



Empire Runners Club

Sonoma County, CA

October 2006 Newsletter

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XC Season well underway



Some familiar, some new faces at the Empire Open:

Back Row, Left to Right: Shelly Lydon, Lisa Titus-Isabeau, Trina Cox, Twyla Robert, English Olney, Julie Frampton, Carolina Gonzalez-Prats
Front Row, Left to Right: Shannon Overly, Anette Niewald, Val Sell, Tori Meredith

Trina Cox wins Golden Gate Open

Among the many new faces the Women showed this year was one familiar to those of us who watched her run for SR Express as a youth, SRHS, and SRJC. **Trina Cox** has come home to run as an Empire Runner! She was injured and did not run the EO (although she is pictured there above), but in her first race for us, the highly competitive GG Open, she won the race!

See articles inside on the Golden Gate Open and other XC races.

In this issue:

Results of

- First three XC races: Empire Open, Santa Cruz, Golden Gate
- Annadel Loop
- Viking Opener Alumni Race

Articles on:

- Brush Creek Clean Up
- Daryl Beardall profile
- Hypnotherapy

Fleet Feet Store New Location

Twelve years ago we had a pipe dream to be a member of the Fleet Feet family. We were interested in Fleet Feet because we had experienced their excellent customer service and caring community support. We sent an inquiry to Tom Raynor, owner of Fleet Feet Incorporated, asking about opening a store in Santa Rosa. He called us the very next day and said "I woke up this morning thinking about a Fleet Feet in Santa Rosa." It was meant to be!

We have never regretted our decision. Through our store we have made lifelong friends who have nourished us during good times and bad. Most notably we are very thankful for the support received as we trained for our first marathon, opened and sold our second store, assisted Rhonda's mom during her battle with cancer, and started our own family with the births of our two beautiful daughters. Our current location in the heart of downtown has served us well. Many people doubted the viability of a specialty running store in downtown Santa Rosa. They shared concerns about parking, personal safety, and the lack of "big box" stores that would attract foot traffic. We are pleased that we were able to overcome these obstacles. We poured our heart and soul into renovating 643 Fourth Street. It was like birthing our first child! We will miss the high tin ceilings and warm character of our first "baby". We will also miss all of our wonderful neighbors who make downtown such a great place to be.



<http://www.FleetFeetSantaRosa.com/grandopening>

In September we are moving to a new location in Railroad Square. We are fortunate to have a caring and dedicated staff. Together with all of you, they have helped us grow our business. This larger store will allow us to increase our inventory to serve your needs. In the near future we plan to carry a selection of cross-trainers, children's shoes, and swimsuits.

Please join us in October for our month-long celebration. We will be featuring specials from all of our vendors throughout the month. We are looking forward to two extraordinary presentations! On October 11th at 7:00 p.m., Asics is sponsoring a presentation by **Sara (Bei) and Ryan Hall**. And, on October 27th, at 7:00 p.m., New Balance is sponsoring a book-signing and presentation by **Dick Beardsley**.

We send you each a heartfelt thank you for your support!

See you soon,

Rhonda and Ron Fleet Feet Sports

Mrs. Prez says....

Fall is upon us and I hope that everyone has had an enjoyable summer. I know that my kids kept me busy with all of their activities and I am happy and sad at the same time now that they are all back in school.

I love the fall, it is my favorite time of year. The changing colors of the landscape, the newly fallen leaves and the shorter days all give promise of toasty fires and hot chocolate in the evenings.

We have some fun activities coming up. October 14th is the Brush Creek clean up so bring your gloves and the kids, and help restore our creek. (Details in the newsletter) This month at the club meeting we are having nominations for Club officers, so if you miss out come to the October meeting on the 27th and nominate someone you love. Rumors have it that there may be an actual race for the Presidency.

Thank you to all who participated in my club party survey. We will be bringing the party back to Santa Rosa on February 3rd. Just a little pre Super Bowl warm up for all you football junkies.

On October 2nd we have seven Empire Runners traveling to Portland to try and qualify for the 2008 Boston Marathon. Good luck to everyone!

The Pacific Association Cross Country season is under way. This is a great way to meet people from other clubs and show support for Sonoma County running. The Phil Widner Empire Open was a great success and continues to prove what great spirit we have within our club regardless of ability. Lets keep it going strong!

If you don't already know Fleet Feet shoe and running apparel store in Santa Rosa has recently moved. They are now located next to Sonoma Outfitters on Third Street. As part of their grand opening they will be having various specials and guest speakers throughout the month of October. Check out their website @ fleetfeetsantarosa.com for further details.

Run happy,

Mrs. President,
Val Sell



Jerry Lyman and Dale Peterson at the Club Meeting which was held in Howarth Park this month.

Meeting Minutes

Members present:

L.T., Marc Strozzyk, Ron Jacobs, Rhonda Roman, Don Sampson, Eric Pots Nordvold, George "Super G", Dave "Digger" DeSelle, Audrey Schrif, Stephen Starkweather, Weasel Ames, Muskrat Ames, Dale Trowbridge, Bob Rogers, Don Stewart, John Harmon, Bob Finlay, Julie Frampton, Susan Kelleher, 409, Jerry Lyman, Tori Meredith, Brad Zanetti, Bev Zanetti, Liz Bernstein, Steve Cleal, Sledge, Larry Meredith, Bradley Saul, Tinkermell, Liz-beth Sinna, Bob Shor. Twyla Robert, Mark Fitch, Prez Val

Prez Vall called the meeting to order at 6:58pm on August 24th, 2006 in Howarth Park.

Secretary's Report: Lisa read the minutes from the July 2006 club meeting. The word "price" was changed to "prize" in Jerry Lyman's report on the Tour de California. The rest of the minutes were approved as read.

Treasurer's Report: The checkbook balance is currently \$20,088. After expenses, Salmon Creek netted \$181.50 and the Summer Track Series netted \$240. Other expenses mentioned were \$1000. to SRHS for Kenwood support and \$314 for last month's printed newsletter. Other income included \$235 for membership.

Recent Race/Run Report: Carneros Half Marathon: The ER women's team was second overall winning wine and other wine related goodies. Stephen Starkweather and Liz Sinna ran the Reno Half Marathon.

Upcoming Race/Run Report: August 26th is the Empire Open. Included in the 156 preregistered runners were 65 Empire Runners. The top ten runners in each race will win a t-shirt. The Annadel Loop will take place September 10th. The top thirteen runners will win a t-shirt. The two mile Viking Opener Alumni Race (although a high school diploma is not required to register) will be September 16th.

Old Business: Thanks to all of the volunteers who helped at the Vineman aid station. The club received \$250 from Dave LaTourette for running the aid station.

Tour de California: AMGEN asked the Empire Runners to put on a running race on the closed course of the bike race in downtown Santa Rosa. The City Of Santa Rosa would take care expenses and would help with advertising. The club would get the entry fees from the race. Val talked about the possibility of offering prize money in the top two races. Discussion ensued, especially over the amount of the purse and who we would be trying to attract to the race. John Harmon made a motion to form a task force to look into the details of the race and to come to the next meeting with a plan formulated. The motion was seconded by Jerry Lyman. Motion passed. There was another short discussion about whether or not the Summer Track Series should be on a rotation. It was decided to bring this back for discussion at a future meeting.

New Business: Club Party: Should the club party change venues (back to Santa Rosa)? Discussion included the cost of various halls (Sebastopol \$75, Luther Burbank \$420); Al Tagliaferri's preference for the Luther Burbank Hall and his willingness to cut his fee if we move the party back to Santa Rosa; the opinion of some members that a change of venue every few years seems like a good idea just to give the party a different feel. The subject will be discussed again at next month's club meeting.

Guest Speaker Bradley Saul: Bradley Saul of Organic Athlete introduced the "Race to Be Cool" which will be held on October 21st in Graton. The first time race is to raise awareness of global climate change (see flier in September's newsletter). The race organizers are hoping to enlist the Empire Runners to do the race timing.

Raffle/Drawing: Raffle: Bev Zanetti (\$23)

Drawing: There was no drawing due to the lack of a club roster.

PA Cross Country Season Underway!

Phil Widener Empire Open



Back Row, Left to Right: Kenny Brown, Bradley Saul, Tayler Hockett, James Devine, John Staroba, Mark James, Eric Downing, Marc Strozzyk, Corey Phipps
Front Row, L to R: Josh Skillman, Carl Triola, Gregg Jennings, Andy Furlong, Paul Hadley

Empire Runners turned out in force to defend their home turf in the opening meet of the Pacific Association (PA) Cross Country season. There were a record number (66) of club members finishing the Phil Widener Empire Open at Spring Lake on August 26. That was enough to field 10 teams in 7 different divisions.

Our Masters Women's and Seniors Men's teams were winners in their respective divisions. The Masters Women pulled off a 1-point squeaker over long-time nemesis Impalas. They were led by **Cathy DuBay's** 2nd-place finish (7th among all women). **Val Sell** followed in 6th place, just 3 seconds ahead of the Impalas' 2nd finisher and then team newcomer **Nuvit Foster** held off a Wolfpack masters runner by 1 second for 10th. **Lisa Youmans** (15th) and **Shelly Lydon** (17th), both long-time team members, helped seal the victory.

Liz Sinna took 31st, just behind teammate **Lisa Titus-Isabeau**, and shared her strategy: "I ran the Empire Open with LT and had a great time. She was very supportive as I am nursing a hamstring injury. Thanks LT!"

The Seniors Men were involved in a 4-team dogfight with Tamalpa, River City Rebels and Fleet Feet of Sacramento. When the dust settled only 7 points separated those squads and Empire Runners were at the top. Our new ace, **Chris Cole** of St. Helena, took 2nd among seniors, just 6 seconds behind the winner. **Terry Goetzel** was our next finisher, in 7th and then came **Brian Purcell** in 12th, having just graduated to the senior level. A trio of team veterans wrapped it up, team captain **Jerry Lyman** taking 22nd, freshly-turned-50 **John Harmon** in 26th and "Big Daddy" **Mark Fitch** coming through for 29th.

The Empire Runners Open Women edged out Fleet Feet Sacramento for 2nd place as the dynamic duo of **Melanie Lovrin** and **Megan Johnson** led the way in 11th and 12th. Johnson and the next 4 Empire Runners are all new to the team: **Sara Jakel** took 17th, **English Olney** was 18th, **Shannon Overly** finished 20th and **Gillian Sakai** came in 23rd.

There were 2nd-place finishes for the Seniors Women and Super-Seniors Men as well. The women took 4th through 7th in their division, led by newcomer **Pauline Rogers** of Healdsburg. "I am no longer a cross country racing virgin," said Pauline. "It happend for me the very first time at Spring Lake, and it is never to be forgotten!"

Club vet **Debbie DeCarli** was next, then came another first-timer, **Anette Niewald** with **Patty Sanders**, a returning team member, on her heels.

The club elders were led by a rejuvenated **Dan Preston**, a former multiple PA season champion, in 6th place. Preston was in an upbeat mood afterwards. "Like most of us, I was astonished by the huge Empire Runners turn out at our race," said Dan. "Especially the Open teams, many of whom I couldn't even identify. Fleet Feet of Sacramento, used to winning, must have been shocked to lose to our Open Women. The addition of Chris Cole to our Senior team is exciting."

Brendan Hutchinson was just one spot back in 7th and then team captain **Bob Holland** came in 10th and **Gil Moreno** 12th. Empire Runner **Dan Tuohy** was the winner among Veterans Men (70+).

Ty Strange, a former PA Cross Country Masters season champion, was back to lead the 40-49 set, finishing 11th in that division. Close on his heels was **Don Stewart** in 12th and only a few seconds back was **Steve Cleal** in 16th. The ER Masters Men took 3rd place among 7 teams, edging rival Tamalpa by just 3 points.

John Staroba and team captain **Kenny Brown** finished 14th and 15th, respectively, in the Open Men's race to lead our club to a 4th-place finish. **Eric "Danger" Downing** in 33rd, newcomer **Josh Skillman**, 35th and **James Devine**, 36th, formed a tight pack to finish out the scoring.

Devine explained that he had a bit of bad luck just prior to the race: "Strange thing happened during warm-up at the Empire Open.....I SPRAINED MY ANKLE! I mean, c'mon, we needed to warm-up not warm down or simply down and out. Needless to say I managed to race, which someone told me an amazing thing that the body does just before a race is produce endorphins (nature's painkillers). Thanks to this I was able to race, but when I got home my ankle was the size of a softball! So into the bucket of ice water my ankle went to reduce swelling. Phew! Glad I am on the mend and running again."

Carl Triola, who finished 60th in the Open Mens division, joined the team for the first time this year and will juggle his schedule with coaching Casa Grande High School cross country. "I really enjoyed running in the Empire Open and felt very welcomed by the team. I also must say it gave me a greater appreciation for the runners I have coached who may have never been in the front or even close during races. Not that I find myself in that position very often. If ever...."



Back row L to R: Chris Cole, Larry Meredith, George Urdzik, Doug Schrock, Brian Purcell, Brendan Hutchinson, Steave Cleal, Rob Main, Mark Fitch, Brian Bauer, Terry Goetzel
Middle row: Don Stewart, Don Sampson
Front row: John Harmon, Bob Holland, Bob Finlay, Dale Trowbridge

Empire Runners at the Empire Open (3.43 miles)

Open Women: 11. Melanie Lovrin, 22:06; 12. Megan Johnson, 22:12; 17. Sara Jakel, 23:32; 18. English Olney, 23:34; 20. Shannon Overly, 23:49; 23. Gillian Sakai, 24:34; 27. Debbie Murray, 26:06; 30. Carolina Gonzalez-Prats, 28:54; 31. Julie Frampton, 29:47; 32. Susan Kelleher, 29:57.

Open Men: 14. John Staroba, 18:43; 15. Kenny Brown, 18:58; 33. Eric Downing, 20:33; 35. Josh Skillman, 20:40; 36. James Devine, 20:44; 42. Gregg Jennings, 21:13; 44. Mark James, 21:19; 48. Tayler Hockett, 22:08; 49. Andy Furlong, 22:08; 51. Bradley Saul, 22:31; 53. Paul Hadley, 22:54;

55. Marc Strozzyk, 23:58; 59. Gordon Wistrom, 24:59; 60. Carl Triola, 25:46; 61. Corey Phipps, 26:08.

Masters Women: 2. Cathy DuBay, 21:24; 6. Val Sell, 23:15; 10. Nuvit Foster, 24:18; 15. Lisa Youmans, 24:36; 17. Shelly Lydon, 25:13; 18. Lori Winkler, 25:15; 19. Tori Meredith, 25:21; 22. Shelli Gordon, 25:46; 24. Carol DuBay, 26:09; 25. Twyla Robert, 26:21; 30. Lisa Titus-Isabeau, 28:08; 31. Liz Sinna, 28:09.

Masters Men: 11. Ty Strange, 20:12; 12. Don Stewart, 20:16; 16. Stephen Cleal, 20:25; 32. Scott Ames, 21:29; 33. Bob Finlay, 21:30; 34. Larry Meredith, 21:39; 41. Brian Bauer, 23:02; 44. Rob Main, 23:19.

Seniors Women: 4. Pauline Rogers, 25:50; 5. Debbie DeCarli, 26:47; 6. Anette Niewald, 29:27; 7. Patty Sanders, 29:33; 10. Emily Deering, 31:49.

Seniors Men: 2. Chris Cole, 20:00; 7. Terry Goetzel, 20:54; 12. Brian Purcell, 21:24; 22. Jerry Lyman, 22:36; 26. John Harmon, 22:58; 29. Mark Fitch, 23:26; 34. Bill Browne, 25:06; 39. Doug Schrock, 26:41; 40. Don Sampson, 26:42.

Super Seniors Men: 6. Dan Preston, 23:57; 7. Brendan Hutchinson, 24:26; 10. Bob Holland, 25:02; 12. Gil Moreno, 25:49; 13. Dale Trowbridge, 28:02; 15. George Urdzik, 42:17.

Veterans Men: 1. Dan Tuohy, 26:29.

2007 PHIL WIDENER EMPIRE OPEN

A new course and a new date were two of several enhancements that combined with extraordinary volunteer support and great running weather to make the 14th incarnation of the Phil Widener Empire Open the most successful—and promising—in memory. Re-positioned as the first race in the PA cross country series and not, as in the past 6 years, held on the Labor Day weekend, the slightly shorter, somewhat less treacherous course enticed two hundred, sixty eight runners to sign up—a 55% increase from last year.

The club's start and finish structures, designed and built by Bob Finlay and usually seen only at the Kenwood Footrace, set the stage for a classier event than in past years. Members of John Anderson's Casa Grande High School cross country team and some of their parents monitored the course without a hitch. Brad Zanetti rode the lead bike flawlessly. The top 10 finishers in each race received Technical T-shirts donated by Fleet Feet Sports. Post-race refreshments included water donated by Culligan, bottled Gatorade compliments of the Vineman Triathlon organization (and Shelly Lydon), Coffee from Starbucks (Megan Johnson), and fresh-baked goodies from the SRJC's culinary program (thank you, Cathy Burgett). Overall the response to the event was positive.

Here was one reaction, we hope typical:

Thanks to you and your club mates for hosting the Empire Open. It was a first-rate meet in every respect. I think I speak for all of my teammates when I say that we thought the course was a vast improvement over the previous years. The timing and course marking were excellent, the eats and drinks, good and plentiful and the posting of the results on the PA website was lightening fast. Most of our Spartan club is based in the San Jose area, so it is a long drive to come to the Empire Open. I am sure that it will be easier to persuade more of our fellow members to make the trip in the future. Thanks again. – Paul Tjogas, Spartan

The Open's success depended on the voluntary efforts of at least 25 Empire Runners Club members. Special commendations to:

Bob Shor, Bob Finlay, John Anderson, Larry Meredith, Val Sell, LT Isabeau, Eric Bohn, Shelly Lydon, Brad Zanetti, and Cathy Burgett (and her TA/chef at the JC, **Diana Parker**)

--Pappy

EMPIRE RUNNER WINS MEN'S OPEN RACE AT THE PHIL WIDENER

Jeff Gardina, 24, UC Santa Barbara graduate ('05) and now running for the Asics Aggies, led nearly start to finish at the 14th annual Phil Widener Empire Open, winning with a 6 second margin over Jeff Bruins of Team Mizuno. Jeff still maintains loyal membership in the Empire Runners Club. "I'd run for the Empire Runners," he diplomatically explained, "but the Aggies pay expenses."

Gardina ran track and cross country at Piner High and frequently supplemented his training trying to keep up with some of the old geezers at the club's scheduled workouts. [To be honest, he was often engaged in his second training run of the day and had no problem keeping up with any of us.] Fairly successful as a high school runner in both cross country and track (4:28 in the 1600), Gardina found his stride at UCSB where his work ethic met the coaching he needed to allow his potential to bloom. As a college sophomore, Gardina surprised his teammates and coaches by finishing in the team's top 5 finishers in

all major cross country competitions and by recording PR's in the 5 and 10K track events of 15:11.8 and 32:30.8, respectively. By senior year those times had dropped dramatically to 14:24.8 and 29:19.32, moving Gardina into the realm of the "elite."

Jeff graduated with a degree in Chemistry in 2005 and is now pursuing a PhD in Organic Chemistry at UC Santa Cruz. In Santa Cruz he more or less trains on his own but has set a goal to qualify for the Olympic marathon trials to be held in New York in November, 2007. Jeff ran 2:31 at the Twin Cities Marathon last October, which he called "a learning experience." He expects to do better and figures the 2:22 needed to qualify for the trials is well within his grasp. He intends to accomplish just that at the Austin Marathon next February. In the meantime he'll be running the PA/USATF cross country series with his Aggie teammates and, as indicated by his first place finish at the Empire Open, he has a good shot at winning the individual Grand Prix title in the Men's Open Division. He'll also be stepping up his marathon training to 130 to 140 miles per week with plenty of 10-15 mile tempo runs. Jeff and his fiancée, Lindsay, who has one more XC season left in her own running career at UCSB, plan to be married in September, '07. He'll finish his PhD in June of 2009 and plans to apply his expertise in the pharmaceutical industry.

[As of the publication of this article, Jeff has placed first in the first three PA XC races of the season.]

New Spring Lake Empire Open Course Standards

| | | |
|----------------------------|-------------------|-----------|
| Men's Open (course record) | Jeff Gardina | Aggies |
| Men's Masters | Timothy Wallen | Excelsior |
| Men's Seniors | Fletcher Lesley | Pacific |
| Men's Super Seniors | Don Porteus | Tamalpais |
| Men's Veterans | Dennis Tuohy | Empire |
| Women's Open | Stephanie Bruins | Team N |
| Women's Masters | Rosemarie Lagunas | Wolfpa |
| Women's Seniors | Maria Biones | Impala |
| Women's Super Seniors | Edda Stickle | Tamalpais |
| Women's Veterans | None | |

Santa Cruz Challenge

Three ER teams traveled to Santa Cruz on September 2 for the Santa Cruz Challenge. Perfect running weather greeted them -- an overcast sky and cool temperatures. The Masters Men were bolstered by Senior **Chris Cole**, who led the way while taking 2nd place again in his individual division. **Ty Strange** was just 2 seconds -- yet 3 places -- behind, taking 7th among masters men. With **Don Stewart's** 12th-place finish and **Steve Cleal** in 16th, the Masters Men edged out New Balance Excelsior for 2nd place by just 2 points.

Brian Bauer, finishing 30th among Masters Men, had this to say after the event: "Advice for new cross country runners. Respect your wise elders. I thought I was well on my way to catching **Larry Meredith** as I powered up the initial climb and rounded the halfway mark. That was it. He had been holding some reserve and really nailed the downhill. This course can be deceptive as much of the downhill can leave you gasping if you blow your steam in the first half. Good news: I don't know how but hilly x-country courses cure both sciatica and aching joints. Can't wait to do another one."

Senior runner **Parker Mills** returned after taking last year off and revealed that he was a bit rusty. "I know I have been out of town and am out of shape, and a little over weight, but when I saw that I had been soundly beaten by an 81-year-old woman I knew there was room for improvement."

For Masters runner **Scott Cronk**, the drive down was better than the race itself. "For me the highlight was carpooling with Nuvit and Shelly. It was a great opportunity to get to know other members. And then getting beat by a 9-year-old runner!"

The Super Seniors Men were runners-up again, winning a tie-breaker with the Spartans. **Dan Preston**, in 2nd, and **Brendan Hutchinson**, 6th, led the way again, this time supported by first-timer **Gordon Wistrom** of Healdsburg, who finished 8th. **Bob Holland** provided the tie-breaker with his 10th-place effort.

Preston had praise for the race. "Santa Cruz did their usual good job of organizing their race, with plenty of refreshments and awards, but the turn out was low. The teams (and individuals) that showed up got a rare chance to score well. I was surprised to win an award, a pair of UCSC Slugs socks-- the first time I have won anything in years."

The Masters Women took 3rd place, represented by **Nuvit Foster** (3rd), team captain **Tori Meredith** (8th), **Shelly Lydon** (10th), **Shelli Gordon** (11th) and **Twyla Robert** (13th).

Twyla related her Santa Cruz experience. "Santa Cruz was a beautiful run! Only my second event since newly joining Empire Runners Cross Country team. I arrived with only ten minutes to race time and owe a big "THANK YOU" to a very helpful fellow Empire Runner (whose name, I'm sorry I can't remember -- old age setting in). He calmed me down, helped me get my number and led me to the group. Thank you again!!!"

Empire Runners at the Santa Cruz Challenge (4 miles)

Masters Women: 3. Nuvit Foster, 27:34; 8. Tori Meredith, 29:00; 10. Shelly Lydon, 29:26; 11. Shelli Gordon, 30:26; 13. Twyla Robert, 31:13.

Masters Men: 7. Ty Strange, 23:18; 12. Don Stewart, 23:49; 16. Steve Cleal, 24:21; 26. Larry Meredith, 25:31; 27. Bob Finlay, 25:42; 30. Brian Bauer, 27:10; 32. Rob Main, 27:48; 39. Scott Cronk, 30:29.

Seniors Men: 2. Chris Cole, 23:16; 17. Parker Mills, 28:27.

Super Seniors Men: 2. Dan Preston, 27:49; 6. Brendan Hutchinson, 28:38; 8. Gordon Wistrom, 29:17; 10. Bob Holland, 29:51; 11. Gil Moreno, 30:34.

Veterans Men: 1. Dan Tuohy, 31:19.

Golden Gate Park Open



Back row, L to R: Rob Main, Gil Moreno, Mark Fitch, Dale Trowbridge, Larry Meredith, Ty Strange, Bob Finlay, Don Stewart, Jerry Lyman, Jon Hermstadt, Bradley Saul, Chris Cole

Kneeling: Don Sampson, John Harmon, Scott Ames

The competition got a lot stiffer at the 3rd meet of the season in Golden Gate Park on September 9. The Empire Runners' best team effort was put forth by the Seniors Women, who placed 2nd. **Debbie DeCarli** was the team leader in 4th, just 3 seconds ahead of teammate **Pauline Rogers**. Super Senior **Shirley Fee**, a new member of the team, won her division and helped the Seniors Women's team in the process.

Our Super Seniors Men were 4th, **Dan Preston** again leading the way in 6th place. Veteran **Dan Tuohy** remained undefeated in his division and leads the PA series after 3 races.

The Masters Men and Seniors Men each finished 5th in the team standings. **Ty Strange**, in 11th, and **Don Stewart**, 19th, led our masters' squad again. **Chris Cole** finished 3rd in the Seniors Men's race and **Brian Purcell** made great improvement since the opener, finishing 8th here.

Joe Tonna made his ER debut in the Open Men's race, taking 31st behind team-leader **Kenny Brown's** 21st-place effort. 39-year-old **Mark James**, who finished 53rd, eagerly awaits his 40th birthday: "I can't wait to age up into the Masters so I can run faster and continue getting my butt kicked." The team registered a 6th-place finish.

Trina Cox, however, was the individual star of the day, cruising just off the lead in the women's race before pulling away to a comfortable win in the last half-mile. It was also her first race for the Empire Runners. Our Open Women's Team placed 7th with **Megan Johnson**, **Melanie Lovrin** and **English Olney** all finishing in the top 40.

Empire Runners at the Golden Gate Park Open (4 miles)

Open Women: 1. Trina Cox, 24:35; 26. Megan Johnson, 26:57; 32. Melanie Lovrin, 27:14; 39. English Olney, 28:03; 45. Sara Jakel, 28:27; 53. Shannon Overly, 29:16; 66. Gillian Sakai, 33:53; 67. Carolina Gonzalez-Prats, 34:21; 68. Julie Frampton, 34:27.

Open Men: 21. Kenny Brown, 22:23; 31. Joe Tonna, 22:55; 47. Eric Downing, 24:23; 52. Josh Skillman, 24:53; 53. Mark James, 24:56; 55.

James Devine, 25:09; 58. Gregg Jennings, 25:18; 62. Andy Furlong, 25:46; 68. Bradley Saul, 26:53; 71. Marc Strozky, 28:32.

Masters Men: 11. Ty Strange, 23:23; 19. Don Stewart, 24:11; 36. Scott Ames, 25:44; 37. Larry Meredith 25:55; 40. Bob Finlay, 26:20; 47. Rob Main, 27:53; 56. Scott Cronk, 31:05.

Seniors Women: 4. Debbie DeCarli, 31:23; 5. Pauline Rogers, 31:26; 10. Patty Sanders, 35:01; 11. Anette Niewald, 35:23; 13. Emily Deering, 37:17.

Seniors Men: 3. Chris Cole, 24:12; 8. Brian Purcell, 24:40; 26. Jerry Lyman, 26:59; 30. John Harmon, 27:49; 32. Mark Fitch, 27:57; 35. Paul Berg, 28:30; 38. Parker Mills, 29:01; 47. Don Sampson, 32:13; 50. Doug Schrock, 33:34.

Super Seniors Men: 6. Dan Preston, 28:14; 10. Brendan Hutchinson, 29:24; 14. Gil Moreno, 30:45.

Veterans Men: 1. Dan Tuohy, 31:32.

Cross Country Addendum

Notes & Quotes

From Seniors Runner Chris Cole:

This is all new to me, and the lessons of running as a senior are just starting to unfold. The first task is to identify the culprits, which has been difficult so far.



Chris Cole with an early lead on Steve Cleal and Don Stewart

It didn't take long for the competitive juices to start flowing, considering the Empire Open was my first real cross country race in thirty years. And these guys go out fast! But things were looking good from my new perspective of a senior runner, as there wasn't much gray hair in our pack. Ultimately, youth prevailed at the finish, as I was out-kicked to miss a top-10 finish. The important thing was that now I knew that there was one senior, the long strider with the red shorts, that I needed to key on next time. Just six seconds separate our times.

The following week it was the same people, different place. Santa Cruz is a fine course, and the race unfolded in similar fashion. The same long striding red shorts are again in our pack, and the pace is faster yet. In the downhill final mile, I manage to safely put the red shorts behind and give it all for a successful finish. It was a hard won improvement from the previous week, but the satisfaction was short-lived. I had it all wrong, and it wasn't the red shorts at all. Those belong to some youngster. The true mystery senior, Fletcher Lesley of the Pacific Striders, then introduced himself, wearing a dull gray uniform, short beard, and a face that I need to remember. He was two seconds ahead this time. I'll just have to wait another week.

From Masters Runner Rob Main:

With a mile to go I have **Dan Preston** a step behind me wheezing like each breath might be his last and a nine-year-old 30 yards ahead of me. I thought this run might just be a somewhat enjoyable 4-mile run through the redwoods overlooking the Pacific Ocean. Instead it has turned to thoughts like: 'If I stop hearing Dan's breathing do I turn around to see if he is ok and perhaps practice CPR that I learned for a life guarding job over 25 years ago? Or do I continue running in a more peaceful setting? And what are the results

going to look like if I wind-up finishing sandwiched between a 9 year old and a 64 year old?" Suddenly I realize it could be worse: I could finish behind a 9-year-old and a 64-year-old. With newfound inspiration I make my move on the mini-me who must be taking two steps for each of mine and Dan follows, still only a step behind. We round the last turn to face the cruel uphill finish. Knowing full well that Dan's finishing speed is better than mine I acknowledge that he must be hurting as much as I am, so I combine the strongest finish of my life with my one step advantage to cross the finish line a fraction ahead. I can now relax, safe across the finish line, with my pride intact. Days later when the results come out I find that they are broken down by age group, and I realize that only a results-combing geek would realize the order of finish of a 64-year-old, a 47-year-old and a 9-year-old. Oh well, at least it meant something at the time.

From Masters Runner Tori Meredith:

It was exciting to see how many Empire Runners showed up for our own race. Since the Empire Open the first PA cross country race of the season and everyone registered themselves, I had no idea who would show up. I felt like it was a reunion since I have not seen many of the returning teammates since last season. What a great feeling to see them again. I know that this year will be one of the most fabulous years ever. We have record numbers on our women's teams: 11 Open, 14 Masters and 8 Seniors. Everyone is hardworking and enthusiastic about running for the team. Wow, what more can you ask!

During the Empire Open, **Melanie Lovrin, Megan Johnson, Sara Jakel, English Olney, Shannon Overly, Gillian Sakai and Debbie Murray** ran well to have the Open team come in second place behind Impala and beating Fleet Feet Sacramento by four points. Our Masters Women's team rocked by beating Impala's team by one point with the help of **Cathy DuBay, Val Sell, Nuvit Foster, Lisa Youmans and Shelly Lydon**. We had enough women to field two Masters teams. Our "B" team consisted of **Lori Winkler, Shelli Gordon, Carol DuBay, Twyla Robert, Lisa Titus-Isabeau, Liz Sinna** and me.

Our Senior Women also had great performances and came in second place behind the Impalas. **Pauline Rogers, Debbie Decarli, Annette Niewald, Patty Sanders and Emily Deering** were the amazing quintet that represented the Empire Runners.

The Masters team was the only women's team to compete in the Santa Cruz cross country meet. **Nuvit Foster, Shelly Lydon Shelli Gordon, Twyla Robert** and I made the trek down to Santa Cruz to run their course. The course started with the first half running a gradual uphill in the redwoods and open grassland then after the turn-around it was a gradual downhill. Our team ran a great race and finished in third place behind Fleet Feet Sacramento.

I have been training for the Portland marathon and have logged a lot of miles lately. I was very surprised of my own performance in both the Empire Open and Santa Cruz races this season. In both races, my legs felt fresh and not sore. I also noticed that mentally, I was able to work harder during the second half of my races. During the Santa Cruz race I noticed that Maria Briones from the Impala team was in front of me after the turn-around. She beat me in the Empire Open and she had been the person I'd focus on for the last 3 or 4 years in order to gage myself and determine my fitness level. Even though she turned 50 and was running in a different age group, I decided to keep my focus on her. During the last half of the Santa Cruz race, I was able to catch up to her and Maria Glickman from Fleet Feet and I would go back and forth and the three of us would pass each other until the end of the race. It was hard work but I felt good at the time and I was able to stay ahead of both of them at the finish. This was my own personal victory, which gave me a lot of confidence in my running ability for this season.

From Open Runner Marc Strozyk:

I woke up race morning and had my usual 3 cups of coffee, bagel with Philly cream cheese, banana, yogurt and orange juice for breakfast. I then taped up my nipples, covered myself with body glide, donned my feet with my filthy New Balance 767's which I got for free, Empire Runners Newsletter, October 2006

threw on my slightly funky black tech shorts, my Empire Runner Singlet, and my DeFeet Bone Crusher socks. I then headed out with my fellow cross country racer, Andy.

We got to the race site and while I had an upset stomach from race butterflies, I was thrilled to be hanging out with all of these Empire Runner's who I held in such awe for being able to run so much faster than I. As I was absorbing the atmosphere, I noticed Dipsea legends such as Russ Kiernan and Darryl Beardall roaming about, as well as hundreds of runners representing at least 5 different running groups. There was a great sense of SPEED all around you.

I looked around me and there were fast runners everywhere. I ran into a buddy of mine Gordon who I had run with several times in the past. He is a 62-year-old guy in some great shape. He runs just a bit than myself. Anyways, I asked him how he did and he said he hadn't gone yet. I asked "aren't you supposed to run with the Master's Group?" and he responded yeah. I said "well they are finishing now and next up is the last race which is the Mens Open.

Oh crap" he responded "I'm going to have to run with those guys". I couldn't hold back, "Great! Now I have a fighting chance at not coming in last". "You bastard!" He snapped back.

Anyways, couple of minutes later I was at the starting line with about 30-40 guys and the gun went off. Scared the hell out of me by the way. Us ex-military guys always think of taking cover when we hear that. Anyways I was running with the fast guys. I couldn't believe it. This fast shouldn't be this easy. I wasn't in the front but I was with the pack. However reality kicked in about 5 minutes in when I looked at my watch and noticed I was set to run a sub 6-minute mile. I was doomed. The race was a 3.5-mile race and I was going to hit the wall real soon. At the mile point, sure enough, I hit the wall and dropped to the back of the pack and to reality.

I was a still in front of about 6-8 runners though, yet they were breathing on my neck, and up in front of me was this 9 year old kid who had previously cut me off and almost forced me to go off trail. I set my immediate goal on passing this 9-year-old kid. He was about 35-50 yards in front of me. I was hurting but knew that this came with the territory of running fast. I really didn't want to embarrass myself anymore than I probably already had for having the naiveite to participate in this thing. I picked up my pace but so did the kid.



Marc Strozyk outkicks 9-year-old phenom

Around mile 2 I yelled outloud to some spectators, "I just want to beat that kid!" and they yelled back "Well than you better get working at it as he is booking." Or something like that. It gave me a boost. I picked up the pace some and I started to further the gap between myself and the runner's behind me but I couldn't gain any ground on the kid. He was making me run faster than I thought I could, but I couldn't gain any ground. With about a mile left to go, I noticed that the kid was starting to slow down on the downhills to recover. Hah! I found a weakness to exploit. I know this sounds horrible but that is the mindset of an idiot runner with race day conditions: to get in front of the runner in front of you. I used this as my opportunity.

I needed to recover as well, but I knew that with a mile to go I could forego recovery and pay the price later when time wasn't a commodity. When the kid recovered on the downhill I leaned forward and burned. I was making ground on the kid but whenever I got within 10 yards he would burn for a bit. I realized that whenever I made attempts to cover too much ground that my breathing was making too much noise. The kid was hearing me breathing on his neck and he didn't want to lose his position as bad as I wanted to take his. I started breathing to the side and holding my breaths at time to sneak up on him to get within 1-2 yards. It was working. Around the 50 yard point, with the finish in sight and fellow Empire Runner's in sight cheering me on, I put my kick in motion and was able to out kick the 9 year old, as I had him beat in height by about 2 feet. I beat the kid by a second at the finish. I know ... it sounds horrible? But I tell you what ... I was so happy I beat him. Around a mile into the race, that had become my goal. After the finish I went up to the kid and his proud father and told them that it was one hell of a race and thanked him for elevating my game. I think that kid is going to go on to become a great runner. I had run the 3.5 mile race in 23 minutes and 58 seconds with a pace of 6 minutes and 50 seconds per mile. A personal best for me and I didn't finish last.

Annadel Loop



Don Stewart wins the Loop after racing the day before at GG XC

The 21st Annual Loop, the Dipsea of the North, saw 42 runners, many of whom had just raced the day before, handle 7 miles of rugged hills. There was a dramatic finish as **Don Stewart** came from behind to overtake **Val Sell** at the last minute and **Brian Purcell** was only a step behind.

| PLACE | NAME | AGE | HANDICAP | TIME |
|-------|--------------------|-----|----------|-------|
| 1 | Don Stewart | 45 | 3 | 42.06 |
| 2 | Val Sell | 42 | 13 | 42.11 |
| 3 | Brian Purcell | 50 | 5 | 42.12 |
| 4 | Brendan Hutchinson | 63 | 12 | 45.41 |
| 5 | Tori Meredith | 49 | 14 | 45.59 |
| 6 | Eric Downing | 35 | 1 | 46.34 |
| 7 | Mark James | 39 | 1 | 46.47 |
| 8 | Sam Strobino | 16 | 4 | 47.18 |
| 9 | Greg Jennings | 36 | 1 | 47.21 |
| 10 | Brenda Gilcrest | 37 | 12 | 47.41 |
| 11 | Jim Maher | 51 | 6 | 47.58 |
| 12 | John Mintz | 40 | 2 | 48.03 |
| 13 | John Harmon | 50 | 5 | 48.07 |
| 14 | Larry Meredith | 49 | 5 | 48.11 |
| 15 | Josh Skillman | 29 | 0 | 49.22 |
| 16 | Clinton Stevens | 33 | 0 | 50.08 |
| 17 | Kevin Sheagreen | 34 | 0 | 50.26 |

| | | | | |
|----|---------------------|----|----|-------|
| 18 | Andrew Furlong | 28 | 0 | 50.45 |
| 19 | Mike Winters | 45 | 3 | 50.57 |
| 20 | Mike Quigley | 54 | 7 | 51.17 |
| 21 | Kevin Crown | 55 | 8 | 51.48 |
| 22 | Gary Morini | 52 | 6 | 52.36 |
| 23 | Ron Kuentzel | 45 | 3 | 52.48 |
| 24 | Brad Zanetti | 52 | 6 | 53.16 |
| 25 | Marc Strozyk | 36 | 1 | 55.12 |
| 26 | Robin Stoval | 47 | 13 | 55.32 |
| 27 | Todd Schram | 34 | 0 | 55.33 |
| 28 | George Hodgson | 31 | 0 | 57.01 |
| 29 | Cameron Tully Smith | 29 | 1 | 58.02 |
| 30 | Wendy Cole | 52 | 15 | 59.01 |
| 31 | Lisa Isabeau | 47 | 13 | 59.45 |
| 32 | Julie Yokoyama | 41 | 13 | 60.13 |
| 33 | Liz Sina | 40 | 13 | 60.14 |
| 34 | Jay Ruzicka | 30 | 0 | 61.26 |
| 35 | Julie Moore | 51 | 14 | 62.41 |
| 36 | Lisa Anderson | 37 | 12 | 67.51 |
| 37 | Dave DeSell | 55 | 8 | 68.32 |
| 38 | Aron Clouden | 34 | 0 | 68.57 |
| 39 | Don Madronich | 61 | 11 | 69.24 |
| 40 | John Anderson | 53 | 7 | 76.32 |
| 41 | Kathy Dowsall | 44 | 13 | 76.33 |
| 42 | Scott Anderson | 49 | 5 | 76.34 |

The Annadel Loop History

By Mort Gray

My wife Christine and I published the Empire Runner's newsletter for 6 1/2 years, using at first a typewriter and eventually a computer. We directed races such as The Last 10K, The Prediction run and the Gray/Phaby Resolution race with **Joe and Linda Phaby**. Christine and Linda use to tabulate most of the races at the finish line. I have been an active member of the Empire Runner's Club since 1977.

Now the history of the Annadel Loop. Having run Dipsea races, winning 3 black shirts, I felt that a similar handicap race in Annadel State Park would be a great idea.

When I first designed the race, I worked with Ranger Bill to pick the best course. **Mark Miller**, an active Empire Runner member (living in Santa Rosa at the time), and I then established the handicap system and the awarding of Purple Shirts to the first 13 finishers across the line. We also were co-race directors for the first few years.

So I am a little baffled when I saw in the current newsletter, that an Annadel Loop now had a Trophy named after **Daryl Beardall**. First we never had a trophy, just the 13 purple shirts. The shirts being the most important trophy. Daryl is a friend and a living legend in Sonoma County as well as the North Bay. However, Daryl had nothing to do with the Annadel Loop except to run in it.

I would appreciate if someone would inform me how the trophy came to be, since I was the one who created the race. I also hope that this article will be left intact, unlike last year's article about my trip to Death Valley which was so edited that I almost didn't recognize it.

Editor's note: Nobody seems sure who created the trophy. The race was taken over by Doc N Mojo (Alec Isabeau and John Royston) who have been its principle promoters and workers for years. Bob Merritt, this year's Race Director, has also been active in keeping the race going. I'm sure all of them would love to see Mort return and become involved not just in the race, in what's going on in general in the Club.

Viking Opener Alumni Cross Country

Long Climb to Top for Staroba



Empire Runner **John Staroba**, a 1997 graduate of Montgomery High School, has long labored in the shadow of speedier teammates. Consider his post-collegiate experience at the Viking Opener, a 2-mile alumni cross country race held at Spring Lake each September by his former high school.

In 2001 Staroba finished 12th, behind then-head-coach (and also former Viking) **Josh Dorris'** 5th-place effort. In 2002 he advanced to 6th

place in the event but followed Dorris again (3rd) and '93 MHS alum **Tim Sanborn** (5th). Dorris completed his pilgrimage to Valhalla by winning the 2003 event, again overshadowing Staroba's climb to the number 3 position on the podium. That was the year Staroba became the assistant cross country coach at Montgomery.

As coach, one of Staroba's first projects was the development of Montgomery's top runner, **K.C. Cody**. Upon graduating in 2004, Cody thanked Staroba by returning to the Viking Opener and winning for two straight years. Staroba was second both times.

With Cody given a short leash by his college coaches at UC Davis, Staroba was left to battle a pair of former VO high school champions. This time he would not be denied and his 6-year-long quest to reign supreme on his home course was realized. Staroba led his fellow MHS alums to their 5th-straight team title as well.

There were 3 other Empire Runners who made it into the top 10 of the men's race here, led by **Sean Fitzpatrick**, who helps coach his former Santa Rosa High team, in 6th. Masters champ **Don Stewart**, a Rancho Cotate grad, placed 8th overall and another former Viking, **Eric Downing**, captured 10th. **Gregg Jennings** (Santa Rosa HS, 14th), Senior champion **Brian Purcell** (Marin Catholic HS, 15th) and **Scott Ames** (Drake, 20th) were top-20 finishers.

Dan Preston (St. Augustine, San Diego, 34th) was the top Super Senior in the race. Other Empire Runner medal winners included Senior Men **Brad Zanetti** (Serra, 35th) and **Paul Berg** (Bishop Amat, La Puente, 36th), taking 2nd and 3rd, respectively in that division; and **Brendan Hutchinson** (Pingry, Hillside, NJ, 43rd), 3rd in the Super Seniors. **Dan Tuohy** (Poly Tech, SF, 57th) was the only -- and therefore fastest -- 70+ runner in the field.

The home team defended its turf well as the women's race was taken by '02 MHS grad **Elisa Pedersen**. She was on Montgomery's 2000 state champion cross country squad and went on to become a 2-time NCAA Division III All-American at Grove City College in Pennsylvania.

Current Montgomery coach **Val Sell** (Terra Linda) was the runner up and took top honors in the masters division. On her heels was former Sonoma Valley HS star and current Empire Runner **Sara Jakel**.

Also in the women's top 10 was Pedersen's high school coach, **Tori Meredith** (Branham, San Jose, 5th), who took 2nd in the masters and current Analy HS coach **Lisa Titus-Isabeau** (El Molino, 9th) finishing 3rd in that division.

Fall Brush Creek Clean Up: Saturday, October 14



Please come help clean up our adopted section of Brush Creek. As usual, we will work from 9:30 a.m. until 11:30 or noon, picking up litter, removing non-native plants, helping to restore the natural habitat for the fish, turtles and other critters. A very worthy task, indeed!

Meet at the footbridge over Brush Creek, at the north end of Yulupa Avenue (Hampton Woods neighborhood). A pre-clean-up relaxed run of about 4-5 miles will start at 8:30 sharp, for those of you who need to warm up your weed-pulling muscles. As usual, we will provide good coffee, bagels, soft drinks, bananas, etc. to all you awesome volunteers. Hope to see you there!

Call me (Doc) if you need more info: 578-3025.

Social Calendar

Friday, October 13. Movie Night. Rialto Theater on Summerfield Rd across from Howarth Park. Meet early at Clo's or later at the theater. Watch for the eGroup message.

Saturday, October 14. Brush Creek Clean up (see above).

Friday October 20th. Ice Skating. Empire Runners are going Ice Skating! Mark your calendar for, 7:30 to 9:30.

We will meet at Snoopy's Home Ice on West Steele Lane in Santa Rosa. This is great for families, kids, spouses and friends of ours who don't run. This is also perfect for runners who are injured and can't run lately. Its good exercise and it's a blast!

Skating is \$9 for adults, and \$7.50 for kids including skate rental. Questions – Stephen 542-9739

Friday October 27th. Hypnotherapy at Steve's. Empire Runners Group Hypnotherapy Session No. 2, 7 PM. Location is 1545 Monroe Street, Santa Rosa. This is the evening before the Tamalpa XC Race. Questions – call Stephen at 542-9739.

News Flash!

Darryl turns 70...logs over 292,550 miles!

By Val Sell

Watch out all you veterans! That's right, **Darryl Beardall** enters a new age group on October 22nd.

Is it just me or is it impossible to comprehend just how many miles 292,550 is? Yes, collectively Darryl has put in enough running miles to circle the globe over 11-3/4 times! That would be an average of 108 miles a week for the last 52 years.

I have known Darryl ever since I became an Empire runner in the early 90's. He has always been the same to me-a kind hearted older guy who always runs our club races (amongst others) and who gets his fair share of teasing for wearing a Tamalpa singlet. Quite often I see him running past my house during his daily long run, hobbling along, always willing to offer a wave and a big smile. Over the years I have heard bits and pieces of his legendary running stories but became ever more curious to learn more about the man behind the lore.

Earlier this year while teaming up with **Harold "Pots" Norvold** at the Couples Relay in Novato, "Pots" shared some interesting and comical stories about Darryl which prompted me to want to learn more. Upon learning of his up and coming birthday, I decided to do this story, as I know there are many folks who don't realize that we have a running legend right here in our own backyard.

During our interview I realized that Darryl is a great historian. His ability to remember dates and times was remarkable to me. I can't seem to remember as far back as last week let alone 50+ years ago.

Darryl was born on October 22nd, 1936 in Springfield Utah. He was the oldest of 5 children and had one brother, Alan. His family moved to Santa Rosa in 1950 where Darryl attended Santa Rosa Jr. High as a 7th grader. At that time Santa Rosa had only one Jr. High and one Sr. High school. The population was about 12,000 and the only red light in town was at 4th and Mendocino. There was no crime and the main industries were hops and prunes.

Over the next two years Darryl showed some young talent by beating fellow classmates while running during P.E. classes. As a sophomore at Santa Rosa High he tried out for the track team. Not knowing what his capabilities were the coach told Darryl "Run until you are tired". After 48 laps he proclaimed to the coach "I'm not tired". OK, do we see an early pattern here? During his first competitive year at track Darryl tried to find his niche. After placing dead last in the 100, 220, 440 and 880 (not all at one meet) he was ready to give up. He decided to give the only event he hadn't tried a chance-the mile. To his and his coach's surprise he placed 2nd in 5:03. He was hooked, and the rest is history!

Highlights:

- Placed 2nd in the mile (4:46) at NBL finals as a sophomore at SR High.
- In 1954, moved to 4325 Montecito Ave where his Mother still lives today.
- Santa Rosa High started new Cross Country program during Darryls' junior year.
- Darryl and Alan ran home after practice everyday (3 miles). The 2 boys were called into the Principals office and were warned that it was against High School Federation rules to run more than 1.9 miles a day, and if you did so you could die of a heart attack. Did they listen...no. Typical teenagers.
- North Bay League teams consisted of Vallejo, Napa, San Rafael, Petaluma, Drake, Mt. Tam and Santa Rosa. All races were 1.9 miles and were run on the Mill Valley Golf Course.
- Brother Alan trained with Darryl and competed for Santa Rosa as a pole vaulter, using a bamboo pole and jumping into a sawdust pit.
- Santa Rosa XC team took 1st place NBL honors as first year team.
- Darryl placed 3rd in State XC meet where all athletes competed in one division.
- Ran 4:40 in the mile as a junior and won NBL track finals.
- According to Darryl his spikes were all leather, weighed 6 lbs. and had 1" long spikes. He wore these for every workout.
- Santa Rosa Highs population enrollment increased to 2800 students during Darryls' graduating year. School max occupancy at the time was 800.
- Went undefeated during senior XC season often breaking own records until placing 3rd again at the State Meet.
- Ran first Dipsea (won the H.S. division-9th overall) and Bay to Breakers. There were 25 runners at the Dipsea that year and no women!
- During Track, placed 2nd NBL mile in 4:36.
- Attended SRJC in the fall of 1956 under the coaching of Dick Blewett.
- Daily workouts consisted of 20-440's (62-65 seconds) with 220 jog-Every Day!
- Enjoyed long runs on the weekends with Alan.
- SRJC XC race course ran up and down Parker Hill Road for a total of 2.5 miles.
- Placed 3rd at State for Cross Country.
- Continued same workouts for the track season. Ran a 10:57 2-mile and 4:32 mile.
- Is kicked off the team right before the State Meet for "running too many miles".

After graduating from the JC, Darryl continued his training. Burnt out on speed work he concentrated on over distance training and went on to achieve a 2 mile PR in 9:27. He enjoyed many races



sponsored by the Pacific Association ranging from 5k to the Marathon. All PA races were run around Golden Gate Park or Lake Merritt and would finish in Kesar Stadium.

In 1959 Darryl was drafted into the Army. During his routine physical the doctors diagnosed an enlarged heart. The doctors called his parents immediately claiming that his heart was ready to burst.

He later joined the Army Reserves based at Fort Ord. There, he continued his training finding time to run 10 milers while everyone else ate dinner.

Darryl began working in Petaluma as an apprentice carpenter in 1959. He would run home to Santa Rosa everyday and logged 120 miles a week. He continued this mileage until 1994 and 58 years of age.

Other interesting facts:

- Ran 1st Marathon (Petaluma Adobe) in 3:21.
- In 1960 ran Olympic Marathon Trials. Places 15th in 2:45. At this time you didn't need to qualify to run this event.
- January 1963-Married Lynne in Salt Lake City after meeting her at the starting line of the Dipsea. This was someone's idea of a blind date.
- Worked as a postal carrier in Bennett Valley.
- Ran fastest Dipsea in 48:20 and placed 3rd. Brother Alan wins that year.
- Earns scholarship in 1964 to run at BYU where he PR's in the 2 mile in 9:09 and places dead last. Majored in Physical Education with an emphasis on coaching. Drivers and Health Education were his minors. He taught foreign kids to drive in the U.S.
- While attending BYU he achieved a mark of 14:45 for the 5K and 29:50 for the 10K. Earned 7th at Nationals in the 10K during his 2nd year.
- At the 1964 Marathon Trials places 8th in 2:40.
- Later that year placed 5th at Dipsea.
- Worked for North Western Pacific Railroad as a telegrapher starting in 1967 for \$1.25 an hour.
- At the 1968 Marathon Trials placed 9th in 2:50 at elevation.

- Ran 1st “50 miler” and sets a World Record in 6hrs 23minutes.
- At the 1972 Marathon Trials placed 8th in 2:35.
- Ran for the Flying A’s out of Sacramento, then joined the Marin AC which changed their name and became Tamalpa.
- Has 5 children with Lynne. Scott, DeeLynn, Kelly, Clayson and Wendy.
- Took final classes and graduated from SRJC in ‘74.
- Passed student teaching exam in ’76 only to find out that starting teacher’s salary would be a 50% pay cut.
- Won overall Dipsea title in ‘74 and ‘78.

As if this weren’t enough, Darryl continued on. In the late 70s he ran his first Ultra. The race was broken down into 3 separate stages over 3 days. His combined time was 10hrs. 22min. and 39sec. OK, so this might seem doable to some but how about adding a daily shift at work from 3 until 11pm while managing a family of 7 into the mix. There were days when the children would spend time with Darryl at work sharing a bite to eat. A typical lunch would include 4 sandwiches, 2-½ cans of fruit, a banana, an orange and carrot and celery sticks.

A few more all-time marks:

- Fastest 50 miler-5:18
- Fastest 100 miler-12:30
- Ran PR marathon at Two Rock in 2:28, placing 2nd by 30 seconds.
- Interviewed by Barry Spitz in 1993 for a feature article in the “Running Times” and retired from NW Pacific Railroad.
- Has run over 200 marathons, including CIM- 21 times, and has run the Dipsea 46 times.

After the death of his brother, Darryl started the perpetual Alan Beardall “Most Inspirational Award” in 1988 that is still awarded to a Santa Rosa Track and Cross Country athlete each year. If you visit the Gym at the High School you will see the “Blanket Award” that Darryl received for “Most outstanding Athlete” in 1956.-Yes, it is actually a blanket.

While speaking with Darryl, it seemed that the majority of his life has revolved around running. I wondered if he felt like he has missed out on something or maybe wished he had done something different. So, I asked him. He said “I have no regrets and there are only 3 things that I still want to do. #1 Run Boston. #2 Run Western States. And #3 Climb Mt. Whitney and Mt. Shasta.

I can only hope that I am half as ambitious when I turn 70.

Happy Birthday Darryl... And keep smiling!

THE RESULTS ARE IN – DOES HYPNOTHERAPY WORK ON IMPROVING THE PERFORMANCE OF RUNNERS?? – A SCIENTIFIC ANALYSIS
Stephen Starkweather

The first Empire Runners Group Hypno Session happened on Friday evening August 25th, the night before the Phil Widener Empire Open.

There were four test subjects: two males and two females. We started by eating some home-made oatmeal cookies (no, there wasn’t any funny stuff in them!) Then these four runners were taken on a guided imagery journey, also known as hypnosis – getting in touch with their running goals, seeing themselves in all stages of the next morning’s race, and seeing their future running abilities.

Hypnotherapy is deep relaxation, and the basic idea is: change the thoughts and the action changes automatically. It helps people see what they really want and break free of limitations. People generally remember the whole session, especially the suggestions they want to, which are key images, thoughts, and feelings.

One of our runners had an issue of (sometimes) difficulty sleeping before a race. The result: this person slept well after the hypnosis session before the race. So, you see – this proves that it works! Three of the runners who attended the session ran in the race the next morning. The fourth one was not planning to run the race but had other future goals which were addressed in the session. Two of these runners had a really excellent race – one of these had a race time that exceeded their planned maximum potential goal. The other person had a goal to run with a certain other runner in the race who was faster. This actually happened. So again, this PROVES BEYOND A DOUBT, *scientifically* that this hypno stuff really works! I’m trying to be funny here – honestly this stuff is hard to prove. I should add that the four runners had a fun evening. But we really need to do this again so we can get a better picture of the real results.

So I am offering a similar session. **MARK YOUR CALENDAR NOW!** This one is for you! **Special Runners Group Session: Friday October 27th 7 PM**, the evening before the Tamalpa XC race. The time is set in the evening so you can go home afterwards and allow the positive suggestions sink into your subconscious mind as you sleep. You don’t need to be running in the race the next morning to join us. Perhaps you are just interested in hypnosis. Come on over. There is no charge for this runner’s group session. This hypnotherapy session is to help you meet your personal goals with running, whatever these may be, such as being calm and focused, performing to your maximum ability without injury, etc. Also, this is so we as the Empire Runners Teams can kick some bootie against the other teams in the race the next morning. This session is safe and **fun**, and you will only accept the ideas you truly want to accept.

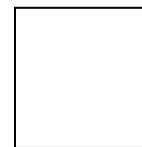
The location will again be at **1545 Monroe Street** – please just let me know if you plan to come so I have some idea how many are coming. Call **542-9739** or email stephen@starkweather.biz. Hypnotherapy is a great tool for a wide variety of issues that face us. If you are interested in my other work with either hypnotherapy or massage, you can also check out www.starkweather.biz -- and don’t hesitate to call me if you have any questions!

October 2006

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|--|
| 10M at medium pace 8:30a Parktrail Drive at Summerfield Drive | 7M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace | 12x300, walk 50, jog 50 5:30p 3390 Princeton Drive, SR | 5M at comfortable pace 5:30p Fleet Feet shoe store, 4th St., SR | 8.5M with 3.5M at strong pace 5:30p Howarth Park | 3M at comfortable pace or Off 8:30a New Appt. | Race: Presidio 3.55M XC 8:30a Training Run, Railroad Square, SR |
| 11M at medium pace 8:30a Cobblestone Trailhead on Channel Drive | 6M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace | Mile, 1200, 2x800, 2x400 5:30p 3390 Princeton Drive, SR | 6M at comfortable pace 5:30p Fleet Feet shoe store, 4th St., SR | 9M with 6x2min at strong pace 5:30p Howarth Park | 5M at comfortable pace or off 7:00p ER Movie Night, Rialto Theater on Summerfield | 8M total with 4x5 min. @ 10K GP, jog 2 min. 8:30a Training Run, Railroad Square, SR |
| 12M at medium pace 8:30a Parktrail Drive at Summerfield Drive | 7M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace | 5x400, 4x800, alternating 5:30p 3390 Princeton Drive, SR | 7M at comfortable pace 5:30p Fleet Feet shoe store, 4th St., SR | 7M with 4M at strong pace Newsletter Deadline: Larry Meredith, Editor 5:30p Howarth Park | 5M at comfortable pace or off 7:30p ER Ice Skate Night, Snoopy's Home Ice | 8M with 16x1min. @XC race pace, 1min. jog between each 8:30a Training Run, Railroad Square, SR |
| 7M at medium pace 8:30a Cobblestone Trailhead on Channel Drive | 5M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace | 4x400, 4x300, 4x200 5:30p 3390 Princeton Drive, SR | 3M at comfortable pace 5:30p Fleet Feet shoe store, 4th St., SR | 4.5M with 4x60sec. at medium-strong pace 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza | 3M at comfortable pace or off 7:00p ER Group Hypnotherapy #2, 1545 Monroe, SR | Race: Tamalpa 4.25M XC 8:30a Training Run, Railroad Square, SR |
| 12M at medium pace 8:30a Parktrail Drive at Summerfield Drive | 7M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace | 20x200m @XC race pace, jog 100 5:30p 3390 Princeton Drive, SR | 4M at comfortable pace 5:30p Fleet Feet shoe store, 4th St., SR | Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>45M/wk): run as written; Group II (30-45M/wk): 3/4 of workout; Group III (20-30M/wk): 2/3 of workout; Group IV (<20M/wk): 1/2 of workout | | |

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



If your dues are due, go to the website www.empirerunners.org and click on **Membership** to see how to renew

Upcoming Events

| | |
|----------------------|--|
| <i>Sat., Sept 30</i> | <i>Garin Park XC (See XC Schedule on http://www.pausatf.org/data/2006/xcschedule2006.html)</i> |
| <i>Sat., Oct 7</i> | <i>Presidio XC</i> |
| <i>Sun., Oct 8</i> | <i>Harvest Fair 10K/3K: http://www.scfymca.org/harvest2006.htm</i> |
| <i>Sat., Oct 21</i> | <i>Race to be Cool, Graton</i> |
| <i>Sat., Oct 28</i> | <i>Tamalpa XC</i> |
| <i>Sat., Nov 4</i> | <i>Fleet Feet Sac XC</i> |
| <i>Sun., Nov 19</i> | <i>PA XC Championships</i> |

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Newsletter Editors

Jan-May-Sept

Jerry Lyman
(See Club Races)

Feb-June-Oct

Dan Preston
(see Treasurer)

Mar-July-Nov

Larry Meredith
(see Group Training)

April-Aug-Dec

Dale Peterson
(see High School)