS

65 Brookwood Ave - Santa Rosa CA 95404

FLEET FEET
Sports
SANTA ROSA

Tagliaferri's
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Empire Runners

September 2009 Club Meeting

(pending approval at the October 22, 2009 meeting)

Vice President Nate Koch (nathankoch@gmail.com) called the September 24, 2009 meeting to order at 7:30 pm.

Secretary's Report:

Secretary Paul Berg (pmberg@sonic.net) read the August 2009 meeting minutes, which were approved as read.

Treasurer's Report:

Treasurer John Harmon (jj2harmon@yahoo.com) reported that the current club balance is \$50,592.58, up \$14,696 from the same time last year. There is still an anticipated expense of approximately \$7500 for Kenwood t-shirts. \$400 was donated to CNHS/PHS for Annadel Loop. The Student Grant Fund balance is \$482, approx \$120 more than the same time last year. Race results: Empire Open netted \$1625, vs. \$190 for 2008

Annadel Loop lost \$790, vs. -\$759 for 2008

XC team expenses to date are \$995

Race Reports:

1. Recent Races / Runs
 - a. XC - Phil Widener Empire Open 8-29-09 Hot, good turnout, newsletter article
 - b. SR Marathon 8-30-09 "lousy course", well-organized event
 - c. Annadel Loop 9-6-09 Cathy DuBay won. Lost \$ again
 - d. XC - Golden Gate 9-12-09 41 ER registered, 36 ran
 - e. Viking Opener 9-19-09 alumni race, Montgomery won again. Val Sell reported that in the HS race, Erik Olson of Novato set a new course record of 9:40. Val also extended special thanks to Bob Shor for officiating
2. Upcoming Races / Runs
 - a. XC - Garin Park 9-26-09 33 ER signed up
 - b. Carousel Fund Run 9-27-09 Chris Mason reported starts at 8:30, 5k and 10k, benefit for kids with terminal illness
 - c. Harvest Fair 3k & 10k 10/04/09
 - d. Wine Country Marathon - 10/11/09
 1. Aid Station Request- no volunteers
 2. Registration help, course monitors, finish line
 3. Discount to anyone who visits Fleet Feet before 10/1/09, \$10 off
 - e. SSU XC 5k Fun Run 10/11/09 \$10 or \$5 with can or box of food for SR homeless shelter
 - f. Run at Destruction author reading October 15 @Copperfields, Paul Berg reported on the book. Info on website.

- g. XC Willow Hills 10/10/09 new course Folsom HS
- h. Larry Meredith reported Ukiah HS 5k 10/17/09 alumni race

Reports of Committees:

1. Cross Country Czar John Harmon needs team commitments for Tamalpa by 10/11.
2. Website update Chris Mason reported "all's well"

Unfinished Business.

- A. How can we help HS XC/Track programs? Wishlists have not been sent to coaches yet, J Harmon will report next month
- B. Annadel – several members expressed concerns about the announced closure of the park, made more unclear by a meeting in Sausalito on Tuesday 9/22, reported in the PD:
Tori Meredith: It may be possible to donate directly to Trione fund established years ago to help fund the park.
Jerry Lyman: Does it matter what we do in the face of the enormous state deficit? Can we guarantee that our donations would benefit Annadel?
Tori: What would it take dollar-wise to save Annadel?
LT: Wait to see exactly where the \$\$ goes.
Dale Peterson: Write a letter! Buy a park pass! Do something!
John Harmon: make a list of things we can do.
A list committee was formed: Dale and Tori.

New Business.

- A. Tori Meredith reported that T&B Sports does silk-screening, maybe we should try them. Val Sell said that they are still more expensive than the company that prints Kenwood shirts.
- B. Jerry Lyman opened a discussion regarding the policy of the website listing any and all Nor Cal races, regardless of the promoter or sponsor. He proposes that the ER website should be the go-to site for all runners. Dale Peterson asked if we would be able to track the results.
Discussion of whether this would promote other races in lieu of our own, and if this is a financial drain. JL replied that it does fit in the mission of serving ALL runners, and would most likely have a positive or neutral effect on our attendance. JL will formalize a proposal.

Raffle: Iguana Don won \$15, and \$15 went to the student grant fund

Drawing: Adda Stickle would have won \$200 if she attended the meeting.

Vice President Nate Koch (nathankoch@gmail.com) concluded the meeting at 8:30 pm.

Attendance:

Pappee, Susan Kelleher, Danger Downing, Guy Fawkes, Sledge, Dave Seccitano, Wolfman, Stephen Rauch, Chris Mason, VP Bones Koch, NoTORIous, Coach, Iguana, Super G, Dale Trobridge, Kenny Brown, Kathy Brown, John Harmon, Val Sell, Bob Shor, LT, Linda Phaby, Paul Berg

What's The Latest on **STRETCHING?**



Life was so simple a couple decades ago: gas was cheap, my neon striped lycra running tights were stylin', and stretching was the panacea for all athletic injuries. For roughly half a century, stretching had been touted as a crucial pre-running ritual, necessary for the prevention and treatment of most of our athletic ailments. During my inglorious days in the 70's as a chronically-injured Drake High School hurdler (my events were the gut-wrenching 330 low stumbles and the catastrophic 110 high train derailments) we would stretch endlessly on the infield before every workout. Otherwise, according to the scripture, we would surely explode on the track in a shower of hamstring and Achilles shrapnel. Later, in my early years of practice, I sternly repeated the sermon to my patients: "Thou shalt stretch most thoroughly and vigorously prior to thine workout, lest thee be smote by scurrilous and evil injury." Ah, life was indeed very simple, and we were so very wrong.

Today, stretching remains a key component of a sound fitness program and is in fact a vital tool for preventing and solving many running-related injuries. The problem is that we've been expecting far too much of this tool, we've often used it improperly and we dismissed or didn't even recognize other very effective means available for injury management, such as functional strength and skill training.

First off, why even bother stretching? What effect does it have on our body parts? Proper stretching targets muscles, tendons, joint capsules and fascia (sheets of connective tissue which envelope and anchor

muscles). Depending on exactly how a stretch is applied, these tissues can be elongated and realigned, springiness and elasticity can be enhanced, range of motion can be increased and old troublesome scar tissue can be loosened and released. That all sounds great (and it truly is!) but we now realize that many running-related injuries mandate much more than mere stretching and some conditions are actually worsened by stretching. What's more, most of us were indoctrinated in that holy rule of "Always stretch before you exercise!" which, it turns out, is a pretty reliable way to actually get injured.

So what's a runner to do? Should we stretch or not? If the answer is yes, then how should we do it? Hold a gentle, sustained stretch? Crank vigorously? Bounce or oscillate a little? And for how long, and how often and when?? Oh, give me those simple days of striped neon lycra tights.

Amongst those of us in the related fields of sports medicine, athletic training and rehabilitation, there is currently no consensus on stretching; in fact, there's quite a bit of vociferous debate on the topic. There are, though, some distinct trends emerging amongst the top researchers and practitioners regarding stretching. Here's a brief summary of the current prevalent thoughts on stretching:

- Traditional static stretching (holding a sustained stretch) has little, if any, value as preparation or warm-up for subsequent vigorous physical activity. In fact, numerous studies suggest that static stretching prior to exercise can hamper athletic performance and increase injury risk.
- Stretching is now generally regarded as a component of the recovery phase of exercise, and should be performed after a workout or race, or at the end of the day, just prior to sleep.
- The static sustained stretch, held for 20 seconds to 2 minutes or more, is losing favor. There is growing support for gentle, dynamic stretching: for example, hold a stretch gently for 5 seconds, ease completely out of it, then ease back into the stretch, repeating this process 5-10 times. Some studies suggest that traditional long-duration static stretches might damage the important stretch receptor cells embedded within muscle, leading to distorted feedback to the central nervous system, thereby altering movement patterns.

See STRETCHING – NEXT PAGE

STRETCHING - continued

- Warming up for a hard workout or race should include energetic, dynamic movements which prepare the muscles, joints and nervous system for the upcoming challenging activities. These “movement preps” include drills like high knees, quick feet, lunge steps, hip swings, striders, etc. Conversely, sitting down on the grass, stretching your hams or calves, does not prepare them in any way for subsequent hard, fast running.
- There are a number of “active” stretching techniques which are variants of the dynamic stretch-relax-stretch method mentioned above. These forms of stretching, which are often used clinically (as those of you have been to my office can attest), usually incorporate focused muscle contractions, followed by relaxation and “taking up the slack”. These techniques are helpful when muscles have been habitually contracted by old injuries or improper movement patterns.
- Post-exercise or pre-bed time stretching can be even more effective when the tissues are softened with self-massage techniques, such as using a foam roller, tennis ball, soft ball or massage stick. Yes, this hurts, but it hurts good.

So, there you have the latest ideas on stretching. Experiment with some of these new techniques, keep an open mind and stay tuned for the inevitable changes and updates on stretching.

Alec Isabeau, D.C.

McGuire's Breakfast Run Sunday November 29th



Empire Runner Club Members Only!
Details to be announced.

Wine Country Half Marathon 13.1 Miles of Perfection



Robcat and Shell-Belle show off their winnings.

The second annual running of the Wine Country Marathon and Half Marathon took place in and around Healdsburg on October 11. Both Shelli and I ran it, and without hesitation we will say that it was the best half marathon experience of our running careers. The course, event organization, aid stations, announcing, & post-race amenities were all awesome.

The half marathon course began just north of city hall in downtown Healdsburg and proceeded north a mile on Grove Street, crossed under 101, turned south on Kinley Drive, west to the Madrona Manor, north on West Dry Creek Road to Lambert Bridge Road and then back to the start/finish via Dry Creek Road and Grove Street. This loop came complete with great views of the Dry Creek Valley, the aromas of Harvest (the vineyards along Lambert Bridge Road were being harvested during the race), rolling country roads & well manned aid stations (which included many Empire Runners). Additionally, there was minimal traffic (in part due to the 7am start time), the miles were well marked, and we were greeted at the finish by the enthusiasm of the world renown announcing team of Peter Kirk and Bill Bradley; and everyone received a commemorative finisher's medal.

See Healdsburg Half – Next Page

Healdsburg Half - continued

This year's race included chip timing. I am a big fan of chip timing because it allows for a low stress start and quick results.

Personally, my goal was to run a negative split race – the second half being faster than the first half. My strategy to accomplish this was to run the first few miles at a comfortable pace, and then adjust my speed based on time and effort level. I believed that my overall race time would be in the 7:15 per mile to 7:30 per mile window. So, when my first three miles averaged 7:30 per mile I felt I was on the right pace for the first half. I completed the first half of the race at 7:28 per mile and felt like I had been on a long warm-up run. The picking-up-the-pace part was harder than I thought given how comfortable I felt on the first 7 miles; however, I did manage to speed-up about 2 seconds per mile during miles 8 & 9. Then a gray haired 50-something passed me and I found more energy and was able to increase my effort by about another 3 seconds per mile. With a strong last mile I came in at 1:37:27, a 7:26/mile pace, and good for 2nd place in the 50-54 yr old age group. I was pleased with my effort – and this was the first time I had negative split a half marathon.

Shelli ran a very fast 1:46:33, good for 3rd place in the very competitive 45-49 yr old age group. Shelli took the family prize for the day with a 70.6 age grade performance vs. my 69.2. I'll have to try harder next year. I would like to extend a big thanks to Events with Sole, Brad Illing, for a great race and an equally big thanks to all the volunteers for assisting with this event.

Rob Main

Annadel Fundraiser “In the Works”

A reliable source has revealed to this reporter that Mark at Fleet Feet has a great idea for an Annadel fundraiser. At this writing he was planning to speak at the November Empire Runners Club Meeting. Apparently the basic idea has already been cleared with our friend “Ranger Bob” and Rhonda Roman the Fleet Feet Santa Rosa owner.

The idea is to hold an Annadel half-marathon February 7th one week before the Valley Ford Relays.

Funds raised would be distributed through the Triione Foundation and the dollars would go directly to support Annadel State Park.

The event would be promoted by Fleet Feet Sports training groups and the Empire Runners.

Race fees/donation amounts etc are to be determined. Expect to hear more about this great opportunity!

Editor

Bill Browne's Excellent Adventure



Part of the Biz Johnson Trail showing one of the old railroad tunnels.

Anyone seeking a PR for a 1/2 marathon owes it to them self to try the BIZZ JOHNSON race in Susanville. I have done this race twice, in 2 different versions (the out and back, and the one direction, slightly downhill "express half marathon"). They are both very scenic (Rails to Trails) courses along the Susan River. The trail is dirt, a little gravel, and is slightly downhill nearly the entire length (easy on the knees, ankles, hips and on your time!). The weather this year was perfect, 40 at the start and 60 2 hrs later with little wind. The race is limited to 250 and usually fills up by Sept. The following day (Sunday) features another 1/2 marathon, full marathon, 5k and 10k. The course has no traffic and is a little remote and crosses several bridges and goes through 2 old railroad tunnels, awesome. I had a good race this year finishing 51st out of 190 or so finishers. The slight downhill grade tempts you to start out a little fast and really lets you run a little faster than you normally would at altitude 4500. I wanted to run around 1:55 (as I did at Santa Rosa 1/2 earlier this summer) and checked my pace at 6 miles. I was almost holding onto 8 min pace and started doing the math ($8 \times 13 = 145$??). wow i screwed up the pace by almost 10 min overall, no wonder it was a little hard to hold onto those 8 min miles. Oh well I backed off a little and only struggled the last 3 miles to finish around 1:54. This is a well organized, mountain run that can have iffy weather but is as scenic as it gets and has a lot of good vibes from all of the other runners, as a lot of these mountain runs seem to have. I highly recommend it. It is usually the first week or two in October. See you there.

Bill Browne

Park Passes – Buy ‘em!

How can you support the parks during these times of tight budgets?

Even though the parks do not charge for walk-ins, this is an easy way to support the parks and you can use them almost anywhere in the county and state. They make great gifts too!

Annual State Park Passes are \$90 (includes Annadel, Armstrong Woods / Austin Creek, Sugarloaf and most others)

Sonoma Co. Regional Park Passes are \$63 (includes All regional parks including Spring Lake)

Be part of the solution!



NEW MEMBERS

Please welcome the following new members to the Empire Runners Club

Thaiane Hensch – Santa Rosa

My name Thai, I'm from Brazil and just moved to Santa Rosa. Started running only a couple of months ago so I'm really a beginner but want to train. I'm planning to run a half-marathon early February.

James Meinders – Occidental

I work at Alliance Redwoods Conference Center. I moved from Iowa in February and have run the Des Moines Half twice and have run many 5 k's. Hoping to finish a marathon soon.

James Biggers – Santa Rosa

Gerald McCormick – Santa Rosa

Dame' Rahal – Petaluma

Sky and Erin Pile – Santa Rosa

Suzanne Cardiff – Petaluma

The Robert Family – Santa Rosa

Todd, Lisa, Elia and Levi

The Nason Family – Santa Rosa

Tawnya, Hank, Duncan and Forrest

Note from Roger Anawalt included with his membership renewal

Santa Rosa is fortunate to have this great club. I also enjoy the outstanding newsletter. The club officers, managers and Chairs are superb.

Wine Country Marathon and Half-Marathon Partial Results

Marathon

Age/Gender

Place	Name	Age	Time
1	Bob Shebest	35	2:55:54
2	Clinton Stevens	36	3:27:51
5	Scott Montrose	52	3:53:18
*	Alisha Rice	29	4:11:59
6	Susan Kelleher	35	4:47:58

* Official Results pending

Half Marathon

Age/Gender

Place	Name	Age	Time
1	Alex Wolf-Root	22	1:13:40
2	Vince Ewing	44	1:28:12
1	Joe Lin	32	1:29:04
2	Elisa Pedersen	26	1:33:35
2	Rob Main	50	1:37:30
1	Anita Crowley	42	1:38:42
2	Karen Frindell	33	1:39:56
6	Andrew Furlong	44	1:41:09
3	Shelli Main	48	1:46:39
4	Kelly Rogers	23	1:46:58
1	Sheila Masi	55	1:48:58
3	Pauline Rogers	54	1:50:12
17	Reyana Ewing	39	1:56:37
28	Janice Cox	47	2:13:25
11	Patti Mason	50	2:13:26
37	Lisa Anderson	41	2:15:58
32	Jessica Jauregui	32	2:18:30
1	Joan Bennett	65	2:32:58

Our apologies to any ER Members we may have missed!

Empire Runners Hall of Fame 2010

Call for Nominations!

It is time once again to nominate your favorite runner over the age of 60 for consideration of being elected to the coveted Empire Runners Hall of Fame.

Those chosen will be the third group of inductees.

The class of 2008 included Darryl Beardall, Mort Gray and Carl Jackson. Last year Brendan Hutchinson, Dan Preston and the first female inductee Pam Horton were inducted.

Who will make it this year? It could be you, or someone you know.

Inductees should be over 60 years of age, Empire Runners for five years or more (current membership not required) and have achieved at least one documented 80% age-graded performance or better during their running career. Complete rules and guidelines are included on the nomination form.

You will find the official nomination form on the next page of this newsletter. The form should be completed and sent to the Empire Runners Club Grand Prix Nominating Committee Chair Ralph Harms at the indicated address.

The Grand Prix Nominating committee will consider all entries and name three lucky candidates for induction to the Empire Runners Club Hall of Fame at the club party and awards banquet in February 2010.



Five of the Six Hall of Famers
Left to Right: Carl Jackson, Darryl Beardall, Brendan Hutchinson, Mort Gray and Pam Horton. Missing: Dan Preston

The Empire Runners Club **HALL OF FAME**

The Inaugural Class of 2008

Darryl Beardall

Mort Gray

Carl Jackson

Class of 2009

Pamela Horton

Brendan Hutchinson

Dan Preston

Learn more about the Hall of Fame, its members, and how to nominate a club member for the Hall of Fame by visiting the club website, www.empirerunners.org.

Nominating Questionnaire

Empire Runners Club Hall of Fame

To recognize and honor club members with exceptionally outstanding running careers

Use this form to submit your nominee for inclusion in the Empire Runners Club Hall of Fame. You must be a current Empire Runners Club member to submit a nomination. Nominations must be received by the Hall of Fame Committee by November 1 in order to be considered for induction in the following year. Self nomination is accepted.

Mail or deliver your completed form to: **Ralph Harms**

4926 Fernglen Dr.

Santa Rosa, CA 95405

707 538-3035 harmsway@sonic.net

Nominees should meet the following minimum requirements:

- 60 years of age or older,
- Empire Runners Club member for 5 years or longer (current membership not required),
- Met or bettered in at least one certified track or road running event an age-graded performance standard of 80% ("National Class"), based on the most recent age-graded standards published by the World Association of Veteran Athletes (Easy to use online calculators to determine if a time meets the qualifying standard of 80% can be found at <http://jick.net/~jess/track/mtf/AGT.php> or at <http://www.howardgrubb.co.uk/athletics/wmalookup06.html>.)
- Demonstrated longevity in an outstanding running career.

The Committee will consider, on a case by case basis, candidates whose running achievements may not have been in standard track or road race distances (such as ultra or trail events) and therefore not covered by age-graded standards and also candidates who may have passed away before age 60.

Please answer all questions as accurately as possible. If estimating, please indicate ("est.").

Your name: _____

Your phone number: _____ Your email address: _____

Name of nominee: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone _____ Email address: _____

Nominee's date of birth : _____ (If deceased, date of death) _____

Has the nominee been an Empire Runners Club member for 5 years or longer? _____

List dates of membership (year first joined, etc.) _____

Qualifying Event (Only one result meeting the qualifying ("80%") standard need be listed. You may list other events and times in the next section.)

Name qualifying race: _____ Location: _____ Date of event _____

Event distance: _____ Track or Road? _____ Time: _____

Summary of Running Career

Present evidence that your nominee deserves to be honored as a Hall of Fame member. Include history and "stats" of his or her best running achievements. When did your nominee begin running competitively? How long and how well did he or she continue to excel? Did he or she compete in high school, college, or nationally at a competitive level? List significant awards or honors received for running at all age-division levels. Has your nominee contributed to the sport of running other than as a competitor, such as coach, running official, or club volunteer? Include any other information you may think useful. You may attach extra sheets.

Girls on the Run Needs Running Buddies!



Over 150 Running Buddies Needed for 5k

If you don't have the time to coach but want to help Girls on the Run, join us on **Saturday, November 21, 2009 at 8:00 AM** for our season finale 5k. You will be teamed one-on-one with a young girl. Running Buddies run (and sometimes walk) the 5k (3.1 mile) course, which is the final phase of our 12-week program.

As a Running Buddy, you have the opportunity to positively encourage and to be a mentor to girls running (or walking) the event, and at the end, help celebrate their accomplishment of completing a 5k! To learn more and register, visit www.gotrsonomacounty.org.

Garin Park X-Country ER Results

Women

11	Melanie Lovrin	F30-39 20:30
48	Lisa Youmans	F40-49 23:38
53	Tori Meredith	F50-59 24:16
63	Lisa Isabeau	F50-59 25:58

Men

19	Alex Wolf-Root	M20-29 17:14
20	Gerald McCormick	M20-29 17:15
27	Ty Strange	M40-49 17:25
52	Don Stewart	M40-49 18:20
55	Kenny Brown	M40-49 18:26
58	Eric Downing	M30-39 18:31
63	Andy Howard	M40-49 18:41
65	Chris Cole	M50-59 18:48
84	Eric Walker	M40-49 19:30
88	Sid Anreis	M20-29 19:40
96	Vince Ewing	M40-49 20:02
97	Brandon Crowell	M30-39 20:04
107	Alec Isabeau	M40-49 20:27
110	Stephen Starkweather	M40-49 20:31
115	Joe Lin	M30-39 20:36
120	Paul Berg	M50-59 20:59
127	Steve Cleal	M50-59 21:15
128	Parker Mills	M50-59 21:17
129	Larry Meredith	M50-59 21:20
141	Stephen Rauch	M40-49 21:56
142	John Harmon	M50-59 21:57

Garin Park X-Country (continued)

Men

148	William Rostel	M50-59 22:15
164	Jerry Lyman	M60-69 23:19
166	Dale Peterson	M50-59 23:30
182	Dennis Tuohy	M70+ 26:34
188	Dale Trowbridge	M60-69 27:45
190	Don Sampson	M60-69 28:06

Presidio X-Country ER Results

Women

11	Melanie Lovrin	F30-39 24:20
56	Karen Frindell	F30-39 28:26
58	Andrea Guzman	F20-29 28:47
61	Tori Meredith	F50-59 28:51
68	Linda Morrissey	F40-49 29:47
69	Jennifer Ortlinghaus	F30-39 29:54
73	Lisa Titus-Isabeau	F50-59 30:28
82	Shirley Fee	F60-69 32:37

Men

1	Ty Strange	M40-49 21:21
9	Don Stewart	M40-49 22:02
10	Kenny Brown	M40-49 22:07
17	Andy Howard	M40-49 22:37
18	Chris Cole	M50-59 22:42
40	Vince Ewing	M40-49 24:11
51	Stephen Starkweather	M40-49 24:48
60	Paul Berg	M50-59 25:32
63	Larry Meredith	M50-59 25:42
66	Steve Cleal	M50-59 25:52
68	John Harmon	M50-59 25:54
72	Marc Spina	M40-49 26:28
75	Bob Finlay	M50-59 26:56
91	John Fitzpatrick	M50-59 30:16
103	Dennis Tuohy	M70+ 33:13
104	Don Sampson	M60-69 33:24

USATF-PA X-Country ER Team Standings 10/15/09

Men

Open	Eighth
Masters	Second
Senior	Fifth
Super Senior	Third
Veteran	no team finish to date

Women

Open	Eighth
Masters	Ninth
Senior	Third
Super Senior	no team finish to date
Veteran	no team members to date

Empire Runners Club Sponsors

To find out how to become a Club Sponsor visit the club website (www.empirerunners.org, see "Sponsors") or contact the Sponsorship Director, Bill Browne, at (707) 528-7963 or bbruns2win@aol.com.

Partners in Fitness

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

FLEET FEET SPORTS, 111 Third St., Santa Rosa. 707 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707-545-SOLE (7653)

Member Discounts

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

ATHLETIC SOLES, 49 Petaluma BLVD N., Petaluma, 763-0700

Jeanne Browne, Family Law Attorney, 575-5162, JMBcounsel@aol.com

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707-545-SOLE (7653)

MIKE WINTERS CUSTOM SECURITY & SOUND, 707-544-7525 M-tronix@sbcglobal.net

3D FITNESS, 707 495-0509, iervolino1@att.net

Donors

Allies

The following have given cash or in-kind donations to the Empire Runners Club of \$200 to \$499 in value:

ALEC ISABEAU, D.C., Chiropractic Sports Medicine, 707 586-5555

STEPHEN STARKWEATHER, Massage & Hypnotherapy, 707 544-5143

WINE COUNTRY MARATHON/ EVENTS WITH SOLE, 707 888-6256

Backers

The following have given cash or in-kind donations to the Empire Runners Club of \$500 to \$999 in value:

SIR SPEEDY PRINTING, 707 546-3900

CULLIGAN WATER OF SONOMA COUNTY, 707-545-1330

CHATEAU ST. JEAN, 8555 Sonoma Highway, Kenwood

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. 707 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE (545-7653)

TAGLIAFERRI'S DELICATESSEN & CAFE, Petaluma (707)765-2138 & Novato (415)8979677

- Sunday November 8, 2009
- All events start & finish at Depot Park, Historic Railroad Square on Wilson St., Santa Rosa, CA
- 9:00am start

10K (6.2 miles) and 5K (3.1 miles) run/walk along the scenic Prince Memorial Greenway and Santa Rosa Creek. Mostly flat, partially paved, partial dirt road. Mile split times and one aid station serving water and an electrolyte replacement drink.

2 mile Family Walk along the scenic Prince Memorial Greenway and Santa Rosa Creek to the new Prince Gateway Park. Mostly flat and all paved. A water aid station will be located at the turn around at Prince Gateway Park.



Top three female and male finishers and top three winners in each age group. Age groups: 8 & under, 9-12, 13-15, 16-18, 19-25, 26-32, 33-39, 40-46, 47-53, 54-60, 61-67, 68-74, 75 & over.

Pre-Registration (guaranteed t-shirt)

1. Register online at www.santarosarec.com prior to November 6, 2009.
Barcodes for online registration:
5K Adult: 52518, youth: 52519 10K Adult: 52520, youth: 52521
2. Download registration form at:
www.fleetfeetsantarosa.com/registration
Mail (if postmarked by 10/28/09) Or
Drop off at Fleet Feet Sports
111 Third St., Santa Rosa, CA 95401 Through 11/7/09
3. Register in person at Fleet Feet Sports
111 Third St., Santa Rosa, CA 95401 Through 11/7/09

A minimum \$10 pledge is required (per family) to participate. T-shirts are not provided, but may be purchased separately on race day (while supplies last).

Download a pledge form from:

www.fleetfeetsantarosa.com/pledge or pick one up at Fleet Feet Sports 111 Third St., Santa Rosa

November 6th & 7th at Fleet Feet Sports
(Hours: Friday 10-7 and Saturday 10-6)

Sorry, no packets, T-shirts or race numbers will be mailed

\$20 Pre-registration
\$25 Race day registration
\$15 18 years & under

**REGISTER &
RECEIVE A
T-SHIRT**

Depot Park—7:30 to 8:30am

Non-perishable foods to feed the hungry will be accepted on race day.

RACE HOTLINE: Call Fleet Feet Santa Rosa at 707-569-1494, or email: info@fleetfeetsantarosa.com

FIRST NAME														MI	
LAST NAME															
ADDRESS															
CITY														STATE	
ZIP												AGE ON RACE DAY			
PHONE															

E-MAIL— PLEASE PRINT CLEARLY

M or **F**

GENDER

CIRCLE ONE

10K 5K Family Walk

XS	S	M	L	XL
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PREFERRED SHIRT SIZE

Cash or Checks Only. Make checks payable to:

City of Santa Rosa, Recreation & Parks

Mail registration to: **Fleet Feet Sports**

111 Third St., Santa Rosa, CA 95401

ENTRY FEE IS NON-REFUNDABLE AND NON-TRANSFERABLE

WAIVER: In consideration of the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages, I have against Fleet Feet Sports, Empire Runners and the City of Santa Rosa, and all sponsors and their representatives and any and all claims of damages, demands, actions, whatsoever in any manner, as a result of my participation in this run/walk, including but not limited to any injuries I may suffer. I acknowledge that I am aware of the inherent risk in participating in an athletic event of this type. I attest and verify that I am physically fit and have sufficiently trained for competition in this event, and that a licensed medical doctor has verified my physical condition. Furthermore, I hereby grant full permission to any and all of the foregoing to use my name, voice and/ or picture in any broadcast, telecast, advertising, promotion or other account of this for any purpose whatsoever. I understand that my entry fee is non-refundable and non-transferable.

Signature

(Signature of parent/guardian REQUIRED if under 18)

Date _____

RUN TO STOP HUNGER

PLEDGE FORM

Participant's Name: _____

Participant's Address: _____

Participants Phone: _____ E-mail: _____

Donations are tax deductible and benefit the Redwood Empire Food Bank and Friends in Service Helping. Non-perishable foods to feed the hungry will be accepted on race day. Make checks payable to City of Santa Rosa. Collect pledges & turn money in on Race Day, Sunday, November 9th 7:30-8:30am








Donor Name	Complete Address	Zip	Phone	Donation	Paid
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
TOTAL PLEDGES				\$	

In consideration of the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages, I have against Fleet Feet Sports, Empire Runners and the City of Santa Rosa, and all sponsors and their representatives and any and all claims of damages, demands, actions, whatsoever in any manner, as a result of my participation in this run/walk, including but not limited to any injuries I might suffer. I acknowledge that I am aware of the inherent risk of participating in an athletic event of this type. I attest and verify that I am physically fit and have sufficiently trained for competition in this event, and that a licensed medical doctor has verified my physical condition. Furthermore, I hereby grant permission to any and all of the foregoing to use my name, voice, and/or picture in any broadcast, telecast, advertising, promotion or other account of this for any purpose whatsoever. I understand that my entry fee is non-refundable and non-transferable.

Signature _____ Date _____

signature of parent or guardian REQUIRED if under 18

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Race: 8:00a - Redwood Fun Run 5K & 12K, Julliard Park, Santa Rosa 8M at medium pace 8:00a Cobblestone Trailhead on Channel Drive  DST Ends!	2 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	3 6M with 6 x 2 min. at 3M G.P. 5:30p 3390 Princeton Drive, SR	4 5:30p Fleet Feet shoe store, 3rd St., SR	5 5M with 1.5M at strong pace 4:30p Howarth Park  Time Change!		6 8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W.6th & Wilson Sts.) Coffee after! Coffee after! All members encouraged to attend! 
8 Race: 9:00a - Run to Stop Hunger 10K, Santa Rosa 9M at medium pace 8:00a Parktrail Drive at Summerfield Drive	9 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	10 12x400m@2M G.P. 5:30p 3390 Princeton Drive, SR	11 5:30p Fleet Feet shoe store, 3rd St., SR	12 Newsletter Deadline: Jerry Lyman, Editor 7M with 3 x 4 min. at strong pace 4:30p Howarth Park	13	14 8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W.6th & Wilson Sts.) Coffee after!
15 9M at medium pace 8:00a Cobblestone Trailhead on Channel Drive	16 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	17 6M with 12 x 60 sec. at 3M G.P. 5:30p 3390 Princeton Drive, SR	18 5:30p Fleet Feet shoe store, 3rd St., SR	19 5M with 12 x 20 sec. at 3M G.P. 4:30p Howarth Park 6:30p Club Meeting, MV RT Pizza 	20	21 8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W.6th & Wilson Sts.) Coffee after!
22 PA Championships XC	23 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	24 6M with 20 x 30 sec. at 3M G.P. 5:30p 3390 Princeton Drive, SR	25 5:30p Fleet Feet shoe store, 3rd St., SR	26 9M at medium pace 8:30a Channel Drive: Wild Turkey Ramble training run 	27	28 8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W.6th & Wilson Sts.) Coffee after! Race: Turkey Trot 5K & 10K, Davis
29 Race: 8:00a - McGuire's Breakfast Run, Santa Rosa 	30 6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR	1 6M with street sign intervals 5:30p 3390 Princeton Drive, SR	2 5:30p Fleet Feet shoe store, 3rd St., SR	3 6M with 2.5M at medium-strong pace 4:30p Howarth Park	4	5 8:30a Welcome New Members Training Run, Railroad Square, SR (Meet at W.6th & Wilson Sts.) Coffee after! Coffee after! All members encouraged to attend! 

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



If your Dues are Due! Renew On-Line at www.empirerunners.org and click on "membership"

MARK YOUR CALENDAR!

Sun Nov 1	Redwood Fun Runs – 5K & 12K – Juliard Park, SR – 8:00am
Sun Nov 8	Run to Stop Hunger – 10K – Railroad Square, SR – 9:00am
Thu Nov 12	Newsletter Deadline – Jerry Lyman editor (pigfete@aol.com)
Thu Nov 19	Club Meeting – 7:30pm Round Table Pizza – Montgomery Village
Sun Nov 22	PA X-Country Championships – 6M and 4M - Golden Gate Park SF
Thu Nov 26	Wild Turkey Ramble – Training / Fun – Channel Dr. Annadel SP – 8:30am
Sat Nov 28	Turkey Trots – 5K and 10K – Davis, CA
Sun Nov 29	McGuire's Breakfast Run – 3K and 10K – Santa Rosa – ER members only

2009 CLUB OFFICERS

President Bob Finlay 707 544-2251 bfinlay@sbcglobal.net	Vice President Nate Koch 707 525-1329 nathankoch.@gmail.com	Secretary Paul Berg 707 823-2135 pmberg.@sonic.net	Treasurer John Harmon 707 575-0847 jj2harmon@yahoo.com
Permits & Insurance Jerry Lyman 707 527-9020 pigfete@aol.com	Membership Gil Moreno 707 546-9142 runfire@earthlink.net	Group Training Larry Meredith 707 526-4536 thirstyboy1@sbcglobal.net	Student Grant Fund Alec Isabeau / Bob Finlay 707 527-0673 / 707 544-2251 docisabeau@sbcglobal.net bfinlay@sbcglobal.net
Website Chris Mason 707 765-1228 usingthegift@gmail.com	Fleet Feet Grand Prix Czar Bob Rogers 707 539-7391 rogers44@pacbell.net	Race Coordinator Jerry Lyman 707 527-9020 pigfete@aol.com	Sponsorship Administrator Bill Browne 707 528-7963 bbruns2win@aol.com
Editor January, May, September Nate Koch 707 525-1329 nathankoch@gmail.com	Editor February, June, October Chris Mason 707 291-5797 usingthegift@gmail.com	Editor March, July, November Dale Peterson 707 569-9859 sledge26.2@gmail.com	Editor April, August, December Jerry Lyman 707 527-9020 pigfete@aol.com