



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

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