

**McGuire's Breakfast Run is Sunday November 24<sup>th</sup> and FREE for Empire Runners**  
Pre-Registration ends Friday November 22<sup>nd</sup> - **EMPIRE RUNNERS ONLY PLEASE!**

# The Empire Runner

November 2013

Volume XLI, No. 11

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

## Top Empire Runners in the USATF-PA Grand Prix

Thru Shoreline



**Cathy Dubay - 16<sup>th</sup> Master**



**Brendan Hutchinson - 2<sup>nd</sup> Veteran**



**Andy Howard - 5<sup>th</sup> Senior**



**Eric Downing – 13<sup>th</sup> Master**



**Steve Cryer – 8<sup>th</sup> Super Senior**

Photos by B. Zanetti

# The Empire Runner



## President's Message

## Ilsanjo on the Brink

I don't know the details surrounding the origin of the Ilsanjo Classic 10-Miler, first run in 1973, less than a year after the inaugural Kenwood Footrace. I recall conversations with local old-timers that it once was the venue for some serious team competition, particularly with the Tamalpa Runners of Marin County. The Empire Runners Club formed in 1975 so it is clear that our club cannot claim to be the creator of this event.

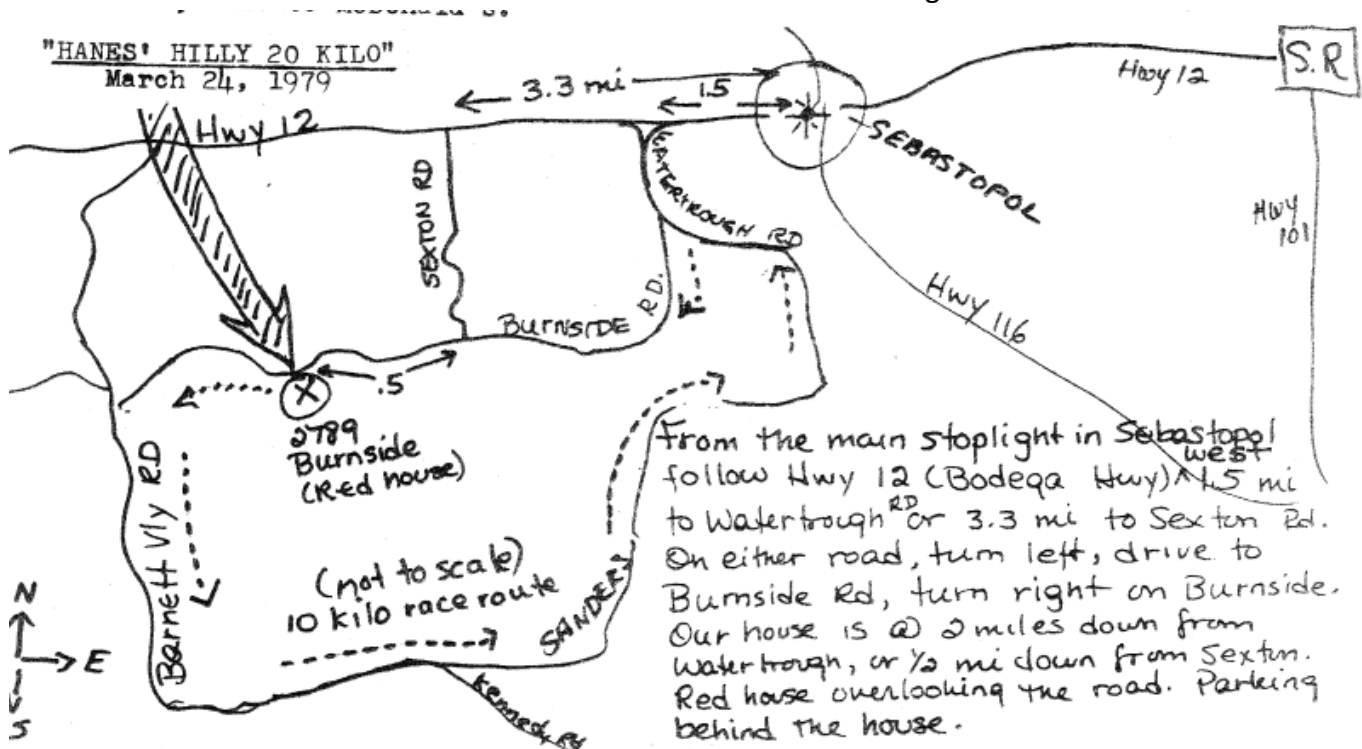
My archive of Empire Runners Club newsletters, thanks to **Linda Phaby**, begins some six years later and the race is listed under the heading *Other Running Events*. The heading above that, *Empire Runners Events*, lists the following three races:

**March 11** – "Loceff Runs;" 2.5 & 5 miles (2.5 – mile loop). 10am. 5003 Rick Dr., Santa Rosa. Alan & Helen Loceff to host. Pot-luck & club meeting to follow races. 50 cents members / \$1.00 non-members.

**March 24** – "Hanes' Hilly 20 Kilo;" plus 3 & 10 kilos (10-km loop). 10am. 2789 Burnside Rd., Sebastopol. Dave & Linda Hanes to host. Pot-luck to follow races. 50 cents members / \$1.00 non-members.

**April 1** – "Postal – Fool's Runs;" 25 kilos, RRCA; 2 & 5 miles also. Guerneville, Armstrong Grove St. Park. Tom Crawford to host. Picnic to follow. Certificates to 25-kilo finishers. \$1.00 for Postal.

Reading those race announcements



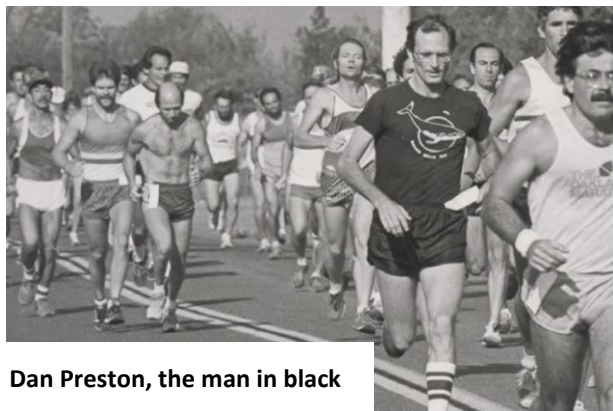




reminds me that putting on running events was once a simple affair that required about two people to carry out the logistics. Here's the listing for the race we now call the Ilsanjo Classic:

**April 14** – Lake Ilsanjo Run – 10.1 miles.  
\$5.00/runner. Dan Preston, 527-0613.

Many of us remember **Dan Preston** later becoming an Empire Runners Club president, Kenwood Footrace director and influential



**Dan Preston, the man in black**

official in the Pacific Association of the USATF.

One year later, 1980, the race is listed as the *Ilsanjo Cross-country 10 miler*, an Empire Runner event in co-sponsorship with the Valley of the Moon Running Club (VMRC). That's a pretty strong clue that the VMRC gave birth to what is now the 2<sup>nd</sup>-oldest annually held footrace in Sonoma County. The 1980 announcement stated that there was no fee for entering, the course would not be marked and there were no awards. But, by gosh, there was going to be a club pot-luck to follow!

By 1981 there was no mention of the VMRC as co-host. I joined the VMRC in the early '80s and remember it as a very small, very competitive group of runners headed by local high school coach **Fred Kenyon**. Fred was the

director of numerous Sonoma County races, including the Kenwood Footrace. The VMRC would not survive into the late '80s, a period of great growth for the Empire Runners Club, a group that welcomed runners of all ability levels.

I see by the 1981 announcement that the late **Phil Widener** had become race director and the event was called the *Ilsanjo Classic* for the first time. Phil left a deep impression in the local running community and, after his untimely death from cancer in his 50s, the Empire Runners Club named our PA cross country meet in his honor.

You may wonder why, with the race still more than four months away, I bring up the subject of the Ilsanjo Classic. It is because I don't want this to be the event's obituary. The event does not have a race director for 2014 and this is my final appeal for a club member to take over those duties.

Those of us on our club's board of directors do not care if the next race director is a newcomer or old-timer or if this person has previous experience in this role. The race director will be given specific tasks to carry out, will have freedom to add their personal flair to the event and will be given much guidance and assistance before, during and after the race. We simply need someone to be in charge of seeing that the duties get done.

Send an e-mail to our Events Coordinator **Jerry Lyman** ([events@empirerunners.org](mailto:events@empirerunners.org)) or to me ([president@empirerunners.org](mailto:president@empirerunners.org)) if you are considering filling this need for the club. We will be happy to discuss details with you.

- Larry Meredith



## News, Notes and Needs

First, the needs . . .

**Ilsanjo Classic 10-Mile, Neo-Classic 4-Mile and 1K Newt Scoot, March, Howarth Park:** See this month's *President's Message*.

**Phil Widener Empire Open PA Cross Country, August, Spring Lake Park:** Race director needed to lead this USATF race series event.

**Board Member Elections:** The club is administered by a board of seven members who meet monthly to consider proposals involving club finances and operations. Four of these positions are up for election by the end of this year. Elected members serve two-year terms and, if willing, can be re-elected an unlimited number of times. Now is the time to nominate a fellow club member – or throw your own hat in the ring – for this upcoming election.

Join us in helping to keep this club strong! If you have an interest in filling any of the needs described here, please send an e-mail to me at [president@empirerunners.org](mailto:president@empirerunners.org).

Now, the notes . . .

**Jingle Bell Run:** A big thank you to **Shelli** and **Rob Main** for hosting this unique, non-competitive celebration of the holidays over the past several years. **Tori Meredith** began this tradition locally more than 20 years ago when she convinced her running friends to strap bells on and jingle around festively illuminated neighborhoods. Back then we met in the parking lot of Petrini's Market (now Safeway on Fourth Street near the Flamingo Hotel). After the jog we ended up at the nearby home of **Brendan Hutchinson** to share some tasty



# The Empire Runner



nourishment and adult beverages.

Tori and husband (me) then served as hosts until the crowd exceeded 70 and our humble home became so packed that I found it difficult to lift a steaming mug of glögg (thank you **Jon “Thermo” Hermstad**) to my thirsty lips.

I’m sure I can’t recall all of the eventual hosts but I know that good friends **Peter “Admiral” Kirk**, **George “Super G” Urdzik** and **Jim “Cadillac” Coughlin** were among them. The Mains welcomed us to their spacious, beautiful home, lovingly decorated for the season and located in prime Jingle Bell Run-friendly territory.

It has been tons of fun with good friends. If anyone wants to continue the tradition by hosting this year, send me an e-mail with the details and we’ll get it back on the schedule.

**Christmas Relays:** Speaking of the upcoming holiday season, the club is in the process of filling up spots on our chartered bus that will take club members to San Francisco’s Christmas

Relays next month. On our website’s home page, under *Upcoming Events*, click on *ERC Bus to the Christmas Relays* to reserve your spot and find

out event details. Information there will tell you to e-mail me if you would like to be placed on a team.

## And finally, the news . . .

Montgomery High School grads **Kim Conley (’04)** and **Sara (Bei) Hall (’01)** continue their national-class running careers, both racing in the highly competitive *NYRR Dash to the Finish Line 5K*, a November 2 prelude to the New York City Marathon. Conley claimed 6<sup>th</sup> place and Hall was right behind in 8<sup>th</sup>. As you can see, the runners ahead of them are a who’s-who list of the nation’s best.

Just a week earlier Hall ran 1:14:33 in winning the Healdsburg Wine Country Half Marathon to claim the best time ever run by a female hailing from our Redwood Empire region. It was her first attempt at the distance. Hall’s husband, Ryan, is the current U.S. record holder for men in the half-marathon at 0:59:43.

- Larry Meredith

### NYRR Race Results

#### Member Race History

ING New York City Marathon

New York City Marathon Archive (1970-2011)

About NYRR Race Results

Results Corrections

#### NYRR Event Calendar

### NYRR Dash 5K

#### Female finishers in order

Distance: 3.1 miles, 5 kilometers

Date/Time: November 2, 2013, 8:30 AM

Location: Central Park, NYC

Weather: 57 degrees, 69% humidity, 5mph, overcast

[Search Results](#) [Award Winners](#) [View, Share & Purchase Photos](#) [Statistics](#)

NEXT 50 | AG = Age Graded.

Last Name	First Name	Sex/ Age	Bib	Team	City	State	Country	Overall Place	Gender Place	Age Place	Net Time	Pace per Mile	AG Time	AG Gender Place	AG %
Huddle	Molly	F29	51	SAUC	Providence	RI	USA	1	1	1	0:15:27	04:59	0:15:27	3	95.89 %
Infeld	Emily	F23	60	NIKE	Portland	OR	USA	2	2	1	0:15:27	04:59	0:15:27	4	95.88 %
Flanagan	Shalane	F32	53	NIKE	Portland	OR	USA	3	3	1	0:15:40	05:04	0:15:38	5	94.72 %
Kipyego	Sally	F27	52	OTC	Eugene	OR	KEN	4	4	2	0:15:49	05:06	0:15:49	7	93.62 %
Bleasdale	Julia	F32	62		Teddington	.	GBR	5	5	2	0:15:50	05:07	0:15:48	6	93.70 %
Conley	Kim	F27	54	NEWB	West Sacramento	CA	USA	6	6	3	0:15:55	05:08	0:15:55	8	93.05 %
Schappert	Nicole	F27	66	NYAC	Piscataway	NJ	USA	7	7	4	0:16:06	05:12	0:16:06	9	91.99 %
Hall	Sara	F30	61	ASIC	Flagstaff	AZ	USA	8	8	3	0:16:08	05:12	0:16:07	10	91.85 %
Penney	Lauren	F23	71	OIS	Highland Park	NJ	USA	9	9	2	0:16:10	05:13	0:16:10	11	91.64 %
Winslow	Amanda	F23	67	OIS	Highland Park	NJ	USA	10	10	3	0:16:15	05:15	0:16:15	12	91.13 %

# The Empire Runner

## **Empire Runners Board Meeting Minutes**

October 24, 2013

Round Table Pizza, Santa Rosa

### **Board Members Present:**

Lisa Isabeau, Chris Mason, Tanya Narath, Will Ortlinghaus, Dale Peterson

**Call to Order** The meeting was called to order at 7:30 PM.

**Approval of Minutes** Club meeting September 26, 2013 - Motion carried.

### **Officer's Reports**

Treasurer's Report (Tanya Narath) - See newsletter.

### **Committee Reports**

Fleet Feet Grand Prix (Bob Rogers) - Bob will be stepping down and a new GP scorer will be needed for 2014.

Apparel (Jen Ortlinghaus) - New men's race singlets are being printed and will soon be available.

### **New Business**

Proposal #1 (Gil Moreno) - That the Empire Runners Club authorize Gil Moreno to spend up to \$1300 from club funds for the purchase of a canopy for use as the club's membership booth. Motion carried

**Adjournment of Business meeting:** time 7:39 PM.

**Lisa Titus Isabeau, Secretary**



# The Empire Runner

## October 2013 Treasurer's Report

Empire Runners of Sonoma County			
Balance Sheet Standard			10/19/13
As of September 30, 2013			
		Sep 30, '13	Aug 31, '13
<b>ASSETS</b>			
Current Assets			
Checking/Savings			
	Exchange Bank	76,252.23	77,720.92
	PayPal Money Market	222.54	2,078.70
	Total Checking/Savings	76,474.77	79,799.62
Other Current Assets			
	Petty Cash	400.00	400.00
	Total Other Current Assets	400.00	400.00
	Total Current Assets	76,874.77	80,199.62
<b>TOTAL ASSETS</b>		76,874.77	80,199.62
<b>LIABILITIES &amp; EQUITY</b>			
Equity			
	Restricted – Kenwood	30,000.00	30,000.00
	Restricted – Student Grant Fund	827.00	674.00
	Unrestricted Net Assets	38,384.84	38,537.84
	Net Income	7,662.93	10,987.78
	Total Equity	76,874.77	80,199.62
<b>TOTAL LIABILITIES &amp; EQUITY</b>		76,874.77	80,199.62

10/19/13



# The Empire Runner

Empire Runners of Sonoma County			
Profit and Loss by Class			10/19/13
January through September 2013			
	Annadel Loop	Salmon Creek	Summer Track Series
	(ER Club Races)	(ER Club Races)	(ER Club Races)
Ordinary Income/Expense			
Income			
Program Income	355.00	265.00	1,326.00
Total Income	355.00	265.00	1,326.00
Expense			
Contract Services	100.00	0.00	400.00
Facilities and Equipment	110.00	0.00	0.00
Food & Beverages	90.00	0.00	0.00
Operations	543.60	192.55	367.54
Other Types of Expenses	326.27	604.16	1,035.00
Total Expense	1,169.87	796.71	1,802.54
Net Ordinary Income	-814.87	-531.71	-476.54
Net Income	-814.87	-531.71	-476.54

# The Empire Runner



**Chris Mason – AKA Puppet Master**

## 2013 Annadel Loop

Photos by Gil Moreno



**Group de Loop?**



**More Group de Loop**



**Melissa Myers & Susan Cain**



**Overall winner Job Skandara  
finishing strong in 49:25!**



## The Long and Short of It

### Less is More – More or Less

Readers of this column know that I have been experimenting with bare-foot running and minimal shoes for about a year and a half. Many of my friends and acquaintances also know that I had (knock on wood) a terrible case of plantar fasciitis during much of 2013.

Like a lot of other people I took an interest in minimalist running shoes after reading the influential *Born to Run*. It just seemed to make sense to use no more than you need.

So I began my saga. I spent months toughening up my feet and slowly (not slowly enough apparently) transitioning to very light, and minimal running shoes.

No radical, I never ran in anything with less than a 4mm “drop”, but I had been a user of custom orthotics for 15 years before abandoning them.

I loved the feeling of being connected to the ground even though I never quite got used to the occasional sharp stabs coming from stones, tree roots and uneven pavement.

I had a fair number of aches and pains along the way to go along with my very tight calves that required a lot of stretching and rolling. But what was truly amazing, was the fact that my knees which I had been icing after virtually every run for many years, immediately stopped aching!

In October 2012 I even ran the Biz Johnson Trail Marathon in 4mm drop shoes. This would however turn out to be the high point (low point?) of my flirtation with minimal shoes.

After Biz Johnson I ran a short X-Country race at the Marin Headlands (Tamalpa) and felt pretty good. But a few weeks later I ran the PA Championships at Golden Gate Park and I felt horrible. It was probably too close to my marathon and I paid dearly on the 6 mile course finishing for the first time ever in over 50 minutes.

By now I was noticing that my left foot was pretty sore, but I did not do anything about it. I could have benefitted from massage and ice but I was too lazy to do what I needed to do.

In December I began ramping up my speed work, determined to run a fast 5K in Carlsbad come spring. Instead I came back from a hard track workout right around Christmas with what I knew was the dreaded plantar fasciitis.

Long story short, I had to take off about a month and then ever so painfully slowly begin to increase my mileage. But in order to alleviate some of the strain on my left calf and plantar I began wearing my old 10mm shoes again. I even went back to my orthotics for a time, but found that my knees began to ache almost immediately.

So I settled in to wearing my traditional shoes, sans orthotics on runs of over about 5 miles while wearing a very flexible shoe with about a 9mm “drop” on the track. I am once again able to run about half a mile on the football field in my bare feet after a track workout and it feels great.

This combination seems to be ideal for me.

It has been a long bumpy road, but one I had to take.

Next week I will be running in the Clarksburg 20 miler. I will be wearing my Asics Air Cumulus, a shoe model I have worn more or less during the entire previous decade. No orthotics required!

So don't be afraid to experiment, but don't be surprised if things don't go exactly as advertised. If you decide to go minimal, go slowly, then back off and go even more slowly.

Eventually you will find what works best for you.

**DM Peterson**

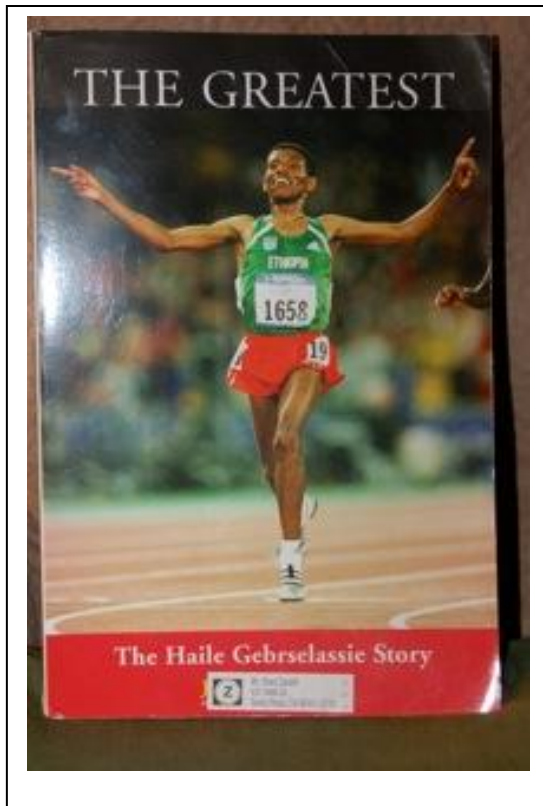


# The Empire Runner



## Brad's Corner

"Read a book...you can't get injured while exercising your mind."



**"THE GREATEST, THE HAILE GEBRSELASSIE STORY",** by JIM DENISON, BREAKAWAY BOOKS, 2004, PP 286

Simply said, Haile Gebrselassie is the greatest distance runner ever (sorry Emil Zatopek or Henry Rono fans). The range of his world records (2mile, 5k, 10k and the marathon), the number of Olympic and World Championship gold medals and the addition of world champion XC medals spread over 17 years of dominance is hard to beat.

I don't want to just spout his running accomplishments because that would short change his story, his life and in essence the enjoyment of this book. I have read a number of runner's biographies and many of them are not great reads as they depend entirely on the running history to entertain. For those of you that love your numbers there is a fine series of appendices (A-E) of Haile's history of races, Olympics, world record progression for the 5K and 10K at the conclusion of the book.

Anybody who has watched this man run should be affected by his ease of movement, his power, his quiet and cool confidence and the excitement he brings to any race. His powerful and long stride belies his short stature (5'4", 125 lbs). You can see this in the many fine photos included in the book. To really get his impact or to reintroduce yourself to his races I recommend you spend some time on YouTube (especially the 2000 Olympic 10K in Sidney one of the greatest races in history). This race is well covered in the first chapter. As the other "the Greatest", Muhammad Ali, had his protagonist Joe Frazier, Haile's protagonist was the Kenyan Paul Tergat. They had many close races in their careers with Haile getting the upper hand most of the time. As an aside, the Paul Tergat story is another book that may interest some of you but it is not as well written as this one.

Beside the running portions of the book, there is more about Haile's country, his relationships with both Tergat and Kenenisa Bekele, his Ethiopian teammate who currently holds the 5K and 10K world records, relationships with his wife and country. I have alluded to his confidence. In this book you will get a sense of what he is



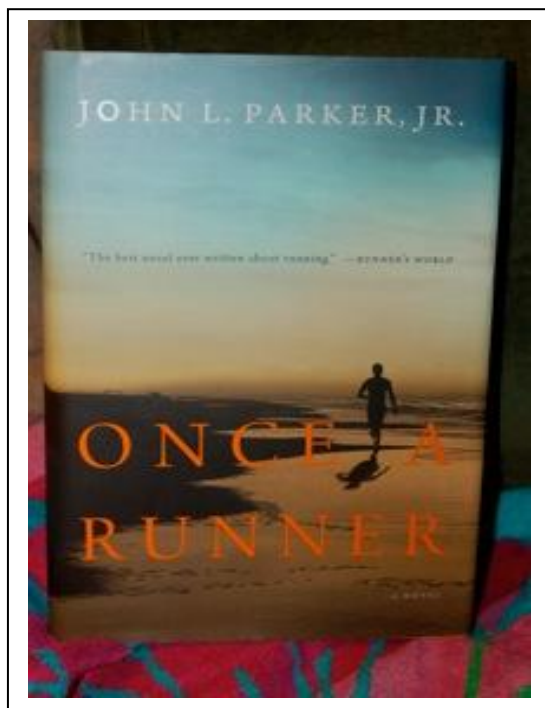
# The Empire Runner



really like off of the track. He is truly an ambassador for running and his country. This is a great read and one of the best biographical running books around.

This is worth a trip to the library but watch out, you may want to own this one.

**Rating- 5/5**



**"ONCE A RUNNER"**, John L. Parker, JR., Scribner a division of Simon and Schuster, New York, NY, 1978, pp. 272

This novel was published in 1978, just 6 years after the Munich Olympics, 3 years after the shocking death of Steve Prefontaine, 2 years after the defeat of Frank Shorter in Montreal at the hands (feet) of Waldemar Cierpinski (later implicated in the East German doping scandal) and the middle of the running boom of the 70's. It was written by a national level runner (SEC mile champion and national steeplechase champion) for runners. Most of the running

books are of the non-fiction variety so a chance to read a fictional running story can provide both excitement and anxiety. A great sport novel is as rare as a great sport movie. When you start one there is always some trepidation.

In this case, sit down, relax and enjoy the read. "Once a Runner" is a great novel (getting the "best running novel ever" award by Runners World), is well written and feels like you are part of the story. I personally couldn't put it down and read it in 3 days. John Parker's running experience is evident in his story line and he enlightens the reader about the work needed to achieve a difficult goal as well as the coach-runner relationship. Finally, the addition of the politics of the 60-70s is a historical reminder of many of our childhoods.

You will meet Quentin Cassidy and roll with him through all of his up and downs. You will appreciate his friend, mentor and private coach Bruce Denton and their relationship (some of you may have had a such a coach in your experience, others may have wished you had). All that is left is for you to head to the library, used bookstore, etc and grab the book. For the high school coaches out there, this might be a great addition to summer training and help with team bonding. Another book for team bonding is "Running with the Buffaloes" (to be reviewed later). If, by chance, you agree with me and love "Once a Runner", run, don't walk back to the bookstore of your choice and get the sequel by John L. Parker, "Again to Carthage". Yep, not just one great running novel, but a second one free, just add shipping and handling.

**Rating- 5/5**

**Brad Zanetti**

# The Empire Runner

## **NOTE on the 2013 Empire Runners Grand Prix**

To all Empire Runners Grand Prix participants there are only two more events left for the 2013 series. As you know I still have the Track Series to complete. The fact that one of the Track meets was canceled has thrown me for a loop. Anyway, as you look at the standings remember only your nine highest point-scoring events will be counted. This year for those of you who participate in over nine events, you will get an extra five points for each additional event added to your total. Hang in there and just enjoy getting out for a run.

Best to all,

**Bob Rogers**  
Grand Prix director

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### **The 36th Annual**

## **LAST 10K and FINAL 2-MILE**

**Saturday, December 14, 9 am**

Paved paths in 3 parks  
Howarth, Spring Lake, and Annadel  
"Best (long sleeved) shirts in town"

**Both races start and end in Howarth Park.**

**Online entry:** Empire Runners Club members: FREE

non-members: \$10

Shirts (must order by Saturday, December 7) : \$15

Online entry deadline: Wednesday, December 11

**Limited to 450 entrants**

Race day entry fee for all runners: \$20

Race day registration closes at 8:45 AM

# November 2013

grouptraining@empirerunners.org

October 2013							November 2013							December 2013						
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			1	2	3	4	5	6	7	8	9	10	11	12	13	14
6	7	8	9	10	11	12	3	4	5	6	7	8	9	10	11	12	13	14	15	16
13	14	15	16	17	18	19	10	11	12	13	14	15	16	17	18	19	20	21	22	23
20	21	22	23	24	25	26	17	18	19	20	21	22	23	24	25	26	27	28	29	30
27	28	29	30	31			24	25	26	27	28	29	30	31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 8M at Medium Pace 8:00 AM Channel Drive	28 7:00 PM 1932 Yolo Court, SR	29 1200, 600, 2x300 5:30 PM Heart & Sole Run 5:30 PM MHS Track	30 5:30 PM Fleet Feet Run	31 3M w/3x2mi...5K Race Pace 5:30 PM Howarth Park	1 8:30 AM Railroad Square, SR 9:00 AM PA XC: Tamalpa 4.25M	2 8:30 AM Railroad Square, SR
3 8M at Medium Pace 8:00 AM Angwin to Angwish Trail Run 8:00 AM Parktrail Drive	4 7:00 PM 1932 Yolo Court, SR	5 12x400m at 2M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive	6 5:30 PM Fleet Feet Run	7 7M w/3x4-min. Tempo 4:30 PM Howarth Park	8 8:30 AM Railroad Square, SR	9 8:30 AM Railroad Square, SR
10 9M at Medium Pace 7:00 AM Iron Girl Women's Half Marathon 8:00 AM Channel Drive	11 7:00 PM 1932 Yolo Court, SR	12 10x300m at 3M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive	13 5:30 PM Fleet Feet Run	14 4.6M w/6x1...at Strong Pace 4:30 PM Howarth Park	15 8:30 AM Railroad Square, SR	16 8:30 AM Railroad Square, SR
17 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM PA XC: Ancil Hoffman 6K	18 7:00 PM 1932 Yolo Court, SR	19 6M w/20x30...3M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive	20 5:30 PM Fleet Feet Run	21 5M w/12x20...3M Goal Pace 4:30 PM Howarth Park 6:30 PM ER Club Meeting	22 8:30 AM Railroad Square, SR	23 8:30 AM Railroad Square, SR
24 8:00 AM McGuire's Break-fast Run 10K & 3K 9:00 AM PA XC: Championship 4M/6M	25 7:00 PM 1932 Yolo Court, SR	26 8x400m at 2M Goal Pace 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive	27 5:30 PM Fleet Feet Run	28 6M at Medium Pace 8:00 AM Channel Drive	29 8:30 AM Railroad Square, SR	30 8:30 AM Railroad Square, SR

# Empire Runners Club

PO Box 4241  
Santa Rosa, CA 95402



Renew Online at [www.empirerunners.org](http://www.empirerunners.org) and click on “membership”

## MARK YOUR CALENDAR!

Sun Nov 17	USATF-PA Cross-Country – Ancil Hoffman - Sacramento
Thu Nov 21	ER Club Board Meeting – Round Table Pizza – Montgomery Village 6:30pm
Sun Nov 24	McGuire’s Breakfast Run – Hidden Valley Elementary S.R. – 8:00am Club Members ONLY Please!
Sun Nov 24	USATF-PA Cross-Country Champs – Golden Gate Park – San Francisco
Sun Nov 24	ER Newsletter Deadline- send items to <a href="mailto:newsletter@empirerunners.org">newsletter@empirerunners.org</a>
Sat Dec 14	Last 10K & Final 2 Mile – Howarth Park Santa Rosa – 9:00am
Sun Dec 15	Christmas Relays – Lake Merced – San Francisco
TBD	Jingle Bell Run
Wed Jan 1	Resolution Run 5K – Montgomery HS Santa Rosa – 10:00am

2013 OFFICERS, BOARD MEMBERS and Contacts

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