



WVJS



VOL XXX-#2 WEST VALLEY JOGGERS & STRIDERS August 2000

Saturday Workouts

08/19/00	Farwell/Herriman (4.68 miles)	10/21/00	Doug/Sar/Frtvle (2.75 miles)
08/26/00	Farwell(3.54 miles)	10/28/00	8 x 0.66-Mile Tennis Court Loop Relay
09/02/00	16 x 300 Relay	11/04/00	Farwell/Herriman (4.68 miles)
09/09/00	Annual Handicap Race (3.06 miles)	11/11/00	Step-Up & Step-Down Relay
09/16/00	4 x 1.46M WVC Loop Relay	11/18/00	Farwell (3.54 miles)
09/23/00	Short Six (5.74 miles)	11/25/00	12 x 600 Relay
09/30/00	Valle Vista (3.0 miles)	12/02/00	Short Six (5.74 miles)
10/07/00	Triangle Run (4.76 miles)	12/09/00	Valle Vista (3.0 miles)
10/14/00	6 x 1600 Relay	12/16/00	Triangle Run (4.76 miles)

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

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
09/09/00 Club Handicap Race
09/17/00 Ron's Wildlife 10K
11/04/00 San Juan 5K?

Other Popular Races

08/20/00	Run Thru the Redwoods 10K
08/20/00	Vine to Wine 5K & 10K
09/24/00	Great America 10K
10/01/00	SF Bridge to Bridge 12K
10/07/00	Monterey Half Marathon
10/15/00	Almaden 10K & 2M
10/28/00	SF Classic - 5K & 10K
10/29/00	Silicon Valley Marathon
10/29/00	Hollister Mile
11/05/00	Bar Assoc 5K & 10K
11/12/00	Chevy's Mex 5K & 10K
12/03/00	Cal Intl Marathon
12/17/00	SF Miracle Mile & 5K

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.

2000 PA/USATF Grand Prix

Open Men

Scott Bang (378-1292) is in charge of this team. Presently, we are in 7th place (thru the 8K race).

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 1st place.

40+ Women

Sue Francis (730-1944) and Antonina Ettare (279-6034) are in charge of this team. Presently, we are in 3rd place.

50+ Men

Dick Chimenti (247-5650) is in charge of this team. Presently, we are in 3rd place.

50+ Women

Ruby Hurtado (732-1018) is in charge of this team. Presently, we are in 3rd place.

60+ Men

Stan DeMartinis (867-7013) is in charge of this team. Presently, we are in 1st place.

70+ Men

Stan DeMartinis is in charge of this team. Presently, we are in 1st place.

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 or 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). He skips the warm up so that he can do a better job of putting balanced teams together and getting the relay started as soon as possible. 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.

We listed the 1999 Runner of the Year award winners in the last club bulletin. However, we missed **Jutta McCormick**. She earned a bronze award with 2539 points (1599 miles and 340 Saturday points).

Our young runners did very well during the past few months. **Janielle Zelinski** finished 5th at the CCS high school finals with a 2:19.1 800. 8th-grader **Matt Bordoni** won the middle school 1600 title with a 4:58.3, a new meet record. He also ran a 2:10.7 for the 800 and 3:36.2 for the 1200. **Kevin Murphy** broke the 5th grade league record but still finished second in the 800 with a time of 2:34.4. 7th-grader **McKayla Plank** won four events at her league finals, the 200, 400, 800, and the 1200. Her best mark was 2:25.4 in the 800, which broke the league record by 9+ seconds. The former record holder was Katy McCandless, a super high school

runner in the mid 80s. **McKayla** also ran a 5:29 mile at a Saturday workout. **Mike Bordoni** was having a good high school season before injuring his hip muscle. I believe that he ran 2:02 for the 800.

Don and Dara Hogue were pleased with the arrival of their second child on Sunday, April 30, 2000. **Meghan Victoria** weighed in at 7 pounds and 2 ounces and was 19 3/4 inches tall. Don promises that she will break 5:00 in the mile before she graduates from high school. The Hogues will soon be moving to the Danville area.

Jutta McCormick retired from her job at Stanford about a month ago. At about the same time, she became a grandmother for the first time. Jutta is looking forward to her 60th birthday on 9/17 so that she can tear up the 60+ division runners.

During the past few months, **Demetrios Stefanidis** has recorded five PRs on our Saturday road courses. **Mark Winitz** has recorded three PRs and **Grace Voss** has recorded two PRs. **Danny Moon** has recorded two PWs. **Dave Fergus** won four of the Saturday road runs. Demetrios was on two winning relay teams. **Howard Powers** broke three of the 75+ Saturday course records.

Todd Hayes competed in his first Western States 100-miler at the end of June and was able to successfully complete the course within the time limit of 30 hours. We have a writeup of the details of the race on our website. Todd was ably assisted by **Dick Chimenti, Cecil Baumgartner, and Sue Francis**. He had a lot of trouble over the last few miles. Thus, he had to be tied in a special material so as to not scrape his skin off as he was dragged the last mile by his crew.

Long-time club member **Bob Rea** visited on June 3rd. Bob retired and moved to New Zealand four years ago. He was injured at the time of his visit but was still able to complete the 3-mile warmup and the Short Six course before going to breakfast with us.

Tom Zades, after 22 years of running, finally won his age division for the first time. He was the first 55+ finisher at the Visene Marks half marathon (Yes. There were other 55+ competitors in the race).

Jave Beasley won the annual Holy City race in June.

Georgia Riley and Chris Hallen flew to Africa to climb some famous mountain about a month ago. They came very close but did not quite make it to the mountain top.

Tim Riley has bought himself a new motorcycle. He claims that he has not given up running but did attempt to start one of our club workouts on his bike in a desperate bid to lower his course PR.

Bill Meinhardt had surgery on his knee again. He's not sure whether the surgery was a success.

Tim Rostege has just turned 60 but has not been able to compete because he injured himself doing one of our Saturday relays.

Karen Steele has left us to join the West Valley Track Club.

George Maes still periodically sends us a post card from Las Vegas. He is happy to be living there but still recalls his running days with us with fondness.

Ed Reyna will be turning 70 on 8/18 and **Marion Carter** will turn 70 on 11/21.

Stan DeMartinis, our oldest club member, is planning on moving to San Diego within the next few months.

Annual Handicap Race - 9/9/00

Our annual club handicap race will be held at 8:30AM on Saturday, 9/9/00. The race will start and finish in front of the Rich and Judy Collins home (12564 Scully Ave in Saratoga). The Collins will provide breakfast after the race. The distance of the race will be 3.06 miles (4 loops). Please let Walt Van

Zant (246-2651 or WaltVZ@aol.com) know whether you will be running in the race or attending the breakfast. The handicap committee will meet the Tuesday night before the race. You should enter well before that date so that we can have time to research your running record in order to properly handicap you. Bribes paid to the club president will enhance your chances of winning the race.

Karl Misner

Long-time club member Karl Misner died on July 18th of brain cancer. He was 63. Karl was a very nice person in addition to being an excellent runner. Karl was a consistent participant in our Saturday workouts during the nine years that he ran with us. He was a member of at least one world record relay team. He will be greatly missed by his fellow club members. There follows excerpts from a write-up prepared for his memorial service.

Karl loved to run, finishing and placing high in many races including the Boston Marathon. His medals and ribbons are testament to his dedication and determination to continually push himself to a new personal record. He was a very proud and dedicated member of the WVJS running club. When growing up, his desire to run was so strong that he would save his bus fare by running home from school - even after track and field practice.

Karl cherished the ocean and sailing was the perfect way for him to enjoy its wonderful beauty. He felt a sense of tranquility as the sails would fill with wind and carry him through the water.

He was also mechanically gifted. He rebuilt engines, as well as constructed a hot tub and sailboat. Karl also assisted in repairing just about every car his sons have ever owned. He was very dedicated to completing any task throughout his work and personal life and put the needs of others before his. We could always count on Karl to be there on a moment's notice to lend a helping hand.

Karl exuded a calming disposition that was contagious. He loved life and enjoyed sharing it with others. It showed in his eyes, his voice and his laugh.

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>

2000 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 have scored in three or more races so far this year.

<u>Elite Division</u>		Charles Lighty (3)	62	Eddie Tico (5)	114
Ray Russell (8)	194			Becki Kriege (5)	110
Dave Fergus (8)	186			Danny Moon (5)	108
Bob Pickens (8)	181			Todd Hayes (4)	82
Scott Bang (4)	94			Al Murray (3)	64
Brian Davis (3)	74				
Jeff Cowling (3)	63				
		<u>A Division</u>			
		Joe Hurtado (8)	175		
		Jim Bordoni (7)	169		
		Jeff Rohrer (6)	139		
		Dick Chimenti (6)	129		



<u>B Division</u>					
Cecil Baumgartner (8)	195	Demetrios Stefanidis (5)	120	Tom Zades (4)	97
Rich Hahn (8)	187	Ken Noel (5)	104	Elaine Erickson (3)	69
Ralph Poole (6)	142	Jim Myers (5)	97		
Tom Warfel (6)	141	Norm Saucedo (4)	92	<u>E Division</u>	
Tim Rostege (4)	94	Danielle Zelinski (4)	91	Stan DeMartinis (8)	176
Rich Stiller (4)	86	Russ Kinsch (4)	85.5	Antonina Ettare (6)	145
Art Mitchum (3)	73	Marian Richard (4)	81	Dave McCarten (5)	121
Jose Casillas (3)	66	Dave Norlander (4)	73	Chris Hallen (5)	119
		Ed Gavin (3)	63	Madelyn Moon (4)	88
				Grace Voss (3)	72
				Rich Collins (3)	69
<u>C Division</u>		<u>D Division</u>		Annette McPhail (3)	66
Kelly Emo (8)	191.5	Walt Van Zant (8)	193	Betty Root (3)	60
Sue Francis (8)	187	Ken Napier (8)	191		
Pauline Beatty (8)	160	Howard Powers (7)	149		

The remaining races included in the 2000 Racer of the Year contest are shown on page 1. Dete Kraus is putting on a 5K race in San Juan Bautista on 11/4. This race may be included in the contest. The Racer of the Year Committee will decide whether to include this race within the next few weeks.

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 scores for the first six months of 2000 are:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts.</u>	<u>Total</u>				
Joe Hurtado	1491	500	1991	Jeff Rohrer	1390	180	1570
Cecil Baumgartner	1387	500	1887	Tom Warfel	1056	480	1536
Rich Hahn	1105	480	1585	Walt Van Zant	552	420	972
				Dave Norlander	454	440	894

SATURDAY WORKOUT RESULTS

1/15/00 - Triangle Run - 4.76 Miles

1	Dave Fergus	27:41	
2	Bob Pickens	28:17	
3	Don Hogue	28:34	
4	Susan Dahm	28:37	
5	Becki Kriege	28:49	
6	Lou Kobin	29:17	
7	Amanda Gerhardt	29:26	
8	Kristina Mathias	29:28	
9	Todd Hayes	30:12	
10	Jonathan Lee	30:43	
11	Marlon Menezes	30:48	
12	Danny Moon	30:54	PW
13	Ralph Poole	30:59	
14	Joe Hurtado	30:59.1	
15	Demetri Stefanidis	31:26	PR
16	Rich Hahn	31:56	
17	Liz Nast	32:12	
18	Kelly Emo	32:23	
19	Laura Mendors	33:14	
20	McKayla Plank	33:15	
21	Tom Warfel	33:43	

22	Ed Gavin	33:43	
23	Russ Kinsch	33:58	
24	Norm Saucedo	34:36	
25	Ken Napier	35:46	
26	Dave Norlander	35:49	
27	John Pickens	38:46	PR
28	Sally Plank	40:17	
29	Rich Collins	40:17.1	
30	Jim Myers	41:20	
31	Rich Stiller	41:21	
32	Grace Voss	41:32	PR
33	Linda Legregni	43:18	
34	Cecil Baumgartner	43:18.1	
35	Stan DeMartinis	45:03	PW

Dick Barrett Trophy Winner - John Pickens
 Dave Fergus finished first this morning but the real story was that women runners finished 4th through 8th place. The first female finisher, Susan Dahm, ran one second over the club women's

course record. Danny Moon, finished first of the 50+ runners but still managed to run a PW. Ralph Poole led the 60+ runners while running just 16 seconds over the 60+ course record. John Pickens took home the weekly trophy because he improved his PR by 30 seconds.

4/22/00 - Doug/Sara/Frtvle - 2.75 Miles

1	Ray Russell	14:36	
2	Dave Fergus	15:12	
3	Katie Spinks	15:39	
4	Jim Bordoni	15:42	
5	Mike Kriege	15:50	
6	Matt Bordoni	15:52	PR
7	Susan Dahm	15:55	
8	Scott McKelvy	16:06	
9	Tenaya Soderman	16:07	
10	Eddie Tico	16:13	
11	Becki Kriege	16:15	
12	Kristina Mathias	16:18	

13	Lou Kobin	16:25	
14	Dick Chimenti	16:35	
15	Danny Moon	16:51	
16	Tim Rostege	17:02	
17	Demetri Stefanidis	17:32	PR
18	Liz Nast	17:33	
19	Joe Hurtado	17:35	
20	McKayla Plank	17:36	
21	Ron Nelson	17:46	
22	Rich Hahn	18:06	
23	Tom Warfel	18:10	
24	Ed Gavin	18:27	
25	Dave McIntyre	18:32	PR
26	Russ Kinsch	18:33	
27	Jim Myers	18:36	
28	Ken Noel	18:46	
29	Dave Norlander	19:27	
30	Becky Norlander	19:29	PR
31	Sue Francis	19:43	
32	Tom Zades	19:48	
33	Ken Napier	20:11	
34	Walt Van Zant	20:42	
35	John Pickens	21:06	
36	Mark Winitz	21:20	PR
37	Sally Plank	21:34	
38	Pauline Beatty	21:35	
39	Greg Shuster	21:43	
40	Annette McPhail	23:09	
41	Grace Voss	23:14	PR
42	Linda Legregni	23:34	
43	Stan DeMartinis	24:15	
44	Dave McCarten	24:41	PW

Dick Barrett Trophy Winner - Matt Bordononi

Two 40+ runners led the way this morning with Ray Russell leading all with a good time of 14:36. Katie Spink led the ladies with a time just 4 seconds over the club course record. 8th-grader Matt Bordononi, who ran a 4:58 mile a week ago, took home the weekly trophy as he improved his PR by 2 1/2 minutes. Becky Norlander improved her PR by 50 seconds. Ed Gavin improved his PR by 23 seconds. Danny Moon did not run a PW but Dave McCarten did. Stan DeMartinis ran his best time on this course since October 1997. Mike Kriege topped his wife in a race for the first time in many years.

1/29/00 - 12 x 600 Relay

Pl	Team	Time
1	Poole/Norlander	26:55

2	Myers/Gavin	27:07
3	R.Kinsch/Francis	27:32
4	Shuster/B.Kriege	27:37
5	Noble/D.Moon	27:46
6	Legregni/Hogue	27:55
7	VanZant/M.Bordononi	28:06
8	S.Plank/M.Plank	28:17
9	Napier/Nelson	28:23
10	Zades/Shade	28:58
11	Collins/Baumgartnr	30:58

Dick Barrett Trophy Winner - Dave Norlander

The Norlander team had a close battle with the Gavin team for the first 10 600s before they stepped up the pace on the last two runs. No handicapping this morning.

5/6/00 - Farwell/Herriman - 4.68 Miles

1	Dave Fergus	26:35	PR
2	Jeff Rohrer	27:45	
3	Slim Pickens	27:46	
4	Kristina Mathias	29:06	
5	Greg Burke	29:28	
6	Dick Chimenti	29:32	
7	Danny Moon	30:03	
8	Cecil Baumgartner	30:45	
9	Demetri Stefanidis	30:51	PR
10	Jose Casillas	31:16	
11	Joe Hurtado	31:18	
12	Tom Warfel	32:15	
13	Eddie Tico	32:15	
14	Jim Myers	33:09	
15	Sue Francis	33:29	
15	Marian Richard	33:29	
17	Brian Low	33:41	
18	Ken Napier	35:21	
19	John Pickens	38:53	
20	Pauline Beatty	40:17	
21	Georgia Riley	40:41	
22	Dave McCarten	41:54	
23	Annette McPhail	43:22	
23	Antonina Ettare	43:22	
25	Stan DeMartinis	43:46	

Dick Barrett Trophy Winner - Dave Fergus

Dave Fergus improved his 40+ PR by 55 seconds this morning while winning the race and moving to #16 on the men's 40+ list. Kristina Mathias led the ladies. 57-year-old Dick Chimenti was only 16 seconds over his 55+ best. Danny

Moon improved his PW by 20 seconds. Demetrios knocked 52 seconds off his PR. Marian Richard, while apparently loafing, recorded the #5 women's 40+ best. Ken Napier ran his best time on this course since November 1997.

5/13/00 - 16 x 300 Relay

Pl	Team	Strt	Finish
1	Hurtado/Stefanidis	2:30	18:45
2	Rostege/Russell	4:00	18:46
3	Saucedo/Ma.Bordononi	3:30	18:49
4	Winitz/Burke	2:15	18:50
5	Powers/R.Kinsch	:15	18:54
6	Myers/Kriege	2:45	18:56
7	Ettare/J.Bordononi	2:15	18:57
8	VanZant/Poole	2:00	18:58
9	Noble/Lee	2:00	19:12
10	Beatty/Rohrer	2:15	19:16
11	Murphy/Tico	3:15	19:16
12	Dugdale/Bunker	1:45	19:17
13	S.Plank/M.Plank	2:15	19:21
13	Voss/Fergus	2:00	19:21
15	DeMartinis/Hahn	-0-	19:33
16	Norlander/Noel	2:45	19:46
17	M.Moon/D.Moon	2:00	20:57

Dick Barrett Trophy Winner - Demetrios Stefanidis

We had a very close race this morning. The Kinsch team had the lead with 300 meters to go but was soon passed by Stefanidies and Russell. Ray caught Demetrios in th middle of the last turn but could not get by as he ran 47+ on the last run. He had an overall average of 49.3. 64-year-old Ralph Poole averaged 60.5 with a final run of 52.7.

5/20/00 - Farwell - 3.54 Miles

1	Ray Russell	18:49	
2	Dave Fergus	20:08	
3	Jim Bordononi	20:11	
4	Jeff Rohrer	20:50	
5	Greg Burke	22:20	
6	Dick Chimenti	22:27	
7	Ralph Poole	22:40	PR
8	Tim Rostege	22:41	
9	Jonathan Lee	23:16	
10	Todd Hayes	23:21	
11	Al Murray	23:35	
12	Demetri Stefanidis	23:37	PR
13	Greg Bunker	24:51	
14	Brian Low	24:56	
15	Cecil Baumgartner	24:59	

16	Russ Kinsch	25:04
17	Ed Gavin	25:08
18	Sue Francis	25:14
19	Joe Hurtado	25:20
20	Dave Norlander	25:26
21	Kelly Emo	25:59
22	Jim Myers	26:02
23	Ken Napier	26:40
24	Walt Van Zant	27:25
25	Dena Noble	27:47
26	John Pickens	29:32
27	Dave McCarten	33:32
28	Annette McPhail	33:39
29	Pauline Beatty	33:48
30	Antonina Ettare	34:15
30	Rich Collins	34:15
32	Eddie Tico	34:16
33	Stan DeMartinis	DNF

Dick Barrett Trophy Winner - Mike Kriege

The Stauffer team ran a steady diet of 74s to finally take the lead with one lap to go and then lengthened the lead to 15 seconds at the end. Slim Pickens led all of us with a 66.7 average. Sue Francis led the ladies with an 86.5 average.

Cum Sat contest. Bob Rea, who retired four years ago and moved back to New Zealand, visited us this morning. Due to an injury, he was in poor shape and then wore himself out running the 3-mile warmup. As a result, he ran a PW. Bob had been running this course since 1978. So, this PW was a significant accomplishment.

6/10/00 - 1600 Meters on the Track

6/3/00 - Short Six - 5.74 Miles

1	Jim Bordoni	33:55	PR
2	Slim Pickens	33:56	
3	Dave Fergus	34:20	
4	Jeff Rohrer	34:52	
5	Don Hogue	35:29	
6	Ray Russell	36:52	
7	Danny Moon	37:01	
8	Dave Babbitt	37:36	
9	Jonathan Lee	39:08	
10	Cecil Baumgartner	39:31	
11	Joe Hurtado	40:10	
11	Marian Richard	40:10	
13	Brian Low	42:02	
14	Tom Warfel	42:44	
15	Dave McIntyre	43:20	
16	Sue Francis	43:33	
17	Ed Gavin	43:34	
18	Demetr Stefanidis	43:34	
19	Rich Stiller	43:35	
20	Dave Norlander	44:22	
21	Walt Van Zant	44:37	
22	Grace Voss	48:49	PR
23	Russ Kinsch	49:09	
24	Howard Powers	50:07	
25	Bob Rea	50:48	PW
26	Dave McCarten	51:27	
27	Pauline Beatty	54:28	
27	Todd Hayes	54:28	

Heat #1 (6:00 & Over)	
1	Kevin Murphy 6:22.8
2	Pauline Beatty 6:34.8
3	Walt Van Zant 6:41.7
4	Ken Napier 6:45.3
5	Antonina Ettare 6:46.4
6	Sally Plank 6:56.8
7	Dave McCarten 7:04.4
8	Grace Voss 7:12.4
8	Joe Hurtado 7:12.4
10	Howard Powers 7:18.9
11	Madelyn Moon 7:55.7
12	Stan DeMartinis 7:58.6
13	Betty Root 8:30.5

Dick Barrett Trophy Winner - Ray Russell

Ray Russell ran to an easy win on this warm morning while moving to #5 on the men's 40+ list. Jim Bordoni improved his 45+ PR by 32 seconds. Ralph Poole moved 4 seconds closer to 60+ record holder Norm Saucedo on the 60/64 list. Norm has a 60+ best of 22:18. Demetrios ran another PR. John Pickens ran off course by running past Douglas when he was on Saratoga Ave. He backtracked and managed to run two minutes over his PR. Rich Collins took a bad fall near the fire house, breaking his glasses, skinning his face, and skinning his shoulder. Still he was able to finish. On the other hand, Stan DeMartinis ran a miniscule 150 yards before DNFing with an alleged bad back.

Heat #2 (5:20-6:00)	
1	Tim Souza 5:20.8
2	Demetrios Stefanides 5:21.6
3	Cecil Baumgartner 5:27.1
4	Danielle Zelinski 5:29.2
5	McKayla Plank 5:29.7
6	Becki Kriege 5:31.3
7	Eddie Tico 5:32.3
8	Dick Chimenti 5:43.6
9	Norm Saucedo 5:47.7
10	Ken Noel 5:57.1
11	Jutta McCormick 6:00.7
12	Sue Francis 6:02.5
13	Dave Norlander 6:03.1

5/27/00 - 16 x 400 Relay

Pl	Team	Start	Finish
1	M.Kriege/Stauffer	6:45	26:32
2	J.Bordoni/Ma.Bordoni	7:15	26:47
3	Casillas/B.Pickens	7:15	26:49
4	Voss/Norlander	1:00	26:50
5	Rostege/Poole	4:15	26:51
6	Baumgartner/D.Moon	6:15	27:01
7	Francis/Hurtado	4:15	27:03
8	McPhail/J.Pickens	-0-	27:09
9	DeMartinis/VanZant	-0-	27:10
10	Gavin/Babbitt	6:15	27:30
11	R.Kinsch/Hahn	4:15	27:38
12	Murphy/Janzen	4:30	27:51
13	Burke/Russell	4:45	28:33

Dick Barrett Trophy Winner - Grace Voss

Jim Bordoni at the advanced age of 47 knocked 35 seconds off his course PR while scoring a close win over Slim Pickens. There were several other highlights. Howard Powers broke Stan DeMartinis' 75+ record. Grace Voss recorded the #3 time by a 55+ woman while improving her PR by two minutes. Marian Richard ran the #4 time for a 40+ woman. Dave Fergus and Slim Pickens completed all of the Saturday workouts and moved into first and second in the

Heat #3 (5:20 & Under)	
1	Bob Pickens 4:42.9
2	Ray Russell 5:00.2
3	Dave Fergus 5:08.6
4	Danny Moon 5:10.3
5	Jeff Rohrer 5:11.0
6	Eddie Tico 5:38.4

Dick Barrett Trophy Winner - McKayla Plank

Heat #1

Ken Napier led after the first lap with a pedestrian 1:40. Pauline then picked up the pace and led at the half in 3:15. Thereafter, it was little Kevin pulling away to an easy win. Grace Voss, 75-year-old Howard Powers, and 77-year-old Stan DeMartinis were all pleased with their runs.

Heat #2

This was a good race. The first six finishers stayed in a closely-knit pack until there were 500 meters to go as they passed through 400 meters and 300 meters in 81 and 2:45. Cecil made the first move, recording 4:07 at the 1200 mark, but was passed by Demetrios with about 300 meters to go. Demetrios attempted to sprint the final 300 meters but only made it through 200 meters as Tim zoomed by him during the last straightaway. The three ladies were still within a couple of yards of each other with 100 meters to go. Danielle proved to have the most speed as she finished in 5:29.2. 7th-grader Mckayla took home the weekly trophy for her sub-5:30 performance. 64-year-old Norm Saucedo and 62-year-old Ken Joel both broke 6:00. Jutta, who will turn 60 in September, barely missed breaking 6:00.

Heat #3

Bob Pickens started fast in the third heat and steadily pulled away to an easy win. He ran laps of 67, 71, 71, and 74.

5/17/00 - Valle Vista - 3.0 Miles

1	Don Hogue	17:18	
2	Danny Moon	18:24	
3	Greg Burke	19:17	
4	Cecil Baumgartner	19:23	
5	Demetri Stefanidis	19:27	PR
6	McKayla Plank	19:32	PR
7	Todd Hayes	19:44	
8	Tom Warfel	19:48	
9	Sue Francis	20:28	
10	John Kremser	20:48	
11	Kelly Emo	20:58	
12	Dave McIntyre	21:37	
13	Tom Zades	21:50	
14	Eddie Tico	22:59	
15	Mike Lindsey	23:03	
16	Russ Kinsch	23:20	

17	John Pickens	23:38
18	Sally Plank	23:47
19	Kevin Murphy	24:35
20	Dave McCarten	24:54
21	Rich Collins	25:06
22	Madelyn Moon	26:47
23	Betty Root	28:06
24	Terri Kinsch	28:48

Dick Barrett Trophy Winner - Danny Moon

Don Hogue grabbed the lead from Danny Moon after 100 yards and then went off to record an easy win with his best time on this course in a couple of years. Danny Moon took home the weekly trophy because he improved his yearly PR by a minute. McKayla was the top female finisher. She improved her PR by 80 seconds and moved to #11 on the women's all-time list. Her mom, Sally, recorded the #9 time by a 40+ runner. Demetrios improved his PR by 15 seconds.

6/24/00 - 18 x 0.33-Mile Tennis Court

Loop Relay

PI Team	Start	Finish
1 Hallen/Poole/Warfel	-0-	37:19
2 R.Kinsch/Mendoza/Dunn	4:15	37:47
3 McPhail/Saucedo/Frazier	:15	38:11
4 Myers/Stefanidis/Tico	4:45	38:28
5 Beatty/Lee/R.Pickens	5:15	39:02
6 Napier/Zelinski/Russell	5:45	39:04
7 G.Riley/Chimenti/Ettare	-0-	42:13

Dick Barrett Trophy Winner - Carol Mendoza

The Warfel team started first and stayed there throughout the race but was not given the weekly trophy because two of their runners were given soft handicaps because they thought that they would run slow. The fastest runners appeared to be Ray Russell and Slim Pickens. Danielle Zelinski looked to be the fastest of the ladies.

7/1/00 - Triangle Run - 4.76 Miles

1	Dave Fergus	27:28	
2	Katie Spink	28:23	PR
2	Becki Kriege	28:23	PR
4	Danny Moon	29:50	
5	Al Murray	30:33	
6	Cliff Bell	31:10	
7	Eddie Tico	31:59	
8	Joe Hurtado	32:00	
9	Cecil Baumgartner	32:08	
10	Rich Hahn	32:17	
11	Sue Francis	32:45	
12	Kelly Emo	32:51	
13	Daniell Zelinski	33:50	PR
14	Ralph Poole	34:36	
15	Todd Hayes	34:36	
16	Brian Low	34:42	
17	Demetri Stefanidis	34:54	
18	Rich Stiller	34:54	
19	Dave Norlander	36:17	
20	Russ Kinsch	36:22	
21	Walt Van Zant	36:33	
22	Mark Winitz	36:45	PR
23	Elaine Erickson	39:33	
24	Gina Strong	40:32	PR
25	Rich Collins	41:02	
26	Howard Powers	41:18	
27	Terri Kinsch	46:19	

Dick Barrett Trophy Winner

Dave Fergus ran to an easy win while holding up the honor of the men. Katie and Becki both broke Becki's course record by 10 seconds. Becki set this record way back in December 1988. Howard Powers broke Stan DeMartinis 75+ course record by 97 seconds. Gina Strong knocked 4 minutes off her PR. Mark Winitz improved her PR by 3 minutes. Walt Van Zant was running so slow on Saratoga Ave that Ralph Poole was able to run backwards while passing him.

7/8/00 - Step Up & Step Down Relay

PI	Team	Start	400
1	Zelinski/Stefanidis	6:30	35:23
2	Fergus/R.Pickens	10:00	35:23
3	J.Bordoni/Radmilovic	10:15	35:51
4	J.Pickens/Napier	:45	35:57
5	Spink/Dunn	9:00	35:59
6	Burke/Mi.Bordoni	9:30	36:15
7	Zades/Norlander	3:15	36:18
8	Ma.Bordoni/Brar	10:15	36:18
9	T.Kinsch/R.Kinsch	--	36:25

10	S.Plank/Ettare	:15	36:38
11	McPhail/Collins	:15	36:58
12	McKa.Plank/Hahn	6:15	37:07
13	Myers/McKe.Plank	6:15	37:21
14	Murphy/Tico	7:00	37:49
15	Legregni/Beatty	--	39:27
16	Powers/Gavin	:15	DNF

Dick Barrett Trophy Winner - Danielle Zelinski

We had a very close race this morning. Bob Pickens started 3 seconds behind Demetrios with a lap to go, caught Demetrios on the final turn and edged a little in front of him, and then Demetrios came back to win by a yard or less. Bob had the best cumulative time for the workout at 12:21. Katy Spink of the Aggies led the ladies at 13:19. Howard Powers dropped out during his 1200 leg. Ed Gavin completed his runs for the Powers/Gavin team but we did not get his splits.

7/15/00 - 1600 Meters on the Track

Heat #1 (6:00 & Over)

1	Marian Richard	6:08.6
2	Walt Van Zant	6:12.5
3	Pauline Beatty	6:19.7
4	Ken Napier	6:39.1
5	Antonina Ettare	6:59.1
6	Howard Powers	7:13.8
7	Grace Voss	7:14.2
8	Don Packwood	7:31.4
9	Stan DeMartinis	7:35.1
10	Maelyn Moon	7:35.6
11	Diane Bordoni	7:36.5
12	Linda Legregni	7:50.5
13	Terri Kinsch	8:16.9

Heat #2 (5:30/6:00)

1	Cliff Bell	5:33.8
2	Ralph Poole	5:43.6
3	Becki Kriege	5:44.2
4	Joe Hurtado	5:48.0
5	Ken Noel	5:53.6
6	Russ Kinsch	5:55.5
7	Jutta McCormick	5:56.7
8	Kelly Emo	5:58.1
9	Tom Warfel	6:00.2
10	Kevin Murphy	6:01.3
11	Jim Myers	6:12.4
12	Dave Norlander	6:13.0

Heat #3 (5:30 & Under)

1	Bob Pickens	4:37.2
2	Mike Bordoni	4:52.2
3	Jim Bordoni	4:55.2
4	Dave Fergus	4:58.4
5	Matt Bordoni	5:01.9
6	Danny Moon	5:04.0
7	Jeff Rohrer	5:07.0
8	Eddie Tico	5:11.2

Dick Barrett Trophy Winners - Bob Pickens & Pauline Beatty

Heat #1

Marian took the lead shortly before the 200-meter mark and then ran splits of 88, 3:03, and 4:36 on her way to an easy win. Pauline surprised with a 15-second improvement from her last run to finish 3rd. 77-year-old Stan improved by 23 seconds and Madelyn improved by 20 seconds.

Heat #2

Becki Kriege, fresh from a 2:34/5:18 double on Thursday night, towed the field through very slow splits of 88, 2:56, and 4:22 before Cliff took off with a 71 last lap to score the win. Ralph Poole sputtered by Becki during the last 70 meters to get second. Jutta, who is now retired and will turn 60 in September, ran a great 5:56 to finish 7th. Kevin Murphy improved his PR by 21 seconds.

Heat #3

Slim Pickens took off fast and ran away from the field with splits of 67, 2:17, and 3:28. Bob turned 40 yesterday. The rest of the runners were tightly packed for the first three laps. Mike ran a 71 last lap to get away from his dad for second place. 52-year-old Danny Moon did okay for an aging runner but it is going to be tough for him to keep his streak of breaking 5:00 in the mile for every year since the early 80s.

7/22/00 - 12 x 800 Relay

Pl	Team	Start	Finish
1	Myers/R.Kinsch	2:00	38:36
2	Gavin/Hurtado	2:30	39:53
3	Noble/Mathias	3:15	40:44
4	Zades/Murphy	1:15	41:01
5	Tico/Burke	8:15	41:21

6	Warfel/Norlander	:15	41:22
7	T.Kinsch/Hayes	-0-	41:35

Dick Barrett Trophy Winners - Jim Myers & Russ Kinsch

The Myers/Kinsch team took advantage of a mistake that gave them two more minutes than they deserved to easily win the relay this morning. Kristina Mathias had the best average at 2:40.6. Eddie Tico led the guys at 2:45.3.

7/29/00 - 5K on the Track

7:30AM Heat

1	Mike Bordoni	17:19.5
2	Jim Bordoni	17:29.7
3	Dick Chimenti	19:43.6
4	Ralph Poole	20:09.2
5	Norm Saucedo	20:25.0
6	Dave Norlander	21:31.1
7	Walt Van Zant	23:13.1
8	Antonina Ettare	24:21.5
9	Chris Hallen	26:05.8
10	Rich Stiller	26:08.8
11	Don Packwood	26:34.2
12	Betty Root	28:01.4
13	Terri Kinsch	25:35.5*
14	Stan DeMartinis	26:03.5*

* Ran 11 1/2 laps.

8:00AM Heat

1	Ray Russell	16:51.2
2	Dave Fergus	17:34.9
3	Jeff Rohrer	17:49.2
4	Becki Kriege	18:01.5
5	Tim Souza	18:10.7
6	Kristina Mathias	18:21.8
7	Dewey Dumound	18:25.2
8	Danny Moon	18:32.3
9	Todd Hayes	19:01.8
10	Joe Hurtado	19:42.5
11	Tom Warfel	19:51.2
12	Russ Kinsch	20:15.0
13	Kelly Emo	20:19.1
14	Sue Francis	20:22.8
15	Rich Hahn	20:39.0
16	Ryan Iwanaga	20:56.2
17	Cecil Baumgartner	21:41.2
18	Tom Zades	22:29.9
19	Pauline Beatty	23:41.6
20	Kevin Murphy	23:43.3
21	Dave McCarten	24:11.2
22	Rich Collins	24:43.1

23 Howard Powers 25:48.5
 24 Madelyn Moon 26:11.0
 25 Linda Legregni 27:34.3

11 Dave Norlander 19:20
 12 Jim Myers 19:38
 13 Ed Gavin 19:47
 14 Rich Hahn 20:08
 15 Mark Winitz 20:39 PR
 16 Ken Napier 20:46
 17 Marion Carter 21:02
 18 Alice Eklof 21:27
 19 Rich Collins 22:07
 20 Dave McCarten 22:26
 21 Howard Powers 23:01
 22 Linda Legregni 23:39

We had a relatively small turnout this AM as many runners were at the Corporate Nationals in Seattle and the Alameda 10K. Dave Fergus had to hold off a good run by Katy Spink to win first place. No one else came close to Katy or Dave. The weekly Barrett award was given to Linda Legregni because she came within 5 seconds of Her PR while still recovering from an injury. Howard broke his 75+ course record by 53 seconds. Mark Winitz knocked 41 seconds off his PR.

3/5/00 - Douglas/Saratoga/Fruitvale - 2.75 Miles

1 Dave Fergus 15:25
 2 Katy Spink 15:48
 3 Todd Hayes 16:41
 4 Jonathan Lee 17:26
 5 Tom Warfel 17:30
 6 Demetri Stefanidis 17:36
 7 Russ Kinsch 17:59
 8 Sue Francis 18:21
 9 Cecil Baumgartner 18:22
 10 Dve McIntyre 18:37

Phantom Dick Barrett Trophy - Linda Legregni

RACE RESULTS

10/99 - Mt Madonna Challenge

Tom Zades ? 3rd-50+

4/9/00 - Stanford MBA 5K

Art Mitchum ?
 Rich Hahn 20:4x
 Kelly Emo 20:28 2nd-30+
 Gail Campbell 22:05 1st-50+

4/9/00 - Stanford MBA 10K

Jeff Rohrer 37:40

4/22/00 - Ruth Anderson 100K

3 C. Baumgartner 9:36:56 1st-40+
 18 E. Romesberg 12:43:19 4th-60+

This is a very elite race with 24 starters and 20 finishers. The course consists of 14 laps around Lake Merced in San Francisco. Despite a late start, Cecil ran a very smart race and moved up into third place overall at the end of the 12th lap.

4/30/00 - Big Sur 5K

Brian Davis 16:31 5th-40+
 Ray Russell 16:41
 Scott Bang 16:44
 Bob Pickens 17:07
 Charles Lighty 17:12 5th-45+
 Jeff Cowling 17:16
 Dave Fergus 17:27
 Brad Holbrook 17:31
 Katie Spink* 17:35
 Jim Bordoni 17:39

Craig Whichard 17:45
 Dick Chimenti 19:01 2nd-55+
 Karen Steele 19:10 3rd-40+
 Danny Moon 19:26
 Marian Richard 20:xx
 Rod MacKinlay 20:28 2nd-60+
 Rich Hahn 20:40
 Joe Hurtado 20:47 3rd-55+
 Tom Warfel 20:53
 Jose Casillas 21:04
 Katie Scott 21:22 3rd-45+
 Norm Saucedo 21:32
 Ken Noel 21:41
 Jutta McCormick** 22:58 1st-55+
 Glynn Wood 23:30 2nd-65+
 Pauline Beatty 23:35
 Mark Winitz 23:39
 Walt Van Zant 23:49
 Ken Napier 23:51 3rd-65+
 John Pickens 24:07 PR
 Elaine Erickson 24:08
 Boyce Jacques 24:46 2nd-70+
 Antonina Ettore 24:54 5th-45+
 Gina Strong 25:42
 Grace Voss 25:59 4th-55+
 Ed Reyna 26:00 5th-65+
 Howard Powers 26:12 1st-75+
 Chris Hallen 26:44
 Ruby Hurtado 27:54 5th-55+
 Stan DeMartinis 29:15 2nd-75+
 Helen MacKinlay 29:24
 Diane Bordoni 29:28
 Annette McPhail 26:58

4/30/00 - Compaq 2.1 Miler

Rick Reitz 10:32
 Arturo Rodriguez 11:37 3rd-40/
 Bill Dunn 11:45 5th-40/
 Jim Reitz 12:32
 Rich Stiller 12:56
 Demetrios Stefanidis 12:59
 Kelly Emo 13:41 3rd-Wo

Rick took home \$500 in merchandise certificates for his win at this race.

4/30/00 - Compaq 10K

Ed Casey 35:32 1st-40+
 Dan Anderson 35:40 2nd-40+
 Jeff Rohrer 37:38 4th-40+
 Ron Kiyono 39:17 2nd-50+
 Jim Angelopoulos 41:48
 Kathy Frank 45:35 1st-50+

4/30/00 - Country Western Music

Marathon
 Marcia Morrison 4:41:09

5/7/00 - Wildflower Triathlon

Grace Voss 3:08 1st-55+
 This race consisted of a mile swim, a hilly 26-mile bike, and a hilly 10K run. Grace improved her time by 6 minutes over last year.

5/7/00 - Devil Mountain 5K

Rick Reitz 16:08 1st-30+
 Brian Davis 16:16 2nd-40+

Charles Lighty	17:11	1st-45+	11 Dick Chimenti	19:49	2nd-50+	7 Becki Kriege	61:31
Dave Stancliffe	18:08	2nd-45+	14 C. Baumgartner	20:15		8 Joe Hurtado	63:41
Art Mithchum	18:17	5th-45+	23 Rich Hahn	21:00		9 Mike Kriege	63:45
Ron Kiyono	18:23	1st-50+	25 D. Stefanidis	21:05		10 Tom Warfel	66:07
Rick Reitz	18:28	1st-55+	26 Rich Stiller	21:08	3rd-50+	11 Rich Hahn	66:10 PR
Gail Campbell	21:17	1st-50+	29 Sue Francis	21:40	1st-40+	14 Kelly Emo	69:51

5/7/00 - Devil Mountain 10K

Dan Anderson	35:47	1st-45+
Becki Kriege	37:44	3rd-Wom
Tim Rostege	40:16	5th-55+
Rich Hahn	42:02	
Kathy Frank	43:58	1st-50+

5/13/00 - Quicksilver 50K

18 C. Baumgartner	5:02:20
24 Todd Hayes	5:10:20
48 Sue Francis	5:56:59
72 E. Romesberg	6:39:01
95 Marcia Morrison	8:44:35

This was Marcia's first ultra, coming just two weeks after running the Country Music Marathon in Nashville.

5/13/00 - Human Race 10K

Kelly Emo	41:22	2nd Wom
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5/21/00 - Bay to Breakers

Gail Campbell 57:55
Gail was the 113th woman finisher and may have been the second 50+ woman finisher.

5/21/00 - South Bay Triathlon

Grace Voss 2:00:58 1st-50+
This race consisted of a 3/4 mile swim, a 16-mile bike, and a 5-mile run.

5/21/00 - San Carlos 5K

4 Rich Hahn	19:59	3rd-30+
5 Cecil Baumgartner	?	
6 Sue Francis	?	1st-40+
7 Kelly Emo	?	1st-30+

6/3/00 - Nisene Marks Half Marathon

Tom Zades 1:54:58 1st-55+
Tom won his age division for the first time in his 22 years of running while improving his time from last year by approximately 4 minutes.

6/11/00 - Strawberry Festival 5K

2 Slim Pickens	17:15	1st-30+
3 Ray Russell	17:26	1st-40+
5 Dave Fergus	18:14	2nd-40+
9 Danny Moon	19:32	1st-50+

37 Kevin Murphy	22:35	2nd-13-
58 Ken Napier	24:19	1st-60+
92 Grace Voss	26:21	1st-50+
105 Dave McCarten	26:55	
146 Madelyn Moon	28:34	
179 Stan DeMartinis	30:00	1st-70+
194 Betty Root	30:41	
219 Jack Friedlander	31:25	3rd-70+
286 Joyce Friedlander	34:13	3rd-60+

Bob Pickens finished only one second behind the first place finisher.

6/17/00 - Shriner's 8K

26 Bob Pickens	26:38	
31 Rick Reitz	26:54	
35 Brian Davis	26:59	
51 Charles Lighty	27:52	
53 Ray Russell	27:56	
69 Jeff Cowling	28:27	
72 Dave Fergus	28:35	
88 Katy Spink	29:25*	2nd-25+
96 Becki Kriege	29:54	3rd-30+
128 Neal Chappell	31:16	1st-60+
130 Jim Reitz	31:19	
149 Joe Hurtado	32:00	
159 Marian Richard	32:19	
186 Linda Kidd	33:08	
192 Ralph Poole	33:13	2nd-60+
199 Rich Hahn	33:32	
243 Ken Noel	35:34	
276 J. McCormick	37:29*	1st-55+
318 Walt Van Zant	39:12	
343 Arttona Ettore	40:37	
360 Boyce Jacques	41:18	2nd-70+
374 F. Cunningham	41:48	1st-75+
385 Ed Reyna	42:21	
427 Howard Powers	44:01	2nd-75+
590 Stan DeMartinis	53:17	3rd-75+

*These runners compete for another club.

6/25/00 - 37th Annual Holy City Race - 9.08 Miles

1 Dave Beuley	52:50
2 J. Angelopoulos	53:31
3 Slim Pickens	53:35
4 Ray Russell	57:22
5 Jeff Rohrer	58:15
6 Dave Fergus	60:33

16 Walt Van Zant	74:20	PW
17 Pauline Beatty	78:58	
19 Dave McCarten	85:50	
21 Howard Powers	92:37	

Pauline Beatty did a good job of directing this race along with help from Chris Hallen, Georgia Riley, Marian Richard, Ken Napier, Val Napier, Don Packwood, and Ed Gavin. Dave Beuley won with Jim Angelopoulos and Bob Pickens posting good non-winning times. Becki Kriege led the ladies, winning for the 6th time (her first win since 1992). Howard Powers improved his time of two years ago by 21 minutes.

7/23/00 - Grand Prix Road Mile

Boys 14/19	
18 Matt Bordoni	5:08

Men 60 & Over	
1 Ralph Poole	5:45
4 Norm Saucedo	5:52
5 Ken Noel	5:54
11 Walt Van Zant	6:16
13 Gene Antonides	6:24
16 Boyce Jacques	6:39
19 Howard Powers	7:13
20 F. Cunningham	7:18
23 Stan DeMartinis	7:38

Great win for Ralph. Boyce won the 70/74 division. Howard, Frank, and Stan finished 1,2, 3 in the 75/79 division. Our 60+ team won by a bare 6 seconds over Tamalpa. Our 70+ men won their division.

Men 50/59	
9 Danny Moon	5:12
10 Bill Dunn	5:13
24 Jim Reitz	5:37
52 Tom Warfel	5:53

Women 50/59	
3 J. McCormick	6:08*
5 Gail Campbell	6:23
17 Madelyn Moon	7:50



*Runs for WVTC
 Good race for Jutta, who is less than
 two months from turning 60.

20 Gina Strong 8:07

Women

37 Carol Mendoza 39:59
 97 Kathy Frank 42:51

Open Women (Heat A)

7 Becki Kriege 5:24
 10 Danielle Zelinski 5:45

Women 40/49

12 Marian Richard 5:53
 13 Sue Francis 6:01
 21 Pauline Beatty 6:26
 24 Antonina Ettare 6:52

We will use our 40+ and 50+ women to
 complete our open team.

Men 40/49 (Heat B)

5 Jeff Rohrer 5:09
 10 Art Mitchum 5:14
 20 C. Baumgartner 5:33

Open Men (Heat C)

18 Rich Hahn 5:45

Open Men (Heat B)

2 Rick Reitz 4:35

Men 40/49 (Heat A)

4 Brian Davis 4:39
 7 Ray Russell 4:41
 11 Charles Lighty 4:45
 17 Jeff Cowling 4:53
 20 Jim Bordoni 4:56

Good finish by Rick to get up for
 second in the last couple of yards. We
 will use our 40+ runners to complete
 our open men's team.

Our 40+ team may have finished 2nd
 behind the Aggies.

7/23/00 - Wharf To Wharf Race - 6.0

Miles

Men

18 Bob Ebert 31:53
 42 Jim Angelopoulos 33:10

Open Women (Heat B)

9 Kelly Emo 6:03

Cumulative Saturday Race Status

Elite Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Fergus,Dave	0:15:12	0:35:47	0:16:51	0:35:40	0:20:08	0:35:57	0:26:35	0:35:32	0:27:28	0:35:46	0:34:20	0:36:18	2:20:34
Pickens,Robert	0:18:42	0:44:01	0:17:39	0:37:22	0:23:24	0:41:47	0:27:46	0:37:07	0:28:17	0:36:50	0:33:56	0:35:52	2:29:44
Babbitt,Dave	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	0:37:36	0:39:45	0:00:00
Bang, Scott	0:00:00	0:00:00	0:16:26	0:34:47	0:20:28	0:36:33	0:00:00	0:00:00	0:26:55	0:35:03	0:00:00	0:00:00	0:00:00
Beauley,Dave	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	0:00:00	0:00:00	0:17:18	0:36:37	0:20:43	0:37:00	0:27:52	0:37:15	0:28:34	0:37:12	0:35:29	0:37:31	0:00:00
Kriege,Mike	0:15:50	0:37:16	0:18:04	0:38:15	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
Rea,Bob	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	0:50:48	0:53:42	0:00:00
Russell, Ray	0:14:36	0:34:22	0:16:45	0:35:27	0:18:49	0:33:36	0:41:13	0:55:06	0:00:00	0:00:00	0:36:52	0:38:58	0:00:00
Souza,Tim	0:00:00	0:00:00	0:00:00	0:00:00	0:22:12	0:39:39	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Spink,Katie	0:15:39	0:36:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:28:23	0:36:57	0:00:00	0:00:00	0:00:00
A Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Hurtado,Joe	0:17:17	0:40:41	0:19:40	0:41:38	0:25:20	0:45:14	0:31:18	0:41:51	0:30:59	0:40:21	0:37:40	0:39:49	2:42:14
Tico,Eddie	0:16:13	0:38:10	0:19:41	0:41:40	0:23:09	0:41:20	0:32:15	0:43:07	0:29:34	0:38:30	0:41:35	0:43:57	2:42:27
Bordoni, Jim	0:15:42	0:36:57	0:17:31	0:37:05	0:20:11	0:36:02	0:00:00	0:00:00	0:00:00	0:00:00	0:33:55	0:35:51	0:00:00
Bordoni,Matt	0:15:52	0:37:21	0:19:11	0:40:36	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
Chimenti,Dick	0:16:35	0:39:02	0:18:36	0:39:22	0:22:27	0:40:05	0:29:32	0:39:29	0:30:58	0:40:19	0:00:00	0:00:00	0:00:00
Hayes,Todd	0:16:41	0:39:16	0:19:44	0:41:46	0:22:37	0:40:23	0:00:00	0:00:00	0:30:12	0:39:19	0:54:28	0:57:35	0:00:00
Kriege,Becki	0:16:15	0:38:15	0:17:54	0:37:53	0:00:00	0:00:00	0:29:54	0:39:58	0:28:23	0:36:57	0:36:44	0:38:50	0:00:00
Lee,Jonathan	0:16:20	0:38:27	0:19:04	0:40:22	0:23:16	0:41:33	0:00:00	0:00:00	0:29:44	0:38:43	0:39:08	0:41:22	0:00:00
Menezes,Marlon	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:15	0:43:18	0:00:00	0:00:00	0:00:00
Moon,Danny	0:16:42	0:39:18	0:18:24	0:38:57	0:00:00	0:00:00	0:29:43	0:39:44	0:29:50	0:38:51	0:37:50	0:40:00	0:00:00
Murray, Al	0:00:00	0:00:00	0:00:00	0:00:00	0:23:35	0:42:07	0:00:00	0:00:00	0:30:33	0:39:47	0:40:56	0:43:16	0:00:00
Rohrer,Jeff	0:16:23	0:38:34	0:00:00	0:00:00	0:20:50	0:37:12	0:27:40	0:36:59	0:00:00	0:00:00	0:34:52	0:36:51	0:00:00

B Div	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Poole, Ralph	0:17:55	0:42:10	0:19:13	0:40:41	0:22:40	0:40:29	0:30:28	0:40:44	0:30:59	0:40:21	0:37:53	0:40:03	2:39:08
Baumgartner,Cecil	0:17:10	0:40:24	0:19:23	0:41:02	0:23:06	0:41:15	0:30:45	0:41:07	0:32:08	0:41:50	0:39:31	0:41:46	2:42:03
Stiller,Rich	0:24:35	0:57:52	0:19:24	0:41:04	0:23:29	0:41:56	0:33:38	0:44:58	0:34:54	0:45:27	0:43:35	0:46:04	2:59:35
Casillas, Jose	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:31:16	0:41:48	0:32:19	0:42:05	0:00:00	0:00:00	0:00:00
Hahn,Rich	0:18:06	0:42:36	0:20:15	0:42:52	0:24:11	0:43:11	0:00:00	0:00:00	0:31:56	0:41:35	0:47:56	0:50:40	0:00:00
Kananen,Rick	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:36	0:43:45	0:00:00	0:00:00	0:00:00
Kurasch,Steve	0:17:17	0:40:41	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:31:43	0:41:18	0:00:00	0:00:00	0:00:00
Meinhardt,Bill	0:00:00	0:00:00	0:27:25	0:58:02	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Nelson,Ron	0:17:46	0:41:49	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
Rostege,Tim	0:17:02	0:40:05	0:19:02	0:40:17	0:22:41	0:40:30	0:00:00	0:00:00	0:31:29	0:41:00	0:00:00	0:00:00	0:00:00
Warfel,Tom	0:17:30	0:41:11	0:19:48	0:41:55	0:00:00	0:00:00	0:32:15	0:43:07	0:30:30	0:39:43	0:42:44	0:45:10	0:00:00
C Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Stefanidis,Demetri	0:17:32	0:41:16	0:19:27	0:41:10	0:23:37	0:42:10	0:30:51	0:41:15	0:31:26	0:40:56	0:40:58	0:43:18	2:43:51
Francis,Sue	0:18:21	0:43:11	0:20:28	0:43:19	0:25:03	0:44:44	0:33:29	0:44:46	0:32:45	0:42:39	0:43:33	0:46:02	2:53:39
Gavin, Ed	0:18:27	0:43:25	0:20:32	0:43:28	0:25:08	0:44:53	0:32:51	0:43:55	0:33:43	0:43:54	0:43:34	0:46:03	2:54:15
Myers,Jim	0:18:36	0:43:47	0:21:15	0:44:59	0:26:02	0:46:29	0:33:09	0:44:19	0:38:00	0:49:29	0:43:30	0:45:59	3:00:32
Kinsch,Russ	0:17:59	0:42:20	0:23:20	0:49:23	0:25:04	0:44:46	0:34:07	0:45:37	0:33:58	0:44:14	0:49:09	0:51:57	3:03:37
Norlander,Dave	0:19:27	0:45:47	0:21:01	0:44:29	0:25:25	0:45:23	0:37:45	0:50:28	0:35:41	0:46:28	0:44:22	0:46:54	3:03:41
Beatty,Pauline	0:20:30	0:48:15	0:22:42	0:48:03	0:26:47	0:47:50	0:40:17	0:53:51	0:38:00	0:49:29	0:51:31	0:54:27	3:19:47
Campbell,Gail	0:00:00	0:00:00	0:21:35	0:45:41	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
Emo,Kelly	0:19:26	0:45:44	0:20:58	0:44:23	0:23:24	0:41:47	0:00:00	0:00:00	0:32:23	0:42:10	0:47:57	0:50:41	0:00:00
Flodberg,Bill	0:19:54	0:46:50	0:00:00	0:00:00	0:00:00	0:00:00	0:35:00	0:46:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lease,Damon	0:00:00	0:00:00	0:22:22	0:47:21	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
Low,Brian	0:00:00	0:00:00	0:21:13	0:44:55	0:24:56	0:44:31	0:33:41	0:45:02	0:34:42	0:45:11	0:00:00	0:00:00	0:00:00
McIntyre,Dave	0:18:32	0:43:37	0:21:16	0:45:01	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
Murphy,Kevin	0:00:00	0:00:00	0:22:11	0:46:57	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
Noel,Ken	0:18:46	0:44:10	0:20:58	0:44:23	0:26:12	0:46:47	0:00:00	0:00:00	0:00:00	0:00:00	0:42:32	0:44:58	0:00:00
Pickens,Sue	0:00:00	0:00:00	0:21:59	0:46:32	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
Plank,McKayla	0:17:36	0:41:25	0:19:32	0:41:21	0:00:00	0:00:00	0:00:00	0:00:00	0:33:15	0:43:18	0:00:00	0:00:00	0:00:00
Richard, Marian	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:29	0:44:46	0:36:49	0:47:56	0:40:10	0:42:28	0:00:00
Riley,Tim	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:36:38	0:47:42	0:00:00	0:00:00	0:00:00
Saucedo, Norm	0:00:00	0:00:00	0:20:58	0:44:23	0:00:00	0:00:00	0:00:00	0:00:00	0:34:36	0:45:03	0:00:00	0:00:00	0:00:00
Zelinski,Danielle	0:00:00	0:00:00	0:22:07	0:46:49	0:00:00	0:00:00	0:00:00	0:00:00	0:33:50	0:44:03	0:00:00	0:00:00	0:00:00
D Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Napier,Ken	0:20:11	0:47:30	0:22:36	0:47:50	0:26:33	0:47:25	0:35:21	0:47:16	0:35:46	0:46:34	0:45:26	0:48:02	3:05:53
VanZant,Walt	0:20:42	0:48:43	0:26:41	0:56:29	0:27:25	0:48:57	0:36:54	0:49:20	0:36:33	0:47:35	0:44:37	0:47:10	3:12:52
Carter,Marion	0:21:02	0:49:30	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
Erickson,Elaine	0:20:27	0:48:08	0:00:00	0:00:00	0:00:00	0:00:00	0:35:17	0:47:10	0:39:33	0:51:30	0:00:00	0:00:00	0:00:00
Ettare,Antonina	0:24:43	0:58:10	0:25:01	0:52:57	0:34:15	1:01:10	0:43:22	0:57:59	0:00:00	0:00:00	0:48:18	0:51:03	0:00:00
Legregni,Linda	0:23:39	0:55:40	0:28:06	0:59:29	0:00:00	0:00:00	0:00:00	0:00:00	0:43:18	0:56:23	1:01:45	1:05:16	0:00:00
McCormick,Jutta	0:24:03	0:56:36	0:22:17	0:47:10	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:48:18	0:51:03	0:00:00
McSwain,Karen	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
Noble,Dena	0:20:57	0:49:19	0:00:00	0:00:00	0:27:47	0:49:37	0:00:00	0:00:00	0:38:16	0:49:50	0:00:00	0:00:00	0:00:00
Norlander,Becky	0:19:29	0:45:51	0:00:00	0:00:00	0:00:00	0:00:00	0:37:45	0:50:28	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Pickens,John	0:21:06	0:49:40	0:23:38	0:50:02	0:29:32	0:52:44	0:38:53	0:51:59	0:38:46	0:50:29	0:00:00	0:00:00	0:00:00
Plank,Sally	0:21:34	0:50:46	0:23:47	0:50:21	0:00:00	0:00:00	0:00:00	0:00:00	0:40:17	0:52:27	0:00:00	0:00:00	0:00:00
Powers,Howard	0:23:01	0:54:10	0:26:29	0:56:04	0:00:00	0:00:00	0:41:10	0:55:02	0:41:18	0:53:47	0:50:07	0:52:59	0:00:00
Reyna,Eddie	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:38:20	0:51:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Riley,Georgia	0:21:53	0:51:30	0:00:00	0:00:00	0:00:00	0:00:00	0:40:41	0:54:23	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Strong,Gina	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:40:32	0:52:47	0:00:00	0:00:00	0:00:00
Winitz,Mark	0:20:39	0:48:36	0:00:00	0:00:00	0:00:00	0:00:00	0:36:48	0:49:12	0:36:45	0:47:51	0:00:00	0:00:00	0:00:00
Zades,Tom	0:19:48	0:46:36	0:21:50	0:46:13	0:00:00	0:00:00	0:34:57	0:46:43	0:35:49	0:46:38	0:00:00	0:00:00	0:00:00
E Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Collins,Rich	0:22:07	0:52:03	0:25:01	0:52:57	0:34:15	1:01:10	0:38:09	0:51:00	0:40:17	0:52:27	0:50:58	0:53:53	3:30:47
DeMartinis,Stan	0:24:15	0:57:05	0:28:03	0:59:23	0:33:47	1:00:20	0:43:46	0:58:31	0:45:03	0:58:40	1:01:45	1:05:16	3:56:39
Hallen,Chris	0:00:00	0:00:00	0:00:00	0:00:00	0:29:57	0:53:29	0:38:20	0:51:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kinsch,Terri	0:00:00	0:00:00	0:28:48	1:00:58	0:00:00	0:00:00	0:00:00	0:00:00	0:46:19	1:00:18	0:00:00	0:00:00	0:00:00
McCarten, Dave	0:22:26	0:52:48	0:24:54	0:52:42	0:33:22	0:59:35	0:41:54	0:56:01	0:00:00	0:00:00	0:51:27	0:54:23	0:00:00
McPhail,Annette	0:23:09	0:54:29	0:26:18	0:55:40	0:31:47	0:56:45	0:43:22	0:57:59	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Moon,Madelyn	0:00:00	0:00:00	0:26:47	0:56:42	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	0:26:26	1:02:13	0:28:06	0:59:29	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
Voss,Grace	0:23:14	0:54:41	0:25:58	0:54:58	0:00:00	0:00:00	0:00:00	0:00:00	0:41:32	0:54:05	0:48:49	0:51:36	0:00:00