

The Empire Runner

September 2011 Volume XXXVI, No. 9

www.empirerunners.org

Results of the 2011 Phil Widener Empire Open inside this Edition!

Plus X-Country Update, Interesting Articles and *more.*

McCormick & Williams

Win Salmon Creek 5 Mile

Staroba & Terschuren

Win the 2 Mile

Julia Stamps-Mallon WINS the Santa Rosa Marathon!

Alex Wolf-Root wins the Half



2011 Salmon Creek Beach Runs



Once again there was a great turnout for the Salmon Creek Beach Runs.

Julia Stamps-Mallon who was a phenom while at Santa Rosa High School before moving on to Stanford and the New York Athletic Club is back in town and running better than ever. Julia ran and won the Santa Rosa Marathon on August 28th outrunning all of the men as well as the women in 2:44:16 and qualified for the U.S. Olympic Trials in the process! For the complete story and photos go to www.pressdemocrat.com/article/20110828/ARTICLES/110829537

Partial List of Empire Runners:

Marathon:

- Julie Nacouzi 3:03:39
- Carrie Peterson-Kirby 3:12:29
- Will Ortlinghaus 3:25:41

Half-Marathon:

- Alex Wolf-Root 1:13:52
- Danny Aldridge 1:30:09
- Brian Morrey
- Carl Triola 1:49:39
- Jody Lashinski 2:03:57
- Melanie Nacouzi 2:16:04
- Stephanie Nacouzi 2:16:05
- Darryl Beardall 2:59:42

For complete Results go to Active.Com





The Prez Sez!

Hey Club-Mates!

As you well know, the club has gone under some changes of late, at least officially. Our bylaws have been changed, we're now officially run by a board of seven, and, most importantly, now in line with regulations for non-profit organizations. So that's good!

While these are major changes, they may not even be noticeable to the membership at large. But still, it's important to know how the club is run, so certainly take a look at the bylaws hosted on the website.

In that same vein, I want to welcome the three new board members:

Val Sell

Larry Meredith

Will Ortlinghaus

These three will join **Tanya Nareth, Paul Berg, John Staroba**, and myself as those officially responsible for making decisions, though I'd be shocked if this leads to any radical changes.

Finally, I want to again stress the importance of volunteering. These board members, as well as all your race directors, finish line workers, course monitors, aid station workers, etc, are giving back purely to help runners like you. So if there's an event that you can make but don't wish to run, think about helping out those who are running. Next time, they'll surely do the same for you.

Till next time,

Run Happy!

-Alex Wolf-Root

THE EMPIRE RUNNERS CLUB

HALL OF FAME

2008

Darryl Beardall

Mort Gray

Carl Jackson

2009

Brendan Hutchinson

Dan Preston

Pam Horton

2010

Al Tagliaferri

Bob Holland

Jim Ray

2011

Kathy Van Riper

Mike McGuire

Ralph Harms



Empire Runners August 25, 2011 Club Meeting

(pending approval at the September 22, 2011 meeting)

President Alex Wolf-Root

(president@empirerunners.org) called the August 25, 2011 meeting to order at 7:35 pm.

Secretary's Report:

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

Treasurer's Report:

Treasurer Tanya Narath (treasurer@empirerunners.org) reported that the current club balance is \$47,277, up \$464 from the same time last year. That amount includes restricted funds of \$11457 still waiting to be allocated from the Annadel Half. The Student Grant Fund balance is \$2706.

- High school donations YTD \$3820.
- Summer Track series net \$1589.
- Kenwood final net \$16,592.
-

President's Report:

President Alex Wolf-Root commented on the tragic hit & run accident that killed a SF man near Forestville, reminding us all to run safe.

World Track Championships begin tomorrow from Korea. All will be live on TV. New members tonight: Brian Morrey, Doug Murdoch, Brian Casmey, and Lidia Alcazar.

Race Reports:

1. Recent Races/Runs:
 - a. Salmon Creek 8/7/11. 51 runners, flat sand conditions
 - b. Summer Track series #5, 8/9/11DMR. Very smooth series, well done by SRHS
 - c. Santa Cruz PAXC 8/20/11. Open and masters men ran

2. Upcoming Races/Runs:

- a. Phil Widener Open PAXC 8/27/11
- b. Santa Rosa Half & Marathon 8/28/11. Boston qualifier.
- c. Annadel Loop 9/04/11
- d. Viking Opener Alumni 2 mile. 9/17/11, 9:25am. 25th anniversary.
- e. Petaluma Moo-Cow half marathon and 5k. 9/18/11

Committee Reports:

1. Shelli Main reported that she is now the race director for the New Balance Girls-On-The-Run 5k, to be held on Dec 3. They are looking for volunteers and sponsors.
2. Dale Peterson prepared a thorough report "State of the Empire Runners Club Newsletter", in which he traces the recent challenges the newsletter has faced going from an entirely printed publication to an online version. There ensued a discussion of what various members preferred and ideas on format and ways to solicit more articles on a regular basis. It was also suggested that a survey could be sent out to solicit members' ideas about the newsletter.
3. Val Sell explained the new race director bucket system, where each race director is being given their own set of supplies for their race.

New Business:

1. Election of new Board Members. In accordance with the new bylaws, 3 new board members are to be added to serve through December 2012. Each member was given a secret ballot to vote, then ballots (plus 2 mail-in ballots and one proxy) were collected and counted by the current secretary and treasurer. Top 3 nominees were Val Sell, Larry Meredith and Will Ortlinghaus. Congratulations!

President Alex Wolf-Root concluded the meeting at 8:45 pm.

TREASURER'S REPORT AS OF AUGUST 23, 2011

Current Assets

Checking/Savings	Chase Bank Certificates of Deposit	\$2,351
	Exchange Bank	\$23,308
	PayPal Money Market	<u>\$35,355</u>
Total Checking/Savings		\$61,015
	Petty Cash	<u>\$425</u>
Total Current Assets		\$61,440

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

Annadel Half Restricted Fund Balance	\$11,457	
Student Grant Restricted Fund Balance	\$2,706	\$395
Empire Runners Club Fund Balance	\$47,277	\$46,813

Donations

2011 Budget: High School/SSU Donations	\$9,525
High School & SSU Donations Paid YTD	(\$3,820)
Balance remaining	\$5,705

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

<u>Annadel Half</u>		
Race entry fees	\$22,845	\$20,393
Donations & Sponsorships	\$9,195	\$10,125
Misc income	\$2,614	\$497
Race expenses	(\$11,197)	(\$5,576)
Net Income	\$23,457	\$25,439

<u>Summer Track Series</u>		
Race entry fees	\$1,537	
Race expenses	\$52	
Net Income	\$1,589	

<u>Riverfront Relays</u>		
Race entry fees	\$585	\$550
Race expenses	(\$673)	(\$535)
Net Income	(\$88)	\$15

<u>Kenwood</u>		
Race entry fees	\$41,685	\$34,159
Sponsorships	\$1,750	\$0
Bob Shore t-shirt & Kenwood merchandise sales	\$1,435	\$0
Donations (high school, fire, church)	(\$3,350)	(\$1,750)
Race expenses	(\$24,929)	(\$21,961)
Net Income	\$16,592	\$10,448



The Month that Was

Alex Wolf-Root

This edition of the Month That Was is obviously about the IAAF World Athletics Championships, right? Wrong! Of course, that is THE highlight of the past month, but there's so much to report and much of it wasn't even in August, so this month we're doing something different. Due to popular demand, this month we'll do a brief top-5 of Redwood Empire related news. So, without further ado, the Month That Was *Empire Style!*

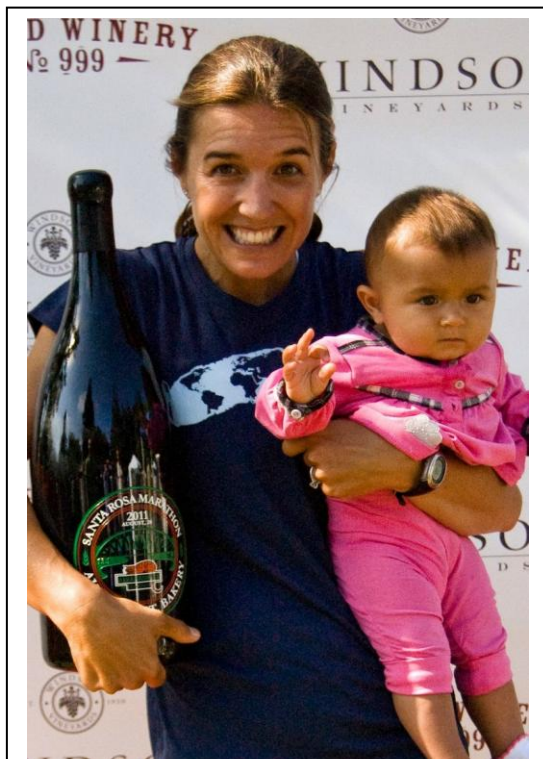


Photo courtesy of Windsor Vineyards

- 1) Julia (Stamps) Mallon: Not only did she win the SR Marathon outright, she more importantly qualified for the US Olympic Team Trials - Women's Marathon. (Yes, that is the official name...) Julia, as you likely know, is a former National HS Cross Country Champion for SRHS. Info on Julia's great race and more about the SR Marathon can be found higher up in this newsletter as well as in the Press Democrat and many other websites 'cause she's that awesome.

- 2) Sarah Sumpter: The former State Champ from Healdsburg HS cruised to a win (well tie with teammate) at the season opener for her UC Davis Aggies. This is awesome in of itself. But even more impressive is that she is coming back from a brain tumor. Yea, brain tumor. This means she's undergoing chemotherapy and still racing at this level which is Incredible. For complete interview go here: <http://www.flotrack.org/video/505441-Sarah-Sumpter-Overcoming-A-Serious-Obstacle>

- 3) Rancho Cotate Invite: This is the de defacto start of the prep Cross Country season, with teams from the NBL, SCL, and CMC competing. Taking top honors for the boys was Ryan Douglas, a junior out of Petaluma. For the girls it was Lauren Kraus of Maria Carrillo. Kraus's time of 17:49 puts her only behind former State Champ Jacque Taylor and last year's 3rd placer at national Julie Nacouzi. Sonoma Academy's Katy Lee (18:03) and Puma frosh Andrea Natoli (18:12) were right behind on the all-time list.

- 4) Senior Men's XC Team: The Pacific Association XC circuit is underway, with races already run at Santa Cruz, Santa Rosa, and Sacramento. And the Senior Men are tearing it up. They won the Empire Open with a clean 1-2-3-4 sweep by Don Stewart, Ty Strange, Andy Howard, and Jonathan Hayden. Rounding out the team was Larry Meredith and John Harmon. Individually, Don Stewart won at both Santa Cruz and Spring Lake, with a second at Sacramento. The winner: Ty Strange.

- 5) Nate Koch: Less than a month after his wife having their first baby, Former President Nate Koch toed the line at the last Summer Track Meet. Coming off a day with no sleep in warm conditions, he shot off in the Mile race with one goal in mind: break 5 minutes. Yes, despite being a solid runner for Montgomery in HS, he had never broken the 5-minute barrier. Today was going to be different. The first lap was easily hit under 75, and things seemed good. Half-mile was passed sub-2:30. But by the time he passed the clock with 400m to go, it looked like a sub-5 may be out of the running, as the clock was ticking to 3:48. Still, Koch pushed through wind on the back straight, and then unleashed a monster kick the last 200m to just edge the barrier, officially clocking 4:59.2. Also significantly of note was Andy Howard, who despite just getting passed by Koch clocked 4:59.9, an awesome achievement at 50, though he's broken 5 many times before.



The Long and Short of It

The Merciless Clock Part I

The Empire Runners Summer Track Series has come and gone for another year. Five times a year we head out to the oval and see what we can do running with and against each other, but especially against the clock and ourselves. Long before the spring during the dark days of winter I made my way over to the Montgomery HS track and did my speed-work. I spent many a Saturday morning running 800's, 400's, 600's and bare-foot sprints and strides on the football field hoping it would pay off in the summer. Before I knew it track season was here and in spite of my best intentions I found that I was too beat up for serious running in the first meet having just done the Tahoe Relay. The days of running a race on Saturday and turning around and doing a track meet the following Tuesday are over. Still, I knew there were four more chances to see how I would do.

This year I decided it would be fun to concentrate on the 400. In '08 I managed a 68.7 and I hoped to improve upon that due to the extra work I was putting in. It was not to be.

Every time I ran the 400 I suffered the same phenomenon – I would come around the final curve ready to sprint for the finish and I would look down the track and see the big clock counting the seconds. The clock would show 56, 57, and 58 as I tried to kick it in and it would seem that I had plenty of cushion to cover the remaining distance but I found that no matter how hard I tried I could not cover the last 80 meters quickly enough to prevent the merciless clock from showing 70, 71, and 72! I tried different strategies, going out hard, going out easy, keeping it steady but the times were consistently in the 71 -72 range.

The Merciless Clock Part II

I am walking down the sidewalk with my two best friends our chocolate Lab Gunther and our cattle-dog Molly. Gunther is lean and in good shape at age ten. Ten! So in dog years he is approximately 70 years old. He has grown gray around the muzzle, his eyes are slightly cloudy and he gets tired a bit quicker than he did a few years ago.

I began to think back to when Robin first got Gunther when he was just a few months old. At the time I had just recently turned 44 years old and by most standards you would say that I was in "early middle age". Gunther on the other hand was a mere baby. Flexible and frisky, he would run around in circles chasing a ball, a cat or his own tail until he couldn't see straight. I could barely keep up with him.

Now, ten years later I need to provide Gunther with lots of encouragement to keep him going on our weekly dog-jogs and watch what I feed him to keep him lean and strong. He still can be frisky but he is not very flexible and we worry about him overdoing it.

As we continued to walk along I pondered the cruel force that would render a puppy into a senior citizen in such a short time and realized that this force was and is working on us all. No matter how hard you work, no matter how well you eat, no matter how closely you guard your health, this force continues to work in the background ticking off the seconds like the big race clock.

Thumbing Your Nose at IT

When Gunther was a puppy he enjoyed playing because... well, because it was FUN. Now that he is older he still enjoys playing because it is *still* fun! Gunther does not know that he is getting older but he still benefits from a good diet and regular exercise. I am thinking that he is doing as well as he can. I *know* that he gets vast amounts of pleasure from the little things he enjoys doing every single day.

Unlike Gunther I do know that I am getting older and sometimes I have to work at having fun when things are harder than they used to be. When I am moving down the final straight in the 400 and I see the seconds ticking by and my legs are straining and I am using all the tricks I know to stay smooth and powerful, I am doing the same things I did when I was young. Only the numbers on the clock are different. The lines on the track, the other runners in my peripheral vision, the pounding in my chest are the same as they were 30 years ago and I decide that this is what I love about running.

I try again to be like Gunther and enjoy the experience of what I can do on *this* day and decide that life is very good indeed.

DM Peterson



Water to Wine Half Marathon

By Rob Main

I was recently talking to a friend about why he signed up for the Tough Mudder extreme 10 mile event at Squaw Valley this Fall (www.toughmudder.com) – he said he was at a bar one night with some friends... Ok, so it sounds like alcohol and peer influence played a role. Another friend signed up for the same reason I did – “my son wanted to do it with Dad”. However, as I explained to my son, in the long run he and I might wind-up doing more events together if dad didn’t do the Tough Mudder – Oh well, at 20 I didn’t listen either. My point here is pondering why we do certain events. Certainly the reason varies from event to event. Some reasons are: We are drawn to the grandeur of the event, to be with friends, to win or place well, to raise money for a cause, as a challenge, to win a purse, etc.

After discussing this topic with a number of brethren runners at this event I caught a glimpse of some of the reasons that brought 500 runners together on this beautiful August morning. For some, including myself, there was the desire to run a half marathon at this time of year, and the Water to Wine Half Marathon (www.eventswithsole.com) had the most appeal; the rolling one way course overlooking the Dry Creek vineyards combined with the post-run food, music, and free wine tasting at Alderbrook Winery made this event stand out. For 14 ladies who do Boot Camp together it was another common challenge and reason to party. However, my favorite cause for running was shared by our own **Peter Kirk** and his 18 yr old daughter Jennifer. Jennifer had a goal of



Shelli Main shows off her age-group award!

running a half marathon this summer. She enlisted Peter to coach her and run the event with her. However, she had the desire to do more, so she solicited donations for Susan G Komen breast cancer research and raised \$450. Peter said coaching Jen and doing this event with her was a highlight of his year. I am sure there are a number of other stories as well. Running with people with these stories and causes is one reason I love being connected to this great sport.



Blast from the Past

This article originally appeared in the May 2002 Edition of the Empire Runner Newsletter.

Junior College Daze - 1978

Tuesday was interval day at the JC track. I got there just a couple of minutes early and ducked into the gym to use the men's room. As I was walking out I sensed something very familiar, and then for just an instant I thought I saw Armand Diaz. For one brief moment, there he was, walking in as I was walking out. Still twenty years old. Still on the verge of saying something funny. Still a pretty good quarter miler and a great guy. Then he was gone. Or morphed into someone else, someone who didn't know me from Adam. For just a moment I was 24 fewer laps around the sun and 500 miles further down the coast. 1978, Cypress Junior College. Southern California. A world away in almost every sense. And then, just as quickly I was back.

Yes, I have thought about those days and the people who populate them many times. It's funny because I had for the most part much closer ties with my High School teammates than with those at CJC. I certainly enjoyed more success both as an individual and a team member in High School. So why do I flash back to those days at Cypress from time to time?

We were an odd collection of wannabe's, has been's, never were's, potheads, drunks, weirdos and two or three legitimate athletes. I guess I fit to one degree or another all of the descriptions with the exception of pothead and legitimate athlete. I had been a pretty promising sprinter, especially in my junior year of High School until I had the proverbial football injury followed by a heaping helping of reality stew. But who were all of these other guys? Some of them I only remember as shadowy figures, most without names. But others stand out through the fog of time. There was this shot-putter that looked like Peter Frampton on a high-fat diet. I think his name was Corny. I remember he was dumb as a post and spent more time with a tutor than he did at track practice. Then there was a guy we called Stick Man. He was a 400M hurdler. I remember he and I used to debate the relative merits of any Motown artist vs. the

mighty Led Zeppelin. He liked music you could dance to. I liked what would be fitting background music to the apocalypse. Our whole team tended to line up in one of these two camps. Except for this crazy pole-vaulter whose name escapes me. He liked some kind of new music called "punk rock" and some band called the Ramones. Nobody admitted to liking disco, but I remember it being played at most of the parties we went to after each track meet where we would all use our drug of choice (alcohol, pot, and other mysterious substances) to dull the memory of our latest debacle. One of the guys who bordered on being legitimate was a guy named Ron. Ron was a pretty fast quarter-miler. I remember his quest to break 48 seconds. It's funny because I only remember the quest, not whether or not he ever actually made it. I also remember that he was kind of a jerk. He drove around in this old Karmann Ghia and thought he was god's gift to women and track. I also remember that he got greedy before the Mt. Sac Relays and challenged me for my spot on the 4x100 Relay team. And the bastard beat me in a run-off! That really hurt. Maybe that's why I don't remember if he ever accomplished his goal. Then there was Dan the Man. This guy was such a head-tripper. If anyone could psyche himself out it was Dan. He began the year as our best sprinter and over the course of a few weeks steadily got slower and slower. He was forever asking anyone who would still listen how his form looked. He was so obsessed with the mechanics of running that he became like a slow-motion robot instead of the good sprinter he should have been. But the worst thing about Dan was his propensity to blow up at key moments during any race. I can't tell you how many times he would get the baton in a relay, take about ten strides, grab his hamstring and throw the baton into the air! It finally got so bad that he was no longer allowed to run on our relay teams at all. I think this was done by our coaches to ensure that none of us actually followed through with our threats to kill him. Still, Dan was always popular because he was a rich boy and we would have parties at his parents' house in Brea. These affairs were always populated by gorgeous but aloof (at least to me) college girls. Dan always had plenty of booze and other mind-altering substances available. I remember driving home from one of these parties and my inability to decide whether or not to hit the gas or the break every time I encountered one of the 325 stop lights between Brea and my corner of Buena Park. How did I survive? As much alcohol as I was consuming I still managed to show up to most workouts with no more than a mild hangover. And I was never drunk at practice. But



there was one guy; much older than the rest of us who was always drunk, getting drunk or recovering from being drunk. He was about 28 years old and had a penchant for drinking malt liquor through a straw. Because of his advanced age and malt liquor habit, we dubbed him "Uncle Malty". This guy was a very good decathlete when not wasted and actually helped us win a meet early in the year by competing in no less than four events. But as the year progressed he seldom was able to perform due to his nasty habits. Through great effort we as a team managed to keep Uncle Malty sober leading up to one of the last track meets of the year. We needed to win this meet to avoid the dubious achievement of having the worst track season in school history, and Uncle Malty would be our savior! Everything was going to plan. Then I stepped into the field-house restroom just before the start of the 110 meter hurdles. There, in the urinal I saw not one, not two, but FIVE empty cans of Schlitz Malt Liquor and the telltale plastic straw. I jumped back outside just in time to watch in horror as Uncle Malty tripped over at least four hurdles on his way to the slowest time ever recorded in a JC 110 high hurdle event. Needless to say we got the school record. We managed to win just one meet all year! To add insult to injury at our annual banquet our head coach said we were "one of the best teams he ever had the pleasure to coach". I remember we all looked at each other as if to say that the old man had finally lost his mind! Other than this, the thing I most remember about this guy were his seemingly everyday rants about how we could all just go join the AAU if we didn't like the way he ran things. This usually came in response to some unreasonable request for actual coaching. We had another coach who's main attribute was a cute daughter that occasionally came by our practices distracting us even further from our ill-conceived workouts. Strangely enough we had a former world-record holder in Dan Ripley for our pole vaulting coach. And then there was "Sparky" another coach who I remember little about other than that he had been a WWII fighter pilot and had the scars from a shattered canopy to prove it. He was always using politically incorrect (even for 1978) terms to identify members of various races, ethnic groups and sexual persuasions.

Yes, what an odd bunch indeed! Still the year was not all bad. We actually had a lot of fun even if we did get dusted by almost all of our opponents. I managed to set a PR in the 200 meters in our last

regular meet of the year running 22.8. The first and last time I ran below 23.

In the league meet as I was warming up just before the 4x100 relay, I had the strange sensation that this was all for the last time, even though I was planning to run again the following year. Maybe a premonition of some kind? At any rate it did prove to be my last meet and my last race. I was the anchor that day, receiving the baton and turning the last little curve before hitting the long straight. I remember feeling the other runners pulling away. I think we finished second to last. Track season was over. I never came back. Nobody ever asked why. Nobody ever called. I'm sure there must have been others who's dream ended the same way. Such is life. Such is growing up.

Life soon took some turns that I did not anticipate, the effects of which I would feel for many years and still do.

Maybe this is why I remember those days so vividly. We were all young, but for many of us this marked a distinct ending. The end of our childhood really. I often feel like there is still unfinished business. Like I still need to use up the second year of my eligibility at the JC. I wonder what has become of all these ghosts from my past. Where did life take them? I get the feeling that most of them probably ended up okay. I hope so. I wish them well. It's funny because back then we thought we were immortal. In a way I guess we were, because we still exist in that world somewhere back in time.

DM Peterson



Salmon Creek Beach Runs

This year we celebrated the 35th running of the Salmon Creek Beach Runs! As usual, we had a great turnout of runners toeing the line in the sand to run either two or five miles and taking part in the post-race potluck brunch. Cool running weather and firmer sand for part of the course helped many of the runners to times a bit faster than last year - despite the (annual) untrue rumors of the start/finish line being moved farther back .

In the five-mile race, the top four men from last year returned and repeated their places - all with quicker times than last year. Gerald McCormick defended his title and added his name to the short list of runners who have broken 30 minutes on this challenging course. None of the top few women returned to the five mile event, which opened the door for new winner Krista Williams in the women's race. Ryan Terschuren won the men's two-mile event while Ashlee Staroba was not only the first woman overall, but won the race outright

Although we had our typical summer beach weather - cool and foggy - pretty much everyone stayed to share food and conversation after the races. We had a great group of veterans and first-timers swapping stories and fine food long enough that we almost saw the sun come out!

This year's race was hosted by the Bohns (Ernst, Karen, Eric and Sebastian) with significant new additions to the staff: Heidi (born-Bohn) and Bill (Heidi's husband) Cusworth who recently rejoined us here in Sonoma County. Please be sure to join us next year for this fun running event and day at the beach.

2-Mile Results – FEMALE

1. Ashlee Staroba (32) 14:12
2. Cathy Goowin (55) 16:13
3. Jen Salazar (20) 16:35
4. Amy Melman (7) 19:59
5. Leah Garcia (11) 20:12
6. Michelle Holmstedt (27) 23:50
7. Ruby Garcia (39) 23:51
8. Zoraya Said (9) 27:41
9. Alicia Said (35) 27:42
10. Lucy Waterbury (37) 29:24

2-Mile – MALE

1. Ryan Terschuren (28) 14:43
2. Jim Parks (57) 15:13
3. William Rogers (49) 15:40
4. Tyler Harwood (18) 16:35
5. Orion James (8) 16:42
6. Dale Trowbridge (71) 18:25
7. Carl Jackson (78) 19:18
8. Phil Melman (45) 20:00
9. Nathan Garcia (19) 20:38
10. Sami Nacouzi (8) 24:14
11. George Nacouzi (13) 37:33
12. Gerorge Nacouzi (55) 37:33
13. Rami Nacouzi (6) 42:09

5-Mile Results – FEMALE

1. Krista Williams (37) 38:18
2. Tori Meredith (54) 40:28
3. Alyce Parks (51) 42:44
4. Melanie Nacouzi (20) 45:54
5. Stephanie Nacouzi (52) 45:59
6. Helen Coniglio (30) 47:21
7. Jen Melman (39) 53:12
8. Allegra Robertshaw (12) 53:49
9. Julie Nacouzi (18) 1:08:55 (late start)

5-Mile Results - MALE

1. Gerald McCormick (28) 29:08
2. John Staroba (32) 30:46
3. Eric Downing (40) 32:10
4. Brian Goodwin (19) 33:10
5. Brian Tuohy (29) 34:41
6. Larry Meredith (53) 36:01
7. Dave Goodwin (53) 37:10
8. Jerry Lyman (62) 37:29
9. Hugo Yescas (33) 38:18
10. Jon Hermstad (63) 38:35
11. Cary Gloeckner (38) 39:34
12. David Robertshaw (45) 40:15
13. Brendan Hutchinson (67) 40:40
14. Erik Robertshaw (14) 42:42
15. Peter Laskey (41) 46:05
16. Don Sampson (63) 49:35
17. Peter A. Howley (71) 53:50
18. John Anderson (58) 58:30
19. Darryl Beardall (74) 63:54



Clean Sweep for Senior Men at Empire Open

Last Saturday's Empire Open was a clean sweep for our Senior Men's team as we scored the minimum possible 10 points. Don Stewart and Ty Strange took 1st and 2nd, respectively, and then Andy Howard and Jonathan Hayden finished 5th and 6th but, after non-scoring runners were factored out, it was a 1-2-3-4 finish for the Empire Runners. The 2nd-place team, West Valley Joggers & Striders, scored 53 points.

Our next two Senior finishers, Brad Zanetti and Paul Berg, were given over to the Master Men's team and they vaulted that team from 5th place to 3rd place, knocking off Tamalpa and Pamakids. Larry Meredith and John Harmon came in next, to serve as bumpers for the Senior "A" team.

Our Senior Men also scored a "B" team and it took 4th place, beating out the Spartans and Pamakids. That team consisted of Chris Rostel in 15th, Stephen Starkweather in 16th, Dave Goodwin in 18th, Rob main in 19th and Steve Cryer in 20th.

This weekend the "Big 4" – Stewart, Strange, Howard and Hayden - are in action again at the Rebels Challenge in Sacramento.

SENIOR MEN

1 EMPIRE

DON STEWART
TY STRANGE
ANDERSON HOWARD
JONATHAN HAYDEN
LARRY MEREDITH
JOHN HARMON

2 WVJS

3 TAMALPA

4 EMPIRE 'B' Team

WILLIAM ROSTEL
STEPHEN STARKWEATHER
DAVID GOODWIN
ROB MAIN
STEVE CRYER

5 SPARTANS

USATF-Pacific Association Cross-Country Update

The 2011 Pacific Association Cross-Country season got underway at UC Santa Cruz on August 20th. A small contingent of Empire Runners made the long drive down the coast and made a good showing on the four-mile course.

UC Santa Cruz XC-Challenge August 20th

Empire Runners

Masters Men

PI	Name	Age	Time
6	K Brown	42	23:12
11	D Stewart	50	23:21
31	C Webb		25:42
66	EJ Bohn	45	28:47
77	B Hutchinson	67	30:47

Team: 1- WVJS 2- River City Rebels 3- Tamalpa 4- Pamakids 5- Santa Cruz TC 6- **Empire**

Open Men

PI	Name	Age	Time
15	A Wolf-Root	24	21:42
19	G McCormick	28	22:17
33	V Ripa	22	22:49
42	J Teeter	24	23:55
49	N Koch	30	24:33

Team: 1- Transports 2- Stawberry Canyon TC 3 – River City Rebels 4- NB Excelsior 5- **Empire** 6- Tamalpa 7- Pamakids 8- Wolfpack Intl. 9- Pamakids "B"

Upcoming Races

Sept 3 – Rebels X-Country Challenge – Sacramento

Sept 11 – Golden Gate Park Open – San Francisco

Sept 24 – Garin Park X-Country – Hayward

Oct 1 – Presidio Challenge – San Francisco

Go to www.pausatf.org for complete information.

2011 Phil Widener Empire Open
 August 27, 2011
 Women's Open Race: 3.43 miles

Last Name	First Name	Gender	Age	Time	Place	Club
Julie	Nacouzi	F	17	20:13.4	1	Buffalo Chips
Chris	Lunday	F		20:51.3	2	Impala
Valerie	Young	F	45	21:17.3	3	Tamalpa
Jennifer	Jackson	F	41	21:28.6	4	GVH
Holly	Hagerman	F	43	21:37.2	5	Impala
Marissa	Beck	F	33	21:51.6	6	Impala
Danielle	Bisho	F	28	22:16.9	7	Impala
Nancy	Thomas	F	42	22:42.1	8	Impala
Lorraine	Tuchfeld	F	29	22:45.7	9	Impala
Kristen	Soloway	F	37	22:48.2	10	GVH
Sarah	Tabbutt	F	52	22:53.5	11	Impala
Susan	Pohlemeyer	F	27	22:56.8	12	Impala
Emily	Enstice	F	32	23:01.3	13	Impala
Lisa	Renteria	F	33	23:01.7	14	Wolfpack international
Louise	Stephens	F		23:07.4	15	Pamakids
Karen	Steele	F	53	23:13.3	16	Tamalpa
Stephanie	Downie	F	32	23:17.8	17	WVTC
Sarah	Peterson	F	28	23:19.3	18	GVH
Joanna	Luck	F	31	23:25.3	19	Pamakids
Carla	Kehoe	F	47	23:27.4	20	Golden West
Eileen	Brennan-Erler	F	50	23:28.0	21	Impala
Jeannine	Holmlund	F	46	23:33.2	22	Lake Merritt J&S
Karen	Frindell-Teuscher	F	35	23:35.5	23	Empire
Beth	Bourne	F	41	23:38.3	24	GVH
Kathy	Herzog	F	46	23:41.2	25	Tamalpa
Ashlee	Staroba	F	32	23:51.5	26	Empire
Jackie	Flynn	F	21	23:56.0	27	Pamakids
Kelly	McCloskey	F	28	24:04.1	28	Pamakids
Lisa	Miller	F	45	24:05.2	29	SCTC
Mimi	Willard	F	57	24:11.8	30	Tamalpa
Cath	Kemp	F	31	24:16.5	31	GVH
Ashely	Rodwick	F	33	24:21.8	32	Pamakids
Laurie	Smith	F	50	24:32.4	33	Tamalpa
Mary	Vidovich	F	47	24:34.2	34	Tamalpa
Ramona	Young	F	46	24:37.6	35	SCTC
Aisha	Kamala	F	26	24:43.4	36	Wolfpack international
Anne	Mason	F	45	24:44.0	37	Pamakids
Joannie	Siegler	F	54	24:53.6	38	GVH
Andrea	Buzman	F		24:58.9	39	Empire
Shelagh	Sayers	F	47	25:06.3	40	Impala
Heather	Leutwyler	F	33	25:14.6	41	Excelsior
Lilian	Hayden	F	27	25:20.0	42	GVH
Fionna	McCusker	F	47	25:39.9	43	Pamakids
Suzanne	Bryan	F	48	25:46.5	44	Impala
Shannon	Driskel	F	25	26:01.2	45	Lake Merritt J&S
Lyndsey	Noble	F	28	26:09.0	46	Wolfpack international
Nouvit	Foster	F	50	26:12.3	47	Empire
Lisa	Youmans	F	49	26:12.7	48	Empire
Sharlet	Gilbert	F	60	26:24.4	49	Lake Merritt J&S
BZ	Churchman	F	49	26:34.8	50	Lake Merritt J&S
Malinda	Walker	F	41	26:42.5	51	Pamakids
Debra	Cramer	F	54	26:45.8	52	Lake Merritt J&S
Kerry	Koller	F	52	27:10.6	53	Impala
Danielle	Lauber	F	27	27:12.9	54	Lake Merritt J&S
Meghan	Tanel	F	14	27:14.3	55	unattached
Dawn	Haight	F	40	27:32.2	56	Empire
Kathi	Berman	F	50	27:35.9	57	Impala
Karen	Fishwild-Andrews	F	51	27:54.9	58	Lake Merritt J&S
Marlene	Capra	F	52	27:59.5	59	Tamalpa
Kristine	Varrios	F	46	28:14.8	60	Lake Merritt J&S
Kate	Stewart	F	61	28:25.5	61	Lake Merritt J&S
Lisa	Titius-Issabeau	F	52	28:39.2	62	Empire
Helen	Coniglio	F	31	29:11.3	63	Empire
Carolyn	Dingwall	F	48	29:24.8	64	Pamakids
Stephanie	Nacouzi	F	52	30:04.5	65	Empire
Lauren	Tanel	F	11	30:17.9	66	unattached
Laura	Mills	F	55	30:37.2	67	Empire
Amy	Suntain	F	41	30:50.1	68	Pamakids
Jodi	Thirtyacre	F	47	31:12.3	69	Pamakids
Bride	Dillon	F	66	31:44.1	70	Tamalpa
Maria	Marsilio	F	55	36:06.4	71	SCTC
Laury	Fischer	F	56	38:03.2	72	Lake Merritt J&S
Jeannne	Olson	F	64	40:11.2	73	Lake Merritt J&S
Katie	Martin	F	72	41:44.9	74	Tamalpa

2011 Phil Widener Empire Open
 August 27, 2011
 Mens Masters Race: 3.43 miles

Last Name	First Name	Gender	Age	Time	Place	Club
Jose	Pina		41	18:59.6	1	WVTC
Gary	Blanco		43	19:08.7	2	Chico TC
Marcelo	Lerda		40	19:09.2	3	River City Rebels
Wayne	Best		43	19:17.8	4	Tamalpa
Chris	Knorzner		42	19:22.7	5	River City Rebels
Kenny	Brown		42	19:35.7	6	Empire
Gary	Town		43	19:39.4	7	Chico TC
Don	Stewart		50	19:44.4	8	Empire
Ty	Strange		50	19:46.0	9	Empire
Michael	Woodward		45	19:46.9	10	River City Rebels
Carlos	Castelo		42	19:48.1	11	WVTC
Jorn	Jensen		42	19:52.5	12	WVJS
Mike	Kriege		51	19:53.9	13	WVJS
Anthony	McGrath		44	20:00.1	14	Pamakids
Roberto	Palos		48	20:13.0	15	Unattached
Bill	Reed		49	20:13.5	16	Strawberry Canyon
Eric "Danger"	Downing		40	20:17.3	17	Empire
Niels	Thompsen		47	20:17.7		Empire
Adam	Lucas		44	20:18.4		Pamakids
Kevan	Chu		43	20:19.2		SCTC
Kenneth	Wilmer		47	20:22.4		WVTC
Iain	Mickle		50	20:35.0		River City Rebels
Andy	Howard		50	20:49.4		Empire
Jonathan	Hayden		54	20:52.7		Empire
Scott	Bang		43	21:00.2		WVJS
Ralph	Gonzales		47	21:07.8		Tamalpa
Davia	White		46	21:14.0		Unattached
Jerry	Flannagan		45	21:19.3		Pamakids
Andrew	Appelbaum		47	21:20.4		Excelsior
Scott	Schnieder		44	21:24.9		Tamalpa
Bryan	Porter		49	21:26.1		Unattached
Bruce	Benter		51	21:32.8		Tamalpa
Lawrence	Berg		53	21:42.7		SCTC
Brad	Zanetti		57	21:45.1		Empire
John	Spriggs		50	21:45.7		Pamakids
Dennis	Curtis		57	21:54.8		WVJS
Resse	Laughlin		49	21:57.0		Tamalpa
David	Delucchi		49	22:00.2		Unattached
Paul	Zager		54	22:03.1		Pamakids
Bill	Cusworth		44	22:04.1		Unattached
Salvador	Marquez		42	22:18.3		Spartans
Robert	Pickens		51	22:21.1		WVJS
Roy	Clarke		55	22:27.3		Pamakids
Galen	Carnicelli		43	22:28.3		Pamakids
Ed	Corral		54	22:38.2		Tamalpa
Arturo	Rodriguez		61	22:41.0		Unattached
Paul	Berg		56	22:45.7		Empire
Erick	Studenicka		45	22:53.3		WVTC
Joe	Schieffer		60	22:55.5		Tamalpa
Mike	Axinn		51	22:58.3		Pamakids
Ben	Mundy		50	23:07.7		River City Rebels
Larry	Meredith		54	23:09.5		Empire
John	Harmon		55	23:11.7		Empire
Peter	Kirk		47	23:18.8		Empire
Don	Porteous		65	23:23.2		Tamalpa
David	Woodruff		53	23:25.0		WVJS
William	Rostel		52	23:41.5		Empire
Stephen	Starkweather		50	23:43.3		Empire
Carlos	Sigueiros		53	23:44.0		Unattached
Jerry	Lyman		62	23:44.5		Empire
Michael	Weddington		49	23:45.4		Empire
Art	Marthinsen		52	23:46.3		Tamalpa
David	Goodwin		53	23:47.3		Empire
David	Robertshaw		45	23:50.7		Empire
James	Wiley		41	23:52.6		Empire
James	Young		53	23:53.5		GVH
Gene	French		65	23:58.5		Tamalpa
Rob	Main		52	24:28.3		Empire
Cheese	Burger		17	24:32.5		Unattached
Arnold	Utterback		65	24:46.7		Buffalo Chips
Parker	Mills		60	24:55.1		Empire
Steve	Cryer		59	24:58.6		Empire
Larry	Fluharty		45	25:03.7		River City Rebels
Jim	Myers		62	25:06.3		Tamalpa
Peter	O'Reilly		53	25:14.3		Unattached
Paul	Tjogas		58	25:23.8		Spartans
Brendon	Huchinson		67	25:24.9		Empire
Robert	Mullis		61	25:27.3		SCTC
Eric	Jeter-Bohn		45	25:29.9		Empire
James	Carman		59	25:34.2		GVH
Bill	Brusher		60	25:59.5		Strawberry Canyon
David	Vevidos		51	26:22.1		Empire
Glenn	Kishi		49	26:32.1		WVJS
Nick	Butterfield		54	26:55.1		Spartans

Carl	Petersen	73	26:57.2	WVJS
Joe	Hurtado	70	27:03.2	WVJS
David	Norlander	72	27:05.1	WVJS
Kevin	Teuscher	60	27:11.0	Empire
Noe	Castanon	41	27:26.0	Pamakids
Russ	Kiernan	73	27:35.8	Tamalpa
Bill	Dodson	76	28:49.1	WVJS
Julias	Ratti	60	29:04.0	Unattached
Don	Sampson	64	29:33.5	Empire
Salvador	Martinez	58	29:33.9	Spartans
Dennir	Scott	65	31:24.6	Unattached
Elmo	Shrophire	74	31:44.4	Tamalpa
Johathan	Crockett	40	32:05.8	SCTC
Julius	Schillinger	64	32:32.9	Tamalpa
Art	Sanchez	58	32:38.9	Spartans
Shawn	Carter	44	32:59.8	Empire
Bruce	Reinik	66	33:59.8	Empire
Darryl	Beardall	74	36:00.2	Tamalpa
Bob	Venditti	62	42:00.00	Buffalo Chips

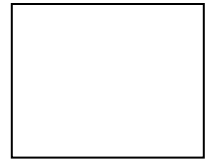
2011 Phil Widener Empire Open
August 27, 2011
Men's Open Race: 3.43 miles

Last Name	First Name	Gender	Age	Time	Place	Club
Tom	Kloos	M	33	17:04.1	1	BATC
Greg	Timplin	M	26	17:16.3	2	Strawberry TC
Malcom	Richards	M	28	17:17.5	3	WVTC
Steve	Sodaro	M	23	17:29.7	4	BATC
John	Van Motre	M	29	17:32.9	5	Addidas Transport
Sean	McFarland	M	24	17:49.3	6	Strawberry TC
Kevin	Pierpoint	M	35	17:50.9	7	Aggies
Joe	Binder	M	28	17:55.5	8	Strawberry TC
Konrad	Knutsen	M	35	17:59.8	9	Addidas Transports
Jason	Karbelk	M	24	18:05.1	10	WVTC
Todd	Rose	M	38	18:05.5	11	WVTC
Jamey	Gifford	M	33	18:05.9	12	WVTC
Sam	Robinson	M	26	18:10.1	13	Unattached???
Alex	Wolf-Root	M	24	18:21.0	14	Empire
Jesse	Regnier	M	24	18:25.8	15	Tamalpa
Enrique	Henriques	M	33	18:27.6	16	Addidas Transport
Vincent	Moreno	M	26	18:43.4	17	Addidas Transport
Jonah	Backstrom	M	37	18:47.6	18	WVTC
Jason	Lee	M	35	18:52.0	19	Excelsior
Jack	Wallace	M	21	18:55.4	20	Strawberry TC
Lars	Schmitz	M	33	19:01.1	21	WVTC
Jim	Daikuku	M	28	19:11.4	22	Excelsior
Johnnothan	Kimura	M	31	19:22.5	23	Excelsior
Patrick	Marjolet	M	34	19:25.5	24	Excelsior
Justin	Mikecz	M	31	19:26.4	25	Pamakids
Eric	Thomas	M	24	19:27.9	26	Strawberry TC
John	Staroba	M	32	19:32.5	27	Empire
Levi	Webb	M	29	19:39.9	28	Tamalpa
Johnnothan	Teeter	M	24	19:40.9	29	Empire
Vojta	Ripa	M	22	19:41.2	30	Empire
Jesse	Fenn	M	18	19:43.3	31	Tamalpa
Joe	Wehrehim	M	39	19:53.4	32	WVTC
Chickara	Omine	M	29	20:04.9	33	Excelsior
Steve	Lloyd	M	30	20:11.4	34	Pamakids
Sid	Andreis	M	30	20:17.3	35	Empire
Jose	Anguiano	M	38	20:19.6	36	Tamalpa
Erik	Yergensen	M	27	20:23.9	37	Tamalpa
Nathan	Koch	M	30	20:59.6	38	Empire
Raymond	Yu	M	31	21:11.5	39	Pamakids
Greg	Taleck	M	35	21:24.7	40	Pamakids
Aram	Durgerian	M	16	21:46.8	41	Pamakids
Jerry	Lee	M	33	21:47.8	42	Pamakids
Jimi	Smith	M	35	22:12.5	43	Pamakids
John	Gieng	M	32	22:43.2	44	Pamakids
Brian	Touhy	M	29	22:56.9	45	Empire
Yurik	Riegel	M	41	23:18.4	46	Excelsior
Scott	Bice	M	37	23:58.1	47	Empire
Spencer	O'Rielly	M	15	24:47.5	48	Unattached
Nick	Ratti	M	39	25:11.4	49	unattached
Thang	Ta	M	32	26:35.8	50	Pamakids
Jamie	Levin	M	27	29:51.3	51	Unattached

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
				7M w/3.5M Tempo @ 5:30pm - Howarth		8:30am - Railroad 9am - PA XC: Rebels
4	5	6	7	8	9	10
ER Club Event @ 8am - Annadel Loop	Labor Day 7pm - 1932 Yolo	Lawn Repeats: 5:30pm - Heart & 5:30pm - SRJC Lawn	5:30pm - Fleet Feet	4.6M w/8x1min. reps 5:30pm - Howarth		8:30am - Railroad
11	12	13	14	15	16	17
8M at Medium Pace Patriot Day 8am - Parktrail 9am - PA XC: Golden	7pm - 1932 Yolo	8 x 400m at 2M GP 5:30pm - Heart & 5:30pm - MHS	5:30pm - Fleet Feet	4.6M w/8x30 sec. 5:30pm - Howarth		8:30am - Railroad 9:45am - Opener
18	19	20	21	22	23	24
10M at Medium Pace 7am - Moo-Cow Half 8am - Channel Drive	7pm - 1932 Yolo	2x800:2x600:2x400 5:30pm - Heart & 5:30pm - MHS	5:30pm - Fleet Feet	7M w/10x1min. at 5:30pm - Howarth 7:30pm - ER Club		8:30am - Railroad 9am - PA XC: Garin
25	26	27	28	29	30	1
9M at Medium Pace 8am - Parktrail 9am - Crazy Creek	7pm - 1932 Yolo	Hill Reps: 10x80 sec. 5:30pm - 3390 5:30pm - Heart &	5:30pm - Fleet Feet	8.6M w/8x2min. at 5:30pm - Howarth		8:30am - PA XC: 8:30am - Railroad

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



If your Dues are Due! Renew On-Line at www.empirerunners.org and click on "membership"

MARK YOUR CALENDAR!

Sat Sep 24	USATF- PA Cross-Country – Garin Park, Hayward
Sat Oct 01	USATF- PA Cross-Country – Presidio, San Francisco
Sat Oct 08	USATF- PA Cross-Country – Willow Hills, Folsom
Sun Oct 16	Healdsburg Marathon and Half Marathon
Sat Oct 22	USATF- PA Cross-Country – Shoreline, Mountain View
Sun Oct 23	Harvest Marathon and Half Marathon - Cloverdale
Sat Oct 29	Wine Country Half Marathon - Healdsburg
Sat Oct 29	USATF-PA Cross-Country – John Lawson Tamalpa Challenge, Marin

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