The Empire Runner

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Big Turnout at Phil Widener Empire Open

A record 262 runners, representing 17 different clubs, finished the 3 races at the 18th Annual Phil Widener Empire Open.

Race Report
By Director Jerry Lyman

Salmon Creek Beach Runs

73 runners battled tougher than normal conditions at the 34th running of this Empire Runners' Classic

By Eric Bohn

The Virgin Race

Brad Zanetti chronicles his first Tahoe Relay

Interview with Jeff Galloway

Empire Runner Jonathan Hayden interviews elite athlete and founder of the Run-Walk-Run training program

Empire Runners' T's in SoCal

Find out why a group of runners near San Diego is dressed up in Empire Runners' T-Shirts!

By Gil Moreno

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The Board Room

"The Prez Says..."
A message from club president Nate Koch

August Meeting Minutes
--Brad Zanetti (for Paul Berg)

August 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

Grand Prix Pulse
Updates and commentary -- Czar Bob Rogers

The Doc is in
Running, fitness and injuries -- Alec Isabeau, DC

Ask the Hutch
In nature where we run -- Brendan Hutchinson

High School Report
Local prep running news by local preps

Blasts from the Past
Memorable newsletter articles and photos

New Member Welcome
From Membership Director, Gil Moreno

Frequently Asked Questions
Have questions about the club?

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 Empire Runner

The Prez Sez...

Empire Runners -

I would like to take this time to put a big thanks out to our local running stores - Fleet Feet Santa Rosa, Heart and Sole also of Santa Rosa, and Athletic Soles in Petaluma - for taking the time and space to sell Empire Runners club apparel. Run on in to one of these amazing specialty running stores and take a gander. You can get all of your running gear there, including some great license plate frames and the cross country uniforms as well.

Spreaking of cross country. We've had two excellent meets already. Both the Masters Men and Open Men teams opened their seasons with third place finishes at the Santa Cruz XC Challenge. The Empire Runners also had strong showings at our own Phil Widener Empire Open.

If you aren't already planning on running this Cross Country season, I highly recommend you do. There are plenty of races left and its open to everyone regardless of age or ability. Check out the club website for more information.

Happy Running,

Nathan Koch

Empire Runners August 26,2010 Club Meeting

(Pending approval at the next meeting, Sept. 23, 2010)

President Nate Koch(president@empirerunners.org) called the August 26,2010 meeting to order at 7:32pm

Secretary's Report:
Brad Zanetti(for Paul Berg (secretary@empirerunners.org) read the July meeting minutes, which were approved as read.

Treasurer's Report:
Treasurer John Harmon(treasurer@empirerunners.org) reported that the current club balance is $49,703.50 down $2,844 from Aug 2009.
The Student Grant Fund is $395 up $23 from Aug 2009
Race Financials:
Summer Track Series : $1439 vs $1902 in 2009, a check for $950 was given to the XC club from Piner High School.
Salmon Creek: Total registration was $449 with net income of $42.

President's Report:
President Nate Koch reported that life got in the way of the Bylaw Revisions committee but hopes more will get accomplished in the next few months.
The Open Space Trails Council contacted El Presidente regarding our vision of Taylor Mountain Park. More to come regarding this.

Race Reports:
Recent-
1. All Comer's Track Meet 7/27- attendance down from last year
2. Salmon Creek 8/1- Tide was in, conditions were bad, attendance was way up and a great after party was had.
3. All Comers Track Meet 8/10- good attendance for last night, overall attendance/revenue down from last year. A large group of DMR teams. Results for last meet still pending. A nice check

and a hearty thanks to Luis Rosales and his Piner family for a job extremely well done and a snack shack was a great addition.
4. ER XC, Santa Cruz 8/21- Master Men were 3rd overall, Open Men were 2nd overall, and our woman(Jen O) was THERE.

Upcoming-

1. ER XC, Phil Widener 8/28- 133 Preregistered
2. Santa Rosa Marathon, Half and 5K run/walk(support SR Pools) 8/29
3. Annadel Loop 9/5 8am- Race director states all is a go.
4. ER XC, Golden Gate 9/11- contact John Harmon if you intend to race.
5. Tioga Pass Run 9/12- just one hill and 3000' gain, topping just short of 10,000' elevation. Yes a few idiots(per N Koch) are planning to go. ANY TAKERS?
6. Viking Opener, 2M 9/18- Alumni Race is FREEE!
7. ER XC, Garin Park 9/25
8. Wine Country Marathon, Half 10/11

Committee Reports:

1. Newsletter update- still a work in progress. Positive feedback received about new format. Also it is much easier for editor and doesn't limit size, format or amount of articles.
2. Cross Country Update- good results from our first meet at Santa Cruz. XC Czar John Harmon explained how our club will reimburse our XC members for running this year(pay the first one and the club will pay for the rest as long as you run at least 3 of the 6 delegated races). You need let John know your intentions of racing at least a week prior to said event.
3. Other- there a pile of $10 off coupons from Sports Authority for the taking(at meetings and at the races).

Old Business:

None to report

New Business:

1. Southeast Greenway Proposal- 'Doc' Isabeau proposed that the club should donate $1000 to the Southeast Greenway Project(SGP) and that we consider annual support should they demonstrate that making headway with their terrific idea.
2nd by Torinator. Discussion ensued about the history of the greenway and the current discussion to make this land into roadway. The SGP plans for a greenway with and not limited to: multiuse trails, parklike atmosphere, preserved animal habitat, etc. The money will go to finalizing a plan(professional consultants)to present to City Council and obtain the land from Caltrans. Part of the plan is the Univ Of Calif Berkeley Senior Architecture Project.
MHS XC Coach Val Sell is interested in getting MHS students involved in the project as they would benefit directly from a 'running path' to Howarth/Spring Lake.
The proposal/donation was passed unanimously with a plan to have regular updates from the SGP and revisit annual support around this time next year. Looking forward to the Plan from the Cal Senior project.

2. Girls on the Run Proposal(GOTR)- Val Sell proposed that the club donate $1000 to the Girls on the Run Project and consider annual support.
2nd by Pappy. Discussion ensued about the history of Girls on the Run and the impact on young girls(grade 3-6th), fitness and body image projection.("prepare girls for a lifetime of self-respect and healthy living")The program focuses on building self-esteem and improving emotional and physical health. This is a 10 week program meeting 2 times a week for 75minutes. At the end of the program is a goal to complete a noncompetitive 5k run/walk.
There was some discussion about a Boys on the Run and this was tried early on in Sonoma County and didn't catch on after a 2yr trial.
As a club that promotes health, social and competitive consciousness through running we should consider sponsoring Girls on the Run.
The Sponsorship is at the Bronze Level which gives us:

Name and Logo printed on GOTR: Tshirts that are worn by girls and volunteers and the 5k celebration events, Sponsorship Banner at all GOTR events, all Event Materials found at GOTR sponsored events and on the GOTR Website.
GOTR Proposal was passed unanimously with review in about a year for annual sponsorship consideration.

5. Raffle and Random Drawing

Student Grant Fund 50/50 Raffle- $29 to the SGF, won by Tanya, congratulations.

Random Drawing-($200) Janet Vieyra was drawn but was not in attendance, alas, no winner this month.

Attendance-

Brad Z, Tanya N, Bob Shor, Czar Harmon, Pappy, Coach, S.L.EDGE, Doc, LT, Super George, Dale T, Dave Deselle, IguanaDon, Greg Deselle, Will O, Jen O, Mini and Mr Mel, Ralph Harms, Chris Mason, T Meredith, Val, Bill Browne, Luis and Melanie Rosales.

Respectfully submitted for review:
Brad Zanetti

THE EMPIRE RUNNERS CLUB
SERVING THE RUNNING COMMUNITY OF SONOMA COUNTY SINCE 1975

September 2, 2010 Tresurer's Report

Total Club Funds	$49,703.50	Down $2,844 from Aug 2009

Student Grant Fund	$395	vs. $372 in Aug 2009

High School	($2,815)
Projected Total for 2010	($5,320)

Race Financials

Summer Track Series		
Individuals	286	vs. 399 in 2009
Total Attendance	528	vs. 739 in 2009
Income	$1,439	vs. $1,902 in 2009

Salmon Creek		
Income	$449	vs. $226 in 2009
Expenses	($407)	vs. ($201) in 2009
Net	$42	vs. $25 in 2009

The Empire Runner

Phil Widener Empire Open

Record Turnout

No Heat Wave This Year

Jerry Lyman, race director

Times were hot and the weather not at the 18th annual Phil Widener Empire Open held August 28 on a beautiful Saturday morning in Spring Lake Park. Empire Runners came out in force, over 50 running for ERC teams and several more running unattached. A record 262 runners, representing 17 different clubs, finished the 3 races. Next to the Empire Runners, Tamalpa and the Impala Racing Team entered the most competitors, combining for 74.

Is this the runner's high? Don Steward guts it out to the finish.

Three all-time division records were smashed. JoAnne Rowland (Impala, Super Senior) and Katie Martin (Tamalpa, Veteran), each broke their own previous records, finishing in 26:56 and 37:01, respectively. Both Rowland and Martin repeated division wins from last year. Tamalpa's Hans Schmid, having recently turned 70, obliterated club mate Russ Kiernan's 2008 Veteran division record by nearly 2 minutes, finishing in 23:56.

Tamalpan Christine Kennedy "three-peated" in the Women's Senior division and still holds her division's record of 21:55 set in '08.

Julie Nacouzi ran the fastest time ever for an Empire Runners Club woman on the current Empire Open Spring Lake course.

Five Empire Runners collected "Top 10" shirts in their respective races. Our strongest showing was our Men's Masters team with Kenny Brown, Carlos Castelo, and Don Steward finishing 5th, 6th, and 8th in the Men's 40 & over race. Gerald McCormick slipped in at 10th in the Men's Open race for a shirt, and 16 year-old Julie Nacouzi, running independently so not to jeopardize her high school standing (but an Empire Runners Club member nonetheless), excellently finished 2nd in the Women's race in 20:36. Her time places her 7th in the Women's all-time best time records for the Spring Lake course.

First place women, YiOu Wang, ran almost 1 ½ minutes faster than in 2009 and now has the 2nd fastest time ever for women on this course.

Empire Open results have just been posted on the club website and the PA website. Official division placement and team scores won't be available for a few days. Keep checking:

http://www.pausatf.org/data/2010/xcresults2010.html

Elisa Pedersen and Carrie Peterson-Kirby were the top two Empire Runners in the Women's race.

Many thanks to the many club members who helped out, especially to Bob Shor and to John Anderson, who again provided a great group of students and parents from Rancho Cotate to monitor the course. We also had 4 excellent lead/sweep bikes this year, courtesy of the Nason family.

For more photos, go to www.empirerunners.org.

JL

The Empire Runner

RESULTS -- http://www.empirerunners.com/results/salmoncreek/salmoncreek10.pdf

The Salmon Creek Beach Runs

5-Mile Run
& 2-Mile Fun Run/Walk
Sunday August 1st, 2010

By Eric Bohn, Race Director

The 34th annual running of the Salmon Creek Beach Runs was the largest ever, with 73 runners toeing the (sand) line. Conditions were slower this year, despite a low tide. Steeper slopes and natural variation in the beach seemed to slow most people (rumors of the start/finish line being moved farther back were untrue).

Leah Garcia is about to pass her dad, David, in the 2-Mile.

This year we celebrated with a potluck brunch, as was done in earlier editions of the event (fires of any kind are no longer allowed in the interest in protecting the threatened western snowy plover). Despite cool and cloudy weather, the post race gathering was warm, welcoming and well attended.

Orion James finishes the 5-Mile.

This year's race was hosted by the Bohns (Ernst, Karen, Eric and Sebastian) with extra help from Kathy Brown. Please be sure to join us next year for this fun running event and day at the beach.

Larry Meredith leads Dave Goodwyn down the beach.
Photos by Dave DeSelle

THE VIRGIN RUN

Brad Zanetti

It started over a year ago, when on the weekly ER run there would be many stories about the TAHOE RELAY. It was intriguing; circumnavigating Lake Tahoe, long distances, elevation gain and loss, weather changes and altitude. The stories were also a bit intimidating as the over 50yo team had won in 2008 and were planning to build a team to REPEAT. I was to be in Tahoe the weekend of the 2009 relay relegated to cycling due to a foot injury and dropped by at the 3rd-4th leg exchange. I watched the excitement of Steve Cleal passing the torch to Paul Berg, talked to Coach, Sledge, Rob and other ER runners, wished them well and pedaled on to the Flume Trail. The next week there were more stories of the successful REPEAT and then a collective article in the ER newsletter.

Jump forward to early 2010, my foot was now healed and I was running again. After the Valley Ford Relays, Larry was starting to put together the team for 2010 and a possible 3PEAT. Surprisingly, Larry asked me if I was interested in running with this year's BUBBAS. I wanted to say yes immediately, but lets see…10mile legs, tremendous elevation change, ??weather, running on asphalt and altitude? "Larry put me on the taxi squad for now, but I am definitely interested". As the winter blended into spring(was it ever really spring?) the Relay roster seemed to change daily as injuries and availability made the possibility of the Bubbas pulling a no show . At one point there was talk of running 2 legs each but upon review of the Decelle Memorial rule book that would disqualify us. The injury bug hit me as well and I wasn't cleared until 2 weeks prior. There was shuffling and reshuffling of the legs of the relay and less than 2 weeks prior our 7th man dropped for sure. Coach, in a deadline maneuver out of the Billy Beane handbook found a 7th man; Kevin who was to be up watching his wife run with the coed team and by his own admission hadn't been training much but would give us everything he had.

So just a week before the event we were a complete team once again, albeit with 3 virgin runners. There was still the goal; the 3peat, in the discussion but the unknown was looming large over this newly formed group; a group in which not everybody had even met. We all met Vernon over lunch on the way up. We would meet Kevin during the race. The 2010 Bubbas were: Brad Zanetti, Vernon Stafford, Kevin Teuscher, Paul Berg, Dale Peterson, Larry Meredith and Bob Rogers. How would we come together and what would be OUR destiny?

Leg 1- 9.6miles,600'-Brad Zanetti

June at Lake Tahoe-hot? cold? rain? sunshine? lightning? My goal was simple: get us off to a great start and make it to the exchange and Vernon. The excitement of the start left me strangely unaware of the weather. Shorts and an ER tank seemed right.

The gun went off, the sun felt warm, air temp cool with some wind. 2 blocks later turning left onto H50 we were met with black clouds, sub 40 temp and 30MPH headwinds…oops. Dale had told me not to worry because after a mile I would be out of breath anyway. Strangely, that wasn't true and I continued to accelerate looking for our unknown competition. I could see one guy up ahead who looked over 50 and I struggled but could not cut the gap. I was alone, fighting the elements, driven by fear and constant cheering of all of the leapfrogging teams including the ER teams.

At the halfway point, I experienced altitude induced cement legs and the thought of not finishing my leg entered my psyche. The Bubbas were there, ever encouraging but by mile 6-7 I was going backwards. While practicing my failure speech and barely moving I was jogged to reality by "Hey Bubba, we're coming up you're A&%" by a few old guys. At first I thought who are they talking to. Then I am like,"nobody is coming up MY AS%$* you SONOF&%$#", and I started to recover and caught up to a high school kid and ran the rest of the way with him pushing ourselves to our limit, racing down to the exchange zone and the finish of the leg. Thanks to my high school companion. Thanks to those loud mouths who woke me up. ~Brad

Now we faced hours of sagging, leapfrogging and cheering on our teammates and our ER coed Compatriots.

Leg 2-8.2 miles, 1100'(mostly up)-Vernon 'SIBOK' Stafford

"I was the runner on standby. In the weeks preceding the race I watched the emails flying back and forth. About a week or so before the race the call came- we need you. I figured I would run whatever leg I was needed to as I thought the legs were spoken for by the veterans. Little did I know I would get to run Leg #2, the one I wanted, "The HILL". Reflecting back this is not the leg to run if you want to be distracted by the beauty of the lake and once you start the climb the 'view' is pretty much at your back. One short part I really appreciated was running thru the painted rock tunnel.

Running thru I had a much more vivid feel compared to driving thru in the blink of an eye. I love running hills and the challenge of the last 3 miles of climbing. The view of the finish at the top of Spooner Summit beckons the entire climb. With no one to catch and no one coming from behind I was pretty much on my own. The final challenge was a constant headwind that literally hit me in the face. You will never feel more alive than when the realization hits you that you still have 3 miles to go, a 1000 feet of elevation gain, a headwind starting to blow and there are 6 other guys depending you…then home free at 7000 feet." ~Sibok

A quick hand-slap, some encouraging words and Kevin was off. When Vernon had recovered we packed up and began the trip down to Incline and follow Kevin's sojourn.

Leg 3-10.4 miles, 1000'(mostly down)- Kevin 'GREY WOLF' Teuscher

"A nice drive to Spooner Summit- but it all went downhill from there!" It was a hell of a way to start a honeymoon trip—10.3 miles as the last minute sub on Team Bubba- but it turned out to be a great experience. How to describe it all? So many words and phrases come to mind. Agony, excruciating pain, burning quads from hell…and those just the nice ones! Given profanity there would be so much more to say. But the weather was great, the company was extraordinary, the views of the lake were amazing, and when it was all said and done I had a trophy and a t-shirt to show, bragging rights for a lifetime… and a cool nickname! ~Kevin

We had just met Kevin and he was the unknown as both runner and teammate. We wondered how he would fare as 10 miles 'downhill' presents a unique challenge.

With each stop along the way his smile never faded. He showed no signs of fatigue or stress. Kev just kept his pace, saying all was well and smiling along the way. It was simply amazing to us and buoyed us. We had a respite from how we were doing in the race and experienced the RUN OF THE GREY WOLF. Kevin finished his leg with the beauty of Lake Tahoe and the snow covered mountains in the background and his new wife, Karen, at his side as he passed the torch to 'ICE'.

Leg 4- 12.3miles, 1000'(one up/down)- Paul 'ICE" Berg

"I foolhardily suggested at one point that I'd run 2 legs if necessary. Fortunately, no one took me up on it. Somewhere early on my leg I passed 'Team Bigmouth' but

didn't know it. I was a bit disappointed that they added another few small turns and hills at the end of my leg making me 3 minutes slower than last year. Unfair, this age thing." ~Paul

Paul had a great leg, passing the 6-7 teams including our very own ER coed team and surreptiously the third over 50 team, Golden Harriers. As a team we were buoyed by Paul's strong running. Kevin had decided to stay in our van for the final legs and this unexpected move continued to solidify our team camaraderie.

It was now clear a three peat probably wasn't going to happen as the #1 team was gaining with each leg and were running, quite frankly, on a different plane. At each exchange though it became obvious a 3rd team was after us, that we were being 'hunted'. It provided much amusement as they were loud and cocky and declaring that this was the leg they were going to 'blow by us'. We had a new goal; SECOND. Dale was rested and ready.

Leg 5-10.5miles, 800'(one up/down)-Dale 'SLEDGE' Peterson

"In 2008 and 2009 I ran the final leg of the Tahoe Relay for the winning Empire Runner's senior men's teams. In '08 I really struggled in the heat and barely survived and was grateful not to lose our lead, not knowing we had a huge gap on the second-place team. In '09 I ran a fantastic leg and felt strong all the way confident I could hold off any challenger that appeared. Again we had a huge lead and I ran pretty much alone. So after tasting both the agony and the ecstasy on leg 7 I decided to make a change for 2010.

Mojo was unable to participate this year due to family commitments so I filled in as best I could on leg 5. There are no really huge up-hills on leg 5 but neither are there any huge down-hills. Far from flat the whole distance proved to be very challenging. Although not as hot as 08 it was pretty warm by the time I took the handoff from Paul.

I felt strong and was not bothered by the elevation as much as in past years. The most challenging thing was keeping pace running mostly alone for the entire leg. When I handed off to Larry for his grueling leg 6, I was happy to be done with racing for the day, ready to cheer on Larry and Bobby to the finish." ~Dale

Unbeknownst to Sledge the chasing GH club had determined this was the leg they would indeed pass us. In fact this was their coach's leg and he had determined that the 'massively muscular' Sledge would be easily caught. In fact in the first half of the leg he(also named Peterson)was indeed cutting deeply into the 3 minute gap(to coin his phrase-' I'm coming up you AS$'. Dale though was the picture of consistency and seemed to get stronger as the miles passed. As the finish of his leg neared Sledge seemed to be accelerating and the GH coach was no longer in view. He was indeed not only not catching up to the BUBBAS he was to lose another 3 minutes to our Sledge. At Homewood Dale handed off to Coach with nearly a 6 minute advantage.

Leg 6-10.5miles,1200'(up and down, 1 HUGE uphill finish)-Larry 'COACH' Meredith

"The team brought in 3 Tahoe rookies- Brad, Vernon and Kevin—and the good times kept right on rollin'. Gone are the days when I run these events for the glory. Now it's for the experience and camaraderie of being on a TEAM. I took on Leg #6 for the third straight year…hoping to finally get it right. The conditions were good; the 'conditioning' poor. The last 1.5 miles of steep uphill gave me the beating that I deserved. I didn't think that section could get worse than last year but now I know that there is no upper limit to misery. The only thing that made me feel better was the knowledge that I moved our team up five places, from 40th to 35th, and lost only 10 seconds to my counterpart from the Raunchy Rancho Runners whose team was trying to steal our 2nd place plaque. When I finally handed off to Bobby, I knew he would bring it home for us" ~Larry

As Coach sent Bobby swiftly on his way and recovered from his abuse, we hung around to hear more 'motivational' words from our not so stealthy pursuers and to gauge the gap. Their runner was warming up and it appeared to be the same guy Paul ran down in Leg 4. As it turned out, this was his twin whom we named, 'HARPO' and who their coach tagged, 'THE SECRET WEAPON'…at least until the he blurted it out. With roughly 5 minutes in the bank we hopped into the cars and scooted to the first designated stop to cheer 'the Cricket' on.

Leg 7-10.5miles, 1100'(DOWN an UP an DOWNN)-Bob 'CRIMSON CRICKET' Rogers

"In 2008 I ran an early leg, Leg #2, the uphill leg. It was nice and cool. This year we switched around some legs and I opted to run the last leg. Even though it wasn't as hot as it has been in previous years it was too hot for this fair haired boy. I thought I had started conservatively but between miles 3-4 of the 10.5 mile leg I felt it was over. My legs were thrashed from the down-hills, it was very hot(for me) and I knew another senior team was chasing. My team was there to keep me going and I dug deep to finish the race, holding off the Golden Harriers and take the second place trophy." ~Bob

Bobby, too, ran a great leg. At times he claimed he was unraveling and wasn't sure if he could keep our nemesis at bay. But as a team we knew better, Bob was OUR secret weapon. We could not imagine another over 50 runner beating him. He broke up his leg in 3+ mile sections and stopped for over a minute recovering at each break.

Even with the recovery their 'secret weapon' was not cutting the gap. During the last 1.5mile 'Cricket' gutted it out and swung into the finish chute to the cheers of his Bubba teammates, the ER Open team, the ER Coed team and the sound of live music. Within minutes we were summoned to the finish line for our 2nd Place award presentation and a group picture. Nearly 10 hours of running and a very sudden finish to the day. Now what to do.… Hey what's for dinner???

The 2010 Team Bubba came in with a lofty goal of a 3peat; a legacy for the 2011 version with a new group of outstanding 50 year olds to pick from. What we came away with was a second place finish, a close and exciting race with a team on a mission(whom we talked with during the 7th Leg and gained some understanding and familiarity) and the knowledge that we each gave everything we had on this given day. We came together as a team. Our victory dinner was outstanding with 'Ice' manning the 'Q' and Sibok pouring his great home brew(s). There were stories and jokes and memories of the days' best moments. A great time was had by all.

I want to thank each of my teammates for their inspiration; during my leg or by their effort during their leg(s). I was especially impressed with the zen like leg of the Grey Wolf and the

10 round barn burner by 'Coach'. Just driving up that last climb above Emerald Bay was awe inspiring. We all appreciated those 2 fantastic performances.

If you haven't had this type of running experience I highly recommend a trip to the 2011 Decelle Memorial Lake Tahoe Relay.

The Empire Runner

Interview with Jeff Galloway- Founder of the *Run-Walk-Run*™ Training Program

conducted at Fleet Feet - July 7, 2010

by Jonathan Hayden

We're here today at Fleet Feet in Santa Rosa with Jeff Galloway, former Olympian, businessman, writer and founder of the *Run-Walk-Run*™ training program.

Jonathan Hayden: You've been an elite athlete since the early 70's and have seen running evolve quite a bit over the years. What do you think has been the biggest change for both the elite and recreational runners since the 70's?

Jeff Galloway: Well, a lot of things. I've been running for 51 years now and I've seen the population of runners in Atlanta, my hometown for example, grow from five people or so to over 100,000. So there's been huge growth. And a lot of it is in women. The greatest trend has been among women taking up running. Sometimes they run to lose weight but usually what they find is the experience of running is unlike anything else in life. Men find it too, but there has been a huge amount of women moving into running every year, and it's really swelled the ranks.

Hayden: I've read some statistics over the years that show that women gravitate towards the marathon, a race that you've helped people train for. Do you find this to be the case?

Galloway: I've been blamed for a lot of things…but taking these people off the couch and helping them train for a marathon in 6-9 weeks? Well, I am very pleased to be blamed for that. If they follow my advice on the *Run-Walk-Run*™ method, practically every single person can make it through a half or a full marathon without getting injured. The way it works is: if you put the "Walk Break" in well before you need it right from the very start, and keep erasing fatigue so you don't get the stress built up on the feet, legs or muscles, you'll feel great.

Hayden: What do you think has been the most important technological change since you started?

Galloway: The biggest change has been in shoes. Shoes used to be pretty basic, just a slab of rubber. Of course we got a whole lot more injuries at that time. As the shoes became more orthopedically designed, the shoe-related injury rate has gone down drastically. Within that category, the biggest changeover has been that the shoes have been specifically designed for specific types of feet. So it really takes a technical running shoe store, like Fleet Feet, to analyze how the foot will operate when wearing the shoe and then be able to offer choices in that category.

Hayden: When did this *Run-Walk-Run*™ program get its start?

Galloway: In 1974 when I opened my first Phidippides running store, I was asked to teach a class at a neighborhood university. It was a beginning running class. Out of 22 people, none of them had been doing any running for at least five years. So I knew there would be a lot of walking. I had such success infusing running with walking, particularly in eliminating injuries, that after 10 weeks we didn't have a single injury all the way through. So I continued to use *Run-Walk-Run*™ with beginning groups for the next ten years. As we started to develop the Galloway Training program, there were always a few who I felt needed the *Run-Walk-Run*™ training for the marathon training. We didn't use it as a "boiler plate" back in the '70's and early '80's. But there were a few who were very successful with it. In the mid '80's when the great influx of women into running started, I started using *Run-Walk-Run*™ quite rapidly and saw a tremendous increase in the success rate of people not getting injured, burning out, or getting extremely fatigued. The bottom line today is that with the *Run-Walk-Run*™ training program, nobody is going to get wiped out doing these long runs training for a half or full marathon.

Hayden: What is the median age for runners you see in your program?

Galloway: The median age is about 43 and about 50/50 male to female with a bit more towards the female side. The average number of years running is about a year and a half; however, we get a lot of novices. What is surprising to a lot of people who observe

***Run-Walk-Run*™ is that we also get several thousand people per year that qualify for Boston using the *Run-Walk-Run*™program. I've done the surveys on this and found that when someone has run ten or more marathons continuously (using RWR), they discover that they don't slow down at the end. So the average amount of time that is decreased because of that (RWR) is 13 minutes faster. Training and running for a marathon doesn't have to be debilitating. Yes it's difficult; yes, it's a challenge. That's part of the charm of it. You feel so empowered having gone through this. The point of *Run-Walk-Run*™ is that you never have to be broken down.**

You can learn more about Galloway's training methods at this website.

www.jeffgalloway.com

Thank you to Fleet Feet, and Galloway's sponsor, Mizuno, for allowing us to interview Jeff Galloway for this article.

Jonathan Hayden

Renaissance Creative Solutions

Empire Runner Member

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From left to right in front of Swami's in Encinitas: Leah and Justin Law, Stacey and John Spangler, MA Morrison and Jim Ball

Empire Runners Club T's in Vista California

We received a T-shirt order from Jim Ball with an address in Vista, Ca. My first thought is where is Vista? I went to Google Earth and found Vista in the San Diego area.

I then went and checked our membership rolls and archives thinking he must be a member or former member who has relocated. No Jim Ball!

The order needed to be changed so when I emailed him with the information I asked "what was his connection to the Club".

He informed me his daughter lives in Rohnert Park and that the family was coming to the area to visit for the 4th of July. He was looking for an event to run while he was in the area and found the Kenwood Foot Race. While browsing our website he saw the T-Shirts and decided it would be fun to wear the shirts during the race.

After receiving the shirts he liked them so much he wanted to know how or where he could purchase some for his running group friends in Vista. When I responded back I asked if he would take a photo of the group and send it to me to use in our newsletter.

Here is the email I received from Jim with the photo of his friends wearing Empire Runners Shirts.

Thanks Jim and Friends for a great photo! It would be fun to have more photos of your running friends wearing Empire T's.

Gil Moreno

Gil,

We hope you had a great vacation. We had a great time at the Kenwood Foot Race. What a well organized, scenic, beautiful and challenging course! We ran it slow and took lots of pictures along the way. We met Pots and bought a couple more shirts from him. Great guy! The event was, overall, one of the best events we've been in....and my wife's first 10K!

Attached is a picture of the group we run with around San Diego County. We just finished our Sunday morning run and thought it would be fun to slip on the shirts and get a group photo. We are standing in front of the Yogananda Self Realization fellowship gardens (locals refer to it as "Swami's") in the city of Encinitas. Which is next to the aptly named famous surf beach Swami's. In the photo from left to right: Leah and Justin Law, Stacey and John Spangler, my wife MA Morrison and me, Jim Ball. If you like the photo, please feel free to include it in your newsletter. If you do, let me know how we can get a copy of your newsletter. [***Ed: We did.***] I'll be happy to take and send more photos when we run near different SD landmarks.

Thanks again for the correspondence. And for an outstanding running event. We will definitely consider coming up and running it again!

Be well,
Jim

The Long and Short of It – Dale Peterson

Dog Day Afternoon(s)

I am sitting at my computer, it's 4:45pm and still about 95 degrees in the shade. Nine days ago I was at the Montgomery HS track with the Tuesday night crew and it was 106 degrees. What is the hardest thing for a runner to do? Not run. Even though we all cut short our workout on that Tuesday, I am certain that we all did more harm than good. So, I am trying to listen to my inner animal, the one with enough sense to lay low until it cools off. I will try to hold out. If I do run later I will bring my water bottle. If it still feels super hot in a couple of hours I will go short. Maybe even wait until tomorrow.

X-Country is a FALL sport!

It used to be that cross-country would not start until at least September, but for quite a few years now the USATF PA season has started in August. At any rate there have already been two meets – Santa Cruz and our own Phil Widener Empire Open. I admit I was having some trouble getting motivated to run last weekend. I finally decided to run in memory of Phil and Kathy Van Riper and for the sheer heck of it. The racing was just like always – tough. It does not matter if you are in the front or the back. But the real draw of running the X-Country series is the camaraderie, the sense of team and the plain old fun of hanging out with your friends. I was glad I did it. I saw some new faces and I hope I keep seeing them. There will be plenty of more opportunities to run x-country so check it out!

Got the barefoot bug?

I finally read *Born to Run* and I absolutely loved it! I had no idea it was going to be such a good book. Full of interesting and funny characters, this is a great story that just happens to be (only in part) about barefoot running. That being said - you will probably have a strong desire to go barefoot at least a little after you get about two-thirds through the book. I am not ready to throw out my shoes but I am spending some time barefoot each day trying to strengthen and toughen my feet and have hopes of improving my running form and efficiency over time. I am taking a very cautious approach to avoid injuries. I will check back in on this in a few months and let you know how I am doing so we can compare notes.

Tioga Party

On a backpacking trip a couple of years ago I saw a sign in Lee Vining advertising a race starting at the visitor center and finishing at the Yosemite NP entrance station on Tioga Road. I had pretty much forgotten about it when Doc Isabeau sent out an email a couple of months ago challenging a bunch of us to run this race. So Doc and I will drive up next week camp out near the Mono Craters and do the 12.4 mile run that includes nearly 3000' of elevation gain. Oh, and not to be outdone our own President Nate Koch is running it too – the day after running x-country at Golden Gate Park. There will be more on this post race – when I catch my breath!

The Grand Prix Pulse

By the time this newsletter gets to you there will only be four more events remaining to be counted for the 2010 Fleet Feet Empire Runners Grand Prix. I have still not counted the Track meet points, but hope to have them in the results by the October Newsletter. For September not much has changed in the Female standings. Alyce Parks is still at the top of the standings with Tori Meredith not far behind. For the Males William Rogers moved to the top spot having run Salmon Creek which Brad Zanetti missed. The fast and relatively young Gerald McCormick moved up a few spots with his win at Salmon Creek and considering his past performances has a good chance of topping the podium if he completes 11 of the 14 events.

Happy Running,

Bob

Links to current Grand Prix standings:

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

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

Men's 2010 GP standings through Salmon Creek excluding Track Series

Place	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Trk Series	RFRelay	Kenwood	Salmn Crk	Emp.Opn	Anadel Lp	Hunger	McGuires	Last10k2m	Total
1	William	Rogers	40s	66	99	92	93	77	0	96	90	99	0	0	0	0	0	712
2	Steve	Cryer	50s	76	99	82	96	81	0	95	90	88	0	0	0	0	0	707
3	Gerald	McCormick	20s	0	100	100	100	98	0	100	90	100	0	0	0	0	0	688
4	Bob	Rogers	50s	90	100	0	107	93	0	100	90	94	0	0	0	0	0	674
5	Brad	Zanetti	50s	83	100	98	98	89	0	100	90	0	0	0	0	0	0	658
6	Vernon	Stafford	50s	75	99	88	103	82	0	97	90	0	0	0	0	0	0	634
7	Larry	Meredith	50s	87	100	0	98	88	0	75	90	90	0	0	0	0	0	628
8	Ernst	Bohn	60s	33	100	68	92	71	0	97	90	75	0	0	0	0	0	626
9	Jerry	Lyman	60s	79	98	96	75	75	0	100	90	0	0	0	0	0	0	613
10	Andy	Howard	40s	92	0	100	99	96	0	100	90	0	0	0	0	0	0	577
11	Carl	Jackson	70+	39	100	81	0	69	0	93	90	98	0	0	0	0	0	570
12	Dave	Goodwin	50s	82	99	89	0	85	0	0	90	89	0	0	0	0	0	534
13	Mark	James	40s	81	99	100	97	64	0	0	0	92	0	0	0	0	0	533
14	Ryan	Terschuren	20s	61	99	94	96	80	0	0	0	100	0	0	0	0	0	530
15	Brendan	Hutchinson	60s	69	99	79	98	78	0	0	0	85	0	0	0	0	0	508
16	Bill	Browne	60s	55	99	71	75	0	0	94	90	0	0	0	0	0	0	484
17	Eric	Downing	30s	93	99	96	0	0	0	0	90	98	0	0	0	0	0	476
18	Paul	Berg	50s	0	100	91	0	0	0	100	90	91	0	0	0	0	0	472
19	Ron	Svinth	50s	84	100	93	104	0	0	0	90	0	0	0	0	0	0	471
20	Paul	Peck	40s	32	98	84	94	66	0	93	0	0	0	0	0	0	0	467
21	Stephen	Rauch	40s	73	0	93	97	0	0	98	90	0	0	0	0	0	0	451
22	Troy	Tuscher	40s	85	99	83	0	86	0	0	90	0	0	0	0	0	0	443
23	George	Urdzik	60s	22	100	0	0	62	0	91	90	77	0	0	0	0	0	442
24	Gil	Moreno	60s	75	100	0	75	75	0	95	0	0	0	0	0	0	0	420
25	Carl	Triola	40s	59	98	90	0	75	0	96	0	0	0	0	0	0	0	418
26	Jim	Parks	50s	50	99	87	0	76	0	96	0	0	0	0	0	0	0	408
27	Dale	Peterson	50s	38	0	0	94	100	0	75	90	0	0	0	0	0	0	397
28	Ty	Strange	40s	0	100	98	109	0	0	0	90	0	0	0	0	0	0	397
29	John	Hermstad	60s	0	0	0	97	0	0	95	90	87	0	0	0	0	0	369
30	Darryl	Beardall	70+	51	100	67	0	72	0	0	0	78	0	0	0	0	0	368
31	Orion	James	<10	41	99	80	0	65	0	0	0	82	0	0	0	0	0	367
32	Jim	Moore	40s	0	99	78	100	0	0	0	0	84	0	0	0	0	0	361
33	Chris	Mason	20s	0	98	0	0	0	0	89	90	81	0	0	0	0	0	358
34	Alec	Isabeau	40s	0	0	0	100	90	0	75	90	0	0	0	0	0	0	355
35	John	Harmon	50s	78	0	95	0	79	0	0	90	0	0	0	0	0	0	342
36	Don	Sampson	60s	0	0	0	94	73	0	94	0	79	0	0	0	0	0	340
37	John	Anderson	50s	75	0	0	0	75	0	75	90	0	0	0	0	0	0	315
38	Dan	Tuohy	70+	40	100	85	0	0	0	0	90	0	0	0	0	0	0	315
39	Don	Stewart	40s	98	0	99	110	0	0	0	0	0	0	0	0	0	0	307
40	Eric	Nordvold	60s	34	100	0	0	0	0	0	90	80	0	0	0	0	0	304
41	Alex	Wolf-Root	20s	100	100	0	0	0	0	100	0	0	0	0	0	0	0	300
42	John	Staroba	30s	0	0	0	0	99	0	100	0	99	0	0	0	0	0	298
43	Eric	Bohn	40s	0	0	0	95	0	0	97	0	100	0	0	0	0	0	292
44	John	Rich	14-19	0	97	97	0	0	0	0	0	96	0	0	0	0	0	290
45	Ian	Inman	20s	0	98	0	0	0	0	96	0	95	0	0	0	0	0	289
46	Brandon	Crowell	30s	91	0	97	100	0	0	0	0	0	0	0	0	0	0	288
47	Brian	Goodwin	14-19	0	0	99	0	92	0	0	0	97	0	0	0	0	0	288
48	Nate	Koch	20's	0	0	0	99	0	0	98	90	0	0	0	0	0	0	287

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49	Bob	Holland	60s	0	99	89	92	0	0	0	0	0	0	0	0	0	0	280
50	Dale	Trowbridge	60s	0	100	0	0	0	0	90	90	0	0	0	0	0	0	280
51	Rob	Main	50s	72	0	0	96	0	0	99	0	0	0	0	0	0	0	267
52	Sam	Strobino	14-19	77	0	0	99	83	0	0	0	0	0	0	0	0	0	259
53	Duncan	Meech	40s	62	0	86	101	0	0	0	0	0	0	0	0	0	0	249
54	John	Katchmer	50s	54	98	73	0	0	0	0	0	0	0	0	0	0	0	225
55	Luis	Luna	14-19	0	100	0	0	100	0	0	0	0	0	0	0	0	0	200
56	Eric	Miller	30s	20	100	77	0	0	0	0	0	0	0	0	0	0	0	197
57	Jaime	Silva	14-19	0	100	0	0	97	0	0	0	0	0	0	0	0	0	197
58	Mitch	Kothe	20s	96	100	0	0	0	0	0	0	0	0	0	0	0	0	196
59	Sebastian	Bohn	<10	0	0	98	0	96	0	0	0	0	0	0	0	0	0	194
60	Jonathan	Peck	14-19	94	100	0	0	0	0	0	0	0	0	0	0	0	0	194
61	J.R.	Mintz	40's	0	0	0	0	0	0	99	0	93	0	0	0	0	0	192
62	Sami	Nacouzi	<10	0	0	0	0	99	0	92	0	0	0	0	0	0	0	191
63	Greg	Jennings	30s	0	0	95	0	95	0	0	0	0	0	0	0	0	0	190
64	Manuel	Vieyra	14-19	0	99	0	0	91	0	0	0	0	0	0	0	0	0	190
65	William	Ortlinghaus	40s	0	99	0	0	0	0	0	90	0	0	0	0	0	0	189
66	Andre's	Meza	10-13	0	99	88	0	0	0	0	0	0	0	0	0	0	0	187
67	Nicholas	Rauch	10-13	0	0	86	0	0	0	97	0	0	0	0	0	0	0	183
68	Greg	Fitch	40s	0	0	92	0	0	0	0	90	0	0	0	0	0	0	182
69	Don	Meixsell	40s	0	99	0	0	0	0	0	0	83	0	0	0	0	0	182
70	Doug	Starr	50s	0	0	0	95	0	0	0	0	86	0	0	0	0	0	181
71	Joe	Sanchez	50s	0	0	80	0	0	0	98	0	0	0	0	0	0	0	178
72	Dale	Leyhe	70+	30	0	78	0	63	0	0	0	0	0	0	0	0	0	171
73	Mark	Mathewson	40s	71	0	0	99	0	0	0	0	0	0	0	0	0	0	170
74	Dave	DeSelle	50s	75	0	0	0	0	0	0	90	0	0	0	0	0	0	165
75	Peter	Kirk	40s	75	0	90	0	0	0	0	0	0	0	0	0	0	0	165
76	Craig	Wasserkrug	50s	0	0	0	0	0	0	75	90	0	0	0	0	0	0	165
77	George	Nacouzi	10-13	0	0	0	0	67	0	92	0	0	0	0	0	0	0	159
78	Greg	Lewis	40s	48	98	0	0	0	0	0	0	0	0	0	0	0	0	146
79	Jim	Gade	50s	47	98	0	0	0	0	0	0	0	0	0	0	0	0	145
80	Mike	Quigley	50s	63	0	81	0	0	0	0	0	0	0	0	0	0	0	144
81	Marty	Kinahan	40s	45	0	0	93	0	0	0	0	0	0	0	0	0	0	138
82	Ian	VanRiper	10-13	53	0	83	0	0	0	0	0	0	0	0	0	0	0	136
83	Daniel	Goodwin	30s	36	0	0	0	0	0	99	0	0	0	0	0	0	0	135
84	Marc	VanRiper	30s	52	0	82	0	0	0	0	0	0	0	0	0	0	0	134
85	Al	Tagliaferri	60s	46	0	74	0	0	0	0	0	0	0	0	0	0	0	120
86	Kevin	Hutchinson	50s	44	0	0	0	74	0	0	0	0	0	0	0	0	0	118
87	Gilman	Jung	70+	19	0	0	0	0	0	0	90	0	0	0	0	0	0	109
88	Brian	Purcell	50s	0	0	0	108	0	0	0	0	0	0	0	0	0	0	108
89	Wes	Beeson	60s	37	0	0	0	70	0	0	0	0	0	0	0	0	0	107
90	Eric	Walker	40s	0	0	0	106	0	0	0	0	0	0	0	0	0	0	106
91	Todd	Bertoloni	40s	0	0	0	105	0	0	0	0	0	0	0	0	0	0	105
92	Andy	Furlong	30s	0	0	0	102	0	0	0	0	0	0	0	0	0	0	102
93	Danny	Aldridge	50s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
94	Sean	Fitzpatrick	30s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
95	Jonathan	Hayden	50s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
96	Ricky	Meza	10-13	0	0	100	0	0	0	0	0	0	0	0	0	0	0	100

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97	Brian	Morrey	30s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
98	Matthew	Mulligan	14-19	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
99	Justin	Plott	10-13	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
100	Brendon	Plott	<10	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
101	Connor	Schott	<10	0	0	0	0	100	0	0	0	0	0	0	0	0	0	100
102	Bill	Tuohy	20s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
103	Bruce	Tuohy	20s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
104	Chris	Webb	40s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
105	J.T.	Wick	40s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
106	Antonio	Meza	14-19	0	99	0	0	0	0	0	0	0	0	0	0	0	0	99
107	Neal	Robbins	50's	0	0	0	0	0	0	99	0	0	0	0	0	0	0	99
108	Guy	Schott	40s	0	99	0	0	0	0	0	0	0	0	0	0	0	0	99
109	Brice	Winkler	20s	99	0	0	0	0	0	0	0	0	0	0	0	0	0	99
110	Michael	Zanetti	14-19	0	99	0	0	0	0	0	0	0	0	0	0	0	0	99
111	Stephen	Cann	14-19	0	0	0	0	0	0	98	0	0	0	0	0	0	0	98
112	Mark	Cole	30's	0	0	0	0	0	0	98	0	0	0	0	0	0	0	98
113	Asher	Nathan	60s	0	0	0	98	0	0	0	0	0	0	0	0	0	0	98
114	Joshua	Peck	10-13	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
115	James	Schott	<10	0	0	0	0	98	0	0	0	0	0	0	0	0	0	98
116	Manuel	Vieyra	40s	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
117	Orin	James	<10	0	0	0	0	97	0	0	0	0	0	0	0	0	0	97
118	Ben	Stafford	14-19	0	0	0	0	0	0	97	0	0	0	0	0	0	0	97
119	Clinton	Stevens	30s	97	0	0	0	0	0	0	0	0	0	0	0	0	0	97
120	Colin	Williams	<10	0	0	97	0	0	0	0	0	0	0	0	0	0	0	97
121	David	Garcia	40's	0	0	0	0	0	0	0	0	97	0	0	0	0	0	97
122	Bill	Quinn	50s	0	0	0	96	0	0	0	0	0	0	0	0	0	0	96
123	Will	Stewart	<10	0	0	96	0	0	0	0	0	0	0	0	0	0	0	96
124	Mathew	Anderson	<10	0	0	0	0	95	0	0	0	0	0	0	0	0	0	95
125	Kenny	Brown	40s	95	0	0	0	0	0	0	0	0	0	0	0	0	0	95
126	Chris	Cole	50s	0	0	0	95	0	0	0	0	0	0	0	0	0	0	95
127	John	Gusman	50s	0	0	0	95	0	0	0	0	0	0	0	0	0	0	95
128	Teddy	Stewart	<10	0	0	95	0	0	0	0	0	0	0	0	0	0	0	95
129	Sid	Andreis	20s	0	0	0	0	94	0	0	0	0	0	0	0	0	0	94
130	Steve	Behler	40s	0	0	94	0	0	0	0	0	0	0	0	0	0	0	94
131	Joey	Meza	<10	0	0	94	0	0	0	0	0	0	0	0	0	0	0	94
132	Romi	Nacouzi	<10	0	0	0	0	94	0	0	0	0	0	0	0	0	0	94
133	Paul	Archibald	50s	0	0	0	93	0	0	0	0	0	0	0	0	0	0	93
134	Dan	Esperon	40's	0	0	0	0	0	0	93	0	0	0	0	0	0	0	93
135	Nickolaus	James	<10	0	0	93	0	0	0	0	0	0	0	0	0	0	0	93
136	Sebastian	Obergin	14-19	0	0	0	0	0	0	93	0	0	0	0	0	0	0	93
137	Paul	Hickey	40's	0	0	0	0	0	0	92	0	0	0	0	0	0	0	92
138	Jim	Gibbons	60s	0	0	91	0	0	0	0	0	0	0	0	0	0	0	91
139	Jamie	Reed	50s	0	0	0	91	0	0	0	0	0	0	0	0	0	0	91
140	Kevin	Williams	40s	0	0	0	91	0	0	0	0	0	0	0	0	0	0	91
141	Doug	Courtemarche	60s	0	0	0	0	0	0	0	90	0	0	0	0	0	0	90
142	Jerry	Kibler	70+	0	0	0	90	0	0	0	0	0	0	0	0	0	0	90
143	Mike	McGuire	60s	0	0	0	0	0	0	0	90	0	0	0	0	0	0	90
144	Brent	Smith	40s	0	0	0	0	0	0	0	90	0	0	0	0	0	0	90

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145	Brian	Tuohy	20s	89	0	0	0	0	0	0	0	0	0	0	0	0	0	89
146	Jason	Saling	30s	88	0	0	0	0	0	0	0	0	0	0	0	0	0	88
147	Andrew	Cryer	20s	0	0	87	0	0	0	0	0	0	0	0	0	0	0	87
148	William	Tran	14-19	0	0	0	0	87	0	0	0	0	0	0	0	0	0	87
149	Derek	Felciano	30s	86	0	0	0	0	0	0	0	0	0	0	0	0	0	86
150	Brian	Moffett	40s	0	0	85	0	0	0	0	0	0	0	0	0	0	0	85
151	Brent	Smith	40s	0	0	84	0	0	0	0	0	0	0	0	0	0	0	84
152	Peter	Stefanisko	40s	0	0	0	0	84	0	0	0	0	0	0	0	0	0	84
153	Joseph	Bootier	40s	80	0	0	0	0	0	0	0	0	0	0	0	0	0	80
154	Rene	Meza	40s	0	0	79	0	0	0	0	0	0	0	0	0	0	0	79
155	David	Vigil	40s	0	0	77	0	0	0	0	0	0	0	0	0	0	0	77
156	Charles	Hoagland	70+	0	0	76	0	0	0	0	0	0	0	0	0	0	0	76
157	Leigh	Meyer	40s	0	0	76	0	0	0	0	0	0	0	0	0	0	0	76
158	Steve	Brown	50s	75	0	0	0	0	0	0	0	0	0	0	0	0	0	75
159	Christopher	Lynch	30s	0	0	75	0	0	0	0	0	0	0	0	0	0	0	75
160	Kevin	McCallum	30s	0	0	0	0	75	0	0	0	0	0	0	0	0	0	75
161	Chris	Rostel	50s	74	0	0	0	0	0	0	0	0	0	0	0	0	0	74
162	Zach	Rounds	30s	0	0	72	0	0	0	0	0	0	0	0	0	0	0	72
163	Bernie	Hollander	70+	0	0	70	0	0	0	0	0	0	0	0	0	0	0	70
164	Sean	McNeil	40s	70	0	0	0	0	0	0	0	0	0	0	0	0	0	70
165	Bob	Finlay	50s	68	0	0	0	0	0	0	0	0	0	0	0	0	0	68
166	Christian	Roberge	14-19	0	0	0	0	68	0	0	0	0	0	0	0	0	0	68
167	Greg	Gallup	20s	67	0	0	0	0	0	0	0	0	0	0	0	0	0	67
168	Ricci	Erfe-Mejia	30s	0	0	66	0	0	0	0	0	0	0	0	0	0	0	66
169	Steve	Cleal	50s	65	0	0	0	0	0	0	0	0	0	0	0	0	0	65
170	Bruce	Leary	50s	64	0	0	0	0	0	0	0	0	0	0	0	0	0	64
171	Doug	Seale	30s	60	0	0	0	0	0	0	0	0	0	0	0	0	0	60
172	Jeff	Shaver	50s	58	0	0	0	0	0	0	0	0	0	0	0	0	0	58
173	Dan	Walters	40s	57	0	0	0	0	0	0	0	0	0	0	0	0	0	57
174	Scott	Bowen	30s	56	0	0	0	0	0	0	0	0	0	0	0	0	0	56
175	Tony	McCormick	50s	49	0	0	0	0	0	0	0	0	0	0	0	0	0	49
176	Frank	Wentz	60s	43	0	0	0	0	0	0	0	0	0	0	0	0	0	43
177	Michael	Curry	10-13	42	0	0	0	0	0	0	0	0	0	0	0	0	0	42
178	Stuart	Lovelace	10-13	35	0	0	0	0	0	0	0	0	0	0	0	0	0	35
179	Mike	Dobbert	50s	31	0	0	0	0	0	0	0	0	0	0	0	0	0	31
180	Vern	Shipley	60s	29	0	0	0	0	0	0	0	0	0	0	0	0	0	29
181	Steven	Solari	30s	28	0	0	0	0	0	0	0	0	0	0	0	0	0	28
182	Steve	Woolmer	60s	27	0	0	0	0	0	0	0	0	0	0	0	0	0	27
183	Bill	Cody	50s	26	0	0	0	0	0	0	0	0	0	0	0	0	0	26
184	Vince	Ewing	40s	25	0	0	0	0	0	0	0	0	0	0	0	0	0	25
185	Dave	Sell	40s	24	0	0	0	0	0	0	0	0	0	0	0	0	0	24
186	Laneil	Bryant	50s	23	0	0	0	0	0	0	0	0	0	0	0	0	0	23
187	Dan	Thompson	40s	21	0	0	0	0	0	0	0	0	0	0	0	0	0	21
188	Roger	Anawalt	70+	18	0	0	0	0	0	0	0	0	0	0	0	0	0	18

Women's 2010 GP standings thorough Salmon Creek excluding Track Series

	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Trk Series	RFRelay	Kenwood	Salmn Crk	Emp.Opn	Anadel Lp	Hunger	McGuires	Last10k2m	Total
1	Alyce	Parks	50s	80	99	93	93	93	0	75	90	93	0	0	0	0	0	716
2	Tori	Meredith	50s	90	100	97	98	98	0	0	90	96	0	0	0	0	0	669
3	Alisha	Rice	20s	92	100	89	108	0	0	0	90	95	0	0	0	0	0	574
4	Lidia	Alcazar	30s	85	100	91	109	0	0	0	90	98	0	0	0	0	0	573
5	Karen	Kissick	50s	91	99	98	0	96	0	98	90	0	0	0	0	0	0	572
6	Val	Sell	40s	100	0	100	100	0	0	0	100	97	0	0	0	0	0	497
7	Andrea	Guzman	20s	0	0	95	100	97	0	0	90	94	0	0	0	0	0	476
8	Lisa	Titus-Isabeau	50s	0	100	0	92	95	0	0	90	91	0	0	0	0	0	468
9	Tanya	Narath	40s	0	100	86	107	0	0	0	90	0	0	0	0	0	0	383
10	Shelli	Main	40s	88	0	0	96	0	0	99	90	0	0	0	0	0	0	373
11	Robin	Stovall	50s	0	98	97	0	75	0	100	0	0	0	0	0	0	0	370
12	Erica	Bosque	20s	74	99	91	0	87	0	0	0	0	0	0	0	0	0	351
13	Mckenna	Sell	<10	52	0	99	0	100	0	99	0	0	0	0	0	0	0	350
14	Lisa	Anderson	40s	50	100	92	0	0	0	100	0	0	0	0	0	0	0	342
15	Julie	Nacouzi	14-19	0	0	100	0	100	0	96	0	0	0	0	0	0	0	296
16	Catherine	Rauch	<10	0	0	100	0	99	0	97	0	0	0	0	0	0	0	296
17	Elizabeth	Meza	40s	94	100	98	0	0	0	0	0	0	0	0	0	0	0	292
18	Cathy	DuBay	40s	100	0	0	99	0	0	91	0	0	0	0	0	0	0	290
19	Shirley	Fee	60s	0	0	0	99	0	0	95	90	0	0	0	0	0	0	284
20	Sherri	Roberge	40s	0	0	93	0	90	0	100	0	0	0	0	0	0	0	283
21	Tessa	Berg	30s	84	98	92	0	0	0	0	0	0	0	0	0	0	0	274
22	Leslie	Wolcott	40s	71	98	96	0	0	0	0	0	0	0	0	0	0	0	265
23	Cathy	Goodwin	50s	81	0	0	0	91	0	0	0	92	0	0	0	0	0	264
24	Mary	Rogers	50s	0	100	0	0	0	0	75	0	87	0	0	0	0	0	262
25	Pam	Horton	60s	75	0	0	0	0	0	91	90	0	0	0	0	0	0	256
26	Linda	Morrissey	40s	0	0	94	110	0	0	0	0	0	0	0	0	0	0	204
27	Nicole	Lane	14-19	0	0	0	0	0	0	100	0	100	0	0	0	0	0	200
28	Shannon	Rich	20s	0	0	99	0	0	0	0	0	100	0	0	0	0	0	199
29	Ashlee	Staroba	30's	0	0	0	0	0	0	99	0	99	0	0	0	0	0	198
30	Kristin	Lavarone	30s	0	0	0	0	99	0	98	0	0	0	0	0	0	0	197
31	Veronica	Bosque	20s	97	0	99	0	0	0	0	0	0	0	0	0	0	0	196
32	Delaney	White	10-13	0	100	0	0	94	0	0	0	0	0	0	0	0	0	194
33	Debbie	DeCarli	60s	0	100	0	0	0	0	0	90	0	0	0	0	0	0	190
34	Leila	Nacouzi	14-19	0	0	0	0	92	0	97	0	0	0	0	0	0	0	189
35	Jennifer	Ortlinghaus	40s	0	99	0	0	0	0	0	90	0	0	0	0	0	0	189
36	Jillian	VanRiper	10-13	93	0	95	0	0	0	0	0	0	0	0	0	0	0	188
37	Nancy	Abila	40s	86	100	0	0	0	0	0	0	0	0	0	0	0	0	186
38	Megan	Schweitz	20s	0	99	87	0	0	0	0	0	0	0	0	0	0	0	186
39	Karen	Frindell	30s	95	0	0	0	0	0	0	90	0	0	0	0	0	0	185
40	Theresa	Manchester	50s	0	0	86	0	0	0	99	0	0	0	0	0	0	0	185
41	Avi	Ballo	14-19	0	0	0	94	0	0	0	90	0	0	0	0	0	0	184
42	Wendy	Cole	50s	0	0	87	95	0	0	0	0	0	0	0	0	0	0	182
43	Elaine	Trowbridge	60's	0	0	0	0	0	0	90	90	0	0	0	0	0	0	180
44	Stephanie	Nacouzi	50s	0	0	90	0	0	0	89	0	0	0	0	0	0	0	179

Women's 2010 GP standings thorough Salmon Creek excluding Track Series

	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Trk Series	RFRelay	Kenwood	Salmn Crk	Emp.Opn	Anadel Lp	Hunger	McGuires	Last10k2m	Total
45	Josephine	Tuohy	20s	77	100	0	0	0	0	0	0	0	0	0	0	0	0	177
46	Lori	Adams	30s	0	0	85	90	0	0	0	0	0	0	0	0	0	0	175
47	Shelly	Lydon	40s	75	100	0	0	0	0	0	0	0	0	0	0	0	0	175
48	Melanie	Mathewson	10-13	82	0	0	0	0	0	93	0	0	0	0	0	0	0	175
49	Linda	Reed	50s	0	0	83	91	0	0	0	0	0	0	0	0	0	0	174
50	Kim	Kinahan	40s	79	0	0	93	0	0	0	0	0	0	0	0	0	0	172
51	Beki	Berrey	30s	64	0	0	0	0	0	99	0	0	0	0	0	0	0	163
52	Renee	Garvin	40s	65	0	0	0	0	0	93	0	0	0	0	0	0	0	158
53	Mary	Kern	50s	54	99	0	0	0	0	0	0	0	0	0	0	0	0	153
54	Ava	Kirby	<10	57	0	0	0	0	0	94	0	0	0	0	0	0	0	151
55	Cathy	Brown	40s	0	0	0	75	0	0	0	0	75	0	0	0	0	0	150
56	Mackenzie	Mathewson	<10	58	0	0	0	0	0	91	0	0	0	0	0	0	0	149
57	Erin	Stephens	20s	41	0	84	0	0	0	0	0	0	0	0	0	0	0	125
58	Celeste	Berg	14-19	0	0	0	0	0	0	100	0	0	0	0	0	0	0	100
59	Lisa	Hilbert	40s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
60	Deb	Skinner	40s	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
61	Amanda	White	<10	0	100	0	0	0	0	0	0	0	0	0	0	0	0	100
62	Rylee	Bowen	10-13	99	0	0	0	0	0	0	0	0	0	0	0	0	0	99
63	Crystal	McEldowney	20s	0	99	0	0	0	0	0	0	0	0	0	0	0	0	99
64	Annette	Niewald	50s	0	0	0	99	0	0	0	0	0	0	0	0	0	0	99
65	Dame	Rahal	40s	0	99	0	0	0	0	0	0	0	0	0	0	0	0	99
66	Leah	Garcia	10-13	0	0	0	0	0	0	0	0	99	0	0	0	0	0	99
67	Nika	Bowen	30s	98	0	0	0	0	0	0	0	0	0	0	0	0	0	98
68	Patricia	Gilligan	50s	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
69	Emily	Goldfield	14-19	0	0	0	0	0	0	98	0	0	0	0	0	0	0	98
70	Cathy	Guerrero	30s	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
71	Sara	Mathews	14-19	0	0	0	0	0	0	98	0	0	0	0	0	0	0	98
72	Andrea	Meza	<10	0	0	98	0	0	0	0	0	0	0	0	0	0	0	98
73	Fabiola	Ortiz	40s	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
74	Melanie	Rosales	40s	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
75	Sylvie	Thibault	<10	0	0	0	0	98	0	0	0	0	0	0	0	0	0	98
76	Janet	Vieyra	14-19	0	98	0	0	0	0	0	0	0	0	0	0	0	0	98
77	Merielen	Gannon	40's	0	0	0	0	0	0	0	0	98	0	0	0	0	0	98
78	Maria	O'Rourke	10-13	0	0	97	0	0	0	0	0	0	0	0	0	0	0	97
79	Meghan	Rondon	14-19	0	0	0	0	0	0	97	0	0	0	0	0	0	0	97
80	Debbie	Beem	50s	96	0	0	0	0	0	0	0	0	0	0	0	0	0	96
81	Christina	Cryer	20s	0	0	96	0	0	0	0	0	0	0	0	0	0	0	96
82	Kallista	James	<10	0	0	96	0	0	0	0	0	0	0	0	0	0	0	96
83	Michelle	Nacouzi	14-19	0	0	0	0	0	0	96	0	0	0	0	0	0	0	96
84	Caroline	Gonsalves	40s	0	0	0	0	0	0	95	0	0	0	0	0	0	0	95
85	Kaisa	Gonsalves	30's	0	0	0	0	0	0	95	0	0	0	0	0	0	0	95
86	Carrie	Peterson-Kirby	30's	0	0	0	0	0	0	94	0	0	0	0	0	0	0	94
87	Katie	Thille	14-19	0	0	94	0	0	0	0	0	0	0	0	0	0	0	94
88	Kathy	Nunn	40's	0	0	0	0	0	0	92	0	0	0	0	0	0	0	92

Women's 2010 GP standings thorough Salmon Creek excluding Track Series

	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Trk Series	RFRelay	Kenwood	Salmn Crk	Emp.Opn	Anadel Lp	Hunger	McGuires	Last10k2m	Total
89	Ginny	Doyle	60's	0	0	0	0	0	0	0	90	0	0	0	0	0	0	90
90	Tiffany	Hobson	30's	0	0	0	0	0	0	0	90	0	0	0	0	0	0	90
91	Anna	Morgante	20s	0	0	90	0	0	0	0	0	0	0	0	0	0	0	90
92	Michelle	Zanetti	20's	0	0	0	0	0	0	0	90	0	0	0	0	0	0	90
93	Lauren	Zanetti	20's	0	0	0	0	0	0	0	90	0	0	0	0	0	0	90
94	Michele	Wood	30's	0	0	0	0	0	0	0	0	90	0	0	0	0	0	90
95	Janine	Carpenter	40s	0	0	0	0	89	0	0	0	0	0	0	0	0	0	89
96	Patricia	Gay	40s	0	0	89	0	0	0	0	0	0	0	0	0	0	0	89
97	Lori	Winkler	50s	89	0	0	0	0	0	0	0	0	0	0	0	0	0	89
98	Ruby	Garcia	30's	0	0	0	0	0	0	0	0	89	0	0	0	0	0	89
99	Lori	Behler	40s	0	0	88	0	0	0	0	0	0	0	0	0	0	0	88
100	Michelle	Kreifels	30s	0	0	0	0	88	0	0	0	0	0	0	0	0	0	88
101	Carley	Tagliaferri	60s	0	0	88	0	0	0	0	0	0	0	0	0	0	0	88
102	Pana	Wilder	60's	0	0	0	0	0	0	0	0	88	0	0	0	0	0	88
103	Kate	Bowen	<10	87	0	0	0	0	0	0	0	0	0	0	0	0	0	87
104	Robin	Knuttel	50's	0	0	0	0	0	0	0	0	86	0	0	0	0	0	86
105	Katie	Harer	20s	0	0	85	0	0	0	0	0	0	0	0	0	0	0	85
106	Edda	Stickle	60s	0	0	84	0	0	0	0	0	0	0	0	0	0	0	84
107	Megan	Basinger	30s	83	0	0	0	0	0	0	0	0	0	0	0	0	0	83
108	Dara	Hill	50s	78	0	0	0	0	0	0	0	0	0	0	0	0	0	78
109	Michelle	Thompson	40s	76	0	0	0	0	0	0	0	0	0	0	0	0	0	76
110	Leslie	Curry	40s	75	0	0	0	0	0	0	0	0	0	0	0	0	0	75
111	LeeAnn	Wentz	50s	75	0	0	0	0	0	0	0	0	0	0	0	0	0	75
112	Salma	Ewing	<10	73	0	0	0	0	0	0	0	0	0	0	0	0	0	73
113	Jessica	Burcell	20s	72	0	0	0	0	0	0	0	0	0	0	0	0	0	72
114	Christine	Butler	40s	70	0	0	0	0	0	0	0	0	0	0	0	0	0	70
115	Danielle	LoveJoy	20s	69	0	0	0	0	0	0	0	0	0	0	0	0	0	69
116	Dianne	Martin	30s	68	0	0	0	0	0	0	0	0	0	0	0	0	0	68
117	Diane	Paleczny-Stevenson	50s	67	0	0	0	0	0	0	0	0	0	0	0	0	0	67
118	Casey	Dobbert	10-13	66	0	0	0	0	0	0	0	0	0	0	0	0	0	66
119	Sherri	Guinn	60s	63	0	0	0	0	0	0	0	0	0	0	0	0	0	63
120	Kathy	Koenig	40s	62	0	0	0	0	0	0	0	0	0	0	0	0	0	62
121	Stephanie	Jones	20s	61	0	0	0	0	0	0	0	0	0	0	0	0	0	61
122	Cyndi	Houck	50s	60	0	0	0	0	0	0	0	0	0	0	0	0	0	60
123	Kathy	Redd	50s	59	0	0	0	0	0	0	0	0	0	0	0	0	0	59
124	Vera	Ewing	10-13	56	0	0	0	0	0	0	0	0	0	0	0	0	0	56
125	Liz	Ellis	40s	55	0	0	0	0	0	0	0	0	0	0	0	0	0	55
126	Bridget	Dempsey	40s	53	0	0	0	0	0	0	0	0	0	0	0	0	0	53
127	Shannon	Lovelace	<10	51	0	0	0	0	0	0	0	0	0	0	0	0	0	51
128	Kathy	Dowdall	40s	49	0	0	0	0	0	0	0	0	0	0	0	0	0	49
129	Robyn	Fisher	30s	48	0	0	0	0	0	0	0	0	0	0	0	0	0	48
130	Sheri	Degolia	40s	47	0	0	0	0	0	0	0	0	0	0	0	0	0	47
131	Iris	Lovelace	40s	46	0	0	0	0	0	0	0	0	0	0	0	0	0	46
132	Alyson	Dobbert	40s	45	0	0	0	0	0	0	0	0	0	0	0	0	0	45

Women's 2010 GP standings thorough Salmon Creek excluding Track Series

	First Name	Last Name	Div.	Res.Run	Vlly Ford	Ilsanjo	LoopdeLp	Jk Rabbit	Trk Series	RFRelay	Kenwood	Salmn Crk	Emp.Opn	Anadel Lp	Hunger	McGuires	Last10k2m	Total
133	Anna	Dobbert	<10	44	0	0	0	0	0	0	0	0	0	0	0	0	0	44
134	Mina	Ewing	<10	43	0	0	0	0	0	0	0	0	0	0	0	0	0	43
135	Reyana	Ewing	30s	42	0	0	0	0	0	0	0	0	0	0	0	0	0	42
136	Drue	Rostel	40s	40	0	0	0	0	0	0	0	0	0	0	0	0	0	40
137	Mariko	Wesly-Fagundes	30s	39	0	0	0	0	0	0	0	0	0	0	0	0	0	39

The Doc Is In

For dealing with questions of fitness and running related injuries, there is no one whose advice we trust more than club member Alec Isabeau, DC. Over the years Doc has contributed often to the pages of the newsletter. Beginning next month, we'll reprint some of his best columns and some new ones, and let you ask him questions directly.

Email your questions for Doc to newsletter@empirerunners.org. Enter "The Doc Is In" as subject heading.

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.

High School Report

Attention High School Running Athletes and Coaches:

The Empire Runners Club is seeking high school track and cross country reporters for its monthly newsletter, **The Empire Runner**. We wish to publish a regular feature column about Sonoma County high school running athletes, teams, and competition, preferably written by high school students or their coaches. Ideally, if there is enough interest, we would publish articles by different authors representing different schools each month. Topics are wide open. They could include personal stories of what running has meant to an athlete, how he or she has improved, or what it's meant to be on a team. It could be a report on the upcoming, current, or just completed season, competitive event, or training camp. Write about your team or just about yourself.

The purpose of the column is to help enlighten the members of the Empire Runners Club of the experience and accomplishments of young athletes in our community. We also want to increase participation of young athletes in the club, letting them know that the Empire Runners Club is their club, too.

Please spread the word. Coaches, please ask your athletes if any of them may be willing to write for us, or if you wish to write about your athletes or team, please do. Email us the name and contact information of anyone who volunteers to write, or go ahead and email your article to: newsletter@empirerunners.org. Please put "high school report" in the subject title of your email.

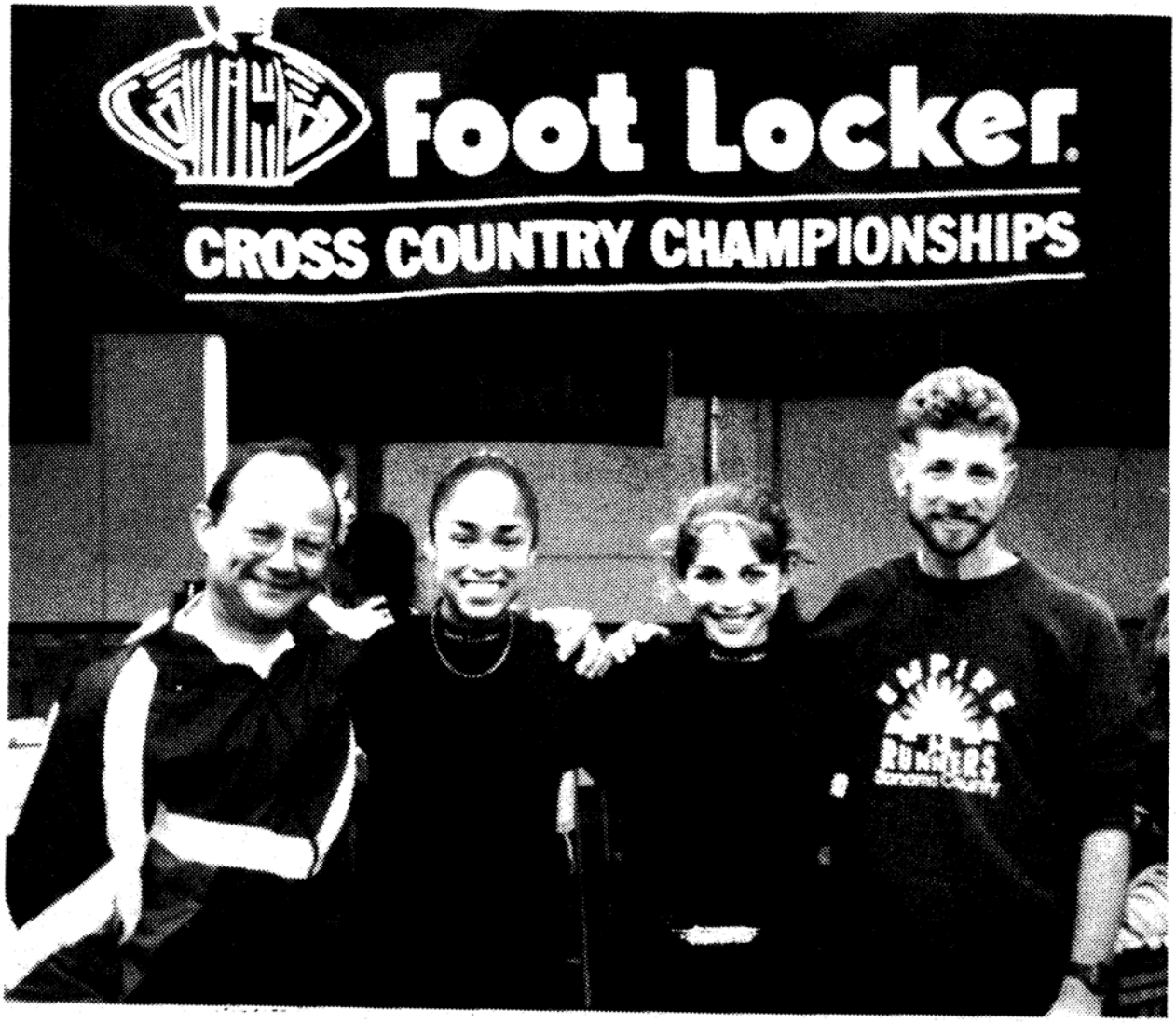
Please keep articles to no more than two pages long. Include photos if you want. By sending us your written materials, you affirm that you are the original author and authorize us to publish whatever you send us. We cannot guarantee material we receive will be published.

Thank you,

The Editors
The Empire Runner
The Empire Runners Club

Blast from the Past: December 6, 1997

Footlocker Western Regional Cross Country Championships, Fresno



On to Nationals: Proud coaches Doug Courtemarche (left) and Larry Meredith (right) pose with Footlocker National Cross Country Championships Qualifiers Trina Cox (wearing necklace) and Sara Bei.

Published in the January, 1998, club newsletter. Trina Cox placed 4th and freshman Sara Bei came from behind dramatically to capture the 8th and last qualifying spot for the National Championship held a week later in Orlando. Sara finished 10th at the Nationals and Trina 24th.

Please welcome the following new members to the Empire Runners Club

---

Cotati

Bob Cook

Healdsburg

Debster Desantis

Oklahoma City, OK

Dr. Kevin Jones

Petaluma

The Dolcini Family

Susan, Sadie and Nina

Stephen Fisher

Santa Rosa

The Erich Family

Mark, Elena, Lisa and Rex

Stephen Cann

I have lived in Santa Rosa for about 8 years. I picked up running during my sophomore year in High School, when I joined my school's XC team. I enjoyed it immensely and found an affinity for it. I plan to attend college in Pennsylvania starting this fall (fall 2010) and run on the cross-country team there(at Grove City College, a D-III school). Nate Koch was my high school XC couch, and is largely responsible for my love or running. As well, my father (who was an accomplished high school XC runner) and mother have encouraged and supported my participation in running.

Pana Wilder

Just moved here from Charleston, SC where there are NO hills.

Zoe Miller

Sara Broch

Candice Clipner

Kevin Dinglasan

Valeria Spizarsky

Caitlin Wagner
Michelle Wood
Susan Hesterberg
Kathleen Kopp

Sebastopol

Additions to the Goldfield Family

Dan, Jamie and Lole

Jeff Lusk

Windsor

The Faye Family

Sam, Marilyn and Sara

The Garcia Family

Ruby, David, Elisha, Leah and Nathan

Sonoma

Robin Knuttel

Frequently Asked Questions

We are preparing answers to a list of frequently asked questions about the Club, the website, the egroup, and how (and why) to manage your membership profiles. We plan to include this information beginning with the October newsletter. Let us know if you have specific questions you'd like answered and included on this information page.

Email your questions to newsletter@empirerunners.org. Enter "FAQ" as subject heading.

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	Class of 2009	Class of 2010
Darryl Beardall	Pamela Horton	Bob Holland
Mort Gray	Brendan Hutchinson	Jim Ray
Carl Jackson	Dan Preston	Al Tagliaferri

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 **7M at medium pace** 8:00a Parktrail Drive at Summerfield Drive	30 **6.5M at 7:30 pace** 7:00p 1932 Yolo Court, SR	31 5:30p Interval workout, 3390 Princeton Drive, SR	1 5:30p Fleet Feet shoe store, 3rd St., SR	2 **5.5M with 4x2min. at strong pace** 5:30p Howarth Park	3 6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run	4 **8:30a Welcome New Members Training Run, Railroad Square, SR** **Coffee after!**
5 **Race: Annadel Loop 7M, 8 a.m. on Channel Drive in SR** 	6 **6.5M at 7:30 pace** 7:00p 1932 Yolo Court, SR	7 **JC Lawn Repeats: 6x500m at strong pace** 5:30p SRJC Lawn along Mendocino Avenue	8 5:30p Fleet Feet shoe store, 3rd St., SR	9 **4.5M with 4x60sec. at strong pace** 5:30p Howarth Park	10 6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run	11 **PA Cross Country Race: Golden Gate 4M XC** **8:30a Welcome New Members Training Run, Railroad Square, SR** **Coffee after!**
12 **8M at medium pace** 8:00a Parktrail Drive at Summerfield Drive	13 **6.5M at 7:30 pace** 7:00p 1932 Yolo Court, SR	14 **8x400m@2M GP; walk 50, jog 150 after each** 5:30p Interval workout, 3390 Princeton Drive, SR	15 5:30p Fleet Feet shoe store, 3rd St., SR	16 **Newsletter Deadline: Chris Mason, Editor** **7M with 4M at strong pace** 5:30p Howarth Park	17 6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run	18 **Race: Spring Lake: Viking Opener 2M XC** **8:30a Welcome New Members Training Run, Railroad Square, SR** **Coffee after!**
19 **12M at medium pace** 8:00a Cobblestone Trailhead on Channel Drive	20 **6.5M at 7:30 pace** 7:00p 1932 Yolo Court, SR	21 **Hill Repeats: 10x80 seconds** 5:30p Interval workout, 3390 Princeton Drive, SR	22 5:30p Fleet Feet shoe store, 3rd St., SR	23 **6M with 10 x 30 sec. at XC race pace** 5:30p Howarth Park **7:30p Club Meeting, MV RT Pizza**	24 6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run	25 **PA Cross Country Race: Garin Park 5K XC, Hayward** **8:30a Welcome New Members Training Run, Railroad Square, SR** **Coffee after!**
26 **12M at medium pace** 8:00a Lawndale Trailhead off Lawndale Road in Kenwood	27 **6.5M at 7:30 pace** 7:00p 1932 Yolo Court, SR	28 **2x800m@2M G.P., 2x600m@1M G.P., 2x400m@800m G.P.** 5:30p Interval workout, 3390 Princeton Drive, SR	29 5:30p Fleet Feet shoe store, 3rd St., SR	30 **4.5M with 4 x60sec. at XC race pace** 5:30p Howarth Park	1 6:30p Friday Dash & Drink, Athletic Soles, Petaluma, 4-6M casual run	2 **PA Cross Country Race: Presidio 3.55M XC** **8:30a Welcome New Members Training Run, Railroad Square, SR** **Coffee after!**