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What Can You Do in Four Minutes?

By Cathy Tyson



Tim Bayley trains at the Lafayette Reservoir Photo courtesy of Priscilla Bayley

registration available from 6:30, with staggered race times commencing at 8:30.

Proceeds will be shared by the Lafayette Schools and the Chamber of Commerce. For more information on registration, go to www.lafayettechamber.org.

For a very select few athletes, four minutes could be the time it takes to run a mile. On Saturday October 25, a dozen four minute and sub-four minute milers will compete in the first ever "ELITE" mile preceding the Lafayette Reservoir Run. These speedy youths come from near and far; Lafayette's own 3:58-man Tim Bayley, 3:56 David Torrence of Berkeley, 3:59 Liam Boylan-Pett of Washington State and even a pending entry of a runner all the way from Kenya, Heron Lagat. First place wins \$1,000.

Lamorinda residents may recognize Bayley from the women's fitness classes he teaches or his sports performance coaching - he specializes in the development of sport-specific speed and agility. Fans will be able to get autographs after the race at the Sports Basement booth; they'll have posters available for athletes to sign. The starting and finish line for these elite runners is just a few yards from the main starting area at Moraga Road and Mount Diablo Boulevard. Athletes will run down Mt. Diablo, do a u-turn at Trader Joe's and finish where they started. Be sure to arrive early, the ELITE mile starts at 8:00 and will be over in the blink of an eye.

"The San Francisco Bay Area is a hotbed of talented runners. Sports Basement supports elite athlete development and is taking the first step in creating the Inaugural Sports Basement Elite Mile," said Priscilla Bayley for Sports Basement.

For those that may be a bit slower, the 17th Annual Reservoir Run features a 10K, 5K or 2 mile race through the heart of downtown, around the reservoir and back. As usual, a healthy crowd of 2200 - 2500 participants will compete. Post run/walk pancakes will be available care of the Lafayette Rotary Club, along with complimentary snacks and beverages following the race. On site

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