

The Empire Runner

November 2014

Volume XLII, No. 11

www.empirerunners.org



President's Message

A Fast & Furious Empire Open

Today I spent nearly seven hours at Spring Lake Park, beginning with placing course markers and monitors and ending with helping to collect and stow our club equipment. In between those duties I was a spectator as our club played host to four races on the trails, paths and roads above the western shore of our beautiful little lake. Add in the mix of cool, fresh air, warm, brilliant sunshine and a crowd of good friends and I can only say that it was a joy to be outside.

The racing started with the Phil Widener Empire Open, the final regular season event on the USATF Pacific Association's cross country schedule. A number of Northern California running clubs came to compete and



Bill Rogers has this race directing thing down to a science in his first try

were treated to another near-flawless event. New raced directors **Bill Rogers** and **Carl Triola**, with expert guidance from outgoing director **Jerry Lyman**, gathered a large staff of quality volunteers to make the transition appear seamless.

It certainly helps that Jerry, **Chris Mason** and **Bob Shor** were in charge at the start/finish, as they are for the majority of our club events. I don't know if any other PA race gets results printed and posted faster than our crew.

Flying under the radar are all the other volunteers who handle registration, food preparation, finish

chute management, set up and clean up. And don't forget our volunteer group from Rancho Cotate High School, a squad of about 17 teenagers who gave up their Saturday morning to help keep racers on what can be a confusing course to many of our out-of-town visitors. In return, our club sends a donation to the RCHS cross country team for a job well done.

A PA cross country race is always a good place to see some of the best runners in this region of the state and our event



Carl Triola barks out orders to no one in particular

was no exception. The women's race opened the meet and **Ayla Granados** of Sacramento Running Association covered the rolling, sometimes rocky 3.36-mile course in 19:54. This was just one second shy of the 2008 course record set by **Michelle Gallagher** of Adidas.

The next seven finishers all came in under 21 minutes and then ninth place was claimed by the first masters runner, 41-year-old **Sasha Blum** of the Impalas Racing Team in 21 minutes flat. About one

minute later the home team claimed victory when **Cathy DuBay** won her Senior Women (50+) division for the Empire Runners. Her 22:02 now stands as the 3rd-fastest all-time for her age group.



The masters men took to the course next and this time the all-time mark was taken down as **Mark McManus** of West Valley Track Club clocked 18:48 to better by four seconds the



Stephen Agar on his way to a 2nd-place finish at the Empire Open

2009 performance of the Asics Aggies' **Chris Schille**. Empire Runners were proud to see second place in the race go to **Stephen Agar** who moved up two spots to 4th on the all-time list for men aged 45-49 with his 19:04.

Three other Empire Runners finished in the top 15: **Jason Selby** (12th), **Doug Murdoch** (14th) and **Andy Howard** (15th).

Local legend **Danny Aldridge** returned to cross country competition and recorded the 4th-best time ever for men 55-59 with a 20:38. **Brendan Hutchinson** placed 2nd among men 70+ and **Brad Zanetti** was 3rd in his 60-69 group.

The best racing was saved for last as a tight pack of young men battled for the lead throughout the Open Men's race. In the end the top four runners were separated by just five seconds. **Scott Bauhs** of the Aggies Running Club proved to have the best finishing kick, holding off **Michael Hiscott** of West Valley Track Club by a mere second. Their times of 16:56 and 16:57 stand as the 2nd- and 3rd-best times ever recorded for the course. Hiscott and his

teammate, **Malcolm Richards**, who finished just two seconds later, now own the top two times for men aged 30-34. Unattached runner **Wyatt Landrum** was the fourth finisher in the quartet, just five seconds back of the winner.

Empire Runners were led by **Andrew Gaidus** in 15th and **Samuel Jackson** in 20th.



Samuel Jackson near the half-way point at the Empire Open

The season winds up with the PA Cross Country Championship meet at Golden Gate Park in San Francisco later this month. The Empire Runners Club is well represented in the season standings, both in team scoring and individual rankings.

Our men's Super Seniors team, age 60-69, has been battling the Buffalo Chips for 2nd place in that division throughout the season but, with a solid performance in the Empire Open, has gained the upper hand and should be able to nail down that spot at the championship meet. That team is led by the return of **Chris Cole** who held down the 3rd-place position in the individual standings prior to the Empire Open. Chris won his division in both the Golden Gate Open and the Aggies Open. **Steve Cryer**, in 7th, should be able to hold down a top-ten spot but watch for **Brad Zanetti** to move up a few places from his #12 slot.



Empire Runners were 4th in the Women's Senior (50-59) standings prior to the Empire Open and, with a strong performance there, will leapfrog over Lake Merritt Joggers & Striders and



Cathy DuBay wins her 50-59 division to remain undefeated in the PA cross country series

Tamalpa into second place behind Impalas. With her victory at the Empire Open Cathy DuBay has now won her division in all five cross country races she has entered this fall. She has strong support from teammate **Holly Enzler**, currently in 9th place.

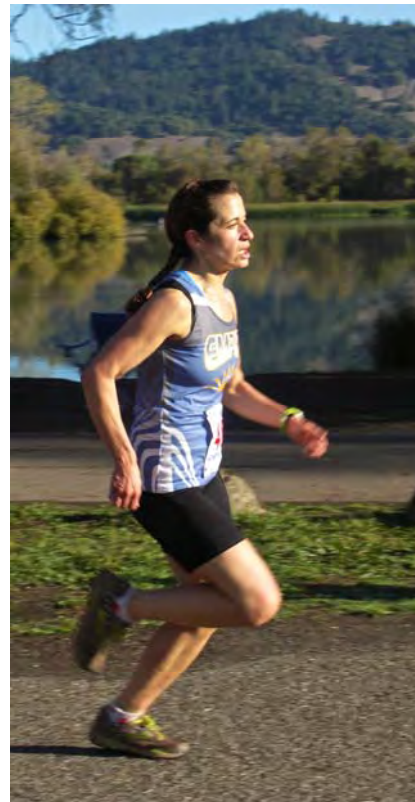
Our Senior Men are battling the Aggies for 5th place and are led by **Andy Howard**, who holds down 6th in the individual standings.

We have a fresh young group competing in the Open Men's division, going up against a truly talented field of runners from the Bay Area and beyond. They currently stand in a tie for 6th but have an outside chance of moving up to 4th at the championship meet. This would be the best finish our club has produced in this division in many years. **Wade Davis** leads the group in 32nd place.

The Masters Men's team stood in 7th before the Empire Open and may end up there in the final standings. The star of this squad is **Stephen Agar** who was in 6th but, with the stellar performance at the Empire Open and another

good run at the championships, could be battling for 2nd place overall.

Our Open Women are now in 8th place with a chance to move past Pamakids at the championship.



Kate Papadopoulous leads the Empire Runners Open Women's team

Kate Papadopoulous is the club's top open runner in her first season on the team.

Congratulations to all who have competed in the cross country season and a huge thank you to team coordinator **John Harmon** who has put in a lot of time in

support of our members.

- *Larry Meredith*

The Empire Runner

Giving Local

It's membership renewal season. If you've been around the running community for long, you realize that an Empire Runners membership is one of the best deals in town. Not only do you get free entry for many well-run races throughout the year, but also our club supports lots of community organizations with donations and logistical expertise.

When you go online to renew your membership before the end of the year, I'd like to ask you to consider a line item on the checkout page, asking, "Would you like to donate to the Student Grant Fund?"

Our website sums it up well:

The Empire Runners Student Grant Fund was established in the year 2000 with the goal of helping deserving high school student athletes go on to college by awarding monetary grants. We were not aware of any other scholarships specifically for runners that could be used at the college of the student's choice, and as a running club and we were compelled to develop a scholarship program with that specific intent.

The award is funded in 3 ways:

- The club generously donates \$5 from each annual membership to the fund
- In the raffle drawing at the monthly club meeting, 50% of the proceeds goes to the grant fund, the other 50% to the lucky winner, adding a bit of excitement to the meeting's conclusion
- The third and most generous source of funds is from donations by individual members. This of course can be done at any time throughout the year, but the easiest way is by adding your donation when you renew your membership.

The student athletes submit an application with their HS transcript, letters of recommendation from a coach and a teacher, plus a personal statement about themselves and what running has meant to them. Each May for the past 3 years

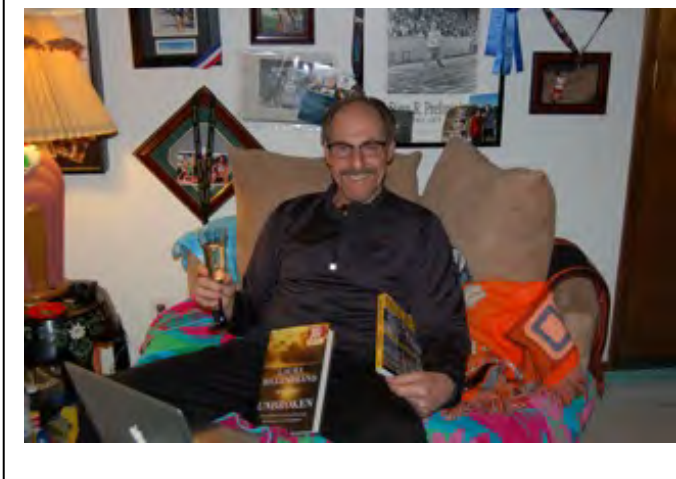
I've had the privilege of being part of the selection committee reading these letters and deciding on awards. The stories tug on the heartstrings, the challenges some of these kids have faced in their personal and academic lives. Being a teenager is not easy, but fortunately these kids are discovering the impact that running can have on all aspects of their lives.

We all know how college has gotten expensive, and our awards are only a small dent, but they are truly appreciated. I hope you'll give it a serious look when you renew your membership. If we could all kick in the price of a latte or a Pliny once a month, or one pair of running shoes a year, we can make a huge difference right here in our own community.

Paul Berg



Brad's Corner



The first Summer Olympics to be televised in the U.S. were in 1960. This coincided with the coming out party for one Wilma Rudolph. I can still remember the bleary, snowy, very smallish picture emanating from the old Philco. Yet, the sound was clear and although I didn't understand exactly what was going on and don't remember much of what was happening I do remember clearly the name Wilma Rudolph.

Wilma Rudolph was the first American female to win 3 gold medals in the Olympics, in Rome in 1960. She won gold in the 100y (11.0 world record) 200y (24.0) and the 4x110y (44.5). This began a resurgence of American results in future Olympics to compete with the eastern bloc dominance at that time. American women dominated the sprints and hurdling over the next 30 years.

She was born, Wilma Glodean Rudolph in Tennessee, June 23, 1940. She was a sickly child who contracted Polio and was unable to walk without the use of braces and crutches until the age of 12. Miraculously Wilma healed and became the top high school sprinter in the state. She went on to the Olympics in 1956, Melbourne, where she won the bronze in the 4x110y relay. In 1958 Wilma was accepted at Tennessee State University and ran for the Tigerbelles, the premier women's track program

in the nation. Here Wilma was coached by Ed Temple (women's US national team coach) and prepared for the Olympics in Rome in 1960.

WILMA RUDOLPH, A Biography, by, Maureen Smith, Greenwood Press, Westport, Connecticut, 2006, pp 130.

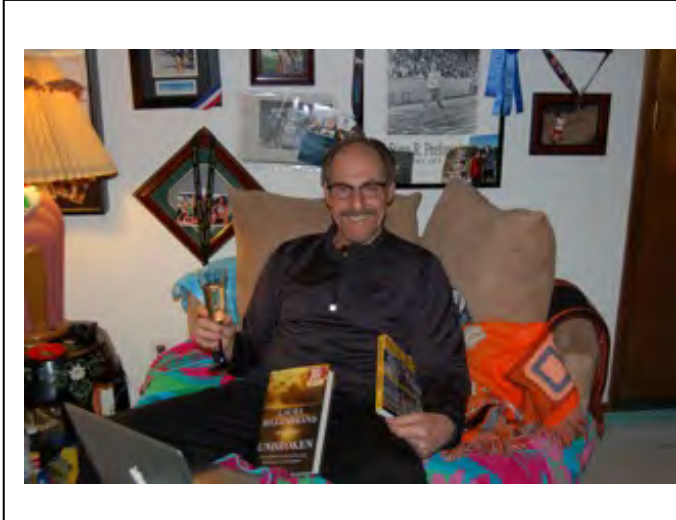
This was a good but somewhat dry read. For a book with only 130 pages, it read a bit slow. This particular biography was at one time a middle school library reader. The author utilized the autobiography written by Wilma and as part of the format contrasted her findings with Wilma's timelines. I did not find this part of the format to add much to the reading of this Hall of Fame's track career. In reality, Wilma's running career was very short although very impactful both in her running results and her impact on women's liberation and Black history. Her life was anything but easy and she died far too early, at the age of 54 of cancer.

To those of you who have never heard of Wilma Rudolph and to those who remember her but don't know much about I would recommend this book or perhaps check Wilma's own autobiography. If you are not interested in finding more about this impactful sprinter of the early 1960's this book will probably not entice you.

RATING: 3/5 ***



Brad's Corner



“THE SATURDAY MORNING RUN “, The fourth in a four part series.

4 months ago I started a secondary article each month on my experiences with various Empire Runner sponsored training runs. I started with the Thursday nite run and followed that up with the Sunday AM and the Tuesday nite runs. Each of these runs have a specific type of training attached to them and appeal to those that have a good base mileage background and want to up the ante on their speed and power training. Because of this newer runners sometimes feel they won't be able to keep up even with the explanation that many of the workouts are handicapped so that all can be competitive. For those of you that don't believe you can hang or are intimidated by this new challenge; there IS the Saturday AM run.

The Saturday AM run meets at 830am at the parking lot for Aroma Roasters, on the 7th St corner. In Railroad Square. The run heads west on 7th Street, connecting up with the dirt side of the Santa Rosa Creek Trail. The beauty of this workout is the creek trail has built in turnarounds (@ 1.5mi- Marlowe Ave) (@3mi-Fulton Ave) (@5+mi-Willowside Ave) (@7+mi out in the Laguna). In essence one can choose 3mi, 6mi, 10mi or 15mi runs or any distance in between. Routinely the Sat AM run is a 6 miler on

a forgiving dirt surface that is nearly flat (a very perceptible drop heading west toward the Laguna). Since it is basically a flat surface a multitude of different workouts can be achieved at the same time. Also the trail is quite wide and accommodates our group, walkers, bikers, etc. (most bikers use the parallel asphalt side) and allows the group to run full width which is great for talking and pacing. Which by the way this trail tempts, that is, to increase your pace to tempo, even race pace.

The group is normally pretty good sized especially on a non racing weekend, the more races the smaller the crowd. It is composed of mostly the 50 and older guys and gals and the individual groups find themselves by the tempo they want to run. There is usually a warmup of at least 1.5 miles and then the tempo changes begin. Everyone meets at the Fulton Ave turnaround unless you want a longer run, regroup and returns to the Aroma Roasters. Again all sorts of tempos or training plans are instituted for the return run.

The final beauty of this fabulous group run is we all meet in the back room of the Aroma Roasters for a variety of coffee, tea, hot chocolate concoctions and perhaps something sweet.(hint: pick your sweet treat carefully; some of them are like eating sawdust). This is a great way to end a glorious run on the Santa Rosa Creek Trail. The creek provides fauna, flora and a myriad of views including Place to Play Park. For those extending their Saturday run past Fulton Ave, the views improve with pastures filled with cattle, race horses and vineyards and an excellent 2+mi well canopied, flat and fast trail. I find the Fulton to Willowside section to be one the most pleasurable running sections in the entire area.

How do you improve the Sat AM run? Flat and fast, forgiving surface, easily demarcated sections/distances, excellent group dynamics with regroup at the halfway point, finishing with a light breakfast and pleasant conversation. If you can only make one Empire Group run on any given week, in my opinion, the Saturday AM Run is the ONE!!

The Empire



Runner



presented by:



Girls on the Run 5k Presented by Hansel Subaru
Saturday, December 6th at 8:00 am
Sonoma Mountain Village Event Center
1400 Valley House Drive, Rohnert Park CA

Join us! Lace up your shoes and join over 325 *Girls on the Run* girls from all over Sonoma County in this family fun 5k that's open to the whole community. Families and friends, men and women, boys and girls of all ages...and even strollers are welcome! It is a wide, flat, tree-lined course that loops around the Sonoma Mountain Village property. The course is completely paved, with views of the surrounding farmland and beautiful Sonoma Mountains. Anyone from the most competitive runner to the recreational walker can participate, so come rain or shine to....run, walk, or cheer!

Online registration is available at www.gotrsonomacounty.org. In person registration and packet pick-up at Fleet Feet, Santa Rosa on Friday, December 5th from 12:00noon - 6:00pm. Race Day registration available from 6:00 - 7:45am.

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

The Empire Runner

The Empire Runners Club – 23 October 2014

Meeting called to order at 7:35 pm by President Larry Meredith

Members present: Larry Meredith, Bill Browne, Luis Rosales, Chris Mason, Tanya Narath, Paul Berg. Members not present: William Ortlinghaus

Motion: To approve the minutes for 28 August 2014 Vote: Motion carried

Resolved: Minutes from the meeting on 25 September 2014 approved without modification

Officer's Reports: Treasurer's Report: See newsletter.

Committee Reports:

Club Race Registration & Logistics – Jerry Lyman explained the duties of the Insurance chair, which includes permits & insurance. This is an important job for the smooth operation of planning our races, and the position is currently vacant.

Grand Prix – Bill Browne gave an update, 2 families dominate the standings: the Sells and the Skanderas.

Training Calendar – Larry Meredith reminds all members that with the time change on November 1, we will revert to our winter schedule: Thursday workouts going to 4:30, and Tuesday workouts meeting at Meredith's.

New Business:

Proposal #1 Authorize purchase of a cash box and standing cash box change fund of \$200 for Steve Cryer to maintain for the membership booth apparel sales. Proposed by Gil Moreno. Steve Cryer has volunteered take over for retiring Membership czar Gil Moreno, including selling merchandise, which requires a stocked cash box.

2nd by Paul Berg. Motion carried 6-0, 1 absent.

Thanks to Steve for stepping up to volunteer, and endless kudos to Gil for his enthusiasm the past several years in taking our club to a whole new level of membership.

Adjournment of official business: 8:02 pm

Race Reports, past and future were discussed.

Submitted by Paul Berg

The Empire



Runner

Empire Runners of Sonoma County
Balance Sheet Standard
As of September 30, 2014

10/21/14

	Sep 30, '14	Aug 31, '14
ASSETS		
Current Assets		
Checking/Savings		
Exchange Bank	87,241.56	89,110.74
PayPal Money Market	81.03	249.81
Total Checking/Savings	<u>87,322.59</u>	<u>89,360.55</u>
Other Current Assets		
Petty Cash	400.00	400.00
Total Other Current Assets	<u>400.00</u>	<u>400.00</u>
Total Current Assets	<u>87,722.59</u>	<u>89,760.55</u>
TOTAL ASSETS	<u>87,722.59</u>	<u>89,760.55</u>
LIABILITIES & EQUITY		
Equity		
Restricted - Kenwood	62,161.97	62,161.97
Restricted - Student Grant Fund	1,008.00	940.00
Unrestricted Net Assets	13,694.07	13,762.07
Net Income	10,858.55	12,896.51
Total Equity	<u>87,722.59</u>	<u>89,760.55</u>
TOTAL LIABILITIES & EQUITY	<u>87,722.59</u>	<u>89,760.55</u>

The Empire



Runner

Empire Runners of Sonoma County
Profit and Loss Budget vs. Actual
September 2014

10/21/14

	Sep '14	Budget	\$ Over Budget
Ordinary Income/Expense			
Income			
Direct Public Support	68.00	291.17	-223.17
Other Types of Income	0.00	90.17	-90.17
Program Income	833.00	2,919.08	-2,086.08
Total Income	901.00	3,300.42	-2,399.42
Expense			
Business Expenses	0.00	0.00	0.00
Contract Services	100.00	227.92	-127.92
Facilities and Equipment	110.00	79.50	30.50
Operations	51.15	3,245.50	-3,194.35
Program Expenses	2,677.81	2,681.59	-3.78
Travel and Meetings	0.00	3.25	-3.25
Total Expense	2,938.96	6,237.76	-3,298.80
Net Ordinary Income	-2,037.96	-2,937.34	899.38
Net Income	-2,037.96	-2,937.34	899.38



The Long and Short of It

USATF – PA XC Standings thru Tamalpa Team Scoring

Open

Men – 10 scoring teams total

1) Strawberry Canyon TC	72
2) WVTC	61.5
3) Excelsior	57
6) Empire	40.5

Women – 12 scoring teams total

1) WVTC	69
2) Strawberry Canyon TC	67.5
2) Impalas	67.5
7) Empire	25.5
7) Aggies	25.5

Master

Men – 10 scoring teams total

1) WVTC	73.5
2) Pamakids	61.5
3) River City Rebels	57
8) Empire	25.5

Women – 10 scoring teams total

1) Impalas	73.5
2) Pamakids	67.5
3) WVTC	45

Senior

Men – 9 scoring teams total

1) River City Rebels	70.5
2) Tamalpa	69
3) WVJS	66
5) Empire	34.5

Women – 7 scoring teams total

1) Impala	69
2) Lake Merritt J&S	64.5
3) River City Rebels	54
5) Empire	42

Super Senior

Men – 7 scoring teams total

1) Tamalpa	75
2) Empire	64.5
3) Buffalo Chips	57

Women – 3 scoring teams total

1) Impala	72
2) Tamalpa	39
3) Lake Merritt J&S	30

Veteran

Men – 3 scoring teams total

1) WVJS	70.5
2) Buffalo Chips	69
3) Tamalpa	66

Women – 1 scoring team total

1) Tamalpa	60
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The Long and Short of It

USATF – PA XC Grand Prix thru Tamalpa Top ER Runners

Open

Men – 170 scoring individuals

27) Wade Davis	202.5
39) Brian Cole	156
47) Anthony Raduazo	144

Women – 176 scoring Individuals

33) Cathy Dubay	172.5
101) Kate Papadopoulos	45
101) Holly Enzler	45

Master

Men – 166 scoring individuals

8) Stephen Agar	381
24) Andy Howard	237
52) Steve Cryer	124.5

Women – 136 scoring individuals

9) Cathy Dubay	394.5
25) Holly Enzler	205.5
41) Shelly Lydon	145.5

Senior

Men – 157 scoring individuals

6) Andy Howard	469.5
24) Steve Cryer	223.5
35) Chris Cole	150

Women – 78 scoring individuals

4) Cathy Dubay	225
11) Holly Enzler	120
21) Shelly Lydon	81

Super Senior

Men – 68 scoring individuals

5) Steve Cryer	223.5
7) Chris Cole	201
12) Brad Zanetti	150

Women – 29 scoring individuals

22) Kathy Kelly	7.5
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Veteran

Men – 21 scoring individuals

1) Brendan Hutchinson	76.5
13) Dale Trowbridge	9
18) Gil Moreno	3

Women – 8 scoring individuals

No one running for ER to Date

Reported by: DM Peterson

Phil Widener Empire Open 2014

Race Date
November 01, 2014

Overall Finish List

Women's Race

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gender</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Ayla Granados	SRA Elite	401	23	F	1 0-39	19:54	5:48/M
2	Jenny Bergren	Aggies Running Club	168	25	F	2 0-39	20:11	5:53/M
3	Nicole Campbell	West Valley Track	232	32	F	3 0-39	20:13	5:54/M
4	Noémie Claeysens	Golden Valley	367	22	F	4 0-39	20:15	5:54/M
5	Tamma Carleton	Strawberry Canyon	523	27	F	5 0-39	20:19	5:55/M
6	Olivia Hill	Strawberry Canyon	413	21	F	6 0-39	20:28	5:58/M
7	Stephanie MacKenzie	West Valley Track	541	38	F	7 0-39	20:46	6:03/M
8	Sara Enders	Golden Valley	385	30	F	8 0-39	20:58	6:07/M
9	Sasha Blum	Impala Racing Team	531	41	F	1 40-49	21:00	6:07/M
10	Emily Ferenczi	Impala Racing Team	388	34	F	9 0-39	21:09	6:10/M
11	Michelle Meyer	Impala Racing Team	444	27	F	10 0-39	21:24	6:14/M
12	Tanya Ferreira	Aggies Running Club	389	26	F	11 0-39	21:25	6:15/M
13	Megan Gentes	Strawberry Canyon	521	19	F	12 0-39	21:34	6:17/M
14	Anne Ruminski	Impala Racing Team	536	33	F	13 0-39	21:39	6:19/M
15	Carly Forte	UNATTACHED	393	24	F	14 0-39	21:43	6:20/M
16	Jennifer Schick	Strawberry Canyon	481	17	F	15 0-39	21:44	6:20/M
17	Emily Enstice	Impala Racing Team	386	35	F	16 0-39	21:45	6:20/M
18	Suzanne Segesta	West Valley Track	539	43	F	2 40-49	21:54	6:23/M
19	Cathy Dubay	Empire Runners Club	382	50	F	1 50-59	22:02	6:25/M
20	Lisa Renteria	Wolfpack RC	469	36	F	17 0-39	22:05	6:26/M
21	Katie Famous	West Valley Track	559	35	F	18 0-39	22:08	6:27/M
22	Stephanie Downey	West Valley Track	532	35	F	19 0-39	22:16	6:30/M
23	Kimberly Sanchez	Strawberry Canyon	478	21	F	20 0-39	22:18	6:30/M
24	Jennifer Wallen	UNATTACHED	555	37	F	21 0-39	22:21	6:31/M
25	Angela Broad	Impala Racing Team	187	30	F	22 0-39	22:23	6:32/M
26	Diana Fitzpatrick	Impala Racing Team	390	56	F	2 50-59	22:33	6:34/M
27	Corinne Roberts	Impala Racing Team	470	29	F	23 0-39	22:34	6:35/M
28	Justine Owen	Tamalpa Runners	530	36	F	24 0-39	22:46	6:38/M
29	Krista Hoffman	Golden Valley	547	33	F	25 0-39	22:50	6:39/M
30	Carla Kehoe	River City Rebels	537	51	F	3 50-59	22:51	6:40/M
31	Kierann Toth	Impala Racing Team	508	31	F	26 0-39	22:57	6:41/M
32	Eileen Brennan	Impala Racing Team	186	53	F	4 50-59	23:02	6:43/M
33	Elizabeth Smith	West Valley Track	492	35	F	27 0-39	23:13	6:46/M
34	Lauren Newcomb	Golden Valley	453	35	F	28 0-39	23:17	6:47/M
35	Patti Shore	Tamalpa Runners	491	48	F	3 40-49	23:18	6:48/M
36	Gabriela Alessio	Impala Racing Team	129	28	F	29 0-39	23:24	6:49/M
37	Mckenna Sell	UNATTACHED	487	13	F	30 0-39	23:28	6:50/M
38	Allison Orofino	River City Rebels	458	53	F	5 50-59	23:29	6:51/M
39	Jaclyn Strife	Impala Racing Team	502	32	F	31 0-39	23:30	6:51/M
40	Kate Papadopoulos	Empire Runners Club	461	35	F	32 0-39	23:31	6:51/M
41	Karen Frindell Teuscher	Empire Runners Club	395	38	F	33 0-39	23:35	6:53/M
42	Jeanine Holmlund	Lake Merritt Joggers	414	50	F	6 50-59	23:39	6:54/M
43	Andrea Guzman	Empire Runners Club	403	33	F	34 0-39	23:43	6:55/M
44	Katie Ellgass	Golden Valley	384	33	F	35 0-39	23:51	6:57/M
45	Holly Enzler	Empire Runners Club	387	51	F	7 50-59	24:11	7:03/M
46	Alexandra Newman	Impala Racing Team	454	42	F	4 40-49	24:15	7:04/M
47	Moriah Buckley	Tamalpa Runners	567	36	F	36 0-39	24:16	7:04/M

Phil Widener Empire Open 2014

Race Date
November 01, 2014

Overall Finish List

Women's Race

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Valerie Sell	Empire Runners Club	488	50	F	8 50-59	24:35	7:10/M
49	Mary Vidovich	Tamalpa Runners	544	50	F	9 50-59	24:37	7:11/M
50	Angie Longworth	Impala Racing Team	431	47	F	5 40-49	24:38	7:11/M
51	Nancy Clary	Tamalpa Runners	368	50	F	10 50-59	24:45	7:13/M
52	Shelli Main	Empire Runners Club	435	53	F	11 50-59	24:54	7:16/M
53	Linn Tyhurst	Tamalpa Runners	553	32	F	37 0-39	25:15	7:22/M
54	Heather Johnson	Pamakids	424	43	F	6 40-49	25:25	7:25/M
55	Fiona McCusker	Pamakids	439	50	F	12 50-59	25:26	7:25/M
56	Marie Hansen	Tamalpa Runners	552	44	F	7 40-49	25:38	7:28/M
57	Michelle Lydon	Empire Runners Club	433	53	F	13 50-59	25:44	7:30/M
58	Katie Sommerdorf	River City Rebels	493	35	F	38 0-39	25:48	7:31/M
59	Carmen Brimes	Lake Merritt Joggers	528	62	F	1 60-69	25:57	7:34/M
60	Kim Kinahan	Empire Runners Club	426	47	F	8 40-49	26:14	7:39/M
61	Megan Herold	River City Rebels	534	26	F	39 0-39	26:15	7:39/M
62	Jill Miller-Robinett	Impala Racing Team	446	60	F	2 60-69	26:21	7:41/M
63	Nuvit Foster	Empire Runners Club	394	54	F	14 50-59	26:35	7:45/M
64	Debra Cramer	Lake Merritt Joggers	527	57	F	15 50-59	26:36	7:45/M
65	Lisa Stratos	Empire Runners Club	501	52	F	16 50-59	26:37	7:46/M
66	Sharlet Gilbert	Lake Merritt Joggers	398	63	F	3 60-69	26:43	7:47/M
67	Kerry Hanlon	UNATTACHED	404	42	F	9 40-49	26:47	7:49/M
68	Anya Durgerian	UNATTACHED	383	13	F	40 0-39	26:51	7:50/M
69	Jane Stephens	Pamakids	499	19	F	41 0-39	26:56	7:51/M
70	Jillian Bryant	Empire Runners Club	220	28	F	42 0-39	26:56	7:51/M
71	Maili Costa	Tamalpa Runners	554	36	F	43 0-39	26:57	7:51/M
72	Jo Anne Rowland	Impala Racing Team	475	66	F	4 60-69	26:58	7:52/M
73	Karen Kissick	Empire Runners Club	427	57	F	17 50-59	27:06	7:54/M
74	Gretchen Forrey	Empire Runners Club	392	26	F	44 0-39	27:07	7:54/M
75	Danielle Herrerias	Tamalpa Runners	563	57	F	18 50-59	27:11	7:56/M
76	Donna Chan	Impala Racing Team	363	63	F	5 60-69	27:18	7:58/M
77	Tori Meredith	Empire Runners Club	443	57	F	19 50-59	27:22	7:59/M
78	Melissa Havel	Tamalpa Runners	405	38	F	45 0-39	27:37	8:03/M
79	Kristina Sepetys	Lake Merritt Joggers	489	52	F	20 50-59	28:01	8:10/M
80	Laurel Collins	Impala Racing Team	370	62	F	6 60-69	28:04	8:11/M
81	Cammie Dingwall	Pamakids	380	51	F	21 50-59	28:17	8:15/M
82	Mary Wells	Tamalpa Runners	516	60	F	7 60-69	28:27	8:18/M
83	Lisa Titus Isabeau	Empire Runners Club	420	55	F	22 50-59	28:29	8:18/M
84	Denise Leo	Excelsior Running	430	38	F	46 0-39	28:43	8:22/M
85	Amy Sonstein	Pamakids	561	44	F	10 40-49	28:50	8:24/M
86	Malinda Walker	Pamakids	514	45	F	11 40-49	29:01	8:28/M
87	Katie Zelda	Tamalpa Runners	551	34	F	47 0-39	29:20	8:33/M
88	Megan Nguyen	Pamakids	562	47	F	12 40-49	29:21	8:33/M
89	Jodi Thirtyacre	Pamakids	507	50	F	23 50-59	29:37	8:38/M
90	Nicole Pachadin	UNATTACHED	459	39	F	48 0-39	29:39	8:39/M
91	Melody-Anne Schultz	Tamalpa Runners	484	73	F	1 70-99	29:47	8:41/M
92	Adele Ho	Tamalpa Runners	545	56	F	24 50-59	30:38	8:56/M
93	Tanya Narath	Empire Runners Club	452	51	F	25 50-59	30:46	8:58/M
94	Patricia Pickett	Tamalpa Runners	549	60	F	8 60-69	31:57	9:19/M

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Overall Finish List

Women's Race

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Bridie Dillon	Tamalpa Runners	548	69	F	9 60-69	32:15	9:24/M
96	Edda Stickle	Tamalpa Runners	538	73	F	2 70-99	32:24	9:27/M
97	Annette Dobler	Empire Runners Club	381	46	F	13 40-49	32:43	9:32/M
98	Dianna Winter	Empire Runners Club	517	58	F	26 50-59	33:22	9:44/M
99	Lorri Pimentel	Empire Runners Club	574	55	F	27 50-59	38:50	11:19/M
100	Katie Martin	Tamalpa Runners	436	75	F	3 70-99	39:38	11:33/M

Open Men's Race

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Scott Bauhs	Aggies Running Club	605	28	M	1 Open	16:56	4:56/M
2	Michael Hiscott	West Valley Track	597	31	M	2 Open	16:57	4:57/M
3	Malcolm Richards	West Valley Track	599	32	M	3 Open	16:59	4:57/M
4	Wyatt Landrum	UNATTACHED	604	23	M	4 Open	17:01	4:58/M
5	Isaac Chavez	Aggies Running Club	593	24	M	5 Open	17:08	5:00/M
6	Luis Luna	SRA Elite	432	20	M	6 Open	17:14	5:01/M
7	Jonathon McKinley	Strawberry Canyon	595	22	M	7 Open	17:33	5:07/M
8	Dayne Gradone	UNATTACHED	543	23	M	8 Open	17:45	5:10/M
9	Sean McFarland	Strawberry Canyon	440	27	M	9 Open	17:48	5:11/M
10	Ryan Smith	Strawberry Canyon	533	19	M	10 Open	17:51	5:12/M
11	Jason Karbelk	West Valley Track	596	27	M	11 Open	17:54	5:13/M
12	Alan Jackson	Aggies Running Club	422	39	M	12 Open	18:01	5:15/M
13	Justin Bullock	Aggies Running Club	227	21	M	13 Open	18:08	5:17/M
14	Edward Breen	West Valley Track	560	33	M	14 Open	18:17	5:20/M
15	Andrew Gaidus	Empire Runners Club	396	25	M	15 Open	18:21	5:21/M
16	Ed Izaguirre	Strawberry Canyon	421	20	M	16 Open	18:23	5:22/M
17	Dylan Isaacson	Aggies Running Club	601	25	M	17 Open	18:27	5:23/M
18	Jamey Gifford	West Valley Track	600	36	M	18 Open	18:28	5:23/M
19	Tyler Deniston	West Valley Track	558	23	M	19 Open	18:29	5:23/M
20	Samuel Jackson	Empire Runners Club	423	25	M	20 Open	18:31	5:24/M
21	Jack Wallace	Strawberry Canyon	525	24	M	21 Open	18:36	5:25/M
22	Brendan Ward	Golden Valley	584	26	M	22 Open	18:38	5:26/M
23	Bentley Regehr	Strawberry Canyon	468	23	M	23 Open	18:42	5:27/M
24	Colin Gannon	Strawberry Canyon	397	23	M	24 Open	18:43	5:27/M
25	Chikara Omine	Excelsior Running	606	32	M	25 Open	18:44	5:28/M
26	Justin Huang	Strawberry Canyon	522	27	M	26 Open	18:47	5:29/M
27	Stephen McKinley	Strawberry Canyon	594	25	M	27 Open	18:54	5:31/M
28	Rob Scheffler	UNATTACHED	603	28	M	28 Open	19:06	5:34/M
29	Mark Felice	Golden Valley	592	28	M	29 Open	19:27	5:40/M
30	Brian Cole	Empire Runners Club	369	25	M	30 Open	19:27	5:40/M
31	Matt Young	Golden Valley	589	27	M	31 Open	19:29	5:41/M
32	Matt Weber	Strawberry Canyon	526	23	M	32 Open	19:30	5:41/M
33	Stephen Andrews	Golden Valley	590	32	M	33 Open	19:35	5:43/M
34	Andrew Hutchinson	UNATTACHED	417	27	M	34 Open	19:41	5:44/M
35	Alec Boyd	Golden Valley	602	25	M	35 Open	19:51	5:47/M
36	John Staroba	Empire Runners Club	497	35	M	36 Open	19:57	5:49/M
37	Arturo Fernandez	Lake Merritt Joggers	608	29	M	37 Open	20:32	5:59/M

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Overall Finish List

Open Men's Race

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
38	Zack Hedling	Pamakids	409	38	M	38 Open	20:36	6:00/M
39	Gerald McCormick	Empire Runners Club	438	32	M	39 Open	20:40	6:02/M
40	Jason Reed	Excelsior Running	467	35	M	40 Open	20:52	6:05/M
41	Kenley Gaffke	Excelsior Running	607	36	M	41 Open	20:53	6:05/M
42	Daniel Anderson	Strawberry Canyon	535	32	M	42 Open	21:05	6:09/M
43	Sid Andreis	Empire Runners Club	150	33	M	43 Open	21:17	6:12/M
44	Brandon Crowell	Empire Runners Club	372	39	M	44 Open	21:18	6:13/M
45	Nathan Hayes	UNATTACHED	407	13	M	45 Open	21:23	6:14/M
46	Bjorn Samson	Wolfpack RC	477	36	M	46 Open	22:46	6:38/M
47	Geremias Ramos	Tamalpa Runners	542	28	M	47 Open	22:46	6:38/M
48	Mike Saunders	UNATTACHED	480	38	M	48 Open	23:15	6:47/M
49	Dan Karbousky	Empire Runners Club	519	30	M	49 Open	24:58	7:17/M
50	Jared Hayes	UNATTACHED	406	9	M	50 Open	26:09	7:37/M
51	Bryan Hernandez	UNATTACHED	411	10	M	51 Open	30:45	8:58/M
52	Jorge Hernandez	UNATTACHED	412	37	M	52 Open	30:48	8:59/M

Master Men's Race

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Mark McManus	West Valley Track	585	41	M	1 40-49	18:48	5:29/M
2	Stephen Agar	Empire Runners Club	103	46	M	2 40-49	19:04	5:34/M
3	Tim Watson	Aggies Running Club	565	49	M	3 40-49	19:13	5:36/M
4	John Markell	West Valley Track	580	41	M	4 40-49	19:31	5:41/M
5	Nick MacFalls	West Valley Track	578	40	M	5 40-49	19:34	5:42/M
6	Jeff Stelnik	UNATTACHED	498	41	M	6 40-49	19:48	5:46/M
7	Brian Pilcher	Tamalpa Runners	568	58	M	1 50-59	19:56	5:49/M
8	Roberto Palos	West Valley Joggers	460	50	M	2 50-59	20:02	5:50/M
9	Tim Wallen	Tamalpa Runners	569	51	M	3 50-59	20:07	5:52/M
10	Raymond Rodriguez	West Valley Joggers	588	52	M	4 50-59	20:10	5:53/M
11	Niels Thomsen	UNATTACHED	591	51	M	5 50-59	20:17	5:55/M
12	Jason Selby	Empire Runners Club	485	40	M	7 40-49	20:24	5:57/M
13	Jose Anguiano	Tamalpa Runners	153	42	M	8 40-49	20:31	5:59/M
14	Douglas Murdoch	Empire Runners Club	450	49	M	9 40-49	20:36	6:00/M
15	Anderson Howard	Empire Runners Club	416	53	M	6 50-59	20:36	6:00/M
16	Tom O'Reilly	Tamalpa Runners	572	57	M	7 50-59	20:36	6:00/M
17	Mark Murray	Golden Valley	583	51	M	8 50-59	20:37	6:01/M
18	Danny Aldridge	Empire Runners Club	575	58	M	9 50-59	20:38	6:01/M
19	Mike Axinn	Pamakids	154	54	M	10 50-59	20:40	6:02/M
20	Denis Glenn	Pamakids	399	44	M	10 40-49	20:42	6:02/M
21	Alan Reynolds	Tamalpa Runners	586	51	M	11 50-59	20:48	6:04/M
22	Carlos Castelo	West Valley Track	576	45	M	11 40-49	21:05	6:09/M
23	Bob Randel	Golden Valley	582	55	M	12 50-59	21:52	6:23/M
24	Bill Cusworth	Empire Runners Club	376	47	M	12 40-49	21:56	6:24/M
25	Manuel Oswaldo C	UNATTACHED	550	42	M	13 40-49	22:05	6:26/M
26	Thomas O'Connor	West Valley Joggers	457	59	M	13 50-59	22:08	6:27/M
27	Eric Walker	Empire Runners Club	513	46	M	14 40-49	22:10	6:28/M
28	Bradford Bryon	Tamalpa Runners	221	57	M	14 50-59	22:12	6:28/M

Phil Widener Empire Open 2014

Race Date
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Overall Finish List

Master Men's Race

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gender</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
29	Glenn Misono	Tamalpa Runners	447	61	M	1 60-69	22:14	6:29/M
30	Philippe Thibault	UNATTACHED	506	49	M	15 40-49	22:19	6:30/M
31	David O'Connor	Pamakids	456	49	M	16 40-49	22:29	6:33/M
32	Richard McCann	Golden Valley	587	56	M	15 50-59	22:32	6:34/M
33	Roberto Donaire	Tamalpa Runners	540	60	M	2 60-69	22:43	6:37/M
34	Bud Parer	Tamalpa Runners	462	51	M	16 50-59	22:46	6:38/M
35	Bradley Zanetti	Empire Runners Club	518	60	M	3 60-69	22:53	6:40/M
36	John Spriggs	Pamakids	495	53	M	17 50-59	23:04	6:43/M
37	Peter O'Reilly	Tamalpa Runners	577	56	M	18 50-59	23:04	6:43/M
38	Dave Sell	Empire Runners Club	486	50	M	19 50-59	23:11	6:46/M
39	Scott Schneider	Tamalpa Runners	483	47	M	17 40-49	23:18	6:48/M
40	Patricio Salas	Tamalpa Runners	546	47	M	18 40-49	23:22	6:49/M
41	Craighton Chin	Golden Valley	557	60	M	4 60-69	23:23	6:49/M
42	Jeff Rohrer	West Valley Joggers	472	54	M	20 50-59	23:26	6:50/M
43	German Rojas	UNATTACHED	473	54	M	21 50-59	23:32	6:52/M
44	Steve Cryer	Empire Runners Club	373	62	M	5 60-69	23:37	6:53/M
45	David Robertshaw	Empire Runners Club	471	48	M	19 40-49	23:39	6:54/M
46	Frank Cuneo	Empire Runners Club	375	59	M	22 50-59	23:48	6:56/M
47	Joe Schieffer	Tamalpa Runners	573	63	M	6 60-69	23:59	7:00/M
48	James Young	Golden Valley	556	53	M	23 50-59	24:17	7:05/M
49	Stephen Starkweather	Empire Runners Club	496	54	M	24 50-59	24:20	7:06/M
50	Tracy Pool	Empire Runners Club	465	49	M	20 40-49	24:28	7:08/M
51	Trevor Hayes	UNATTACHED	408	47	M	21 40-49	24:31	7:09/M
52	Paul Herrerias	Tamalpa Runners	564	59	M	25 50-59	24:32	7:09/M
53	John Catts	Tamalpa Runners	566	60	M	7 60-69	24:47	7:14/M
54	Jon Hermstad	Empire Runners Club	410	66	M	8 60-69	25:02	7:18/M
55	Andrew Taylor	Empire Runners Club	503	44	M	22 40-49	25:04	7:18/M
56	Kent Miller	UNATTACHED	445	59	M	26 50-59	25:08	7:20/M
57	Hans Schmid	Tamalpa Runners	482	74	M	1 70-99	25:11	7:21/M
58	William Rostel	Empire Runners Club	474	55	M	27 50-59	25:33	7:27/M
59	Greg Nacco	Tamalpa Runners	598	54	M	28 50-59	25:39	7:29/M
60	Jim Myers	Tamalpa Runners	451	66	M	9 60-69	25:44	7:30/M
61	Jim Flanigan	Tamalpa Runners	391	65	M	10 60-69	26:24	7:42/M
62	Brendan Hutchinson	Empire Runners Club	418	71	M	2 70-99	26:46	7:48/M
63	Lee Novich	Pamakids	455	60	M	11 60-69	26:57	7:51/M
64	Emil Shieh	Empire Runners Club	490	47	M	23 40-49	27:05	7:54/M
65	Mike McGuire	Empire Runners Club	441	69	M	12 60-69	27:09	7:55/M
66	Alec Isabeau	UNATTACHED	419	53	M	29 50-59	27:21	7:58/M
67	Glenn Kishi	West Valley Joggers	520	53	M	30 50-59	27:42	8:05/M
68	Jeffrey Bedolla	West Valley Joggers	166	61	M	13 60-69	28:11	8:13/M
69	Bill Browne	Empire Runners Club	194	65	M	14 60-69	28:18	8:15/M
70	Jeff Rosen	UNATTACHED	529	51	M	31 50-59	28:22	8:16/M
71	Kent Carlomagno	Tamalpa Runners	570	57	M	32 50-59	28:33	8:19/M
72	Kevin Teuscher	Empire Runners Club	504	63	M	15 60-69	28:45	8:23/M
73	Bill Brusher	Strawberry Canyon	216	63	M	16 60-69	29:00	8:27/M
74	Walter Underhill	Tamalpa Runners	571	67	M	17 60-69	30:40	8:56/M
75	Julios Ratti	UNATTACHED	524	64	M	18 60-69	31:00	9:02/M

Phil Widener Empire Open 2014

Overall Finish List

Race Date
November 01, 2014

Master Men's Race

<u>Overall</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
76	Eric J. Bohn	Empire Runners Club	174	48	M	24 40-49	31:15	9:07/M
77	Don Sampson	Empire Runners Club	476	67	M	19 60-69	32:34	9:30/M
78	Joel Contreras	Buffalo Chips	371	70	M	3 70-99	32:47	9:33/M
79	Larry Morris	Buffalo Chips	448	74	M	4 70-99	33:17	9:42/M
80	Julius Schillinger	Tamalpa Runners	579	67	M	20 60-69	34:30	10:03/M
81	Darryl Beardall	Tamalpa Runners	163	78	M	5 70-99	40:15	11:44/M

Kathy's Race 2014

Race Date

November 01, 2014

Overall Finish List

Kathy's Race

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	John Litzenberg	193	44	M	1 40-44	17:22.0	5:47/M
2	Justin Richter	231	13	M	1 12-14	20:44.0	6:55/M
3	Trevor Swallow	249	38	M	1 35-39	20:54.0	6:58/M
4	Mike Richter	232	47	M	1 45-49	21:18.0	7:06/M
5	Ezequiel Luna	194	51	M	1 50-54	21:25.0	7:08/M
6	Ezequiel Luna	195	23	M	1 20-24	21:27.0	7:09/M
7	William Rogers	236	53	M	2 50-54	21:28.0	7:09/M
8	Don Lindsay	191	61	M	1 60-64	22:07.0	7:22/M
9	Kent Miller	211	59	M	1 55-59	22:50.0	7:37/M
10	Jeff McMahan	204	26	M	1 25-29	23:21.0	7:47/M
11	Steve Cryer	137	62	M	2 60-64	23:25.0	7:48/M
12	Thomas Fonseca	157	50	M	3 50-54	24:39.0	8:13/M
13	Erin Jones	180	36	F	1 35-39	24:40.0	8:13/M
14	Jenny Chan	125	51	F	1 50-54	24:45.0	8:15/M
15	Nairie Parnay-Fowles	271	12	F	1 12-14	24:53.0	8:18/M
16	Jose Morales	215	51	M	4 50-54	25:07.0	8:22/M
17	Luke Barry	112	38	M	2 35-39	25:19.0	8:26/M
18	Michael Hernandez	268	54	M	5 50-54	25:45.0	8:35/M
19	Alex Kemp	182	34	M	1 30-34	25:49.0	8:36/M
20	Hugh Williams	256	56	M	2 55-59	26:03.0	8:41/M
21	Ali Miller	209	17	F	1 15-19	26:16.0	8:45/M
22	Nick Miller	212	14	M	2 12-14	26:17.0	8:46/M
23	Aidan Hunter	270	13	M	3 12-14	26:21.0	8:47/M
24	Beth Richter	230	47	F	1 45-49	26:24.0	8:48/M
25	Reina Salgado	237	49	F	2 45-49	27:23.0	9:08/M
26	Erica Metz	207	38	F	2 35-39	27:25.0	9:08/M
27	Mary Montrose	213	12	F	2 12-14	27:45.0	9:15/M
28	Scott Montrose	214	57	M	3 55-59	27:46.0	9:15/M
29	Kenny Ballinger	107	31	M	2 30-34	27:57.0	9:19/M
30	Annabelle Novak	218	12	F	3 12-14	28:01.0	9:20/M
31	Anila Roberts	234	57	F	1 55-59	28:24.0	9:28/M
32	Meredith Rennie	229	41	F	1 40-44	29:06.0	9:42/M
33	Jean-Marc Buisson	122	41	M	2 40-44	29:58.0	9:59/M
34	Alexandre Bazinet	114	27	M	2 25-29	30:25.0	10:08/M
35	Kim Bingham	116	54	F	2 50-54	30:29.0	10:10/M
36	Diane Hernandez	269	53	F	3 50-54	30:50.0	10:17/M
37	Eris Weaver	255	55	F	2 55-59	31:00.0	10:20/M
38	Jeanne Marie Besanceney	115	48	F	3 45-49	31:02.0	10:21/M
39	Amy Saucke	238	28	F	1 25-29	32:58.0	10:59/M
40	George Martin	197	5	M	1 0- 6	33:23.0	11:08/M
41	Sarah Martin	199	47	F	4 45-49	33:24.0	11:08/M
42	Marvin Laron	188	44	M	3 40-44	33:26.0	11:09/M
43	Aimee Jay	178	35	F	3 35-39	34:26.0	11:29/M
44	Erica Lilja-Ruiz	190	49	F	5 45-49	34:39.0	11:33/M
45	Ann Bridges	120	53	F	4 50-54	34:44.0	11:35/M
46	Kendall Braniff	119	48	F	6 45-49	34:45.0	11:35/M
47	Lisa Delgado	142	54	F	5 50-54	35:25.0	11:48/M

Kathy's Race 2014

Race Date

November 01, 2014

Overall Finish List

Kathy's Race

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Leigh Dalton-Hunter	140	46	F	7 45-49	35:55.0	11:58/M
49	Tamara Garrett	161	49	F	8 45-49	36:27.0	12:09/M
50	Hilary Smith	245	45	F	9 45-49	36:58.0	12:19/M
51	Bill Proctor	227	54	M	6 50-54	37:41.0	12:34/M
52	Abigail Novak	217	14	F	4 12-14	38:03.0	12:41/M
53	Drew Hansen	170	9	M	1 7-11	38:37.0	12:52/M
54	Karen Chavez	126	38	F	4 35-39	38:38.0	12:53/M
55	Lily Esparza	149	5	F	1 0- 6	39:32.0	13:11/M
56	Maribel Esparza	151	33	F	1 30-34	39:33.0	13:11/M
57	Tiffanie Liberty	189	43	F	2 40-44	39:53.0	13:18/M
58	Jacquelyn Purvis	228	25	F	2 25-29	40:44.0	13:35/M
59	Lauren Valenti	252	26	F	3 25-29	40:45.0	13:35/M
60	Denise Silveira	265	51	F	6 50-54	42:14.0	14:05/M
61	Sydney Labu	261	9	F	1 7-11	42:43.0	14:14/M
62	Ella Blackwell	260	6	F	2 0- 6	42:44.0	14:15/M
63	Katie Hickman	174	34	F	2 30-34	42:50.0	14:17/M
64	Fiona Perez-Hart	223	15	F	2 15-19	43:06.0	14:22/M
65	Kason Grady	166	31	M	3 30-34	43:32.0	14:31/M
66	Tina Poles	263	53	F	7 50-54	43:57.0	14:39/M
67	Christy Miller	210	44	F	3 40-44	44:52.0	14:57/M
68	Leslie Foster	158	51	F	8 50-54	44:55.0	14:58/M
69	Ray Foster	159	52	M	7 50-54	44:56.0	14:59/M
70	Shauna Harbarth	171	44	F	4 40-44	45:01.0	15:00/M
71	Jennifer Copeland	136	46	F	10 45-49	45:02.0	15:01/M
72	Cathy McCready	203	55	F	3 55-59	45:16.0	15:05/M
73	Kathleen MacPherson	196	74	F	1 70-74	45:39.0	15:13/M
74	Alyssa Christensen	127	19	F	3 15-19	46:36.0	15:32/M
75	Andrea Barreto	110	35	F	5 35-39	46:53.0	15:38/M
76	Olivia Esparza	152	11	F	2 7-11	47:07.0	15:42/M
77	Nancy Rivera	233	28	F	4 25-29	47:08.0	15:43/M
78	Maria Esparza	150	37	F	6 35-39	47:10.0	15:43/M
79	Shaina Meier	206	18	F	4 15-19	47:24.0	15:48/M
80	Tracy Sigrist	244	49	F	11 45-49	47:41.0	15:54/M
81	Erica Phelps	224	45	F	12 45-49	52:30.0	17:30/M
82	Tina Lamb	187	51	F	9 50-54	53:16.0	17:45/M
83	Sally Hinkle	175	49	F	13 45-49	53:17.0	17:46/M
84	Laura Rucker	262	53	F	10 50-54	53:23.0	17:48/M
85	Teri Miller	266	60	F	1 60-64	53:31.0	17:50/M
86	Jeanene Coleman	133	52	F	11 50-54	53:33.0	17:51/M
87	Jeannie Fowler	160	50	F	12 50-54	54:09.0	18:03/M
88	Kathryn Fowler	267	27	F	5 25-29	54:10.0	18:03/M
89	Cheryl Hostetter-Patel	177	58	F	4 55-59	54:38.0	18:13/M
90	Raj Patel	221	64	M	3 60-64	54:41.0	18:14/M
91	Jennah Copeland	135	14	F	5 12-14	54:44.0	18:15/M
92	Austin Soden	264	12	M	4 12-14	54:50.0	18:17/M
93	Carla Kagel	181	58	F	5 55-59	55:01.0	18:20/M
94	Kelly Meier	205	47	F	14 45-49	55:12.0	18:24/M

Kathy's Race 2014

Overall Finish List

Race Date
November 01, 2014

Kathy's Race

<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
95	Laurie Ballentine	106	58	F	6 55-59	55:25.0	18:28/M
96	Abbie Stewart	247	71	F	2 70-74	56:00.0	18:40/M
97	Pamela Eger	148	51	F	13 50-54	56:43.0	18:54/M
98	Bianca Barreto	111	7	F	3 7-11	56:49.0	18:56/M
99	Heather Clemons	131	40	F	5 40-44	56:50.0	18:57/M
100	Keegan Pickens Rohrs	226	6	M	2 0-6	1:00:22.0	20:07/M
101	Elizabeth Pickens	225	42	F	6 40-44	1:00:24.0	20:08/M
102	Anaka Estrella	153	11	F	4 7-11	1:02:52.0	20:57/M
103	Kaiya Estrella	155	7	F	5 7-11	1:03:10.0	21:03/M
104	Maggie Giese	162	7	F	6 7-11	1:03:12.0	21:04/M
105	Michelle Brands-Giese	118	45	F	15 45-49	1:03:31.0	21:10/M
106	Cortney Estrella	154	37	F	7 35-39	1:03:32.0	21:11/M

November 2014

October 2014							November 2014							December 2014								
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							1				1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13		
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20		
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27		
26	27	28	29	30	31	23	24	25	26	27	28	29	28	29	30	31						
							30															

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 8M at Medium Pace 8:00 AM Angwin to Angwish Trail Run 8:00 AM Channel Drive	27	28 1200, 600, 2x300 5:30 PM Heart & Sole Run 5:30 PM Interval Training	29 5:30 PM Fleet Feet Run	30 Preview of E...en XC Course 5:30 PM Howarth Park	31	1 8:30 AM Railroad Square, SR 9:00 AM PA XC: Empire Open 3.36M 12:00 PM Kathy's Race 5K
2 8M at Medium Pace 8:00 AM Parktrail Drive 9:30 AM Vines to Wine Run 5K & 10M	3	4 12x400m at 2M Goal Pace 5:30 PM Heart & Sole Run	5 5:30 PM Fleet Feet Run	6 7M w/3x4-min. Tempo 4:30 PM Howarth Park	7	8 8:30 AM Railroad Square, SR
9 9M at Medium Pace 8:00 AM Channel Drive	10	11 10x300m at 3M Goal Pace 5:30 PM Heart & Sole Run	12 5:30 PM Fleet Feet Run	13 4.6M w/6x1...at Strong Pace 4:30 PM Howarth Park	14	15 8:30 AM Railroad Square, SR
16 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM PA XC: Championship 4M/6M	17	18 6M w/20x30...3M Goal Pace 5:30 PM Heart & Sole Run	19 5:30 PM Fleet Feet Run	20 5M w/12x20...3M Goal Pace 4:30 PM Howarth Park 6:30 PM ER Club Meeting	21	22 8:30 AM Railroad Square, SR
23 9M at Medium Pace 8:00 AM Channel Drive	24	25 8x400m at 2M Goal Pace 5:30 PM Heart & Sole Run	26 5:30 PM Fleet Feet Run	27 8:00 AM Channel Drive 9:00 AM Turkey Leg Relays	28 4:30 PM Howarth Park	29 8:30 AM Railroad Square, SR
30 8:00 AM McGuire's Breakfast Run 10K & 3K	1	2 6M w/Street Sign Intervals 5:30 PM Heart & Sole Run	3 5:30 PM Fleet Feet Run	4 6M w/2.5M a...-Strong Pace 4:30 PM Howarth Park	5	6 8:30 AM Railroad Square, SR 9:00 AM Girls on the Run 5K

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



Renew Online at www.empirerunners.org and click on "membership"

MARK YOUR CALENDAR!

Sun Nov 16	PA XC Championships – Golden Gate Park – 9:00am
Thu Nov 20	ER Club Meeting – MV Round Table – 6:30pm
Sun Nov 30	McGuire's Breakfast Run – Hidden Valley School – 8:00am
Sat Dec 6	Girls on the Run – Rohnert Park – 9:00am
Sat Dec 13	Last 10K & Final 2mi – Howarth Park – 9:00am
Thu Dec 18	ER Club Meeting – MV Round Table – 6:30pm

2014 BOARD MEMBERS and Contacts

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