



# WVJS



## VOL XXVIII-#3 WEST VALLEY JOGGERS & STRIDERS AUGUST 1998

### Saturday Workouts

09/12/98	Triangle Run (4.76 miles)	11/07/98	Short Six (5.74 miles)
09/19/98	Doug/Sar/Frtvle (2.75 miles)	11/14/98	4 x 1.46-Mile WVC Loop Relay
00/26/98	16 x 300 Relay	11/21/98	Valle Vista (3.0 miles)
10/03/98	Farwell/Herriman (4.68 miles)	11/28/98	Triangle Run (4.76 miles)
10/10/98	6 x 1600 Relay	12/05/98	12 x 600 Relay
10/17/98	8 x 0.66-Mile Tennis Court Loop Relay	12/12/98	Doug/Sar/Frtvle (2.75 miles)
10/24/98	Farwell (3.54 miles)	12/19/98	Farwell/Herriman (4.68 miles)
10/31/98	8 x 1200 Relay	12/26/98	All Courses Day

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

09/07/98	Pacific Sun 10K
10/18/98	Humboldt Half Mar - 2.0
11/15/98	Clarksburg 30K - 2.0
12/06/98	Cal Intl Mar - 2.0

#### Racer of the Year

Fastest Farwell Time	
Cumulative Saturday Races	
Fastest Marathon	
Fastest of 2 5Ks on the track	
Fastest of 2 miles on the track	
09/12/98	GG Park XC
09/27/98	Carousel to Carousel 10K
10/18/98	Humboldt Half Marathon
11/01/98	Halloween Relays

#### Other Popular Races

09/13/98	Ron's Wildlife 5K/10K
09/27/98	Carousel to Carousel 10K
10/02/98	Moonlight 5K/10K
10/11/98	Trailblazer 5K/10K
10/25/98	Silicon Valley Marathon
10/25/98	Silicon Valley Marathon
10/25/98	Hollister Mile
12/20/98	SF Xmas Classic 5K
12/20/98	SF Miracle Mile

### 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, 3 x 1600s, and 12 laps of alternating hard and easy 200s.

#### Sunday Runs

A group leaves from WVC parking area at 7:00 AM. They run 10-20 miles at 6:30-8:00 pace. A more social group leaves from Whalen's at 7:00 and runs 9-13 miles at 8:30 ± :30 pace.

### PA/USATF Grand Prix

#### Open Men

Scott Bang (378-1292) is in charge of the team. Presently, we are in 9th place (thru the 8K race). Individually, Rick Reitz is in 11th place in the short-race division.

#### Open Women

Becki Kriege (257-9056) is in charge of the open women's team. Presently, we are in 4th place (thru the mile race). Individually, Becki Kriege is in 5th place, Kristina Mathias is in 8th place and Karen Steele is in 12th place in the short-race division (thru the 10K race). Karen Steele is in 9th place, Becki Kriege is in 14th place, Yvonne Lund is in 30th place, Tina Lount is in 37th place and Kristina Mathias is in 40th place in the long-race division.

### 40+ Men

Todd Hayes (238-2053) is in charge of the team. Presently, we are in 2nd place (thru the mile race), 3 points behind Excelsior. We gained one or more points on Excelsior at the 10K race but the final team results have not yet been posted for that race. Individually, Tim O'Rourke is in 1st place and Brian Davis is in 4th place (thru the 15K race - the individual standings have not been computed for the mile and 10K races).

### 40+ Women

Antonina Ettare (279-6034) and Sue Francis (732-9173) direct this team. Presently, we are in 3rd place (thru the mile race). We trail Silver State by 7 points and the Chips by 4 points. Individually, Karen Steele is in 2nd place, Joann Dahlkoetter is in 6th place, and Sue Francis is in 12th place (thru the 15K race).

### 50+ Men

Dick Chimenti (247-5650) is in charge of our 50+ team. Presently, we are in 1st place (thru the 10K race), leading Tamalpa by 1 point. Individually (thru the 15K race), Bill Dunn is in 2nd place, Jim Reitz is in 4th place, Dave Furst is in 5th place, and Dwight Cornwell is in 8th place.

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### 50+ Women

Georgia Riley (379-4462) is in charge of this team. Presently, we are in 3rd place (thru the 8K race). Individually, Georgia Riley is in 2nd place and Kathy Frank is in 13th.

### 60+ Men

Stan DeMartinis (867-7013) is in charge of our 60+ team. Presently, we are in 2nd place, 15 points behind Tamalpa. Individually, Norm Saucedo and Gene Antonides are in 4th, Bill Flodberg is in 7th, and Roger Bryan is in 12th.

### 70+ Men

Stan DeMartinis is also in charge of this team. Presently, we are in first place. Individually, Stan DeMartinis is in 1st, Ray Stewart is 2nd, Howard Powers is 3rd, Joe King is 4th, Boyce Jacques is 5th, Frank Cunningham is 6th, Jack Freidlander is 7th, and Dave Valles is 9th..

N.B. The Pacific Sun 10K race has been changed so that is now a championship race for all divisions.

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## 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 \$25 each. The summer fee is \$15. 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). 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.

Our annual club handicap race and barbeque is tentatively scheduled to be held on Saturday, 9/12/98. It will start and finish in front of Rich Collins' home. The distance of the race will be about three miles.

Ken Noel, Norm Saucedo, Gene Antonides, and Karl Misner broke the distance medley relay (800 meters/400 meters/1200 meters/1600 meters) **world record** on 8/8/98 by seven seconds to the cheering of their fellow club members. See the details under race results.

We ran six road runs as a Saturday workout since the last club bulletin was prepared. Chris Hallen ran in five of them and recorded PRs for all of her runs. She has become the Antonina Ettare of the late 90s. Scott Bang also ran two PRs. Others who ran PRs included Ed Gavin, Kristina Mathias, Gene Antonides, Greg Burke, Dan Duston, Pauline Beatty, Elaine Erickson, and Jeff Rohrer.

Chuck MacDonald discovered in early July why his knee had been hurting him so much. He had a torn miniscus. This will be repaired by orthoscopic surgery or already has been repaired by now. Chuck does not expect to be able to race for the remainder of the year.

Club members Madelyn Moon, Georgia Riley, Judy Shade, and Shirley Church are now famous stars. They were featured with a front page photo in the July National Masters News.

Jim Barker (226-9938) would like to sell his inverter board. He says that he paid \$400 for it and that the board is in good shape. The purpose of the inverter is to stretch your back by hanging upside down. If interested, contact Jim.

Mike Heggglund just finished his junior year at UC Santa Barbara. He improved his 800 time by a few tenths of a second to 1:54.24 but he was disappointed as he wanted to get down to 1:52. He also consistently ran the 400 in the 49s as part of the 1600 meter relay team.

Karen Steele, who is presently in second place in the PAUSATF women's masters division for the grand prix, will most likely miss the remainder of the season. Her stomach had been swollen during the past year and recently had been cramping during hard runs. Her doctor had a CAT scan taken of her and discovered a large tumor that is located in either her ovary or uterus. It appears to be non-malignant and she will have it removed on 8/25/98. Obviously, all of us wish her success with the surgery.

We have a lot of good runners who will be turning 60 during the next year. Tom Mota turns 60 on 9/25/98, Carlos Saldivar turns 60 on 11/14/98, Bob Shuck turns 60 on 11/24/98, Dave Norlander turns 60 on 3/1/99, Neal Chappell turns 60 on 5/2/99, and Rod MacKinlay turns 60 on 9/1/99.

Alas, we have lost three good female runners during the last few months. Nathalie McManamon and Robin Cannon have joined the Aggies and Mary Vidovich has joined the Wolfpack TC.

Al Murray's running has improved since he turned 40 in April. He recently ran 20:16 for the Farwell course and then followed it up with a 35:50 10K at Alameda on a warm day.

Former slug John Bronson ran some impressive times at the Los Gatos all-comers meets as he ran a 400 best of 60.8 and an 800 best of 2:23.

Dave Scott ran two outstanding ultra races during the last few months. He was the top 40+ finisher at the American River 50-miler, averaging 7:20 per mile on this difficult and hilly course. He

then came back to win the masters' division at the Western States 100-miler. He led this latter race for the first 62 miles, eventually finishing in 19:05. The course was slowed by snow on the ground for the first part of the race.

Shirley Church also finished the Western States with a time of 29:02. Ephraim Romesberg ran the Death Valley to Mt. Whitney race a few weeks back at the age of 67. I do not recall his time but just finishing a race like this is an awesome accomplishment.

Dave Valles completed his first marathon at the advanced age of 74. He ran the San Francisco marathon in 4:32.

Bill Meinhardt had hernia surgery in May and is again back to fast running.

Don Packwood topped all of our running injuries by tearing his hamstring muscle from the bone. He had it repaired with surgery a few weeks ago and is still on crutches. He will not be running for a long time. He may even miss his annual cherry-pick race in Newark.

We haven't seen much of Tim O'Rourke on our Saturday runs because he has been training runners for the Silicon Valley

marathon, which will be run on 10/25/98. After that, he expects to again start running our Saturday workouts.

Dave Furst was the only club member to win a race outright during the last few months. He won a 10K race in the Sierra-Nevada mountains on July 4th.

Bill Dunn participated in the most exciting race of the day at the Grand Prix miles in Sacramento. He and two other 50+ runners finished within a step of each other with Bill getting second. He led for just a brief moment near the finish line.

Our 40+ runners - Bob Ebert, Tim O'Rourke, and Brian Davis - also had great races in the 40+ men's race as Bob and Tim ran 4:33 and Brian recorded a 4:35. This was good enough to lead our 40+ team to the team victory.

As most of you know we have a club web page. If you haven't checked it out, take a look. Its address is: <http://www.accesscom.com/~jwhalen/wvjs.html>

Also we have a very good Pacific Association web page. This has lots of current race results and PA-USATF Standings. Check it out: <http://www.pausatf.org>.

## **1998 WVJS RACER OF THE YEAR CONTEST**

Placings in this contest are based upon your best 8 performances in 17 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). We originally scheduled the Silicon Valley 5K and the Hollister Mile to be included as contest races. We have discovered that both of these races will be run on the same date (10/25), which is also one week after the Humboldt Half Marathon. The Racer of the Year Committee will definitely eliminate one of these races and probably both and replace them with the Great America 10K on 9/27. Listed below are all who have scored in four or more races for 1998. Remember. You must have paid your club dues in order to be counted in this contest.

<b><u>Elite Division</u></b>		<b><u>B Division</u></b>		<b><u>D Division</u></b>	
Tim O'Rourke (8)	192	Dick Chimenti (8)	200	Bill Flodberg (5)	100
Ray Russell (7)	170	Joe Hurtado (8)	196	Marion Carter (5)	93
Al Murray (8)	170	Sue Francis (8)	172		
Dave Fergus (8)	167	Cecil Baumgartner (8)	171	Georgia Riley (8)	190
Jeff Rohrer (8)	161	Marian Richard (8)	167	Pauline Beatty (7)	164
Robert Pickens (7)	157	Joann Dahlkoetter (7)	154	Antonina Ettare (6)	143
Don Hogue (4)	95	Dave Norlander (6)	116	Dave McCarten (6)	127
Scott Bang (4)	86	Tom Warfel (4)	92	Ken Napier (5)	111
Dwight Cornwell (4)	79	Tom Frazier (4)	83	Madelyn Moon (5)	102
<b><u>A Division</u></b>		<b><u>C Division</u></b>		<b><u>E Division</u></b>	
Becki Kriege (8)	187	Karl Misner (8)	192	Chris Hallen (8)	200
Kristina Mathias (8)	183	Gene Antonides (8)	189	Betty Root (8)	181
Todd Hayes (8)	180	Kelly Emo (8)	186	Stan DeMartinis (8)	176
Jim Reitz (6)	144	Ken Noel (8)	179	Karin Bivens (7)	162
Ed Gavin (7)	141	Walt Van Zant (8)	174	Marcia Morrison (4)	94
Karen Steele (6)	131	Tim Riley (8)	173		
Danny Moon (4)	96	Bob Shuck (5)	125		



## 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 1998 are:

Runner	Miles	Sat Pts.	Total	Runner	Miles	Sat Pts.	Total
Tom Warfel	1561	460	2011	Georgia Riley	724	440	1164
Walt VanZant	958	480	1438	Gene Antonides	589	440	1129
Tim Riley	911	480	1391	Ken Napier	522	440	962
Cecil Baumgartner	828	460	1288	Bob Shuck	539	300	839
Todd Hayes	752	440	1192				

## SATURDAY WORKOUT RESULTS

### 5/16/98 - Short Six - 5.74 Miles

1	Dave Fergus	32:57	
2	Todd Hayes	36:21	
3	Dick Chimenti	36:51	
4	Tim Rostege	37:29	
5	Marlon Menezes	37:29	
6	<b>Ed Gavin</b>	37:47	<b>PR</b>
7	Jonathan Lee	38:53	
8	Joe Hurtado	38:56	
9	Joann Dahlkoetter	39:03	
10	Karl Misner	39:31	
11	Bob Shuck	39:40	
12	Norm Saucedo	39:43	
13	Tom Warfel	39:48	
14	Kelly Emo	40:41	
15	Marian Richard	40:42	
16	Sue Francis	41:01	
17	Jim Myers	41:12	
18	Walt VanZant	41:19	
19	Brian Low	44:20	
20	Rich Collins	45:25	
21	Ken Noel	45:44	
21	Jutta McCormick	45:44	
23	<b>Scott Bang</b>	32:51*	<b>PR</b>
24	Pauline Beatty	46:34	
25	<b>Chris Hallen</b>	46:47	<b>PR</b>
26	Dave McCarten	46:59	
27	Betty Root	50:16	
28	Marcia Morrison	54:03	

\* Started 13 minutes late

Dick Barrett Trophy Winner - Scott Bang

We had great weather for running the Short Six this morning -- overcast sky, no wind, and temperature in the low 50s. Dave Fergus rocketed off to a fast start and was never seen again as he cruised to an easy win, recording the #14 40+ time for this course. Meanwhile, Scott Bang was cooling the rockets in his car while

getting a speeding ticket on Saratoga Avenue. Thus, he arrived at the start 13 minutes late and then took off to break his PR by 45 seconds. Dick Chimenti led the 50+ men. Joann Dahlkoetter led the ladies. It was a close fight for second place woman with Kelly, Marian, and Sue running close for most of the race and Kelly getting the edge at the end. 60+ runners Karl Misner and Norm Saucedo had a tough battle with 59-year-old Bob Shuck with Karl Misner scoring the win, the #5 time for a 60+ runner. Marcia Morrison recorded the #7 50+ time for women.

### 5/23/98 - 36 x 200 Relay

Pl	Team	Start	Finish
1	Seyoum/Hallen/Valles	:30	26:58
2	Bronson/Francis/White	4:45	27:37
3	Burke/Chimenti/Garcia	7:15	28:06
4	Root/Erickson/McCarten	1:00	28:19*
5	Emo/Myers/VanZant	6:00	28:24
6	Piazza/D.Moon/Fergus	8:15	28:27
7	Packwo/McCorm/Durmt	5:00	28:28
8	Kriege/Gerhardt/Mathias	7:15	28:30
9	Napier/Richard/Lount	4:45	28:30
10	DeMart/McPhail/M.Moon-0-		28:41
11	Shuck/Tico/Pickens	8:00	29:10
12	Norlander/Misnr/J.Hurtdo	6:15	29:11**
13	Noel/Kinsch/Baumgrtnr	6:15	DNF***

\* Did not come through the finish cones. We estimated that they finished at 28:19

\*\* This team lost about 45 seconds when they missed a handoff 2 laps from the end. They would probably have finished in the low 28:20s or better.

\*\*\* Russ Kinsch strained his hamstring and the team had to drop out with a lap to

go. They would probably have run in the high 28:10s.

We had a good turnout for this workout. All teams were rated to finish in 28:30. Abby Seyoum ran with us for the first time. She was rated to run 49 seconds per run but apparently ran much faster. John Bronson of the second place team looked like he ran much faster than his rating of 41 as he probably averaged 38. Dave Garcia of the 3rd place team probably ran well under his rating of 39.

### 5/30/98 - Valle Vista - 3.0 Miles

1	Ray Russell	16:12	
2	<b>Scott Bang</b>	16:14	<b>PR</b>
3	Mike Cyger	16:44	
4	Dave Piazza	16:50	
5	Eddie Tico	17:10	
6	Al Murray	17:14	
7	Robert Pickens	17:29	
8	Greg Burke	17:43	
9	Dick Chimenti	17:44	
10	Amanda Gerhardt	17:48	
11	Danny Moon	17:59	
12	Kristina Mathias	18:02	
13	Marlon Menezes	18:24	
14	Todd Hayes	18:50	
15	Jonathan Lee	18:53	
16	Joe Hurtado	18:54	
17	Ralph Poole	19:07	
18	Bob Shuck	19:10	
19	Norm Saucedo	19:13	
20	Tom Warfel	19:18	
21	Ed Gavin	19:45	
22	Terry Purdy	19:46	
23	Karl Misner	19:47	
24	Tom Frazier	20:12	
25	Dave Norlander	20:22	
26	Kelly Emo	20:27	
27	Walt Van Zant	20:35	

28	Jim Myers	20:46	1	Dave Piazza	27:32
29	Don Packwood	21:13	2	Robert Pickens	28:11
30	Abby Seyoum	21:27	3	Jeff Rohrer	28:58
31	Becky Norlander	21:50	4	Amanda Gerhardt	29:06
32	Rich Collins	21:53	5	Dick Chimenti	29:12
33	Marion Carter	21:56	6	<b>Danny Moon</b>	29:19 <b>PW</b>
34	Ken Napier	22:09	7	Todd Hayes	29:23
35	Pauline Beatty	22:18	8	<b>Kristina Mathias</b>	29:27 <b>PR</b>
36	<b>Chris Hallen</b>	23:17 <b>PR</b>	9	Becki Kriege	30:16
37	Dave Goldberg	23:50	10	Tom Warfel	30:58
38	Betty Root	24:44	11	Tim Rostege	31:02
39	Marcia Morrison	25:15	12	Bob Shuck	31:41
40	Madelyn Moon	25:39	13	Karl Misner	31:43
			14	Tom Frazier	32:33
			15	<b>Gene Antonides</b>	32:33 <b>PR</b>
			16	Ken Noel	32:43
			17	Kelly Emo	33:26
			18	Marian Richard	33:36
			19	Dave Norlander	33:48
			20	Walt VanZant	33:52
			21	<b>Tim Riley</b>	34:53 <b>PW</b>
			22	Marion Carter	36:02
			23	John Bronson	36:12
			24	Jutta McCormick	36:32
			25	Ken Napier	36:33
			26	Dave Goldberg	37:25
			27	Elaine Erickson	37:58
			28	Becky Norlander	38:08
			29	<b>Chris Hallen</b>	38:27 <b>PR</b>
			30	Glen Douglas	40:18
			31	Betty Root	40:24
			32	Marcia Morrison	41:16
			33	Madelyn Moon	43:03
			34	Darren Price	45:54

Dick Barrett Trophy Winner - Bob Shuck

Ray Russell had to sprint very hard over the last 50 yards to hold off Scott Bang for the win. Scott's time was the best that he has run this course (by 32 seconds) since he started running it 4 years ago. Amanda Gerhardt of the Aggies led the ladies with a 14-second win over Kristina Mathias. Al Murray led the 40+ men and Pauline Beatty led the 40+ ladies. Greg Burke recorded the #10 50+ time to lead the 50+ men runners. Dick Chimenti came within 9 seconds of his 50+ PR, which he set over 4 years ago, while recording the #3 55/59 time (behind Bill Mossie at 17:32 and Ken Napier at 17:36). Betty Root led the 50+ ladies. Newcomer Ralph Poole recorded the #3 time for 60+ runners while edging Norm Saucedo for 60+ honors this morning. Chris Hallen improved her PR by 50 seconds.

#### 6/6/98 - 12 x 600 Relay

Pl	Team	Start	Finish
1	Piazza/Burke	7:00	29:56
2	Hallen/R.Kinsch	1:00	30:22
3	White/D.Garcia	5:00	31:05
4	Noel/Shuck	5:30	31:08
5	Pickens/Bronson	6:15	31:10
6	Saucedo/Poole	5:30	31:23
7	Myers/Baumgartner	5:30	31:46
8	Napier/Packwood	3:00	31:54
9	Sweda/Warfel	5:30	32:10
10	McPhail/Ettare	-0-	32:22
11	Root/Beatty	-0-	32:42

Dick Barrett Trophy Winner - Dave Piazza

#### 6/13/98 - Triangle Run - 4.76 M

must wait until November before he enters that age category. Chris Hallen recorded the #9 time for a woman 40+ runner. Marcia Morrison recorded the #8 time for a 50+ woman runner. Ken Napier improved his seasonal best by 3+ minutes. Todd Hayes ran the fastest on this course since he ran 28:38 in December 1994.

#### 6/20/98 - 8 x 0.66-Mile Tennis

##### Court Loop Relay

Pl	Team	Start	Finish
1	VanZant/Meinhardt	5:00	37:08
2	Francis/White	5:00	37:39
3	Ettare/Hallen	-0-	37:50
4	D.Moon/Pickens	9:30	37:55
5	Noel/Frazier	6:30	38:15
6	Kriege/Hayes	7:45	38:27
7	Baumgartner/Fergus	7:15	38:29
8	Myers/Menezes	6:30	38:42
9	M.Moon/Napier	-0-	39:09
10	R.Kinsch/Rossi	7:45	40:23

Dick Barrett Trophy Winner - Sue Francis & Jake White

Bill Meinhardt, three weeks after having surgery for a hernia, led his team to victory with a 3:59 average. Robert Pickens had the best average at 3:27. Becki Kriege led the ladies at 3:57. Chris Hallen improved her cumulative time for this workout by 67 seconds. Ken Noel ran his best for this workout in over three years. Danny Moon rebounded from his PW last week to lead the 50+ runners with a 3:39 average. Dave Fergus reinjured his hamstring and had to have Ray Russell substitute for him on the last leg.

#### 6/27/98 - Doug/Sara/Frtvale - 2.75 Miles

1	Robert Pickens	15:15
2	<b>Greg Burke</b>	15:46 <b>PR</b>
3	Danny Moon	16:22
4	Dick Chimenti	16:45
5	Kristina Mathias	16:51
6	Mark Morris	17:00
7	Tim Rostege	17:04
8	Bill Meinhardt	17:17
9	Joe Hurtado	17:21
10	Tom Frazier	17:48
11	Ken Noel	17:56
12	Karl Misner	18:03
13	Cecil Baumgartner	18:35

Dick Barrett Trophy Winner - Gene Antonides

Dave Piazza took off fast and kept the lead to the end. Behind him, there were a host of notable performances. Amanda Gerhardt led a fast ladies' field. Dick Chimenti led the 50+ runners. Danny and Madelyn Moon both recorded PWs (personal worsts). This is the first time that Danny has run slower than 29:00 since he started running this course over 17 years ago. Madelyn ran over 41:00 for the first time since she started running this course 12 years ago. Tim Riley also recorded a PW but I'm not sure whether he was trying. A time counts as a PW only if you are going all out. Karl Misner, Gene Antonides, and Ken Noel recorded the #3, 6, and 7 60+ times. 60+ wannabe Bob Shuck recorded a 31:41. However, he

14	Bob Shuck	18:40	19	Georgia Riley	36:21
15	Jim Myers	18:43	20	Chris Hallen	36:37 PR
16	Dave Norlander	19:27	21	<b>Elaine Erickson</b>	37:29 PR
17	Sandy Carpenter	19:33	22	Don Dugdale	37:45
18	Dave Goldberg	19:36	23	Dwight Cornwell	39:16
19	Kelly Emo	20:03	23	Myrriah Cornwell	39:16
20	Antonina Ettare	20:18	25	Betty Root	39:45
21	Ken Napier	20:26	26	Madelyn Moon	41:08
22	Georgia Riley	21:25	27	Grace Voss	41:36
23	Rich Collins	22:34			
24	Betty Root	22:45			
25	Madelyn Moon	22:56			
26	Ruby Hurtado	25:41			

Dick Barrett Trophy Winner - Elaine Erickson

We had a small turnout for this 4th of July run. Dave Nellis had an easy time winning the race. Todd Hayes had his best time on this course since he ran 28:19 in November 1994. Mike Kriege did alright for a sadly-conditioned former athlete as he ran the course for the first time in over eight years. He was 5 minutes over his PR. Dwight Cornwell jogged the course with his daughter. He had a hard time remembering the course as the last time he ran it was in December 1982. Marian Richard led the ladies but the stars were Pauline Beatty (#8 40+ time), Chris Hallen (#10 40+ time and a 133 second improvement on her PR, and Elaine Erickson (also, a 133 second improvement on her PR). Al Murray led the 40+ runners. Tim Rostege led a field of 8 50+ runners. Ken Noel improved his 60+ PR by 39 seconds.

**7/11/98 - One Mile Races on the Track**

**Race #1 (6:00 & Over)**

1	Tim Riley	6:04.1
2	Myrriah Cornwell	6:05.5
3	Dwight Cornwell	6:05.6
4	Jim Myers	6:13.1
5	Vicki Garcia	6:17.9
6	Pauline Beatty	6:23.3
7	Ruth Hiltner	6:27.9
8	Antonina Ettare	6:33.2
9	Ken Napier	6:34.2
10	Chris Hallen	6:38.0
11	Georgia Riley	6:38.5
12	Elaine Erickson	6:56.8
13	Jim Camp	7:02.0
14	Karl Hiltner	7:02.0
15	Madelyn Moon	7:17.6
16	Betty Root	7:38.6
17	Terri Kinsch	7:59.7
18	Stan DeMartinis	8:09.3

Tim led from start to finish in this race as he recorded splits of 88, 3:04, and 4:38 on the way to his win. Myrriah closed a little ground during the last lap but couldn't quite get up to Tim.

**Race #2 (5:30/6:00)**

1	Bob Shuck	5:41.9
2	Tom Frazier	5:42.3
3	Ken Noel	5:45.0
4	Joe Hurtado	5:46.1
5	Cecil Baumgartner	5:46.6
6	Tom Warfel	5:47.0
7	Karl Misner	5:47.5
8	Walt VanZant	5:48.1
9	Ralph Poole	5:49.7
10	Dave Fergus	5:50.5
11	John Bronson	5:51.0
12	Bill Meinhardt	5:51.5
13	Dave Garcia	5:55.1
14	Gene Antonides	5:55.9
15	Dave Norlander	5:57.7
16	Joann Dahlkoetter	6:05.6
17	Kelly Emo	6:07.3
18	Sue Francis	6:13.7

This was a very competitive race as the first 12 runners finished within 10 seconds of each other. Joe Hurtado led the field through the first 3 laps with splits of 87/2:53/4:22. Then, Cecil sprinted by the field before flaming out with a 200 to go. At that point, Bob Shuck took over but Tom Frazier closed on him during the final 100 meters and appeared to overtake him just before Tom misjudged the finish line and went into a jog 5 yards before the finish.

**Race #3 (5:00/5:30)**

1	Jim Bordoni	5:06.6
2	Jonathan Lee	5:07.0
3	Al Murray	5:11.8
4	Jeff Rohrer	5:13.0
5	Jose Casillas	5:15.4
6	Kristina Mathias	5:15.9
7	Becki Kriege	5:20.6
8	Dave Piazza	5:21.0
9	Dick Chimenti	5:21.5
10	Tina Lount	5:24.5

Jim Bordoni took off fast from the start and built a huge lead before Jonathan substantially narrowed the gap over the last 200 meters. Our elite women had a good race as they all came through 3 laps

Dick Barrett Trophy Winner - Ken Noel

Danny Moon took off like a rocket and led until he got to Saratoga Avenue, where he jettisoned his rockets. Greg Burke then took over. However, he was eventually run down by Robert Pickens who went on to win by 30+ seconds. Danny held on for third place. Kristina Mathias led the ladies. Ken Noel beat Karl Misner as they ran the #4 and #5 times for 60+ runners on this course. Greg Burke recorded the #4 best-ever 50+ time. Sandy Carpenter recorded the #8 women's 40+ time. Cecil Baumgartner was the sole 40+ runner and, so, by default was the top 40+ runner. Georgia Riley led the 50+ ladies. Ruby Hurtado ran with us for the first time since breaking her shoulder last year. Marion Carter did a great job of stopping the traffic on Fruitvale Ave as can be attested by the tire marks over his body.

**7/4/98 - Farwell/Herriman - 4.68 M**

1	Dave Nellis	25:48
2	Al Murray	27:31
3	Robert Pickens	27:50
4	Todd Hayes	28:36
5	Mike Kriege	29:15
6	Tim Rostege	30:10
7	Joe Hurtado	30:23
8	Rod MacKinlay	31:22
9	Dave Fergus	32:09
10	Ray Russell	32:13
11	Dave Norlander	32:21
12	Ken Noel	32:38
13	Walt VanZant	32:46
14	Marian Richard	32:52
15	Tim Riley	33:42
16	Rick Kananen	34:06
17	<b>Dan Duston</b>	34:17 PR
18	<b>Pauline Beatty</b>	34:27 PR

within a few yards of each other. Then, Kristina upped the ante to finish with a 75 and the women's win.

**Race #4 (5:00 & Under)**

1	Scott Bang	4:49.6
2	Mike Cyger	4:52.0
3	Don Hogue	4:53.3
4	Steve Kautz	4:57.7
5	Robert Pickens	5:00.7
6	Art Mitchum	5:03.4
7	Danny Moon	5:13.5
8	Eddie Tico	6:45.8

Eddie Tico sprinted the first lap in 65 and held on until the 600 mark before jogging to the finish. Don Hogue then took the lead and came through the half mile in 2:21. Scott Bang took over the lead down the backstretch and was never headed again as he passed by the 1320 in 3:37 and finished with a 72 last lap.

**7/18/98 - 4 x 1.46-Mile WVC Loop**

**Relay**

Pl	Team	Start	Finish
1	Myers/Gavin	5:00	41:40
2	Poole/Warfel	5:15	41:44
3	VanZant/Duston	:30	42:30
4	Fergus/Tico	8:15	42:58
5	Goldberg/Emo	2:30	43:26*
6	Baumgartnr/Garcia	5:15	43:27**
7	R.Kinsch/Chimenti	7:15	43:33
8	Camp/Collins	-0-	43:50
9	Napier/R.MacKnlay	1:30	44:22
10	Krieger/Hayes	:30	47:59***

\*Dave Goldberg got lost on both of his runs, going short the first time and long the second time.

\*\*Don Hogue substituted for Dave Garcia on the last run.

\*\*\*Lisa Krieger got lost on her second run.

Dick Barrett Trophy Winner - Ed Gavin

Ed Gavin started 5 seconds behind Tom Warfel on the last leg, passed him at the start of the uphill with a half mile to go, and then held on for the 4-second win. Ed attributed his 26 second improvement on his PR to the new shoes that he bought yesterday. Dick Chimenti had the fastest overall time of the day at 16:55. He

thanked his partner for the long rest that Dick was able to get in between his runs. The criminal performance of the day was by Eddie Tico, who cut too soon before turning left past the swimming pool.

**7/25/98 - Farwell - 3.54 Miles**

1	Ray Russell	18:52	
2	Al Murray	20:16	
3	Jeff Rohrer	20:31	PR
4	Dwight Cornwell	21:02	
5	Todd Hayes	21:22	
6	Dick Chimenti	21:44	
7	Tom Warfel	22:34	
8	Ed Gavin	22:38	
9	Marlon Menezes	22:48	
10	Sue Francis	23:39	
11	Karl Misner	23:39	
12	Rod MacKinlay	24:32	
13	Tom Frazier	24:32	
14	Brian Low	25:16	
15	Dave Norlander	25:37	
16	Sandy Carpenter	25:41	
17	Ruth Hiltner	26:43	
18	Antonina Ettare	27:03	
19	Jeta McCormick	27:32	4
20	Rich Collins	27:34	
21	<b>Chris Hallen</b>	27:37	PR
22	Pauline Beatty	27:54	
23	Rich Stiller	27:58	
24	Georgia Riley	28:41	
25	Dave McCarten	28:55	
26	Karl Hiltner	29:36	
27	Cecil Baumgartner	29:37	
28	Kelly Emo	29:50	
29	Glen Douglas	30:50	
30	Teri Kinsch	31:32	
31	Grace Voss	32:34	

Ray Russell started one minute behind everyone but was still able to catch the entire field as he crossed the line in 19:52 for a net time of 18:52. Karl Misner recorded the all-time #5 time for a 60+ runner, Dick Chimenti recorded the #6 time for 55/59 runners, Sandy Carpenter recorded the #10 time for 40+ runners, and Dwight Cornwell recorded the #13 time for 50+ runners.

**8/1/98 - 18 x 0.33-Mile Tennis**

**Court Loop**

Pl	Team	Start	Finish
1	NorlanGarcia/Rostege	5:00	39:20
2	B.Low/Root/Myers	1:15	39:51
3	Frazier/Poole/Hayes	6:30	40:04

4	Lee/D.Moon/Piazza	8:45	41:07
5	Valles/Camp/M.Moon	-0-	51:57

Dick Barrett Trophy Winner - Dave Norlander

This was not a very close race as the Norlander team took the lead during 15th leg and then pulled away to an easy win.

**8/8/98 - 5K on the Track**

**Heat #1**

1	Dave Garcia	19:58
2	Sue Francis	21:01
3	Cecil Baumgartner	20:23
4	Walt Van Zant	21:14
5	Karl Hiltner	23:47
6	Madelyn Moon	25:36
7	Terri Kinsch	26:03
8	Howard Powers	26:52
9	Stan DeMartinis	27:05

This was the slug heat that we ran at 7:15 AM. VanZant grabbed the early lead but was soon gobbled up by the top three finishers, who then ran together for quite awhile before Dave pulled away for the win. Cecil went into the tank with a few laps to go.

**Heat #2**

1	Ray Russell	16:09
2	Bob Pickens	16:51
3	Dave Fergus	17:03
4	Bob Anderson	17:40
5	Jim Bordoni	17:46
6	Dave Piazza	17:47
7	Jeff Rohrer	17:53
8	Danny Moon	18:14
9	Kristina Mathias	18:15
10	Amanda Gerhardt	18:16
11	Dick Chimenti	18:29
12	Becki Kriege	19:19
13	Ed Gavin	19:22
14	Tom Warfel	19:23
15	Brian Schonfeld	19:29
16	Tim Rostege	19:34
17	Tom Frazier	20:00
18	Jonathan Lee	20:18
19	Kelly Emo	20:19
20	Jake White	20:26
21	Sue Pickens	20:33
22	Dave Norlander	20:37
23	Brian Low	21:43
24	Pauline Beatty	21:48
25	Antonina Ettare	22:37

26	Rich Collins	23:17
27	Chris Hallen	23:29
28	Jim Camp	23:32

past form to lead the 40+ runners. Bob Anderson led the 50+ runners.

top women finishers nearly caught him. He had brown stains on the back of his shorts when seen after the race. Kelly Emo's 20:19 was terrific. That may be her best-ever track 5K. Pauline Beatty also must have run a PR with her 21:48. And, Jake partially erased the memory of the ugly 6:07 mile that he ran at an all-comers meet with his 20:26. The 18:29 posted by Dick Chimenti was pretty good for an aging 55+ runner.

The ladies had a super race. Kristina, Amanda, and Becki ran together for the first 6 laps before Becki faded. Kristina and Amanda stayed together for the rest of the race before Kristina sprinted for the win with 100 meters to go.

Danny Moon, the second 50+ finisher, had a big scare near the finish as both of the

Dick Barrett Trophy Winner - Ray Russell

Ray Russell led all of the way to win this heat with 1600 splits of 5:08, 10:21, and 15:32. Don Hogue helped by running most of the first 1600 with Ray. Dave Fergus showed that he has regained some of his

## RACE RESULTS

### 4/4/98 - American River 50M

Dave Scott 6:08:41 1st-40+

### 5/3/98 - Tortoise & Hare 10K

Jeff Rohrer 37:36  
 Mike Cyger 37:49  
 Dave Fergus 37:59 2d-40+  
 Bob Lilly 38:34 3d-50+  
 Tim Rostege 39:12  
 Ephraim Romesberg 48:31 1st-60+

### 5/3/98 - Avenue of the Giants

#### Marathon

Robert Pickens 3:12:17

### 5/3/98 - Devil Mountain 10K

Brian Davis 33:54 3rd-40+  
 Dan Anderson 36:33 1st-45+  
 Karen Steele 38:40 1st-40+  
 Tom Mota 41:30

### 5/3/98 - Devil Mountain 5K

Rick Reitz 15:40 2nd-25+  
 Charles Lighty 17:14 2nd-40+  
 Jim Reitz 18:02 1st-50+

### 5/6/98 - Newark 2.5 Mile Race

Don Packwood 16:16 1st-50+

It is rumored that this race is sponsored by Don Packwood. It starts at midnite on a Wednesday on the outskirts of Newark. Don finished 3rd overall and took home a nice trophy for his effort. Shortly after the race, Don passed a new rule making the top two finishers ineligible to run next year.

### 5/9/98 - GE Corporate Meet

Here are the various splits that club members ran during individual races and relays.

#### 200 Meters

Dan Durante 26.5  
 Danny Moon 26.9r  
 Dan Durante 27.1  
 Bob Shuck 29.2r  
 Kali Russell 40.9

#### 400 Meters

Scott Bang 59.2r  
 Ray Russell 59.7r  
 Dan Durante 62.8  
 John Bronson 65.8r  
 Dave Piazza 67.7r  
 Bob Shuck 74.6r  
 Ralph Poole 75.6r  
 Kali Russell 101.6

#### 800 Meters

Scott Bang 2:16.2  
 Danny Moon 2:19.5  
 Dave Piazza 2:22.8r  
 Bob Shuck 2:36.1r  
 Ralph Poole 2:39.1r  
 John Bronson 2:41.2  
 John Bronson 2:43.8r  
 Ray Russell 2:51.1r

#### 1600 Meters

Ray Russell 4:44.8  
 Scott Bang 4:49.8  
 Dave Piazza 5:04.4  
 Ralph Poole 5:56.5

### 5/16/98 - Oakdale 5K

Dave Furst 17:20 1st-50+

Dave finished 7th overall.

### 5/17/98 - Bay to Breakers Race

Bob Ebert 39:48 2nd-40+  
 Jim Angelopoulos 40:56  
 Steve Beebe 42:59  
 Chuck MacDonald 43:30  
 Dave Piazza 43:36  
 Dan Anderson 43:42  
 Christine Kennedy 44:41 1st-40+  
 Yvonne Lund 46:51  
 Marty Beene 47:50 PR  
 Kristina Mathias 48:45  
 (Centipede)  
 Mary Vidovich 51:35  
 Dean Mayer 53:07  
 Kelly Emo 54:33  
 Sue MacDonald 55:47  
 Dave Norlander 55:48  
 Marlon Menezes 56:13  
 Becky Norlander 61:07

### 5/17/98 - Tilden Tough 10-Miler

Dan Dustin 1:17:53  
 Tim Riley 1:20:01 5th-50+  
 Georgia Riley 1:27:xx 2nd-50+

### 5/17/98 - San Carlos 5K

Don Packwood 21:45 2nd-50+

### 5/17/98 - San Carlos 10K

Dave Valles 48:xx 1st-70+

### 5/24/98 - Windbreaker 5K (San Ramon)

Brian Davis 16:02 1st-40+  
 Dave Furst 17:45 1st-50+  
 Ron Kiyono 18:16 2nd-50+

Brian finished 2nd overall in this race.

### 5/31/98 - Tandem 10K

Jim Angelopoulos 33:53 7th-30+



Steve Thomas	35:04	9th-30+
Dave Fergus	35:42	2nd-40+
Bill Dunn	36:07	1st-50+
Jim Reitz	37:33	3rd-50+
Rick Reitz	37:33	
Jeff Rohrer	37:56	
Art Mitchum	38:43	
Ed Gavin	40:00	
Tim Rostege	40:06	7th-50+
Joann Dahlkoetter	41:18	3rd-40+
Brian Low	45:15	
Ruth Hiltner	45:50	6th-40+
Kathy Frank	48:37	2nd-50+
Karin Bivens	51:21	4th-50+
Karl Hiltner	53:30	
Betty Root	54:09	6th-50+
Tom Drumm	55:44	
Jim Whalen	55:44	
Jack Friedlander	61:47	1st-70+
Joyce Friedlander	67:21	3rd-60+

**5/31/98 - Tandem 2.1 Mile**

Ron Landrum	12:41	3rd-40+
Cecil Baumgartner	13:16	
Sue Francis	13:18	1st-40+

**5/31/98 - Hillborough 5K**

Tim Riley	20:53	2nd-50+
Georgia Riley	23:18	1st-50+
Annette McPhail	26:19	

Georgia says that this was a well-organized race. The race had rolling hills and somewhat like the Big Sur 5K except that there was no sand to run through.

**5/31/98 - Lake Chabot Half Mar**

Dan Anderson	1:28:12	1st-45+
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Dan finished 10th overall on this difficult course.

**6/6/98 - Diligence 5K (N.Carolina)**

Danny Moon	18:17	1st-50+
Nao Wei	19:54	1st-40+
Madelyn Moon	25:50	1st-50+

Nao was the second woman finisher overall.

**6/6/98 - North Carolina Jr.**

**Olympics**

Stephanie Wei, now 7 years old, ran the 100 in 20.3, the 200 in 44.6 and the 400 in 105.8.

**6/7/98 - Danville 5K**

Ray Russell	16:06	5th-35+
Ron Kiyono	17:36	4th-50+
Art Mitchum	17:41	4th-45+

**6/7/98 - Run For Your Life 4-M**

Bill Johnston	25:06	3rd-40+
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**6/7/98 - Strawberry Festival 5K**

Jutta McCormick	22:34	1st-50+
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Jutta finished 4th in a field of 157 women.

**6/7/98 - Silver State 15K**

Tim O'Rourke	53:43	5th-40+
Brian Davis	54:34	9th-40+
Bill Dunn	57:37	4th-50+
Charles Lighty	58:55	
Al Murray	59:23	
Dave Furst	59:38	5th-50+
Jim Reitz	60:43	6th-50+
Dick Chimenti	61:19	3rd-55+
Karen Steele	62:39	3rd-40+
Dave Fergus	62:50	
Joe Hurtado	64:03	5th-55+
Todd Hayes	64:17	
Tina Lount	64:44	8th-30+
Joan Dahlkoetter	67:47	9th-40+
Marian Richard	68:06	
Gene Antonides	68:30	5th-60+
Becki Kriege	68:43	
Karl Misner	68:58	6th-60+
Cecil Baumgartner	69:16	
Sue Francis	69:52	4th-45+
Kelly Emo	70:27	
Bill Flodberg	72:11	7th-60+
Becky Norlander	72:55	5th-20+
Dave Norlander	74:01	
Tim Riley	74:09	
Walt VanZant	74:23	
Marion Carter	77:51	1st-65+
Boyce Jacques	77:57	1st-70+
Georgia Riley	80:40	5th-50+
Karin Bivens	84:37	6th-50+
Marcia Morrison	89:35	8th-50+
Stan DeMartinis	92:08	1st-75+
Ruby Hurtado	109:49	5th-55+

33 club members traveled to Boomtown for this Pacific Association championship race. As can be seen, Tim O'Rourke led our men runners and Karen Steele led the ladies. Our women's 50+ team won their division, our men's 50+ and 60+ teams finished 2nd, our men's and women's 40+ teams finished 4th, and our open women's team finished 5th. Some of us stayed at Rich Collins' cabin at North Lake Tahoe and, as usual, had a good time.

**6/7/98 - Silver State 5K**

Gary Brooks	19:25	
Neal Chappell	19:33	1st-55+

**6/14/98 - Dipsea Race**

37 Greg Burke	60:34
48 Joe Hurtado	66:46
91 Mary Vidovich	66:58
152 Bert Johnson	71:16
1077 Pauline Beatty	95:46

This is a handicap race. The times shown above are the actual times of the runners.

**6/20/98 - Fujitsu 8K**

Bob Ebert	26:26	5th-40+
Steve Thomas	27:57	
Steve Beebe	28:00	
Paul Davis	29:17	
Greg Burke	29:27	3rd-50+
Jeff Rohrer	29:49	
Karen Steele	30:47	2nd-40+
Tina Lount	31:13	6th-30+
Ed Gavin	31:54	
Joe Hurtado	32:11	8th-50+
Joann Dahlkoetter	33:22	4th-40+
Dave Norlander	35:27	
Becky Norlander	37:15	
Jack Friedlander	46:09	2nd-70+

Karen Steele won \$200 for her finish in the women's 40+ division. Becky Norlander improved her PR from last year by nearly two minutes.

**6/20/98 - Grandma's Marathon**

Sandy Carpenter 3:46:13

This race was run in Duluth, Minnesota.

**6/21/98 - Rock 'n' Roll Marathon**

Christine Kennedy 2:52:27 1st-40/44  
 Yvonne Lund 3:05:14 7th-30/34  
 Kelly Emo 3:53:34  
 Ruth Hiltner 4:07:54  
 Marcia Morrison 4:48:23  
 Grace Voss 4:54:56  
 Karin Bivens 5:09:22  
 Sandy Vaurs 5:30:56

This was a super run for our top two ladies as there were over 10,000 runners in this race and it was warm. Karin Bivens finished despite getting knocked down and skinned up early in the race. Sandy Vaurs started with the intention of just running half a marathon but, after meeting a friend at the 4-mile mark, decided to run the entire marathon. She said that she took 45,000+ steps to finish the race.

**6/21/98 - Woodminster 9-Miler**

Bill Flodberg ran this very difficult handicap race in 77:35 to finish 28th in a field of 182.

**6/28/98 - Western States 100**

Dave Scott 19:05 1st-40+  
 Shirley Church 29:02

Dave led this prestigious race through the first 62 miles before fading to 7th. He was only 21 minutes out of third and led the finisher behind him by 29 minutes.

**7/3/98 - Freedom Run Mile**

Stephane Wei 9:15

**7/4/98 - Hernia Hill 10K**

1 Dave Furst 42:03

Dave Furst lived up to his last name for the first time in quite awhile by winning

a race outright. This race was a combination 5K/10K/Half Marathon. It was a very hilly course that was run at the 5,000 feet. Dave said that there were 10 younger runners in the race that were ahead of him at the turn-around marks. However, he was pleasantly surprised to find that 7 of them turned around at the 5K mark and the remaining 3 kept going when he hit the 10K turn-around mark.

**7/4/98 - Bridgeport 5-Miler**

12 Kelly Emo 37:21

Kelly says that 98 patients from the old-folks home and herself started this race. She alleges that the course was very difficult (It was run in the eastern Sierras) and that the mildly high altitude may have affected her time.

**7/4/98 - Freedom Day 10K**

9 Cecil Baumgartner 41:43  
 10 Sue Francis 41:46 1st-Wom

Cecil and Sue drove all of the way to Oxnard to cherry pick on this race. They claim that they went down to visit relatives and that running in the race was merely a secondary motive for the trip.

**7/4/98 - Truckee Mile**

Neal Chappell at age 59 blazed to a 4:59.6 mile with splits of 65/75/79/79.

**7/4/98 - Will Rogers 10K**

Tina Lount 39:36 1st-Wom

This race was run in Pacific Palisades in Southern California.

**7/11/98 - Tri Span 5K**

Stephane Wei 34:20 3rd-13-

**7/11/98 - Tri Span 10K**

Nao Wei 43:48 1st-40+

**7/11/98 - Escalon 10K**

Dave Furst finished 2nd in this race while winning the 50+ division with a time of 37:14. He ran this race as a conditioner, running the first 3 miles in 5:40, 5:54, and 5:52 before slowing to 6:20 pace for the last half of the run.

**7/12/98 - SF Marathon 5K**

Marty Been 19:19  
 Ruth Hiltner 23:32 5th-40+  
 Karl Hiltner 25:22

**7/12/98 - San Francisco Marathon**

Dan Anderson 3:05:03 5th-45+  
 Abby Seyoum 4:15:47  
 Brian Low 4:21:56  
 Dave Valles 4:32:07 5th-70+

**7/19/98 - Grand Prix Mile Races at Sacramento**

**60+ & 70+ Men's Race**

Gene Antonides 5:40.4  
 Ken Noel 5:43.1  
 Boyce Jacques 6:14.1  
 Bill Flodberg 6:18.3  
 Ken Napier 6:45.9  
 Stan DeMartinis 7:34.1  
 Ray Morris 8:00.8

Our 60+ team finished 2nd to Tamalpa and our 70+ team won.

**50+ Men's Race**

Bill Dunn 4:54.3  
 Danny Moon 5:00.1  
 Greg Burke 5:04.0  
 Jim Reitz 5:12.3  
 Neal Chappell 5:26.0  
 Bob Shuck 5:36.5  
 Joe Hurtado 5:43.2  
 Walt VanZant 6:06.2

Tamalpa beat us by 6 seconds in this race. Bill Dunn had an exciting battle for first place as Mike dove edged him with a 4:54.0 and Bill edged Steve Ferraz, who ran 4:54.6. Danny Moon ran by far his best mile of the year. Neal Chappell and Bob Shuck ran this race for the last time as 50+ runners. They

will be 60 when they run this race next year.

#### **50+ Women's Race**

Georgia Riley	6:52.7
Karin Bivens	7:14.2
Madelyn Moon	7:22.8
Betty Root	7:41.1

Our 50+ ladies finished 2nd behind Tmalpa and the Impalas finished 3rd. This leaves us in first place for the season, 3 points in front of the Impalas. Georgia and Madelyn lost some time when they temporarily made a wrong turn.

#### **40+ Women's Race**

Karen Steele	5:34.9
Sue Francis	5:51.2
Joann Dahlkoetter	5:57.8
Ruth Hiltner	6:04.4
Chris Hallen	6:44.1

All of the ladies ran well but the Chips edged us for first place honors.

#### **40+ Men's Race**

Bob Ebert	4:33.0
Tim O'Rourke	4:33.8
Brian Davis	4:35.0
Al Murray	4:57.2
Art Mitchum	5:06.2
Todd Hayes	5:12.2
Jose Casillas	5:13.7
Karl Hiltner	6:41.3

As was the case with the 40+ ladies, there were a lot of good performances by the men in this race, highlighted by the 3,4 5 finish ob Bob, Tim, and Brian. This was good enough to give us the team victory over the Aggies. Excelsior finished third.

#### **Open Women's Race**

Kristina Mathias	5:04.8
Becki Kriege	5:17.7
Tina Lount	5:25.9
Vicki Garcia	5:58.6
Marian Richard	6:06.9

These were good performances by the ladies. Vicki improved 19 seconds

over her performance of last Saturday. Our ladies finished 3rd behind the Impalas and the Aggies.

#### **Open Men's Race**

Rick Reitz	4:26.1
Dave Nellis	4:37.5
Robert Pickens	4:42.4
Scott Bang	4:47.6
Brad Holbrook	4:51.2
Marty Beene	5:13.0
Jonathan Lee	5:19.1

Our open team finished 7th.

#### **7/26/98 - Wharf to Wharf - 6 M**

##### **Men**

31 Bob Ebert	31:14
52 Dave Nellis	32:12
77 Steve Beebe	33:12
84 Bob Pickens	33:22

##### **Women**

16 Karen Steele	36:35
17 Kristina Mathias	36:49

Results are computed for just the first 100 men and women to finish this race.

#### **8/2/98 - Alameda 10K**

##### **Men**

27 Brian Davis	33:21	4th-40+
28 Tim O'Rourke	33:31	5th-40+
32 Jim Angelopoulos	33:41	
40 Ray Russell	34:20	
54 Bob Pickens	34:53	
70 Dan Anderson	35:48	4th-45+
71 Al Murray	35:50	
85 Bill Dunn	36:25	5th-50+
99 Dave Fergus	36:56	
102 Rick Reitz	37:09	
109 Jim Reitz	37:20	
114 Todd Hayes	37:36	
122 Jeff Rohrer	37:55	
143 Dick Chimenti	38:41	2nd-55+
163 Joe Hurtado	39:24	3rd-55+
165 Neal Chappell	39:26	4th-55+
171 Scott Bang	39:54	
195 Ed Gavin	40:56	
199 Karl Misner	41:03	3rd-60+
226 Brian Schonfeld	42:16	
231 Ken Noel	42:20	5th-60+
249 Cecil Baumgartner	43:10	
316 Bill Flodberg	47:28	

327 Ray Stewart	48:06	1st-70+
361 Mark Winitz	49:34	
370 Boyce Jacques	49:50	2nd-70+
396 Ed Reyna	51:35	5th-65+
411 Dave McCarten	52:47	
427 Karl Hiltner	53:54	
443 Stan DeMartinis	55:14	1st-75+
457 Jim Camp	56:15	
483 Jack Friedlander	60:41	4th-75+

##### **Women**

5 Becki Kriege	36:54	3rd-30+
11 Karen Steele	38:27	2nd-40+
14 Kristina Mathias	39:00	5th-25+
20 Tina Lount-Pretre	39:57	
27 Joann Dahlkoetter	40:44	
35 Sue Francis	41:22	1st-45+
50 Marian Richard	42:36	
60 Kelly Emo	43:29	
89 Ruth Hiltner	47:07	
90 Kathy Frank	47:16	2nd-50+
100 Pauline Beatty	48:40	
113 Karin Bivens	50:20	5th-50+
116 Georgia Riley	50:33	PW
145 Chris Hallen	52:43	
259 Joyce Friedlander	73:13	

#### **8/2/98 - National Masters**

##### **Track Meet**

This meet was contested on 7/30/98 through 8/2/98. **Gene Antonides** finished 3rd in the 800 with an excellent 2:25.53. He then qualified for the 400 finals with a 61.95 before finishing 6th in the finals with a 62.57.

#### **8/8/98 - 60+ Distance Medley Relay**

Our 60+ team of Ken Noel, Norm Saucedo, Gene Antonides, and Karl Misner took a shot at the 60+ world record for the distance medley relay (800, 400, 1200, 1600) of 13:24 on this Saturday morning and successfully broke it by 7 seconds.

Ken Noel ran the opening 800 leg. His goal was to run 2:30. The charged atmosphere of 50+ fanatics cheering him on must have gotten him excited as he ran his first lap in 71.9. This took its toll as he dropped to a 79.6 on the 2nd lap to finish in 2:31.5. Our goal of 2:20/1:10/4:00/5:40 would bring us in 4

seconds under the record. So, Ken missing his goal by 1.4 seconds was no big deal.

Norm Saucedo ran the 400 on the 2nd leg. Norm has been injured for several months and, so, was far from top form. But, he is such a good runner that his teammates felt that he could manage a sub-70 and he did with a 68.0. This put us 0.6 seconds under our goal after two legs.

Gene Antonides, who had recently run an atrocious 5:56 mile, ran the 1200. Since his terrible mile, Gene had run a 5:40 mile and a 2:25 800. Plus, he had strided through a 4:07 1200 on Wednesday night as part of our interval workout. Thus, he felt confident that he could run his goal of 4:00 for 1200. Gene, who normally starts slow and finishes fast, blasted

out with a 76 first 400. This appeared to tire him but Gene later stated that he felt fine as he drifted to an 84 second 400. And, Gene was right that he felt okay because he finished with a 76.5 for a fantastic 3:56 1200. This is the equivalent of about a 5:25 1600. Not too bad for an aging runner. So, our 60+ team was 7:36 after 3 legs as compared to a goal of 7:40.

This apparently got Karl very excited. He whizzed through his first lap in 75.7 before starting to fizzle. He ran his second lap in 86.1 to come through the 800 in 2:41.8. This put him 12+ seconds up on the team goal and 16 seconds up on the record. However, the grim reaper grabbed a hold of his legs during the last two laps. He ran his 3rd lap in 91 as compared to his goal of 85. This left the team 10 seconds ahead of the record pace.

Thus, it was obvious to most of us that the record would be broken. However, Karl surely suffered a lot during that last lap as his tight legs struggled to an 88. This gave him a 5:41.4 and the team a final time of 13:17.

Ken Noel	71.9-79.6	= 2:31.5
Norm Saucedo	67.9	= 1:07.9
Gene Antonides	75.9-83.9-76.4	= 3:56.2
Karl Misner	75.7-86.1-91.1-88.5	= <u>5:41.4</u> 13:17.0

### 8/9/98 Frog Jog 5K (in SF)

Kelly Emo pushed little Dana to a PR 22:31 one day after running a great 20:19 5K on the track. Kelly said that it was difficult pushing the baby jogger through the crowd at the start (she had to start at the rear of the pack) and it was difficult pushing on the uphill portions of the course. The remainder of the race was a piece of cake.

### 7/2/98 - Los Gatos All-Comers Meet

	<u>7/2</u>	<u>7/9</u>	<u>7/16</u>	<u>7/23</u>	<u>7/30</u>						
<b>100 Meters</b>						Jose Casillas		2:15.x		2:17.x	
Kali Russell				17.9		Mike Bordoni	2:18.8				
Jack Bordoni		26.1				Greg Burke	2:22.8				
Mary Kriege				28.6		Jonathan Lee	2:23.1			2:37.x	
						John Bronson	2:31.5	2:27.7	2:23.7		
<b>200 Meters</b>	<u>7/2</u>	<u>7/9</u>	<u>7/16</u>	<u>7/23</u>	<u>7/30</u>	Gene Antonides	2:39.6	2:33.8	2:29.6	2:26.9	
Steve Kautz			23.9			Becki Kriege			2:28.3		
Danny Moon			27.6		27.5	Dick Chimenti	2:28.4				
Mike Bordoni	28.1		28.2			Matt Bordoni				2:32.2	
Matt Bordoni			31.6		32.3	Cecil Baumgartner		2:32.7			
Jack Bordoni	54.7	54.2	55.6		56.5	Bob Shuck		2:38.1			
						Joe Hurtado			2:41.5	2:39.x	
<b>400 Meters</b>	<u>7/2</u>	<u>7/9</u>	<u>7/16</u>	<u>7/23</u>	<u>7/30</u>	Mandy Benham		2:41.x			
Steve Kautz	52.5	52.3				Jake White				2:41.x	
Mike Cyger		58.6				Sue Francis	2:45.2				
Greg Burke	61.3		58.9	60.1		Kelly Emo				2:45.x	
Dick Chimenti	61.6			61.6	59.5						
John Bronson	61.3	60.8									
Mike Bordoni			60.9								
Dave Nellis		62.1									
Gene Antonides	62.3	63.1									
Brian Boyle	62.5										
Matt Bordoni			66.5			<b>Mile</b>	<u>7/2</u>	<u>7/9</u>	<u>7/16</u>	<u>7/23</u>	<u>7/30</u>
Cecil Baumgartner		67.8				Ray Russell			4:35		
Jake White					74.7	Dave Nellis		4:40.5			4:44
Jack Bordoni	119.8	119.7	118.9		117.6	Scott Bang					4:44
						Mike Cyger	4:52		4:47		
<b>800 Meters</b>	<u>7/2</u>	<u>7/9</u>	<u>7/16</u>	<u>7/23</u>	<u>7/30</u>	Brad Holbrook		4:49	4:54	4:48	
Steve Kautz	2:03.x	2:03.2	2:03.4	2:02.9	2:00.9	Robert Pickens	4:53		4:55		
Ray Russell	2:06.x	2:04.9				Danny Moon	5:06	5:08.x	5:08	5:05	5:00
Mike Cyger		2:10.1				Brian Boyle	5:34				5:03
Jim Bordoni			2:11.8		2:12.9	Art Mitchum			5:05		
Art Mitchum		2:12.4				Jim Doran Jr	5:07				
						Jonathan Lee	5:28	5:13.x	5:23		5:27



Jose Casillas					5:15															
Mike Bordoni					5:15															
Becki Kriege	5:19			5:21				<b>2 Mile</b>	<u>7/2</u>	<u>7/9</u>	<u>7/16</u>	<u>7/23</u>	<u>7/30</u>							
Matt Bordoni					5:42			Ray Russell	10:12	10:06										10:02
Joe Hurtado				5:46	5:43			Dave Nellis		10:32		10:22								
Ron Landrum		5:48.x						Robert Pickens	10:47	10:42		10:33								
Bob Shuck		5:49.x						Brad Holbrook			10:37	10:42								
Joe Hurtado		5:52.x						Brian Boyle												11:12
Jake White	6:07							Christine Kennedy		11:37										
Kelly Emo					6:09			Jose Casillas			12:17									11:49
Madelyn Moon	7:28	7:22.x	7:21	7:16	7:13			Dick Chimenti	12:11			11:54								
Betty Root		7:43.x	7:43	7:48				Becki Kriege	11:59			12:21								
								Jonathan Lee												12:29

**CUMULATIVE SATURDAY CONTEST**

The Cumulative Saturday Contest is your best time for the year on each of our six Saturday race courses. The following table shows the current status. The number in italics represents your equivalent 10K time for that particular course (a relative figure of merit).

Elite Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWELL HERR		TRIANGLE		SHORT SIX		TOTAL
Russel, Ray	0:14:30	<i>0:34:08</i>	0:15:50	<i>0:33:31</i>	0:18:52	<i>0:33:41</i>	0:25:37	<i>0:34:15</i>	0:26:32	<i>0:34:33</i>	0:33:25	<i>0:35:19</i>	2:14:46
Fergus,Dave	0:17:33	<i>0:41:18</i>	0:16:38	<i>0:35:13</i>	0:22:35	<i>0:40:20</i>	0:28:52	<i>0:38:36</i>	0:33:10	<i>0:43:11</i>	0:32:57	<i>0:34:50</i>	2:31:45
Bang, Scott	0:00:00	<i>0:00:00</i>	0:16:14	<i>0:34:22</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:32:51	<i>0:34:44</i>	0:00:00
Cyger, Mike	0:00:00	<i>0:00:00</i>	0:16:43	<i>0:35:23</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Hegglund, Mike	0:15:17	<i>0:35:58</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Hiltner, Karl	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:29:36	<i>0:52:51</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Hiltner, Ruth	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:26:43	<i>0:47:43</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Hogue, Don	0:14:43	<i>0:34:38</i>	0:16:18	<i>0:34:30</i>	0:00:00	<i>0:00:00</i>	0:26:31	<i>0:35:27</i>	0:00:00	<i>0:00:00</i>	0:38:24	<i>0:40:36</i>	0:00:00
Murray, Al	0:00:00	<i>0:00:00</i>	0:17:10	<i>0:36:20</i>	0:20:16	<i>0:36:11</i>	0:27:31	<i>0:36:47</i>	0:28:31	<i>0:37:08</i>	0:34:50	<i>0:36:49</i>	0:00:00
Nellis, Dave	0:00:00	<i>0:00:00</i>	0:17:20	<i>0:36:41</i>	0:20:42	<i>0:36:58</i>	0:25:48	<i>0:34:30</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Norcia, Mike	0:16:54	<i>0:39:47</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:29:37	<i>0:39:36</i>	0:31:25	<i>0:40:54</i>	0:00:00	<i>0:00:00</i>	0:00:00
O'Rourke, Tim	0:00:00	<i>0:00:00</i>	0:16:02	<i>0:33:56</i>	0:20:33	<i>0:36:42</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Piazza, Dave	0:00:00	<i>0:00:00</i>	0:16:50	<i>0:35:38</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:27:32	<i>0:35:51</i>	0:00:00	<i>0:00:00</i>	0:00:00
Pickens, Robert	0:15:15	<i>0:35:54</i>	0:17:29	<i>0:37:01</i>	0:00:00	<i>0:00:00</i>	0:27:40	<i>0:36:59</i>	0:28:11	<i>0:36:42</i>	0:00:00	<i>0:00:00</i>	0:00:00
Rohrer, Jeff	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:28:41	<i>0:37:21</i>	0:00:00	<i>0:00:00</i>	0:00:00
Seyoum, Abby	0:00:00	<i>0:00:00</i>	0:21:27	<i>0:45:24</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Tico, Eddie	0:00:00	<i>0:00:00</i>	0:17:10	<i>0:36:20</i>	0:20:56	<i>0:37:23</i>	0:32:22	<i>0:43:16</i>	0:32:38	<i>0:42:29</i>	0:00:00	<i>0:00:00</i>	0:00:00
Yang, Mike	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:23:11	<i>0:41:24</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
A Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWELL HERR		TRIANGLE		SHORT SIX		TOTAL
Hayes, Todd	0:16:46	<i>0:39:28</i>	0:18:42	<i>0:39:35</i>	0:21:22	<i>0:38:09</i>	0:28:36	<i>0:38:14</i>	0:29:23	<i>0:38:16</i>	0:36:21	<i>0:38:25</i>	2:31:10
Mathias, Kristina	0:16:51	<i>0:39:40</i>	0:18:02	<i>0:38:10</i>	0:21:59	<i>0:39:15</i>	0:29:15	<i>0:39:06</i>	0:29:27	<i>0:38:21</i>	0:37:42	<i>0:39:51</i>	2:33:16
Gavin, Ed	0:17:39	<i>0:41:33</i>	0:19:45	<i>0:41:48</i>	0:22:23	<i>0:39:58</i>	0:30:48	<i>0:41:11</i>	0:31:57	<i>0:41:36</i>	0:37:47	<i>0:39:56</i>	2:40:19
Howe, Jim	0:17:50	<i>0:41:58</i>	0:19:56	<i>0:42:12</i>	0:24:05	<i>0:43:00</i>	0:31:05	<i>0:41:33</i>	0:32:14	<i>0:41:58</i>	0:42:08	<i>0:44:32</i>	2:47:18
Bordoni, Jim	0:16:16	<i>0:38:17</i>	0:00:00	<i>0:00:00</i>	0:20:58	<i>0:37:26</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:36:03	<i>0:38:06</i>	0:00:00
Burke, Greg	0:15:46	<i>0:37:07</i>	0:17:43	<i>0:37:30</i>	0:21:08	<i>0:37:44</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Casillas, Jose	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:22:46	<i>0:40:39</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Johnston, Bill	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:39:23	<i>0:41:38</i>	0:00:00
Kananen, Rick	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:22:41	<i>0:40:30</i>	0:34:06	<i>0:45:35</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Kinsch, Russ	0:18:30	<i>0:43:33</i>	0:19:01	<i>0:40:15</i>	0:23:51	<i>0:42:35</i>	0:33:52	<i>0:45:17</i>	0:00:00	<i>0:00:00</i>	0:47:28	<i>0:50:11</i>	0:00:00
Kriege, Becki	0:00:00	<i>0:00:00</i>	0:18:22	<i>0:38:53</i>	0:21:37	<i>0:38:36</i>	0:00:00	<i>0:00:00</i>	0:30:03	<i>0:39:08</i>	0:00:00	<i>0:00:00</i>	0:00:00
Kurasch, Steve	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00
Lee, Jonathan	0:17:01	<i>0:40:03</i>	0:18:53	<i>0:39:58</i>	0:22:55	<i>0:40:55</i>	0:33:34	<i>0:44:53</i>	0:00:00	<i>0:00:00</i>	0:38:53	<i>0:41:06</i>	0:00:00
McFeely, John	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00	<i>0:00:00</i>	0:00:00



Menezes, Marlon	0:17:23	0:40:55	0:18:24	0:38:57	0:22:40	0:40:29	0:00:00	0:00:00	0:00:00	0:00:00	0:37:29	0:39:37	0:00:00
Moon, Danny	0:00:00	0:00:00	0:17:59	0:38:04	0:21:22	0:38:09	0:28:41	0:38:21	0:29:19	0:38:10	0:00:00	0:00:00	0:00:00
Schonfeld, Brian	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:09	0:43:10	0:00:00	0:00:00	0:00:00
Rostege, Tim	0:17:04	0:40:10	0:18:32	0:39:14	0:00:00	0:00:00	0:29:13	0:39:04	0:31:02	0:40:24	0:36:48	0:38:54	0:00:00
<b>B Div</b>	<b>DOUGLASS</b>	<b>VALLE VISTA</b>	<b>FARWELL</b>	<b>FARWELL</b>	<b>HERR</b>	<b>TRIANGLE</b>	<b>SHORT</b>	<b>SIX</b>	<b>TOTAL</b>				
Chimenti, Dick	0:16:45	0:39:25	0:17:44	0:37:32	0:21:44	0:38:49	0:30:17	0:40:29	0:29:12	0:38:01	0:36:51	0:38:57	2:32:33
Warfel, Tom	0:18:02	0:42:27	0:19:16	0:40:47	0:22:34	0:40:18	0:30:48	0:41:11	0:30:58	0:40:19	0:39:36	0:41:52	2:41:14
Frazier, Tom	0:17:15	0:40:36	0:19:10	0:40:34	0:24:32	0:43:49	0:30:37	0:40:56	0:32:33	0:42:23	0:39:05	0:41:19	2:43:12
Norlander, Dave	0:18:56	0:44:34	0:19:47	0:41:53	0:24:14	0:43:16	0:32:14	0:43:06	0:33:48	0:44:01	0:41:01	0:43:21	2:50:00
Richard, Marian	0:18:27	0:43:25	0:20:11	0:42:43	0:28:01	0:50:02	0:32:52	0:43:56	0:33:36	0:43:45	0:39:51	0:42:07	2:52:58
Baumgartner, Cecil	0:18:35	0:43:44	0:22:48	0:48:16	0:25:13	0:45:02	0:35:25	0:47:21	0:00:00	0:00:00	0:45:48	0:48:25	0:00:00
Bordoni, Matt	0:18:19	0:43:07	0:19:14	0:40:43	0:23:59	0:42:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Dahlkoetter, Joann	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	0:39:03	0:41:17	0:00:00
Francis, Sue	0:17:59	0:42:20	0:21:37	0:45:45	0:23:39	0:42:14	0:35:25	0:47:21	0:00:00	0:00:00	0:41:01	0:43:21	0:00:00
Hurtado, Joe	0:17:21	0:40:50	0:18:54	0:40:00	0:23:15	0:41:31	0:29:39	0:39:38	0:00:00	0:00:00	0:38:56	0:41:09	0:00:00
MacKinlay, Rod	0:17:22	0:40:53	0:00:00	0:00:00	0:24:32	0:43:49	0:31:22	0:41:56	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Meinhardt, Bill	0:17:17	0:40:41	0:00:00	0:00:00	0:23:03	0:41:10	0:00:00	0:00:00	0:31:50	0:41:27	0:00:00	0:00:00	0:00:00
Morrison, Al	0:17:10	0:40:24	0:00:00	0:00:00	0:22:37	0:40:23	0:29:37	0:39:36	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Myers, Jim	0:18:43	0:44:03	0:20:46	0:43:58	0:24:36	0:43:56	0:33:56	0:45:22	0:00:00	0:00:00	0:41:12	0:43:33	0:00:00
Poole, Ralph	0:00:00	0:00:00	0:19:07	0:40:28	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
Purdy, Terry	0:17:58	0:42:17	0:19:46	0:41:50	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Saucedo, Norm	0:00:00	0:00:00	0:19:13	0:40:41	0:00:00	0:00:00	0:00:00	0:00:00	0:32:37	0:42:28	0:39:43	0:41:59	0:00:00
Stiller, Rich	0:00:00	0:00:00	0:00:00	0:00:00	0:27:58	0:49:56	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Vidovich, Mary	0:17:36	0:41:25	0:19:19	0:40:53	0:23:15	0:41:31	0:31:45	0:42:27	0:00:00	0:00:00	0:38:48	0:41:01	0:00:00
White, Jake	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



C Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL	HERR	TRIANGLE	SHORT SIX	TOTAL					
Shuck,Bob	0:18:12	0:42:50	0:19:10	0:40:34	0:23:16	0:41:33	0:31:10	0:41:40	0:31:41	0:41:15	0:39:40	0:41:56	2:43:09
Misner,Karl	0:18:03	0:42:29	0:19:47	0:41:53	0:23:39	0:42:14	0:31:56	0:42:41	0:31:43	0:41:18	0:39:31	0:41:46	2:44:39
Noel,Ken	0:17:56	0:42:13	0:20:09	0:42:39	0:24:22	0:43:31	0:32:31	0:43:28	0:32:43	0:42:36	0:41:43	0:44:06	2:49:24
VanZant,Walt	0:18:22	0:43:14	0:20:35	0:43:34	0:24:21	0:43:29	0:32:46	0:43:48	0:33:52	0:44:06	0:41:19	0:43:41	2:51:15
Riley,Tim	0:18:15	0:42:57	0:20:06	0:42:33	0:24:42	0:44:06	0:33:42	0:45:03	0:34:53	0:45:25	0:40:42	0:43:01	2:52:20
Emo,Kelly	0:20:03	0:47:11	0:20:18	0:42:58	0:24:17	0:43:22	0:34:58	0:46:45	0:33:26	0:43:32	0:40:41	0:43:00	2:53:43
McCormick,Jutta	0:20:34	0:48:24	0:24:28	0:51:47	0:26:37	0:47:32	0:36:36	0:48:56	0:36:32	0:47:34	0:45:44	0:48:21	3:10:31
Antonides,Gene	0:00:00	0:00:00	0:20:33	0:43:30	0:23:45	0:42:25	0:31:41	0:42:21	0:32:33	0:42:23	0:41:46	0:44:09	0:00:00
Bordoni, Mike	0:19:39	0:46:15	0:20:38	0:43:41	0:25:45	0:45:59	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Carter,Marion	0:00:00	0:00:00	0:21:56	0:46:26	0:28:11	0:50:20	0:00:00	0:00:00	0:36:02	0:46:55	0:47:47	0:50:31	0:00:00
Flodberg,Bill	0:00:00	0:00:00	0:20:27	0:43:17	0:24:55	0:44:30	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Garcia,Vicki	0:00:00	0:00:00	0:00:00	0:00:00	0:28:40	0:51:11	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Goldberg,Dave	0:19:36	0:46:08	0:23:50	0:50:27	0:26:39	0:47:35	0:00:00	0:00:00	0:37:25	0:48:43	0:00:00	0:00:00	0:00:00
Jernigan,Cedrick	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	0:47:29	0:50:12	0:00:00
Low,Brian	0:00:00	0:00:00	0:00:00	0:00:00	0:25:07	0:44:51	0:00:00	0:00:00	0:35:37	0:46:23	0:44:15	0:46:47	0:00:00
Packwood,Don	0:21:19	0:50:10	0:21:13	0:44:55	0:26:28	0:47:16	0:36:23	0:48:38	0:00:00	0:00:00	0:47:27	0:50:10	0:00:00
D Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL	HERR	TRIANGLE	SHORT SIX	TOTAL					
Collins,Rich	0:20:23	0:47:59	0:21:53	0:46:19	0:26:56	0:48:06	0:36:54	0:49:20	0:36:59	0:48:09	0:45:25	0:48:01	3:08:30
Ettare,Antonina	0:20:18	0:47:47	0:22:28	0:47:33	0:27:03	0:48:18	0:38:11	0:51:03	0:36:58	0:48:08	0:46:17	0:48:56	3:11:15
McCarten, Dave	0:20:15	0:47:40	0:22:47	0:48:14	0:28:55	0:51:38	0:36:23	0:48:38	0:37:46	0:49:11	0:46:59	0:49:40	3:13:05
Moon,Madelyn	0:22:56	0:53:59	0:25:17	0:53:31	0:31:38	0:56:29	0:41:08	0:54:59	0:40:50	0:53:10	0:51:23	0:54:19	3:33:12
Beatty,Pauline	0:00:00	0:00:00	0:02:17	0:04:50	0:27:54	0:49:49	0:34:27	0:46:03	0:00:00	0:00:00	0:46:34	0:49:13	0:00:00
Bronson,John	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:38:29	0:51:27	0:36:12	0:47:08	0:00:00	0:00:00	0:00:00
Carpenter,Sandy	0:19:33	0:46:01	0:00:00	0:00:00	0:25:41	0:45:52	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Napier,Ken	0:20:26	0:48:06	0:22:09	0:46:53	0:27:17	0:48:43	0:36:19	0:48:33	0:36:33	0:47:35	0:00:00	0:00:00	0:00:00
Norlander,Becky	0:00:00	0:00:00	0:21:50	0:46:13	0:00:00	0:00:00	0:00:00	0:00:00	0:38:08	0:49:39	0:00:00	0:00:00	0:00:00
Riley,Georgia	0:20:52	0:49:07	0:22:59	0:48:39	0:27:03	0:48:18	0:36:21	0:48:36	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Sarosiek,Ana	0:00:00	0:00:00	0:00:00	0:00:00	0:26:31	0:47:21	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Stewart, Ray	0:00:00	0:00:00	0:21:49	0:46:11	0:27:57	0:49:55	0:00:00	0:00:00	0:00:00	0:00:00	0:44:22	0:46:54	0:00:00
Valles,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	0:45:28	0:59:12	0:49:36	0:52:26	0:00:00
E Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL	HERR	TRIANGLE	SHORT SIX	TOTAL					
Hallen,Chris	0:22:17	0:52:27	0:23:17	0:49:17	0:27:37	0:49:19	0:36:37	0:48:57	0:38:27	0:50:04	0:46:47	0:49:27	3:15:02
Root,Betty	0:22:45	0:53:33	0:24:44	0:52:21	0:29:43	0:53:04	0:39:45	0:53:09	0:40:00	0:52:05	0:50:16	0:53:08	3:27:13
Bivens,Karin	0:00:00	0:00:00	0:00:00	0:00:00	0:35:32	1:03:27	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	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
DeMartinis,Stan	0:00:00	0:00:00	0:25:39	0:54:18	0:00:00	0:00:00	0:43:35	0:58:16	0:42:55	0:55:53	0:58:35	1:01:56	0:00:00
Douglas,Glen	0:21:50	0:51:23	0:00:00	0:00:00	0:30:48	0:55:00	0:40:04	0:53:34	0:40:18	0:52:28	0:50:22	0:53:15	0:00:00
Erickson,Elaine	0:00:00	0:00:00	0:00:00	0:00:00	0:28:06	0:50:11	0:37:29	0:50:07	0:37:58	0:49:26	0:47:32	0:50:15	0:00:00
Hurtado,Ruby	0:25:41	1:00:27	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:42:13	0:54:58	0:00:00	0:00:00	0:00:00
Kinsch,Terri	0:23:59	0:56:27	0:25:43	0:54:26	0:31:21	0:55:59	0:00:00	0:00:00	0:00:00	0:00:00	0:54:18	0:57:24	0:00:00
Morris,Ray	0:00:00	0:00:00	0:26:52	0:56:52	0:00:00	0:00:00	0:00:00	0:00:00	0:45:28	0:59:12	0:00:00	0:00:00	0:00:00
Morrison,Marcia	0:00:00	0:00:00	0:25:15	0:53:27	0:30:02	0:53:38	0:39:54	0:53:21	0:41:16	0:53:44	0:54:03	0:57:08	0:00:00
Nerio,Edna	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	0:54:18	0:57:24	0:00:00
Voss,Grace	0:23:21	0:54:57	0:00:00	0:00:00	0:31:47	0:56:45	0:39:54	0:53:21	0:00:00	0:00:00	0:51:43	0:54:40	0:00:00
Williams,Walter	0:24:28	0:57:35	0:00:00	0:00:00	0:32:08	0:57:23	0:48:09	1:04:22	0:44:48	0:58:20	0:00:00	0:00:00	0:00:00