



Don Stewart wins the Annadel Loop



Stewart and Nacouzi lead a record group of 107 runners at the 26th Annual Annadel Loop on September 5th

Race Report

By Director Bob Merritt

Tioga Pass Run

President Koch becomes a Top 20 Olympian at the 2010 Tioga Pass Run!

By Nathan Koch



New Feature

Alex Wolf-Root recaps the world of running in a monthly feature titled, 'Month that Was'

[Read this month's edition](#)



2011 Memberships

Renew now for 2011! All members must renew by January 1 - visit your membership profile at empirerunners.org to renew online!

[Click to view a printable PDF version of the newsletter](#)

The Board Room

"The Prez Says..."

A message from club president Nate Koch

September Meeting Minutes

-- Paul Berg

September Treasurer's Report

--John Harmon

Email the Board at:

boardofdirectors@empirerunners.org

Club Contact Page

Monthly Features

The Long & Short of It

Commentary, random musings, and occasional Deep Thoughts -- Dale Peterson

The Doc is in

Running, fitness and injuries -- Alec Isabeau, DC

Grand Prix Pulse

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Training Calendar

-Training Director, Larry Meredith

The Empire Runner

The Empire Runner publishes articles and photos submitted by club members. Email your contributions to newsletter@empirerunners.org

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The Prez Sez...



Empire Runners -

Last fall, a discussion came up at one of the club meetings about what the club could do to help out our high school cross country and track teams. Many teams have very small budgets and with school budgets continuing to shrink, transportation costs increasing, and the myriad of other financial woes, many teams struggle to continue. Several ideas were thrown around. Many were difficult to carry out, but one stood out as any excellent and easy idea. I'm not sure who thought of it originally, but Val Sell proposed that the club subsidize the annual Viking Opener Cross Country Invitational. Some details were hammered out and it was approved by the membership.

It costs \$125 to bring a team to the event and with most Sonoma County schools participating, that's \$125 that those teams now have for other costs. Gil Moreno, the club's membership director had a booth at the Viking Opener and reported that several people gave thanks to the Empire Runners for bearing the cost of the meet. Paul Berg, sporting an Empire Runner's singlet in the alumni race, said that he heard the same.

What an easy, yet simple way that we could support our high school and middle school teams. If you have any other ideas on how to support our youth, feel free to contact me.

On a side note, next year marks the 25th anniversary of the alumni race at the Viking Opener (although the 27th annual VO). The alumni race is fun event, not only for local alumni, but for those across the country (and even a few internationals). So mark your calendars (September 17th, 2011) and pull out those old high school racing singlets.

Happy Running,

Nathan Koch

president@empirerunners.org

Empire Runners Sept 23, 2010 Club Meeting
(pending approval at the October 28, 2010 meeting)

President Nate Koch (president@empirerunners.org) called the September 23, 2010 meeting to order at 7:34 pm.

Secretary's Report:

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

Treasurer's Report:

Jerry Lyman for Treasurer John Harmon (treasurer@empirerunners.org) reported that the current club balance is \$38,776.71, down \$11,816 from the same time last year.

The Student Grant Fund balance is \$395, approx \$101 less than the same time last year.

Donations this month: Girls on the Run \$1000, SE Greenway \$1000. Club Contribution for sponsoring the Viking Opener was \$4117.

Race Financials:

Annadel Loop lost \$295 vs. \$788 loss in 2009

Empire Open netted \$1840 vs. \$1629 in 2009.

Cross Country Expense TD is \$525 not including Garin Park.

President's Report:

President **Nate Koch** reported:

1. The Bylaws Revision Committee will convene on October 14.
2. The old clock, which was replaced earlier this year was sent out for repairs in February and has not returned. Apparently the persons doing the repairs have had some financial difficulties, which caused them to move, taking several clocks with them. Stay tuned...
3. Chris Smith wrote a nice article in the PD about ER member Cathy DuBay's trip to see the Giants play the Cubs at Wrigley Field. Cathy won free airline tickets by virtue of finishing first at last year's Susan B Komen Race for the Cure. Cathy received VIP tickets from the Cubs, and now has a wardrobe dilemma: wear Giants jersey or be polite to her Chicago hosts....

C. Race Reports:

1. Recent Events

1. Empire Open - 8/28
2. Annadel Loop - 9/5
3. Golden Gate Open XC - 9/11
4. Tioga Pass Run - 9/12, 3 survivors from ER
5. Viking Opener 2M - 9/18, 90 alumni

2. Upcoming Events

1. Garin Park XC - 9/25, Masters Men, Super Senior Men, Senior Women
2. Presidio XC - 10/2

3. Harvest Fair Run - 10/3, Gil needs volunteers to help set up & man ER booth
4. Willow Hills XC - 10/9 some teams
5. Wine Country Marathon & 1/2 - 10/10
6. Crazy Creek Beer & Brat 5k - 10/16 Middletown
7. Shoreline XC - 10/23
8. Tamalpa XC - 10/30
9. Carousel 5k/10k, 9/26 @ 8:30am, Schollenberger Park, Petaluma

Committee Reports:

1. Egroup Update: Jerry Lyman reported that we will begin using the message service from Wild Apricot, and not be using Yahoo.

New Business

1. Christmas Relays; Gil Moreno presented the proposal:

“That Empire Runners guarantee up to \$150 for transporting club members to the Christmas relays in San Francisco on December 12.”

Gil explained that he has reserved a bus to transport ER teams to SF at a cost of \$34.75/person, based on having 49 passengers. To date he has commitments from 24 runners. He can cancel the bus until 2 weeks before the event at no charge. If he can't recruit at least 8 teams (of 4) by that date, he has the option to cancel the bus. He is requesting that in the event of not entirely filling the bus, that ER would pay up to \$150 if needed. 2nd by Jerry Lyman, passed unanimously.

Monkey Business

Raffle: Tori Meredith won \$18, and \$19 went to the student grant fund.

Drawing: Dana Wilder would have won \$200 if she attended the meeting....

President **Nate Koch** concluded the meeting at 8:10 pm.

Attendance:

Don Sampson, Dave DeSelle, Bob Shore, MiniMel, Brad Zanetti, Bev Zanetti, Mike Zanetti, Darryl Beardall, Gil Moreno, Super G Urdzik, Tanya Naranth, Dave Goodwin, Cathy Goodwin, Thermo, Craig Wasserkrug, Tori Meredith, Larry Meredith, Pappy, Doc, S.L. Edge, Bob Merritt, Christopher C Mason, Alextopher E Wolf-Root, Bones Koch, Paul Berg.

September 23, 2010 Treasurer's Report

	-\$11,815.87	
Total Club Funds	\$38,776.71	Down \$11,816 from Sep 2009

Student Grant Fund	\$395	vs. \$496 in Sep 2009
High School	(\$9,122)	Does not include Sep membership/apparel includes \$4,117 for Viking Opener
Projected Total for 2010	\$9,537	

Donations

Vineman (less booth expenses)	\$167
Girls on the Run	(\$1,000)
Southeast Greenway	(\$1,000)

Race Financials

<u>Annadel Loop</u>		
Income	\$698	
Expenses	(\$493)	
Donation	(\$500)	
Net	(\$295)	vs. (\$788) in 2009

<u>Empire Open</u>		
Income	\$4,576	
Expenses	(\$1,986)	
Donation	(\$750)	
Net	\$1,840	vs. \$1,625 in 2009

<u>Cross-Country</u>		
Race Entries	(\$525)	does not include Garin Park
Reimbursements, Awards	\$0	
Net to date	(\$525)	



9/5/2010

26th annual Annadel Loop

Don Stewart...Loop Master!!!

By Bob Merritt, Annadel Loop race director

Don Stewart led a record group of 107 runners to win his second Annadel Loop in the last six years. Don's record in the past six years: '05--3rd, '06--1st, '07--3rd, '08--4th and '09--2nd. Don's time was faster than he ran in 06 and his record in the Loop de Loop has been outstanding, making him unequivocally "THE LOOP MASTER."



The 1st woman, in second place, was late-starting 16 year-old **Julie Nacouzi**. Not sure when she jumped into the race, but she ran very well, finishing a little over a minute behind Don.

The other women to adorn the coveted purple shirt were **Jocelyn Friel** in 4th, **Tori Meredith** in 6th and **Sydney Bernier** in 13th with the last purple shirt of 2010. Tori has 10 to 12 purple shirts (she lost count) making her easily "THE LOOP MASTERETTE," or something like that. I appreciate her help over the years helping me put on the race.



For full results, go to

<http://www.empirerunners.com/results/loop/loop10.pdf>

More photos at

<http://empirerunnersclubphotos.shutterfly.com/10126>

The Empire



Runner

The other men to walk away wearing purple were: 3rd **Bradford Bryon**, 5th **Alan Reynolds**, 7th **Gerald McCormick** (who ran the fastest scratch time in the field in 43:22 @ 6:11 pace), 8th **John Staroba**, 9th **Pappy Lyman**, 10th **Paul Berg**, 11th **Bradley Zanetti**, and 12th **Gregg Jennings**.

We had one of several spills on the course, as our treasurer John Harmon went down getting scraped up pretty good. Thankfully, the doc said a couple of days later it was just a sprain. John was appreciative for the help he received and noted that we need to update or upgrade our first aid kit. On that note I received several complaints of two men running through the pack elbowing people as they passed, and in one case knocking down a women runner. The Annadel Loop course demands using caution while running or racing it, as it is very steep and rocky. Common trail running etiquette should be followed. Please be safe.



Tanya Narath & Jon Hermstad head up Cobblestone.



Some of the great crew from Cardinal Newman/Ursuline who monitored the course

Many thanks to those who helped: Loop Divas Lisa Isabeau and Tori Meredith, George Urdzik, Bob Rogers, John Anderson and Timingmaster Bob Shor. Special thanks to Dale Peterson for leading the Cardinal Newman Cross Country Team up the course to mark and monitor it. Thanks to our sponsors: Montecito Heights Health Club, Fleet Feet Sports, and Heart and Sole. New in 2011—5 minutes to be added to women over 60 and men over 65! See ya next year!

2010 Annadel Loop

September 5, 2010

7 Miles

PLACE	NAME	TIME	HANDICAP	SEX/AGE
1	Don Stewart	40:11		5 M/49
2	Julie Nacouzi	41:16	14	F/16
3	Bradford Byron	41:51	6	M/52
4	Jocelyn Friel	42:54	13	F/41
5	Alan Reynolds	43:10	3	M/46
6	Tori Meredith	43:16	15	F/53
7	Gerald McCormick	43:22	0	M/27
8	John Staroba	44:17	0	M/31
9	Jerry Lyman	44:24	11	M/61
10	Paul Berg	44:40	8	M/55
11	Bradley Zanetti	45:06	8	M/56
12	Gregg Jennings	45:08	2	M/40
13	Sydney Bernier	45:19	13	F/40
14	Guy Schott	45:54	4	M/47
15	Brendan Hutchinson	46:24	15	M/67
16	Eric Downing	46:28	1	M/39
17	Val Sell	46:38	13	F/46
18	Richard Stuart	46:43	7	M/53
19	Jon Hermstad	47:07	11	M/62
20	Karen Kissick	47:19	15	F/53
21	Dave Googwin	47:23	6	M/52
22	Nathan Koch	47:31	0	M/29
23	Paul Audiss	47:32	3	M/44
24	John Harmon	47:56	7	M/54
25	Alyce Parks	48:27	14	F/51
26	Tony Ramirez	48:41	10	M/59
27	Larry Meredith	50:01	7	M/53
28	Brian Moffett	50:11	5	M/49
29	Vernon Statford	50:14	8	M/56
30	Christopher Strunk	50:16	2	M/40
31	Steve Cryer	50:24	9	M/68
32	Mike Schwartz	50:41	1	M/39
33	Charlie Reid	51:15	5	M/15
34	Danielle Herrerias	51:27	15	F/52
35	Stephen Fisher	51:32	0	M/17
36	Shelli Main	51:33	14	F/49
37	Cathy Goodwin	51:37	15	F/54
38	Lidia Alcazar	51:40	11	F/34
39	Bob Finlay	52:06	7	M/53
40	Mike Stafford	52:07	9	M/58
41	Paul Herrerias	52:14	7	M/54
42	Rob Main	52:31	6	M/51
43	Deb Skinner	52:48	13	F/43
44	Doug Starr	53:04	9	M/58
45	Allyson Bricker	53:28	14	F/15
46	LouAnn Conner	54.55	13	F/43
47	LT Isabeau	55:38	14	F/51
48	Ann Leoni	55:44	14	F/49
49	Mike Sheldon	55:50	1	M/39
50	Hugo Pegley	55:51	7	M/13
51	Troy Tuscher	56:00	5	M/50

52 Daryn Hess	56:07	3 M/46
53 Hilary Opel	56:36	12 F/37
54 Kalani Spears	56:46	14 F/14
55 Carlos Ortegon	56:53	4 M/47
56 Darrell White	57:00	8 M/56
57 Bill Browne	57:13	10 M/60
58 Nick Pegley	57:18	5 M/49
59 Gil Moreno	57:29	15 M/67
60 Anette Dobler	57:35	13 F/42
61 Kenneth Klegar	58:02	2 M/41
62 Al Tagliaferri	58:09	11 M/62
63 Robin Pry	58:37	11 F/33
64 Bernie Holender	58:45	15 M/74
65 Stephanie Nacouzi	59:01	14 F/51
66 Leila Nacouzi	59:01	14 F/15
67 Shannon Ehrlicher	59:02	11 F/34
68 Alicia Bricker	59:04	12 F/36
69 Wendy Cole	60:02	15 F/57
70 Robert Rajalingam	60:25	0 M/34
71 Edda Stickle	61:12	15 F/68
72 Tanya Narath	61:21	13 F/47
73 Paul Archibald	61:34	8 M/56
74 Bret Connor	61:59	1 M/36
75 Liz Bernstein	62:31	12 F/35
76 Mark Slovick	62:31	7 M/63
77 Kyle Restad	62:31	0 M/34
78 Anna Gappi	62:45	13 F/42
79 William Rogers	63:14	5 M/49
80 Bob Vyeniolo	63:34	8 M/55
81 Amy Zimmer	63:34	13 F/47
82 Chris Oliver	63:37	0 M/34
83 Brian Morrey	63:43	1 M/35
84 Joe Baratta	63:52	1 M/38
85 Victor Sibbaluca	63:55	5 M/49
86 Mark Wilson	64:05	3 M/45
87 Caitlin Wagner	64:23	11 F/28
88 Tom Skinner	66:52	8 M/56
89 Carl Triola	67:22	2 M/41
90 Terry Lease	68:35	5 M/49
91 Joe Opel	68:58	1 M/39
92 Tim Sarter	69:07	3 M/46
93 Curtis Given	69:14	1 M/38
94 Lindsey Kennedy	69:19	11 F/29
95 Beki Berrey	69:59	12 F/37
96 Mikio Matsumoto	70:11	5 M/50
97 Peter A. Howley	70:22	15 M/70
98 Daniel Goodwin	70:39	1 M/35
99 Jose Acevedo	72:47	4 M/47
100 Darryl Beardall	73:19	15 M/73
101 Steve Einstein	73:55	8 M/55
102 Lindsey Ehrlicher	74:56	11 F/28
103 Jessica McCormick	74:57	11 F/28
104 Jay Emery	75:52	0 M/32
105 Lynn Smith	77:04	13 F/47
106 Lara Miraglia	77:57	11 F/29
107 Danielle Lovejoy	77:58	11 F/28

The Empire Runner

How I Became a Top 20 Olympian, or How to Host Your Own Sufferfest

By Nathan Koch



The call out went something like this:

<http://www.monolake.org/visit/tiogapassrun>

You know you want to do it.

So don't be a Girly Man... be a Burly Man!!

Only one hill!

Sledge

From there, it was a mass of emails of people coming up with excuses not to run it and of a few who said they would think about it (procrastinators who were just delaying their excuses), and 3 of us who actually showed up for the action.

The Tioga Pass Run happens to be the day after the Golden Gate Open which is a popular event for those running cross country. I'm the loyal sort, and so I felt compelled to come and support the Men's Open team at the Golden Gate Open before hopping in my rig and high-tailing it to meet Doc

The Empire Runner

and Sledge over near Mono Lake.

We were set to have 6 runners at Golden Gate and so my plan was to let the other 5 guys be our point scorers and I would do an easy trot on the 4 mile course. My plans fell apart when Alex Wolf-Root had to bail on us, leaving us with only 5. Our fearless leader, Captain Eric “Danger” Downing, quickly let it be known that I was not to save anything for Sunday.

I didn't. I managed to take 51 seconds off of my personal record. After the race, I head back to the Empire Runners team tarp and overhear LT talking with Tori Meredith about the Tioga Pass shenanigans and my planned double. She says something about me being “young and stupid”. I don't know what she's talking about. I did a quick cool down with the guys, hopped in my 4Runner and set off on my 6 hour.

I met the boys a little before sundown and Sledge cooked up some delicious spaghetti for dinner and then we hit the sack; camped out under the stars. The following morning we packed up and headed into Lee Vining. As I'm getting my gear together, Olympic marathoner Ryan Hall runs by. My first thought is, “Well, I'm certainly not going to be winning this race.” Not that I thought I had much chance anyways.

After checking in and making final preparations, we lined up on the starting line on the main drag through Lee Vining at 6800 feet. The race starts and off we go. Ryan Hall quickly opens up a gap and disappears into the distance.

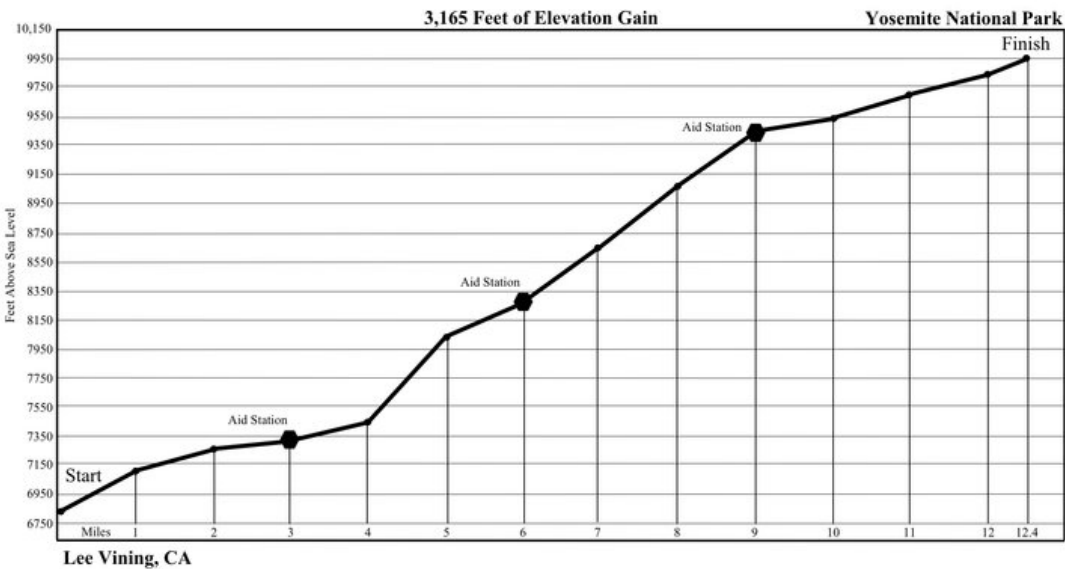
I, on the other hand, start off slow and settle into a relaxed pace. The first 1/2 mile isn't too bad, but then we turn onto a utility road and the ascent begins in earnest. I rattle off a pedestrian 8:11 mile. We turn onto Hwy 120 where we'll remain until the top of the pass. Miles 2 and 3 level out to a measly 2-3% grade and I pick up my pace to the mid 7:30s through mile 4.

I knew I wasn't in the best shape for anything real long or with major hills. I've been working on bringing down my mile time all summer, so I've had lots of speed work and not many runs longer than 8 miles. So the 12.4 miles was going to be tough all by itself, never mind the hill (there's only one!) and the elevation. The middle miles certainly accented my lack of training. Miles 5-9 showed my pace to drop into a 9:44, 10:30, 10:40, 11:35, and then 10:49. Ouch. I originally had no plans on starting my watch, but I figured it might be interesting to check out my splits later, just for laughs. I certainly got a good chuckle flipping through them afterwards.

The Empire



Runner



It was about Mile 9 when Doc showed his amazing hill strength and caught up to me. I commented on how Ryan Hall was probably finishing up about now. I received no response. Maybe Doc's feeling as good as I am.

Just as I'm thinking about making a very hard left off a cliff, the grade changes from the 9 and 10% grade to

an easy 3-4%. I'm able to open up my stride once again and set off at a clip in the mid 8 minute range. As I climb ever nearer to the 9,945 foot mark a cool breeze begins blowing up the canyon and makes for near perfect running weather. We run by a couple of scenic lakes and eventually pass the 12 mile marker. Only .4 miles to go. I make an attempt at a kick, but can only muster a slight pickup in my pace as I zero in on the eastern gate to Yosemite.

I'm congratulated by volunteers and those finished before me (including Ryan). I finished 10th with a time of 1:54, a mere 34 minutes after the winner. I walk down the road a little ways to cheer on Doc as he finishes in 13th place. And then we head on down to cheer Sledge to his 58th place finish.

Afterwards we catch a shuttle back into town, drive over to get our free lunch, and sit through the awards. From there, the three of us parted ways - me back home since I had to teach the next day, and they head off for another night in the wilderness. Somehow I manage to make it home without my legs cramping up in the 4runner. Talk about the ultimate Toyota accelerator problem.

Despite those sluggish middle miles, I'm still stoked with the race as a whole. I had a great time and would certainly do it again. After updating my Facebook status, Alex Wolf-Root commented that I was 10 in a race with Ryan Hall, and Ryan Hall was 10th at the Olympics, so that makes me a top 20 Olympian. I don't know if his logic holds up, but I'll take it. Anyone for Sufferfest 2011?



Month That Was

By Alex Wolf-Root

Just as the famed Letsrun.com does a "Week That Was" to recap each week of running news, here I'll be briefly recapping the world of athletics (Cross Country, Track and Field, and Road Racing) in this segment I'm unimaginatively calling the "**Month That Was.**"

The most recent big event was the 5th Avenue Mile. For those of you unfamiliar, NYC shuts down the famed 5th Avenue for a series of mile races, culminating with the professional runners. As usual, the fields did not disappoint. Most relevant to my audience was the performance of Sara "Bei" Hall, a former winner of this event. She battled World Silver Medalist Shannon Rowbury, clocking 4:24.34 to just miss the win by 0.22 seconds. This was her third high-profile 2nd place finish of the year, the other two being the Milrose Mile and the USA Indoor Championships 3,000m.

The men's race saw a phenomenal field that included Olympic Silver Medalist Nick Willis (New Zealand), American 1,500m/5,000m record-holder Bernard Lagat, reigning champ Andy Baddeley, American Mile record-holder Alan Webb, US road mile champ David Torrence, sub 3:30 1,500m Olympian Amine Laalou (Morocco), US Steeple Champ Dan Huling, and Heart and Sole Elite Mile Champion Tim Bayley (Great Britain). The race went out "slow" (for these athletes) at slightly over 2 minutes for the half-way point, and then saw a sub 1:50 finish for the top runners. Lagat and Laalou battled out the last 50 or so meters, with Laalou taking the race in 3:52.83. Behind him it was

incredibly close, with Lagat at 3:53.30, Baddely at 3:53.34, and Webb at 3:53.72. This was an especially good performance for Webb, as he's only raced 4 times this season; his first race in nearly two years was a 1:52 800m just about 6 weeks prior.

NYC wasn't the only location for great road races in September. Across the pond, the Great North Run saw the great Haile Gebrselassie run an insane 59:33 for the half-marathon, making this the sixth time he's broken then hour barrier. The man may be nearing 40, but he's still one of the best runners in the world. Period.

While this is the one of every four years without an Olympics or World Championships, there was still a decently big track event to end off the season: the Continental Cup in Split, Croatia. The highlight, to our audience at least, is likely the double golds by Bernard Lagat in the 3,000m and 5,000m. The 2007 World Champion showed that he is still a major medal threat at these distances, especially as he's said he will move up to the 5,000m for the 2012 Games.

On the college front, some big invitationals have just begun to kick off the season, with the Stanford Invitational being a prime example. While I doubt most here care about the ins and outs of college XC, there were some local athletes taking part. Leanne Fogg (MCHS 2007) placed 21st at 21:29 for the 6km

The Empire



Runner

distance. This performance helped Cal Poly to a 4th place finish. Another Puma, Calvin Thigpen of UC Davis, continued his recovery (he sat out last season) by placing 36th in a time of 24:34 (sub 5-minute pace) for the 8k course. A duo of Chico runners, Alia Gray (MCHS) and Shannon Rich (Rancho Cotate) placed 44th and 61st, while Joe Withers (Cardinal Newman 2008) placed 85th for Northern Arizona University.

Of course, there was a ton of high school action this month, but I think someone else has that covered.

Hope you enjoyed the Month That Was In Running. If there's anything you want to see focused on in future editions, let me know.

-Your friendly neighborhood **Wolfman**
(runnerforlife86@gmail.com)



The Long and Short of It – Dale Peterson

Tioga Party

President Nate Koch, Doc Isabeau, Ryan Hall and I decided to take on the challenge of the Tioga Pass Run on Sept 12. Ryan won. Nate has a nice write-up on the event found elsewhere on the ER Website / newsletter. It was a great event! Doc and I made a nice camp near the Mono Craters the night before and we joined all the tough-as-leather locals in the epic climb to the Yosemite entrance station in the morning. Low-key but super challenging as you can imagine, there was great local support in the little town of Lee Vining. Interested? <http://www.monolake.org/visit/tiogapassrun>

Running Boom

Remember the Running Boom of the nineteen-eighties? It seemed like everyone was putting on some kind of race or fun-run. I didn't start running road-races until the very end of that decade but I still remember everyone talking about running or knowing somebody that did. Well, if you missed the first boom there is no need to feel bad. A whole new boom is underway! Now I don't have any statistics to back it up, but it seems to me that all of our club races have shown a healthy upturn in attendance the last couple of years and every time I turn around there is some new race showing up on the schedule. We've got full marathons and half-marathons, 10K's, 5K's and 3K's. Just about every weekend there's a race somewhere within easy driving distance. It is a good time to be a runner. It should be easy to find some new challenge to help motivate you in your training.

2012

Assuming the Mayan calendar is wrong and the world does not end, the 2012 Olympic trials will be held again In Track Town USA aka Eugene Oregon. Robin and I went up with Larry and Tori Meredith in '08 and had a blast. We ran in the mornings with John Harmon, watched the competition and ate good food in the local establishments by night. If you are thinking about going be aware that tickets will probably go on sale in February or March and hotel reservations will probably need to be made just about this time next year. It is all worth it. Eugene is a great little town. You can even run in the annual Butte to Butte race on July 4th. On off days it is an easy drive to the mountains and some wonderful hiking trails. For a track fan and runner it makes just about the perfect vacation.

Lost and Found

A triple thank you goes out for finding my keys on Channel drive. Thank you number one goes to the nice young man on the Cardinal Newman cross-country team who picked them up when I first dropped them while we were coming back from Annadel Loop course monitoring. Thank you number two goes to the good Samaritan who turned them in to Ranger Bob after they fell thru the hole in my fanny pack the second time! Thank you number three goes to Ranger Bob for keeping them safe and sound until I picked them up ten days after losing them the first time. This kind of makes up for the time I got my vehicle broken into at Helen Putnam park, but that is another story for another time.



The Doc Is In

Send your questions about running fitness and injuries to newsletter@empirerunners.org. Please put "Doc Is In" as the subject title of your email.

Body Language

Piriformis Syndrome: A Pain in the You-Know-What!

By Alec Isabeau, D.C.

[First published in the Empire Runners Club Newsletter, August, 1998]

Just this past week I got bit by the butt bug. In more fancy terms, I acquired a case of "piriformis syndrome." And while you might think that this means I need a strong dose of penicillin, what I really need is a good therapeutic kick in the rear, sort of.

The piriformis (pronounced PEER-i-formis) is a fairly small muscle that rotates and extends the hip. Along with the more familiar and bulky gluteal muscles, it forms that portion of your geography known as the buttock. Like all muscles, the piriformis can start to hurt if it is forced to contract or stretch too hard, or too often, or in a mechanically inefficient fashion. In the case of the piriformis, the common culprit that induces injury is sitting, which compresses the muscle and jams the neighboring sacroiliac joint of the pelvis. The result is typically a distinct pain in the butt, often accompanied by variable pain that may extend down the thigh into the leg and foot. Piriformis syndrome may, in fact, mimic the symptoms of a herniated disc in the lumbar spine, because the spasmed muscle can compress the sciatic nerve.

Treatment of this very common condition requires, at least, a lot of stretching and avoidance of prolonged sitting and driving. At most, it mandates the addition of a regiment of vigorous deep tissue massage, mobilization of the sacroiliac joint and physiotherapy, in particular, ultrasound and electrical muscle stimulation. The treatment of piriformis does not include cortisone shots, surgery, or any other desperate measure.

I think I acquired my person pain-n-the-butt after a hard day of rock climbing (i.e., contracting muscles in very awkward configurations), followed by a long drive home through the central valley. I only made matters worse by

running the Kenwood 10K a few days later, followed by the two mile at the track meet. Lucky for me, my stupidity was overwhelmed by the combined skill of the doctors at my office and my wife, who has become quite proficient with an ultrasound machine and a well-placed elbow. After just a few doses of my own medicine, so to speak, I am now sitting at this computer (Sitting! Yikes!) with nary a pain in me ars. So don't fret if you've been bit by the butt bug—it's quite curable and your running days are not over. Now get up and stretch.

Addendum October 2010

Since writing that article over 12 years ago, a couple additional effective tools have been added to the treatment program for piriformis syndrome. We now routinely use foam rollers, massage sticks and even softballs or tennis balls to self-massage and promote relaxation of a tight piriformis; this is typically done before bedtime, in conjunction with gentle, repeated stretching. We also now emphasize corrective exercises much more than we did a dozen years ago. For a chronically troublesome piriformis, this usually entails developing a perfect, deep body-weight squat pattern and activating the gluteal muscles with glute bridges and deadlifts. Don't be reckless about this stuff, though; get a trainer or sports medicine practitioner to teach you how to precisely perform these maneuvers. And as for sitting in front of a computer or a TV: it's just as bad as it's always been. So get up and go for a run.

The Empire Runner



Grand Prix Pulse

Rumors that the Czar is vacationing in the Romanov summer palace are patently untrue, but he has been preoccupied fending off Bolsheviks. Consequently, updated Grand Prix standings are delayed. Barring a revolution, expect a new posting by the middle of October.

G. Rasputin

Links to current Grand Prix standings:

<http://www.empirerunners.com/grandprix/2010GPMens.pdf>

<http://www.empirerunners.com/grandprix/2010GPWomens.pdf>

The Empire Runner

Ask the Hutch

No one knows Annadel State Park like Brendan Hutchinson. With a passion for nature and an artist's eye, Hutch scours the park's remotest areas to capture extraordinary images with his trusty Nikon. He's been at it for nearly 30 years. Have a question about the nature in which we run? ASK THE HUTCH.

Email your questions to newsletter@empirerunners.org. Enter "Ask the Hutch" as subject heading.

Wanted!

Writers for the Prep Runners Report

The Empire Runners Club monthly online newsletter, *The Empire Runner*, seeks high school runners and coaches to write for a new feature column, the **Prep Runners Report**. This column will provide a vehicle for young runners and their coaches to share stories of running and competing in the Sonoma County area.

- Write about your team or your coach.
- Write a personal story about what running has meant in your life.
- Write a report about a particular meet or training run.
- Write fact. Write fiction. Be creative. Be informative. Be serious. Or not.

Sorry, we can't pay you, but being a published writer might look great on a college application! Maybe your article can double as a school writing assignment.

Our online newsletter, *The Empire Runner*, can be viewed by anyone visiting our website, www.empirerunners.org. Our club members, over 600 of them, are notified when each new issue is published. Your article may be viewed by thousands of people, including other prep runners in Sonoma County and beyond. Here's your chance to showcase your writing ability and help inform the community about what's going on in the world of high school running athletes.

We prefer articles to be no more than one to two pages long, but we're flexible. Include photos if you wish. We reserve the right to publish or not publish any article submitted to us. More than likely, only one article per writer will be published, but if you send us something exceptional, we may ask for more.

Email us your creations, preferably as an attached Word document to: newsletter@empirerunners.org. Please put "Prep Runners Report" in the subject title of your email. Attach photos if you wish. We can format your article and place your photos in it. Include your name, age, grade, and school.

If you can't email and need to mail a hard copy, send it to
Prep Runners Report
C/o Jerry Lyman
2345 Hilltop Court
Santa Rosa, CA 95404



Blast from the Past:

The following article was cut and pasted from the February 1998 Empire Runners Club newsletter.

Twelve Years And Counting

by Alec Isabeau

Going on 12 years with the Empire Runners, this happy old Thirsty Dog is waggin' his tail, musing about his riches:

* Thursday evenings on Channel Drive -- starting to smell the barn, and the pace quickens inexorably. Hammering up the final grade past Violetti: brutal, foolish, wonderful.

* Wandering the streets on a cold Monday night, trading jokes and lies, spreading rumors, and somehow returning to Yolo Court in exactly 49 minutes.



* The Saturday morning Pain Clinic: endless fartleks in a driving rainstorm, followed by a trencherman's breakfast.

* Long, nomadic Sunday morning runs, up around Ledson Marsh, entertained by the bantering Bubbas through the final miles, when my fuel tank is empty.

* Turkeys on patrol, frozen puddles, Orangestone Falls, evening frog choruses, newts ("Newt Alert!", the cry goes out), the Cataracts in full flood, Thirsty Girls covered with mud (chattering and laughing, of course), late night solo runs through the neighborhood, quiet, tired, thankful.

If you hear me whine about ANYTHING, just slap me.

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>26</p> <p>12M at medium pace 8:00a Lawndale Trailhead off Lawndale Road in Kenwood</p>	<p>27</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>28</p> <p>2x800m@2M G.P., 2x600m@1M G.P., 2x400m@800m G.P. 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>29</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>30</p> <p>4.5M with 4 x60sec. at XC race pace 5:30p Howarth Park</p>	<p>1</p> <p>6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run</p>	<p>2</p> <p>PA Cross Country Race: Presidio 5K XC 8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>
<p>3</p> <p>8M at medium pace 8:00a Parktrail Drive at Summerfield Drive</p>	<p>4</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>5</p> <p>12x300, walk 50, jog 50 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>6</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>7</p> <p>8M with 3M at strong pace 5:30p Howarth Park</p>	<p>8</p> <p>6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run</p>	<p>9</p> <p>PA Cross Country Race: Willow Hills 8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>
<p>10</p> <p>Race: Wine Country Marathon / Half-Marathon, Healdsburg 11M at medium pace 8:00a Cobblestone Trailhead on Channel Drive</p>	<p>11</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>12</p> <p>Mile, 1200, 2x800, 2x400 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>13</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>14</p> <p>9M with 8x2min at strong pace 5:30p Howarth Park</p>	<p>15</p> <p>6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run</p>	<p>16</p> <p>Race: Crazy Creek Beer & Bratwurst 5K & 5M, Middletown 8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>
<p>17</p> <p>12M at medium pace 8:00a Parktrail Drive at Summerfield Drive</p>	<p>18</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>19</p> <p>4x400, 3x800, alternating 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>20</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>21</p> <p>Newsletter Deadline: Dale Peterson, Editor 5M with 2 x 3 min. at strong pace 5:30p Howarth Park</p>	<p>22</p> <p>6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run</p>	<p>23</p> <p>PA Cross Country Race: Shoreline, Mtn. View 8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>
<p>24</p> <p>7M at medium pace 8:00a Cobblestone Trailhead on Channel Drive</p>	<p>25</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>26</p> <p>4x400, 4x300, 4x200 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>27</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>28</p> <p>4M with 1M at XC race pace 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p>	<p>29</p> <p>6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run</p>	<p>30</p> <p>PA Cross Country Race: Tamalpa 4.25M XC 8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>
<p>31</p> <p>8M at medium pace 8:00a Parktrail Drive at Summerfield Drive</p> <p></p>	<p>1</p> <p>6.5M at 7:30 pace 7:00p 1932 Yolo Court, SR</p>	<p>2</p> <p>6M with 6 x 2 min. at 3M G.P. 5:30p Interval workout, 3390 Princeton Drive, SR</p>	<p>3</p> <p>5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>4</p> <p>7M with 3x4min at strong pace 4:30p Howarth Park</p> <p> Time</p>	<p>5</p> <p>6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run</p>	<p>6</p> <p>8:30a SR Creek Training Run, Railroad Square, SR Coffee after!</p>

We gratefully acknowledge our...

Empire Runners Club Sponsors

To find out how to become a Club Sponsor contact the Sponsorship Director, Shirley Fee, at 707-328-4745, mrunner1@sbcglobal.net.

Champions

have given annual cash or in-kind donations to the Empire Runners Club of \$1000 or more in value:

FLEET FEET SPORTS -- 111 Third St., Santa Rosa, 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE

TAGLIAFERRI'S DELICATESSEN & CAFE, Petaluma & Novato, www.tagsdeli.com

KZST, 101.1 FM, Sonoma County's Radio Station

Backers

The following have given annual cash or in-kind donations to the Empire Runners Club of \$500 or more in value:

CULLIGAN WATER OF SONOMA COUNTY--707-545-1330

SIR SPEEDY PRINTING--3451 Airway Drive Santa Rosa, 707-546-3900

CHATEAU ST. JEAN, Sonoma

Allies

The following have given annual cash or in-kind donations to the Empire Runners Club of \$200 or more in value:

ALEC ISABEAU, D.C. -- Chiropractic Sports Medicine, 586-5555

STEPHEN STARKWEATHER -- Massage & Hypnotherapy, 707-544-5143

WINE COUNTRY MARATHON, 10/10/10, Healdsburg

Friends

The following have given annual cash or in-kind donations to the Empire Runners Club of \$100 or more in value:

Partners in Fitness

The following fitness-related businesses or organizations display the Empire Runners Club Poster or offer Club race schedules for the benefit of their clients:

FLEET FEET SPORTS -- 111 Third St., Santa Rosa; 569-1494

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE

TrainToEndure.com

Member Discounts

The following businesses or organizations offer discounts of at least 10% to Empire Runners Club members:

ATHLETIC SOLES -- 49 Petaluma Blvd N., Petaluma, 763-0700, www.AthleticSoles.com

HEART & SOLE SPORTS, 65 Brookwood Ave., Santa Rosa, 707 545-SOLE

MIKE WINTERS CUSTOM SECURITY & SOUND (707) 544-7525, M-tronix@sbcglobal.net

3D FITNESS, John Iervolino, (707) 495-0509, iervolino1@att.net

The Empire Runners Club

HALL OF FAME

Class of 2008

Darryl Beardall

Mort Gray

Carl Jackson

Class of 2009

Pamela Horton

Brendan Hutchinson

Dan Preston

Class of 2010

Bob Holland

Jim Ray

Al Tagliaferri

FREQUENTLY ASKED QUESTIONS

Here you'll find answers to questions you may not easily find elsewhere on the club website. The following list is a work in progress. If you find any of the answers unsatisfactory or have other questions about the Empire Runners Club you would like answered and added to this list, contact us at newsletter@empirerunners.org. Please put "FAQ" in the subject title of your email.

Click on a question to view the answer.

ERC Membership and You

What benefits do I receive from joining ERC?

Does ERC have a coach, someone who can help me set goals and design a workout plan to achieve those goals?

Can I attend a few workouts first before I join the club?

I'm out of shape and haven't run in years. Is this club right for me?

I am a veteran runner with a few marathons under my belt and now I'm looking to improve my time. Is this right club for me?

When and where do you meet up and run?

How can I get involved in the club?

Managing your club membership online

What is my member profile?

How do I access my member profile?

What if the system doesn't recognize my email address?

What if I don't have an email address or I share an email address with someone else in my family?

What is a bundle administrator?

What is the Members Directory and who can view it?

What are the profile privacy settings?

What are forums?

What is the club egroup?

What are the egroup message guidelines?

How do I send an egroup message?

How do I turn egroup messages off or on?

What if I have a question about the egroup?

Miscellaneous

What is the Grand Prix?

What are the RRCA and the PA/USATF?

What is Wild Apricot?

ERC Membership and You

What benefits do I receive from joining ERC?

When you join ERC you will have the opportunity to:

- Meet and socialize with other runners who share your interests
- Find training partners to motivate and push you
- Receive discounts on running apparel and gear from our sponsor running stores in Sonoma County.
- 50% discount to club races, Member \$5 non-member \$10. (Except: Kenwood Footrace, Annadel Half, Empire Open, Summer Track Series)
- Experience camaraderie and team competition in our participation with the USATF-PA Cross Country race series
- Gain access to our running forum on the Members Only section of our website and by using our E Group to share club related information
- Have fun stay healthy and get in great shape!
- New members receive 1 free Club race coupon per member and 1 free Club T-shirt per household

Does ERC have a coach, someone who can help me set goals and design a workout plan to achieve those goals?

The ERC offers a number of group training sessions each week. Sessions that have leaders or hosts are loosely structured and although beginners and newcomers are welcomed, there is no club-sanctioned coaching program offered. Even so, veterans of these workouts can be a good source of information and encouragement.

Can I attend a few workouts first before I join the club?

The dates, times and meeting places can be found on the club calendar which appears on the Calendar page of the club website and in the monthly newsletter. All sessions are always open to the public; club membership is not required.

I'm out of shape and haven't run in years. Is this club right for me?

A. With over 600 members at different levels and abilities, you will be sure to find other runners in the same situation. Some people are looking to lose weight and start an exercise program; others have specific goals in mind such as running a marathon or getting a PR on a certain race distance. Our club encompasses every type of runner from recreational to competitive.

I am a veteran runner with a few marathons under my belt and now I'm looking to improve my time. Is this right club for me?

A. Absolutely, many of our runners are fine-tuning their racing skills and looking to get faster and stronger. Joining ERC will help you define and meet your goals.

When and where do you meet up and run?

We run together 7 days a week. Tuesdays are our track workouts out of Montgomery High School. Please visit <http://www.empirerunners.org/training> for a complete list of our monthly group training sessions

How can I get involved in the club?

We've got many opportunities to get involved. You can show up at our monthly meetings held on the fourth Thursday of every month at Round Table Pizza, Montgomery Village - Santa Rosa. Check our website for meeting time. At these meetings we discuss club issues and events. We are also always in need of volunteers our projects are on an ad hoc basis and we'll advertise for volunteers on our website and over email when the need arises.

What is my member profile?

Our online membership management software creates a data profile for each club member. Members can access and edit their member profiles to renew membership, add family members to family accounts, update contact information, change privacy/email settings, and more.

How do I access my member profile?

Use the sign-in box in the lower left corner of the club website homepage (www.empirerunners.org). Enter the email address you used when you joined the club and your password. If you do not have a password or forgot your password, click on "Forgot password." Once logged in, click on "Member Profile."

What if the system doesn't recognize my email address?

If the system does not recognize your email address, it's because we don't have it or your membership has expired. You may have to contact the membership director (membership@empirerunners.org) to correct this.

If you are a member of a family membership, a unique email address for you may not have been submitted when your family joined the club or a fake (non-functional) email address may have been used to create your place in the system. In either case the principle family member, or "bundle administrator," can access your member profile and enter your correct email address. Once your unique email address is entered in the system, you can then create a password, log on, and access your own member profile.

What if I don't have an email address or I share an email address with someone else in my family?

Members without email cannot access their member profiles. However, if you are part of a family membership, you can use the address and password of the family bundle administrator to access the profiles of the whole family.

What is a bundle administrator?

Each family membership has one person responsible for paying club dues and adding or deleting other family members to the membership. The database system designates this person as the "bundle administrator." The bundle administrator has access to the member profiles of all the members of his or her family.

What is the Members Directory and who can view it?

Every club member's name and city of residence are automatically included in an online searchable Member Directory viewable only to club members who log in using a password. A member can opt to remove his or her name from the Directory altogether or can add additional

contact information (address, phone number, email address, etc.) by editing the “Privacy” section of his or her member profile. Log on and click **Member Directory** for additional instructions.

To respect privacy, we have limited the default setting for each member in the directory to name and city, but we encourage members to edit their profile privacy settings to make additional contact information accessible to other members.

What are the profile privacy settings?

The “Privacy” section of a member’s profile allows each member to choose one of three levels of accessibility for each piece of personal data: “**Anybody**,” “**Members**,” or “**No access**.”

Currently, the only place member information can be viewed by anyone other than club administrators is the Member Directory, and the Member Directory is viewable only to club members who log on using a password. Our Member Directory will never be accessible to the general public, so the net effect of choosing “Anybody” or “Members” for contact information is the same.

What are forums?

The forums allow for online comments and conversations about issues of interest to Empire Runners Club members. The homepage of the club website contains a list of **Recent forum updates** which are viewable to anyone visiting our website. However, only club members can contribute to a forum and must log on to do so.

Members can also subscribe to any of the forum topics, which means they will be notified by email when comments are added to a forum to which they are subscribed. To subscribe to a forum, click the “subscribe to topic” button within that forum.

What is the club egroup?

The Empire Runners Club egroup enables any club member to email messages or inquiries to the entire membership. Official club announcements, including notice of the publication of the monthly newsletter, are also sent to the membership using the egroup system.

We do not use the egroup as a chat room. Replies to an egroup message go only to the original message sender, not to the whole egroup. For public conversations about club and running issues, please use online club **forums**.

Egroup messages are monitored by club moderators and must follow the Egroup message guidelines and be approved before being released to the membership.

What are the egroup message guidelines?

- Subject matter must be about running or issues of obvious concern to the Empire Runners Club membership.
- No advertising, want ads, or commercial promotion
- No obscenity, offensive language, or disrespectful content

How do I send an egroup message?

Address egroup messages to egroup@empirerunners.org. Enter “Egroup Message” in the subject title of your email to identify your message as intended to be broadcast. Include the real subject title you wish sent with your message at the top of the text of your message.

How do I turn egroup messages off or on?

Every egroup message includes a link to “unsubscribe” to e-Newsletters and e-mail blasts. Once unsubscribed, you will no longer receive any messages from other members or official club announcements, including the newsletter announcement. You may also unsubscribe or re-subscribe by editing your **member profile** under “Email subscriptions.”

If you are not receiving Egroup messages and want them, check to make sure your member profile is “subscribed” to “E-newsletters and E-mail blasts.”

What if I have a question about the egroup?

Email your questions or comments to egroup@empirerunners.org. (Yes, the same address as for sending an egroup message.)

What is the Grand Prix?

The Empire Runners Fleet Feet Grand Prix Series is a year-long competition for club members in which points are scored in club races and prizes awarded at the Annual Club Awards Banquet based on cumulative points totals. First, second, and third place finishers in men’s and women’s divisions, overall and by age group, are recognized and provided with gift certificates at sponsor Fleet Feet Sports. Rules for the Grand Prix are dictated annually by the Grand Prix Czar and can be found on the club website under **Club Info/Grand Prix Standings**.

What are the RRCA and the PA/USATF?

The Empire Runners Club is a club member of two running organizations, The Road Runners Club of America and Pacific Association/USA Track & Field.

The Road Runners Club of America (www.rrca.org) is a national organization dedicated to promoting the development and growth of running clubs, running events, and the interests of recreational runners throughout the country. As a member club, the Empire Runners Club acquires liability insurance for its events and workouts as well as its status as a 501(c)(3) non-profit organization.

The Pacific Association (www.pausatf.org) is a regional association of USA Track & Field. Its geographical boundaries stretch from the California-Oregon border on the north to San Luis Obispo in central California on the south and just beyond Reno, Nevada, to the east. The Pacific Association oversees and administers region-wide programs for all ages in track and field, long distance running, and race walking, and of special interest to the Empire Runners Club, age-group team competition in road and cross country races.

What is Wild Apricot?

Wild Apricot is the integrated online software our club uses to administer our membership database, club website, and event registration. The Egroup, the Forum, Club Member Directory, and Event Calendars all function within the Wild Apricot system.