

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