

**McGuire's Breakfast Run is November 25th & FREE (Open ONLY to Empire Runners)
But you MUST Pre-Register by Friday November 23rd.**

The Empire Runner

November 2012

Volume XXXX, No. 11

www.empirerunners.org

Small Town Race – Big Time Fun

The Clo-Cow Half Marathon and 5K may be the best local race you never ran!



And they are OFF!

5K racers head out onto the course at the Clo-Cow Half-Marathon and 5K held on September 16th. Both courses start and end in Petaluma's scenic & historic downtown.

Although held in September, the race is usually cool due to the natural air-conditioning that bathes Petaluma in high fog.

FLEET FEET
Sports
SANTA ROSA

Heart & Sole
SPORTS
65 Brookwood Ave - Santa Rosa

NorCal
Dermatology and Cosmetic
Your Skin, Your Health, Our Focus



Tagliaferri's
Delicatessen & Cafe

Also in this Issue:

- Prez Sez
- Long and Short of It
- Training Calendar
- Plus *More!*

The Empire Runner

President's Message

There's Fast, and then there's Breakfast

On November 10, 1979 **Mike McGuire** hosted called the **Breakfast Runs** from his home in Hidden Valley section of Santa Rosa. Two later, when it became too popular to stage residence, Mike moved the start/finish to Hidden Valley Elementary School.

There were three separate races then. A Children's Run was listed as 0.15 miles in and each finisher was handed a bag of cookies. It later became known as the Cookie Dash. Then there was a 1.8-mile run followed by a 5.6-miler, not too different from the 3K and 10K distances we've had there for many years now. The long course was described as a tour of Hidden Valley, the J.C. residential area and then back past Community Hospital.

I recently looked through the first year's list of for each race to see if I could recognize who might be still be racing locally 33 years later. None of the 12 children in the Cookie Dash are familiar names in today's ER events, although several are the offspring of some of the founding members of the Empire Runners, including Mike McGuire's daughter, Molly, a 4-year-old at the time.

There were 24 finishers of the 1.8-miler but, to my knowledge, only one of them still competes in local events. Mike McGuire. At age 34, he lost by one second to his friend Ken Howe, a 40-year-old general practitioner whose name always came up first when runners inquired about choosing a family doctor. Elaine Trowbridge, no longer competing but still an Empire Runner, finished 6th among women. Her husband Dale, then 39, took 11th place in the 5.6-miler. In that race, Mike turned the tables on Ken, finishing third just 3 seconds ahead of his friend.

The 5.6-mile race winner was Fred Leoni, described as "an irregular competitor." Although I recognized a few names from the past on that list of 21, only Mike and Dale are still seen at local events today.

Later this month, on November 25, Mike will direct the 34th edition of the Breakfast Runs. Mike tried to cancel the event in 2003 but **Eric Bohn** (who, just two years later, would save the **Salmon Creek Beach Run** from extinction) stepped in to save the day, hosting at his Skyhawk home, but still calling it McGuire's Breakfast Run. Mike was back in charge in 2004 at Hidden Valley.



an event
the
years
from his
nearby

**Mike McGuire, the man behind
the Breakfast Run**

finishers
anyone
later.

The Empire Runner

This summer, early in July, Mike was returning from a west county spin on his motorcycle when he failed to notice a car stopped in the road ahead of him until it was too late.

"I put the bike down and slid to a stop and bumped the car. I had deep grooves in my helmet, a bit of road rash and a broken clavicle, scapula and 6 ribs. Later it was discovered that I had 'an explosion of blood clots' in my right lung. There were massive contusions in my left hip and shoulder where I hit the bike and the ground. Oh well, it was my fault."

Mike is back on his feet and seat again, running and bicycling and taking long walks, although he couldn't fulfill his goal of running in the Portland Marathon last month. It will be good to see him at the potluck breakfast, handing out lottery tickets and giant candy bars to those who place in their age group, which is almost everyone.

I write about the Breakfast Run not only because it is our next club event but also because I need to show my appreciation for a long-time club member who has directed a unique and fun club event for decades. We are lucky to have several people who enjoy hosting an event year after year, adding their personal touches that give each race a distinct identity.

In the year 2013 we will need to find a few more such people. Some of our annual events are currently without a director. The club would love to keep a full schedule of races, typically one per month, but is facing some tough decisions if we can't find event directors. We need a member to take charge of the **Summer Track Series** in June, July and August and another to take on the **Phil Widener Empire Open** PA cross country meet in August.

June's Summer Solstice Relay is also in jeopardy. I see this as an opportunity for a creative organizer. The event could be continued as it is or an entirely new race could fill the void. The Ilsanjo Classic, held in March, is another race that will require new direction but at last month's club meeting we discussed joining forces with Santa Rosa Express Youth Track & Cross Country director **Mark Drafton** to fashion this as a fund raiser for his group.

Being a race director requires some dedication to the task but, with the recent improvements in pre-registration, finish line equipment and results, thanks mostly to **Jerry Lyman**, **Chris Mason** and **Val Sell**, the job is much easier today than in the past. Experienced volunteers among our club membership are always plentiful and make race day go smoothly for directors.

I'm asking for a couple of good men and/or women to step forward for their club. You may not last 34 years in the same role, as Mike McGuire has done but, then again, we won't complain if you do. Contact me (president@empirerunners.org) or Jerry Lyman (events@empirerunners.org). The sooner the better.

I have another request. After you have thoroughly digested your Thanksgiving dinners, perhaps fasting for the next two days, conjure up a batch of your favorite breakfast item and come out and break that fast with fellow club members on Sunday, November 25. The Breakfast Run is one-of-a-kind.

- Larry Meredith

The Empire Runner

Empire Runners Board Meeting Minutes

October 25, 2012

Round Table Pizza, Santa Rosa

Board Members Present:

Lisa Isabeau, Jerry Lyman, Larry Meredith, Tanya Narath, Will Ortlinghaus, Dale Peterson

Call to Order - The meeting was called to order at 8:07 PM.

Approval of Minutes- Club meeting September 27, 2012 - motion carried

Officer's Reports

Treasurer's Report: Tanya presented the Treasurer's Report (see November newsletter)

Other: Budget Meeting has been rescheduled to November 7th.

Committee Reports

Club Race Registration & Logistics - Jerry Lyman reported that the mailout postcard will be ready for mailing in November. Melanie Rosales has donated the design and, through her, the postcards will be printed at wholesale price.

Training Calendar - Larry Meredith reported that the Thursday runs from Howarth Park will move to 4:30 PM on November 1st. The Tuesday night track workout will meet at the Merediths' house beginning Nov. 6th at 5:30 PM.

New Business

Proposal #1 (Bill Rogers): For the Empire Runners Club to donate \$100 each to funds set up to benefit the victims of an intentional hit-and-run crime against three members of Humboldt County's Six Rivers Running Club. The funds are Jessica Hunt Medical Fund, Terri Vroman-Little Medical Fund and the Seemann Family Memorial Fund and are administered through branches of the Umpqua Bank. — motion carried

Proposal #2: Proposal rescinded

Proposal #3 (Jerry Lyman): Following the nominations at the November 2012 club meeting for positions on the Board of Directors to be elected at the December 2012 meeting, a mail-in ballot shall be published on the club website and in the December issue of the club newsletter for members to download and print, or to copy. The ballot shall include the names of all nominated candidates as well as space for the names of write-in candidates.

This ballot may be submitted by any club member eligible to vote (18 years or over and in good standing) in lieu of voting in person at the annual meeting.

To be accepted as valid, a submitted ballot must be received by the Club Secretary, Lisa Isabeau, no later than Monday, December 17, 2012, at 1932 Yolo Court, Santa Rosa, CA 95405, and must include the name of the eligible voting member, legibly printed, and be signed by the member and dated. —motion carried

Announcements

Shelli Main is still looking for volunteers for the Girls on the Run race on December 1st. She also encourages everyone else to come run.

Adjournment of Business meeting time 8:42 PM.

Lisa Titus Isabeau, Secretary

The Empire Runners Club | www.empirerunners.org | newsletter@empirerunners.org



TREASURER'S REPORT AS OF September 30, 2012

ASSETS	<u>09/30/12</u>	<u>08/31/12</u>
Current Assets		
Checking/Savings		
Chase Bank Certificates of Deposit	\$1,176	\$1,176
<i>Note: one CD closed & moved to Exchange Bank account</i>		
Exchange Bank	\$65,964	\$65,343
PayPal Money Market	\$87	\$983
Total Checking/Savings	\$67,227	\$67,503
Petty Cash	\$200	\$400
Total Current Assets	\$67,427	\$67,903
Other Assets		
Security Deposits	\$0	\$0
TOTAL ASSETS	\$67,427	\$67,903

Fund Balances

Annadel Half Restricted Fund Balance	\$1,731	\$1,731
Student Grant Restricted Fund Balance	\$218	\$208
Kenwood Restricted Fund Balance	\$40,515	\$40,515
Empire Runners Club Fund Balance	\$24,963	\$25,448

Membership Dues	<u>2012</u>	<u>2011</u>
Membership dues received year to date	\$7,065	\$4,180

Race Income and Expense	<u>2012</u>	<u>2011</u>
<u>Annadel Loop</u>		
Race entry fees	\$445	\$770
Race expenses (missing porta potty rental fee)	(\$597)	(\$1,133)
Net Income	(\$152)	(\$363)
<u>Summer track fees</u>		
Race entry fees	\$614	\$1,537
Race expenses	(\$940)	\$0
Net Income	(\$326)	\$1,537



The Long and Short of It

Imagine waking in the early morning before sunrise, shaking off the cob-webs and maybe taking one last sip of coffee before you head outdoors. Maybe you drive or maybe you just go out the door. Although you've done this perhaps thousands of times it never gets old if you are a runner. You are meeting good friends, maybe taking along your four-legged friend who is jumping and licking your face, anxious to get going. It is time for the morning run!

Wherever you meet up, you exchange greetings and maybe someone mentions how an injury is doing. You head into your run, taking it easy at first perhaps picking it up as you go. It's still dark, not much traffic. Maybe someone talks about what they will be doing later that day at work or school, or maybe they mention their child has soccer practice. Maybe the runners in your group talk about getting together for the next race or for a bagel and latte' after the run.

You see the glare of headlights coming up on you and the driver is moving far too fast. You've see this hundreds of times, drivers ignoring pedestrians, lost in their own world.

Maybe you yell at them.

Then before you realize it, this very normal morning doing the thing you love turns suddenly tragic. The car has mowed you and your friends down and instead of stopping; they take off into the dark leaving unspeakable pain and panic.

Now imagine that this is not just your imagination but that it really happened.

Something very much like this happened on **September 27th in Humboldt County** to three members of the Six Rivers Running Club.

Susie Seeman a 40 year-old mother of two was killed and two of her good friends Jessie Hunt and Terri Vromann-Little were severely injured. One of them was running with their dog which also was killed.

The suspect in the case was apprehended later in the same day and was allegedly involved in the murder of a woman on the Hoopa Indian Reservation. The case is still under investigation.

All of the women were experienced runners and all including the dog were apparently wearing reflective clothing on the wide-shouldered road.

Obviously the family and friends of the women involved have been devastated. When **Bill Rogers** reported this tragedy at the last ER Club Meeting, the usual joking and laughing was replaced by a respectful quiet not often encountered.

In heartfelt tones Bill described the tragic incident and it's aftermath – medical expenses for the survivors, shattered families and two young children without a mother.

Bill made many fine points regarding the similarity of the Six Rivers club to our own and more to the point the similarity of the women themselves to our friends and fellow runners.

To assist the victims and their family contact the Umpqua Bank (1063 G Street, Arcata, CA 95521, (707) 269-7329) and reference the accounts on the next page. Please do whatever you can.

Then, take a few minutes to cherish the time you have with your family and friends including the four-legged variety.

Lace up your old running shoes and if it's dark put on your reflective clothing. Watch where you are going and don't assume drivers can see you or even care.

Enjoy the crisp autumn air and the sunlight filtering through the golden leaves.

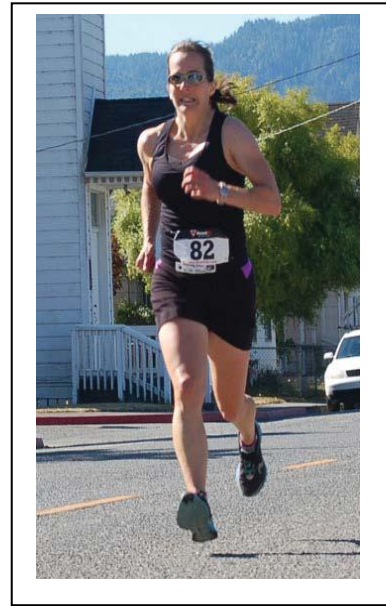
Feel the ground moving beneath your feet, arms swinging, lungs working.

It is not forever.

DM Peterson

Six Rivers Running Club

Hit and Run Victims



If You Would Like to Help

**Jessie Hunt
Medical Fund**

992682534

**Terri Vroman-Little
Medical Fund**

992682526

**Susie Seemann
Memorial Fund**

992682542

Contact:

Umpqua Bank – 1063 G Street Arcata CA

707 269-7329

- 1322 4th Street Santa Rosa CA

707 636-3400

The families and Six Rivers Running Club would like to thank the community for their support and understanding at this very crucial time of need.

The Empire Runner

The Best Local Race you never Ran

CLO-COW 5K and Half-Marathon

Looking for a destination race? - one in a scenic region of the country with lot's to do and in a town with great restaurants, micro-breweries and near wineries and the coast?

Look no further! ***The Clo-Cow 5K and Half-Marathon are right here in Petaluma!***

Race Directors **Chris Mason** and **Alex Wolf-Root** put on a phenomenal event that has a big race feel in a small-town atmosphere.

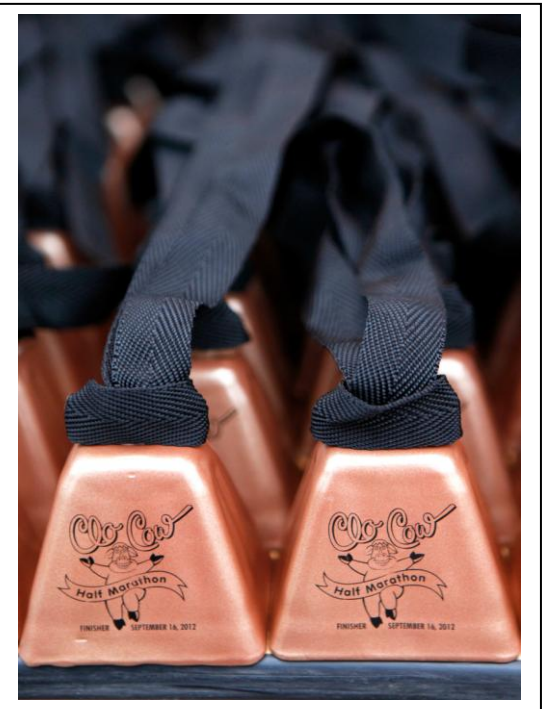
Starting in the scenic and historic downtown that has been used as the back-drop for many Hollywood productions, you wind your way through the bucolic countryside of west Sonoma Co.

Neither course is easy, but that just adds to the feeling of accomplishment when you make your way back downtown to the deafening sounds of cow-bells!

There are enough runners to give you plenty of company (400 + in the half) but small enough to make registration, start and finish easy.

Great weather (usually cool, even in September) and five year age-group awards are additional bonus's. Results are virtually instantaneous. Did I mention they have a bag-drop just like a "big" race?

With a quick look at the results you see a lot of folks from Petaluma, but also San Francisco and all points south, plus a fair number of runners from out of state. What you don't see are a lot of Empire Runners. Put the Clo-Cow on your list for the end of next summer. You will be glad you did!



The Empire Runner

Girls on the Run 5k

Family Fun Run/Walk

Saturday, Dec 1st at 9:00 AM

Rohnert Park Community Center

5401 Snyder Lane, Rohnert Park



Join us! Lace up your shoes and join over 300 3rd-8th grade girls, from all over Sonoma County, in this family fun 5k run/walk fundraiser. The course is flat, paved and tree lined using the lovely Copeland Creek Pathway.

Since this 5k is open to the community, anyone from the most competitive runner to the recreation walker can participate. Families, friends, and strollers are welcome! Come rain or shine to....run, walk or cheer!

Proceeds from the Girls on the Run 5k will provide program and shoe scholarships to financially deserving participants and expand teams into new locations throughout Sonoma County.

Online registration ends Tues Nov 27th at midnight, (**late registration fees** begin Nov 17th at midnight)

In store registration and packet pickup at Fleet Feet Sports on Fri Nov 30th from 10 AM to 7 PM

Race Day registration available from 7-8:45 AM

To register, visit <http://www.gotrsonomacounty.org/events.html>

To volunteer, visit <http://www.gotrsonomacounty.org/volunteer.html>

To sponsor, visit <http://www.gotrsonomacounty.org/partners.html>

November 2012

grouptraining@empirerunners.org

October 2012							November 2012							December 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6		1	2	3	4	5	6	7	8	9	10	11	12	13	14
7	8	9	10	11	12	13	4	5	6	7	8	9	10	11	12	13	14	15	16	17
14	15	16	17	18	19	20	11	12	13	14	15	16	17	18	19	20	21	22	23	24
21	22	23	24	25	26	27	18	19	20	21	22	23	24	25	26	27	28	29	30	31
28	29	30	31				25	26	27	28	29	30								

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8M at Medium Pace 8:00 AM Channel Drive 8:30 AM Boggs Trail 50K & 25K	29 7:00 PM 1932 Yolo Court, SR	30 10x300m at 1M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM MHS Track	31 5:30 PM Fleet Feet Run	1 6M w/5x2mi...5K Race Pace 4:30 PM Howarth Park	2	3 8:30 AM Railroad Square, SR
4 8M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM XC: Tamalpa 4.25M	5 7:00 PM 1932 Yolo Court, SR	6 12x400m at 2M Goal Pace 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	7 5:30 PM Fleet Feet Run	8 7M w/3x4-min. Tempo 4:30 PM Howarth Park	9	10 8:30 AM Railroad Square, SR
11 9M at Medium Pace 8:00 AM Channel Drive	12 7:00 PM 1932 Yolo Court, SR	13 10x300m at 3M Goal Pace 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	14 5:30 PM Fleet Feet Run	15 5M w/12x20...3M Goal Pace 4:30 PM Howarth Park 7:30 PM ER Club Meeting	16	17 8:30 AM Railroad Square, SR
18 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM PA XC: Championship 4M/6M	19 7:00 PM 1932 Yolo Court, SR	20 6M w/20x30...3M Goal Pace 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	21 5:30 PM Fleet Feet Run	22 9M at Medium Pace 8:30 AM Turkey Ramble Training Run	23	24 8:30 AM Railroad Square, SR
25 8:00 AM McGuire's Break-fast Run 10K & 3K	26 7:00 PM 1932 Yolo Court, SR	27 8x400m at 2M Goal Pace 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	28 5:30 PM Fleet Feet Run	29 6M w/2.5M a...-Strong Pace 4:30 PM Howarth Park	30	1 8:30 AM Railroad Square, SR

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



Renew Online at www.empirerunners.org and click on “membership”

MARK YOUR CALENDAR!

Sat Nov 10	Run for Your Life 5K – Petaluma Golf & Country Club – 3pm
Thu Nov 15	ER Club Meeting – Montgomery Village Round Table Pizza – 7:30pm
Sun Nov 18	USATF-PA X-Country Championship – Golden Gate Park – San Francisco
Thu Nov 22	Wild Turkey Ramble Fun Run – Cobblestone TH Annadel SP – 8:30am
Thu Nov 22	Turkey Leg Relays – Shollenberger Park Petaluma – 9am
Fri Nov 23	Newsletter Deadline – send items to newsletter@empirerunners.org
Sun Nov 25	McGuire’s Breakfast Run (Club Members ONLY) – Hidden Valley School 8am
Sat Dec 1	Girls on the Run – Rohnert Park Community Center – 9am
Sat Dec 15	Last 10K & Final 2M – Howarth Park – 9am

2012 CLUB OFFICERS and Contacts

President Larry Meredith 707 526-4536 boardofdirectors@empirerunners.org	Vice President Will Ortlinghaus 707 480-7369 boardofdirectors@empirerunners.org	Secretary Lisa Isabeau 707 578-3025 boardofdirectors@empirerunners.org
Treasurer Tanya Narath 707 523-0444 boardofdirectors@empirerunners.org	Board Member at Large Val Sell 707 539-1085 boardofdirectors@empirerunners.org	Board Member at Large Jerry Lyman 707 527-9020 boardofdirectors@empirerunners.org
Board Member at Large Dale Peterson 707 529-0765 boardofdirectors@empirerunners.org	Membership Val Sell 707 539-1085 membership@empirerunners.org	Sponsorship Vacant sponsorship@empirerunners.org
Student Grant Fund Alec Isabeau / Bob Finlay 707 527-0673 / 707 544-2251 scholarship@empirerunners.org	Fleet Feet Grand Prix Bob Rogers 707 539-7391 grandprix@empirerunners.org	Apparel Will & Jen Ortlinghaus 415 269-3935 apparel@empirerunners.org
Hall of Fame Mike McGuire 707 542-6687 halloffame@sbcglobal.net	Group Training Larry Meredith 707 526-4536 grouptraining@empirerunners.org	Cross-Country Teams John Harmon 707 547-0847 xcteams@empirerunners.org
Online Registration Jerry Lyman 707 527-9020 events@empirerunners.org	Website Chris Mason 707 291-5797 website@empirerunners.org	Newsletter Dale Peterson / Nate Koch 707 529-0765 / 707 525-1329 newsletter@empirerunners.org