



## Phil Widener Empire Open

### Record Turnout

### No Heat Wave This Year

Jerry Lyman, race director



Times were hot and the weather not at the 18<sup>th</sup> 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.

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.**

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,





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 5<sup>th</sup>, 6<sup>th</sup>, and 8<sup>th</sup> in the Men’s 40 & over race. Gerald McCormick slipped in at 10<sup>th</sup> 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 2<sup>nd</sup> in the Women’s race in 20:36. Her time places her 7<sup>th</sup> 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 2<sup>nd</sup> 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/xcreresults2010.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](http://www.empirerunners.org).

JL