

**Empire Runner's run for free in 2012 – See October Club Meeting Minutes for Details!**

# The Empire Runner

November 2011 Volume XXXIX, No. 11

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



**Empire Runners Cross Country Team 2011**



## Empire Runners Senior Men

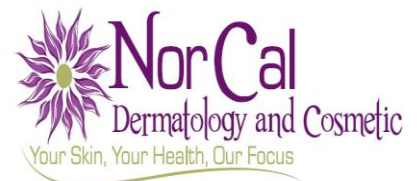
### Poised to Take it ALL!

The 2011 **Empire Runners** Senior Men's cross-country team is sitting in position to win the USATF-PA Championship.

After winning every meet they entered this year they had compiled 75 points to second-place West Valley Joggers 69 and Tamalpa's 64.5 entering the contest at Ancil Hoffman.

Congratulations are in order for all of the 2011 Empire Teams and team members.

A big **Thank YOU** to **John Harmon** our X-Country Czar and all the team captains!



Also in this Issue:

- Southeast Greenway
- The Doctor is IN

And **MORE!**



## ***The Prez SEZ!***



Hey club-mates,

While 2012 is still a ways away, it's time to start thinking about our club leadership for the year. As always, we'll be holding elections in December, with nominations due at the November club meeting (11/17/11). But unlike years past, we'll be voting on four new board members, as opposed to the four officers.

Due to the bylaw changes voted on earlier this year, the club has seven board members to make official decisions. Full bylaws are here if you want to jog your memory: <http://empirerunners.org/bylaws>. It is of obvious importance that these board

members reflect the overall wishes of the club to better serve the needs of the ER.

For 2012, we'll have Val Sell, Larry Meredith, and Will Ortlinghaus continuing on as members of the board. Tanya Narath, Paul Berg, John Staroba, and myself will have our terms end as the calendar flips from 2011 to 2012. The four new (or returning, there are no "term limits") board members will serve through 2012 and 2013.

Now's the time to start thinking about who you want to represent and help govern your club. Bring nominations to the club meeting, or, if you prefer, email or mail them beforehand. You can also nominate yourself if you so wish. Then, we will vote at the December club meeting.

Beyond the board members, there are numerous ways to get involved in the club. Currently, we have an opening for a new Sponsorship Director. If anyone is at all interested please contact me at [president@empirerunners.org](mailto:president@empirerunners.org). But really, any volunteering is most appreciated. Don't be afraid to give back to the sport you love!

Unrelated running quote to sign off:

"To be great, one does not have to be mad, but definitely it helps." -Percy Cerutti

**-Alex**

P.S. Quick props are in order for Montgomery HS grad Sara "Bei" Hall. Competing in Guadalajara, Mexico, Sara represented the United States of America in a big, big way, winning Steeplechase Gold at the Pan American Games. Way to go Sara!

# The Empire Runner

## Empire Runners October 27, 2011 Club Meeting

(pending approval at the November 17, 2011 meeting)

President Alex Wolf-Root (president@empirerunners.org) called the October 2011 meeting to order at 7:35 pm.

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

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

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

Treasurer Tanya Narath (treasurer@empirerunners.org) reported that the current club balance is \$44,616, up \$10,303 from the same time last year.

The Student Grant Fund balance is \$2711, approx \$2135 more than the same time last year.

HS donations YTD \$5910, estimate additional \$3615 for this year.

### **President's Report:**

President Alex Wolf-Root reported that nominations are due next month for 4 new board members to replace the 4 current officers.

2. The club is in need of a sponsorship director to take over for Shirley Fee.

3. At the PanAm Games in Guadalajara, Kim Conley got 7<sup>th</sup> place overall after competing near the front for most of the race. Tomorrow Sarah Bei Hall will be competing in the steeplechase, 3pm local time @ Letsrun.com.

### **Race Reports:**

#### ***Recent races/Runs:***

1. Harvest Fair 10/2/11 Lots of ER winners: Riley Bowen, Vojta Ripa, Cathy DuBay, John Litzenburg
2. Healdsburg Half/Full 10/16/11 Won by Pres Alex Wolf-Root!
3. CCAA XC Champs (SSU) 10/22/11 Alia Gray (Maria Carrillo 2007) leads Chico to the win, Sonoma State Seawolves 11th
4. Cloverdale Harvest Marathon 10/23/11 Inaugural event, 100 runners in half marathon
5. Boggs 50k 10/22/11. Shirley Fee ran well
6. Portland marathon 10/08/11. Tanya Narath, Will and Jen Ortlinghaus competed (and completed!)

#### ***Upcoming Races/Runs:***

1. Wine Country Half 10/29/11 Sergio Reyes will be the pre-race speaker at the expo @ Hyatt in Santa Rosa.
2. Run 4 Wishes 11/5/11
3. Almond Half @ Chico 11/06/11
4. Thanksgiving Wild Turkey Ramble 11/24/11 8:30 am Cobblestone Drive



5. Casa Grande Turkey Leg Relays 11/24/11 Casa Grande HS 2 person relay x 2.1 mile
6. McGuire's Breakfast Run 11/27/11 8am 2 mile, longer 8:30-ish. Potluck after.
7. Girls-on-the-Run 5k 12/03/11 Shelli Main brought flyers. REI will be providing overall winner prizes. Flat 5k, price reduced until Nov 13. Shelli still needs some volunteer female running buddies and parking help.
8. Jingle Bell Run 12/20/11 6pm, Main's house. Short run, bring musical instruments. Pot luck, no chips please.

### **Committee Reports:**

1. *Newsletter*: Dale Peterson reported that the committee (Dale, Chris Mason, Nate Koch) has met to review the various ideas that have been suggested. The next step will be to create an online survey to solicit member's views before proceeding. Dale stressed that there is not a huge rush to change the newsletter, so they would rather explore a few ideas before deciding on how best to serve the membership.

### **New Business:**

1. El Molino HS sprint/hurdle/jump **coach wanted** (contact Heather Rosales)
2. **Bus for 2011 Christmas Relays**: by Gil Moreno and Larry Meredith

We would like to propose that the Empire Runners Club supplement ½ the cost of \$800 for the chartering of a 49-passenger bus to transport club members to the Christmas relays in (San Francisco) on Sunday December 18th. We plan on having a minimum of 10 teams of 4 runners each. Bus will cost \$800. Cost per team (4 runners) is \$72. Option to purchase a long sleeve shirt adds \$6. The cost per runner will be \$28 + \$6 if a shirt is added.

The bus has been reserved. We plan on leaving Montgomery HS @ 0700. We have the bus until 3 PM.

Motion proposed by Alex Wolf-Root, 2<sup>nd</sup> by Paul Berg

Approved 7-0.

### **3. Annual membership dues/benefits**

Membership Fee and Race Entry Fee Policy Change

Proposal submitted for consideration to the Board of Directors of Empire Runners Club By Val Sell

Proposed Effective immediately upon passage by the Board:

1. That the club increases annual club membership dues for the period beginning Jan 1, 2012 to the following:

- Student: \$20 (\$10 increase)
- Adult Individual: \$30 (\$10 increase)
- Family: \$40 (\$15 increase)
- Hall of Famers: remain free

2. That entry fees for 2012 club races (except the Kenwood Footrace and the Empire Open) change to the following:

- Club members who pre-register online by published registration deadlines (normally 2 days before each event): Free



entry

- Club members who register race day: \$10
- Non-members who register online or race day: \$10

3. Lapsed memberships renewed on the day of a race do not qualify for free entry in that race. Free entry applies only to those whose membership is in good standing who pre-register online by the deadline before race.

4. That club members are required to pre-register online for a club race in order to have their results for that race considered for Grand Prix standings.

5. That only new members qualify for free club t-shirts when they join the club. New family memberships may receive up to 6 shirts, depending on the number of family members registered.

Renewing memberships or new family members added to an existing membership do not qualify to receive free club t-shirts.

6. That this resolution is to be reviewed by the Board at the end of 2012 to assess its effects on club finances and club race participation.

### Amendments to proposal:

Proposed by Jerry Lyman

1. All club race events, including the Empire Open and the Track Series, but excluding Kenwood, are to be free to members who register online.
2. Race day fees for non-members will be \$15, except for track series (see below) and Empire Open (\$20, same for members).
3. Membership fees for students will stay the same: \$10
4. Track series race day entry will remain \$2 for 12 and under but increase to \$5 for 13 and older.
5. *In order to be assured of inclusion in Grand Prix competition, members should register online for each event. Those who register on the day of a race risk being denied Grand Prix points for that event. Club members who register on race day should make sure they indicate on the registration form that they are club members. Club members who register on race day MUST also notify the race director by email, in person or by telephone within 24 hours of the start of the event that they wish to be included in the Grand Prix competition for that event.*

Motion proposed by Val Sell, 2<sup>nd</sup> by Alex Wolf-Root. Approved 7-0.

### **Monkey Business**

*Drawing:* Zuley Munoz would have won \$200 if he attended the meeting

President Alex Wolf-Root concluded the meeting at 9:15 pm.

### *Attendance:*

Mike McGuire, Don Sampson, Patricia Lounibos, Billy Hawes, Doc Isabeau, LT, Super-G, Stephen Starkweather, Bob Shor, John Staroba, Dave Goodwin, Will & Jen Ortlinghaus, Mini-Mel, Mr Mel, Jerry Lyman, Tanya Narath, Larry Meredith, Tori Meredith, SL Edge, Alex Wolf-Root, Gil Moreno, Val Sell, Paul Berg.



## TREASURER'S REPORT AS OF OCTOBER 26, 2011

### Current Assets

#### Checking/Savings

Chase Bank Certificates of Deposit	\$2,351
Exchange Bank	\$20,076
PayPal Money Market	\$35,932

Total Checking/Savings \$58,358

Petty Cash \$425

Total Current Assets \$58,783

### Fund Balances

2011

2010

Annadel Half Restricted Fund Balance	\$11,457
--------------------------------------	----------

Student Grant Restricted Fund Balance	\$2,711	\$576
---------------------------------------	---------	-------

Empire Runners Club Fund Balance	\$44,616	\$34,313
----------------------------------	----------	----------

### Donations

2011 Budget: High School/SSU Donations	\$9,525
High School & SSU Donations Paid YTD	(\$5,910)
Balance remaining	\$3,615



## USATF-PA Team Standings

### Men

Open	Masters	Seniors	Super Seniors	Veterans
1 Transports	1 Aggies	1 <b>Empire</b>	1 Tamalpa	1 WVJS
2 Strawberry Cnyn	2 WVJS	2 WVJS	2 WVJS	2 Tamalpa
3 NB Excelsior	3 River City	3 Tamalpa	3 <b>Empire</b>	3 Buffalo Chips
5 <b>Empire</b>	4 <b>Empire</b>			

### Women

Open	Masters	Seniors	Super Seniors	Veterans
1 Impalas	1 Tamalpa	1 Tamalpa	1 Impalas	1 Tamalpa
2 Pamakids	2 Impalas	2 Impalas	2 Lake Merritt	
2 GVH	3 Golden West	3 Lake Mrt	3 Tamalpa	
2 Aggies		4 <b>Empire</b>		
9 <b>Empire</b>				

### New York City Marathon

**Nov 6th**

**Jen Ortlinghaus** ran the 2011 New York City Marathon finishing the tough course in 4:00:44. Jen said that while it was not her best time at the distance, she enjoyed the race and had a great time in The Big Apple taking in many of the sights with hubby and chief cheerleader Will.

**Great Job Jen!**

### Wine Country Half Marathon – Oct 16th

**Alex Wolf-Root** and **Vojta Ripa** took first and second place overall in 1:13:39.0 and 1:17:28.8 respectively.

### Healdsburg Wine Country Half – Oct 29th

**Julia Stamps – Mallon** took first place in a time of 1:17:34 and set a new course record for women.



## Empire Runners In the USATF-PA Grand Prix Top Twenty-Five

### Men

#### Open

10 - Kenny Brown

#### Seniors

1 – Don Stewart  
2 – Ty Strange  
5 – Andy Howard  
8 – Jonathan Hayden  
19 – Brad Zanetti

#### Super Seniors

5 – Jerry Lyman  
11 – Brendan Hutchinson  
25 – Parker Mills

#### Veterans

21 – Ernst Bohn

### Women

#### Open

14 - Melanie Belluomini

## **Back to Running!**

*I'd like to share a few thoughts about one of the Empire runners--Dr. Alec Isabeau. He is the one who re-ignited the love I had for running and, thus, marathoning, many years ago.*

*A couple of weeks ago, I ran in the Healdsburg Wine Country marathon, the first Half I've ever run on road. (Your Annadel Half was my first, after which I was, and remain, 'hooked').*

*Four weeks earlier, while running, I sprained my ankle. Confronted with the distinct possibility of not being able to race, I did not, however, despair. I simply picked up the phone, dialed Alec's office and made an appointment.*

*I have learned, over the past fifteen years, through many a sports injury, that there is no one who knows more about body mechanics and the repair necessary to keep said bodies running, than Dr. Isabeau. Naturally, I did as the Doctor recommended, felt better, and was well enough to run in time for the race.*

*The morning of the race, I arrived early, queued up, heard the gun and took off. I crossed the finish line 13.1 miles later, grinning to beat the band.*

*My husband was there to greet me, my biggest fan. We stayed long enough, well, if not to actually taste the offered wine and beer, at least to collect the free wine glass!*

*We left just before the awards ceremony and drove home to enjoy the rest of the day. I was still grinning as I left a message for Dr. Alec on his voicemail, thanking him again.*

*The next day, a friend informed me via e-mail, that I should have stayed for the awards ceremony.*

*Why? Because I won first place in my age group!*

*Though I can claim credit for winning the race, it was Alec's excellent correcting of my ankle's ailment which allowed me to run at all!*

*Just thought you might like to know about one of your own, though I'm sure you've heard it all before.*

*Add my kudos to the list!*



## The Doctor is IN

Can You Run While Injured?



The question arises daily in my office: “Doc, can I run even though I’m injured?” It’s a worrisome dilemma we’ve all faced: something hurts – it could be your knee, hip, foot, back, you name it – and you know that the pain indicates that a body part needs attention, but you *really* don’t want to quit running. Must you truly lock up the running shoes and bore your brains out on an elliptical trainer, or is it OK to run when you’re hurting? That’s a fundamental, critical question and I’ll summarize some basic rules which may help you make a wise decision.

First of all, know this: Pain is a valid message that something is damaged, inflamed, distorted or otherwise malfunctioning. We’re not talking here about the expected and accepted generalized pain of effort we all feel before we’ve warmed up into a run or when the pace or terrain are demanding. A localized pain in a body part is essentially the equivalent of a “check engine” warning light on the instrument panel of your car: it’s a signal that something is mechanically amiss and should be addressed. The problem may actually be very minor and readily fixed, or it might turn out to be quite substantial. Address the problem sooner than later. When your check engine comes on – whether in your car or your body --don’t panic, but certainly don’t ignore it.

Here’s the primary rule of running while hurting: Don’t run if you can’t do it right. If a pain forces you to limp, gimp, hobble or contort yourself through a workout or race just to finish it, don’t do it. While it’s absolutely allowable and well-advised to compromise

the pace, duration and difficulty of the terrain in order to run while injured, never run with compromised form. Running with a pain-induced compensation pattern (i.e., a limp) is a sure-fire way to worsen the injury and to acquire additional bonus damage elsewhere in your body. It’s simply never worth it.

The second rule of running is: Don’t run if a pain is consistently sharp, catching, jabbing or stabbing. If it makes you wince, grimace, yelp, swear or reflexively stop, then...stop. Mild pain that is achy, dull, stiff, creaky, annoying and bothersome, but not distinctly sharp and jabbing doesn’t necessarily preclude running. But do so cautiously and wisely; remember,

your check engine light is on. Shorten the run, slow it down, stay out of the steep hills and choose routes where you can readily bail should the pain worsen.

The third rule is: It’s OK to run if a mild pain diminishes or stays the same as a run progresses, but pain that intensifies during a run is a stop signal. Many mild injuries do indeed hurt during the first few minutes of running, only to abate as you warm up. If that’s the case, it’s often OK to run, but again: be wise, your check engine light is on.

The fourth rule is: If you do run with mild pain but afterwards (that evening or the next morning) the pain flares up, then the wisdom of hindsight suggests that you actually shouldn’t have run, or at least as far or as hard as you did. The harsh reality is that we sometimes don’t know we’re acting recklessly until we suffer the consequences later. So always err on the side of running gently if you’re hurting and monitor how you feel in the 24 hours afterwards.

All runners should have a method of cross-training readily available for those days when you want to get in a good workout, but a painful tendon or muscle or joint is pleading for a little R&R. A day or two or more on a bike, elliptical or in the pool can keep you fit and sane, while allowing for much-needed injury recovery. Conversely, if your only option is to run, you’ll run, then limp and grimace and then...you won’t be able to run for a long time. Bad idea.

So don’t ignore your running-related pains when they crop up. Get them checked out and treated, but you may be able to continue running even though you’re hurting, if you follow these basic guidelines. Good luck and happy running.

**Alec Isabeau, D.C.**



## The Long and Short of It

### If you think you *Can*

Remember the 2010 San Francisco Giants? Well of course you do! They were that scrappy team of misfits who just happened to have great starting pitching who made the playoffs on the last day of the regular season and then proceeded to win the World Series. Seems to me they thought they could do it even if nobody else thought so.

Have you been watching the 2011 San Francisco Forty-Niners? They are 7-1 halfway thru the season and have five game lead over their division rivals. On paper they are pretty much the same team as last year, but they are playing at a whole different level. Besides better preparation and probably better conditioning, the biggest difference seems to be the fact that they believe in themselves which is another way of saying they think they *can*.

The 2011 *Giants* could not overcome their shortcomings and injuries in spite of defying the odds throughout much of the season. It certainly must have become harder and harder to stay positive.

The 2011 Forty-Niners have not had any real adversity yet so it will be interesting to see how they react when they finally do.

### or If you think you *Can't*

Did you ever have a bad race for no apparent reason? Did you ever get into the middle of a race and say to yourself "I just don't want to push it today"? It is hard to admit but we all have our moments of weakness. Usually they occur during a mostly meaningless training run but sometimes it happens during a race, maybe even a race that you should have cared about.

I had a day like that about nine or ten years ago at Hoolihan's down in The City. I was excited to run, or so I thought, I was fit and I was ready. I ran well at first but somewhere about half-way across the Golden Gate Bridge I just didn't want to push it any more that day.

It can be very frustrating when this happens. I felt rotten even before I finished. I felt like the worst kind of cheat. I had cheated myself of an honest effort.

### Either way you're Right!

There is not much use in beating yourself up when you let yourself or others down because of doubts or a negative attitude affecting your performance. What is important is to find whatever motivation or change of scenery or "trick" you need to get back on track.

Shortly after my Hoolihan's disaster I took off on a real tear, setting PR's in every distance between 2 Miles and the Marathon in a one year period. Besides benefitting from several years of accumulated training and avoiding injury, a big part of my success that year was due to a positive mental attitude. I really *wanted* to run hard to and I had the feeling that I *could* and sure enough... I *did*.



**Emil Zatopek - now here was someone who thought he *could* winning gold at 5K, 10K and the Marathon in 1952.**

**DM Peterson**



## ***The Month That Was*** – Alex Wolf-Root

October may be that month between the meat of the track season and the glorious XC post-season, but there were undoubtedly still some stories to be told about this most recent ***Month That Was!***

1) Sara “Bei” Hall wins 3,000m Steeplechase gold at the Pan-American Games!



Silvia Izquierdo/AP Photo

While just missing a chance to represent the USA at the World Championships in Daegu, Hall was named to Team USA for the Pan American Games in Guadalajara, Mexico, to contest the steeplechase.

At the gun, Hall shot to the front, seemingly undisturbed by the heat and altitude. Immediately it was Hall followed by a pack of two; the medal winners seemed decided. After leading for the first 1,000m, the chase pack caught Hall, and the defending champion took the lead. Still, all three were then. Hall hung on the back of this little pack until the penultimate lap, where she took the lead on the homestretch. Slowly but surely her lead increased, and Hall crossed the line 7 seconds before the nearest competitor.

No doubt that Hall is now more of a threat now to make the London Olympic team in the steeple.

# The Empire Runner

2) **Kim Conley** places 7<sup>th</sup> in Pan-American Games 5,000m.

While former Montgomery HS teammate Hall has been competing at the elite levels of the sport for quite some time, Conley has taken the more gradual road. She had a good but not great career at Montgomery HS, then another good but not great career at UC Davis. But she's continued to improve since graduating in 2009, and this year was rewarded with a spot on Team USA for the Pan-Am Games.

While far from the favorite, Conley quickly jumped onto the leader's shoulder. The heat and altitude certainly slowed the race, as the first K was covered in roughly 3:30. And while the pace slightly quickened the next two K's, it certainly didn't look fast. But racing in altitude is a tough skill to get the hang of, and around 3K into the race Conley must have felt the effects. She didn't blow up per se, but slowly she got dropped from the lead, finding the middle of the field.

But while many were blowing up in the final few laps, Conley had something left, and was able to fight back for a 7<sup>th</sup> place finish, still quite the accomplishment when competing against such international competitors. Like Hall, she'll now set her sights on the 2012 Olympic Team Trials to be held in Eugene, Oregon. Stay tuned!

### 3) **NCAA Conference Action**

While no one meet jumps out, the majority of NCAA Conference's held their XC Champs in the end of October.



Closest to home was the **CCAA** meet, hosted in **Spring Lake** by the **Sonoma State Seawolves**. There the home team was paced by Carly McCready, who finished 41<sup>st</sup>. As a team, they come home in 11<sup>th</sup>. Overall, Chico won



the women's title led by Maria Carrillo grad **Alia Gray**, who took the individual crown. As always, the Chico men dominated, placing all ten runners in the top 11.

The **Big West** had a lot of local flavor, as former Healdsburg HS State Champ **Sarah Sumpter** of UC Davis took second and former MCHS Puma **Leanne Fogg** of Cal Poly took third. Sumpter was the 2009 individual champion, but missed 2010 due to battling cancer in the brain, and is still undergoing treatment. So while she didn't earn another individual title, it's certainly no failure. In addition, she led her UC Davis Aggies to their first ever Big West XC team title on the women's side, a far bigger prize.



On the East Coast, another Montgomery grad was making noise, as **Celeste Berg** helped **Williams College** to the **NESCEC** crown. Finishing 13<sup>th</sup> overall in the race, Berg just edged the final scorer from 2<sup>nd</sup> place Middlebury to ensure the team title. Williams is ranked 7<sup>th</sup> in the nation and 1<sup>st</sup> in the New England region.

Join us next month as we take a look at a ton of XC Championships. That's right, November is home to prep league, section, and state action, while on the NCAA level there are the regionals and national championships. Stay tuned for the next ***Month That Was!***



## Vision for Greenway to Spring Lake: Final AIA Report to be Presented at a Community Meeting December 3 in Santa Rosa

The Southeast Greenway Campaign Committee received the American Institute of Architects' (AIA) report: *Imagine...A Greenway to Spring Lake and Beyond*.



**Capacity crowd at Friedman Center on June 8<sup>th</sup>.**

The report offers a provocative, conceptual vision for the old Highway 12 right-of-way, rooted in ideas collected from more than 300 residents, State, City and County officials who participated in town hall meetings and roundtable discussions in June.

With striking visuals, the report paints a picture of a linear Greenway stretching from Spring Lake Park to Farmers Lane that is very much tied into the fabric of the surrounding neighborhoods and the community at large. This new jewel of open space would provide amenities including:

1. Bike and walking paths
2. Open space with restored native habitat and restored creeks
3. Historic orchards & community gardens
4. Spaces for meeting, relaxing and recreating

The report also addresses implementation, starting with the recommendation that the community work closely with Caltrans to develop the Greenway as a corridor for alternative transportation, offering safe routes to school and ways to move around the neighborhood without a highway or motorized transportation.

Looking beyond the Greenway, the consulting team recommends appropriate development at strategic locations to provide neighborhood amenities and put eyes on the Greenway. They also recommend an entirely new idea for the intersection of Farmers Lane at Highway 12 – a greenway gateway.

The AIA report provides a roadmap for turning the community's good ideas into a real Greenway. Plan to attend the next **community meeting at the Glaser Center on Saturday, December 3, from 10:00 am to 12:00 noon** and weigh in on plan ideas and the action steps needed to move forward.

The Southeast Greenway Campaign Committee has been busy addressing the key recommendations of the AIA's Sustainable Design Assessment Team (SDAT). Their most exciting recommendation involves working with the City and Caltrans to create an initial trail along the Greenway. The Campaign has identified a transportation-consulting group with extensive Caltrans experience to help prepare for and convene a meeting with Caltrans.

Another recommendation suggests that the Southeast Greenway campaign use the AIA's Final Report as an initial road map to engage City and County officials in preparing a "white paper" or "development plan" for implementing the Greenway and building toward a general plan amendment. This is underway.

Get involved in making the Southeast Greenway a reality. **Come to the community meeting on Saturday morning, December 3rd, 10 am to 12 noon at the Glaser Center.** The Southeast Greenway Campaign team will be sharing these plans with you and asking for your feedback, ideas and involvement.

# November 2011

grouptraining@empirerunners.org  
 chris@empirerunners.org

October 2011

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2011

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

December 2011

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8M at Medium Pace 8:00 AM Channel Drive 8:30 AM Boggs Trail 50K & 25K	31 7:00 PM 1932 Yolo Court, SR	1 6x2min. Repeats 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive, SR	2 5:30 PM Fleet Feet Run	3 4.6M w/6x1...at Strong Pace 4:30 PM Howarth Park	4 8:30 AM Railroad Square, SR 9:00 AM PA XC: Ancil Hoffman 6K	5 8:30 AM Railroad Square, SR
6 8M at Medium Pace 8:00 AM Parktrail Drive	7 7:00 PM 1932 Yolo Court, SR	8 12x400m at 2M Goal Pace 5:30 PM 3390 Princeton Drive, SR 5:30 PM Heart & Sole Run	9 5:30 PM Fleet Feet Run	10 7M w/3x4-min. Tempo 4:30 PM Howarth Park	11 8:30 AM Railroad Square, SR	12 8:30 AM Railroad Square, SR
13 9M at Medium Pace 8:00 AM Channel Drive	14 7:00 PM 1932 Yolo Court, SR	15 10x300m at 3M Goal Pace 5:30 PM 3390 Princeton Drive, SR 5:30 PM Heart & Sole Run	16 5:30 PM Fleet Feet Run	17 5M w/12x20...3M Goal Pace 4:30 PM Howarth Park 7:30 PM ER Club Meeting	18 8:30 AM Railroad Square, SR	19 8:30 AM Railroad Square, SR
20 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM PA XC: Championship 4M/6M	21 7:00 PM 1932 Yolo Court, SR	22 6M w/20x30...3M Goal Pace 5:30 PM 3390 Princeton Drive, SR 5:30 PM Heart & Sole Run	23 5:30 PM Fleet Feet Run	24 9M at Medium Pace 4:30 PM Howarth Park	25 8:30 AM Railroad Square, SR	26 8:30 AM Railroad Square, SR
27 ER Club Event 8:00 AM McGuire's Break-fast Run 10K & 3K	28 7:00 PM 1932 Yolo Court, SR	29 8x400m at 2M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive, SR	30 5:30 PM Fleet Feet Run	1 6M w/2.5M a...-Strong Pace 4:30 PM Howarth Park	2 8:30 AM Railroad Square, SR	3 8:30 AM Railroad Square, SR

# Empire Runners Club

PO Box 4241  
Santa Rosa, CA 95402



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

## MARK YOUR CALENDAR!

Thu Nov 17	<b>ER Club Meeting – Round Table Pizza Montgomery Village 7:30pm</b>
Sun Nov 20	<b>USATF-PA X-Country Championships – Golden Gate Park San Francisco</b>
Thu Nov 24	<b>Wild Turkey Ramble – Annadel State Park – Channel Dr TH 8:30am</b>
Thu Nov 24	<b>Turkey Leg Relays – Shollenberger Park, Petaluma 9:00am</b>
Sun Nov 27	<b>Mc Guire's Breakfast Run – Club Members <u>ONLY</u> – Hidden Valley School Santa Rosa. 8:00am</b>
Sat Dec 17	<b>Last 10K and Final 2 Mile – Howarth Park, Santa Rosa 9:00am</b>
Sun Dec 18	<b>Christmas Relays – Lake Merced San Francisco</b>
Tue Dec 20	<b>Jingle Bell Run &amp; Pot Luck – Club Members <u>ONLY</u> – 5063 Eliggi Ct S.R.</b>

## 2011 CLUB OFFICERS

<b>President</b> Alex Wolf-Root 707 536-3532 president@empirerunners.org	<b>Vice President</b> John Staroba vicepresident@empirerunners.org	<b>Secretary</b> Paul Berg 707 823-2135 secretary.@empirerunners.org	<b>Treasurer</b> Tanya Narath 707 523-0444 treasurer@empirerunners.org
<b>Board Member at Large</b> Larry Meredith 707 526-4536 grouptesting@empirerunners.org	<b>Board Member at Large</b> Val Sell 707 539-1085 events@empirerunners.org	<b>Board Member at Large</b> Will Ortlinghaus 707 480-7369 will@empirerunners.org	<b>Student Grant Fund</b> Alec Isabeau / Bob Finlay 707 527-0673 / 707 544-2251 docisabeau@sbcglobal.net bfinlay@sbcglobal.net
<b>Website</b> Chris Mason 707 765-1228 usingthegift@gmail.com	<b>Fleet Feet Grand Prix Czar</b> Gerald McCormick Speedieg82@hotmail.com	<b>Board Member at Large</b> Val Sell 707 539-1085 events@empirerunners.org	<b>Sponsorship Administrator</b> Shirley Fee 707 544-5318 mrunner1@sbcglobal.net
<b>Editor</b> Nate Koch 707 525-1329 newslett@empirerunners.org	<b>Editor</b> Chris Mason 707 291-5797 newsletter@empirerunners.org	<b>Editor</b> Dale Peterson 707 569-9859 newsletter@empirerunners.org	<b>Group Training</b> Larry Meredith 707 526-4536 grouptesting@empirerunners.org