

Gerald McCormick, Madison Provost, Dave Sell, Catherine Rauch Win at Salmon Creek
Keith Krieger and Sharon Gallant Win at Annadel Loop

The Empire Runner

September 2012

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IT's Cross-Country!

Howard 2nd place Senior. **Cryer** 3rd place Super-Senior. Men's Seniors, Super Seniors and Women's Seniors take 2nd ea. in Team Competition at **Empire Open**.



Andy Howard powered his way to a 20:45 finish on the tough Phil Widener Empire Open course. Andy's efforts led the Empire Runner's Senior Men's team to second-place overall, just behind the Golden Valley Harriers and well ahead of the West Valley Joggers & Striders, Pamakids and Tamalpa.



Photos by Dave DeSelle

Alex Wolf-Root wins the Santa Rosa Half-Marathon in 1:12:38. 5:32.43 per mile!

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Also in this Issue:

- Prez Sez
- Up to Date Race Results
- Partial Grand Prix Standings
- Plus More!



President's Message

Ode to Our Summer Heroes *by Larry Meredith*

On July 4th we Americans celebrated our country's independence from pasty-faced overlords by lighting up the night sky with booming pyrotechnic displays. On the same day our club celebrated our independence from bill collectors by conducting the Kenwood Footrace. Although our non-profit club is now the most financially solvent entity in the county, we as club members owe a debt of gratitude to race director **Val Sell**. A Jill-of-all-trades to those who know her, Val is particularly adept at putting on this event. She puts a ton of energy into making it better every year and as a result our club revenues have increased in leaps and bounds, allowing us to be generous in our support of many other running-related endeavors year-round, including all of our club events, as we choose. Val deserves more than a pat on the back but please don't hesitate to give her one of these when you see her.

You could also say thanks to **Jerry Lyman** and **Chris Mason** for their behind-the-scenes work on a new timing and results system for our races. All year long they have been involved in procuring the equipment and testing the system at our events. Some work still needs to be done for full implementation but the race directors have given rave reviews, marveling at the efficiency and speed of producing race results. This is a huge leap forward for our organization.

Summer was a busy time for us as a club. The Riverfront Relay was held for possibly the last time, unless a club member steps up to take over the role of race director. **Alec Isabeau** and **John Royston**, a.k.a. Doc 'n Mojo Productions, have had a long history of making us distance runners think we are enjoying the act of suffering through the pain of racing. After all, their corporate motto is, "It don't have to be fun to be fun." The Riverfront Relay and the Sugarloaf Relay before that, as well as the Loop de Loop suffer fest, have been the unique (some say bizarre) kind of events that our club prides itself on and have indeed provided more fun than one should be forced to withstand. Doc 'n Mojo, I salute you.

The Summer Track Series of all-comers meets was once again a celebration of running competition for runners aged 2 to 72. Track racing is not for everyone but it is everything for some. Like **John Harmon**. He has been the series director for the past few years and his enthusiasm for track & field is always on display. John, too, is relinquishing his duties and so we, as a club, have yet another pair of shoes to fill. Lucky for us, John's superb organizational skills have shifted once again to his duties as our club cross country team czar.

Though his knees have succumbed to the ravages of ultramarathoning, it is always good to see **Eric Bohn**, a life-long Sonoma County runner, on the sands of Salmon Creek Beach every August. He fends off with good-natured feistyness our annual complaints that the course is longer than ever and always comes up with prizes that are unique to the West Sonoma County experience. We plod through the sand for 5 miles and then sit in the 55-degree salt fog air, sipping on a beer, to argue with one another whether the course conditions were the worst in race history or the best. Keep it up, Eric. Some of us live for this race.

Gregg Jennings was in charge of our Pacific Association cross country meet in August and did our club proud in hosting cross country teams from all over Northern California. Gregg continued our club's tradition of excellence for this event, helped by a number of dedicated volunteers who know their jobs very well.

And then just last week **Bob Merritt** directed another great Annadel Loop, our small version of the Dipsea Race. Again, I feel lucky to have such a dedicated and skilled person putting on a first-class event year after year. This brings to mind our club's coordinator of event permits and insurance, **Laurie Martin**, who had to put in a little overtime work to secure the documents for the Annadel Loop. You never hear of her contributions to the club but without her efforts we simply couldn't put on any events.

Speaking on behalf of the club membership, I want to remind all of these good folks that we appreciate their work very, very much.

Next month: the long-awaited continuation of the history of my remarkably average teenage racing career.

The Empire Runner

Summertime Heroes (collect 'em ALL!)





The Long and Short of It

Lance, Barry, Melky and Justin

I cannot say that I was surprised when they finally “caught” Lance Armstrong for using performance enhancing substances since they are apparently rampant in the world of professional cycling. It would just seem to defy logic that he would be clean, especially in light of his coming back from his deathbed to achieve more than anyone else has ever done in winning all those Tour de France titles. But I, like so many others continued to hope that he would be clean / not get caught because of all that he has done both on and off of his bike. I was surprised that he chose not to fight the charges. It just seems so out of character. I suppose we will never really know the full story though there is apparently a long line of former team-mates / stool-pigeons who are ready to tell *their* version.

So, Lance remains un-convicted, as do Roger Clemons, Barry Bonds and Ryan Braun among others. I hate lumping Lance in among most of these other guys because he just seems like a *good guy*. I mean he is working to help cancer survivors for heaven’s sake. But who really knows any of these sports stars?

For me, Barry was always easy to hate. He put me off the Giants for just about his entire career because I just couldn’t stand his attitude. If there was ever someone I hoped would get busted it was him.

Speaking of Giants, I just loved Melky Cabrera until he got busted and now he is on a 50-game suspension. So nice guy or jerk, cheaters come in all varieties.

When I was in Eugene for the Olympic Trials I got to watch a slimmed-down and now hopefully clean Justin Gatlin dominate the U.S. sprinters, much as he did back in '04 when he was so vocal about **NOT** using performance enhancing substances, **BEFORE HE WAS BANNED!**

I like to think of myself as being anti-doper, but it is all getting to be very confusing indeed. Who is a good guy? Who is a bad guy? If you serve your time should you be welcomed back with open arms? What about repeaters? Another Giant, Guillermo Mota just came back from his *second* suspension. I find myself torn between being glad to have his arm

back and thinking the organization needs to give him his walking papers.

There is obviously a lot of incentive from the athletes to the coaches and owners to “forgive and forget”.

While just about everyone could probably agree that using HGH and other steroids is un-ethical, where do you draw the line in what is fair vs. what is not fair? If you take electrolyte tablets to avoid cramps is that okay? If you use recovery drinks to come back quicker after hard workouts, is that fair? If a senior runner who also happens to suffer from low testosterone levels takes a supplement to bring his levels to normal, is that cheating?

Does the difference between cheating and not cheating just depend on if your supplement of choice is on the banned list or not?

I have heard people say that professional athletes should be able to use “approved” substances under the guidance of a team physician. Others say that athletes should be free to do whatever they are willing to do and let the chips fall where they may. On the one hand, do people really think cheaters and their enablers will really be satisfied with “approved” substances? On the other hand, are we really ready for a completely laissez-faire attitude towards doping and all the fallout that entails – more tainted records and titles, underworld connections and health issues for current and retired athletes to name just a few?

I guess I can only support continued efforts to make the use of banned substances less attractive in the hope that we will see fewer and fewer instances of people being seduced by their obvious appeal.

Ultimately it all comes down to personal ethics and the standards that you hold yourself and others to. Parents and coaches at all levels need to instill in our children that winning at all costs is never okay.

Maybe in some unforeseen future, breakthroughs in legitimate nutrition, training and biomechanics will make the use of shady supplements a thing of the past. One can only hope.

Meanwhile once again I feel saddened that another hero has been sullied by performance enhancing substances; even though I have been waiting for this particular “other shoe” to drop for many years.

DM Peterson



Minutes

August 23, 2012

Round Table Pizza, Santa Rosa

Board Members Present:

Lisa Isabeau, Jerry Lyman, Will Ortlinghaus, Dale Peterson, Val Sell

Call to Order The meeting was called to order at 7:35 PM.

Approval of Minutes Lisa Isabeau read the minutes from the July 26, 2012 meeting. - motion carried

Officer's Reports

Treasurer - Tanya Narath was not at the meeting. The current treasurer's report will be posted on the web site.

Committee Reports

Club Race Registration & Logistics/Jerry Lyman – Chris Mason and Jerry Lyman will oversee the timing for the Empire Open with our new timing system. \$4,000 of the \$5,000 has been spent so far on the timing project.

Cross Country Team/John Harmon – A roster with team members and races is on the web site. The web site will be updated to reflect changes for this season.

Membership/Val Sell – Gil Moreno has notified the club that he is stepping down from running the Empire Runner booth at races. The club hopes to find a replacement, at least for some of the larger races with prospective new members.

Hall of Fame/Mike McGuire – The Hall of fame has no nominations so far this year. The nominations need to be in by November. Mike will send out an egroup message in order to remind people about the Hall of Fame and to solicit nominations.

New Business

Proposal #1: Proposal to Mail Information Packet to Club Member Households

This proposal was rescinded.

Proposal #2: Motion presented by John Harmon: Change the requirements for club sponsorship of member entry fees to Pacific Association USATF cross country events to the following: "Member shall be eligible to join the Empire Runners cross country team by paying a \$15 cross country team membership fee to the Empire Runners."

All other aspects of ER cross country sponsorship remains the same as in the past.

Motion carried.

Adjournment of Business meeting 9:03 PM.

Lisa Titus Isabeau, Secretary



TREASURER'S REPORT AS OF July 31, 2012

ASSETS	<u>07/31/12</u>	<u>06/30/12</u>
Current Assets		
Checking/Savings		
Chase Bank Certificates of Deposit	\$2,351	\$2,351
Exchange Bank	\$57,781	\$68,527
PayPal Money Market	\$4,899	\$4,459
Total Checking/Savings	<u>\$65,031</u>	<u>\$75,337</u>
Petty Cash	\$400	\$825
Total Current Assets	\$65,431	\$76,162
Other Assets		
Security Deposits	\$0	\$300
TOTAL ASSETS	\$65,431	\$76,462

Fund Balances

Annadel Half Restricted Fund Balance	\$1,601	\$1,601
Student Grant Restricted Fund Balance	\$168	\$4,128
Kenwood Restricted Fund Balance	\$40,515	\$40,983
Empire Runners Club Fund Balance	\$23,147	\$29,750

Membership Dues	<u>2012</u>	<u>2011</u>
Membership dues received year to date	\$6,300	\$3,990

Race Income and Expense

<u>Kenwood</u>		
Race entry fees, sponsorships, other income	\$50,048	\$43,695
Race expenses	(\$25,860)	(\$22,236)
Net Income	\$24,188	\$21,459

<u>Riverfront Relays</u>		
Race entry fees	\$360	\$585
Race expenses	(\$653)	(\$673)
Net Income	(\$293)	(\$88)



8/5/2012

Salmon Creek Beach Runs

2 Mile

Place	First Name	Last Name	Age	Gender	Age Group	Age Group Place	Time	Pace
1	Dave	Sell	48	M	40-49	1	14:23	7:12/M
2	Stephen	Rauch	48	M	40-49	2	15:00	7:30/M
3	Jim	Parks	59	M	50-59	1	15:09	7:35/M
4	William	Rogers	50	M	50-59	2	15:33	7:47/M
5	Thomas	Fonseca	48	M	40-49	3	15:49	7:55/M
6	Grant	Fonseca	16	M	13-19	1	16:49	8:25/M
7	Catherine	Rauch	11	F	0-12	1	17:02	8:31/M
8	Chris	White	49	M	40-49	4	17:39	8:50/M
9	Dale	Trowbridge	72	M	70-99	1	17:53	8:57/M
10	Mckenna	Sell	11	F	0-12	2	17:55	8:58/M
11	Dewayne	Starnes	54	M	50-59	3	17:56	8:58/M
12	Jamie	Meszkat	52	F	50-59	1	17:59	9:00/M
13	Peter	Fonseca	20	M	20-29	1	18:13	9:07/M
14	Amy	Melman	8	F	0-12	3	19:49	9:55/M
15	Jen	Melman	40	F	40-49	1	19:56	9:58/M
16	Carl	Jackson	79	M	70-99	2	20:36	10:18/M
17	Cheryl	Fonseca	47	F	40-49	2	20:53	10:27/M
18	Kyle	Raridon	18	M	13-19	2	25:04	12:32/M
19	Angela	Raridon	44	F	40-49	3	27:06	13:33/M
20	Leslie	Warren	54	F	50-59	2	31:11	15:36/M
21	Andrew	Sharp	11	M	0-12	1	35:13	17:37/M
22	Ben	Alexander	10	M	0-12	2	35:13	17:37/M



8/5/2012

Salmon Creek Beach Runs

5 Mile

Place	First Name	Last Name	Age	Gender	Age Group	Age Group Place	Time	Pace
1	Gerald	McCormick	29	M	20-29	1	32:39	6:32/M
2	Michael	Raasch	47	M	40-49	1	35:26	7:05/M
3	Dave	Houts	48	M	40-49	2	36:07	7:13/M
4	Paul	Berg	57	M	50-59	1	36:41	7:20/M
5	Nicholas	Rauch	15	M	13-19	1	37:17	7:27/M
6	Larry	Meredith	55	M	50-59	2	37:36	7:31/M
7	Madison	Provost	15	F	13-19	1	38:31	7:42/M
8	Nate	Bisbee	37	M	30-39	1	38:42	7:44/M
9	Jerry	Finlay	34	M	30-39	2	38:52	7:46/M
10	Lindsey	Closson	26	F	20-29	1	38:52	7:46/M
11	Jon	Hermstad	64	M	60-69	1	39:29	7:54/M
12	Josephine	Tuohy	24	F	20-29	2	40:16	8:03/M
13	Tori	Meredith	54	F	50-59	1	41:01	8:12/M
14	Katherine	White	47	F	40-49	1	42:13	8:27/M
15	Brendan	Hutchinson	68	M	60-69	2	42:31	8:30/M
16	Jim	Moore	50	M	50-59	3	42:54	8:35/M
17	Dale	Peterson	54	M	50-59	4	43:10	8:38/M
18	Phil	Melman	46	M	40-49	3	43:24	8:41/M
19	Gretchen	Forrey	24	F	20-29	3	44:12	8:50/M
20	Brian	Morrey	37	M	30-39	3	45:40	9:08/M
21	Kerry	Hanlon	40	F	40-49	2	45:42	9:08/M
22	Abe	Alexander	41	M	40-49	4	45:54	9:11/M
23	Robin	Stovall	53	F	50-59	2	46:34	9:19/M
24	Christina	Provost	41	F	40-49	3	46:38	9:20/M
25	Brooks	Landers	31	F	30-39	1	47:20	9:28/M
26	Carl	Triola	43	M	40-49	5	48:07	9:37/M
27	Leah	Alexander	33	F	30-39	2	48:56	9:47/M
28	John	Stockton	42	M	40-49	6	52:52	10:34/M
29	William	Parks	60	M	60-69	3	55:36	11:07/M
30	Eris	Weaver	53	F	50-59	3	57:16	11:27/M
31	Darryl	Beardall	75	M	70-99	1	1:05:10	13:02/M



Phil Widener Empire Open

Women's Combined Open and Masters Heat

Overall Place	Division Place	Name	Club	Age	Time
23	7	Valerie Sell Karen Frindell	Empire Runners Club	48	23:07
33	32	Teuscher	Empire Runners Club	36	23:32
40	39	Ashlee Staroba	Empire Runners Club	33	24:14
46	44	Andrea Guzman	Empire Runners Club	31	24:44
47	6	Tori Meredith	Empire Runners Club	55	24:46
55	9	Lisa Youmans	Empire Runners Club	50	25:44
56	10	Michelle Lydon	Empire Runners Club	51	25:45
58	47	Johanna Davenport	Empire Runners Club	31	25:56
75	52	Jen Clouse	Empire Runners Club	27	28:16
77	18	Lisa Titus Isabeau	Empire Runners Club	53	28:42

Open Men's Heat

Overall Place	Division Place	Name	Club	Age	Time
23	21	John Staroba	Empire Runners Club	33	19:19
27	24	Gerald McCormick	Empire Runners Club	29	19:30
35	31	Brandon Crowell	Empire Runners Club	37	21:15
37	33	Nathan Koch	Empire Runners Club	31	21:40
47	38	Larry Meredith	Empire Runners Club	55	25:10



Phil Widener Empire Open

Masters Men's Heat

Overall Place	Division Place	Name	Club	Age	Time
7	7	Kenny Brown	Empire Runners Club	43	19:47
16	2	Andy Howard	Empire Runners Club	51	20:45
28	6	Bryan Porter	Empire Runners Club	50	21:47
39	11	Paul Berg	Empire Runners Club	57	22:59
41	39	Pete Stefanisko	Empire Runners Club	49	23:26
43	15	Stephen Starkweather	Empire Runners Club	51	23:42
44	42	Dave Sell	Empire Runners Club	48	23:43
47	17	John Harmon	Empire Runners Club	56	24:05
49	18	Larry Meredith	Empire Runners Club	55	24:15
51	3	Steve Cryer	Empire Runners Club	60	24:27
52	20	Scott Ames	Empire Runners Club	54	24:29
59	6	Jon Hermstad	Empire Runners Club	64	25:08
63	9	Brendan Hutchinson	Empire Runners Club	68	26:24
65	25	Alec Isabeau	Empire Runners Club	50	26:48
67	46	Rob Drawskey	Empire Runners Club	44	27:07
70	12	Bill Browne	Empire Runners Club	62	27:51
73	15	Kevin Teuscher	Empire Runners Club	61	28:22
77	19	Don Sampson	Empire Runners Club	65	29:21



September 2, 2012

Annadel Loop

Place	Bib No	FirstName	LastName	Sex	Age	Clock Time	Headstart Minutes	Actual Running Time	Pl by Actual Running Time
1	136	Keith	Krieger	M	66	0:33:28	0:20:00	0:53:28	17
2	176	Job	Skandera	M	11	0:39:40	0:11:00	0:50:40	7
3	198	Sharon	Gallant	F	36	0:40:02	0:12:00	0:52:03	11
4	174	Valerie	Sell	F	48	0:40:09	0:14:00	0:54:09	20
5	210	Ben	Cawod	M	12	0:41:19	0:11:00	0:52:19	12
6	171	Hans	Schmid	M	72	0:41:36	0:20:00	1:01:36	48
7	205	Leigh	Schmitt	M	40	0:42:05	0:02:00	0:44:05	1
8	128	Brendan	Hutchinson	M	69	0:42:24	0:20:00	1:02:24	52
9	160	Daniel	Pride	M	13	0:42:33	0:07:00	0:49:33	5
10	123	Kristin	Hilger	F	32	0:43:01	0:11:00	0:54:01	18
11	120	Tyler	Harwood	M	20	0:43:21	0:01:00	0:44:21	2
12	142	Tori	Meredith	F	55	0:43:28	0:15:00	0:58:28	38
13	177	Nehemiah	Skandera	M	9	0:44:33	0:11:00	0:55:33	26
14	89	Paul	Berg	M	57	0:45:02	0:09:00	0:54:02	19
15	146	Shannon	Mitchell	F	32	0:45:11	0:11:00	0:56:11	29
16	202	Josephine	Touhy	F	24	0:45:41	0:11:00	0:56:41	30
17	163	Nicholas	Rauch	M	15	0:46:05	0:05:00	0:51:05	8
18	178	Elizabeth	Spurlock	F	35	0:46:38	0:12:00	0:58:38	41
19	154	Grace	Neisingh	F	34	0:47:09	0:11:00	0:58:09	34
20	140	Sam	McManis	M	52	0:47:16	0:06:00	0:53:16	16
21	204	Lindsay	Closson	F	26	0:47:16	0:11:00	0:58:16	36
22	182	John	Staroba	M	33	0:47:17	0:00:00	0:47:17	3
23	134	Karen	Kissick	F	55	0:47:32	0:15:00	1:02:32	53
24	207	Kevin	Buchholz	M	36	0:47:52	0:01:00	0:48:52	4
25	159	Bryan	Porter	M	50	0:47:54	0:05:00	0:52:54	14
26	200	Gregg	Jennings	M	42	0:47:58	0:02:00	0:49:58	6
27	161	Michael	Raasch	M	47	0:48:21	0:04:00	0:52:21	13
28	100	Bill	Cusworth	M	45	0:48:51	0:03:00	0:51:51	10
29	84	Scott	Ames	M	54	0:49:00	0:07:00	0:56:00	28
30	132	Kc	Kennedy	F	46	0:49:13	0:13:00	1:02:13	51
31	139	Shelli	Main	F	51	0:49:39	0:14:00	1:03:39	59
32	173	Dave	Sell	M	48	0:50:09	0:04:00	0:54:09	21
33	83	Nathanael	Aff	M	37	0:50:45	0:01:00	0:51:45	9
34	110	Kassidy	Fisher	F	27	0:51:06	0:11:00	1:02:06	50
35	180	Vernon	Stafford	M	57	0:51:28	0:09:00	1:00:28	44
36	215	Will	Kennewig	M	57	0:51:29	0:09:00	1:00:29	45

The Empire



Runner

September 2, 2012

Annadel Loop

Place	Bib No	FirstName	LastName	Sex	Age	Clock Time	Headstart Minutes	Actual Running Time	Pl by Actual Running Time
37	168	Andy	Roth	M	44	0:51:40	0:03:00	0:54:40	22
38	206	Doug	Starr	M	60	0:51:53	0:10:00	1:01:53	49
39	157	Alyce	Parks	F	53	0:51:55	0:15:00	1:06:55	64
40	209	Philippe	Thibault	M	46	0:52:02	0:03:00	0:55:02	23
41	91	Alicia	Bricker	F	38	0:52:16	0:12:00	1:04:16	60
42	115	John	Gusman	M	57	0:52:17	0:09:00	1:01:17	47
43	199	Andy	Piere	M	49	0:52:28	0:05:00	0:57:28	32
44	213	Brian	Moffett	M	51	0:52:31	0:06:00	0:58:31	39
45	101	Rebecca	Davis	F	34	0:52:34	0:11:00	1:03:34	58
46	117	Kerry	Hanlon	F	40	0:53:00	0:13:00	1:06:00	61
47	196	Hugo	Yescas	M	34	0:53:03	0:00:00	0:53:03	15
48	125	Dave	Houts	M	48	0:53:14	0:04:00	0:57:14	31
49	152	Cynthia	Nakatani	F	42	0:53:42	0:13:00	1:06:42	62
50	185	Trevor	Swallow	M	35	0:54:16	0:01:00	0:55:16	24
51	184	Edda	Stickle	F	70	0:54:31	0:20:00	1:14:31	84
52	145	Jeff	Mitchell	M	38	0:54:31	0:01:00	0:55:31	25
53	179	Cathleen	Stafford	F	42	0:54:50	0:13:00	1:07:50	67
54	129	Alec	Isabeau	M	50	0:55:23	0:05:00	1:00:23	43
55	175	Abraham	Skandera	M	12	0:55:55	0:11:00	1:06:55	63
56	183	Tim	Stephens	M	32	0:55:58	0:00:00	0:55:58	27
57	102	Dan	De Serpa	M	41	0:56:21	0:02:00	0:58:21	37
58	193	James	Wiley	M	42	0:56:33	0:02:00	0:58:33	40
59	166	Rachel	Roberts	F	41	0:57:03	0:13:00	1:10:03	74
60	170	Matt	Schiffer	M	38	0:57:12	0:01:00	0:58:12	35
61	106	Maitane	Elorza	F	35	0:57:26	0:12:00	1:09:26	71
62	187	Kevin	Teuscher	M	61	0:57:40	0:11:00	1:08:40	69
63	103	Christopher	Delis	M	40	0:57:42	0:02:00	0:59:42	42
64	201	Marshall	Gusman	M	27	0:57:49	0:00:00	0:57:49	33
65	156	Hilary	Opel	F	39	0:58:25	0:12:00	1:10:25	75
66	112	Julie	Frost	F	32	0:58:27	0:11:00	1:09:27	72
67	130	Lisa	Isabeau	F	53	0:58:30	0:15:00	1:13:30	83
68	90	Ernst	Bohn	M	72	0:58:44	0:20:00	1:18:44	88
69	96	Janine	Carpenter	F	47	0:58:46	0:13:00	1:11:46	80
70	92	Bill	Browne	M	62	0:58:55	0:12:00	1:10:55	77
71	208	Layne	Scoggins	M	46	0:59:39	0:03:00	1:02:39	54
72	191	Roseanne	Waters	F	33	1:00:36	0:11:00	1:11:36	79



September 2, 2012

Annadel Loop

Place	Bib No	FirstName	LastName	Sex	Age	Clock Time	Headstart Minutes	Actual Running Time	Pl by Actual Running Time
73	165	Brian	Riedel	M	41	1:01:00	0:02:00	1:03:00	55
74	127	Tristan	Humble	M	24	1:01:02	0:00:00	1:01:02	46
75	116	Tim	Hall	M	42	1:01:09	0:02:00	1:03:09	56
76	153	Tanya	Narath	F	49	1:01:49	0:14:00	1:15:49	85
77	155	Chris	Oliver	M	37	1:02:27	0:01:00	1:03:27	57
78	113	Diego	Garcia	M	13	1:02:30	0:07:00	1:09:30	73
79	126	Peter	Howley	M	72	1:03:22	0:20:00	1:23:22	91
80	186	Andrew	Tautges	M	51	1:03:25	0:06:00	1:09:25	70
81	119	Terrilynn	Harrison	F	50	1:03:34	0:14:00	1:17:34	86
82	167	William	Rogers	M	51	1:04:26	0:06:00	1:10:26	76
83	150	Josh	Myers	M	35	1:06:17	0:01:00	1:07:17	65
84	147	Brian	Morrey	M	37	1:06:39	0:01:00	1:07:39	66
85	164	Stephen	Rauch	M	48	1:07:03	0:04:00	1:11:03	78
86	211	Clare	Moore	F	35	1:07:37	0:12:00	1:19:37	89
87	203	Clayton	Smithson	M	22	1:08:07	0:00:00	1:08:07	68
88	133	Jerry	Kibler	M	72	1:09:22	0:20:00	1:29:22	93
89	188	Carl	Triola	M	43	1:10:40	0:02:00	1:12:40	81
90	190	Bryan	Waters	M	32	1:13:14	0:00:00	1:13:14	82
91	121	Ben	Hegardt	M	13	1:15:56	0:07:00	1:22:56	90
92	122	Don	Hegardt	M	42	1:15:58	0:02:00	1:17:58	87
93	214	William	Parks	M	60	1:16:58	0:10:00	1:26:58	92
94	143	Renee	Milligan	F	55	1:17:09	0:15:00	1:32:09	99
95	118	Kathy	Hansen	F	57	1:17:51	0:15:00	1:32:51	100
96	95	Gladis	Calderon	F	40	1:17:59	0:13:00	1:30:59	97
97	86	Sara	Azat	F	46	1:18:18	0:13:00	1:31:18	98
98	98	Maggie	Clancy	F	28	1:18:37	0:11:00	1:29:37	94
99	97	David	Clancy	M	61	1:18:42	0:11:00	1:29:42	95
100	212	Alice	Johsan	F	34	1:19:28	0:11:00	1:30:28	96
101	87	Darryl	Beardall	M	75	1:23:46	0:20:00	1:43:46	102
102	138	Sandra	Loeb	F	40	1:24:15	0:13:00	1:37:15	101

Summer Track Series #3: 10 July 2012

MILE - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	97	Alex	Wolf-Root	M	25	3	04:38.2
2	207	Vojta	Ripa	M	22	3	04:44.5
3	907	Jose	Mendoza	M	18	3	04:47.6
4	895	Sky	Taylor	M	26	3	04:53.3
5	133	Mike	Wortman	M	27	3	04:55.0
6	17	Nathan	Koch	M	31	3	05:08.9
7	510	Bryan	Porter	M	50	3	05:09.4
8	870	Douglas	Murdoch	M	47	3	05:11.3
9	598	Milan	Rothfeld	M	18	3	05:14.0
10	49	Reese	Byers	M	20	3	05:15.4
11	531	Michael	Kennedy	M	17	3	05:15.8
12	149	Clinton	Stevens	M	39	3	05:19.3
13	358	Nicholas	Rauch	M	15	3	05:20.4
14	912	Benjamin	Cawood	M	12	2	05:30.0
15	925	Harrison	Wistock	M	16	3	05:31.2
16	871	Eli	Rosen-Duran	M	14	2	05:32.2
17	918	Brady	Lane	M	15	2	05:35.2
18	13	Larry	Meredith	M	55	2	05:39.0
19	904	Stuart	Lovelace	M	14	2	05:52.9
20	805	Luke	Groothoff	M	12	2	05:55.0
21	99	Dave	Houts	M	48	2	05:55.9
22	642	Yave	Guzman	M	25	1	05:59.2
23	48	Sean	Fitzpatrick	M	40	2	05:59.9
24	80	Dave	Sell	M	48	2	06:01.4
25	839	Anthony	Rink	M	16	1	06:07.8
26	27	Paul	Berg	M	57	2	06:14.5
27	829	Bill	Cusworth	M	44	1	06:18.6
28	915	Juan	Rodriguez	M	43	1	06:22.2
29	801	Michael	Tomasi	M	17	1	06:23.1
30	724	Jackson	Blake	M	13	2	06:24.4
31	831	Diego	Garcia	M	12	1	06:26.7
32	356	Stephen	Rauch	M	48	1	06:33.1
33	515	Steve	Cryer	M	60	1	06:33.7
34	827	Junco	Bullick	M	9	1	06:46.3
35	909	Rene	Guzman	M	35	1	06:52.1
36	259	Carl	Triola	M	43	1	06:52.4
37	858	Noah	McSweeney	M	11	1	06:59.9
38	924	Xavier	Wilson	M	17	1	07:44.5
39	926	Andy	Bumwell	M	51	1	07:44.5

Summer Track Series #3: 10 July 2012

100m - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	261	Herbie	Polk	M	14	4	00:11.2
2	261	Herbie	Polk	M	14	4	00:12.4
3	749	Dylan	Bricker	M	14	4	00:12.4
4	642	Yave	Guzman	M	25	4	00:12.7
5	877	Michael	Bidigain	M	15	4	00:13.1
6	909	Rene	Guzman	M	35	4	00:14.3
7	636	Job	Skandera	M	11	3	00:14.4
8	900	Max	Townsend	M	7	3	00:15.2
9	831	Diego	Garcia	M	12	2	00:15.4
10	637	Nehemiah	Skandera	M	9	2	00:16.2
11	698	Abraham	Skandera	M	12	3	00:16.7
12	515	Steve	Cryer	M	60	4	00:16.9
13	912	Benjamin	Cawood	M	12	1	00:17.5
14	920	Adrian	Vajto	M	15	1	00:21.5

200m - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	261	Herbie	Polk	M	14	3	00:23.0
2	37	Tenzing	Sherpa	M	17	3	00:26.3
3	8	Zekaryas	Mebrahtu	M	16	3	00:27.5
4	642	Yave	Guzman	M	25	3	00:28.0
5	10	Luis	Luna	M	17	3	00:30.4
6	636	Job	Skandera	M	11	2	00:30.5
7	11	Epifanio	Nunez	M	12	3	00:31.1
8	637	Nehemiah	Skandera	M	9	2	00:34.0
9	698	Abraham	Skandera	M	12	2	00:35.3
10	515	Steve	Cryer	M	60	2	00:36.5
11	858	Noah	McSweeney	M	11	1	00:41.2

Results to one-tenth second used Hand Timing

Results to one-one-hundredth second used Fully Automated Timing

 In some cases we missed at time or proper race number. We apologize and will make every effort to correct any mistake you report.

Please report and errors or omissions to jj2harmon@yahoo.com

 Updated with corrected time, name and/or place

Summer Track Series #3: 10 July 2012

800m - Male							
Place	Bib #	Name		Gender	Age	Heat	Time
1	207	Vojta	Ripa	M	22	3	02:05.8
2	97	Alex	Wolf-Root	M	25	3	02:10.5
3	133	Mike	Wortman	M	27	3	02:13.4
4	37	Tenzing	Sherpa	M	17	3	02:17.7
5	157	Andy	Howard	M	51	3	02:18.0
6	598	Milan	Rothfeld	M	18	3	02:24.0
7	642	Yave	Guzman	M	25	3	02:24.5
8	636	Job	Skandera	M	11	3	02:24.7
9	531	Michael	Kennedy	M	17	3	02:29.7
10	240	Justin	Thurman	M	12	3	02:33.5
11	912	Benjamin	Cawood	M	12	3	02:34.6
12	871	Eli	Rosen-Duran	M	14	3	02:38.6
13	637	Nehemiah	Skandera	M	9	3	02:39.4
14	48	Sean	Fitzpatrick	M	40	2	02:40.9
15	698	Abraham	Skandera	M	12	3	02:41.3
16	8	Zekaryas	Mebrahtu	M	16	3	02:44.1
17	926	Andy	Bumwell	M	51	2	02:44.5
18	805	Luke	Groothoff	M	12	3	02:49.6
19	80	Dave	Sell	M	48	2	02:50.2
20	27	Paul	Berg	M	57	2	02:53.9
21	11	Epifanio	Nunez	M	12	3	02:54.6
22	909	Rene	Guzman	M	35	2	02:59.5
23	920	Adrian	Vajto	M	15	2	02:59.7
24	10	Luis	Luna	M	17	3	03:01.2
25	515	Steve	Cryer	M	60	2	03:03.9
26	829	Bill	Cusworth	M	44	2	03:09.6
27	810	Daniel	Skandera	M	4	1	03:50.2

400m - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	907	Jose	Mendoza	M	18	4	00:53.9
2	749	Dylan	Bricker	M	14	3	00:59.4
3	133	Mike	Wortman	M	27	4	00:59.5
4	240	Justin	Thurman	M	12	2	00:59.8
5	510	Bryan	Porter	M	50	4	01:00.2
6	531	Michael	Kennedy	M	17	2	01:03.9
7	2	Ron	Maddalena	M	56	3	01:05.8
8	871	Eli	Rosen-Duran	M	14	2	01:07.8
9	261	Herbie	Polk	M	14	4	01:10.3
10	27	Paul	Berg	M	57	3	01:13.6
11	637	Nehemiah	Skandera	M	9	2	01:14.9
12	805	Luke	Groothoff	M	12	2	01:16.6
13	831	Diego	Garcia	M	12	2	01:18.1
14	515	Steve	Cryer	M	60	3	01:25.1
15	858	Noah	McSweeney	M	11	2	01:28.9
16	810	Daniel	Skandera	M	4	1	01:48.8

Summer Track Series #3: 10 July 2012

5000m - Male							
Place	Bib #	Name		Sex			Time
1	49	Reese	Byers	M	20	1	14:59.8
2	10	Luis	Luna	M	17	1	15:18.4
3	97	Alex	Wolf-Root	M	25	1	16:29.6
4	11	Epifanio	Nunez	M	12	1	16:52.1
5	925	Harrison	Wistock	M	16	1	17:22.2
6	895	Sky	Taylor	M	26	1	17:47.7
7	914	Crisman	Nazarek	M	17	1	18:04.3
8	8	Zekaryas	Mebrahtu	M	16	1	18:06.2
9	133	Mike	Wortman	M	27	1	18:18.9
10	207	Vojta	Ripa	M	22	1	18:26.0
11	81	Eric	Downing	M	41	1	18:44.8
12	918	Brady	Lane	M	15	1	19:16.7
13	839	Anthony	Rink	M	16	1	19:16.7
14	48	Sean	Fitzpatrick	M	40	1	19:44.0
15	99	Dave	Houts	M	48	1	20:05.3
16	829	Bill	Cusworth	M	44	1	20:08.7
17	710	J.R.	Mintz	M	46	1	20:11.0
18	255	Peter	Kirk	M	48	1	20:18.8
19	13	Larry	Meredith	M	55	1	20:37.5
20	919	Sam	Saulsbury	M	16	1	20:43.2
21	915	Juan	Rodriguez	M	43	1	20:43.8
22	80	Dave	Sell	M	48	1	20:49.1
23	502	William	Tran	M	16	1	20:57.1
24	911	Mitchell	Castleberry	M	49	1	21:41.8
25	831	Diego	Garcia	M	12	1	22:33.5
26	93	Dale	Peterson	M	54	1	23:10.4
27	920	Adrian	Vajto	M	15	1	23:33.1
28	259	Carl	Triola	M	43	1	24:47.4

4x400m RELAY							
Place	Team	Name		Gender	Age	Heat	Time
1	Triangles	Sky	Taylor	M	26	1	04:15.7
		Eli	Rosen-Duran	M	14	1	
		Anthony	Rink	M	16	1	
		Mike	Wortman	M	27	1	
2	Team Super-man	Chloe	Hall	F	16	1	04:39.7
		Jose	Mendoza	M	18	1	
		Sam	Saulsbury	M	16	1	
		Tenzing	Sherpa	M	17	1	
3	Team Tramp Stamp	No	Name			1	05:41.9
		Danielle	Castleberry	F	16	1	
		Emily	Goldfield	F		1	
		Juelle	Eberhart	F		1	

Summer Track Series #3: 10 July 2012

MILE - Female							
Place	Bib #	Name	Sex	Age	Heat	Time	
1	560	Chloe Hall	F	16	2	05:54.8	
2	788	Carly McCready	F	22	2	06:00.4	
3	917	Madeline Rodriguez	F	10	1	06:04.5	
4	828	Teal Bullick	F	16	1	06:11.3	
5	12	Tori Meredith	F	54	1	06:28.5	
6	357	Catherine Rauch	F	11	1	06:52.7	
7	916	Anastasia Rodriguez	F	13	1	06:54.3	
8	756	Kelly Gaab	F	40	1	07:08.0	
9	6	Lisa Titus	F	53	1	07:10.0	
10	826	Eithne Bullick	F	49	1	07:13.4	
11	906	Ehryn Groothoff	F	10	1	07:21.4	
12	913	Christna Cawood	F	10	1	07:21.7	

100m - Female							
Place	Bib #	Name	Sex	Age	Heat	Time	
1	732	Kyra Johnson	F	18	3	00:13.0	
2	910	Danielle Castleberry	F	16	3	00:14.5	
3	564	Kathy Kopp	F	53	3	00:14.8	
4	917	Madeline Rodriguez	F	10	2	00:16.7	
5	906	Ehryn Groothoff	F	10	2	00:17.1	
6	913	Christna Cawood	F	10	2	00:17.1	
7	615	Brunwyn Simons	F	13	2	00:17.3	
8	923	Kyra Fetter	F	9	2	00:17.5	
9	638	Sarah Skandera	F	8	1	00:18.8	
10	849	Coco McKamey	F	7	1	00:18.9	
11	809	Rebekah Skandera	F	6	1	00:22.6	

5000m - Female							
Place	Bib #	Name	Sex	Age	Heat	Time	
1	931	Alicia Lueth	F		1	19:44.4	
2	532	Kelly Brooks	F	19	1	19:54.2	
3	79	Valerie Sell	F	47	1	20:48.6	
4	916	Anastasia Rodriguez	F	13	1	22:10.1	
5	560	Chloe Hall	F	16	1	22:42.7	
6	788	Carly McCready	F	22	1	23:03.7	
7	12	Tori Meredith	F	54	1	24:31.6	

Summer Track Series #3: 10 July 2012

800m - Female							
Place	Bib #	Name	Gender	Age	Heat	Time	
1	788	Carly McCready	F	22	2	02:41.4	
2	560	Chloe Hall	F	16	2	02:49.0	
3	732	Kyra Johnson	F	18	3	03:01.0	
4	78	McKenna Sell	F	11	1	03:23.5	
5	756	Kelly Gaab	F	40	2	03:27.7	
6	922	Emily Eakins	F	15	2	03:28.7	
7	921	Stephanie Vajto	F	15	2	03:29.0	
8	809	Rebekah Skandera	F	6	1	03:38.5	

200m - Female							
Place	Bib #	Name	Sex	Age	Heat	Time	
1	732	Kyra Johnson	F	18	3	00:28.2	
2	733	Desiree Johnson	F	18	3	00:28.2	
3	564	Kathy Kopp	F	53	2	00:31.0	
4	638	Sarah Skandera	F	8	1	00:36.6	
5	917	Madeline Rodriguez	F	10	2	00:36.7	
6	455.5	Vivien Mattice	F	8	1	00:38.3	
7	756	Kelly Gaab	F	40	2	00:40.2	
8	849	Coco McKamey	F	7	1	00:41.1	
9	923	Kyra Fetter	F	9	1	00:43.5	

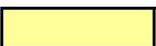
400m - Female							
Place	Bib #	Name	Sex	Age	Heat	Time	
1	906	Ehryn Groothoff	F	10	1	01:28.6	
2	455.5	Vivien Mattice	F	8	1	01:31.8	
3	638	Sarah Skandera	F	8	1	01:32.0	
4	913	Christna Cawood	F	10	1	01:33.6	
5	849	Coco McKamey	F	7	1	01:43.1	

Summer Track Series #4: 24 July 2012

MILE - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	97	Alex	Wolf-Root	M	25	2	04:35.5
2	798	Matt	Taylor	M	20	2	04:44.8
3	258	John	Staroba	M	33	2	04:52.4
4	510	Bryan	Porter	M	50	2	05:01.9
5	157	Andy	Howard	M	51	2	05:11.7
6	636	Job	Skandera	M	11	2	05:12.8
7	91	Dan	Aldridge	M	55	2	05:17.1
8	358	Nicholas	Rauch	M	15	2	05:17.4
9	867	Toby	Alonai	M	14	2	05:27.6
10	925	Harrison	Wistock	M	16	2	05:29.6
11	369	Brian	Goodwin	M	20	2	05:36.4
12	889	Jackson	Yates	M	14	2	05:37.7
13	13	Larry	Meredith	M	55	2	05:39.9
14	935	Dakota	Irabarne	M	15	2	05:43.8
15	698	Abraham	Skandera	M	12	2	05:47.7
16	100	Brad	Zanetti	M	58	1	05:55.4
17	881	Troy	Tuserter	M	51	1	05:58.0
18	312	George	Bratsberg	M	52	1	06:11.7
19	915	Juan	Rodriguez	M	43	1	06:48.2
20	259	Carl	Triola	M	43	1	06:53.6
21	941	Bryant	Hill	M	14	1	07:24.2
22	835	William	Marshall	M	72	1	08:04.4
23	356	Stephen	Rauch	M	48	1	17:00.0

Results to one-tenth second used Hand Timing

Results to one-one-hundredth second used Fully Automated Timing

 In some cases we missed a time or proper race number.
We apologize and will make every effort to correct any mistake you report.

Please report and errors or omissions to jj2harmon@yahoo.com

 Updated with corrected time, name and/or place

 Time Machine or Operator Errors failed to capture a time.
We sincerely apologize.

Summer Track Series #4: 24 July 2012

100m - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	636	Job	Skandera	M	11	3	14.50
2	356	Stephen	Rauch	M	48	5	14.70
3	637	Nehemiah	Skandera	M	9	3	16.60
4	937	Justin	Richter	M	10	3	16.80
5	711	Matthew	Anderson	M	7	2	19.50
6	942	Jaxon	Cho	M	7	2	20.70
7	835	William	Marshall	M	72	5	21.50
8	692	Paul	Stibbe	M	56	5	24.00
9	935	Dakota	Irabarne	M	15	1	No Time
10	810	Daniel	Skandera	M	4	1	No Time
11	698	Abraham	Skandera	M	12	3	No Time
12	925	Harrison	Wistock	M	16	4	No Time
13	894	Hugh	Pegan	M	15	4	No Time
14	749	Dylan	Bricker	M	14	4	No Time
15	903	Matthias	Daugherty	M	23	4	No Time
16	768	Alex	Pili	M	21	4	No Time

200m - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	894	Hugh	Pegan	M	15	3	23.90
2	903	Matthias	Daugherty	M	23	2	26.80
3	925	Harrison	Wistock	M	16	3	27.90
4	636	Job	Skandera	M	11	2	29.50
5	637	Nehemiah	Skandera	M	9	2	34.00
6	937	Justin	Richter	M	10	2	36.40
7	711	Matthew	Anderson	M	7	1	44.60
8	810	Daniel	Skandera	M	4	1	45.70
9	942	Jaxon	Cho	M	7	1	47.00
	444	Kenji	Fagundes	M	6	1	No Time
	835	William	Marshall	M	72	2	No Time
	698	Abraham	Skandera	M	12	2	No Time

Summer Track Series #4: 24 July 2012

800m - Male							
Place	Bib #	Name		Gender	Age	Heat	Time
1	97	Alex	Wolf-Root	M	25	3	2:05.20
2	412	David	Kimari	M	23	3	2:05.80
3	50	Sam	Strobino	M	22	3	2:26.40
4	867	Toby	Alonai	M	14	2	2:29.90
5	2	Ron	Maddalena	M	56	2	2:37.10
6	312	George	Bratsberg	M	52	2	2:44.30
7	798	Matt	Taylor	M	20	2	2:45.40
8	938	Julian	Jensen	M	16	1	2:47.90
9	4	John	Harmon	M	56	2	2:49.60
10	829	Bill	Cusworth	M	44	2	2:51.10
11	915	Juan	Rodriguez	M	43	1	3:02.50
12	835	William	Marshall	M	72	1	3:45.60

400m - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	768	Alex	Pili	M	21	4	0:54.60
2	894	Hugh	Pegan	M	15	4	0:57.40
3	383	Ean	Franceschi	M	14	4	0:58.10
4	749	Dylan	Bricker	M	14	4	0:58.11
5	510	Bryan	Porter	M	50	3	1:00.00
6	889	Jackson	Yates	M	14	4	1:03.60
7	636	Job	Skandera	M	11	3	1:10.40
8	637	Nehemiah	Skandera	M	9	3	1:13.10
9	100	Brad	Zanetti	M	58	2	1:13.30
10	798	Matt	Taylor	M	20	2	1:16.20
11	556	Kevin	Teuscher	M	61	2	1:28.50
12	835	William	Marshall	M	72	1	1:40.80
13	810	Daniel	Skandera	M	4	1	1:46.60
14	711	Matthew	Anderson	M	7	1	1:52.30

Summer Track Series #4: 24 July 2012

3000m - Male							
Place	Bib #	Name		Sex			Time
1	133	Mike	Wortman	M	27	1	09:18.6
2	97	Alex	Wolf-Root	M	25	1	09:39.0
3	81	Eric	Downing	M	41	1	10:46.6
4	157	Andy	Howard	M	51	1	11:08.9
5	867	Toby	Alonai	M	14	1	11:23.1
6	255	Peter	Kirk	M	48	1	11:23.5
7	829	Bill	Cusworth	M	44	1	11:40.7
8	13	Larry	Meredith	M	55	1	11:45.6
9	100	Brad	Zanetti	M	58	1	12:20.9
10	312	George	Bratsberg	M	52	1	12:21.5
11	925	Harrison	Wistock	M	16	1	12:40.2
12	935	Dakota	Irabarne	M	15	1	12:40.5
13	915	Juan	Rodriguez	M	43	1	12:41.1
14	93	Dale	Peterson	M	54	1	13:11.3
15	259	Carl	Triola	M	43	1	13:48.5
16	412	David	Kimari	M	23	1	13:54.5
17	798	Matt	Taylor	M	20	1	13:55.0
18	831	Diego	Garcia	M	12	1	14:09.8

4x400m RELAY							
Place	Team	Name		Gender	Age	Heat	Time
1	Chan-ning	Saskia	van Ommeren	F	13	1	04:39.2
		Ashley	Moffett	F	17	1	04:39.2
		Dakota	Irabarne	M	15	1	04:39.2
		Harrison	Wistock	M	16	1	04:39.2
2	Con-fused	Sam	Strobino	M	22	1	05:02.3
		Sylvia	Moffett	F	51	1	05:02.3
		Carl	Triola	M	43	1	05:02.3
		Juan	Rodriguez	M	43	1	05:02.3

Summer Track Series #4: 24 July 2012

MILE - Female							
Place	Bib #	Name		Sex	Age	Heat	Time
1	837	Ashley	Moffett	F	17	2	05:44.1
2	79	Valerie	Sell	F	47	1	05:54.9
3	939	Saskia	van Ommeren-Egberts	F	13	1	06:12.6
4	288	Cecilia	Avelar	F	11	1	06:16.2
5	307	Ashlee	Staroba	F	33	1	06:18.4
6	12	Tori	Meredith	F	54	1	06:20.8
7	289	Carolina	Avelar	F	11	1	06:24.1
8	838	Sylvia	Moffett	F	51	1	06:35.8
9	916	Anastasia	Rodriguez	F	13	1	06:44.7
10	917	Madeline	Rodriguez	F	10	1	06:47.1
11	357	Catherine	Rauch	F	11	1	06:51.6
12	345	Karen	Kissick	F	55	1	07:38.7

100m - Female							
Place	Bib #	Name		Sex	Age	Heat	Time
1	564	Kathy	Kopp	F	53	5	14.90
2	838	Sylvia	Moffett	F	51	5	17.30
3	923	Kyra	Fetter	F	9	2	17.50
4	638	Sarah	Skandera	F	8	2	18.30
5	397	Mariko	Wesley-Fagundes	F	41	5	20.80
6	809	Rebekah	Skandera	F	6	2	22.90
7	509	Allyson	Bricker	F	16	4	No Time
8	529	Marion	Staroba	F	3	1	No Time

3000m - Female							
Place	Bib #	Name		Sex	Age	Heat	Time
1	102	Karen	Teuscher	F	36	1	12:24.7
2	837	Ashley	Moffett	F	17	1	12:40.9
3	12	Tori	Meredith	F	54	1	13:07.0
4	939	Saskia	van Ommeren-Egberts	F	13	1	14:08.7
5	916	Anastasia	Rodriguez	F	13	1	14:15.1
6	314	Cathy	Goodwin	F	56	1	15:40.0
7	917	Madeline	Rodriguez	F	10	1	15:46.1

Summer Track Series #4: 24 July 2012

800m - Female							
Place	Bib #	Name		Gender	Age	Heat	Time
1	506	Sadia	Ibrahim	F	17	2	2:45.00
2	939	Saskia	van Ommeren-Egberts	F	13	1	2:52.30
3	916	Anastasia	Rodriguez	F	13	1	2:57.10
4	838	Sylvia	Moffett	F	51	1	3:07.50
5	917	Madeline	Rodriguez	F	10	1	3:17.70
6	314	Cathy	Goodwin	F	56	1	3:22.30
7	397	Mariko	Wesley-Fagundes	F	41	1	3:49.20

200m - Female							
Place	Bib #	Name		Sex	Age	Heat	Time
1	509	Allyson	Bricker	F	16	3	29.10
2	564	Kathy	Kopp	F	53	2	30.70
3	307	Ashlee	Staroba	F	33	2	36.00
4	923	Kyra	Fetter	F	9	1	38.40
5	638	Sarah	Skandera	F	8	1	39.30
6	443	Kimiko	Fagundes	F	7	1	49.90
7	809	Rebekah	Skandera	F	6	1	54.00

400m - Female							
Place	Bib #	Name		Sex	Age	Heat	Time
1	509	Allyson	Bricker	F	16	3	1:07.80
2	939	Saskia	van Ommeren-Egberts	F	13	2	1:14.50
3	506	Sadia	Ibrahim	F	17	2	1:16.60
4	838	Sylvia	Moffett	F	51	2	1:22.00
5	917	Madeline	Rodriguez	F	10	1	1:24.40
6	638	Sarah	Skandera	F	8	1	1:25.90
7	923	Kyra	Fetter	F	9	1	1:34.90
8	809	Rebekah	Skandera	F	6	1	1:43.00
9	397	Mariko	Wesley-Fagundes	F	41	1	1:47.90

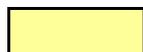
Summer Track Series #5: 7 August 2012

100m - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	982	Stewart	Quinn	M	11	4	00:12.3
2	903	Matthias	Daugherty	M	23	4	00:12.4
3	413	Austin	Macquarrie	M	38	4	00:12.4
4	945	Quinn	Stoylcup	M	20	4	00:12.6
5	968	Jeff	Wong	M	30	4	00:14.3
6	959	Scott	Benstock	M	54	4	00:15.2
7	637	Nehemiah	Skandera	M	9	3	00:16.5
8	970	Arden	Powers	M	16	3	00:17.5
9	698	Abraham	Skandera	M	12	3	00:18.0
10	979	Cody	Guy	M	11	2	00:19.0
11	835	William	Marshall	M	72	4	00:21.0
	810	Daniel	Skandera	M	4	1	No Time

400m - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	510	Bryan	Porter	M	50	2	00:59.8
2	925	Harrison	Wistock	M	16	2	01:03.2
3	80	Dave	Sell	M	48	2	01:09.6
4	93	Dale	Peterson	M	54	2	01:16.8
5	99	Dave	Houts	M	48	1	01:19.3
6	37	Tenzing	Sherpa	M	17	1	01:30.2
7	970	Arden	Powers	M	16	1	01:32.8
8	835	William	Marshall	M	72	1	01:34.0
9	810	Daniel	Skandera	M	4	1	01:48.0

Results to one-tenth second used Hand Timing

Results to one-one-hundredth second used Fully Automated Timing



In some cases we missed at time or proper race number.

We apologize and will make every effort to correct any mistake you report.

Please report and errors or omissions to jj2harmon@yahoo.com



Updated with corrected time, name and/or place

MILE - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	10	Luis	Luna	M	17	3	04:35.4
2	97	Alex	Wolf-Root	M	25	3	04:39.4
3	11	Epifanio	Nunez	M	12	3	04:41.7
4	9	Jaime	Silva	M	17	3	04:45.6
5	207	Vojta	Ripa	M	23	3	04:46.1
6	794	Efron	Reyes	M	17	3	04:46.5
7	943	Connor	Deleuze	M	14	3	04:50.7
8	948	Jacob	Gaynor	M	17	3	04:51.6
9	274	Matthew	Mulligan	M	15	3	04:57.0
10	640	Joseph	Ruiz	M	17	3	04:58.6
11	133	Mike	Wortman	M	27	3	05:01.2
12	510	Bryan	Porter	M	50	3	05:03.2
13	950	Austin	Orr	M	17	3	05:03.6
14	511	Philip	Tran	M	19	3	05:04.3
15	157	Andy	Howard	M	51	3	05:07.6
16	949	Jaxon	Raff	M	17	3	05:11.3
17	358	Nicholas	Rauch	M	15	3	05:11.8
18	952	Anthony	Rink	M	16	3	05:12.9
19	17	Nathan	Koch	M	31	3	05:21.4
20	953	Darin	Marcucci	M	17	2	05:23.4
21	871	Eli	Rosen-Duran	M	14	3	05:25.3
22	925	Harrison	Wistock	M	16	2	05:31.8
23	963	Eduardo	Calderon	M	14	2	05:32.9
24	944	Brian	Schulz	M	13	2	05:33.2
25	958	Trevor	Santa Cruz	M	15	3	05:34.0
26	978	Christian	Barnard	M	11	3	05:39.7
27	80	Dave	Sell	M	48	2	05:41.0
28	13	Larry	Meredith	M	55	2	05:45.6
29	829	Bill	Cusworth	M	45	2	05:48.4
30	881	Troy	Tuserter	M	51	2	05:50.0
31	312	George	Bratsberg	M	52	2	05:50.2
32	99	Dave	Houts	M	48	2	05:52.9
33	964	Harris	Nguyen	M	14	2	05:54.9
34	967	Danny	Duong	M	14	2	05:57.4
35	48	Sean	Fitzpatrick	M	40	2	05:57.6
36	27	Paul	Berg	M	57	2	05:57.9
37	356	Stephen	Rauch	M	48	2	06:17.8
38	947	Jacob	Hayes	M	14	1	06:33.4
39	915	Juan	Rodriguez	M	43	1	06:36.6
40	259	Carl	Triola	M	43	1	07:01.8
41	961	Armando	Madriz	M	13	1	07:21.0
42	971	Miguel	Garcia	M	16	1	07:21.3
43	962	Andrew	Kiesel	M	14	1	07:34.6
44	87	Sebastian	Bohn	M	8	1	07:37.7
45	965	Nicholas	Nguyen	M	13	1	07:42.1
46	835	William	Marshall	M	72	1	07:45.7
47	978	Christian	Barnard	M	11	1	07:46.6
48	946	Quinn	Stoylcup	M	20	1	07:57.3
49	967	Danny	Duong	M	14	1	08:45.0

Summer Track Series #5: 7 August 2012

800m - Male							
Place	Bib #	Name		Gender	Age	Heat	Time
1	97	Alex	Wolf-Root	M	25	2	02:04.9
2	412	David	Kimari	M	23	2	02:05.1
3	133	Mike	Wortman	M	27	2	02:06.8
4	919	Sam	Saulsbury	M	16	2	02:15.2
5	2	Ron	Maddalena	M	56	2	02:30.8
6	904	Stuart	Lovelace	M	14	2	02:33.5
7	938	Julian	Jensen	M	16	2	02:36.4
8	636	Job	Skandera	M	11	2	02:38.7
9	312	George	Bratsberg	M	52	1	02:42.2
10	No #	No	Name	M		2	02:42.2
11	4	John	Harmon	M	56	1	02:45.1
12	99	Dave	Houts	M	48	1	02:45.5
13	967	Danny	Duong	M	14	1	02:47.6
14	48	Sean	Fitzpatrick	M	40	1	02:47.9
15	915	Juan	Rodriguez	M	43	1	02:57.5
16	835	William	Marshall	M	72	1	03:26.7
17	10	Luis	Luna	M	17	1	03:48.2

200m - Male							
Place	Bib #	Name		Sex	Age	Heat	Time
1	982	Stewart	Quinn	M	11	4	00:25.3
2	37	Tenzing	Sherpa	M	19	4	00:25.5
3	968	Jeff	Wong	M	30	4	00:25.9
4	413	Austin	Macquarrie	M	38	4	00:26.0
5	925	Harrison	Wistock	M	16	3	00:29.6
6	698	Abraham	Skandera	M	12	3	00:30.6
7	859	John	Wright	M	63	3	00:30.6
8	636	Job	Skandera	M	11	3	00:32.0
9	99	Dave	Houts	M	48	4	00:32.4
10	637	Nehemiah	Skandera	M	9	2	00:35.7
11	970	Arden	Powers	M	16	2	00:38.3
12	87	Sebastian	Bohn	M	8	2	00:39.3
13	835	William	Marshall	M	72	3	00:43.8
14	979	Cody	Guy	M	11	2	00:45.4
	810	Daniel	Skandera	M	4	1	No Time

Summer Track Series #5: 7 August 2012

800m - Female							
Place	Bib #	Name		Gender	Age	Heat	Time
1	125	Andrea	Guzman	F	31	1	02:50.1
2	916	Anastasia	Rodriguez	F	13	1	02:52.8
3	102	Karen	Teuscher	F	36	1	02:54.3
4	417	Lidia	Alcazar	F	36	1	03:44.5
5	983	Lorena	Luna	F	11	1	03:47.1

200m - Female							
Place	Bib #	Name		Sex	Age	Heat	Time
1	30	Erin	Cortez	F	11	3	00:37.8
2	983	Lorena	Luna	F	11	2	00:41.6
3	981	Maizze	Rocketts	F	11	2	00:43.6
4	29	Emily	Cortez	F	8	2	00:47.2
	936	Ruth	Skandera	F	3	1	No Time

400m - Female							
Place	Bib #	Name		Sex	Age	Heat	Time
1	955	Lyndra	Aguilar	F	17	2	01:06.5
2	29	Emily	Cortez	F	8	1	01:39.1
3	981	Maizze	Rocketts	F	11	1	01:53.3
4	977	Katrina	Lacefield	F	11	1	02:26.0

Summer Track Series #5: 7 August 2012

DISTANCE MEDLEY RELAY (1200m, 400m, 800m, 1600m)									
Place	Team	Team		Bib #	Name		Sex	Age	Time
1	C	Heart of Sole	a	97	Alex	Wolf-Root	M	25	10:48.0
			b	133	Mike	Wortman	M	27	
			c	207	Vojta	Ripa	M	23	
			d	10	Luis	Luna	M	17	
2	A	Non-Olympians	a	27	Paul	Berg	M	57	12:56.7
			b	102	Karen	Teuscher	F	36	
			c	12	Tori	Meredith	F	54	
			d	13	Larry	Meredith	M	55	
3	B	Sloths	a	938	Julian	Jensen	M	16	14:31.4
			b	No #	Jacob	Lane	M		
			c	No #	Bryce	Petersen			
			d	904	Stuart	Lovelace	M	14	
4	D	The Bolts	a	952	Anthony	Rink	M	16	14:33.4
			b	37	Tenzing	Sherpa	M	19	
			c	953	Darin	Marcucci	M	17	
			d	925	Harrison	Wistock	M	16	
5	E	Team Rodriguez	a	312	George	Bratsberg	M	52	14:34.0
			b	916	Anastasia	Rodriguez	F	13	
			c	917	Madeline	Rodriguez	F	10	
			d	915	Juan	Rodriguez	M	43	
6	F	Andy's Team	a	No #	Joelle		F		15:05.5
			b	99	Dave	Houts	M	48	
			c	829	Bill	Cusworth	M	45	
			d	157	Andy	Howard	M	51	

Empire Runners/Fleet Feet Grand Prix Points Series

All of you Empire Runner Grand Prix participants please take a close look at events you have been accounted for in the posted results. The end of the year draws near and there is a chance I missed giving you points for an event you either ran in or volunteered at. As you can see I have not yet totaled the Track Series. There are two events remaining and remember your total for the year will be the highest total of nine events. Here is listed the top 35. See complete results online.

Bob Rogers

Rogers44@pacbell.net

	First Name	Last Name	Div.	Res.Run	VillyFord	Isanajo	LoopdelP	Jk.Rabbit	TrkSeries	RRReby	Kenwood	Salmn Ck	Emp_Opn	Anadel LP	Total
1	Larry	Meredith	50-59	85	86	90	92	75	0	84	75	95	91	0	773
2	William	Rogers	50-59	48	82	83	69	74	0	64	75	97	75	63	730
3	Brendan	Hutchinson	60-69	69	74	53	76	78	0	74	0	92	86	97	699
4	Jerry	Lyman	60-69	78	80	85	75	75	0	75	75	75	0	75	693
5	Gerald	McCormick	20-29	0	98	100	95	100	0	97	0	100	98	0	688
6	Eric	Downing	40-49	95	96	95	99	75	0	75	75	0	75	0	685
7	Stephen	Rauch	40-49	73	87	87	0	75	0	70	75	99	0	80	646
8	Jon	Hernstad	60-69	65	76	77	87	83	0	0	0	93	87	75	643
9	Darryl	Beardall	70-79	37	58	26	100	64	0	49	75	85	78	53	625
10	Diego	Garcia	10-13	49	81	40	70	86	0	69	75	0	88	66	624
11	Brad	Zanetti	50-59	90	91	90	96	93	0	75	75	0	0	0	610
12	Dale	Peterson	50-59	28	0	51	102	100	0	75	75	90	75	0	596
13	Nicholas	Rauch	14-19	38	88	92	0	98	0	90	0	96	0	92	594
14	Brian	Morrey	30-39	59	86	55	74	77	0	77	0	89	0	61	578
15	Andy	Howard	50-59	93	94	97	100	0	0	93	0	0	99	0	576
16	Carl	Triola	40-49	56	70	86	66	75	0	76	0	87	0	58	574
17	David	Sell	40-49	51	0	0	75	85	0	0	75	100	94	85	565
18	Bryan	Porter	40-49	88	0	95	98	94	0	0	0	0	98	90	563
19	Paul	Berg	40-49	84	84	0	106	0	0	0	0	97	97	93	561
20	Daniel	Pride	10-13	0	90	91	93	95	0	0	0	0	93	96	558
21	Nathan	Koch	30-39	0	96	92	89	0	0	94	75	0	94	0	540
22	Job	Skandera	10-13	75	89	88	0	90	0	0	0	0	91	99	532
23	Nehemiah	Skandera	0-9	71	83	89	0	91	0	0	0	0	90	94	518
24	Danny	Aldridge	50-59	91	97	96	110	0	0	92	0	0	0	0	486
25	Jim	Parks	50-59	55	84	84	0	0	0	73	75	98	0	0	469
26	Bill	Cusworth	40-49	18	91	88	109	0	0	0	75	0	0	87	468
27	William	Parks	50-59	0	72	30	64	0	0	51	0	86	79	55	437
28	Abraham	Skandera	10-13	54	57	85	0	79	0	0	0	0	87	74	436
29	Kevin	Teuscher	60-69	26	65	45	72	0	0	67	0	0	82	70	427
30	Vernon	Stafford	50-59	64	79	0	104	80	0	0	0	0	0	83	410
31	Bill	Browne	60-69	41	61	76	0	0	0	0	75	0	83	68	404
32	Don	Sampson	60-69	42	64	78	0	71	0	60	0	0	81	0	396
33	Steve	Cryer	50-59	0	75	0	68	81	0	79	0	0	89	0	392
34	James	Wiley	40-49	77	0	70	79	89	0	0	0	0	0	72	387
35	Brandon	Crowell	30-39	89	0	0	94	0	0	91	0	0	95	0	369

Empire Runners September Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:30am Railroad Square
2 8am Annadel Loop	3 7pm 1932 Yolo Ct.	4 5:30pm SRJC Lawn Repeats	5 5:30pm Fleet Feet	6 5:30pm Howarth Park 4.6 Miles w/ 8x1 Min	7	8 8:30am Railroad Square
9 8am Park Trail	10 7pm 1932 Yolo Ct.	11 5:30pm MHS Track 8x400 @2M Pace	12 5:30pm Fleet Feet	13 5:30pm Howarth Park 4.6 Miles w/ 8x30 Sec	14	15 8:30am Railroad Square
16 8am Channel	17 7pm 1932 Yolo Ct.	18 5:30pm MHS Track 2x800, 2x600, 2x400	19 5:30pm Fleet Feet	20 5:30pm Howarth Park 7 Miles w/ 10x1 Min	21	22 8:30am Railroad Square
23 8am Park Trail	24 7pm 1932 Yolo Ct.	25 5:30pm MHS Track Hill Repeats 10x80 seconds	26 5:30pm Fleet Feet	27 5:30pm Howarth Park 8.6 Miles w/ 8x2 Min 7:30pm ER Club Mtg	28	29 8:30am Railroad Square
30 8am Channel Dr.						

Empire Runners Club

PO Box 4241
Santa Rosa, CA 95402



Renew Online at www.empirerunners.org and click on "membership"

MARK YOUR CALENDAR!

Sun Sep 9	USATF-PA X-Country – Garin Park, Hayward
Sat Sep 15	USATF-PA X-Country – NorCal XC Challenge – Redding
Sun Sep 16	Clo-Cow Half Marathon & 5K – Petaluma – 7:00am
Sun Sep 23	USATF-PA X-Country – Golden Gate Park, San Francisco
Thu Sep 27	ER Club Meeting – Montgomery Village Round Table Pizza – 6:30pm
Sat Sep 29	USATF-PA X-Country – Presidio Challenge – San Francisco
Fri Oct 5	Newsletter Deadline – send items to newsletter@empirerunners.org
Sat Oct 6	USATF-PA X-Country – Willow Hills – Folsom

2012 CLUB OFFICERS and Contacts

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