

The Empire Runner

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Upcoming Local Races

[Wine Country Marathon/Half](#) | [Boggs Mountain Ultra](#) | [Next Gen 'Run for your Life!'](#)



The Prez Says...

A message from club president Alex-Wolf Root



The Long & Short of It

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



The Month That Was

Alex Wolf-Root reports on the month that was in local and national running



Grand Prix Update

Update on the Fleet Feet Grand Prix
[Mens Standings](#)
[Womens Standings](#)

Cross Country Update

Empire Runners Cross Country season is in full swing! Check out the latest team and individual standings.

[Cross Country Standings](#)

Petaluma Moo-Cow Half Marathon

Got Hills? The first running of the Petaluma Moo-Cow Half Marathon & 5K was held on Sunday, September 18 and was won by Vojta Ripa and Sarah Hallas.

Coming in December: Girls on the Run 5K

Girls on the Run Sonoma County will be debuting the New Balance Girls on the Run 5K on Saturday, December 3 at the Rohnert Park Community Center. *See article for more info.*

New Sponsor: NorCal Dermatology and Cosmetic

We are excited to announce a new club sponsor, NorCal Dermatology and Cosmetic. During the month of October, all club members will receive free skin cancer screenings. [More Info.](#)

Letter to the Editor

While you were enjoying your first cup of coffee on ...
Submitted by Paul Berg



From the Board Room

[September Meeting Minutes \(Secretary Paul Berg\)](#)

[September Special Board Meeting Minutes \(Secretary Paul Berg\)](#)

[September Treasurer's Report \(Treasure Tanya Narath\)](#)

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Important Links

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*Empire Runners Club
Hall of Fame*

Empire Runners September 22, 2011 Club Meeting

(Pending approval at the October 27, 2011 meeting)

President **Alex Wolf-Root** (president@empirerunners.org) called the September 22, 2011 meeting to order at 7:34 pm.

Secretary's Report:

Secretary **Paul Berg** (secretary@empirerunners.org) read the August 2011 meeting minutes, which were approved as read.

Treasurers' Report:

Treasurer **Tanya Narath** (treasurer@empirerunners.org) reported that the current club balance is \$48,093 up \$ 9741 from the same time last year.

The Student Grant Fund balance is \$2711, approx \$2286 more than the same time last year.

Annadel Loop had profit of \$137, vs. loss of \$295 last year.

Phil Widener Open had profit of \$1818, vs. profit 1533 last year.

President's Report:

President **Alex Wolf-Root** reported that the club was contacted by an organization raising funds for the care of Ryan Buchanan, a San Leandro teen injured in an accident in May. Interested members can find out more at <http://www.ryanbuchanan.org/>.

In the big track news of the month at the USA Nationals, Montgomery and UC-Davis grad Kim Conley got 2nd in the 5k final, followed by Sara (Bei) Hall in 4th place. Both women will represent the USA at the World games in Panama.

Race Reports/Recent races/Runs:

1. Phil Widener Empire Open PAXC 8/27/11. Mens Senior team is running strong, due to several strong members turning 50 this year.
2. Santa Rosa Half/Full Marathon 8/28/11. Julia Stamps Mallon won and qualified for the Olympic trials, as did 2nd place finisher Tyler Stewart of Novato. The course is getting a reputation as a Boston qualifier, as 34% did so this year.
3. Rebel Rebellion PA XC 9/3/11. Sacramento, hot.
4. Annadel Loop 9/4/11. Don Stewart won again, Michael Zanetti 2nd. Good turnout, despite no porta-pottys.
5. GGP PA XC 9/11/11. Good ER representation.
6. Viking Opener Alumni 2-miler 9/17/11. Record turnout, 43 teams junior and high school, 1500 athletes. Maria Carillo wins most races, Piner boys dominate in varsity. 25th anniversary alumni race featured 161 runners, including 71 from Montgomery.

7. Petaluma Moo-Cow Half Marathon 9/18/11. Great event. 5k won by 12 year-old Riley Bowen, half won by Votja Ripa and Sarah Hallas.

8. Ragner Relay SF to Calistoga, winding through west county, 187-ish miles. Team featuring ER women was 56th out of 295 teams, 2nd place women's team.

Upcoming Races/Runs:

1. Healdsburg Half/Full 10/16/11. Not sold out yet.
2. Cloverdale Harvest Marathon 10/23/11. Half and 5k also.
3. Wine Country Half 10/29/11. Sold out.
4. Harvest Fair 10/2/11, 1k, 5k and 10k.
5. CCAA preview meet at Sonoma State 10/01/11

Committee Reports:

Newsletter redesign committee is still pondering ideas.

New Business

1. Girls on the Run - presented by Val Sell
"I propose that the Empire Runners become a race sponsor for the girls On the Run 5k on December 3rd in the amount of \$1250."

The following is the benefit to ER:

- Logo printed in smallest print on program t-shirts
- Name recognized on sponsor banner at 5k
- Name printed on marketing materials
- Name posted on website
- Company name or logo on all 5k materials at one 5k

After brief discussion, the Board approved the measure by a 6-0 vote (Staroba absent).

2. eGroup proposal – presented by Chris Mason

Proposed Updated eGroup Guidelines:

Subject matter must be of obvious concern to the Empire Runners Club membership.

No advertising, want ads, or commercial promotion.

No obscenity, offensive language, or disrespectful content.

Information regarding local, non-club races should be sent to website@empirerunners.org for placement on the Empire Runners online race schedule.

Chris explained the current egroup policy that allows any member to submit a message to be sent to all members with the approval of one of the two egroup moderators. The problem is that if certain members are annoyed by too many messages and decide to opt out of egroup messages, there is no way to communicate with them in the future, unless they purposely opt in later. The committee is proposing to make the content requirements of egroup messages to be more restrictive so that fewer people would be inclined to opt out. Many other topics of the more broad messages could be addressed in the forums or the Facebook group.

Discussion ensued, the general consensus being to rely on the moderators to use their judgment.

3. Discussion of an idea to allow free race entries to all members for all races except Kenwood and Phil Widener. The idea is to promote the maximum amount of participation and promote membership and online registration. The proposal might entail raising annual membership amounts by \$5 to cover the cost. The free race must be pre-registered online. This could also be done through our website, eliminating PayPal.

Quick action on this proposal would be necessary for this proposal to take effect for next year, as registration begins Oct 1 for 2012 membership. Treasurer Tanya will crunch the numbers on various scenarios.

Monkey Business

New members: **Andrew Gallagher**, Montgomery alum recently moved back to the area. **Steve Agar**, recently moved to Sonoma county from the South Bay, Canada and the Caribbean. Illustrious career includes representing the Dominican Republic in the 1500m at the 1996 Olympics.

Drawing: Nuvit Foster would have won \$200 if she attended the meeting.

President **Alex Wolf-Root** concluded the meeting at 8:50 pm.

Attendance:

Dave Goodwin, **Paul Berg**, Melanie Rosales, Luis Rosales, **Val Sell**, Tori Meredith, **Larry Meredith**, Regan Masi, Andrew Gallagher, **Alex Woolf-Root**, Chris Mason, Patti Lounibos, Jen Ortlinghaus, **Will Ortlinghaus**, Don Sampson, Bob Shor, Theresa Manchester, Mister X, Mini-Mel, Stephen Agar, LT, Super George, **Tanya Narath**



TREASURER'S REPORT AS OF SEPTEMBER 21, 2011

Current Assets

Checking/Savings		
	Chase Bank Certificates of Deposit	\$2,351
	Exchange Bank	\$23,351
	PayPal Money Market	<u>\$36,133</u>
Total Checking/Savings		\$61,835
	Petty Cash	<u>\$425</u>
Total Current Assets		\$62,260

Fund Balances **2011** **2010**

Annadel Half Restricted Fund Balance	\$11,457	
Student Grant Restricted Fund Balance	\$2,711	\$425
Empire Runners Club Fund Balance	\$48,093	\$38,352

Donations

2011 Budget: High School/SSU Donations	\$9,525
High School & SSU Donations Paid YTD	(\$4,470)
Balance remaining	\$5,055

Race Income and Expense **2011** **2010**

<u>Summer Track Series</u>		
Race entry fees	\$1,537	
Race expenses	\$52	
Net Income	\$1,589	
<u>Annadel Loop</u>		
Race entry fees	\$770	\$698
Race expenses	(\$633)	(\$993)
Net Income	\$137	(\$295)
<u>Phil Widener Open</u>		
Race entry fees	\$4,020	\$4,576
Race expenses	(\$2,202)	(\$3,043)
Net Income	\$1,818	\$1,533



USATF-PA X-Country – thru Garin Park

MEN – TEAM STANDINGS

Open	Masters	Seniors	Super Seniors	Veterans
1. Strawberry Cnyn	1. River City	1. WVJS	1. Tamalpa	1. WVJS
2. WVTC	2. WVJS	2. Empire	2. Buffalo Chips	2. Tamalpa
3. Transport	3. Pamakids	3. Tamalpa	3. Spartans	3. Buffalo Chip
6. Empire	7. Empire		4. Empire	

* **NOTE: WVJS Seniors have 66 pts thru *five meets*. ER Seniors have 60 pts thru only *four* and have dominated in every meet they have participated in.**

WOMEN – TEAM STANDINGS

Open	Masters	Seniors	Super Seniors	Veterans
1. Impalas	1. Impalas	1. Tamalpa	1. Lake Merritt	No Teams
2. Pamakids	2. Tamalpa	2. Impalas	2. Impalas	
3. GVH	3. Pamakids	3. Santa Cruz		
9. Empire		5. Empire		

MEN – INDIVIDUAL STANDINGS (Empire Runners in top 25)

Open	Masters	Seniors	Super Seniors	Veterans
13. Alex Wolf-Root	7. Ty Strange	1. Don Stewart	1. B. Hutchinson	17. E. Bohn
	10. Kenny Brown	2. Ty Strange	13. Jerry Lyman	
	24. Eric Downing	4. Andy Howard	16. Parker Mills	
		6. Jonathan Hayden		
		25. Larry Meredith		

WOMEN – INDIVIDUAL STANDINGS (Empire Runners in top 25)

Open
24. Melanie Belluomini



Running with the cows in the Inaugural Petaluma Moo-Cow Half Marathon

The first running of the Petaluma Moo-Cow Half Marathon and 5K started precisely at 7 a.m. on Sunday, September 18, with nearly 900 runners registered in the event, which consisted of 2 races: a 5K and the signature event, a challenging 13.1-mile half-marathon through the hilly backcountry roads of west Petaluma.



Leading the charge was Vojta Ripa, 22, of Santa Rosa, who finished the hilly half marathon course in 1:18:46, averaging about 6 minutes per mile.

The next closest finisher was Jason Gullely of Bellingham, Washington, whose time of 1:21:34 made him the only runner to finish within 5 minutes of Ripa. Erik Jones of San Francisco rounded out the top three in 1:24:27.

For the women's race, Petaluma's Sarah Hallas ran a very impressive 1:26:11 to earn the women's title and place 4th overall. Second went to Belmont's Monica Zhuang in 1:30:56, with another Petaluman, Kimberly Baumann, running a 1:35:57 for a hard-fought third place finish.

Youth was the name of the game in the 5K, as it was 12 year old Rylee Bowen of Santa Rosa who took home the win. In just 18:46 she flew through the finish line, outdistancing 14-year-old runner-up Jake Gibbs of Sebastopol, who clocked 19:28. It truly was a youth event, as four of the top 5 runners were under 17 years old.

But it wasn't just a day for these few winners, as all runners worked their tails off to cover the distance. In lieu of the traditional race medal, all half marathon participants received commemorative cowbells after crossing the finish line. In addition to the great support of local Petalumans, the half marathon runners were cheered on by cows, goats, dogs, horses, and even some sheep as they traveled across the rolling hills west of town.

The event would not have been possible without the support of hundreds of volunteers, many of whom participated through local non-profit organizations including Petaluma chapters of Girls on the Run Sonoma County, Sonoma State Rowing Club, North Bay Rowing Club, Petaluma Health Center, and the Casa Grande Cross Country team. Also, a big thanks to many Empire Runners who helped out, including Bob Shor, Nate Koch, Carl Triola, Don & April Meixsell, Stephen Rauch, Dave Houts and others.

We have many exciting things planned for the 2012 Moo-Cow, scheduled for September 16, 2012 – you won't want to be left out in the pasture for Moo 2!



The Empire



Runner



New Balance Girls on the Run 5k

Family-Fun Run/Walk

Saturday, December 3, 2011 at 9:00 AM

Rohnert Park Community Center

5401 Snyder Lane, Rohnert Park

Join us! Lace up your shoes and join over 300 3rd-8th grade girls in this family-fun 5k. We encourage and welcome everyone in the community to participate. Families, friends and strollers are welcome! Run, walk, and cheer!

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



The Empire



Runner

Letter to the Editor

While you were enjoying your first cup of coffee on Saturday....

....planning your day, maybe riding the Fondo with Levi, or checking out the newest wines at the Harvest Fair, or pulling out your ER singlet to run at the Presidio, our intrepid XC czar got a phone call. Being the thoroughly organized guy that he is, John always sends an email to the appropriate race director of the sponsoring club, alerting them that he has sent the signed race entries and fees by the mail on Tuesday. The Saturday morning call was to say that the entry packet had not arrived, and none of the six Empire Runners teams were registered to run at that day's meet. Instead of a shrug and a second cup of coffee, he sprung into action, creating a new list of athletes, a sign-in form with waiver releases, cut a new check, and raced to Montgomery parking lot to meet the first departing carpool at 6:30am.

Fortunately John had also laid out his riding gear on Friday night, so he and his wife Jill were able to make it on time to the petit Fondo. Thanks to John Harmon for going the extra mile for us!!

Paul Berg

PS. The original packet of signed entries arrived in the mail in San Francisco on Saturday.

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The Prez Sez...

As a graduate of Maria Carrillo High School (go Pumas!), this is hard for me to write, but September 2011 was one heck of a month for Montgomery Viking Alumni.

Most noticeable to the majority of us in Santa Rosa was the 25th Annual Viking Opener Alumni Race. (It was either the 25th annual for the Opener as a whole, or just for the alumni, I'm not sure...) The Viking Opener is one awesome HS invite, which runs by-grade races for all the prep harriers. In the middle of the event is the Alumni Race, which scores runners based on the HS, or region, from which they graduated.

This year, the Viking Alumni, spearheaded by Larry Meredith, put on an exceptional showing, with a ridiculous number of alumni. Half of the starting line was a sea of red. It was no surprise, then, that the Vikings took home the team titles for both men and women. Even more, Montgomery's "B" team took second in the women's race, with Montgomery "A", "B", "C", and "D" teams all in the top-10.

But Maria Carrillo (men) and Santa Rosa (women) took home the individual titles. Just saying!

The very next day, two former Vikings – Kim Conley ('04) and Sara Bei Hall ('01) toed the line at the USA 5K National Championships. Kimmy ended up finishing in 2nd in 15:49, by far her best placing ever at a National Championship. Sara, a long-time professional runner for ASICS, finished just two places back in 15:57. That's two women from the same HS (who together earned a team California State XC Title) placing in the top four at a national championships.

But that's not all. In virtue of their showings at the USATF Track and Field National Championships (Kimmy 10th 5,000m, Sara 5th steeplechase), these two Vikings have been named to Team USA for the upcoming Pan American Games, to be held in Guadalajara, Mexico. So hopefully I'll have some more amazing news to report at the end of October!

Run Happy,

Alex Wolf-Root



The Long and Short of It

Running in D.C.

Robin and I had the opportunity to take a trip with my sister to Washington D.C. in September. We had never been there and we were of course very excited to see all the historic buildings and monuments. As with all of our vacations we were anxious about finding good places to run. When we discovered that the hotel my sister booked was well outside the city center, and when we had to pass through a pretty dicey part of town on the way, we briefly considered moving to another hotel. As luck would have it however, we just happened to be a stone's throw from the National Arboretum which is huge and covered with miles of criss-crossing roads and trails. Thankfully we found that we only had to run down one not so nice block then cut through a surprisingly pleasant little neighborhood to get to the gates of the arboretum. The arboretum turned out to be beautiful. There are different loops you can take that highlight various kinds of trees and bushes – azaleas, conifers, hardwoods, dogwoods etc. The terrain is rather hilly but not tremendously so. One interesting feature of the arboretum is the “National Columns”. In 1958 when the Capitol was expanded the original Columns were moved to the National Arboretum and set on a small knoll in an open area. When you view them at a distance they look exactly like a Greek or Roman ruin. All in all the National Arboretum was a real god-send. It made running every day convenient and fun in an otherwise dreary part of town.

On the third or fourth day of our trip after we had already visited the White House, the Capitol and done a biking tour of the National Mall (highly recommended), I decided to run from Union Station past the Capitol, Washington Monument, Lincoln Memorial etc out to the Potomac and back. This was a lot of fun. There were always lots of runners almost everywhere we went in D.C. and it was nice to be out among them for what turned out to be a two-hour run. It would have been shorter but I stopped to take a few photos with my iPhone.

Besides our running we walked miles and miles the week we were in D.C. No need for a car. Public transportation is great and thankfully our hotel had a good shuttle back and forth to Union Station.

Running in NYC

The second half of our vacation was spent in New York City. We had been there in November of '09 when I ran the marathon and we pledged to go back when we had more time to see everything at a more leisurely pace. We took the train from Washington D.C. to Penn Station in Manhattan and it worked out great. We walked three blocks from Penn Station to our hotel on 29th St West in no time at all, got settled in and began planning our itinerary for the next day. We decided that a run in Central Park would be the first thing on the agenda. I was excited to run in the park again as my last time here I was in the latter stages of the race and I did not have much of an opportunity to actually enjoy it. Robin had warned me that there are few straight lines in the park and that it is easy to double-back on your route without realizing it. We made our way to *the bridle path* which is a nice dirt trail, very wide and perfect for running. If you have never been to Central Park or if it has been a very long time, be assured that it is quite beautiful and safe – at least during daylight hours. We had taken the subway to Columbus Circle and were now running in a northerly direction toward the Jacqueline Kennedy Onassis Reservoir. There is a unidirectional running path – almost a track- that goes around the reservoir. People tend to pick it up when going around the reservoir and we were no exception. The park is over 840 acres in size so it takes quite a while to get from one end to the other. For comparison - Golden Gate Park is over 1,000 acres. We soon turned around and got in over an hour of running before we finished.

That week we did most of our running in Central Park but to break things up we ran one day along the Hudson in Riverside Park and on another day we ran directly from our hotel along the waterfront.

Besides our daily runs we walked many miles in the concrete canyons of NYC, going everywhere from China Town to the Upper West Side. We ate tons of good food; mostly in deli's and didn't spend much time resting. About the time we headed back to Penn Station to take us to the airport in Newark we were ready to come home to Santa Rosa and Annadel.

DM Peterson



THE MONTH THAT WAS...

The big news from September (and the end of August) was the IAAF World Championships in Athletics. But clearly there were some other big news items as well. So taking a page from last month's article (which unfortunately wasn't printed in last month's newsletter...), I'll be doing a bulleted list of ten highlights. First, five from the World Champs, then five from the remaining ***Month That Was!***

IAAF World Championships in Athletics

1) **Jenny Barringer-Simpson** is the 2011 1,500m World Champion.

While many thought we had a chance for an American World Champion at 1,500m, all eyes were on **Morgan Uceny**. But due to her being tripped in the final 500m, the American hopes seemed all but lost. Yes, Simpson was in the race, but she was sitting in about 7th place – basically behind everyone but those involved in the shoving.

But, with just over 200m to go, she moved to the outside, risking running quite wide in a bid to get free. Entering the turn, she was in 4th. But by moving wide, there was no one in her way, so she turned it on. Entering the home straight, it looked like the US might be able to snag a medal, barely. And suddenly, Barringer was in 3rd. 2nd. 1st. Those penultimate 50m saw Barringer fly by the competition as though they were high schoolers.

Somehow, Barringer crossed the line first. And, based on her reaction, she may not have much better of an idea than us how this came to pass.



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2) Who-The-Heck-Is-That?! wins the men's 10,000m.



If you've read my previous articles, you knew that **Mo Farah** was a big favorite for the 10,000m title. Not overwhelming, but big. Other favorites included **Zersenay Tadese**, **Imane Merga**, **Sileshi Sihine**, and of course **King Kenenisa (Bekele)**, coming back from years of injury. But in the end, it was former World Junior 10,000m and XC Champ **Ibrahim Jeilan** who took home the gold.

After some early dawdling, Tadese took the pace and made sure this would be an honest race. While Bekele had to drop out around 6K in, all the big dogs were there, including a few less known runners like Jeilan, whom we knew would soon fade. But he didn't. With 2K to go he was still there. And with 1K to go, still there. And then, Farah took off with 400m to go. But what's this? Jeilan takes off after him 150m later. And starts to get closer. And closer. And then a man whom the announcers really can't even place edges by the big-time British favorite, capturing yet another World title for Ethiopia.

Farah closed his last lap in 53 seconds, but it still wasn't enough for the win. Incredible.



3) **Matt Centrowitz** gets another US Middle-Distance Medal.

I've written about his big win at the NCAA Championships. And his shocking win at the USATF Championships. Well, he didn't win at the World Championships. But I'm pretty sure his Bronze Medal is more than satisfactory for the young collegiate.

While it wasn't a huge shock Centrowitz made the team, even making the finals was a bit of a surprise. But smart running and a blistering 51-point final lap put an America man on the 1,500m medal stand for just the third time recent memory (Lagat 1st 2007, 3rd 2009).

4) Kenya sweeps women's marathon.

It couldn't have started much better for the Kenyan women. The first event of the Championships was the marathon, and the first medal went to Kenya. And the second. And the third. Gold went to **Edna Kiplagat**, despite being accidentally tripped by teammate **Sharon Cherop** in the 24th mile. But she bounced right back, with Cherop waiting for her, as they looked to maintain their lead over main competitor **Bezunesh Bekele** of Ethiopia. And maintain they did, though the fall did let their teammate **Priscah Jeptoo** back into contention.

In the end, Kiplagat easily pulled away to win by 17 over Jeptoo, who was 14 seconds ahead of Cherop. Bekele was 4th another 7 seconds back.

5) **Abel Kirui** retains World Title.

While the men's race honestly was missing the majority of top marathoners, that shouldn't take away from Kirui's title defence. It wasn't as much that he won, but how he won. The first 15K of the race were run quite comfortably with a big pack, with the pace quickening shortly thereafter. Still, there were over 15 runners at the half-way point.

And then there were 4 left just 5K later. The reason: a 14:43 5K split in the hot, humid conditions. But instead of relaxing and running with just a few competitors for a few K, Kirui decided to drop the hammer again, clocking a nearly unheard of 14:18 split to effectively end the race. His winning margin of victory was 2:28, the biggest ever in a World Champs Marathon. The old record was also held by Kirui from the 2007 race.

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Best of the Rest

1) New World Record in the Marathon!



At the Berlin Marathon, site of **Haile Gebrselassie's** 2:03:59 WR, the marathon mark fell yet again. As is often the case in Berlin, an army of pacemakers was summoned to achieve this goal. The two main stars? Haile G himself and **Patrick Makau**, one of the very few men to break the 2:05 barrier (2:04:48 PR).

While the pace ended up being too much for Geb, Makau hammered away until the final 5K to put himself way ahead of WR pace. And despite slowing to a “pedestrian” 14:59 for the final 5K, Makau ended up home in 2:03:38, a full 21 seconds faster than the previous World Record.

2) **Galan Rupp** breaks 10,000m American Record

With 400m to go, Rupp was on the heels of **Lucas Rotich** and the great King Kenenisa. And while Rupp could in no way stay with them (he still closed in 61), Rupp ended up third in 26:48.00, absolutely shattering **Chris Solinsky's** 26:59.60. The time also makes him the 16th fastest man in the history of the world.

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3) **Yohan Blake** overshadows **Bolt**

At the end of most Diamond League meets this year, it seemed as though Bolt would overshadow whomever else ran before him. But not this time. Despite running a WL in the 100m, he was quickly forgotten as Yohan Blake took to the blocks in the 200m for the Diamond finale.

World 100m/200m silver medalist **Walter Dix** had a lead coming off the turn, and, as the stronger 200m man, looked to have the race won. But the 100m World Champ Blake somehow found another gear in the final half, and absolutely blew by Dix. And it's not like Dix slowed down; his 19.53 makes him the fourth fastest runner ever. But Blake clocked 19.26, second only to Bolt's WR 19.19.

London is going to be interesting.

4) **Morgan Uceny** gets some redemption.

While nothing can make up for losing her shot at a world medal, Uceny ended her track season in style by winning the Diamond League finale over a ridiculously large 20-person field.

As she had done many times this season, Uceny utterly destroyed the field in the final sprint. With 300m to go she was quite a bit back – over a second – but ended up with not only the win but a world-leading 4:00.06. Only one other runner, 2008 World Indoor Bronze Medalist **Alaoui Selsoull**, was even within a second of Uceny. World Champion Jenny Simpson was 13th, silver medalist **Hannah England** was 5th, and bronze medalist **Natalia Rodriguez** was 8th.

5) **Lagat, Simpson** with 5th Avenue Mile

American's captured both titles at the premier US Road Mile for the first time since 2000. For the women, it was World Champ Jenny Simpson who crossed the line first with a time of 4:22.3. Just behind were **Sally Kipyego** and **Hannah England**, who were both clocked in 4:22.6. Uceny finished 6th, with **Sara Bei Hall** 8th.

For the men, **Bernard Lagat** finally got the win, as he has previously finished 4th once and 2nd twice. Lagat finished with a huge margin of victory, crossing in 3:50/5 to **Amine Laalou's** 3:51.7. **David Torrence** of the Bay Aårea Track Club took third in 3:52.4

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Grand Prix Update

By GP Czar Gerald McCormick

The Fleet Feet Grand Prix is back!

The updated standings show 9 races scored. The Grand Prix Czar is working on the Track Series points (it's a bear) and is patiently waiting for the Empire Open results to be posted online. That means there are 2 more opportunities to score points and move up in the standings: the McGuire's Breakfast Run on November 27th and the Last 10k and Final 2 Mile on December 17th. Unfortunately, it appears that there will not be a Run for the Hunger 10k this year, so that race has been removed from the Fleet Feet Grand Prix series.

The standings shown here in the newsletter are the top 40 scorers overall; complete standings can be found online at empirerunners.org.

Grand Prix - Men's Top 40

First Name	Last Name	Div	Res Run	Vlly Ford	Illsanjo	LoopdeLoop	JckRbbt	RiverFront	Kenwood	Salmon Cr	Loop	Total
Dave	Goodwin	50's	79	94	91	103	75	98	75	94	88	797
John	Staroba	30's	98	99	99	99	97	100		99	87	778
Nathan	Koch	30's	97	100	98	100	87	99	75		83	739
Jim	Parks	50's	55	89	91		75	88	75	99	75	722
Orion	James	under 10		90	99	91	100	87	75	96	33	671
William	Rogers	40's	62	89	99	96	61		75	98	75	655
Jerry	Lyman	60's	72	97		105	77	97		93	98	639
Steve	Cryer	50's	81	89	97	95	76	91	75			604
Brad	Zanetti	50's	91	99			83	93	75		97	538
Mark	James	40's		90	100	91	59	87	75		32	534
Jon	Hermstad	60's	73	89	88	101		89		91		531
Larry	Meredith	50's	86	97	89		82			95	75	524
Ryan	Terschuren	20's	74	95	85	95	73			100		522
Brendan	Hutchinson	60's	69	95			66	93		88	96	507
Vernon	Stafford	50's	75	91	90	102			75		69	502
Dale	Peterson	50's	41	95		98	100		75		75	484
Rob	Main	50's	71	96	88		69	95			62	481
Brian	Goodwin	14-19	83				88	98	75	97		441
Paul	Berg	50's		99	94		81		75		90	439
Kevin	Teuscher	50's	58		89	97		94			53	391
Eric	Downing	40's		100			92			98	92	382
Andy	Howard	40's	94		99	93	94					380
Gil	Moreno		75		75				75		75	375
Darryl	Beardall	70's	49	86	68		56			82	27	368
Bob	Rogers	50's			95		61	88	75			319
Bill	Browne	60's	59		88			89			75	311
Ernst	Bohn	70's	43	86		92		85				306
Sid	Andreis	30's		100	98	106						304
Guy	Schott	40's		97	100	107						304
Stephen	Rauch	40's			94		70	91			48	303
Duncan	Meech	40's			84	99	54				60	297
Michael	Zanetti	20's		98	100						99	297
Vince	Ewing	40's	95			109	90					294

Grand Prix - Men's Top 40

Brian	Morrey	30's	67		94		92		41	294
Evan	LaBruzzo	14-19	99		87	98				284
Hugo	Yescas	30's			93	98			92	283
Nick	Utter-Leyton	20's		90	92	97				279
Don	Sampson	60's	48				58	86		277
Alex	Wolf-Root	20's		100		100			75	275

Grand Prix - Women's Top 40

Sheila	Masi	50's	99	93				192
Sylvia	Moffett	50's				92	98	190
Catherine	Rauch	10 13				100	90	190
Linda	Reed	50's		86	104			190
Reyana	Ewing	40's	81		106			187
Cara	Tocchini	30's		91	96			187
McKenna	Sell	under 10		100			86	186



The October Special

NorCal Dermatology and Cosmetic
is offering members of

The Empire Runners Club

Free Skin Cancer Screenings
throughout the month of October.



Board-Certified Dermatologists, Dr. Khanh Truong (formerly Dr. Nichols) and Dr. Henry DeGroot welcome patients into their new Santa Rosa office for a skin cancer screening in an effort to promote early detection and treatment of skin cancers and provide patient education for life-long healthy skin care habits.



Call **(707)527-9517** to schedule your appointment.



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Santa Rosa, CA 95405
P. 707.527.9517 | F: 707.527.9913

Visit us on the web at:
www.norcal-dermatology.com

October 2011

September 2011							October 2011							November 2011											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S					
				1	2	3							1								1	2	3	4	5
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12					
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19					
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26					
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30								
							30	31																	

grouptraining@empirerunners.org
 chris@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM Crazy Creek 5K	26 7:00 PM 1932 Yolo Court, SR	27 Hill Reps: 10x80 sec. 5:30 PM 3390 Princeton Drive, SR 5:30 PM Heart & Sole Run	28 5:30 PM Fleet Feet Run	29 8.6M w/8x2...at Strong Pace 5:30 PM Howarth Park	30	1 8:30 AM PA XC: Presidio 5K 8:30 AM Railroad Square, SR
2 8M at Medium Pace 8:00 AM Channel Drive 8:15 AM Harvest Fair 10K & 5K	3 7:00 PM 1932 Yolo Court, SR	4 12x300m at 1M Pace 5:30 PM Heart & Sole Run 5:30 PM MHS Track: Interval Training	5 5:30 PM Fleet Feet Run	6 4.6M w/4x6...at Strong Pace 5:30 PM Howarth Park	7	8 8:30 AM Railroad Square, SR 9:00 AM PA XC: Willow Hills 5K
9 11M at Medium Pace 8:00 AM Parktrail Drive	10 7:00 PM 1932 Yolo Court, SR	11 1600, 1200, 2x800, 2x400 5:30 PM MHS Track: Interval Training 5:30 PM Heart & Sole Run	12 5:30 PM Fleet Feet Run	13 9.6M w/4x4...at Strong Pace 5:30 PM Howarth Park	14	15 8:30 AM Railroad Square, SR
16 12M at Medium Pace 7:00 AM Wine Country Marathon 8:00 AM Channel Drive	17 7:00 PM 1932 Yolo Court, SR	18 4x400, 3x800 alternating 5:30 PM Heart & Sole Run 5:30 PM MHS Track: Interval Training	19 5:30 PM Fleet Feet Run	20 5M w/2x3min. at Strong Pace 5:30 PM Howarth Park	21	22 8:30 AM Railroad Square, SR 9:00 AM PA XC: Shoreline 5K/4.6M
23 7M at Medium Pace 7:30 AM Cloverdale Harvest Marathon/HM/5K 8:00 AM Parktrail Drive	24 7:00 PM 1932 Yolo Court, SR	25 4x400, 4x300, 4x200 5:30 PM MHS Track: Interval Training 5:30 PM Heart & Sole Run	26 5:30 PM Fleet Feet Run	27 4M w/1M at XC Race Pace 5:30 PM Howarth Park 7:30 PM ER Club Meeting	28	29 7:15 AM Wine Country Half Marathon 8:30 AM Railroad Square, SR 9:00 AM XC: Tamalpa 4.25M
30 8M at Medium Pace 8:00 AM Channel Drive 8:30 AM Boggs Trail 50K & 25K	31 7:00 PM 1932 Yolo Court, SR	1 6x2min. Repeats 5:30 PM Heart & Sole Run 5:30 PM 3390 Princeton Drive, SR	2 5:30 PM Fleet Feet Run	3 4.6M w/6x1...at Strong Pace 4:30 PM Howarth Park	4	5 8:30 AM Railroad Square, SR 9:00 AM PA XC: Ancil Hoffman 6K