



WVJS



VOL XXX-#1 WEST VALLEY JOGGERS & STRIDERS April 2000

Saturday Workouts

04/15/00	Triangle Run (4.76 miles)	06/17/00	Valle Vista (3.0 miles)
04/22/00	Doug/Sar/Frtvle (2.75 miles)	06/24/00	18 x 0.33-Mile Tennis Court Loop Relay
04/29/00	12 x 600 Relay	07/01/00	Triangle Run (4.76 miles)
05/06/00	Farwell/Herriman (4.68 miles)	07/08/00	Step-Up & Step-Down Relay
05/13/00	16 x 300 Relay	07/15/00	One Mile on the Track
05/20/00	Farwell (3.54 miles)	07/22/00	12 x 800 Relay
05/27/00	16 x 400 Relay	07/29/00	5K on the Track
06/03/00	Short Six (5.74 miles)	08/05/00	Doug/Sar/Frtvle (2.75 miles)
06/10/00	One Mile on the Track	08/12/00	36 x 200 Relay

The 3-mile warm-up starts at 7:30 AM and the event starts a little after 8 AM. We meet at the top of the West Valley track.

Upcoming Races

PA-USATF Championships

04/30/00	Big Sur 5K
05/29/00	GG Park 5K
06/17/00	Sacramento 8K
07/23/00	Capitol Mile
09/04/00	Pacific Sun 10K
10/15/00	Humboldt Half Marathon
11/12/00	Clarksburg 30K
12/10/00	Christmas Relay

Racer of the Year

Fastest Farwell Time
Cumulative Saturday Races
Fastest Marathon
Fastest of 2 5Ks on the track
Fastest of 2 One-Miles on the track
04/30/00 Big Sur 5K
06/11/00 WVC 5K
06/25/00 Holy City Race
07/23/00 Fleet Feet Mile
08/06/00 Alameda 10K
09/17/00 Ron's Wildlife 10K
10/22/00 Union City 10K

Other Popular Races

04/16/00	LSI Logic 5K/10K
04/30/00	Compaq Up & Running 10K
05/07/00	Devil Mountain 5K/10K
05/13/00	Human Race 5K/10K
05/13/00	Quicksilver 50K/50M
05/21/00	Bay to Breakers
06/04/00	Hillsborough Concours5K/10K
06/11/00	Aptos Women's 5-Miler
06/11/00	Dipsea Race
06/24/00	Western States 100-Miler
07/04/00	Firecracker 10K (Santa Cruz)
07/09/00	San Francisco Marathon
07/23/00	Wharf to Wharf Run
08/12/00	Dammit Race (Los Gatos)

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:15 PM. We run intervals with 50% rest, rotating weekly through 12 x 400, 6 x 800, 4 x 1200, and 3 x 1600s.

Sunday Runs

A group leaves from WVC parking area at 7:00 AM. They run 7-15 miles at 6:30-8:00 pace.

Highlights and Lowlights of 1999

Grand Prix

General

As far as grand prix competition is concerned, 1998 was a great year. 1999 was a good year but not as good as the prior year. We got two first place team finishes, three second place finishes, two fourth place finishes, and one fifth place finish.

Our open men finished 4th out of 10 teams. Jose Palalia was our highest finisher at 29th in the short-race division. Our top team participators were Rich Hahn with 8 races and Bob Pickens and Rick Reitz with 6 races.

Our open women finished 3rd out of 9 teams. Our team highlight of the year was winning the Cal 10 race. Becki Kriege was our highest finisher at 3rd in the short-race division. This earned her \$375. Our top team participators were Kelly Emo with 9 races, Marian Richard with 8 races, and Becki with 8 races.

Our 40+ men finished 2nd out of 10 teams. Our team highlights included winning the first race of the year - the Cal 10 - and the last race of the year - the Lake Merced Relay. Our top dogs were Brian Davis, who finished 4th, and Tim O'Rourke, who finished 12th. Our top team participators were Brian Davis with 11 races, Art Mitchum with 8 races, and Tim O'Rourke and Charles Lighty with 7 races.

Our 40+ women finished 5th out of 7 teams. Our team highlight was finishing second at the Alameda 10K. Our top runner was Linda Kidd, who finished 9th. Our top team participators were Pauline Beatty with 5 races and Linda Kidd with 4 races.

Our 50+ men finished 2nd out of 8 teams. Our team highlights included winning the Cal 10 and Stanford 8K races. Our top finishers were Jim Reitz, who finished 5th, and Joe Hurtado, who finished 16th. Our top team participators were Jim Jim Reitz with 12 races and Joe Hurtado with 8 races.

Our 50+ women finished second. Our team highlights included winning the Cal 10 and the Silver State 15K. Our top runners were Karin Bivens, who finished 9th, and Georgia Riley, who finished 13th. Our top participators were Georgia Riley with 8 races, Chris Hallen with 7 races, and Marcia Morrison with 5 races.

Our 60+ men finished first. They won 5 of the races. Our top dogs were Ralph Poole, who finished first and won \$150, Neal Chappell, who finished 4th, and Dave Norlander, who finished 7th. Our top team participators

were Bill Flodberg with 10 races, Ralph Poole with 8 races, Ken Noel with 7 races, Ed Reyna with 7 races, and Gene Antonides with 6 races.

Our 70+ men finished first. They won 6 races. The stars of the team were Howard Powers, who finished 1st, Stan DeMartinis, who finished 2nd, and Boyce Jacques, who finished 3rd. Frank Cunningham, who will be running for us this year, finished 5th.

Saturday Workouts

The Saturday workouts could probably be considered the most important activity of the club.

Ray Russell was our star again this year. He did not win a race until 6/12/99 but finished with 8 wins for the year.

Scott Bang had the second most wins with 6, including a streak of 4 in a row during April and May.

Dwight Cornwell broke the men's 50+ course record for the Triangle Run during May.

Ralph Poole broke the 60+ course for the Triangle Run during November.

As far as PRs are concerned, Rich Hahn was the leader with a whopping total of 11. Scott Bang had 7, Ralph Poole had 6, Brian Low had 6, Demetrios Stefanidis had 6, and Kelly Emo had 4.

As far as PWs (personal worsts) are concerned, Walt Van Zant led with 3 followed by Rich Collins at 2. Others running PWs included Danny and Madelyn Moon, Marion Carter, and Stan DeMartinis.

Rich Collins and Walt Van Zant led in the DNFs department with two each. Other DNFers included Jake White, Bob Shuck, Stan DeMartinis, Eddie Tico, and Dwight Cornwell.

The men had a clean year in that no woman won any of the individual races but the women on occasion dominated races by taking 3 of the top 5 spots.

Other Notable Events

Ken Noel, Gene Antonides, Ralph Poole, and Neal Chappell broke two world records during 1999 for 60+ runners -- the 4 x 1500M relay and the 4 x 1600M relay.

Joe Hurtado at age 58 broke the 3-hour barrier twice during 1999 while winning the 55+ division. The first

win was at Las Vegas and the second win was at the Silicon Valley Marathon.

Jose Palalia ran 2:24 at the Silicon Valley Marathon and also finished 2nd at the Great Race.

Bob Pickens won the Holy City race.

Carol Mendoza won our annual handicap race.

Ray Russell won the Hollister Mile with a big kick to nip Scott Bang. Kelly Emo was the first woman finisher in that race.

Sue Francis won the 45+ division at the National 50-mile championships. Todd Hayes got third place in the 45+ with a time of 6:57, only 17 minutes over 8-minute pace.

Neal Chappell, Dave Norlander, and Ken Noel were the members of our winning 60+ team at the National Masters 10K XC championships. Neal was the #1 60+ runner in this race, Sue MacDonald was the #1 45+ woman runner, and Gail Campbell was the #1 50+ woman runner.

Danny Moon broke the 5-minute mile for the 19th year in a row.

2000 PA/USATF Grand Prix

Open Men

Scott Bang (378-1292) is in charge of this team. Presently, we are in 8th place after two races

Open Women

Becki Kriege (257-9056) is in charge of this team. Presently, we are in 4th place

40+ Men

Todd Hayes (238-2053) is in charge of this team. Presently, we are in first place after two races, half a point in front of the Aggies and 1.5 points in front of Excelsior.

40+ Women

Antonina Ettare (279-6034) is in charge of this team. Presently, we are in 3rd place, one half point out of 2nd and one half point in front of the 4th place team

50+ Men

Dick Chimenti (247-5650) is in charge of this team. Presently, we are in 4th place.

50+ Women

Ruby Hurtado (732-1018) is in charge of this team. Presently, we are in 2nd place.

60+ Men

Stan DeMartinis (867-7013) is in charge of this team. Presently, we are in 1st place, 13 points in front of Tamalpa, who did not field a team for the half marathon.

70+ Men

Stan DeMartinis is in charge of this team. We have not fielded a complete team for the first two grand prix races.

Miscellaneous Drivel

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$30 each. The summer fee is \$18. The fine for parking without a permit is \$25.

Remember to **let Walt VanZant know as soon as possible on Saturday mornings whether or not you are going to run in the scheduled relay** (when we have a relay). If you wait until you get back from the warm up and sometimes even later, it is difficult to properly place you.

Thanks to all of you that contributed to the West Valley College track railing fund. We were able to raise in excess of \$7,000. The

railing, which will be custom-fitted for the WVC track, will be installed sometime during the next few months.

Dave Bauer won his fourth consecutive World Indoor Rowing championship in Boston during February in the 60/69 division. Dave says that he will have to work very hard next year as he is getting slower and his competitors are getting closer to him.

Jim Reitz received honorable mention by Running Times in their ranking of top US runners for 1999 in the 55/59 division.

Jose Palalia has moved back to Mexico.

Listed on the last six pages of the club bulletin are the all-time top 20 performances by age group for each of our six Saturday courses and the all-time marathon list. The marathon list just includes times when a runner was a member of the club.

As most of you know we have a club web page. If you haven't checked it out, take a look. **The address is:**
<http://home.earthlink.net/~jtwhalen/wvjs.html>

1999 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 16 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Listed below are all who scored in four or more races for 1999.

<u>Elite Division</u>			<u>B Division</u>			<u>D Division</u>		
Ray Russell (8)	196	Gold	Todd Hayes (5)	101		Demetr Stefanidis (6)	131	
Scott Bang (8)	186	Gold	Dwight Cornwell (4)	98		Tim Riley (6)	126	
Robert Pickens (8)	183	Gold	Brian Schonfeld (5)	91		Jim Myers (6)	125	
Brian Davis (7)	165	Silver	Al Murray (4)	75		Gene Antonides (4)	84	
Jim Reitz (8)	161	Silver	<u>B Division</u>			<u>D Division</u>		
Tim O'Rourke (7)	160	Silver	Joe Hurtado (8)	194	Gold	Pauline Beatty (8)	196	Gold
Charles Lighty (6)	129		Tom Warfel (8)	192	Gold	Ken Napier (8)	188	Silver
Nathan Scherry (4)	97		Ralph Poole (8)	187	Silver	Chris Hallen (8)	183	Silver
Rick Reitz (4)	94		Cecil Baumgartner (8)	184	Silver	Elaine Erickson (8)	179	Silver
Nathan Scherry (4)	97		Tim Rostege (5)	110		Don Packwood (7)	153	Bronze
John Hale (4)	84		Sue Francis (6)	106		Jutta McCormick (5)	124	
Chuck MacDonald (3)	83		Joann Dahlkoetter (4)	80		<u>E Division</u>		
Eddie Tico (4)	81		Ed Gavin (4)	62		Howard Powers (8)	194	Gold
<u>A Division</u>			<u>C Division</u>			Stan DeMartinis (8)	187	Silver
Jeff Rohrer (8)	193	Gold	Rich Hahn (8)	200	Gold	Madelyn Moon (7)	158	Bronze
Jim Bordoni (8)	191	Gold	Kelly Emo (8)	194	Gold	Karin Bivens (6)	148	
Becki Kriege (8)	184	Silver	Dave Norlander (8)	188	Silver	Dave McCarten (5)	119	
Danny Moon (8)	172	Silver	Marian Richard (8)	178	Silver	Ruby Hurtado (5)	112	
Kristina Mathias (7)	160		Ken Noel (8)	164	Bronze	Betty Root (4)	93	
Dick Chimenti (7)	144		Georgia Riley (8)	160	Bronze			
Art Mitchum (6)	138		Walt Van Zant (8)	153	Bronze			

The 2000 Racer of the Year contest has now started. The remaining races included in the contest are shown on page 1. The contest races run so far this year include the Cal 10, the Great Race, and our club Valentine's Relay. We had included the Compaq 10K in the contest. However, the date of that race was changed to the same day as the Big Sur 5K. Thus, it has been eliminated. I've substituted the Union City 10K. However, the Racer of the Year Committee has not voted on this change. Thus, we may use another race rather than the Union City 10K.

Runner of the Year Contest

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended. Scoring 4,000 points wins a gold award, those scoring 3,000+ win a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The award winners for 1999 were:

Silver Winners

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts.</u>	<u>Total</u>
Joe Hurtado	3161	720	3881



Tim Rostege	3255	560	3815
Tom Warfel	2920	840	3760
Rich Hahn	2422	900	3322
Cecil Baumgartner	2327	900	3227
Tim Riley	2319	730	3049

Bronze Winners

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts.</u>	<u>Total</u>
Scott Bang	2245	480	2725
Jim Myers	1816	780	2596
Georgia Riley	1743	820	2563
Kelly Emo	1781	780	2561
Dick Chimenti	1582	760	2342
Dave Norlander	1437	900	2337
Walt Van Zant	1319	880	2199

Barely Missed

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts.</u>	<u>Total</u>
Pauline Beatty	1391	600	1991

The previous winners have been:

1978	Phil Sanfillipo	4865	1989	Jake White	3841
1979	Phil Sanfillipo	5022	1990	Tom Warfel	4231
1980	Phil Sanfillipo	5659	1991	Tom Warfel	4118
1981	Ted Pawlak	7103	1992	Jim Whalen	3603
1982	Ted Pawlak	6405	1993	Tim Rostege	3928
1983	Mike Hicks	5355	1994	Joe Hurtado	4037
1984	Don Dugdale	5004	1995	Tom Warfel	4113
1985	Don Dugdale	4084	1996	Tom Warfel	3961
1986	Bob Herndon	4303	1997	Tom Warfel	4089
1987	Don Dugdale	4341	1998	Joe Hurtado	4012
1988	Frank Ruona	4032	1999	Joe Hurtado	3881

SATURDAY WORKOUT RESULTS

12/18/99 - All Courses Day

Doug/Sar/Frtvel-2.75M

1	Ray Russell	15:52	
2	Demetrios Stefanidis	18:20	PR
3	Rich Stiller	22:50	
4	Becky Norlander	23:25	
5	Dave Norlander	23:25	

Valle Vista - 3.0M

1	Scott Bang	18:00	
2	Becki Kriege	19:06	
3	Sue Pickens	22:55	PR
4	Ken Napier	22:58	
5	John Pickens	23:17	
6	Rich Collins	26:14	PW

Farwell - 3.54M

1	Hank Lawson	21:02	
2	Jonathan Lee	22:10	
3	Joe Hurtado	23:15	
4	Greg Burke	23:24	
5	Kelly Emo	23:29	PR
6	Rich Hahn	24:06	
7	Ed Gavin	25:02	
8	Greg Bunker	26:47	
9	Pauline Beatty	29:08	
10	Georgia Riley	29:27	
11	Marian Richard	30:05	
11	Gina Strong	30:05	

Farwell-Herriman - 4.68M

1	Don Hogue	28:26
2	Jim Bordoni	29:12

3	Robert Pickens	29:13
4	Dick Chimenti	30:59
5	Danielle Zelinski	40:36

Triangle - 4.76M

1	Tom Warfel	31:14
2	Sue Francis	37:21
3	Elaine Erickson	37:41
4	Chris Hallen	40:47

Short Six - 5.74M

1	Todd Hayes	37:41
2	Dave Fergus	38:59
3	Cecil Baumgartner	39:12

12/26/99 - Short Six - 5.74 Miles

1	Dave Fergus	36:18	
1	Becki Kriege	36:18	
1	Ray Russell	36:18	
4	Danny Moon	37:26	
5	Tom Warfel	37:28	
6	Tim Rostege	38:13	
7	Todd Hayes	38:46	
8	Dick Chimenti	40:22	
9	Russ Kinsch	48:46	
10	Walt Van Zant	50:21	PW
11	Rich Collins	50:51	PW
12	Jutta McCormick	51:31	
12	Antonina Ettare	51:31	
14	Rich Stiller	51:36	

Dick Barrett Trophy Winner - Tom Warfel

Janny dashed off to a fast start and led at the top of the hill before the foursome of Fergus, Kriege, Russell, and Warfel whooshed by him. Warfel had to let go on Sobey road and the remaining three strolled to a tie for first. Danny recovered on a sprint by Tom at the very end. Walt and Rich duked it out to see who would have the worst PW.

1/1/00 - Valle Vista - 3.0 Miles

1	Ray Russell	16:45	
2	Bob Pickens	18:25	
3	Jonathan Lee	19:04	
4	Dick Chimenti	19:15	
5	Danny Moon	19:44	
6	Joe Hurtado	19:46	
7	Rich Hahn	20:15	
8	Dave Norlander	21:01	
9	Dave McIntyre	21:16	
10	Sue Pickens	21:59	PR
11	Danielle Zelinski	22:07	PR
12	Rich Stiller	22:30	
12	Tom Warfel	22:30	
14	John Pickens	23:42	
15	Ken Napier	24:21	
16	Jutta McCormick	25:00	
17	Antonina Ettare	25:01	
18	Rich Collins	25:01	
19	Grace Voss	25:58	
20	Howard Powers	26:29	
21	Walt VanZant	26:41	
22	Stan DeMartinis	28:03	

Dick Barrett Trophy Winner - Ray Russell

Ray Russell led this small field on New Years Day. Sue Pickens edged Danielle

for the honor of top woman finisher as both PRd.

1/8/00 - 8 x 0.66-Mile Tennis
Court Loop Relay

Pl	Team	Start	Finish
1	J.Pickens/Hayes	-0-	34:38
2	Zades/Gavin	-0-	35:10
3	Low/Norlander	1:00	35:23
4	Beatty/Nelson	-0-	35:37
5	McCormick/Zelinski	1:00	35:44
6	Myers/Lee	2:15	36:17
7	Nandra/Tico	6:45	36:22
8	G.Riley/D.Moon	1:15	36:52
9	Shuster/Fergus	2:15	37:38
10	Strong/Bang	3:00	38:14
11	Napier/R.Kinsch	-0-	40:16

Dick Barrett Trophy Winner - John Pickens

Todd Hayes put his team into the lead during the 2nd leg and they retained that lead the remainder of the way. Scott Bang had the best average at 3:35 and was closely followed by Eddie at 3:36. Danielle led the ladies at 4:19. The Tico team was given the wrong starting time. Otherwise, they would have finished 3rd at 35:22.

1/15/00 - Triangle Run - 4.76
Miles

1	Scott Bang	26:55	
2	Dave Fergus	28:34	
3	Eddie Tico	29:34	
4	Jonathan Lee	29:44	
5	Becki Kriege	29:50	
6	Amanda Gerhardt	29:58	
7	Danny Moon	30:20	
8	Tom Warfel	30:30	
9	Dick Chimenti	30:58	
10	Chris Nooney	31:11	
11	Bob Pickens	31:12	
12	Tim Rostege	31:29	
13	Steve Kurasch	31:43	
14	Jose Casillas	32:19	
15	Demetrios Stefanidis	32:31	PR
16	Rick Kananen	33:36	
17	Ed Gavin	34:05	
18	Joe Hurtado	35:00	
19	Rich Hahn	35:35	
20	Dave Norlander	35:41	
21	Tom Zades	35:49	
22	Tim Riley	36:38	
23	Sue Francis	36:49	
23	Kelly Emo	36:49	
23	Marian Richard	36:49	

26	Ken Napier	36:55	
27	Pauline Beatty	38:00	
28	Jim Myers	38:00	
29	Dena Noble	38:16	
30	Gregg Shuster	40:10	
31	Rich Collins	40:56	
32	Grace Voss	42:09	PR
33	Walt Van Zant	59:32	

Dick Barrett Trophy Winner - Grace Voss

Scott ran 5:02 on his first mile on the way to a two-minute win over Dave Fergus. Becki led the ladies with a close win over Amanda. Dave Fergus led the 40+ men, Danny Moon led the 50+ men, and Dave Norlander led the 60+ men. Sue Francis led the 40+ ladies. Grace broke her PR by 13 seconds.

1/22/00 - 4 x 1.46-Mile WVC Loop Relay

Pl	Team	Start	Finish
1	Kurasch/Lee	9:15	44:19
2	R.Kinsch/Stiller	7:15	44:41
3	DeMartines/Poole	-0-	45:11
4	Richard/Hahn	7:15	45:16
5	Mathias/D.Moon	11:00	45:46
6	Fergus/Tico	12:15	45:51
7	Voss/Winitz	:15	46:06
8	Burke/Chimenti	10:15	46:11
9	Ettare/G.Riley	1:00	46:39
10	Warfel/J.Hurtado	9:15	46:41
11	Hallen/Beatty	2:00	47:10
12	Napier/Pogue	4:00	47:17
13	Powers/Russell	7:15	47:45
14	T.Riley/Myers	6:30	47:47
15	Rohrer/Nandra	12:30	48:05
16	T.Kinsch/McCarten	:30	50:34
17	Shuster/Zades	4:00	DNF

Dick Barrett Trophy Winner - Jonathan Lee

Jonathan Lee put his team into the lead at the baseball fields on the last lap and then lengthened the lead to 100 yards at the end. Ray Russell, although loafing, had the best times of the day. Navraj got lost on his first interval. Tom Zades accidentally ran way short on his first loop. So, his team dropped out. Kristina Mathias led the ladies. Russ Kinsch had his best workout in awhile.

1/29/00 - Dou/Sara/Frvle - 2.75

<u>Miles</u>		
1	Hank Lawson	15:44
2	Navraj Nandra	15:58
3	Jonathan Lee	16:20
4	Jeff Rohrer	16:23
5	Danny Moon	16:42
6	Cecil Baumgartner	17:10
7	Steve Kurasch	17:17
8	Joe Hurtado	17:17
9	Tim Rostege	17:18
10	Todd Hayes	17:39
11	Demetrios Stefanidis	17:46 PR
12	Tom Warfel	17:43
13	Ralph Poole	17:55
14	Slim Pickens	18:42
15	Ed Gavin	18:50
16	Dave McIntyre	19:05
17	Sue Francis	19:11
18	Kelly Emo	19:26
19	Bill Flodberg	19:54
20	Tom Zades	20:07
21	Ken Napier	20:16
22	Dave Norlander	20:19
23	Elaine Erickson	20:27
24	Pauline Beatty	20:30 PR
25	Dena Noble	20:57
26	Georgia Riley	21:53
27	Rich Collins	22:11
28	Greg Shuster	22:44
29	Grace Voss	23:16 PR
30	Dave McCarten	23:37
31	Howard Powers	23:54
32	Jutta McCormick	24:03
32	Ken Noel	24:03
34	Russ Kinsch	24:35
34	Rich Stiller	24:35
36	Annette McPhail	24:43
36	Antonina Ettare	24:43
38	Terri Kinsch	24:48
39	Stan DeMartinis	25:02
40	Betty Root	26:26
41	Walt Van Zant	43:27

Dick Barrett Trophy Winner - Howard Powers

Hank and Navraj battled neck and neck until there was a mile to go, when Hank finally gradually pulled away for the win. Sue Francis led the ladies. Pauline improved her PR by 38 seconds. Demetrios improved his PR by 34 seconds. Grace improved her PR by 6 seconds. Cecil ran his fastest time on this

course in 6+ years. Howard broke Stan's 75+ record by 41 seconds.

2/5/00 - 5K on the Track

1	Eddie Tico	17:21
2	Hank Lawson	17:25
3	Scott Bang	18:29
4	Bob Pickens	18:37
5	Becki Kriege	18:54
6	Jim Bordoni	19:00
7	Danny Moon	19:01
8	Todd Hayes	19:11
9	Dave Fergus	19:23
10	Cecil Baumgartner	19:25
11	Dick Chimenti	19:29
12	Tom Warfel	19:30
13	Tim Rostege	19:35
14	Rich Hahn	20:11
15	Kelly Emo	20:15
16	Jose Casillas	20:17
17	Ralph Poole	20:18
18	Demetrios Stefanidis	20:32
19	Ed Gavin	20:52
20	Danielle Zelinski	21:08
21	Sue Francis	21:12
22	Marian Richard	21:15
23	Matt Jansen	23:02
24	Dave Norlander	23:37
25	Tom Zades	23:50
26	Elaine Erickson	23:54
27	Ken Napier	23:55
28	Rich Collins	24:17
29	Pauline Beatty	24:29
30	Florence Lee	25:01
31	Gregg Shuster	25:14
32	Howard Powers	26:32
33	Betty Root	29:02
34	Walt Van Zant	36:12

Hank Lawson and Eddie Tico ran one-two all of the way this morning with Eddie always about a yard back. Eddie then began sprinting with 200 meters to go and cruised to the win. Becki led the ladies. The conditions were miserable. It rained lightly throughout the run, the track was slick, and it was windy.

2/12/00 - 8 x 0.66-Mile Tennis
Court Loop Relay

1	Casillas/Palalia	28:54
2	Gavin/Tico	31:44
3	Stefanidis/Zades	34:11
4	Norlander/Janzen	34:18
5	D.Moon/VanZant	34:54

6	Noel/McCormick	34:57
7	Meinhardt/Saucedo	35:05
8	Fergus/Shuster	35:19
9	Bang/DeMartinis	35:39
10	McPhail/Murray	37:24
11	Hurtado/Ettare	37:29
12	Powers/White	37:57

Dick Barrett Trophy Winner - Jose Palalia

The scheduled workout was 12 x 800. However, since it was raining, we decided to run the 8 x Tennis Court loop relay, starting near the gym. After all of the teams were put together, Casillas, Palalia, Gavin, and Tico signed up to run. And, they easily ran 1-2. The Zades team led the remaining teams. Jose Palalia, despite the cold and rainy conditions, averaged 3:15 to lead all of us. Scott Bang averaged 3:22. Jutta McCormick led the ladies with a 4:21 average. Norm Saucedo, after an absence of many months due to an injury, started his recovery with a 4:22 average. The injured Don Packwood and Tom Warfel braved the cold conditions to do an excellent job of timing us.

2/19/00 - Farwell/Herriman - 4.68
Miles

1	Dave Fergus	27:30
2	Jeff Rohrer	27:40
3	Don Hogue	27:52
4	Kristina Mathias	29:13
5	Danny Moon	29:43
6	Becki Kriege	29:54
7	Ralph Pool	30:28
8	Hank Lawson	30:31
9	Demetrios Stefanidis	31:43 PR
10	Ed Gavin	32:51
11	Cecil Baumgartner	33:37
12	Rich Stiller	33:38
13	Sue Francis	33:54
14	Russ Kinsch	34:07
15	Jim Myers	34:15
16	Tom Zades	34:57
17	Bill Flodberg	35:00
18	Dave McIntyre	35:13
19	Elaine Erickson	35:17 PR
20	Mark Winitz	36:48
21	Walt VanZant	36:54
21	Dick Chimenti	36:54
23	Becky Norlander	37:45
23	Dave Norlander	37:45
25	Rich Collins	38:09

26	Chris Hallen	38:20	20	Jim Myers	26:21
26	Ed Reyna	38:20	22	Matt Janzen	26:31
26	Joe Hurtado	38:20	23	Ken Napier	26:33
29	Ken Napier	38:47	24	Pauline Beatty	26:47 PR
30	Howard Powers	41:10	25	Chris Hallen	29:57
31	Ray Russell	41:13	26	Annette McPahil	31:47
32	Antonina Ettare	43:33	27	Walt VanZant	33:21
32	Terri Kinsch	43:33	28	Stan DeMartinis	33:47
32	Annette McPhail	43:33			
35	Stan DeMartinis	44:35			

Danielle Zelinski and elementary schooler Mckayla Plank also ran excellent times for the ladies at 16:02 and 17:02. 64-year-old Ralph Poole may have run the best-ever time by a 60+ runner with a time of 15:57. Rich Stiller ran his best time for this workout in a little over 6 years. 8th-grader Matt Bordoni and 10-year-old Kevin Murphy also ran very well with a times of 14:27 and 16:53.

Dick Barrett Trophy - Pauline Beatty

Phantom Dick Barrett Trophy Winner - Elaine Erickson

Jon Hogue led until he reached Saratoga Avenue. Dave and Jeff caught him when he had to wait at the signal. Dave and Jeff also had to wait for a bit. Don then took off at a fast pace and held the lead until they reached the top of the hill on Sunnyvale-Saratoga Ave. Dave and Jeff ran together until they reached Fruitvale, when Dave began to gradually pull away. Kristina and Becki ran together until they reached Saratoga Ave on the way back, when Kristina took off to finish first for the ladies. Danny Moon led the 50+ men. Sue Francis led the 40+ women. Ralph Poole led the 60+ men. Howard Powers broke the 75+ course record by about two minutes. Elaine Erickson would have taken home the weekly trophy if it had been available because she improved her PR by 37 seconds.

This was probably Jose Palalia's last run with us as he will be returning to Mexico on Tuesday. He may have been able to have run in the mid-18s if he knew the course this morning. He waited about a minute for Scott and Dave at the Douglas turnoff and then had to stay with them through the double-gate area before speeding to the finish. Pauline took home the weekly trophy for her 16-second improvement on her previous best. Kelly led the ladies with a 5-second improvement on her PR.

3/11/00 - Short Six - 5.74 Miles

1	Becki Kriege	36:44	
2	Joe Hurtado	37:40	
3	Danny Moon	37:50	PW
4	Ralph Poole	37:53	PR
5	Al Murray	40:56	
6	Demetrios Stefanidis	40:58	
7	Hank Lawson	41:34	
8	Eddie Tico	41:35	
9	Ken Noel	42:32	
10	Dave McIntyre	43:13	PR
11	Jim Myers	43:30	
12	Ken Napier	45:26	
13	Bill Flodberg	45:34	
14	Mark Winitz	46:28	
15	Rich Hahn	47:56	
16	Kelly Emo	47:47	
17	Marian Richard	47:58	
18	Jutta McCormick	48:18	
19	Antonina Ettare	48:18	
20	Rich Collins	50:58	
21	Pauline Beatty	51:31	
22	Terri Kinsch	55:39	
23	Stan DeMartinis	61:45	
23	Linda Legregni	61:45	
25	Tom Warfel	78:02	

2/26/00 - Farwell - 3.54 Miles

1	Jose Palalia	20:02	
2	Scott Bang	20:28	
3	Dave Fergus	20:32	
4	Don Hogue	20:43	
5	Jeff Rohrer	20:51	
6	Jim Bordoni	21:34	
7	Tim Souza	22:12	
8	Todd Hayes	22:37	
9	Cecil Baumgartner	23:06	
10	Eddie Tico	23:09	
11	Slim Pickens	23:24	
12	Kelly Emo	23:24	PR
13	Rich Stiller	23:29	
14	Demetrios Stefanidis	23:57	
15	Rich Hahn	24:11	
16	Al Murray	24:28	
17	Sue Francis	25:03	
18	Dave Norlander	25:25	
19	Ken Noel	26:12	
20	Russ Kinsch	26:21	

3/4/00 - 8 x 0.66-Mile Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Plank/Noel	1:15	35:05
2	Francis/Baumgrtnr	-0-	35:15
3	Zades/Chimenti	2:15	35:24
4	Zelinski/Murphy	2:30	35:25
5	Poole/Spink	5:15	35:29
6	Collins/Stiller	1:00	35:57
7	Shuster/Saucedo	-0-	35:58
8	Meinhdt/Ma.Bordni	5:15	36:02
9	Hurtado/Norlander	2:45	36:12
10	J.Pickens/Stefani	:45	36:16
11	Hayes/D.Moon	6:15	36:20
12	VanZant/Kriege	2:15	36:22
13	Nandra/J.Bordoni	7:00	36:56
14	DeMartins/Russell	1:30	37:12

Dick Barrett Trophy Winner - Becki Kriege

Dick Barrett Trophy Winner - Ken Noel

Ken Noel celebrated turning 62 yesterday by leading his team to victory this morning. Cecil Baumgartner, who said that he and Sue would run slow, tried to spoil Ken's celebration by running 3:53 on his last run but came up a bit short. Ray Russell had the best cumulative time at 13:04. Katy Spink of the Aggies ran what is probably the best cumulative time by a female for this workout at 14:17. Kristina Mathias ran 14:37 in 1996 and Becki Kriege ran 14:42 in 1992. High schooler

We had a less than stellar field on hand this morning and Becki took full advantage of the situation to score a rare Saturday victory for the women. She took the lead when she passed a staggering Danny Moon with about a mile and a half to go and went on to win convincingly. All male competitors in this race automatically qualify for the "Hall of Ill Fame". Ralph Poole moved to #2 on the all-time 60+ list behind Ulrich Kaempf with a 48-second improvement on his PR. Demetrios improved his PR by 63 seconds. Dave McIntyre improved his PR by 86 seconds. Danny added 24 seconds to his PW.

3/18/00 - 18 x 0.33-Mile Tennis
Court Loop Relay

Pl	Team	Start	Finish
1	T.Kinsch/Francis/Baumgar	-0-	37:21
2	Streibel/R.Kinsch/Stefanidis	-0-	38:00
3	Napier/J.Bordoni/Gavin	5:00	39:35
4	McCrnk/M.Bordni/Murph	5:00	40:58
5	L.Beatty/P.Beatty/Hahn	-0-	41:09
6	Legani/Fergus/Kriege	2:30	42:22
7	Ettare/D.Moon/Myers	-0-	43:52

Phantom Dick Barrett Trophy Winner - Sue Francis & Cecil Baumgartner

This was a tough morning to rate the runners. Some were resting for the 50+ race tomorrow, Sue and Cecil were recovering from their 50K race of last weekend, and we had a few new runners that were difficult to rate. Thus, there were no close races and the Baumgartner team won by a lot, running nearly two minutes under their rating.

3/25/00 - 16 x 400 Relay

Pl	Team	Start	Finish
1	Stefanides/Baumgartner	4:30	
2	McCormick/Ettare	-0-	25:33
3	Janzen/Hogue	5:00	25:48
4	Collins/Tico	3:15	25:56
5	Fergus/D.Moon	5:30	25:59
6	Napier/Francis	2:00	26:18
7	Streibel/Myers	-0-	26:28
8	R.Kinsch/Hayes	4:30	26:33
9	Legregni/Bang	1:45	26:39
10	Norlander/Rostege	3:30	26:40
11	Noel/Saucedo	3:30	26:41

Dick Barrett Trophy Winner - Demetrios Stefanides and Cecil Baumgartner

Cecil came from 15 seconds behind during the last lap to give his team the victory this morning. Scott Bang had the best average at 69. Sue led the ladies with an 87 average.

4/1/00 - Valle Vista - 3.0 Miles

1	Scott Bang	16:26	
2	Dave Fergus	16:51	
3	Don Hogue	17:26	
4	Jim Bordoni	17:31	
5	Bob Pickens	17:39	
6	Becki Kriege	17:54	
7	Mike Kriege	18:04	
8	Dick Chimenti	18:36	
9	Kristina Mathias	18:43	
10	Tim Rostege	19:02	
11	Matt Bordoni	19:11	PR
12	Ralph Poole	19:13	
13	Rich Stiller	19:24	
14	Danny Moon	19:29	
15	Joe Hurtado	19:40	
16	Ed Tico	19:41	
17	Demetrios Stefanides	19:42	PR
18	Ed Gavin	20:32	
19	McKayla Plank	20:52	
20	Norm Saucedo	20:58	
21	Ken Noel	20:58	
22	Brian Low	21:13	
23	Jim Myers	21:15	
24	Dave Norlander	21:26	
25	Gail Campbell	21:35	
26	Dave McIntyre	21:41	

27	Kevin Murphy	22:11
28	Jutta McCormick	22:17
29	Damon Lease	22:22
30	Ken Napier	22:36
31	Pauline Beatty	22:42
32	Tom Warfel	26:10
33	Annette McPhail	26:18
34	Russ Kinsch	27:18
35	Bill Meinhardt	27:25
36	Linda Legregni	28:06
37	Stan DeMartinis	28:29

Dick Barrett Trophy Winner - Jim Bordoni

Easy win for Scott. Becki led the ladies with her first sub-18 in a couple of years. Gail Campbell recorded the #2 50+ time for the women.

4/8/00 - 36 x 200 Relay

Pl	Team	Start	Finish
1	Diane/Hogue/D.Moon	-0-	24:30
2	Legreg/Murph/Ma.Bord	-0-	24:44
3	DeMartns/Van/J.Bord	-0-	24:46
4	Powers/Plank/Rostege	1:00	24:51
5	Chimenti/Tico/R.Pickns	5:00	25:06
6	Myers/Fergus/Zelinski	3:45	25:15
7	Noel/Hurtado/Lee	3:30	25:24
8	Voss/J.Pickens/Murray	-0-	25:49
9	Napier/McCormk/Hayes	2:15	25:49.1
10	Norland/Kriege/Mathias	3:30	25:59

Dick Barrett Trophy Winner - Diane

Four teams started at scratch and three of them stayed in front of the crowd the remainder of the way.

RACE RESULTS
10/17/99 - Humboldt Half
Marathon

Brian Davis	1:13:41	5th-40+
Dan Sauers	1:15:22	3rd-45+
Ray Russell	1:21:35	
Todd Hayes	1:23:16	4th-45+
Jim Reitz	1:26:23	2nd-55+
Art Mitchum	1:26:24	
Ralph Poole	1:32:00	2nd-60+
Dave Norlander	1:40:43	4th-60+
Bill Flodberg	1:43:48	2nd-65+
Tim Riley	1:46:27	
Anna Luo	1:49:21	

Ed Reyna	1:49:49	1st-65+
Chris Hallen	1:56:45	
Georgia Riley	1:56:46	
Marcia Morrison	2:00:51	
Howard Powers	2:01:21	1st-70+
Marcia Morrison	2:06:48	
Stan DeMartinis	2:07:56	1st-75+

11/6/99 - Jug Bay 10K in
Maryland

John Pickens	51:06
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11/25/99 - 5M Turkey Trot in
Iowa

John Pickens	40:32	2nd-50+
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12/19/99 - Christmas Classic
Miracle Mile

Jutta McCormick	5:30	1st-50+
Gail Campbell	5:56	2nd-50+

12/19/99 - Christmas Classic 5K

Jutta McCormick	22:44	1st-50+
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12/29/99 - San Diego Holiday
Bowl 5K

Tim Riley	22:01	5th-50+
Georgia Riley	24:45	2nd-55+

1/1/00 - Resolution Run 5-Miler

Norm Gould	32:xx	1st-50+
Cecil Baumgartner	34:00	6th-40+
Jake White	35:08	
Sue Francis	36:12	1st-40+
Walt Radloff	?	

1/9/00 - Cal 10

Brian Davis	55:10	4th-40+
Rick Reitz	55:53	
Jim Angelopoulos	56:01	
Dan Sauers	56:55	4th-45+
Jeff Cowling	57:58	
Ray Russell	58:22	
Dan Anderson	58:39	
Charles Lighty	58:43	
Chuck MacDonald	59:39	
Ed Casey	60:03	
Bob Pickens	60:17	
Becki Kriege	61:14	4th-30+
Jim Reitz	63:12	1st-55+
Norm Gould	63:52	
Art Mitchum	63:53	
Karen Steele	64:44	3rd-40+
Todd Hayes	64:54	
Joe Hurtado	65:23	5th-55+
Tom Warfel	66:11	
Tim Rostege	66:34	
Carol Mendoza	67:35	
Jonathan Lee	68:21	
Marian Richard	68:24	
Rich Hahn	68:30	
Kelly Emo	68:55	
Jake White	70:47	
Sandy Carpenter	80:09	5th-45+
Pauline Beatty	80:27	
Antonina Ettore	82:41	
Tom Zades	83:38	
Ed Reyna	84:10	1st-65+
Chris Hallen	84:30	4th-50+
Gene Antonides	86:02	
Howard Powers	91:53	1st-75+
Stan DeMartinis	96:38	2nd-75+

Our open men finished 5th, our 40+ men finished 2nd, our 50+ men finished 3rd, our 60+ men finished 3rd, our open women finished 4th, and our 40+ women finished 4th.

1/16/00 - Oakland Half Marathon

Jose Palalia	1:10:12	4th-25+
Brian Davis	1:15:47	4th-40+
Jeff Cowling	1:17:38	
Ray Russell	1:18:42	
Dan Anderson	1:19:15	5th-45+
Jim Reitz	1:25:25	1st-55+
Karen Steele	1:25:46	
Todd Hayes	1:26:08	
Art Mitchum	1:28:56	
Linda Kidd	1:37:28	
Cecil Baumgartner	1:39:49	
Kathy Frank	1:43:08	2nd-50+
Dave McIntyre	1:44:16	
Tom Zades	1:47:30	
Sue Francis	1:48:32	4th-45+
Sandy Carpenter	1:49:08	5th-45+
Ruth Harris	1:50:01	
Dave Valles	1:52:40	2nd-75+
Antonina Ettore	1:53:01	
Ed Reyna	1:53:02	2nd-65+
Elaine Erickson	1:53:04	
Chris Hallen	1:55:06	
Gene Antonides	1:58:03	
Georgia Riley	1:58:43	
Howard Powers	2:09:14	3rd-75+
Stan DeMartinis	2:09:26	4th-75+
Marcia Morrison	2:10:15	

Our 40+ men finished 2nd, our 50+ men finished 6th, our 60+ men won, our open women finished 5th, our 40+ women finished 3rd, and our 50+ women finished 2nd.

1/23/00 - Juana Run - 1 Mile

Jutta McCormick	6:34	1st-50+
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1/23/00 - Juana Run - 5 Miles

Art Mitchum	32:05	
Tim Rostege	32:21	2nd-50+
Jutta McCormick	37:04	2nd-50+
Kathy Frank	37:43	3rd-50+
Jerry Lewis	38:47	2nd-60+

1/30/00 - Home Depot Half
Marathon

Tina Lount-Pretre	1:30:47	3rd-30+
Rich Hahn	1:32:10	
Carol Mendoza	1:32:20	6th-30+
Marian Richard	1:34:15	2nd-40+

It rained fairly hard throughout this race.

1/30/00 - Home Depot 5K+ (3.2M)

Kelly Emo	20:30	1st-30+
Alison Olver	21:03	3rd-30+

Frank Mendoza	30:06
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2/6/00 - Las Vegas Marathon

Joe Hurtado at the advanced age of 59 broke three hours in the marathon again. His time today was 2:58:15.

2/6/00 - Ripon Almond Blossom Mile Run

Charles Lighty	4:48	1st-40+
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2/6/00 - Ripon Almond Blossom 8K

Rick Reitz	26:06	
Brian Davis	26:50	1st-40+
Charles Lighty	28:00	3rd-40+
Jim Reitz	30:31	1st-50+
Karen Steele	32:00	1st-50+

Rick and Brian finished 1st and 2nd overall in this race.

2/6/00 - Dragon Run - 10K

Jutta McCormick	47:08	1st-50+
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2/12/00 - Jed Smith 50K

7-Todd Hayes	3:39:58
17-Cecil Baumgartner	4:01:49
30-Sue Francis	4:24:56

There were 102 finishers in this race. Sue was the 3rd woman finisher overall while winning the 40+ division.

2/13/00 - WVJS Team Race - 5.34 Miles
Team Scores

1 Dave Fergus (3)/Vicki Garcia (22)	25
2 Ray Russell (1)/Walt VanZant (27)	28
3 Cecil Baumgartner (14)/Sue Francis (15)	29
3 Joe Hurtado (8)/Jutta McCormick (21)	29
5 Kelly Emo (11)/Elaine Erickson (19)	30
5 Carol Mendoza (7)/Ken Noel (23)	30
7 Jim Bordonni (7)/Dena Noble (26)	31
8 Jim Myers (16)/Sandy Carpenter (17)	33
9 Na Nandra (2)/Howard Powers (32)	34
9 Ralph Poole (9)/Pauline Beatty (25)	34
11 Jeff Rohrer (4)/Annette McPhail (31)	35
11 D. Moon (6)/Antonina Ettore (29)	35
13 Al Murray (12)/Ken Napier (24)	36
14 Tim Riley (18)/Tom Zades (20)	38
14 Rich Hahn (10)/Chris Hallen (28)	38
16 T. Hayes (13)/Georgia Riley (30)	43

Individual Times

1	Ray Russell	31:25
2	Navraj Nandra	32:52
3	Dave Fergus	32:58
4	Jeff Rohrer	33:12
5	Jim Bordoni	33:53
6	Danny Moon	34:53
7	Carol Mendoza	36:06
8	Joe Hurtado	36:06
9	Ralph Poole	36:37
10	Rich Hahn	36:56
11	Kelly Emo	37:24
12	Al Murray	38:09
13	Todd Hayes	38:14
14	Cecil Baumgartner	39:11
15	Sue Francis	41:02
16	Jim Myers	41:20
17	Sandy Carpentr	41:30
18	Tim Riley	42:03
19	Elaine Erickson	42:06
20	Tom Zades	42:14
21	Jutta McCormck	42:20
22	Vicki Garcia	42:22
23	Ken Noel	42:22
24	Ken Napier	42:37
25	Pauline Beatty	43:50
26	Dena Noble	43:56
27	Walt Van Zant	43:57
28	Chris Hallen	45:14
29	Antonina Ettare	45:27
30	Georgia Riley	49:25
31	Annette McPhail	50:06
32	Howard Powers	56:06

Due to the rainy conditions, we decided to change the format of the race and the course. So that we would not have to wait around a couple of hours to finish a relay, we all started together and scored the event as a team race (we added the finishing places of the two team members in order to determine the winning team). In order to keep the timers dry and the runners dry while waiting for all to finish, we switched the start to near the gym. This probably shortened the course by approximately 50 yards.

Ray Russell had the top time for the 4th time in the last six years (he was 2nd in the other 2 years). The Fergus/Garcia team finished first in the team competition with a low score of 25 points. Carol Mendoza led the ladies. Kelly was the second woman finisher but ran very well. Todd Hayes, Cecil Baumgartner,

and Sue Francis ran reasonably well when consideration is given to the fact that they ran a 50K race yesterday. Joe Hurtado also did well when consideration is given to the fact that he ran a 2:58:12 marathon at Las Vegas one week ago. Annette McPhail and Al Murray completed their first weekend of running after long layoffs due to injuries. Vicki Garcia came out of the snow of Colorado to run with us for the first time since she and Dave moved to the Denver area.

2/20/00 - The Great Race - 4.0 Miles

Jose Palalia	20:33	4-19+
Scott Bang	21:49	
Jim Angelopoulos	21:56	
Ray Russell	22:15	2-40+
Eddie Tico	23:44	
Jim Bordoni	23:55	
Arturo Rodriguez	24:19	2-50+
Norm Gould	24:38	3-50+
Cecil Baumgartner	24:50	
Greg Burke	24:57	4-50+
Dick Chimenti	25:05	
Joe Hurtado	25:21	
Tim Rostege	25:32	
Jose Casillas	26:05	
Carol Mendoza	26:07	
Gregg Bunker	26:08	
Kelly Emo	26:23	
Rich Hahn	26:30	
Sue Francis	26:58	4-40+
Danielle Zelinski	27:16	1-14+
Dave McIntyre	27:53	
Rick Kananen	27:54	
Gail Campbell	28:09	1-50+
Kathy Frank	29:10	2-50+
Tom Zades	30:07	
Jim Myers	30:29	
Ken Napier	30:58	
Pauline Beatty	31:07	
Dena Noble	31:21	
Jim Camp	33:54	
Greg Shuster	33:59	
Gina Strong	34:01	
Jack Friedlander	35:02	3-70+
Ron Landrum	37:41	
Joyce Friedlander	38:47	
Betty Landrum	44:30	
Nick Cioll	45:04	

3/5/00 - Napa Marathon

Cecil Baumgartner	3:11:27
Rich Hahn	3:23:31
Sue Francis	3:28:36 4th-45+
Sue MacDonald	4:14:42

The weather was calm and cool with light rain during the last half. Rich was with Cecil until the 20th mile, when he faded away. Both Cecil and Sue ran the relay workout the day before this race because they were using the marathon as a training run for the American River 50-miler.

3/11/00 - Way Too Cool 50K

Cecil Baumgartner	5:10:54
Sue Francis	5:50:27

Sue and Cecil ran this muddy trail ultra the weekend following their strong performances at the Napa Valley Marathon. The highlight of the race was Cecil's finish. He ignored the advice to run to the left at the last mud hole and ran through the middle instead. He crossed the finish line with only one shoe. You can guess where the other one is.

3/12/00 - Mercury/News 10K

<u>Men</u>		
17	Jim Angelopoulos	34:10
20	Scott Bang	34:36
47	Ed Casey	35:56
49	Bob Pickens	36:18
62	Dave Fergus	37:13
86	Art Mitchum	38:22
110	Greg Burke	39:14
111	Bob Lilly	39:18
139	Tim Rostege	40:17
221	Jose Casellas	42:23
177	Gregg Bunker	41:18
525	Tom Zades	47:33
863	Norm Gould	51:27
1005	Russ Smith	53:00
1297	Jim Camp	56:51
1298	Nick Cioll	56:51
<u>Women</u>		
12	Karen Steele	39:12
31	Kelly Emo	42:34
62	Kathy Frank	45:30
63	Sandy Carpenter	45:32
67	Gail Campbell	45:48

3/19/00 - Stanford 50+ 8K

Dwight Cornwell	29:13	
Arturo Rodriguez	30:14	
Ron Kiyono	30:22	
Danny Moon	30:37	
Bob Lilly	30:48	
Neal Chappell	30:49	1st-60+
Dick Chimenti	31:36	
Joe Hurtado	31:44	
Tim Rostege	31:46	
Jim Reitz	32:00	
Ralph Poole	32:02	2nd-60+
Rod MacKinlay	34:53	
Ken Noel	34:53	
Norm Saucedo	34:58	
Dave Norlander	35:59	
Gail Campbell	36:04	2nd-50+
Kathy Frank	36:15	3rd-50+
Tom Zades	37:33	
Glynn Wood	37:45	3rd-65+
Bill Flodberg	38:15	
Ken Napier	38:21	
Dave Bauer	38:32	
Georgia Riley	41:34	
Grace Voss	43:12	
Ruby Hurtado	46:29	
Jack Friedlander	48:02	2nd-75+
Joyce Friedlander	54:28	

3/25/00 - Carlsbad 5K

Arturo Rodriguez	17:45	Neal
Chappel	18:19	3rd-60+

3/26/00 - Houlihan's 12K

Brian Davis	41:19	
Navraj Nandra	42:28	
Dan Anderson	43:04	3rd-45+
Jeff Cowling	43:18	
Charles Lighty	43:57	
Chuck MacDonald	44:15	4th-50+
Dave Piazza	44:18	
Steve Beebe	45:02	
Bob Pickens	45:10	
Jeff Rohrer	45:33	
Becki Kriege	46:16	2nd-30+
Karen Steele	48:30	2nd-40+
Art Mitchum	49:06	
Cecil Baumgartner	49:17	
Joe Hurtado	49:36	5th-55+
Tina Lount-Pretre	49:41	
Ralph Poole	50:14	3rd-60+
Jim Reitz	50:36	
Paul Davis	51:31	
Rich Hahn	52:16	
Kelly Emo	52:44	
Linda Kidd	52:47	
Ed Gavin	53:36	
Kathy Frank	55:07	1st-50+
Alison Olver	55:36	
Sue MacDonald	55:39	
Gail Campbell	56:19	3rd-50+
Dave McIntyre	56:24	

Pauline Beatty	59:19	
Mark Winitz	60:13	
Gene Antonides	62:30	
Antonina Ettare	63:22	
Georgia Riley	66:31	
Ruby Hurtado	72:33	
Stan DeMartinis	77:00	4th-75+
Marcia Morrison	77:04	
Joyce Friedlander	79:37	
Jack Friedlander	81:07	

4/1/00 - American River 50-Mile

26-Todd Hayes	7:53:25
31-Cecil Baumgartner	8:01:02
93-Sue Francis	9:06:55

The weather was hot and windy for the 423 finishers of this run from Sacramento to Auburn and these conditions took their toll on the runners. As a comparison, the weather was cool for the 1999 race, resulting in 23 runners breaking 7 hours, whereas this year only 8 runners got under 7.

Russell, Ray	0:14:21	0:33:46	0:16:04	0:34:01	0:18:55	0:33:47	0:25:22	0:33:55	0:26:47	0:34:52	0:32:12	0:34:02	2:13:41
Bang, Scott	0:14:21	0:33:46	0:16:11	0:34:15	0:19:34	0:34:56	0:25:55	0:34:39	0:26:01	0:33:53	0:32:24	0:34:15	2:14:26
Pickens, Robert	0:14:35	0:34:19	0:16:49	0:35:36	0:22:10	0:39:35	0:25:51	0:34:34	0:28:04	0:36:33	0:36:22	0:38:27	2:23:51
Fergus, Dave	0:15:39	0:36:50	0:17:47	0:37:39	0:21:26	0:38:16	0:27:38	0:36:57	0:28:13	0:36:44	0:36:18	0:38:22	2:27:01
Tico, Eddie	0:15:34	0:36:38	0:17:30	0:37:03	0:21:40	0:38:41	0:29:17	0:39:09	0:28:06	0:36:35	0:34:57	0:36:57	2:27:04
Beauley, Dave	0:16:35	0:39:02	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:05	0:34:58	0:00:00
Bunker, Greg	0:18:15	0:42:57	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Cyger, Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Hogue, Don	0:16:33	0:38:57	0:19:00	0:40:13	0:21:14	0:37:55	0:28:26	0:38:01	0:29:15	0:38:05	0:00:00	0:00:00	0:00:00
Luo, Anna	0:00:00	0:00:00	0:23:28	0:49:40	0:25:54	0:46:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McIntyre, Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:25:54	0:46:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
McMahon, Mike	0:00:00	0:00:00	0:22:58	0:48:37	0:26:21	0:47:03	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Mendoza, Carol	0:00:00	0:00:00	0:00:00	0:00:00	0:23:39	0:42:14	0:31:49	0:42:32	0:00:00	0:00:00	0:41:45	0:44:08	0:00:00
Nandra, Navraj	0:15:37	0:36:45	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:28:11	0:36:42	0:00:00	0:00:00	0:00:00
O'Rourke, Tim	0:14:44	0:34:41	0:00:00	0:00:00	0:20:06	0:35:54	0:00:00	0:00:00	0:27:00	0:35:09	0:00:00	0:00:00	0:00:00
Palalia, Carlos	0:17:32	0:41:16	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Palalia, Jose	0:14:04	0:33:06	0:00:00	0:00:00	0:20:56	0:37:23	0:00:00	0:00:00	0:00:00	0:00:00	0:31:17	0:33:04	0:00:00
Piazza, Dave	0:15:26	0:36:19	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Rodriguez, Arturo	0:15:51	0:37:18	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Scherry, Nathan	0:14:28	0:34:03	0:00:00	0:00:00	0:18:49	0:33:36	0:25:11	0:33:40	0:26:07	0:34:00	0:32:15	0:34:05	0:00:00
Smith, Russ	0:22:27	0:52:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:51:30	0:54:26	0:00:00
Strong, Gina	0:00:00	0:00:00	0:00:00	0:00:00	0:30:05	0:53:43	0:00:00	0:00:00	0:44:15	0:57:37	0:00:00	0:00:00	0:00:00
Rohrer, Jeff	0:15:48	0:37:11	0:17:23	0:36:48	0:20:37	0:36:49	0:27:24	0:36:38	0:28:02	0:36:30	0:34:51	0:36:50	2:24:05
Bordoni, Jim	0:16:08	0:37:58	0:17:34	0:37:11	0:20:43	0:37:00	0:27:56	0:37:21	0:28:30	0:37:07	0:35:08	0:37:08	2:25:59
Kriege, Becki	0:16:36	0:39:04	0:19:06	0:40:26	0:21:23	0:38:11	0:28:10	0:37:39	0:28:44	0:37:25	0:36:18	0:38:22	2:30:17
Moon, Danny	0:16:18	0:38:22	0:17:44	0:37:32	0:21:50	0:38:59	0:28:49	0:38:31	0:28:53	0:37:37	0:36:50	0:38:56	2:30:24
Mathias, Kristina	0:15:58	0:37:35	0:18:02	0:38:10	0:21:20	0:38:06	0:28:14	0:37:45	0:29:48	0:38:48	0:39:05	0:41:19	2:32:27
Chimenti, Dick	0:16:20	0:38:27	0:17:54	0:37:53	0:21:56	0:39:10	0:30:33	0:40:51	0:28:40	0:37:20	0:37:25	0:39:33	2:32:48
Hayes, Todd	0:16:30	0:38:50	0:18:41	0:39:33	0:22:53	0:40:52	0:31:03	0:41:31	0:29:33	0:38:29	0:37:41	0:39:50	2:36:21
Bordoni, Mike	0:16:29	0:38:48	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:32:10	0:41:53	0:41:52	0:44:15	0:00:00
Burke, Greg	0:16:14	0:38:12	0:00:00	0:00:00	0:23:24	0:41:47	0:00:00	0:00:00	0:31:08	0:40:32	0:00:00	0:00:00	0:00:00
Cornwell, Dwight	0:15:01	0:35:21	0:00:00	0:00:00	0:19:44	0:35:14	0:26:57	0:36:02	0:26:41	0:34:45	0:33:24	0:35:18	0:00:00
Furst, David	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:28:11	0:36:42	0:35:31	0:37:33	0:00:00
Lee, Jonathan	0:00:00	0:00:00	0:18:23	0:38:55	0:22:10	0:39:35	0:28:58	0:38:44	0:30:47	0:40:05	0:00:00	0:00:00	0:00:00
Murray, Al	0:00:00	0:00:00	0:00:00	0:00:00	0:22:38	0:40:25	0:28:03	0:37:30	0:00:00	0:00:00	0:36:22	0:38:27	0:00:00
Sand, Hillary	0:00:00	0:00:00	0:00:00	0:00:00	0:24:50	0:44:21	0:00:00	0:00:00	0:00:00	0:00:00	0:41:10	0:43:31	0:00:00
Schonfeld, Brian	0:17:01	0:40:03	0:18:49	0:39:50	0:22:44	0:40:36	0:29:52	0:39:56	0:00:00	0:00:00	0:40:21	0:42:39	0:00:00
Rostege, Tim	0:16:48	0:39:32	0:18:58	0:40:09	0:22:26	0:40:04	0:29:22	0:39:16	0:29:39	0:38:36	0:37:01	0:39:08	2:34:14
Warfel, Tom	0:16:59	0:39:58	0:18:38	0:39:27	0:22:06	0:39:28	0:29:34	0:39:32	0:30:40	0:39:56	0:37:28	0:39:36	2:35:25
Poole, Ralph	0:17:12	0:40:29	0:19:11	0:40:36	0:22:44	0:40:36	0:29:47	0:39:49	0:30:43	0:40:00	0:38:41	0:40:53	2:38:18
Hurtado, Joe	0:17:39	0:41:33	0:19:48	0:41:55	0:23:15	0:41:31	0:29:52	0:39:56	0:30:42	0:39:58	0:38:14	0:40:25	2:39:30
Baumgartner, C	0:17:46	0:41:49	0:19:04	0:40:22	0:22:38	0:40:25	0:31:19	0:41:52	0:32:01	0:41:41	0:39:12	0:41:26	2:42:00
Francis, Sue	0:18:26	0:43:23	0:19:39	0:41:36	0:25:23	0:45:20	0:34:47	0:46:30	0:34:03	0:44:20	0:42:13	0:44:38	2:54:31
Gavin, Ed	0:19:01	0:44:46	0:20:58	0:44:23	0:25:02	0:44:42	0:32:59	0:44:06	0:34:28	0:44:53	0:43:18	0:45:46	2:55:46
Kinsch, Russ	0:19:54	0:46:50	0:20:09	0:42:39	0:25:09	0:44:55	0:34:05	0:45:34	0:32:57	0:42:54	0:45:27	0:48:03	2:57:41
Bordoni, Matt	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:32:28	0:43:24	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Casillas, Jose	0:17:02	0:40:05	0:00:00	0:00:00	0:24:33	0:43:50	0:32:12	0:43:03	0:00:00	0:00:00	0:38:25	0:40:37	0:00:00
Dahlkoetter, Joa	0:00:00	0:00:00	0:00:00	0:00:00	0:23:46	0:42:26	0:31:24	0:41:59	0:32:57	0:42:54	0:39:53	0:42:10	0:00:00
Frazier, Tom	0:18:10	0:42:45	0:22:06	0:46:47	0:26:29	0:47:17	0:34:53	0:46:38	0:33:04	0:43:03	0:00:00	0:00:00	0:00:00
Garcia, Dave	0:17:53	0:42:05	0:19:39	0:41:36	0:26:26	0:47:12	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lount, Tina	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
MacKinlay, Rod	0:20:54	0:49:11	0:20:10	0:42:41	0:23:19	0:41:38	0:37:01	0:49:29	0:00:00	0:00:00	0:40:19	0:42:37	0:00:00
Meinhardt, Bill	0:19:13	0:45:14	0:19:20	0:40:55	0:00:00	0:00:00	0:30:34	0:40:52	0:32:17	0:42:02	0:00:00	0:00:00	0:00:00
Menezes, Marlor	0:00:00	0:00:00	0:18:39	0:39:29	0:21:17	0:38:00	0:00:00	0:00:00	0:29:45	0:38:44	0:00:00	0:00:00	0:00:00
Morrison, Al	0:17:09	0:40:22	0:18:40	0:39:31	0:22:15	0:39:44	0:29:18	0:39:10	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Nelson, Ron	0:17:26	0:41:02	0:00:00	0:00:00	0:23:28	0:41:54	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Saucedo, Norm	0:17:59	0:42:20	0:20:41	0:43:47	0:24:53	0:44:26	0:31:38	0:42:17	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Shuck, Bob	0:18:49	0:44:17	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Stillier, Rich	0:17:34	0:41:21	0:23:55	0:50:38	0:28:03	0:50:05	0:00:00	0:00:00	0:31:51	0:41:28	0:45:30	0:48:06	0:00:00
White, Jake	0:17:59	0:42:20	0:19:42	0:41:42	0:00:00	0:00:00	0:31:28	0:42:04	0:32:19	0:42:05	0:00:00	0:00:00	0:00:00

Hahn, Rich	0:17:32	0:41:16	0:19:58	0:42:16	0:23:35	0:42:07	0:31:26	0:42:01	0:31:52	0:41:30	0:38:56	0:41:09	2:43:19
Emo, Kelly	0:17:43	0:41:42	0:19:47	0:41:53	0:23:29	0:41:56	0:31:55	0:42:40	0:32:07	0:41:49	0:40:04	0:42:21	2:45:05
Norlander, Dave	0:18:34	0:43:42	0:20:09	0:42:39	0:23:42	0:42:19	0:31:59	0:42:46	0:31:29	0:41:00	0:39:43	0:41:59	2:45:36
Stefanidis, Deme	0:18:43	0:44:03	0:19:57	0:42:14	0:23:52	0:42:37	0:33:52	0:45:17	0:32:54	0:42:50	0:42:01	0:44:25	2:51:19
Myers, Jim	0:19:05	0:44:55	0:20:41	0:43:47	0:24:48	0:44:17	0:33:15	0:44:27	0:34:01	0:44:18	0:41:50	0:44:13	2:53:40
Richard, Marian	0:18:31	0:43:35	0:20:17	0:42:56	0:26:39	0:47:35	0:32:38	0:43:38	0:33:56	0:44:11	0:42:00	0:44:24	2:54:01
Noel, Ken	0:18:18	0:43:04	0:20:11	0:42:43	0:24:43	0:44:08	0:34:01	0:45:29	0:33:53	0:44:07	0:44:02	0:46:33	2:55:08
Riley, Tim	0:18:53	0:44:27	0:20:54	0:44:14	0:25:26	0:45:25	0:34:03	0:45:31	0:34:34	0:45:01	0:43:58	0:46:29	2:57:48
VanZant, Walt	0:19:34	0:46:03	0:20:56	0:44:19	0:26:44	0:47:44	0:38:44	0:51:47	0:34:49	0:45:20	0:43:47	0:46:17	3:04:34
Antonides, Gene	0:00:00	0:00:00	0:23:30	0:49:45	0:00:00	0:00:00	0:00:00	0:00:00	0:37:14	0:48:29	0:00:00	0:00:00	0:00:00
Bronson, John	0:18:46	0:44:10	0:20:24	0:43:11	0:25:26	0:45:25	0:00:00	0:00:00	0:33:36	0:43:45	0:43:34	0:46:03	0:00:00
Duston, Dan	0:22:14	0:52:20	0:23:38	0:50:02	0:00:00	0:00:00	0:00:00	0:00:00	0:38:44	0:50:26	0:00:00	0:00:00	0:00:00
Flodberg, Bill	0:18:47	0:44:13	0:00:00	0:00:00	0:00:00	0:00:00	0:33:42	0:45:03	0:33:46	0:43:58	0:00:00	0:00:00	0:00:00
Harris, Ruth	0:00:00	0:00:00	0:26:38	0:56:23	0:00:00	0:00:00	0:37:43	0:50:25	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Misner, Karl	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:41:22	0:43:44	0:00:00
Noble, Dena	0:22:17	0:52:27	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:44:56	0:47:30	0:00:00
Riley, Georgia	0:21:57	0:51:40	0:23:28	0:49:40	0:29:27	0:52:35	0:00:00	0:00:00	0:38:26	0:50:03	0:48:34	0:51:20	0:00:00
Winitz, Mark	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:39:19	0:51:12	0:48:18	0:51:03	0:00:00
Zelinski, Danielle	0:19:01	0:44:46	0:22:08	0:46:51	0:26:15	0:46:53	0:40:36	0:54:17	0:34:10	0:44:29	0:00:00	0:00:00	0:00:00
Low, Brian	0:18:43	0:44:03	0:20:17	0:42:56	0:24:48	0:44:17	0:32:33	0:43:31	0:33:15	0:43:18	0:41:16	0:43:37	2:50:52
Napier, Ken	0:20:35	0:48:27	0:22:58	0:48:37	0:26:49	0:47:53	0:36:55	0:49:21	0:37:21	0:48:38	0:45:37	0:48:13	3:10:15
Erickson, Elaine	0:20:18	0:47:47	0:22:57	0:48:35	0:27:22	0:48:52	0:35:54	0:48:00	0:37:41	0:49:04	0:47:56	0:50:40	3:12:08
Packwood, Don	0:21:51	0:51:26	0:22:10	0:46:55	0:29:04	0:51:54	0:36:04	0:48:13	0:37:41	0:49:04	0:46:36	0:49:16	3:13:26
Beatty, Pauline	0:21:20	0:50:13	0:22:48	0:48:16	0:27:56	0:49:53	0:36:54	0:49:20	0:37:43	0:49:07	0:46:45	0:49:25	3:13:26
Hallen, Chris	0:22:22	0:52:39	0:24:34	0:52:00	0:29:57	0:53:29	0:39:09	0:52:20	0:40:20	0:52:31	0:46:47	0:49:27	3:23:09
Collins, Rich	0:22:10	0:52:10	0:24:57	0:52:49	0:28:57	0:51:42	0:40:32	0:54:11	0:40:38	0:52:54	0:50:51	0:53:45	3:28:05
Carpenter, Sand	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:35:37	0:47:37	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Carter, Marion	0:24:25	0:57:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Ettare, Antonina	0:21:06	0:49:40	0:00:00	0:00:00	0:28:52	0:51:33	0:39:37	0:52:58	0:00:00	0:00:00	0:49:56	0:52:47	0:00:00
Jernigan, Cedric	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:04	0:49:33	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lewis, Jerry	0:00:00	0:00:00	0:22:24	0:47:25	0:00:00	0:00:00	0:00:00	0:00:00	0:35:26	0:46:08	0:00:00	0:00:00	0:00:00
McCormick, Jutta	0:19:33	0:46:07	0:00:00	0:00:00	0:25:58	0:46:22	0:35:35	0:47:34	0:35:59	0:46:51	0:44:02	0:46:33	0:00:00
McSwain, Karen	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:46	0:50:29	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Norlander, Beck	0:23:25	0:55:07	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Pickens, John	0:00:00	0:00:00	0:23:17	0:49:17	0:27:53	0:49:48	0:38:05	0:50:55	0:40:28	0:52:41	0:48:27	0:51:13	0:00:00
Valles, Dave	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:36:27	0:48:44	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Zades, Tom	0:21:19	0:50:10	0:00:00	0:00:00	0:25:41	0:45:52	0:34:49	0:46:33	0:35:14	0:45:53	0:00:00	0:00:00	0:00:00
Powers, Howard	0:23:33	0:55:26	0:24:22	0:51:35	0:29:40	0:52:59	0:39:05	0:52:15	0:46:31	1:00:34	0:49:42	0:52:32	3:32:53
Moon, Madelyn	0:23:29	0:55:16	0:26:27	0:55:59	0:30:41	0:54:47	0:41:34	0:55:34	0:40:52	0:53:13	0:53:51	0:56:55	3:36:54
DeMartinis, Stan	0:24:35	0:57:52	0:26:18	0:55:40	0:32:37	0:58:15	0:42:58	0:57:27	0:44:19	0:57:42	0:55:19	0:58:28	3:46:06
Andrakin, Mike	0:23:47	0:55:59	0:25:23	0:53:44	0:31:35	0:56:24	0:00:00	0:00:00	0:00:00	0:00:00	0:52:59	0:56:00	0:00:00
Brookman, Art	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Dioll, Nick	0:23:13	0:54:39	0:26:21	0:55:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Douglas, Glen	0:21:55	0:51:35	0:00:00	0:00:00	0:30:25	0:54:19	0:41:41	0:55:44	0:39:43	0:51:43	0:50:05	0:52:57	0:00:00
Hiltner, Karl	0:00:00	0:00:00	0:00:00	0:00:00	0:28:03	0:50:05	0:00:00	0:00:00	0:00:00	0:00:00	0:48:25	0:51:11	0:00:00
Kinsch, Terri	0:23:13	0:54:39	0:25:54	0:54:49	0:31:25	0:56:06	0:00:00	0:00:00	0:42:34	0:55:26	0:51:20	0:54:16	0:00:00
McCarten, Dave	0:23:21	0:54:57	0:24:15	0:51:20	0:29:14	0:52:12	0:39:18	0:52:32	0:00:00	0:00:00	0:54:55	0:58:03	0:00:00
Morrison, Marcia	0:00:00	0:00:00	0:26:46	0:56:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Root, Betty	0:23:46	0:55:56	0:25:39	0:54:18	0:00:00	0:00:00	0:40:33	0:54:13	0:42:26	0:55:15	0:51:50	0:54:48	0:00:00
Vonderlinden, G	0:24:00	0:56:29	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:44:46	0:58:17	0:00:00	0:00:00	0:00:00
Voss, Grace	0:00:00	0:00:00	0:00:00	0:00:00	0:30:49	0:55:02	0:40:44	0:54:27	0:00:00	0:00:00	0:51:32	0:54:28	0:00:00

Douglas

	Men-Overall	Women-Overall	Men-40/44	Women-40/44	Men-45/49	Women-45/49	Men-50/54
1	Herndon, E 13:36	Kennedy,C 15:35	White, J 14:04	Kennedy,C 15:35	Rivera,D 14:19	Francis,S 17:29	Cornwell,D 15:01
2	Russell, R 13:54	Kriege,B 15:46	Nelson, R 14:07	Stroud,C 16:43	Meinhardt,B 14:31	McCormick, 17:31	Rostege,T 15:07
3	Ebert, B 13:56	Mathias, K 15:58	Ruona, F 14:10	Francis,S 16:52	Rostege, T 14:45	Moon,M 17:53	Meinhardt,B 15:18
4	Meinhardt, 14:01	Wei, N 16:22	Rostege,T 14:20	Dahlkoetter, J17:14	Dunn,B 14:45	Stroud,C 18:08	Nelson,R 15:31
5	Nelson, R 14:02	Stroud, C 16:43	Meinhardt, B 14:21	Moon,M 18:33	Furst,D 14:48	Eberly,M 19:39	Napier,K 15:44
6	White, J 14:04	Garcia, V 16:44	Russell,R 14:21	Ettare,A 19:32	White,J 15:00	Lindsay,L 20:10	Burke,G 15:46
7	Fergus,D 14:04	Benson, C 16:50	Furst,D 14:23	Carpenter,S 19:33	Noel,K 15:02	Ettare,A 21:06	Moon,d 15:50
8	Palalia,J 14:04	Francis, S 16:52	Fergus,D 14:35	Erickson,E 19:43	Nelson,R 15:13	Root,B 21:22	Chimenti,D 15:57
9	Dugdale,D 14:05	Howard, M 17:01	O'Rourke,T 14:44	McPhail,A 20:15	Barry,D 15:13	Vaurs,S 21:41	Noel,K 16:00
10	Castillo, L 14:06	Escobar, L 17:10	Stiller,R 14:51	Whalen,M 20:30	Wisener,J 15:13	McPhail,A 22:05	Norlander,D 16:03
11	Hogue,D 14:07	Dahlkoetter 17:14	Dugdale,D 14:52	Beatty,P 21:08	Nevraumont 15:15	Morrison,M 22:10	White,J 16:06
12	Ruona,F 14:10	Lount,Tina 17:25	Barry,D 14:55	Kinsch,T 21:12	Moon,D 15:16	Hallen,C 22:17	Vickery,B 16:06
13	Uresti, G 14:14	Cannon, R 17:28	Moon,D 14:57	Root, B 21:31	Chimenti,D 15:20	Kinsch,T 22:29	Hurtado,J 16:10
14	Beyers, J 14:17	McCormick,17:31	Smith,W 15:02	Glick,L 23:58	Smith,W 15:22	Hurtado,R 24:42	VanZant,W 16:20
15	Lighty, C 14:19	Vidovich,M 17:36	Casillas,J 15:06		Howe,J 15:23		Whalen,J 16:22
16	Rivera,D 14:19	Richard,M 17:37	Van Zant,W 15:09		Napier,K 15:30		Savant,D 16:23
17	Gomez,R 14:20	Emo, K 17:43	Howe,J 15:10		Kinsch,R 15:30		Bauer,D 16:25
18	Rostege, T 14:20	Wolfe,L 17:46	Bordoni,J 15:21		VanZant,W 15:35		Stiller,R 16:25
19	Stiller, R 14:21	Howe, M 17:51	Kinsch,R 15:23		Stiller,R 15:42		Shuck,B 16:34
20	Bang,Scott 14:21	Moon,M 17:53	Kurasch,S 15:24		Cook,J 15:44		Turner,J 16:37

	Women-50/54	Men-55/59	Women-55/59	Men-60/64	Men-65/69	Men-70/74	Men-75/79
1	Lindsay, L 18:30	Napier,K 16:10	McCormickJ 18:34	Saucedo, N 16:58	Flodberg,B 19:05	Valles, D 19:22	DeMartinis,S 24:35
2	McCormick 18:31	Meinhardt,E 16:16	Riley,G 21:57	Poole,R 17:12	Napier,K 19:13	DeMartinis, 21:33	
3	Moon,M 19:57	Chimenti,D 16:19	Moon,M 22:42	Napier,K 17:19	Carter,M 19:20	Powers, H 23:33	
4	Riley,G 20:04	Noel,K 16:28	MacKinlay,H 22:54	Flodberg,B 17:49	Powers,H 20:51		
5	Vaurs, S 22:00	Hurtado,J 16:37	Vaurs,S 23:17	Noel,K 17:56	DeMartinis,S 21:34		
6	Hallen,C 22:02	Rostege,T 16:41	Hurtado,R 24:03	Misner,K 18:03			
7	Root,B 22:06	Saucedo,N 16:46		Antonides,G 18:05			
8	Voss,G 23:16	MacKinlay,F 16:51		Gilkey,J 18:14			
9	Stroud,C 25:10	Misner,K 16:59		Armstrong,J 18:33			
10		Shuck,B 17:01		Norlander,D 18:34			
11		Flodberg,B 17:21		Shuck,B 18:49			
12		Russell,Rot 17:23		Carter,M 19:28			
13		Stewart,M 17:38		VanZant,W 19:34			
14		VanZant,W 17:41		Powers,H 19:58			
15		Norlander,D17:47		Elliott,J 20:14			
16		White,J 17:55		Brookman,A 21:16			
17		Bauer,D 18:10		Buckley,B 21:27			
18		Collins,S 18:26		DeMartinis,S 21:34			
19		Wagenschu18:29		Douglas,G 21:50			
20		Dines, T 18:38		Sordi,J 21:51			

Valle Vista

	Men-Overall	Women-Overall	Men-40/44	Women-40/44	Men-45/49	Women-45/49	Men-50/54
1	Herndon,B14:59	Kriege,B 17:38	Ruona,F 15:39	Stroud, C 18:19	Meinhardt,B 16:18	Francis,S 19:18	Rostege, I 16:35
2	Meinhardt, 15:08	Mathias,K 17:38	Russell,R 15:41	Francis,S 18:45	White,J 16:23	Stroud,C 19:27	Meinhardt,B 16:42
3	Szanto,G 15:16	Stroud,C 18:01	Furst,D 15:42	Dahlkoetter,J 19:19	Furst,D 16:25	McCormick, 19:47	Bryan,R 16:53
4	Ebert,B 15:20	Wei,N 18:09	White,J 15:46	Moon,M 20:16	Nelson,R 16:28	Moon,M 20:26	Nelson,R 17:18
5	Holst, M 15:25	Francis,S 18:26	Nelson,R 15:46	Whalen, 21:34	Dugdale,D 16:30	Lindsay,L 20:36	Napier,K 17:21
6	Russell,R 15:34	Howard,M 18:30	Fergus,D 16:02	Ettare,A 21:45	Rostege, T 16:32	Eberly,M 21:34	Moon,D 17:25
7	Fergus,D 15:38	Garcia,V 18:46	O'Rourke,T 16:02	Beatty,P 22:14	Barry,D 16:40	Collins,V 22:40	Vickery,B 17:28
8	Ruona,F 15:39	Dahlkoetter 19:19	Meinhardt,B 16:12	McPhail,A 22:43	Napier,K 16:43	Root,B 23:12	Mossie,B 17:31
9	Furst,D 15:42	Vidovich,M 19:19	Rostege, T 16:15	Kinsch,T 23:57	Wisener,J 16:53	Hallen,C 23:17	Chimenti,D 17:35
10	Kriege,M 15:43	Young,D 19:22	Dugdale,D 16:18	Hiltner,R 24:02	Moon,D 16:55	Vaurs,S 23:55	Noel,K 17:43
11	White,J 15:46	Escobar,L 19:32	Stiller,R 16:19	Glick,L 28:38	Chimenti,D 16:56	Kinsch,T 23:57	Burke,G 17:43
12	Nelson,R 15:46	Kendrick,A 19:33	Kinsch,R 16:22	Carbaugh,C 30:59	Nevraumont 17:03	Morrison,M 24:27	Howe,J 17:45
13	Dugdale,D 15:47	McCormick,19:47	Moon,D 16:29		Noel,K 17:07	Hurtado,R 29:08	Martin,C 17:46
14	Uresti,G 15:49	Emo,K 19:47	Casillas,J 16:32		Howe,J 17:11		Cornwell,D 17:49
15	Palalia,J 15:49	Richard,M 19:55	Smith,W 16:38		Kinsch,R 17:18		Norlander,D 17:51
16	Clary,J 15:50	Jones,J 19:58	Garcia,D 16:39		Stiller,R 17:22		Hurtado,J 17:53
17	Gruber,M 15:50	Howe,N 20:15	Barry,D 16:40		Rebal,D 17:32		White,J 17:56
18	Hogue,D 15:51	Moon,M 20:16	Van Zant,W 16:43		Bordoni,J 17:43		Whalen,J 18:05
19	Castillo,L 15:52	Ettare,A 20:29	Oglesby,K 16:44		VanZant,W 17:48		Naylor,J 18:10
20	Mitchell,P 15:53	Lindsay,L 20:36	Howe,J 16:45		Warfel,T 17:51		Shuck,B 18:20

	Women-50/54	Men-55/59	Women-55/59	Men-60/64	Men-65/69	Men-70/74	Men-75/79
1	McCormick, J 20:25	Mossie, B 17:32	McCormick, J 20:32	Saucedo, N 18:38	Napier, K 21:04	Valles, D 21:33	DeMartinis, S 25:39
2	Moon, M 21:36	Napier, K 17:36	Moon, M 24:41	Napier, K 19:06	Carter, M 21:14	Stewart, R 21:49	
3	Riley, G 22:35	Noel, K 17:43	MacKinlay, H 26:56	Poole, R 19:07	Powers, H 22:55	DeMartinis, S 23:58	
4	Root, B 23:13	Chimenti, D 17:44	Vaurs, S 27:26	Antonides, G 19:44	DeMartinis, S 24:02	Powers, H 24:21	
5	Vaurs, S 24:04	Meinhardt, E 17:49		Misner, K 19:46	Elliott, J 26:02	Morris, R 26:52	
6	Morrison, M 25:15	Rostege, T 18:16		Noel, K 20:09			
7	Dudley, C 26:30	Hurtado, J 18:25		Norlander, D 20:09			
8		Flodberg, B 18:38		Flodberg, B 20:13			
9		Bauer, D 18:45		Armstrong, J 20:18			
10		Misner, K 18:49		Gilkey, J 20:19			
11		Vickery, B 18:53		Lewis, J 20:57			
12		Chappell, N 18:54		VanZant, W 21:08			
13		Saucedo, N 19:00		Elliott, J 21:38			
14		Shuck, B 19:05		Carter, M 21:54			
15		MacKinlay, f 19:10		Powers, H 22:38			
16		Norlander, L 19:12		Brookman, A 23:10			
17		Russell, Rot 19:15		DeMartinis, S 24:02			
18		VanZant, W 19:42		Buckley, B 24:25			
19		White, J 19:48		Sordi, J 24:42			
20		Low, B 20:17		Douglas, G 29:35			

Farwell

	Men-Overall	Women-Overall	Men-40/44	Women-40/44	Men-45/49	Women-45/49	Men-50/54
1	Holst, M 17:57	Kriege, B 20:33	Meinhardt, B 18:11	Francis, S 22:05	Rostege, T 18:56	Francis, S 23:06	Rostege, T 19:31
2	Clary, J 18:03	Mathias, K 21:06	Ebert, B 18:20	Stroud, C 22:33	Meinhardt, B 19:18	McCormick, J 23:31	Cornwell, D 19:44
3	Ebert, B 18:04	Stroud, C 21:22	White, J 18:23	Dahlkoetter, J 22:36	Dugdale, D 19:20	Dahlkoetter, J 23:46	Meinhardt, B 19:58
4	Herdon, B 18:05	Wei, N 21:34	Furst, D 18:44	Moon, M 23:55	Furst, D 19:23	Moon, M 23:55	Nelson, R 20:12
5	Meinhardt, l 18:11	Francis, S 21:50	Dugdale, D 18:52	Whalen, M 24:46	Wisener, J 19:37	Stroud, C 24:07	Martin, C 20:17
6	Russell, R 18:12	Murray, V 21:57	Gurthie, K 18:53	Ettare, A 25:23	Napier, K 19:41	Eberly, M 24:18	Mossie, B 20:39
7	Rider, B 18:13	Howard, M 22:21	Rostege, T 18:56	Carpenter, S 25:41	Noel, K 19:43	Lindsay, L 24:24	Napier, K 20:41
8	White, J 18:16	Benson, C 22:36	Nelson, R 18:58	McPhail, A 26:19	Nevraumont, J 19:54	Collins, V 26:22	Noel, K 20:45
9	Stiller, R 18:22	Dahlkoetter 22:36	Napier, K 19:04	Hiltner, R 26:43	Dunn, B 19:59	Sarosiek, A 26:31	Chappell, N 20:46
10	Szanto, G 18:23	Escobar, L 22:38	Ruona, F 19:09	Erickson, E 27:22	Nelson, R 20:03	Hallen, C 27:37	Naylor, J 20:47
11	Meinhardt, l 18:24	Young, D 22:46	Stiller, R 19:18	Beatty, P 27:54	White, J 20:04	Root, B 27:43	Chimenti, D 20:55
12	Hogue, D 18:31	Wolfe, L 22:47	Moon, D 19:37	Kinsch, T 28:28	Lewis, J 20:07	Kinsch, T 28:05	Unsicker, G 20:57
13	Nelson, R 18:32	Campbell, G 23:01	Kinsch, R 19:39	Hill, A 30:10	Smith, W 20:13	Morrison, M 28:56	Vickery, B 21:01
14	Garcia, D 18:32	Vidovich, M 23:15	Lighty, C 19:40	Glick, L 33:11	Leal, P 20:13	Nerio, E 30:02	Burke, G 21:08
15	Gomez, B 18:32	Emo, K 23:29	Howe, J 19:41		Stiller, R 20:14	McPhail, A 30:35	Hurtado, J 21:10
16	Bordoni, J 18:33	McCormick, J 23:31	Smith, W 19:44		Chimenti, D 20:17		Dunn, B 21:12
17	Dugdale, D 18:38	Mendoza, C 23:39	Stacy, B 19:45		MacKinlay, R 20:18		Lewis, J 21:14
18	Uresti, G 18:38	Petch, M 23:47	Sauers, D 19:51		Moon, D 20:26		White, J 21:14
19	Crowder, K 18:39	Howe, N 23:47	Latimer, H 19:53		Kinsch, R 20:47		Norlander, D 21:15
20	Fergus, D 18:39	Richard, M 23:51	Garcia, D 19:54		VanZant, W 20:54		Flodberg, B 21:21

	Women-50/54	Men-55/59	Women-55/59	Men-60/64	Men-65/69	Men-70/74	Men-75/79
1	McCormick, J 24:57	Napier, K 21:02	McCormick, J 25:58	Saucedo, N 22:18	Carter, M 25:20	Valles, D 25:06	DeMartinis, S 32:32
2	Riley, G 26:24	Noel, K 21:11	Moon, M 27:36	Poole, Ralph 22:44	Napier, K 25:47	Stewart, R 25:42	
3	Moon, M 26:38	Meinhardt, E 21:30	Vaurs, S 29:25	Napier, K 22:55	Powers, H 27:41	Powers, H 28:47	
4	Vaurs, S 27:56	Chappell, N 21:38	Riley, G 29:27	Gilkey, J 23:27	DeMartinis, S 28:35	DeMartinis, S 29:07	
5	Root, B 28:28	Hurtado, J 21:38	Voss, G 30:09	Flodberg, B 23:37	Elliott, J 30:13		
6	Lindsey, L 28:59	Chimenti, D 21:44	MacKinlay, H 32:21	Misner, K 23:39			
7	Hurtado, R 29:33	Rostege, T 21:52		Norlander, D 23:42			
8	Dudley, C 29:51	Silver, E 22:13		Antonides, G 23:45			
9	Hallen, C 29:57	Naylor, J 22:14		Armstrong, J 24:08			
10	Voss, G 31:47	Elliott, J 22:20		Noel, K 24:43			
11	Bivens, K 33:32	MacKinlay, f 22:25		Elliott, J 25:32			
12	Giles, S 35:50	Saucedo, N 22:27		Carter, M 25:39			
13		Misner, K 22:34		McMahon, M 26:21			
14		Russell, Rot 22:52		Powers, H 26:32			
15		Vickery, Br 22:55		Van Zant, W 26:44			
16		Stewart, M 22:58		Brookman, A 27:51			
17		Shuck, B 22:59		Buckley, B 28:47			
18		Flodberg, B 23:11		Sordi, J 29:21			
19		Norlander, L 23:13		Douglas, G 30:25			
20		VanZant, W 23:29		Williams, W 32:08			

Farwell-Herriman

Men-Overall	Women-Overall	Men-40/44	Women-40/44	Men-45/49	Women-45/49	Men-50/54
1 Herndon, B 24:04	Kriege, B 27:32	Furst, D 24:32	Dahlkoetter, J 29:25	Sauers, D 25:29	Francis, S 30:20	Rostege, T 25:50
2 Ebert, B 24:14	Francis, S 28:22	Ruona, F 25:02	Francis, S 29:43	Rivera, D 25:33	Dahlkoetter, S 31:24	Meinhardt, B 26:19
3 Kriege, M 24:19	Wei, N 28:32	Rivera, D 25:12	Moon, M 32:32	Rostege, T 25:41	Moon, M 31:54	Nelson, R 26:45
4 Uresti, G 24:20	Mathias, K 28:43	Rostege, T 25:27	Stroud, C 32:35	Meinhardt, B 25:48	Lindsay, L 32:34	Furst, D 26:54
5 Meinhardt, B 24:29	Dahlkoetter, S 29:25	Stiller, R 25:40	Ettare, A 33:42	Dugdale, D 25:51	Stroud, C 32:50	Cornwell, D 26:57
6 Furst, D 24:32	Murray, V 29:41	White, J 25:55	Beatty, P 34:27	Furst, D 26:14	McCormick, S 33:25	Chimenti, D 27:49
7 Gomez, B 24:42	Stroud, C 30:04	Meinhardt, B 25:59	McPhail, A 34:39	Wisener, J 26:19	Hallen, C 36:37	Napier, K 27:51
8 Fergus, D 24:44	Escobar, L 30:09	Howe, J 26:08	Carpenter, S 35:37	White, J 26:30	Root, B 37:20	Vandenburgh, S 27:56
9 Castillo, L 24:44	Howard, M 30:16	Kinsch, R 26:16	EDrickson, E 35:54	MacKinlay, R 26:37	Carpenter, S 37:29	Moon, D 28:02
10 Souza, T 24:45	Howe, N 31:10	Moon, D 26:21	Sanders, S 36:47	Noel, K 26:40	Kinsch, T 39:05	Hurtado, J 28:05
11 White, J 24:53	Vidovich, M 31:15	Smith, W 26:22	Kinsch, T 37:22	Nevraumont 26:54	Morrison, M 39:09	Vickery, B 28:08
12 Stiller, R 24:58	Richard, M 31:15	Dugdale, D 26:23	Harris, R 37:43	Barry, D 26:54	Ettare, A 39:37	Whalen, J 28:14
13 Ruona, F 25:02	Neronha, P 31:21	Nelson, R 26:26	White, A 41:56	Moon, D 26:55	Hurtado, R 42:58	White, J 28:17
14 Russell, R 25:03	Jones, J 31:34	Dunn, B 26:33	Glick, L 46:22	Cook, J 27:22		Noel, K 28:21
15 Lighty, C 25:11	Mendoza, C 31:49	VanZant, W 26:40		Kinsch, R 27:32		Norlander, D 28:25
16 Rivera, D 25:12	Moon, M 31:54	Hotchkiss, B 26:44		Chimenti, D 27:37		VanZant, W 29:01
17 Garcia, D 25:13	Emo, K 31:55	Casillas, J 26:45		Rebal, D 27:46		Misner, K 29:30
18 Dunn, B 25:17	Petch, M 32:21	Hayes, T 26:52		Napier, K 27:46		Warfel, T 29:34
19 Tico, E 25:17	Ettare, A 32:31	Garcia, D 27:06		Dunn, B 27:49		Shuck, B 29:37
20 Moon, D 25:21	Lindsay, L 32:34	Bordoni, J 27:07		Smith, W 27:57		Wagenschutz 29:37

Women-50/54	Men-55/59	Women-55/59	Men-60/64	Men-65/69	Men-70/74	Men-75/79
1 McCormick, S 33:23	Rostege, T 27:31	McCormick, J 35:35	Kaempf, U 29:32	Flodberg, B 33:42	Stewart, R 34:04	DeMartinis, S 42:58
2 Moon, M 35:05	Napier, K 28:22	Vaurs, S 38:34	Poole, R 29:47	Carter, M 33:57	Valles, D 34:43	
3 Riley, G 35:29	Meinhardt, E 28:36	Moon, M 41:08	Saucedo, N 29:52	Napier, K 34:42	DeMartinis, S 37:57	
4 Vaurs, S 36:56	Noel, K 28:39	MacKinlay, H 43:16	Napier, K 29:56	Powers, H 36:28	Powers, H 39:05	
5 Root, B 37:15	Hurtado, J 28:52		Armstrong, J 31:31	DeMartinis, S 38:13		
6 Voss, G 39:54	Chappell, N 29:09		Antonides, G 31:41			
7 Hurtado, R 40:29	Chimenti, D 29:16		Flodberg, B 31:53			
8 Morrison, M 41:04	MacKinlay, F 29:33		Misner, K 31:56			
	Misner, K 29:45		Norlander, D 31:59			
10	Saucedo, N 29:46		Noel, K 32:38			
11	Flodberg, B 29:59		Carter, M 34:23			
12	White, J 30:35		Shuck, B 35:22			
13	Bauer, D 30:36		Elliott, J 35:33			
14	Norlander, D 30:57		Powers, H 35:37			
15	Stewart, M 31:03		Brookman, A 37:03			
16	Shuck, B 31:10		Sordi, J 38:40			
17	VanZant, W 31:20		Buckley, B 38:55			
18	Russell, R 31:35		Douglas, G 41:41			
19	Naylor, J 31:36		Williams, W #####			
20	Collins, S 31:51					

Irriange

Men-Overall	Women-Overall	Men-40/44	Women-40/44	Men-45/49	Women-45/49	Men-50/54
1 Szanto, G 24:08	Kriege, B 28:33	Ebert, B 25:00	Francis, S 29:54	Furst, D 26:01	Francis, S 30:46	Cornwell, D 26:41
2 Ebert, B 24:47	Stroud, C 29:04	Furst, D 25:31	Dahlkoetter, J 30:12	Rostege, T 26:09	McCormick, S 31:22	Rostege, T 27:01
3 Holst, M 24:48	Mathias, K 29:27	Rostege, T 25:34	Stroud, C 30:48	Meinhardt, B 26:16	Stroud, C 31:57	Meinhardt, B 27:07
4 Herndon, B 24:49	Wei, N 29:46	Dugdale, D 25:47	Moon, M 33:16	Sauers, D 26:42	Dahlkoetter, S 32:57	Mossie, B 27:33
5 Russell, R 25:17	Francis, S 29:54	Ruona, F 25:49	Whalen, M 35:04	Noel, K 26:48	Moon, M 32:59	Nelson, R 27:52
6 Meinhardt, B 25:19	Dahlkoetter, S 30:12	Nelson, R 25:57	Ettare, A 35:26	Nevraumont 27:16	Hallen, C 37:53	Napier, K 28:09
7 Dunn, B 25:20	Benson, C 30:38	Moon, D 26:01	Erickson, E 35:56	Wisener, J 27:22	Root, B 38:32	Furst, D 28:11
8 Castillo, L 25:20	Howard, M 30:52	Jackson, C 26:10	McPhail, A 37:03	Howe, J 27:25	Kinsch, T 39:04	Dunn, B 28:17
9 Uresti, G 25:29	Escobar, L 31:16	Garcia, D 26:21	Beatty, P 37:43	Moon, D 27:31	Morrison, M 39:52	Chimenti, D 28:19
10 Furst, D 25:31	McCormick, S 31:22	White, J 26:30	Kinsch, T 38:53	Nelson, R 27:35	McPhail, A 39:59	Chappell, N 28:38
11 Lighty, C 25:33	Emo, K 32:07	Meinhardt, B 26:34	Glick, L 43:25	White, J 27:47	Vaurs, S 40:28	Moon, D 28:41
12 Rostege, T 25:34	Vidovich, M 32:13	Fergus, D 26:39		Smith, W 27:47	Hurtado, R 41:43	Noel, K 28:45
13 Stiller, R 25:41	Garcia, V 32:25	Lighty, C 26:40		Chimenti, D 27:55		Martin, C 28:59
14 Fergus, D 25:43	Sweda, M 32:25	Smith, W 26:44		Kinsch, R 28:03		Hurtado, J 29:05
15 Dugdale, D 25:47	Eyre, V 32:45	Sauers, D 26:45		Lewis, J 28:05		Norlander, D 29:07
16 Clary, J 25:49	Richard, M 32:46	Stiller, R 26:52		Dunn, B 28:30		Whalen, J 29:13
17 Ruona, F 25:49	Moon, M 32:59	O'Rourke, T 27:00		Myers, J 28:32		Naylor, J 29:13
18 Gomez, B 25:49	Jones, J 33:13	Howe, J 27:07		Napier, K 28:37		Savant, D 29:23
19 Souza, T 25:50	Howe, N 33:19	Kinsch, R 27:10		VanZant, W 28:50		White, J 29:23
20 Mitchell, P 25:52	Lindsay, L 33:44	Casillas, J 27:11		Comport, B 28:53		Howe, J 29:31

	Women-50/54	Men-55/59	Women-55/59	Men-60/64	Men-65/69	Men-70/74	Men-75/79
1	Lindsay,L 33:44	Mossie,B 28:27	McCormick,J34:57	Poole,R 30:43	Napier,K 34:26	Valles,D 34:42	DeMartinis,S 42:55
2	McCormick 34:22	Chimenti,D 28:40	Moon,M 40:07	Saucedo,N 30:46	Carter,M 34:49	Stewart,R 34:45	
3	Moon,M 35:52	Rostege,T 28:46	MacKinlay,H 41:38	Napier,K 31:13	Flodberg,B 34:52	DeMartinis,S39:16	
4	Riley,G 36:17	Meinhardt,E29:15	Vaurs,S 41:52	Misner,K 31:43	Powers,H 37:03	Powers,H 42:47	
5	Vaurs,S 38:26	Napier,K 29:18	Hurtado,R 42:13	Armstrong,J 32:16	DeMartinis,S38:12	Morris,R 45:28	
6	Hurtado,R 38:47	Kaempf,U 29:22		Gilkey,J 32:18			
7	Root,B 38:57	Hurtado,J 29:23		Antonides,G 32:33			
8	Hallen,C 40:20	Farrington,E29:25		Shuck,B 32:42			
9	Morrison,N 41:16	Chappell,N 29:29		Noel,K 32:43			
10	Stroud,C 41:22	MacKinlay,F30:14		Flodberg,B 32:44			
11	Voss,G 42:22	Noel,K 30:27		Norlander,D 33:17			
12		Misner,K 30:41		Lewis,J 34:13			
13		White,J 31:06		VanZant,W 34:49			
14		Norlander,D31:17		Carter,M 35:19			
15		Shuck,B 31:33		Powers,H 37:42			
16		Bauer,D 31:36		Brookman,A 38:31			
17		Flodberg,B 31:44		Buckley,B 39:10			
18		Naylor,J 31:56		Sordi,J 39:29			
19		Russell,Rot 32:00		Douglas,G 39:43			
20		Silver,E 32:07		Williams,W 43:44			

SHORT SIX

	Men-Overall	Women-Overall	Men-40/44	Women-40/44	Men-45/49	Women-45/49	Men-50/54
1	Hemdon,B30:18	Knege,B 34:59	Furst,D 31:15	Dahlkoetter,J 36:57	Meinhardt,B 32:42	Francis,S 39:18	Rostege, I 32:37
2	Ebert,B 30:34	Mathias,K 35:19	Ebert,B 31:19	Francis,S 37:14	Napier,K 32:47	Stroud,C 39:19	Cornwell,d 33:24
3	Dugdale,D 31:01	Garcia,V 36:11	Ruona,F 31:39	Stroud,C 37:52	Rostege,T 32:49	Dahlkoetter, 39:53	Meinhardt,b 33:25
4	Jresti,G 31:03	Wei,N 36:17	White,J 31:45	Moon,M 42:24	Howe,J 33:18	McCormick, 39:55	Nelson,R 33:56
5	White,J 31:06	Dahlkoetter. 36:57	Rostege,T 31:47	Ettare,A 43:37	Furst,D 33:25	Moon,M 40:22	Martin,C 34:46
6	Russell,R 31:13	Francis,S 37:08	Napier,K 31:49	Erickson,E 44:00	Wisener,J 33:29	Lindsay,L 41:52	Napier,K 34:49
7	Furst,D 31:15	Stroud,C 37:38	Rivera,D 31:57	Young,D 44:33	Barry,D 33:37	Collins,V 43:33	Kane,P 35:27
8	Palalia,J 31:17	Escobar,L 37:52	Russell,R 32:12	McPhail,A 45:24	Nelson,R 33:45	Eberly, M 43:45	Furst,David 35:31
9	Lighty,C 31:22	Young,D 37:53	Dugdale,D 32:16	Beatty,P 46:34	White,J 34:01	Root,B 46:35	Noel,Ken 35:38
10	Meinhardt, J 31:28	Vidovich,M 38:48	Meinhardt,B 32:21	Kinsch,T 48:28	Moon,D 34:12	Hallen,C 46:47	Farrington,B 35:39
11	Meinhardt, 31:32	Richard,M 38:49	Nelson,R 32:24	White,A 50:49	Chimenti,D 34:14	Morrison,M 48:42	Hurtado,J 35:42
12	Fergus,D 31:34	McCormick,39:55	Uresti,G 32:48		Leal,P 34:38	Kinsch,T 49:11	Norlander,D 35:45
13	Ruona,F 31:39	Howe,N 40:02	Smith,W 32:52		Rebal,D 35:07	Ettare,a 49:56	Chimenti,D 35:46
14	Clary,J 31:41	Jones,J 40:03	Howe,J 32:53		VanZant,W 35:21	McPhail,A 50:23	Vickery,B 36:04
15	Garcia,D 31:45	Emo,Kelly 40:04	Fergus,D 32:57		Kinsch,R 35:28		Howe,J 36:06
16	Souza,T 31:46	Moon,M 40:22	Moon,D 33:20		Myers,J 35:29		Silver,E.R. 36:11
17	Rostege.T 31:47	Petch,M 40:34	Stiller,R 33:24		Dugdale,D 35:31		VanZant,W 36:12
18	Napier,K 31:49	Ettare,A 41:01	Barry,D 33:25		Gelblum,N 35:37		Moon,D 36:16
19	Rivera,D 31:57	Sand,H 41:10	VanZant,W 33:30		Johnston,B 35:38		White,J 36:18
20	Castillo,L 32:04	Mendoza,C 41:45	Kinsch,R 33:38		MacKinlay,R35:38		Mossie,B 36:19

	Women-50/54	Men-55/59	Women-55/59	Men-60/64	Men-65/69	Men-70/74	Men-75/79
1	McCormick 42:02	Napier,K 35:13	McCormick,J42:02	Kaempf,U 36:44	Carter,M 43:20	Stewart,R 43:26	DeMartinis,S 53:24
2	Riley,G 44:44	Rostege,T 35:19	Moon,Madely48:28	Napier,K 38:28	Napier,K 43:50	Valles,D 45:07	
3	Moon,M 46:13	Chimenti,D 35:56	Vaurs,Sandy49:34	Elliott,J 38:37	Powers,H 47:16	Powers,H 49:42	
4	Hallen,C 46:47	Hurtado,J 36:35	Hurtado,Rub;55:04	Poole,R 38:41	DeMartinis,S48:07	DeMartinis,S50:17	
5	Root,B 47:27	Chappell,N 36:54	MacKinlay,H;56:16	Saucedo, N 39:06	Elliott,J 51:14		
6	Vaurs,S 50:09	Noel,K 37:16		Misner,K 39:31			
7	Voss,G 50:50	Mossie,B 37:53		Norlander,D 39:43			
8	Morrison,N 54:03	MacKinlay,F37:53		Flodberg,B 39:48			
9	Nerio,E 54:18	Misner,K 38:21		Antonides,G 41:26			
10	MacKinlay,54:45	Norlander,D38:24		Armstrong,J 41:57			
11		Meinhardt,E38:36		Gilkey,J 42:04			
12		Vickery,B 38:39		Carter,M 43:30			
13		Bauer,D 39:05		Noel,K 44:02			
14		Saucedo,N 39:09		VanZant,w 46:40			
15		Shuck,B 39:11		Brookman,A 46:41			
16		Stewart,M 39:27		Powers,H 47:26			
17		VanZant,W 39:51		Sordi,J 48:47			
18		Collins,S 40:02		Douglas,G 50:05			
19		Naylor,J 40:30		Buckley,B 50:11			
20		Russell,Rot 40:39		Williams,W 56:21			

ALL-TIME WVJS MEN'S MARATHON LIST

<u>Pl</u>	<u>Runner</u>	<u>Time</u>	<u>Date</u>	<u>Pl</u>	<u>Runner</u>	<u>Time</u>	<u>Date</u>
1	Palalia, Jose	2:20:30	Dec-98	69	Casey, Ed	2:49:23	Oct-99
2	Pawlak, Ted	2:25:38	Sep-80	70	Kautz, Steve	2:49:53	Oct-94
3	Kurtis, Dennis	2:28:58	Dec-91	71	Armstrong, John	2:50:56	Sep-78
4	Lynch, Jerry	2:31:22	Dec-83	72	Johnson, Bert	2:50:56	Dec-83
5	Guthrie, Kent	2:32:51	Jan-80	73	Williams, Mark	2:50:56	Jul-94
6	Crowder, Keith	2:33:01	May-77	74	Blonder, Bob	2:51:02	Jun-79
7	Rostege, Tim	2:33:11	Dec-83	75	Radigan, Steve	2:51:03	Mar-95
8	Smith, Ross	2:33:33	Feb-74	76	Hurtado, Joe	2:51:05	Dec-91
9	White, Jake	2:34:07	Feb-80	77	Rea, Bob	2:51:11	Jun-84
10	Gould, Norm	2:34:19	Feb-83	78	Silver, E.R.	2:51:30	Mar-84
11	Gomez, Roberto	2:34:21	Dec-81	79	Hogue, Don	2:51:35	Dec-97
12	Ruona, Frank	2:35:15	Dec-88	80	Croteau, Dick	2:51:47	Feb-77
13	Nunez, Chris	2:35:35	Dec-90	81	Reitz, Jim	2:51:54	Dec-95
14	Sandoval, Jamie	2:36:43	Dec-91	82	Bang, Scott	2:51:55	Dec-95
15	Driscoll, Mark	2:36:46	Feb-78	83	Lilly, Bob	2:52:03	Dec-94
16	Drew, Ken	2:37:15	Jul-82	84	Schur, Steve	2:52:10	Dec-91
17	Dugdale, Don	2:37:16	Mar-83	85	Bryan, Roger	2:52:56	Sep-78
18	Scott, Dave	2:37:23	Mar-89	86	McFeely, John	2:53:31	Dec-94
19	Sanfillippo, Phil	2:37:37	May-78	87	Lighty, Charles	2:53:43	Dec-99
20	Radloff, Walt	2:37:41	Jan-83	88	Rebal, Don	2:54:01	Dec-90
21	Jenney, Bill	2:37:54	Mar-83	89	Dunn, Bill	2:54:16	Dec-98
22	Kraus, Dete	2:38:56	Sep-80	90	Myers, Jim	2:54:17	Dec-93
23	Bourbeau, Bob	2:39:15	May-78	91	Shingai, Randy	2:54:32	Dec-92
24	Nelson, Ron	2:39:22	Mar-82	92	Douglas, Glenn	2:55:04	Dec-81
25	Bowles, Ralph	2:39:25	Jul-78	93	Ernst, Bob	2:55:42	Oct-76
26	Wisener, Jim	2:39:29	Dec-90	94	Meyer, Wayne	2:56:07	Mar-81
27	Rider, Bruce	2:39:51	May-77	95	Williams, Walter	2:56:44	Jan-80
28	Garcia, Dave	2:40:40	Dec-91	96	Vergo, Kevin	2:56:54	Dec-91
29	Herdon, Bob	2:40:56	Dec-88	97	Wholey, Jim	2:57:10	Apr-78
30	O'Rourke, Tim	2:40:57	Dec-98	98	Weber, Vic	2:57:10	Apr-78
31	Stancilffe, Dave	2:41:25	Dec-95	99	Branning, Dave	2:57:25	May-78
32	Aguilar, Alex	2:41:34	Apr-91	100	Lease, Damon	2:57:35	May-95
33	Souza, Tim	2:42:00	Dec-86	101	Collins, Rich	2:57:58	Jan-79
34	Meinhardt, Bill	2:42:47	Mar-83	102	Cook, Jay	2:57:xx	Jul-85
35	Rivera, Dave	2:42:48	Jul-86	103	Naylor, John	2:58:12	Mar-79
36	Napier, Ken	2:43:01	Feb-71	104	Rohrer, Jeff	2:58:32	Dec-95
37	Uresti, Gil	2:43:45	Apr-91	105	Murray, Al	2:58:37	Dec-95
38	enner, Mike	2:43:47	May-78	106	Kananen, Rick	2:58:40	Jun-81
39	Stacy, Bill	2:43:53	Mar-83	107	Casey, Ed	2:58:41	Dec-98
40	Castillo, Sam	2:43:xx	Mar-84	108	Cyger, Mike	2:58:45	Dec-98
41	Sandoval, Gabriel	2:44:01	Dec-90	109	Holley, Lee	2:58:54	Oct-76
42	Ebert, Bob	2:44:24	Dec-98	110	Romesburg, Ephr	2:59:15	Dec-83
43	Hicks, Mike	2:44:28	Jul-81	111	Gillette, Carl	2:59:19	Jan-79
44	Selbrede, Steve	2:44:29	Jul-81	112	Moon, Danny	2:59:22	Mar-88
45	Doran, Jim	2:44:31	May-80	113	Vandenberg, Sam	2:59:46	Feb-88
46	Collins, Dave	2:44:32	Jul-79	114	Bowers, Bill	2:59:57	Mar-83
47	Howe, Jim	2:44:43	Dec-90	115	Brookman, Art	2:59:59	Jan-80
48	Nevraumont, Myr	2:45:00	Jan-79	116	Savant, Don	3:00:59	Dec-88
49	Maes, George	2:45:19	Sep-80	117	Roskosz, Charlie	3:01:05	Jan-79
50	Wurm, Jim	2:45:39	Feb-78	118	Niedrauer, Ron	3:01:20	Jan-80
51	Lewis, Andy	2:45:44	Dec-81	119	Oglesby, Kent	3:01:21	Dec-91
52	Van Zant, Walt	2:45:57	Mar-81	120	Combs, Dave	3:01:31	May-86
53	Paradis, Mike	2:46:11	Mar-82	121	Sawyer, Ben	3:02:xx	Nov-82
54	Hayes, Todd	2:46:14	Dec-92	122	Gruber, Mike	3:03:26	May-77
55	Gelblum, Neil	2:46:37	Dec-96	123	Crowder, Derl	3:04:08	May-77
56	Davis, Brian	2:46:45	Dec-98	124	Martin, Carl	3:04:09	Feb-71
57	Farrington, Bob	2:47:00	Mar-84	125	Baumgartner, Cec	3:04:19	Dec-91
58	Holmes, Bryan	2:47:04	Jan-79	126	Mota, Tom	3:04:37	Jul-93
59	Meinhardt, Rob	2:47:20	Apr-92	127	Walters, Paul	3:04:45	Sep-97
60	Angelopoulos, Jim	2:47:30	Dec-97	128	Anderson, Dan	3:05:03	Jul-98
61	Kane, Paul	2:47:42	Oct-80	129	Bush, Paul	3:05:08	Sep-80
62	Cornwell, Dwight	2:47:xx	Mar-87	130	MacDonald, Chuck	3:05:24	Jul-99
63	Castillo, Lucas	2:48:10	Dec-93	131	King, Al	3:05:43	Jan-80
64	Warfel, Tom	2:48:19	Mar-82	132	Whalen, Jim	3:05:51	Dec-90
65	Unsicker, Glen	2:48:30	Mar-84	133	Nora, John	3:06:35	May-79
66	Johnson, Joe	2:49:02	Dec-91	134	Spiekerman, Phil	3:07:32	Dec-78
67	Beauley, Dave	2:49:02	Oct-99	135	Campbell, Keith	3:07:41	Jun-73
68	Liedtke, Jim	2:49:08	Mar-79	136	Noel, Ken	3:07:xx	Dec-88

PI	Runner	Time	Date	PI	Runner	Time	Date
137	Gavin, Ed	3:08:00	Dec-96	176	Dines, Tom	3:29:41	Jan-80
138	Vendelin, George	3:08:02	Jul-83	177	Fraker, Keith	3:31:41	Jan-80
139	Lindquist, Link	3:08:02	May-79	178	Read, Bob	3:33:14	Feb-89
140	Cunningham, Larry	3:08:xx	Apr-93	179	Antonides, Gene	3:33:52	Dec-96
141	Apfel, Jim	3:08:xx	Mar-94	180	Borden, Dave	3:36:02	Jan-80
142	Glick, Vern	3:09:35	Jul-82	181	Israel, Ken	3:36:44	Jun-73
143	Johnston, Bill	3:09:35	Mar-95	182	Okada, Floyd	3:36:xx	Feb-86
144	Collins, Seymour	3:09:39	May-75	183	Tico, Eddie	3:37:43	Feb-72
145	Martinez, Andy	3:09:46	Jul-81	184	Mitchum, Art	3:38:53	Dec-98
146	Norlander, Dave	3:10:34	Jul-93	185	Donaldson, Gary	3:38:xx	Mar-83
147	Facchino, Dennis	3:10:46	Jan-80	186	Elliott, John	3:39:48	Jan-79
148	Wagenschutz, Jim	3:10:57	Jul-82	187	Lee, Jonathan	3:41:04	Mar-95
149	Laverty, Ken	3:11:28	Jan-80	188	Quartly, Alex	3:43:36	May-77
150	Lilly, Bob	3:11:41	Oct-99	189	Coublucq, Ernie	3:43:37	Jul-77
151	Pickens, Robert	3:12:17	May-98	190	Carter, Marion	3:44:23	Dec-96
152	Scaduto, Andy	3:12:33	Jan-79	191	Oshiro, Lloyd	3:46:53	Oct-77
153	Windham, Craig	3:12:44	May-79	192	Marks, John	3:48:17	Dec-91
154	Misner, Karl	3:13:55	May-93	193	Janson, Marcus	3:49:27	Feb-78
155	Hill, Harry	3:13:56	Apr-74	194	Osborne, Don	3:51:09	Feb-74
156	Osborne, Orval	3:15:19	Dec-71	195	Barrett, Dick	3:51:39	Oct-76
157	Scott, Jim	3:16:00	Jun-77	196	Reyna, Ed	3:52:46	Dec-95
158	Jacobson, George	3:16:16	Jun-73	197	Flodberg, Bill	3:53:xx	Jul-93
159	Van Zant, Jesse	3:16:56	Mar-79	198	McCarten, Dave	3:54:41	Dec-98
160	Holzworth, Ray	3:17:48	Jul-83	199	Packwood, Don	3:54:xx	Aug-84
161	Tico, Ed	3:19:28	May-77	200	Spring, Ken	3:56:05	Apr-78
162	Ryan, Dick	3:20:20	Jun-80	201	Chase, Dennis	3:56:17	May-78
163	Stojanovich, Louie	3:20:23	Jan-79	202	Wester, Dick	4:04:06	Dec-91
164	Stojanovich, Lou	3:20:23	Jan-79	203	Hart, Chuck	4:04:55	Feb-78
165	Dudley, Gordon	3:20:43	Dec-76	204	Gregson, John	4:21:30	Dec-95
166	Casillas, Jose	3:21:09	Dec-98	205	Valles, Dave	4:21:56	Jul-98
167	Matthews, Tom	3:21:10	Dec-81	206	Nickel, Ken	4:22:12	Oct-77
168	Hahn, Rich	3:21:07	May-99	207	McIntyre, Dave	4:22:35	Oct-99
169	Scoble, Robert	3:22:22	Nov-81	208	Buckley, Bill	4:24:xx	Jun-81
170	Saucedo, Norm	3:23:30	Mar-91	209	Low, Brian	4:27:30	Jul-80
171	Nayak, Santosh	3:23:xx	May-91	210	Valles, Dave	4:32:07	Jul-98
172	Fox, Larry	3:24:15	Apr-75	211	DeMartinis, Stan	4:35:21	Dec-95
173	Andrakin, Mike	3:27:37	Oct-82	212	Friedlander, Jack	5:57:49	Oct-99
174	Riley, Tim	3:27:40	Dec-96	213	Powers, Howard	5:47:01	Dec-95
175	O'Sullivan, Frank	3:27:42	Jul-79				

ALL-TIME WVJS WOMEN'S MARATHON LIST

<u>Pl</u>	<u>Runner</u>	<u>Time</u>	<u>Date</u>	<u>Pl</u>	<u>Runner</u>	<u>Time</u>	<u>Date</u>
1	Kennedy, Kristine	2:48:21	Dec-95	30	Richard, Marian	3:31:10	Dec-98
2	Yvonne Lund	2:55:58	Oct-98	31	Moon, Madelyn	3:31:xx	Apr-87
3	McManaman, Natl	2:56:28	Dec-97	32	Fulton, Judy	3:34:56	Dec-94
4	Frank, Barbara	2:57:22	Mar-88	33	Lopez, Laura	3:36:02	Oct-99
5	Young, Diane	3:01:33	May-81	34	MacDonald, Sue	3:36:07	Dec-97
6	Garcia, Vicki	3:02:08	Dec-91	35	Ettare, Antonina	3:39:41	Mar-94
7	Sand, Hillary	3:03:53	Dec-98	36	Whalen, Maureen	3:39:49	Dec-94
8	Kriege, Becki	3:03:56	Dec-94	37	McCormick, Jutta	3:43:54	Dec-90
9	Cannon, Robin	3:04:21	Dec-97	38	Downing, Joy	3:46:21	Mar-82
10	Stroud, Carol	3:04:52	Mar-81	39	Erickson, Elaine	3:47:54	Dec-98
11	Campbell, Gail	3:04:57	Jul-79	40	McPhail, Annette	3:54:33	Mar-94
12	Escobar, Lydia	3:06:08	Dec-92	41	Brookman, Myrna	3:57:xx	Dec-81
13	Howard, Mia	3:06:40	Oct-95	42	Beatty, Pauline	3:58:08	Dec-98
14	Francis, Sue	3:07:35	Dec-84	43	Riley, Georgia	4:01:23	Mar-95
15	Mathias, Kristina	3:08:19	Mar-99	44	Seyoum, Abby	4:03:13	Jul-98
16	Linda Kidd	3:10:05	Dec-98	45	Hallen, Chris	4:06:09	Dec-98
17	Eyres, Vicki	3:10:43	Feb-86	46	Hiltner, Ruth	4:07:54	Jun-98
18	Harris, Lynn	3:13:10	Dec-78	47	Low, Lisa	4:17:12	Jul-97
19	Vidovich, Mary	3:19:48	Sep-97	48	Morrison, Marcia	4:25:03	Dec-95
20	Healy, Mary	3:20:24	May-75	49	Bivens, Karin	4:25:12	Apr-99
21	Collins, Virginia	3:23:28	May-78	50	Lease, Cheryl	4:30:18	Dec-91
22	Oliver, Alison	3:23:38	Mar-99	51	Meinhardt, Sue	4:33:18	Jan-79
23	Howe, Nancy	3:24:01	Mar-91	52	Hurtado, Ruby	4:34:10	Oct-94
24	Lount, Tina	3:25:16	Dec-97	53	Patterson, Patty	4:47:15	May-78
25	Carpenter, Sandy	3:25:xx	Feb-89	54	Tate, Vicki	4:47:17	May-78
26	Shade, Judi	3:26:49	Mar-97	55	Voss, Grace	4:54:56	Jun-98
27	Frank, Kathy	3:27:49	Dec-99	56	Wholey, Louise	4:56:09	Sep-77
28	Petch, Marilyn	3:28:42	Jun-80	57	Vaurs, Sandy	5:30:56	Jun-98
29	Emo, Kelly	3:30:49	May-99	58	Friedlander, Joyce	5:57:49	Oct-95

