



WVJS



VOL XXXXIII-#2 WEST VALLEY JOGGERS & STRIDERS Aug 2013

Saturday Workouts

08/24/13	36 x 200 Relay	11/02/13	8 x 0.66M Tennis Court Loop Relay
08/31/13	Short Six (5.74M)	11/09/13	Farwell/H (4.68M)
09/07/13	4x1.46M WVC Loop Relay	11/16/13	4x1.46M WVC Loop Relay
09/14/13	18 x 0.33M Tennis Court Loop Relay	11/23/13	8 x 1200 Relay
09/21/13	Valle Vista (3.0 miles)	11/30/13	4x1.46M WVC Loop Relay
09/28/13	Step-up & Step-down Relay	12/07/13	Short Six (5.74M)
10/05/13	6 x 1600 Relay	12/14/13	Valle Vista (3.0 miles)
10/12/13	Triangle Run (4.76M)	12/21/13	6 x 1600 Relay
10/19/13	12 x 800 Relay 08/10/13 12 x 600 Relay	12/28/13	All Courses Day
10/26/13	Doug/Sara/Frtvle (2.75M)		

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

10/20/13	Humboldt Half Marathon (1.5)
11/10/13	Clarksburg Half Marathon (1.5)
11/28/13	Sil Val 5K (2.0) – Open only
12/08/13	Cal Intl Marathon (2.0)
12/15/13	Xmas Relays (1.0)

Racer of the Year

Fastest Farwell Time
Fastest Marathon
Fastest Half Marathon
Fastest of 2 Designated Track Miles
Fastest of 2 Designated Track 5Ks
12/08 Cal Intl Marathon

Other Races

08/24	Mt.Madonna Challenge-6K/12K/18K
08/24	San Jose UJENA 5K
08/25	10K on the Bay - Hayward
08/31	Rave Run 5K – San Jose
09/01	Race to the end of Summer -5K/10K
09/02	Zombie Vasona 5M/Half Marathon
09/08	Sil.Val 5K/10K – Mt. View
09/20	Moonlight Run – 5K/10K –Palo Alto
09/29	Great Sugar Dump 5K - Milpitas

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 \$40 each. The summer fee is \$20. The fine for parking without a permit is \$30.

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.

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://www.wvjs.org>

Due to a revolt in the club, a new committee is taking charge of our annual handicap race. The committee consists of Becki Kriege, Missy, Sudan, and Ken Camet. The race will be held on Monday, 9/2/13, starting at 8AM. The race will start and finish in front of the Collins residence at 12654 Scully Ave In Saratoga. The distance is 3.06 miles, consisting of 4 x 0.765-mile loops. You should contact Missy Sudan at sunnyvistas@earthlink.net to let her know that you want to compete in the race. The committee would like to know by 8/18 who wants to compete in the race but will give you a little leeway on this deadline since you will probably not see this club bulletin until after 8/18. It is suggested that those who attend the breakfast after the race contribute \$3. We will not keep track of who pays the \$3. Just put it bag that will be made available for the contributions.

Long-time club member **Betty Root** has moved to Arizona, near Phoenix.

78-year-old **Bill Dodson** has had a good year so far in the short-distance races with times of 17.10 for 100M, 35.84 for 200 meters, 79.50 for 400 meters, 3:05.73 for 800 meters, and 7:14 for a road mile.

Dennis Kurtis, one of the fastest distance runners to be a member of the club, will retire from Lockheed at the end of the year. He will turn 60 on November 1 and plans to spend his remaining 40+ years living and running in Florida. All in the club wish him happiness in the warm weather of the Sunshine state.

Bill Dunn will retire soon or has just retired from the Post Office. He will continue to live here in the Bay Area.

Bob Rea, our club member from New Zealand (worked at Lockheed prior to his retirement), visited us for our track workout on July 6th. He has been injured for a good portion of the last year. But, he now seems to be on his way back to recovery. He turned 60 a couple of weeks ago and is looking forward to racing in that age category.

Thanks to **Bob Pickens**, who did another excellent job of directing our Holy City race in June.

Tom Warfel was shocked when your editor suggested a change in his running form. Apparently, some club members (including Tom) believe that it is I who has poor running form.



Many of our club members who run the Saturday workouts meet for breakfast at Carrow's on Saratoga Ave after our run. Sadly, Carrow's at that location is going out of business at the end of August. We will have to find a new restaurant for our socializing.

It should be noted that the Cal Intl Marathon is now included in our Racer of the Year contest for 2013. It is noted in our minutes that this race would be included in the contest if it was a grand prix event for all age divisions and it is.

Ken Napier Mile Age-Scoring

Based upon the club's two one mile runs on the track, this is how each runner scored. Thanks to Jeff Rohrer for the computations.

GUYS

Jim Bordoni	61	82.98	Dino Delyani	56	78.15	Neil Gelblum	62	70.80	Tom Warfel	65	65.56
Norry McAllister	56	82.09	Bob Lord	75	77.17	Mark Goldman	63	70.51	Dave McIntyre	52	65.43
Calvin Do	44	81.91	Dave Woodruff	56	75.35	Danny Moon	66	69.77	Pablo Rodriguez	65	65.33
Bill Dunn	66	81.41	Mike Krey	59	74.00	Jeff Bedolla	60	69.38	Phil Spink	27	65.05
Bill Dodson	79	80.66	Maneesh Agarwal	45	73.31	Don Packwood	73	68.16	Rich Collins	71	64.09
Ken Camet	52	78.81	Jeff Rohrer	54	72.36	George Lo	44	67.34	Dave Norlander	74	61.88
Jorn Jensen	44	78.36	Andy Lief	47	72.01	Aaron Lee	40	67.10	John Mintz	47	59.05

GALS

Kat Powell 63 76.54 Pauline Beatty 57 69.79 Danielle Zelinski 30 69.54 Heather Rohrer 19 67.14
 Uyenthi Tran 40 63.84

2013 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 (30 points if you help with the workout). Scoring 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. . The point totals through 6/30/13 are as follows:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>
George Lo	1544	420	1,964	Ken Camet (3/31)	939	100	1,039
Joe Hurtado	1224	440	1,664	Walt Van Zant	422	420	842
Tom Warfel	991	320	1,311	Jim Bordoni (3/31)	480	300	780
Becki Kriege	941	180	1,121	Jeff Rohrer	494	260	754

2012 PA/USATF Road Grand Prix

40+ Men

Our 40+ men's team is presently in 8th place. Jorn Jensen is our team captain. He and Calvin Do are in 42nd and 51st places in the short race division for 40+ runners.

50+ Men

Our 50+ men's team is presently in first place, leading by 8.5 points. Ken Camet is our 50+ team captain. Individually several club members are doing well in the 50+ category. In the short-race division Brian Davis is in 3rd place, Ken Camet is in 8th, Dino Delyani is in 10th, Norry McAllister is in 20th, Barry Farrara is in 23rd, Ray Rodriguez is in 28th, Jeff Rohrer is in 36th, David Woodruff is in 27th, Adam Pince is in 44th, and Mike Krey is in 47th, Brian, Ken, and Barry are in 4th, 5th, and 12th in the long-race division.

60+ Men

Our 60+ men's team is presently in 2nd place. Scott Graham is the team captain. Individually, Bill Dunn is in 2nd place in the short-race division and is followed by Jim Bordoni in 3rd, Mark Goldman in 23rd, Des Knuckey in 28th, and Dan Anderson in 31st. Bill Dunn and Dan Anderson are in 6th and 23rd places in the long-race division.

70+ Men

Our 70+ men's team is presently in 2nd place, 4.5 points out of first. Eddie Reyna is the team captain. Individually, Dick Chimenti, Joe Hurtado, Bob Lord, Bill Dodson, and Carl Petersen are in 2nd, 4th, 4th, 6th, and 9th places in the short-race division. Joe Hurtado, Bill Dodson, Carl Petersen, Bob Lord, and Bill Jones are in 2nd, 4th, 6th, 7th, and 10th places in the long-race division.

80+ Men

Eddie Reyna leads both the short-race and long-race divisions in this age category.

2013 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 15 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). Grand Prix races included in the events count double. **You must have competed in at least 7 different events in order to be eligible for an award.** The remaining events included in this contest are listed on page 1. The standings to date for 2013 for all who have scored in five or more races are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in.

Elite Division

Brian Davis (8-6) 200
Scott Bang (6-4) 145

A Division

Ken Camet (8-10) 200
Norry McAllister (8-8) 190
Geoff Bradley (6-5) 147

B Division

Dino Delyani (8-7) 196
George Lo (8-11) 196
Jim Bordoni (8-6) 184
Bill Dunn (8-5) 183
Mike Krey (8-6) 171
David Woodruff (7-4) 153

C Division

Mark Goldman (8-7) 181
Robert Navarrete (7-7) 155
Maneesh Agarwal (6-6) 149
Dick Chimenti (6-3) 138
Jeff Rohrer (4-3) 120
Dave McIntyre (6-6) 118
Dan Anderson (5-3) 116
Glenn Kishi (6-5) 110

D Division

Joe Hurtado (8-7) 198
Bill Dodson (8-8) 192
Bob Lord (8-5) 188
Carl Petersen (8-5) 174

E Division

Eddie Reyna (8-4) 200
Kat Powell (6-5) 169

SATURDAY WORKOUT RESULTS

6/8/13 – All Courses Day

Dou/Sar.Frtvle-2.75M

1 Becki Kriege 17:49
2 Kristina Park 17:50
3 Neil Gelblum 19:24
4 Matt Kriege 23:28
5 Pablo Rodriguez 25:30

Valle Vista – 3.0M

1 Geoff Bradley 18:16
2 Norry McAllister 18:23
3 Dino Delyani 19:45
4 Glenn Kishi 23:12
5 Brian Low 25:06

Farwell-3.54M

1 George Lo 23:35.8
2 Kat Powell 33:54.5
3 Don Packwood 34:55.9
4 Tim Riley 37:20

Farwell/H – 4.68M

1 Bjorn Samson 30:52
2 Jeff Rohrer 33:59
3 Mark Goldman 35:20
4 Jeff Bedolla 36:55

Triangle – 4.76M

1 Mike Krey 33:45
2 Robert Navarrete 37:40

Short Six – 5.74M

1 Scott Graham 43:57
2 Rob Jacobson 45:04
3 Dave McIntyre 46:57
4 Kat Powell 57:00
5 Walt Van Zant 64:52
6 Jim Myers 68:23

Dick Barrett Trophy Winner – Norry McAllister

Warm morning but we all survived.

Becki and Kristina were the first across the line as they ran the shortest course. Becki's time put her #3 on the women 45+ list for the Douglas course. Neil improved his 60+ best for Douglas by 34 seconds.

Geoff and Norry were the first two finishers for the Valle Vista course. Norry improved his 55+ best by 12 seconds to move to #9 on the 55+ list for this course. Dino improved his 55+ best by 33 seconds. Glenn beat his 50+ best by 140 seconds.

6/15/13 – Valle Vista – 3.0M

1 Geoff Bradley 18:04
2 Bjorn Samson 18:28
3 Norry McAllister 19:05
4 Becki Kriege 19:15
4 Kristina Park 19:15
6 Mike Kriege 19:24
7 Jeff Rohrer 20:15
8 Al Murray 21:08
9 Robert Navarrete 21:27
10 Grant Jacobson 21:31
11 Norm Takeuchi 21:35 PR
12 Carol Bednar 21:47
13 Rob Jacobson 22:12
14 Todd Hayes 22:28
15 Dave McIntyre 22:46
16 Heather Rohrer 23:56
17 Ida Rosenblum 24:57
18 Sophie Bourgoin 26:02
19 Pablo Rodriguez 26:21
20 George Lo 26:38
21 Joe Hurtado 26:51
22 Kat Powell 27:49
23 Don Packwood 28:03
24 Rich Collins 29:58
25 Tim Riley 31:20
26 Walt Van Zant 31:27

Dick Barrett Trophy Winner – Norm Takeuchi

Another win for Geoff. Becki and Kristina led the ladies. Norm Takeuchi broke his all-time PR by 69 seconds. Heather Rohrer improved her Valle Vista time from 3 months ago by over 2 minutes. Al Murray made his first Saturday appearance in several months. Mike Kriege ran this course for the first time in 6+ years and did not get lost. Jim Bordoni and Carl Petersen helped at the finish line.

6/22/13 – Triangle – 4.76M

1 Geoff Bradley	29:25
2 Norry McAllister	29:29
3 Dino Delyani	31:35
4 Jim Bordoni	32:18
5 Phil Spink	32:50 PR
6 Mike Krey	33:16
7 Al Murray	33:50
8 Neil Gelblum	34:05
9 Rob Jacobson	34:26
10 Scott Graham	35:03
11 Robert Navarrete	35:12
12 Dick Chimenti	35:32
13 Carol Bednar	35:38
14 Jeff Bedolla	36:57
15 Catherine Frye	38:09
16 Bob Lord	39:35
17 Heather Rohrer	40:02
18 Bill Dodson	40:03
19 Jeff Rohrer	40:03
20 Pablo Rodriguez	42:18
21 Kat Powell	43:03
22 Sophie Bourgoin	43:13
23 Rich Collins	46:01
24 Marcia Morrison	46:42
25 Don Packwood	48:14
26 Walt Van Zant	51:31
27 Chris Cassell	66:26

Dick Barrett Trophy Winner – Bob Lord

Geoff Bradley and Norry McAllister hit the final 300 yards of the course together and then Geoff unleashed his superior sprint speed to score another win. Carol Bednar led the ladies. Despite the warmish weather, many excellent performances were recorded. Bob Lord, 4 months shy of his 75th birthday, improved his 70+ best by 32 seconds. Phil Spink PRd by nearly 3 minutes. Marcia Morrison ran her 2nd 65+ women's course record in two tries, beating Georgia Riley's record by

11 seconds. Norry improved his 55+ best by 12 seconds, moving into a tie for 10th place on the 55+ list. Dino Delyani finished 3rd overall, missing his 55+ best by 3 seconds. Jim Bordoni ran this course for the first time as a 60+ runner, recording the 13th best-ever for a runner in that age division. Dick Chimenti ran the 4th best-ever time by a club 70+ runner. Carol Bednar beat her 45+ PR by 19 seconds and Rob Jacobson improved his 55+ PR by 55 seconds. Helpers at the finish line included Chris Blue, Dave Norlander, Carl Petersen, and Dave Piazza.

6/29/13-Dou/Sar/Frtvle-2.75M

1 Calvin Do	15:34
2 Jorn Jensen	15:35
3 Geoff Bradley	16:06
4 Norry McAllister	16:33
5 Kristina Park	17:17
6 Dino Delyani	17:38
7 Grant Jacobson	17:44
8 Phil Spink	17:48 PR
9 Jeff Rohrer	17:54
10 Gary Waggoner	17:59
11 Jim Bordoni	18:14
12 George Lo	18:52
13 Al Murray	19:16
14 Neil Gelblum	19:20
15 Aaron Lee	19:41
16 Rob Jacobson	19:47
17 Jeff Bedolla	20:30
18 Dave McIntyre	20:42
19 Scott Graham	21:04
20 Heather Rohrer	21:18
21 Scott Bang	21:26
22 Danielle Zelinski	21:32
23 Bob Lord	22:07
24 Joe Hurtado	22:33
25 Brian Low	23:05
26 Pablo Rodriguez	24:04
27 Pauline Beatty	24:58
28 Don Packwood	25:09
29 Rich Collins	25:20
30 Liz Nast	25:21
31 Marcia Morrison	25:43
32 Ken Noel	27:50
33 Walt Van Zant	28:21

Dick Barrett Trophy Winner – Neil Gelblum

Close race between Calvin and Jorn this warmish morning (mid 70s) with Calvin

scoring a narrow win. Kristina led the ladies. Norry improved his 55+ best by 18 seconds, moving from 14th on that list to #8 (5 seconds behind Ken Noel). Phil improved his all-time PR by 46 seconds. Marcia Morrison broke the women's 65+ record (held by Georgia Riley) by 43 seconds. Thanks to Dave Piazza for stopping the traffic when the runners crossed Fruitvale Ave. Also, thanks to Dave Norlander, Uyenthi Tran and Danny Moon for helping at the finish line.

7/6/13- Rick Milam 3000/1500/800

Track Day
3000M

1 Calvin Do	10:25.4
2 Geoff Bradley	10:34.8
3 Maneesh Agarwal	11:19.6
4 Norry McAllister	11:29.2
5 Kristina Park	11:29.5
6 Dino Delyani	11:33.6
7 Bob Rea	11:48.6
8 Phil Spink	11:48.8
9 Jeff Rohrer	11:51.6
10 Bill Dunn	12:02.1
11 Aaron Lee	12:04.1
12 Mike Krey	12:08.1
13 George Lo	12:38.5
14 Heather Lo	12:55.7
15 Mark Goldman	13:11.8
16 Jeff Bedolla	13:24.8
17 Dave McIntyre	13:54.9
18 Scott Graham	14:11.6
19 Uyenthi Tran	14:16.5
20 Rich Collins	16:45.7
21 Don Packwood	17:32.3

2 Mile Equivalent

1 Calvin Do	11:15.2
2 Geoff Bradley	11:25.3
3 Maneesh Agarwal	12:13.7
4 Norry McAllister	12:24.1
5 Kristina Park	12:24.4
6 Dino Delyani	12:28.8
7 Bob Rea	12:45.0
8 Phil Spink	12:45.2
9 Jeff Rohrer	12:48.3
10 Bill Dunn	12:59.6
11 Aaron Lee	13:01.8
12 Mike Krey	13:06.1
13 George Lo	13:38.9
14 Heather Rohrer	13:57.5
15 Mark Goldman	14:14.9
16 Jeff Bedolla	14:28.9
17 Dave McIntyre	15:01.4
18 Scott Graham	15:19.4
19 Uyenthi Tran	15:24.7

20	Rich Collins	18:05.8
21	Don Packwood	18:56.1

Dick Barrett Trophy Winner – Calvin Do

Dick Barrett Trophy Winner – Jorn Jensen

1500M

1	Calvin Do	4:46.6
2	Geoff Bradley	5:04.1
3	Maneesh Agarwal	5:29.7
4	Dino Delyani	5:34.6
5	Phil Spink	5:39.0
6	Bob Rea	5:46.0
7	George Lo	5:46.6
8	Bill Dunn	6:05.8
9	Mark Goldman	6:24.9
10	Jeff Bedolla	6:26.9
11	Scott Graham	6:28.1
12	Dave McIntyre	6:37.3
13	Pablo Rodriguez	7:24.8
14	Kat Powell	7:58.8

24 runners turned out for the 4th annual running of this event. Each event started approximately 10 minutes after the finish of the previous event. Calvin took home the weekly trophy as he won two of the three events. Geoff Bradley got one win and two seconds. Thanks to Dave Norlander and Carl Petersen for helping at the finish line. The 2-mile and 1-mile equivalents were found at --

As we prepared for the first heat, we noticed there was no mile marker on the new track surface. Jim Bordoni, however, used his carefully calibrated stride to mark our starting point within a few millimeters of the true one-mile distance of 1609.34 meters. A yellow water bottle was placed on the edge of the track to mark the starting line.

<http://www.milesplit.us/calc>

The first heat was designated for runners in the 7 minute per mile or slower group. A few of the faster runners decided to use the heat as their warm-up for the subsequent heats. After the heat had started, Neil Gelblum decided he wanted to run in the heat so he started 1 minute after the rest of the runners. Mark Goldman crossed the finish line a half second before George Lo to take first place in the heat with a time of 6:43.1. Rich Collins, Tom Warfel, and Don Packwood just missed getting under the 8 minute mark. Andy Lief was running along with Calvin Do and Jorn Jensen but pulled off after 3 laps. Uyenthi was the first lady across the line with a time of 6:56.2.

7/13/13-One Mile Runs on the Track

Heat #1 – 7:00+

1	Mark Goldman	6:43.1
2	George Lo	6:43.6
3	Jorn Jensen	6:43.9
4	Calvin Do	6:44.4
5	Uyenthi Tran	6:56.2
6	Danny Moon	6:58.7
7	Bob Lord	7:03.7
8	Bill Dodson	7:19.1
9	Pablo Rodriguez	7:33.5
10	Neil Gelblum	6:37.9
11	Rich Collins	8:00.4
12	Tom Warfel	8:00.7
13	Don Packwood	8:01.9

One Mile Equivalent

1	Calvin Do	5:09.4
2	Geoff Bradley	5:28.3
3	Maneesh Agarwal	5:55.9
4	Dino Delyani	6:01.2
5	Phil Spink	6:06.0
6	Bob Rea	6:13.5
7	George Lo	6:14.2
8	Bill Dunn	6:34.9
9	Mark Goldman	6:55.5
10	Jeff Bedolla	6:57.7
11	Scott Graham	6:59.0
12	Dave McIntyre	7:08.9
13	Pablo Rodriguez	8:00.2
14	Kat Powell	8:36.9

Heat #2 – 6:00/7:00

1	Andy Lief	5:45.1
2	Jorn Jensen	5:45.4
3	Bill Dunn	5:58.7
4	Danielle Zelinski	6:02.2
5	Jeff Rohrer	6:05.0
6	Mike Krey	6:10.8
7	George Lo	6:23.2
8	Dave McIntyre	6:35.3
9	Jeff Bedolla	6:38.9
10	Kat Powell	8:08.1

In the second heat, designated for runners between 6 and 7 minutes, Andy Lief just nosed out Jorn Jensen with a 5:45.1. Bill Dunn led the 65+ runners with a 5:58. Danielle Zelinski was the first lady in the heat with a 6:02.2. Kat arrived after the first heat and joined this one for a time of 8:08.1. Don Packwood was happy she did as that meant that he did not have the slowest time for the event.

800M (Heat #1 - Over 3:10)

1	George Lo	2:55.6
2	Mike Krey	2:56.5
3	Danny Moon	3:00.4
4	Dave McIntyre	3:03.2
5	Uyenthi Tran	3:12.1
6	Mark Goldman	3:14.7
7	Jeff Bedolla	3:14.8
8	Scott Graham	3:15.5
9	Rich Collins	3:43.3

Heat #3 – Sub 6:00

1	Calvin Do	4:56.4
2	Jorn Jensen	5:09.8
3	Norry McAllister	5:23.0
4	Ken Camet	5:28.2
5	Maneesh Agarwal	5:33.7
6	Jim Bordoni	5:36.5
7	Dino Delyani	5:42.2
8	Phil Spink	5:46.9
9	Aaron Lee	5:51.0
10	Dave Woodruff	5:51.9
11	George Lo	6:17.0

In the third heat for the sub 6-minute runners, Jorn Jensen stayed close on the heels of Calvin Do for the first two laps but then Calvin started to pull away. On the final lap, Calvin looked relaxed as he left Jorn far behind. There was a good race for third but Norry put out a great effort managed to cross the finish line more than 5 seconds before Ken Camet. Jim Bordoni had the best 60+ finish in the heat with a 5:36.5. George Lo, who ran all three heats came in last with a 6:17.0.

800M (Heat #2-Under 3:10)

1	Geoff Bradley	2:27.9
2	Norry McAllister	2:31.7
3	Kristina Park	2:34.7
4	Aaron Lee	2:39.3
5	Danielle Zelinski	2:43.4
6	Phil Spink	2:45.9
7	Dino Delyani	2:51.0
8	Bob Rea	2:53.7
9	Jeff Rohrer	2:54.9
10	Bill Dunn	2:55.2
11	Heather Rohrer	3:01.4

Calvin got the trophy the previous week; so, declared himself not eligible for this event. Jorn Jensen, who ran well in all three heats was declared the trophy winner.

Some of the participants were using the event as the training run for the San Rafael Mile on July 22.

7/20/13-Farwell/H-4.68M

1	Daniel Chiriaev	29:05
2	Geoff Bradley	29:23
3	Kristina Park	30:30
4	Andy Williams	30:36
5	Ellie Lemco	31:10 PR
6	Al Murray	33:17
7	Neil Gelblum	33:55
8	Robert Navarrete	34:12
9	Jeff Bedolla	35:16
10	Kevin Breit	35:46
11	Dave McIntyre	36:11
12	Phil Spink	36:23
13	Heather Rohrer	38:34
14	Brian Low	38:39
15	Jeff Rohrer	38:53
16	Pablo Rodriguez	39:50
17	Tom Warfel	42:31
18	Kat Powell	42:46
19	Rich Collins	45:42
20	Don Packwood	46:34

Dick Barrett Trophy Winner – Ellie Lemco

It was a warm morning as the race started. The first two runners, Daniel Chiriaev and Geoff Bradley missed the first turn onto Horseshoe and took the second instead. That meant extra distance as they ran the reverse direction on Horseshoe and had to cover the section between the two Horseshoe junctions one more time. They still managed to finish more than a minute in front of Kristina Park who was the first lady across the finish line. Ellie Lemco improved her PR by 39 seconds and was awarded the trophy. (Since they deviated from the prescribed course, Daniel and Geoff were DQed from trophy competition.) Tom Warfel was happy as he beat Jake White's time for the age group by 5 seconds. Rich Collins was also happy as he beat the 70+ time of Walt Van Zant.

Timers included Dave Norlander on stopwatch, Chris Blue on clipboard, and Danny Moon as the spotter.

7/27/13-5K on the Track

1	Jorn Jensen	17:15.4
2	Geoff Bradley	18:17.8
3	Ken Camet	18:36.3
4	Norry McAllister	19:06.6
5	Mary Kriege	19:11.7
6	Kristina Park	19:16.0
7	Andy Williams	19:22.3
8	Maneesh Agarwal	19:26.7
9	Dino Delyani	19:28.4
10	Becki Kriege	19:32.0
11	Ellie Lemco	20:06.8
12	Jim Forbis	20:31.3
13	Mike Krey	20:41.5
14	Jim Bordoni	20:47.9
15	Jeff Rohrer	21:09.4
16	Aaron Lee	21:18.0
17	Neil Gelblum	21:29.4
18	Danielle Zelinski	21:47.9
19	Jim Howe	21:55.4
20	Mark Goldman	21:58.4
21	Robert Navarrete	22:02.1
22	Dave McIntyre	22:30.4
23	JoAnn Dahlkoetter	22:37.2
24	Heather Rohrer	22:40.2
25	Jeff Bedolla	22:51.6
26	Michael Conklin	23:55.7
27	Bob Lord	24:16.0
28	Bill Dodson	24:40.9
29	Pablo Rodriguez	25:38.8
30	Sumeet Mittal	26:23.1
31	Kat Powell	26:31.9
32	Tom Warfel	27:34.8
33	Don Packwood	27:59.7
34	Rich Collins	29:49.9
35	Walt Van Zant	31:57.4

Dick Barrett Trophy Winner – Mary Kriege

Jorn took off fast and ran away from the field to win by about 300 meters. Geoff and Ken had a good battle for 2nd place until Geoff finally got away over the last mile. Mary Kriege, Kristina Park, Becki Kriege, and Ellie Lemco ran together for about half the race until Mary started to pull away and she did have to pick it up as Kristina Park has a fearsome kick.

This was Mary's first race since she recently started training after a long layoff due to a stress fracture. Heather

Rohrer may have run her best race since she ran our track 5K last summer in 21:00. JoAnn Dahlkoetter turns 60 in September and wanted to show that she was ready for the 60+ competition with a sub-23 5K. And, she got it with 23 seconds to spare. Norry led the 50+ men, Jim Bordoni led the 60+ men, and Bob Lord led the 70+ men. Dave Norlander directed the finish-line crew of himself, Madelyn Moon, and Scott Graham. Dave has been given permission to start running by his doctor after an extensive layoff due to a slow-healing fractured foot.

8/3/13-One Mile Runs on the Track

Heat #1

1	John Mintz	7:00.8
2	Bob Lord	7:07.9
3	Pablo Rodriguez	7:23.0
4	Bill Dodson	7:34.2
5	Don Packwood	7:44.5
6	Kat Powell	7:47.9
7	Tom Warfel	7:49.6
8	Pauline Beatty	7:50.2
9	Dave Norlander	8:39.6

Heat #2

1	Ken Camet	5:35.3
2	Dino Delyani	5:47.3
3	George Lo	6:00.5
4	Jeff Rohrer	6:03.4
5	Aaron Lee	6:11.8
6	Mike Krey	6:12.8
7	Heather Rohrer	6:16.2
8	Dave McIntyre	6:36.6
9	Jeff Bedolla	6:45.5
10	Mark Goldman	6:53.3

Dick Barrett Trophy Winner – Heather Rohrer

8/10/13-12x600M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Bedolla/Carrillo	-0-	29:16
2	Moon/Lee	1:45	30:16
3	Breit/Delyani	4:15	30:25
4	Norlander/Chiriaev	:15	30:40
5	Park/Samson	6:30	30:52
6	Collins/Bordoni	-0-	30:58
7	McAllister/Williams	6:00	31:01
8	Rosenblum/Navar	1:30	31:41
9	Rodriguez/Conroy	-0-	31:50

Phantom Dick Barrett Trophy Winner – Norlander team

All teams were rated to finish in 30:45.
The Norlander team came closest at 5 seconds.

RACE RESULTS

5/11/13-Quicksilver 50K

Kat Powell 9:11:28

As per Kat, it was very hot and dry with rattlesnakes.

6/16/13 – San Francisco Marathon

Bill Dodson 4:09:03 1st-70+

6/16/13 – Holy City Race – 9.08M

1	Geoff Bradley	60:51	1st-40+
2	Ken Camet	61:07	1st-50+
3	Maneesh Agarwal	65:42	2nd-40+
4	George Lo	66:07	3rd-40+
5	Phil Spink	69:19	1st-Open
6	Mark Goldman	70:09	1st-60+
7	Norry McAllister	70:09	2nd-50+
8	Robert Navarrete	71:47	3rd-50+
10	Jeff Bedolla	77:30	
11	Jim Howe	81:08	2nd-60+
12	Grant Jacobson	81:47	2nd-Open
13	Rob Jacobson	81:56	
16	Pauline Beatty	87:09	1st-50+
17	Kat Powell	89:02	1st-60+
18	Dave McIntyre	89:45	

Good running weather (mid 50s to start and mid 60s at the end). Geoff Bradley won this race for the first time. Pauline Beatty won the women's division for the 2nd time.

7/4/13-Santa Cruz Firecracker 5K

7	Becki Kriege	19:57	1st-45+
17	Ron Kiyono	21:20	1st-65+
29	Aaron Lee	23:39	3rd-40+
47	Matt Kriege	25:41	2nd-19+
94	Uyenthi Tran	31:13	6th-40+
95	Ron Blancas	31:14	7th-40+

7/14/13-Jungle Run-Half Marathon

Kat Powell 2:04:42 1st-60+

7/21/13-San Rafael Road Mile

Brian Davis	5:08	4th-55+
Jim Bordoni	5:34	2nd-60+
Dino Delyani	5:36	7th-55+
David Woodruff	5:48	8th-55+
Bill Dunn	5:52	2nd-65+
George Lo	5:52	
Dick Chimenti	6:42	2nd-70+
Bob Lord	6:51	3rd-70+

Bill Dodson	7:14	1st-75+
Eddie Reyna	10:02	2nd-80+

Our men's 50+ team of Brian Davis, Jim Bordoni, Dino Delyani, and David Woodruff finished 3rd behind the River City Rebels and Tamalpa and our men's 70+ team of Dick Chimenti, Bob Lord, and Bill Dodson finished 2nd, 11 seconds behind Tamalpa.

7/27/13-Bad Bass 5K

127 Tim Riley 36:25 1st-65+

8/3/13-San Leandro Half Marathon

21	Mansh Agarwal	1:29:10	3rd-45+
36	Neil Gelblum	1:35:17	1st-60+
37	Ron Kiyono	1:35:37	1st-65+
56	Jim Howe	1:40:38	2nd-65+

8/13/13-San Leandro 5K

42 Kelly Emo 23:29 1st-45+

8/11/13-Skyline 50K

156 Bill Dodson 6:20:10 2nd-70+
Bill ran this race 12 minutes faster than last year.

