



My Year Off

Rob Main takes a year off from competitive running - read about his new endeavors of 2010.

By Rob Main



The Board Room

"The Prez Says..."

A message from club president Nate Koch

October Meeting Minutes

--Paul Berg

October Treasurer's Report

--John Harmon

Email the Board at:

boardofdirectors@empirerunners.org

Club Contact Page

The Running Life

Jonathan Hayden interviews YiOu Wang, a rising star in the region who is dominating in the PA Cross Country Series.



Feature of the Month: The Long & Short of It

Running Commentary by Dale Peterson



Renew now for 2011!

All members who joined or last renewed before October 1st have a renewal date of January 1, 2011. Log on to empirerunners.org to renew online.

[Click to view a printable PDF version of the newsletter](#)

Monthly Features

The Month that Was

A report on the month in running-- Alex Wolf-Root

Grand Prix Pulse

Updates and commentary -- Czar Bob Rogers

The Doc is in

Running, fitness and injuries -- Alec Isabeau, DC

Ask the Hutch

In nature where we run -- Brendan Hutchinson

Blasts from the Past

Memorable newsletter articles and photos

New Member Welcome

From Membership Director, Gil Moreno

Frequently Asked Questions

Have questions about the club?

Training Calendar

-Training Director, Larry Meredith

*Empire Runners Club
Hall of Fame*

Club Sponsors





The Prez Sez...

Empire Runners -

It has been my privilege to serve as club president. However, as many of you know, I will be stepping down this year. John Harmon, who has been treasurer the last three years, will also be stepping down. It is the hope of the current board to see some fresh people take up the banner and continue steering the club.

There are currently four elected positions - president, vice president, treasurer, and secretary. None of the positions are a huge time commitment, although president and treasurer do take more time than the vice president and secretary positions. If you're not sure you know what you're doing - don't worry. There are plenty of knowledgeable people who will help you out.

There have been some exciting changes the last several years and there promises to be more to come. Our hope is that you will be part of that change.

Nominations will happen at the November club meeting on the 18th. Elections will take place at the December meeting.

Please contact me if you're interested in any of these positions or if you have questions.

Happy Running,

Nathan Koch

president@empirerunners.org

October 27, 2010 Treasurer's Report

Total Club Funds	\$34,888.58	Down \$14,704 from Oct 2009
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Student Grant Fund	\$711	vs. \$731 in Oct 2009
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High School	(\$9,122)	includes \$4,117 for Viking Opener
Projected Total for 2010	\$9,537	

Donations

Vineman (less booth expenses)	\$167	
Girls on the Run	(\$1,000)	
Southeast Greenway	(\$1,000)	

Race Financials

<u>Empire Open (amended)</u>		
Income	\$4,576	
Expenses	(\$2,293)	
Donation	(\$750)	
Net	\$1,533	vs. \$1,625 in 2009

<u>Cross-Country</u>		
Race Entries	(\$2,430)	
Reimbursements, Awards	\$35	
Net to date	(\$2,395)	Project \$ after PA Champs

Empire Runners October 28, 2010 Club Meeting

(pending approval at the November 18, 2010 meeting)

Giants win game #2 by a score of 9-0.

President Nate Koch (president@empirerunners.org) called the October 28, 2010 meeting to order at 8:20 pm.

Secretary's Report:

Secretary Paul Berg (secretary@empirerunners.org) read the September 2010 meeting minutes, which were approved as read.

Treasurer's Report:

Treasurer John Harmon (treasurer@empirerunners.org) reported that the current club balance is \$34,888.58, down \$14,704 from the same time last year. The Student Grant Fund balance is \$711, approx \$20 less than the same time last year.

High School donations to date \$9122 (includes \$4117 for Viking Opener).

Projected HS donations for 2010 are \$9537.

Donations:

Vineman \$167

Girls on the Run -\$1000

Southeast Greenway -\$1000

Race Financials:

Empire Open net \$1533 vs. \$1625 in 2009

XC to-date paid \$2395

President's Report:

President **Nate Koch** reported that:

1. The Board of Directors and Jerry Lyman met on 10/14 with attorney Linda Rosen to finalize the proposal for bylaws revisions. It should be finalized in time to present to the members at the November meeting.
2. In response to the many recent requests by outside groups to borrow the timing clock, Bob Shor was appointed "clock czar" with the ultimate decision on terms and arrangements for the timing system.
3. The old clock that was sent out for repairs as our planned backup clock has gone missing due to financial difficulties at the repair companies. Bob Shor has obtained some phone numbers of several people who are investigating.

Race Reports:

1. Recent races/Runs:
 - a. Garin Park XC 9/25. 26 runners
 - b. Presidio XC 10/02 30 runners, different course
 - c. Harvest Fair run 10/03. Lots of members ran
 - d. Willow Hills XC 10/09
 - e. Wine Country marathon and Half 10/10. Several runners
 - f. Crazy Creek Beer and Brat 5k, 10/16
 - g. Shoreline XC 10/25, 25 runners
 - h. Carousel Fun Run 10/26

2. Upcoming Races/Runs:
 - a. Tamalpa XC 10/30, 48 registered
 - b. Healdsburg Wine Country Half 10/30
 - c. Ancil Hoffman XC 11/06, senior men's team
 - d. Run to Stop Hunger 11/07
 - e. November Meeting 11/18 6:30pm
 - f. Petaluma Turkey trot 11/20
 - g. Girls on the Run 5k
 - h. HS: NCS Meet of Champions at Hayward 11/20
 - i. PA XC Championships, San Francisco 11/21
 - j. Thanksgiving Day Turkey Trot 11/25
 - k. McGuire's Breakfast Run 11/28
 - l. SF Xmas Relays 12/12. Gil Moreno has withdrawn his offer to organize a bus for this event, but encourages members to run anyway.

New Business

President Nate Koch explained the background of the Elite Mile event held in May 2010 as part of the All City HS meet at SRHS. He proposed that we continue supporting this event.

PROPOSAL: The Empire Runners Club will designate \$1000 each to the women's and men's races to be divided among the top three finishers in each race as decided by the Elite Mile race director. Additionally, the club will designate another \$2000 to be divided equally among all men who break 4:00 in the mile and all women who break 4:40 in the mile. If passed, the club will pay \$2000 with a potential maximum of \$4000.

2nd Jerry Lyman. Passed Unanimously

Monkey Business

Raffle: Carolyn Daly won \$18, which she graciously donated to the student grant fund, so \$36 went to the student grant fund

Drawing: Brian Purcell would have won \$200 if he attended the meeting....

President **Nate Koch** concluded the meeting at 8:51 pm.

Attendance:

Paul Berg, Tanya Narath, Theresa Manchester, John Harmon, Luis Rosales, Melanie Rosales, Carolyn Daly, Jerry Lyman, Alex Wolf-Root, Chris Mason, Sledge, Bobby Thompson, "Bones" Koch, Jen & Will Ortlinghaus, Don Sampson, Bob Shor, Dale Trobridge, Super George.

The Empire Runner

My Year Off

Rob Main

After a very successful and grueling year of competition in 2009, I decided to take it easy this year and try a wide array of events and sports. A number of my friends (who don't know me well) say I am very competitive – I disagree. I can take a year off!

I guess I could have picked an easier way to start 2010 than with the Annadel Half Marathon, but how often do you get to run a ½ marathon on your favorite trails with a start/finish line within ½ mile of your front door? My race strategy was simple: run the first 7 miles up to the summit at a conservative pace and race the downs. The strategy worked until the end of the 7 miles of ups. By that time I was so covered in mud, tired, cold (I had a head cold) there was no “race” left in me. I am a good downhill runner, but I wound-up even splitting the first half and second half! It was weeks before I recovered.

I was just getting the Annadel ½ marathon mud off my shoes when Shelli and I ran the Loop-de-Loop relay on a cold windy wet day. Remember? The rest of the spring brought two more 10k's and the Windsor ½ marathon. The 10k's helped me to a 1:37 finish at Windsor, good for 2nd AG. I passed on the Tahoe Relay to vacation in the Caribbean - which means miles of hiking, running and swimming - we don't sit still much - and get munched on by thousands of mosquitoes.

By the end of June I recouped for a strong effort in the Double Dipsea (2:28:26 running time, see July Newsletter), followed by a 2 mile swim race the next day (first and last time I will do those events back to back). The Kenwood 10k became a “fun run” as my body was still a week or so away from recovering from the DD. By the end of July, I had recovered and turned in a respectable 24th of 260 in the Tiburon Triathlon to kick off my mid-summer triathlon training.

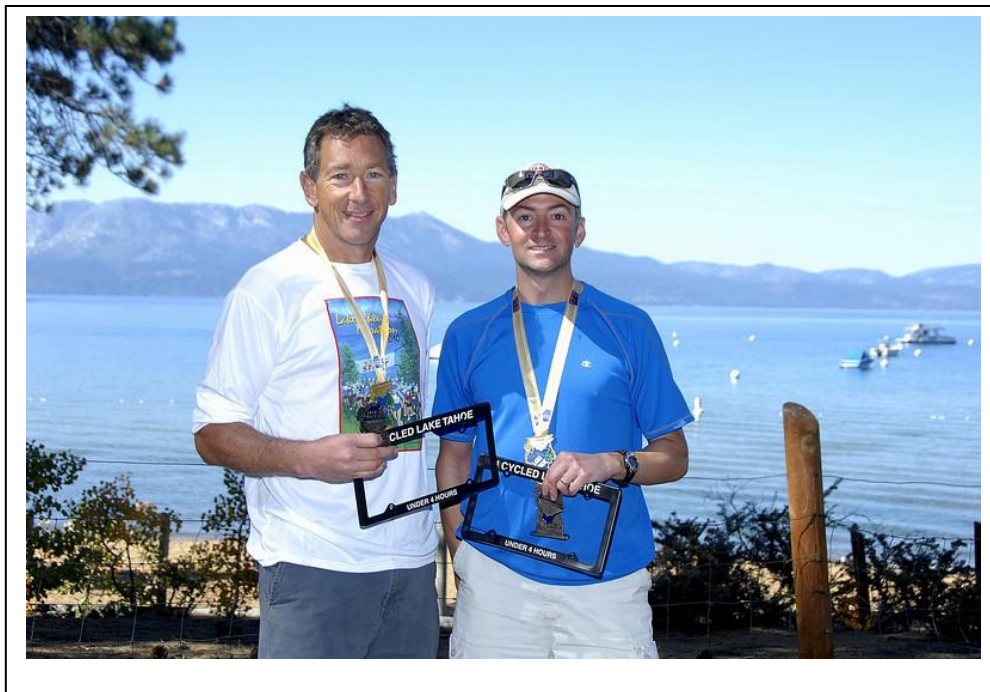
Shelli and a group of her friends had their sights set on the September 12th Ukiah Triathlon. Not wanting to miss out on that fun, I entered Ukiah and focused on triathlon training for the month of August. This meant once a week doing a 90% race effort “Brick” (bike – run workout) at distances similar to the race distances (18-22 mile bike and 3-4 mile run). After a disappointing Loop run on Sept 5th Shelli and I came back in the Ukiah Tri the following week. The event consists of a ½ mile swim, 21.7 mile bike and 5k run. My year-round swimming training allowed me to focus on training for the bike/bike-run portions, while Shelli's base on the bike and run allowed her to focus on getting ready for the 1/2 mile swim. Shelli raced well but missed her sub-2hr goal and podium finish by seconds, Shirley Fee had a strong finish to secure the top place in the over 60 division and I placed first in the 50 AG division with a time of 1:37:31. The ER's Mike Winters and a number of other Santa Rosan's participated as well.

Shortly after the Ukiah race, Eric Walker asked if I would like to join him in a one lap bike race around Lake Tahoe – Way Cool! That sounds like too much fun to pass up! I have swum in 3 relays across the lake and run in one relay around the lake – the bike race would complete the perfect Tahoe Tri-fecta. Plus there were time standard awards – I immediately focused on the sub-4 hour standard,

The Empire Runner

which equates to an 18 mph average for the 71 mile loop. With my longest ride of the summer still standing at 24 miles, and two weeks to train – err, I mean, one week to train and one week to taper - I opted to limit my last training ride to 30 miles and hoped my lack of training would not hurt me too much on the last half of the race.

Race day brought perfect weather to Tahoe; 43F at the 7am start, clear skies and no wind. The race started at Zephyr Cove, on the southern Nevada side, and proceeded in a clockwise direction around the lake. There are two big climbs, one at the 12 mile point at Emerald Bay and one at the 56 mile point on the north east side of the lake; a beautiful but grueling 7 mile climb up to Spooner Summit (7,050 ft). In order to go sub- 4 hours I would need to fuel well, get some good drafting, and not bonk.



I took off with the lead peloton until the Emerald Bay climb – we averaged nearly 25 mph for this 12 mile section. The trade-off of using more energy than I wanted for these first 12 miles was a one-time opportunity of getting the amazing draft with this large a group. I relaxed on the Emerald Bay climbs and took a small breather at the summit to take off my beanie and arm warmers. After this brief rest I noticed that I was right on a 20 mph avg. A fast decent (up to 47 mph) followed by on and off drafting with small groups of riders allowed me to stay on this pace to the North Shore Stateline. Facing the climb up to Spooner Summit with a lack of training and a faster-than-I-thought-possible first 50 miles

The Empire



Runner

made me wonder what was in store for me on the climb. Going up Spooner I passed bikers who had bonked and riders who were stopped by the side of the road stretching their cramping quads. I focused on steady controlled breathing and relaxed, as much as I could. Eric, who had been more conservative at the start, overcame my strong early pace with a great climb and caught me just before the summit. The 8 mile decent to Zephyr Cove was a great reward for the long climb and what a relief to finally see the finish line. Eric finished in 3:41 and I was a minute back in 3:42. Both of us captured the sub- 4 hour award. Sweet! Shelly Lydon and a group of Santa Rosa ladies also did the bike race; however, they also competed in a swim race the day before and in a 10k run the day after (Shelly won the 10K).

Now it was time to switch back to running for the Healdsburg Half Marathon on October 10th. Again there were only two weeks between races of different sports: One week to train as a long distance runner and one week to taper. The Healdsburg Half Marathon brought over 700 half marathoners and over 200 marathoners to the 7:30am start in central Healdsburg. It was a beautiful day for the half – we ran in a clockwise direction up West Dry Creek across Lambert Bridge and back to town on Dry Creek Rd – an awesome rolling course thru the vineyards during harvest. My goal was to hold a steady 7:30 per mile pace. I comfortably cruised through mile 4 averaging 7:28/mile; through mile 8 averaging 7:31, through mile 10 averaging 7:33 and I finished at 1:39.00 for a 7:33 average, good enough for an AG 3rd place. Cool! Congratulations to Karen F-T for an awesome PR of 1:34:52 (3rd female overall); Shirley Fee also ran well a day after her 65 mile Fondo; Steve Cryer took the 55 yr old group with a strong 1:36:23; and my Shelli toughed-out a 1:56:16 on very little training.

Other than a few odds and ends events, yet to be completed, that ended my smorgasbord year off. Thanks to all who helped me on this fun journey and encouraged me to reach out of my comfort zone to new endeavors, including climbing with the Bubbas. I can't wait to see what 2011 has in store, perhaps I will take another year off.



The Running Life

An interview with

YiOu (E-O) Wang by Jonathan Hayden

Jonathan Hayden: We are here with YiOu Wang, a local runner from Mill Valley, California and a rising star in the region.

As a fairly new runner, starting in college, she recently has been racing and often winning the Pacific USTAF women's cross-country events in the San Francisco area. This year so far she's:

Won the Phil Widner Open (women's division), in Santa Rosa,

Placed second in the women's event at the Golden Gate Park Open, San Francisco,

Won the Garmin Park XC Womens event, in Hayward

and had another impressive win at the Presidio XC event in San Francisco.

YiOu Wang runs with the Tamalpa Runners and lives with her husband in from Mill Valley.



Hayden: Welcom YiOu! So, you've only been running and racing for a few years? Is that correct?

YiOu Wang: It seems like a long time to me, I've been Racing for 4-5 years.

Hayden: But not in high school or college?

Wang: I was never part of a competitive racing or running team in high school or college. I would say that that I got really serious after college in 2007.

Hayden: Were you involved in other sports in high school or college?



Wang: In college, no. In high school I swam for one season and played tennis for a season, but that was when I was a freshman. After that year I really got caught up in classes and didn't have time.

Hayden: What motivated you to get started to begin with?

Wang: I got interested after I moved to Boston to go to college. I was an undergrad at MIT. During my freshman year I went out with my friends to the Boston Marathon. I heard it's always a big party there and I'd never seen a marathon before or watched one or knew anyone personally who had run one.

We were about 3/4 of a mile from the finish, for hours watching these people run by. I just really got inspired by how determined they were so close to the finish line, and how they looked like they were all clearly suffering. I just said (to myself) I really want to do this someday, I really want to run Boston.

Hayden: Once you were motivated, how did you start? What was the first thing you did to start running?

Wang: I told a couple of my friends in my dorm who had run cross country and were part-time members of the MIT cross country team that I wanted to run Boston. They thought I was insane. I don't think any of them considered running a marathon. Then I went on line at Runner's World.com and I read a couple of articles about how to start running if you've never run before. So I gathered all the background information and put together a plan.

I didn't go out and buy the most expensive running gear. I started with a pair of old sneakers I used playing tennis in high school and just laced up my shoes and went for a run to see what it was like. I can really remember my first couple of runs. The dorm I lived in was right near the Charles River and Memorial Drive. There's a bridge called the Harvard bridge that crosses the Charles River. It's not too long, maybe a quarter of a mile. I just remember saying, "I'm just going to try run to the other side of the bridge." I can remember not being able to run to the other side of Harvard bridge! I started really slowly trying to go a little bit further each day. At first it was really hard. I had a hard time working up to 2 and 3 miles. Then I started looking into marathon training plans and thinking "oh my god, how am I ever going to run 10 when if I can barely make 3 miles!

When I started running in April after the Boston Marathon, I found out you had to run a qualifying time before you can run Boston. So I realized I needed to find another marathon to run. I ended up running the Cape Cod Marathon that October. Somehow I managed to work myself up to running a marathon by October of that year.

After Cape Cod, I had a couple of training partners, a couple of guys from the dorms who also wanted to run Boston, but I didn't run with them too often. I qualified for Boston and ran the Boston Marathon (the following spring). After Boston, I just really got into long distance running.

The Empire Runner

Hayden: Did you change your shoes before you started running longer distances and prior to Cape Cod?

Wang: I did eventually change my shoes. I went to this shoe store, Marathon Sports and brought my old shoes with me. I told them I knew nothing about running shoes, can you help me? They looked at my old shoes and couldn't believe I could run with these old things on. They fitted me a real nice pair of Asics. I ended up wearing that same model for 4 years. I really liked them.

Hayden: Why did you move to the West Coast, specifically to Mill Valley in Northern California?

Wang: I just got married in July and my husband, Sean, is from Mill Valley. We met in Boston 2 years ago. I was doing some graduate work and he was working at MIT as a lab assistant. He was also a distance runner, running all the PA-USATF races too. He ran cross country in high school and at Cornell for one semester but his engineering schedule made it too difficult to stay on the team. We met at a coffee shop in Cambridge while we were both training for the Boston Marathon. Our first date together was the next morning; we went for a 6 mile run. And the day after that we ran our 18 mile long run together. Two days later we went to track practice with a local running club and we've been running together ever since.

The whole time we were in Boston, he was raving about how amazing the running was in California. And I was thinking that Boston was the perfect city to run in, because everyone's into it and the Boston Marathon is here. He said you have no idea what good running is. So, in the final year before he graduated from Cornell and I finished at MIT, we'd come back to California to visit periodically and told me he would take me on local trail runs in Mill Valley. So we got off the plane, ate some breakfast and he said we have to go for a run. He had me run the Double Dipsea with him. It was really hard but I definitely fell in love with trail running. After we both finished with school, we were both sick of the East Coast Winter. For example, we'd be out running and our socks would ice up and we'd nearly get frost bitten. So we decided to move to Marin County, Ca.

Hayden: What about lifestyle? Is there much of a contrast between Boston and Northern California?

Wang: I think people here are a lot nicer. In Boston, there is a kind of an aloofness to everyone. And it's not that people here are intrinsically nicer than on the East Coast but I think people here are a lot more open. When we are out at a cafe or running, people are not hesitant to say hi. On a run in Boston, people never would wave or say hi to anyone. In fact, one time in Boston I was going on a run around the river and I was passing this guy. I waved and said hello and he stopped and said "are you from California?" I said, "No, I have visited a few times, but I now live in Cambridge." He said, "You're the first person who has ever said hi to me since I moved here". He went on about how he is from California and was afraid everyone in Boston would be just completely aloof all the time. I think people in California are definitely laid back. The general attitude seems to be that they are happy and don't complain. People in Boston love to complain.



Hayden: Now that you are here and married, working, and running, are you able to balance all of that? And have a social life too?

Wang: It's definitely hard. The good part is that we are both running and training for the same races. It's easy for us to spend time with each other, because we can just go for a run. We give up a little of that social life that people our age are supposed to have. We pretty much never go out for drinks other than with other runners because we have to get up at 6 AM to go for a run. And so, sometimes I feel like we've lost some friends or acquaintances we'd like to know better, but we just don't have time to hang out with them because we are running, racing, or working.

Hayden: Who is the motivator when it comes to training, you or your husband?

Wang: I feel like I am definitely the unstoppable motivational force in my marriage when it comes to getting all the training in. I don't have a problem getting myself to wake up at 5 AM in the morning, making coffee and getting out the door before 6 AM. Sean will definitely sleep in to 8:45 AM if I let him.

Hayden: Nationally, a lot of women have discovered running over the last 20 years and are running marathons. As a young woman who has discovered running after college, why do you think more women are running these days?

Wang: I think a lot of women are running because it's a very rewarding way to spend your time. It really helps you with your self confidence. I think a lot of women have trouble with confidence, especially when they are in college or have just graduated. Running is something that you get out of it exactly what you put into it.

Hayden: From your own experience, has this has been the case?

Wang: Yeah, in a way it's empowering to know that you can finish a marathon. I think it goes along with women achieving more in education and in the workplace.

Hayden: What has been the biggest surprise in your running career so far?

Wang: Seeing that the human body seems, to me right now, almost limitless. I think that there has to be a threshold of fitness or speed or endurance. I always read about people running faster or farther than I can ever imagine myself improving in speed or endurance. For example, two weekends ago I went on a run with some really accomplished ultra runners and I guess I surprised myself by first, being able to stay with them for 4 1/2 hours and secondly, feeling like I could go out and do it again. It was the longest I had ever run. I'm continuously surprised by how much I can push myself and how much you can push your body. Conversely, it always surprising to me when I don't run for two weeks for whatever reason, and then how hard it is to come back. Your body really adapts to all the conditions it is facing.



Hayden: What are your short and long term goals in running?

Wang: In terms of this Fall, I am running the California International Marathon and I want to go for the Olympic Trials qualifying time of 2:46. My personal best right now is 2:54 on a pretty rolling hilly course. I think I can do it. That's my biggest goal in the next few months.

Looking ahead to next year, I want to get into longer trail races. I think my strength is really in cross-country and very hilly terrain. I will probably run all the trail championship races: the 15k, the half marathon and the marathon.

Hayden: Do you work with a trainer?

Wang: No I don't. I have briefly in the past and the only thing it got me was an injury. It was just an over use injury. I like to train based on how I feel. I think when I have someone giving me a plan and close supervision I feel a lot of pressure to run all the distances and splits that are set out for me. So I tend to injure myself.

If the right person comes along and we establish the right relationship that kind of works then maybe I would consider it. But, I kind of like going out and having a rough idea of what I want to do and going by feel. I do have my own schedule I have worked out. It helps me not to get burned out, because if I am tired, I don't feel like I am obligated to go on a 10 mile tempo run or something.

Hayden: Do you see yourself running in 10 years, 20 years?

Wang: Of course. Especially since we've gotten to know a lot of older masters and senior runners who are part of Tamalpa Running or other clubs in Marin. I've always seen them as an inspiration to keep running until your 60's, 70's or 80's.

In summary, YiOu Wang is a very dynamic and accomplished young woman who discovered inspiration for running after witnessing the famous Boston Marathon while in college at MIT. Running has become an integral part of her life and lifestyle. As her talent grows, it will be fun to watch her results over the next few years. I have no doubt she'll qualify for the Olympic marathon. After that, she may turn out to be one of the best women's trail and road racers in the region and maybe the country over the next few years. It seems likely that as her life expands with family or other interests, running will continue to be at the core of her world for a very long time.

Jonathan Hayden is a writer in the sporting goods industry, is business consultant and an active runner living in Kenwood, California. He can be reached at jonathan@renaissancecs.com.



The Long and Short of It — Dale Peterson

800 Meter World Record

Did you see that David Rudisha broke Wilson Kipketer's thirteen year old world record? Rudisha actually broke the record with a 1:41.09 and then followed up with a 1:41.01 a week later. Will we see a sub 1:40 in our lifetime? When you consider that the record has gone down less than $\frac{3}{4}$ of a second since Sebastian Coe's 1:41.73 in 1981 it seems unlikely – but that is what makes it exciting!

American Record 5000M

Molly Huddle broke the American Record for 5000M running 14:44.76 to break Shalane Flanagan's old mark of 14:44.80. If you have not noticed there is a bit of a renaissance in American running going on right now both for the men and women. It is inspiring stuff. Makes you want to go to the track and do some hard intervals!

ER Masters Men Setting the Pace

The Empire Runners Master Men's team has a six point lead over West Valley after six head to head matchups this year, beating their rivals four times so far. Don Steward, Kenny Brown and Carlos Castelo are among the top five overall individual standings for masters. Andy Howard, Greg Jennings and Chris Webb are also running very well. The guys have put together a consistent and very competitive team. That is what it takes to have a successful season. Good job guys and keep it up!

More Barefoot News

Well, not really *news*... more like stuff! I am continuing my slow progress in strengthening and toughening my feet. Lately I have taken to doing bare-foot strides along the sidelines of the Montgomery High football field after my Saturday track workouts. To my surprise it has not made my sore the next day. I still haven't taken the plunge into any other bare-foot or near bare-foot running. I have worn orthotics for ten or twelve years and I am still a little concerned about making too much of a change all at once. I continue to go bare-footed when I walk the dogs and I am going to do a few short runs in my regular running shoes minus the orthotics and see how that goes. I understand that by the spring there should be a number of minimalist running shoe options available as everyone tries to jump on the Five-Fingers band-wagon. My thinking is to take it slow and mix it up, doing some running in minimalist shoes and but most in standard shoes. I say, don't be the first person on your block to get a stress fracture!

Newsletter Changes

Do you like the new format? Hate the new format? Do you even read the newsletter? Let the editors know! A lot of effort has gone into the changes and we would love to hear your opinion.



The Month That Was

By Alex Wolf-Root

Welcome back for another exciting edition of “*The Month That Was*” in running!

Where do we start? We got a world championship to cover, a USA National Road Championship, local preps, and some Ryan Hall news. But the highlight has got to be the **Bank of America Chicago Marathon**.

Looking at the field, everyone knew it was going to be a good one. 9 men in the field had broken the 2:10 barrier in their careers, with an astonishing 5 of them holding 2:05 bests. The biggest name had to be Olympic Champion **Sammy Wanjiru** of Kenya, who was also the reigning BofA Chicago Marathon Champion. But it was in no way going to be easy for him.



Sammy Wanjiru

http://in.reuters.com/resources/r/?m=02&d=20100824&t=2&i=188082962&w=460&fh=&fw=&ll=&pl=&r=img-2010-08-24T205301Z_01_NOOTR_RTRMDNC_0_India-510349-1

Tsegaye Kebede

http://www.ethiopianreview.com/album/albums/userpics/10001/Tsegaye_Kebede_en_route_to_his_course_record_in_Fukuoka_%28Kazutaka_Eguchi%29_2008.jpg



There was the reigning London Champion in **Tsegaye Kebede**, and the reigning Boston Champion in Robert “part 2” **Kiprono Cheruiyot**. You also had the 2009 Boston Champion famous for his do-or-die races in **Deriba Merga**. O, plus **Vincent Kipruto** and **Feyisa Lilesa** both claimed sub 2:06 PRs going into the race.



Yea, it was gonna be good.

After the final pacemakers fell off at 18 miles, it was down to about 7. But Kebede would have none of that. He dropped the hammer for the next two miles, clocking 4:40 and 4:43. Everyone but Wanjiru and Lilesa dropped like flies. Merga went so far as to completely stop and walk off the course! With only about five kilometers to go, Kebede looked to have it won, as he had gapped his two chasers. But Wanjiru and Lilesa didn't give up, and managed to close the gap by mile 25. Lilesa couldn't handle Kebede's desperate surges and fell into a comfortable third, but Wanjiru did his best to respond to surge after surge.

Then, with just one kilometer to go, Wanjiru made one final push, and it was over. Kebede, completely drained, lost nearly 20 seconds in that final K as Wanjiru took home the gold, 2:06:24-2:06:43.

Exciting, yea? Well my words aren't good enough. Check out the video of the end of the race for yourself: <http://www.flotrack.org/videos/speaker/8874-sammy-wanjiru>

The women's race was won, predictably, by Russia's **Liliya Shobukhova** in 2:20:25. She won by more than three minutes, with fourth placer (and top American) **Desiree Davila** over 5 minutes back. Not much else to say. Domination.



Zersany Tadese

http://www.iaaf.org/mm/photo/competitions/iaafworldcross/38088_w400xh600.jpg

Don't worry, Chicago didn't have the only jaw-dropping road duel of the month. The World Half-Marathon Championships were sure to be an exciting one, with one of my personal favorites in **Zersany Tadese** of Eritrea, gunning for his fifth (that's right, *fifth!*) consecutive title. On that note, we cut to the first installment of my "*Spotlight on the Stars!*"

Zersany Tadese was born and raised... nah, who am I kidding, that doesn't matter! Tadese is a beast. Why? Well I just told you; he won the last 4 World Half-Marathon Championships (well some of them were World Road Running Champs, but that's what they had instead...). Okay, so 4 World titles. What else? How about beating Bekele? Wait what?! O yea, Kenenisa Bekele, World 5,000m and 10,000m record-holder, was on a streak of 10+ World Titles in Cross Country. Then came Tadese at the 2007 World XC Championships. And it's not like Tadese just beat Bekele, he made him DROP OUT!

That's right, these two were duking it out so hard that Bekele just had



to step off. That's it. Couldn't do it. One thing to beat the guy, another entirely to make him drop out. What else? He has an Olympic Bronze medal at 10,000m, World Championships Silver medal (behind Bekele...) at 10,000m, and has competed in 9 World or Olympic 5,000m or 10,000m finals, with six of those being top-10 finishes. Yea, he's a beast.

Okay, so back to the race. Heading the charge against Tadese was Kenyan **Wilson Kiprop**, the reigning Kenyan and African 10,000m Champion. He also had a sub-60 half-marathon under his belt this season, and a 2:09 marathon in his only loss of the year. I'd say more, but the final ten minutes it was all Kiprop and Tadese. Just like Wanjiru and Kebede, these two duked it out to the line, with Kiprop taking Tadese down 1:00:07 to 1:00:11. Well, Tadese had to lose eventually.



http://www.iaaf.org/mm/photo/competitions/competition/05/85/39/58539_full-Ind.jpg

Back to the home front. Some big races in the month, but the one most important to us here in Sonoma County: USATF Women's 10km Championships. Why that you may ask? Well, a certain **Kim Conley** of Montgomery HS fame showed up, that's why.

After a solid career as a **UC Davis Aggie**, Conley stayed on to make the jump to professional running, as well as help coach the Ags. Well, it paid off. Competing unattached, Conley placed a very respectable sixth in the race, taking home a nice payday while competing against some of the best women in the country. Up front, American 5,000m record-holder **Molly Huddle** took the win over 7-time road Champ **Katie McGregor** and 3-time Olympian **Jen Rhines**. Now that's some solid company for Kimmy!

For some cool video's and pictures of Kimmy and the rest of the race, check out Runnerspace's awesome coverage: http://www.runnerspace.com/gprofile.php?do=view_athlete&bio_id=273329

Alright, let's come back to Sonoma County for a little highlight on the prep scene. Three biggest stories as far as I'm concerned: **Luis Luna** and the **Piner XC boys**, **Maria Carrillo XC girls**, and the continued dominance of **Petaluma HS Trojans**.

Luna was expected to be the dominant player in the Empire this year, and he's been just that. This month alone he won the Yoshaany Rahm Invite, the Rough Rider Invite, the Crystal Springs Invite, and the Scott Bauhs

The Empire Runner

Invite, where he set a course record 14:50 for three miles! Yea, this kid is good. Here's a little interview from a Northern California XC site:

<http://www.crosscountryexpress.com/2010/10/catching-up-with-piner-hs-runner-luis.html>

And look what he's done for his team. Piner, a team that just a few years ago couldn't field a scoring team, is on their way to their first ever NBL title. They went 1-2-3 against defending champions Maria Carrillo, and show no sign of stopping. NBL, NCS, and State should be very, very interesting for the Prospectors.

The Maria Carrillo girls made some history of their own, as they won, by my count, 100 straight NBL victories. (I count a dual-meet as 1 victory [1 defeated team], a tri-meet as 2 victories [two defeated teams], and the NBL championships as 7 victories [7 defeated teams]. Their last loss came all the way back in 2002, when the **Montgomery Vikings** took the North Bay League crown. Some info on their streak:

<http://www.northbay.com/running/MCstreak.html>

And then there's Petaluma. They're well on their way to some impressive streaks of their own. Both the boys and the girls are undefeated in the Sonoma County League, with the boys currently ranked 9th in the state for their division. The last few years the Trojan boys have been the unquestionable best team in the Redwood Empire, and this year is no exception. Key frontrunner is **Forrest Shaffer**, who won the Clovis Invite DIII race this month by over 10 seconds. Earlier in the season he did the same thing at Stanford, and won the season-opening Rancho Invite.

Finally, some **Ryan Hall** news. The 2008 Olympic Marathon 10th-placer and Half-Marathon American Record-holder just announced that he will be leaving his current training group in Mammoth and will be training solo for a while. Very interesting choice. While I'm not positive, I assume this means that his wife, **Sara "Bei" Hall** of Montgomery HS fame (didn't I type that already?!) will also be leaving the training group.

So what does this mean for American distance running? I don't know. But I have a thought: Many of us have seen Ryan and Sara on the trails of Annadel on occasion, but just rarely. Now, that they are under their own schedule and not that of a coach, perhaps we'll see them jump in a local race or two for a workout, or come to the park more often? Who knows? I sure don't. But I hope. And maybe, just maybe, we'll see Ryan take another crack at a sub-4, something he's yet to do, at the 2011 Heart and Sole Elite Mile at Santa Rosa HS on May 6th. Maybe.

Cya next time!

-Your friendly neighborhood Wolfman



Grand Prix Pulse

Three event days remain in the Grand Prix series. Sunday November 7th will be the Run to Stop Hunger 5K and 10K. Saturday November 28th is McGuire's Breakfast Run 3K and 10K and December 28th will be the Last 10K final 2 mile. Remember your best 11 out of 14 events will count towards the final tally, the track meet series counts as one event. Currently it takes a minimum of 5 events to get an award. Several of the age categories do not have competitors with the minimum of 5 events, so I hope those of you in those categories can get to one or all the final three races and be in the running for an award. I still have not scored the track meet series, but will have it scored by the end of the year.

Happy running,

Bob

Links to current Grand Prix standings:

<http://www.empirerunners.com/grandprix/2010GPMens.pdf>

<http://www.empirerunners.com/grandprix/2010GPWomens.pdf>

Women's 2010 GP standings through The Loop excluding Track Series

	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Trk Series	RFRelay	Kenwood	Salmn Crk	Emp.Opn	Anadel Lp	Hunger	McGuires	Last10k2m	Total
45	Megan	Schweitz	20s	0	99	87	0	0	0	0	0	0	0	0	0	0	0	186
46	Theresa	Manchester	50s	0	0	86	0	0	0	99	0	0	0	0	0	0	0	185
47	Avi	Ballo	14-19	0	0	0	94	0	0	0	90	0	0	0	0	0	0	184
48	Josephine	Tuohy	20s	77	100	0	0	0	0	0	0	0	0	0	0	0	0	177
49	Lori	Adams	30s	0	0	85	90	0	0	0	0	0	0	0	0	0	0	175
50	Shelly	Lydon	40s	75	100	0	0	0	0	0	0	0	0	0	0	0	0	175
51	Melanie	Mathewson	10-13	82	0	0	0	0	0	93	0	0	0	0	0	0	0	175
52	Linda	Reed	50s	0	0	83	91	0	0	0	0	0	0	0	0	0	0	174
53	Kim	Kinahan	40s	79	0	0	93	0	0	0	0	0	0	0	0	0	0	172
54	Edda	Stickle	60s	0	0	84	0	0	0	0	0	0	0	85	0	0	0	169
55	Renee	Garvin	40s	65	0	0	0	0	0	93	0	0	0	0	0	0	0	158
56	Mary	Kern	50s	54	99	0	0	0	0	0	0	0	0	0	0	0	0	153
57	Ava	Kirby	<10	57	0	0	0	0	0	94	0	0	0	0	0	0	0	151
58	Cathy	Brown	40s	0	0	0	75	0	0	0	0	75	0	0	0	0	0	150
59	Danielle	LoveJoy	20s	69	0	0	0	0	0	0	0	0	0	80	0	0	0	149
60	Mackenzie	Mathewson	<10	58	0	0	0	0	0	91	0	0	0	0	0	0	0	149
61	Erin	Stephens	20s	41	0	84	0	0	0	0	0	0	0	0	0	0	0	125
62	Celeste	Berg	14-19	0	0	0	0	0	0	100	0	0	0	0	0	0	0	100
63	Lisa	Hilbert	40s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
64	Amanda	White	<10	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
65	Rylee	Bowen	10-13	99	0	0	0	0	0	0	0	0	0	0	0	0	0	99
66	Leah	Garcia	10-13	0	0	0	0	0	0	0	0	99	0	0	0	0	0	99
67	Crystal	McEldowney	20s	0	99	0	0	0	0	0	0	0	0	0	0	0	0	99
68	Annette	Niewald	50s	0	0	0	99	0	0	0	0	0	0	0	0	0	0	99
69	Elisa	Pedersen	20's	0	0	0	0	0	0	0	0	0	99	0	0	0	0	99
70	Dame	Rahal	40s	0	99	0	0	0	0	0	0	0	0	0	0	0	0	99
71	Nika	Bowen	30s	98	0	0	0	0	0	0	0	0	0	0	0	0	0	98
72	Merielen	Gannon	40's	0	0	0	0	0	0	0	0	98	0	0	0	0	0	98
73	Patricia	Gilligan	50s	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
74	Emily	Goldfield	14-19	0	0	0	0	0	0	98	0	0	0	0	0	0	0	98
75	Cathy	Guerrero	30s	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
76	Sara	Mathews	14-19	0	0	0	0	0	0	98	0	0	0	0	0	0	0	98
77	Andrea	Meza	<10	0	0	98	0	0	0	0	0	0	0	0	0	0	0	98
78	Fabiola	Ortiz	40s	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
79	Melanie	Rosales	40s	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
80	Sylvie	Thibault	<10	0	0	0	0	98	0	0	0	0	0	0	0	0	0	98
81	Janet	Vieyra	14-19	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
82	Maria	O'Rourke	10-13	0	0	97	0	0	0	0	0	0	0	0	0	0	0	97
83	Meghan	Rondon	14-19	0	0	0	0	0	0	97	0	0	0	0	0	0	0	97
84	Debbie	Beem	50s	96	0	0	0	0	0	0	0	0	0	0	0	0	0	96
85	Christina	Cryer	20s	0	0	96	0	0	0	0	0	0	0	0	0	0	0	96
86	Kallista	James	<10	0	0	96	0	0	0	0	0	0	0	0	0	0	0	96
87	Michelle	Nacouzi	14-19	0	0	0	0	0	0	96	0	0	0	0	0	0	0	96
88	Nuvit	Foster	40's	0	0	0	0	0	0	0	0	0	95	0	0	0	0	95

Men's 2010 GP standings through The Loop excluding Track Series

Place	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilсанjo	LoopdeP	Jk Rabbit	Trk Series	RFRelay	Kenwood	Salmn Crk	Emp.Opn	Anadel Lp	Hunger	McGuires	Last10k2m	Total
1	Gerald	McCormick	20s	0	100	100	100	98	0	100	90	100	100	99	0	0	0	887
2	Steve	Cryer	50s	76	99	82	96	81	0	95	90	88	80	83	0	0	0	870
3	William	Rogers	40s	66	99	92	93	77	0	96	90	99	76	69	0	0	0	857
4	Bob	Rogers	50s	90	100	0	107	93	0	100	90	94	92	75	0	0	0	841
5	Brad	Zanetti	50s	83	100	98	98	89	0	100	90	0	85	95	0	0	0	838
6	Vernon	Stafford	50s	75	99	88	103	82	0	97	90	0	81	84	0	0	0	799
7	Larry	Meredith	50s	87	100	0	98	88	0	75	90	90	83	86	0	0	0	797
8	Jerry	Lyman	60s	79	98	96	75	75	0	100	90	0	0	97	0	0	0	710
9	Brendan	Hutchinson	60s	69	99	79	98	78	0	0	0	85	78	92	0	0	0	678
10	Andy	Howard	40s	92	0	100	99	96	0	100	90	0	94	0	0	0	0	671
11	Eric	Downing	30s	93	99	96	0	0	0	0	90	98	97	91	0	0	0	664
12	Paul	Berg	50s	0	100	91	0	0	0	100	90	91	90	96	0	0	0	658
13	Carl	Jackson	70+	39	100	81	0	69	0	93	90	98	75	0	0	0	0	645
14	Bill	Browne	60s	55	99	71	75	0	0	94	90	0	75	75	0	0	0	634
15	Ernst	Bohn	60s	33	100	68	92	71	0	97	90	75	0	0	0	0	0	626
16	Dave	Goodwin	50s	82	99	89	0	85	0	0	90	89	0	89	0	0	0	623
17	Gil	Moreno	60s	75	100	0	75	75	0	95	0	0	75	74	0	0	0	569
18	Dale	Peterson	50s	38	0	0	94	100	0	75	90	0	79	75	0	0	0	551
19	Paul	Peck	40s	32	98	84	94	66	0	93	0	0	69	0	0	0	0	536
20	John	Hermstad	60s	0	0	0	97	0	0	95	90	87	75	90	0	0	0	534
21	Mark	James	40s	81	99	100	97	64	0	0	0	92	0	0	0	0	0	533
22	Ryan	Terschuren	20s	61	99	94	96	80	0	0	0	100	0	0	0	0	0	530
23	Troy	Tuscher	40s	85	99	83	0	86	0	0	90	0	0	77	0	0	0	520
24	John	Harmon	50s	78	0	95	0	79	0	0	90	0	84	87	0	0	0	513
25	George	Urdzik	60s	22	100	0	0	62	0	91	90	77	67	0	0	0	0	509
26	Darryl	Beardall	70+	51	100	67	0	72	0	0	0	78	75	64	0	0	0	507
27	Don	Stewart	40s	98	0	99	110	0	0	0	0	0	98	100	0	0	0	505
28	John	Staroba	30s	0	0	0	0	99	0	100	0	99	99	98	0	0	0	495
29	Ty	Strange	40s	0	100	98	109	0	0	0	90	0	95	0	0	0	0	492
30	Carl	Triola	40s	59	98	90	0	75	0	96	0	0	0	67	0	0	0	485
31	Ron	Swinth	50s	84	100	93	104	0	0	0	90	0	0	0	0	0	0	471
32	Nate	Koch	20's	0	0	0	99	0	0	98	90	0	94	88	0	0	0	469
33	John	Anderson	50s	75	0	0	0	75	0	75	90	0	75	75	0	0	0	465
34	Stephen	Rauch	40s	73	0	93	97	0	0	98	90	0	0	0	0	0	0	451
35	Alec	Isabeau	40s	0	0	0	100	90	0	75	90	0	87	0	0	0	0	442
36	Don	Sampson	60s	0	0	0	94	73	0	94	0	79	73	0	0	0	0	413
37	Jim	Parks	50s	50	99	87	0	76	0	96	0	0	0	0	0	0	0	408
38	Alex	Wolf-Root	20s	100	100	0	0	0	0	100	0	0	98	0	0	0	0	398
39	Brandon	Crowell	30s	91	0	97	100	0	0	0	0	0	95	0	0	0	0	383
40	Greg	Jennings	30s	0	0	95	0	95	0	0	0	0	97	94	0	0	0	381
41	Orion	James	<10	41	99	80	0	65	0	0	0	82	0	0	0	0	0	367
42	Jim	Moore	40s	0	99	78	100	0	0	0	0	84	0	0	0	0	0	361
43	Chris	Mason	20s	0	98	0	0	0	0	89	90	81	0	0	0	0	0	358
44	Bob	Holland	60s	0	99	89	92	0	0	0	0	0	75	0	0	0	0	355
45	Dale	Trowbridge	60s	0	100	0	0	0	0	90	90	0	70	0	0	0	0	350
46	Rob	Main	50s	72	0	0	96	0	0	99	0	0	0	79	0	0	0	346
47	Dan	Tuohy	70+	40	100	85	0	0	0	0	90	0	0	0	0	0	0	315
48	Eric	Nordvold	60s	34	100	0	0	0	0	0	90	80	0	0	0	0	0	304
49	Eric	Bohn	40s	0	0	0	95	0	0	97	0	100	0	0	0	0	0	292
50	John	Rich	14-19	0	97	97	0	0	0	0	0	96	0	0	0	0	0	290



The Doc is In

First published January 1977 (see addendum on the next page)

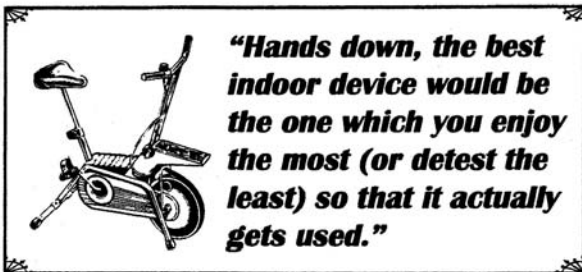
Body Language

Indoor Exercise Machines: My Biased Opinion

by Alec Isabeau, D.C.

You're home from work and it's your one chance during the entire day to get some exercise. Normally, you'd head out the door for a pleasant run through the neighborhood, but right now it's dark, cold and pouring rain. You know you really need a good stress-relieving workout, but... you end up sitting in front of the TV, warm and comfy, but somehow not very pleased with yourself. We've all done this.

One possible solution to this common winter dilemma is to use a stationary, indoor exercise device. Without a doubt, you can give yourself a brutal workout without ever leaving home — what's required is some space in your house or garage, a TV or radio to minimize boredom and, typically, a hefty chunk of change up front to buy a good device.



“Hands down, the best indoor device would be the one which you enjoy the most (or detest the least) so that it actually gets used.”

Until a couple decades ago, readily available indoor aerobic devices consisted of exercycles and jump ropes. Nowadays, the list includes treadmills, Nordic Tracks, Stairmasters, recumbent exercycles, rebounders, rowing machines, sliding boards, Health Riders, and more. Assuming you're in the market for one of these gizmos, which one is best?

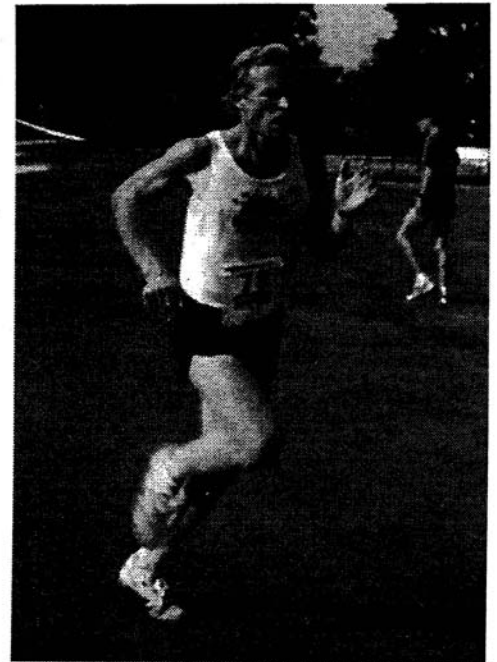
Hands down, the best indoor device would be the one which you enjoy the most (or detest the least), so that it actually gets used. The fanciest,

computer-programmed, high-falutin' gut-buster won't do you much good if you just use it to hang your laundry on. Assuming you enjoy or hate all these machines equally, the other factors to look into include: can you easily get your heart-rate up and keep it up for a long time on this machine?; is the exercise weight-bearing?; does it provide any upper body workout?; does it use full ranges of motion of the limbs?; is it OK for your back?; how much space does it take up?; and, how much does it cost?

Even though they take up a lot of space and can cost a bunch, I tend to favor the treadmill ahead of all the other contraptions. Treadmills provide natural, bipedal, weight-bearing exercise that can range from leisurely strolling to five minute per mile hammering. Good treadmills are motorized and can be elevated to provide a hilly workout; for house-bound runners, the treadmill, clearly, provides the best mimicry of running in the real world.

Next best, in my biased opinion, would be a Nordic Track device, because you definitely can get a monster full-body workout on one of these things and it's actually quite beneficial for your back. Stair climbers and exercycles would come next on my list; near the bottom would be rebounders and the new Health Rider thingamajings. These latter devices are certainly popular now due to very heavy advertising, but they seem destined to aggravate a lot of low backs and they sure as heck don't promote natural, rhythmic, full range muscle contractions or joint movements. As much as I revere Covert Bailey, his late night infomercials for these gizmos are quite ludicrous.

In any case, if the foul weather and lack of photons keeps you from heading outdoors, then consider snagging one of these machines — again, the best one for you is the one you will use consistently to work up a good sweat. And one final point: shop for a used device — a lot of nearly-brand-new exercise toys are available in the want ads.



Alec Isabeau (a.k.a. "Doc")

The Empire Runner

MACHINES

Addendum, November 2010:

Since writing that article nearly 14 years ago, a few minor changes have developed in the arena of indoor exercise equipment. One is immediately apparent: Covert Bailey's Healthrider, like so many goofball infomercial gizmos, lived a short life and can now only be found buried under other junk in storage rooms and garages, and that's OK by me. Road bike training stands, on the other hand, are far more popular nowadays and rightfully so: cranking out hard intervals on your own properly-fitted road bike is an awesome workout and a terrific alternative on those days when you need a break from running and it's too dark and rainy to ride outside.

An entirely different option for intense at-home cardio training is a kettlebell workout, which gets high marks precisely because it *isn't* machine-based and is very challenging and multidimensional. Kettlebell swings, snatches, clean-and-jerks and get-ups can provide a phenomenal combo cardio/strength workout. This has become one of my favorite cross-training workouts to supplement running and climbing.

Essentially, the bottom line for home equipment hasn't changed over the years: the best indoor machine is the one which you'll actually devotedly use, so jump on your favorite treadmill, elliptical trainer or pogo stick and have a great workout!

Doc



Ask the Hutch

[Editor's note: Patience, patience, patience! Hutch is coming! He's currently enveloped in the wilderness, experiencing nature's inner secrets. But, the rainy season is upon us (and the cross country season nearly over), and Hutch will soon come in from the cold and wet to warm up, dry off, and share his wizened wisdom. Like the rock star he is, he knows how to make his fans suffer. Patience! It will be worth it.]

No one knows Annadel State Park like Brendan Hutchinson. With a passion for nature and an artist's eye, Hutch scours the park's remotest areas and captures extraordinary images with his trusty Nikon(?). Have a question about the nature in which we run? Ask our club's naturalist. ASK HUTCH.

Send you questions to newsletter@empirerunners.org. Please put "Ask the Hutch" in the subject title.



Blast from the Past: 1988

The 31st annual McGuire's Breakfast Run will be held Sunday, November 28, 2010, at Hidden Valley Elementary School. Here are the winners of the short and long courses held 22 years ago.

McGuire's Breakfast Run Results

By Mike McGuire

Early in November, the 9th Annual McGuire's Breakfast Run was held. It attracted a small group of hearty breakfast runners on a bright and sunny Sunday morning.

Since the run conflicts with the New York City Marathon, the field has never been large but it has always been enthusiastic and eager to attack one or both of the race courses. The runners have also always left the event well-nourished.

The 3K course attracted 15 runners from very young to even older than John Anderson. From first to last they finished within 7 minutes of one another. Some claimed to be using the run as a warm-up for the longer, but the pace of all the runners was well noted by race officials and spectators.

1.	John Anderson	35	11:41
2.	Scott Taylor	11	12:05
3.	Joyce Bennett	44	14:03
4.	Sean McGuire	9	14:43
5.	Brendan Hutchinson	45	14:46
6.	Bill Waring	50+/-	14:52
7.	Kathy Gilliam	41	14:56
8.	Harald Nordvold	41	15:00
9.	Mark Aranoff	38	15:39
10.	Jim Gilliam	43	15:40
11.	Shirley Taylor	41	15:58
12.	Linda Jennings	37	16:16
13.	Patti Brown	45	16:16
14.	Linda Phaby	41	18:15
15.	Chris Gray	30+/-	18:15

The longer race, 5 miles, has always been a challenge with long, steep up-hills and equally long, steep down-hills. The mountain goat instincts are active among a small worthy lot of runner, spurring them on to compete in this event.

1.	Brendan Hutchinson	45	33:28
2.	John Anderson	35	33:59
3.	Mike McGuire	43	34:56
4.	Harald Nordvold	41	35:49
5.	Andy Fleming	39	41:28
6.	Joyce Bennett	44	41:49
7.	Mark Aranoff	38	43:08
8.	Jim Gilliam	43	44:32
9.	Kathy Gilliam	41	45:09
10.	Bill Waring	50+/-	45:10
11.	Ned Keyes	62	46:+
12.	Bill Ridolfi	52	46:+

Next year's races will take place on the first weekend in November or as the West Coast alternative to the New York City Marathon. Plan to attend.



John Anderson
(photo Fall '88)



Brendan Hutchinson
"The Hutch"
(photo Summer '89)

The Empire Runner

Please welcome the following new members to the
Empire Runners Club

Guerneville

Alan Marshall

I started running at age 60, 3½ years ago. Run in every race I can 10k to Marathon. Ran Boston in 2010, qualified for guaranteed entry into the NYC Marathon for 2011, can't wait. Currently injured but hope to resume running in about a month.

Kenwood

Additions to the Height Family

Connor and Shawn Carter

Napa

Tersilla Gregory

Rohnert Park

Katie Ghelfi

Santa Rosa

Kathleen Kopp

Susan Hesterberg

Carlos Castelo

Odessa Schexnaydre

Jordan Scobey

Ryan Nguyen

Shannon Mitchell

Tim McClish

Peter and Sheila Masi

Tiffany Ettetdgui






Scott and Christina Curry

Sebastopol

Jennifer Cowens

Charlie Reid

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>31</p> <p>8M at medium pace 8:00a Parktrail Drive at Summerfield Drive</p> 	<p>1</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>2</p> <p>6M with 6 x 2 min. at 3M G.P. 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>3</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>4</p> <p>7M with 3x4min at strong pace 4:30p Howarth Park</p>  <p>Time</p>	<p>5</p>	<p>6</p> <p>PA Cross Country Race: Ancil Hoffman Challenge 8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>
<p>7</p> <p>Race: 9:00a - Run to Stop Hunger 10K, Santa Rosa 8M at medium pace 8:00a Cobblestone Trailhead on Channel Drive</p>  <p>DST Ends!</p>	<p>8</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>9</p> <p>12x400m at 2M G.P. 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>10</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>11</p> <p>5M with 12 x 20 sec. at 3M G.P. 4:30p Howarth Park</p>	<p>12</p>	<p>13</p> <p>8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>
<p>14</p> <p>9M at medium pace 8:00a Parktrail Drive at Summerfield Drive</p>	<p>15</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>16</p> <p>10 x 300 at 3M G.P. 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>17</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>18</p> <p>Newsletter Deadline: Jerry Lyman, Editor 4M with 6 x 1 min. at strong pace 4:30p Howarth Park 6:30p Club Meeting, MV RT Pizza</p>	<p>19</p>	<p>20</p> <p>8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>
<p>21</p> <p>PA Championships XC 9M at medium pace 8:00a Cobblestone Trailhead on Channel Drive</p>	<p>22</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>23</p> <p>6M with 20 x 30 sec. at 3M G.P. 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>24</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>25</p> <p>Race: Tamalpa Turkey Trot, Novato 9M at medium pace 8:30a Channel Drive: Wild Turkey Ramble training run</p> 	<p>26</p>	<p>27</p> <p>Race: Turkey Trot 5K & 10K, Davis 8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>
<p>28</p> <p>Race: 8:00a - McGuire's Breakfast Run, Santa Rosa</p> 	<p>29</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>30</p> <p>6M with 10x45 sec at 2M G.P. 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>1</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>2</p> <p>6M with 2.5M at medium-strong pace 4:30p Howarth Park</p>	<p>3</p>	<p>4</p> <p>8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>

We gratefully acknowledge our...

Empire Runners Club Sponsors

To find out how to become a Club Sponsor contact the Sponsorship Director, Shirley Fee, at 707-328-4745, mrunner1@sbcglobal.net.

Champions

have given annual 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

TAGLIAFERRI'S DELICATESSEN & CAFE, 2051 Novato Blvd., Novato, 415 897-9677

KZST, 101.1 FM, Sonoma County's Radio Station

EXPEDITION ISLAND, 755 Southpoint Blvd., Petaluma, 707 780-4222

Backers

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

CULLIGAN WATER OF SONOMA COUNTY--707-545-1330

SIR SPEEDY PRINTING--3451 Airway Drive Santa Rosa, 707-546-3900

CHATEAU ST. JEAN, Sonoma

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

STEPHEN STARKWEATHER -- Massage & Hypnotherapy, 707-544-5143

WINE COUNTRY MARATHON, 10/10/10, Healdsburg

Friends

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

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

TrainToEndure.com

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, www.AthleticSoles.com

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

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

3D FITNESS, John Iervolino, (707) 495-0509, iervolino1@att.net

EXPEDITION ISLAND, 755 Southpoint Blvd., Petaluma, 707 780-4222

The Empire Runners Club

HALL OF FAME

Class of 2008

Darryl Beardall

Mort Gray

Carl Jackson

Class of 2009

Pamela Horton

Brendan Hutchinson

Dan Preston

Class of 2010

Bob Holland

Jim Ray

Al Tagliaferri