



WVJS



VOL XXXII-#3 WEST VALLEY JOGGERS & STRIDERS December 2002

Saturday Workouts

01/04/03	Valle Vista (3.0 miles)	03/08/03	Farwell (3.54 miles)
01/11/03	6 x 1600 Relay	03/15/03	18 x 0.33-Mile Tennis Court Loop Relay
01/18/03	Triangle Run (4.76 miles)	03/22/03	Short Six (5.74 miles)
01/25/03	8 x 0.66-Mile Tennis Court Loop Relay	03/29/03	16 x 300 Relay
02/01/03	5K on the track	04/05/03	Valle Vista (3.0 miles)
02/08/03	Doug/Sara/Frtvle (2.75 miles)	04/12/03	12 x 600 Relay
02/15/03	Valentine Team Race (5.4 miles)	04/19/03	Triangle Run (4.76 miles)
02/22/03	4 x 1.46-mile WVC Loop Relay	04/26/03	36 x 200 Relay
03/01/03	Farwell/Herriman (4.68 miles)	05/03/03	Doug/Sara/Frtvle (2.75 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

01/12/03	Cal 10 Mile (1.0)
03/08/03	Redding 10-Miler (1.0)
03/23/03	Houlihan's 12K (1.5)
04/13/03	HP 10K (2.0)
04/27/03	Big Sur 5K (1.0)
05/11/03	Zippy 5K (1.0)
05/26/03	Pacific Sun 10K (1.0)
06/21/03	Shriner's 8K (1.0)
07/13/03	Fleet Feet Mile (1.0)
09/14/03	Jamba Juice 5K (2.0)
09/28/03	Heritage Oaks 10K (3.0)
10/19/03	Humboldt Half Mar (1.0)
11/09/03	Clarksburg 30K (2.0)
12/14/03	Xmas Relays (2.0)

Racer of the Year

Fastest Farwell Time
 Cumulative Saturday Races
 Fastest Marathon
 Fastest of 2 5Ks on the track
 Fastest of 2 one-milers on the track

The remaining contest races will be determined at our annual club meeting.

Other Popular Races

01/26/03	Santa Cruz Super Bowl 10K
02/01/03	San Juan Bautista 10M
02/02/03	Las Vegas Marathon
02/09/03	Pacific Grove 5K/10K
03/01/03	Juana Run – 8K
03/02/03	Napa Marathon
04/06/03	Great Race – 4M
04/13/03	Carlsbad 5K
04/27/03	Run For Lupus 5K
04/27/03	LSI 5K/10K – Milpitas
05/04/03	Devil Mountain 5K/10K

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

2002 PA/USATF Road Grand Prix

Scoring Changes For 2003

The top 50 open men, open women, and 40+ men will be scored in each race and the top 25 50+ women and 60+ men will be scored in each race. The number of runners scored in the other divisions will remain the same.

Individuals for all age divisions will now compete in two different competitions – long races and short races. Short races are those under 10K and under and long races are over 10K.

50+ men's teams will now need 4 runners in order to score as a team. However, 3-man teams can be scored after all of the 4-mar teams have been scored.

Individuals can drop their lowest score in the short-race competition.

All A teams will score at least one point even if they do not finish in the top 10 at a race.



Open Men

Our team finished in 11th place for 2003.

Open Women

As was the case for the guys, we finished in 11th place for 2002. Individually, Becki Kirege finished 34th in the short-race competition and 20th in the long-race competition. Becki (257-9056) is in charge of this team.

40+ Men

Our team finished 4th for 2002. Individually, Slim Pickens finished 34th, Brian Davis finished 20th, and Craig Whichard finished 45th. Slim and Rich Hahn are in charge of this team.

40+ Women

Our team finished in 8th place for 2002. Individually, Marian Richard finished 24th.

50+ Men

We finished 6th for 2002. Individually, Bill Dunn finished 9th.

50+ Women

Our team finished 3rd for 2002. Individually, Georgia Riley finished 13th and Chris Hallen finished 20th. Georgia is in charge of this team.

60+ Men

Our team won for the third time in the past four years. Individually, Joe Hurtado finished 3rd, Bob Schmitt finished 4th, Tim Rostege finished 7th, Norm Saucedo finished 14th, and Ken Noel finished 22nd.

70+ Men

We did not field a team in this division in any races this year. Eddie Reyna won the 70+ individual title and Jack Friedlander finished 4th. Eddie joins Stan DeMartinis (5 times), Howard Powers (2 times), and Dave Valles as club members who have won individual titles in this division.

ANNUAL AWARDS DINNER – 1/25/03

The annual club awards dinner is set for Saturday, 1/25/03, beginning at 5:30PM with dinner starting at 6:30PM. It will again be held at the Los Gatos Lodge. The meal choices include prime rib (\$34.00), broiled salmon (\$27.00), and veggi-lasagne (\$21.00). These prices include the tip, sales tax, a salad, vegetables, potatoes or rice pilaf, bread, coffee or tea, and dessert.. Please let Danny Moon, Ken Napier, or Walt Van Zant know if you intend to attend this event.

Miscellaneous Drivel

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

Thanks to Kelly Emo for preparing most of the miscellaneous drivel and to Jim Bordoni for keeping track of all of the club members' performances at the all-comer meets.

Remember to come to workout a few minutes before warm-up if you wish to be included on a relay team. The biggest highlight of the later part of the '02 year has been the annual quest for the sub-five minute mile. Danny "Rocketman" Moon once again set out to conquer the 5:00 minute dragon through a series of races including the summer all-comer track meets in Los Gatos and the lightning fast and penultimate cherry picking red ribbon mile in Hollister (where?), CA. While he had several excellent performances, the barrier remained. However, Howard Powers came to the rescue. How, you ask? Rich Stiller once joked with Howard that WVJS would be holding a downhill mile, running down Fruitvale at 5:00 am before the annual mile on the track. Word has it that Howard actually showed up. This year, Rich decided to put his money where his mouth is and organize the first annual Howard Powers Down Hill Mile. The race was held on November 24th at the more humane hour of 8:00 am. The course was lightning fast dropping down the extent of Fruitvale and finishing in the first parking lot at WVJS. The course was perfect for fast times and Danny crushed the barrier, running a blazing 4:51. Looks like the Howard Powers Down Hill mile will remain on the club-racing calendar.

Kelly Emo is a jinx on 5k races. It started with the Run for the Law in June where Kelly, Rich Stiller, Nick Butterfield and Rich

Hahn all got messed up on the turnaround point by volunteers who didn't know where the turn around was actually supposed to be. Then, on August 11th she attempted to run the Concourse 5k in San Francisco and ended up doing five miles of cross-country with one other competitor. Then she entered the Palo Alto Moonlight 5k and finished in a 16:49 (guess is that it was 2.5 miles) and finally the Chiropractic Challenge in October where she finished in 26:06 (the web results list it as 3.83 miles). Completely fed up with 5ks, Kelly is now turning to marathons.

Miss-marked 5ks are the trend now as another racer of the year race was the Carousel to Coaster 5k in Santa Clara. Results were suspicious there as well. Becki, Walt and Greg Burke did the 5k and everyone ran suspiciously fast. This race was sneaky as the mile markers were evenly spread out. Word also has it that there was an inaugural US Half Marathon in SF in November, with an elite crowd that was over a mile short! We need Rich Stiller and Danny Moon to measure all races...

Missy Sudan has been running very well, word has it she passed almost everyone in the club on a recent Saturday morning pushing baby Anil in her jogging stroller. Word also has it that Walt was trying to bum a ride in the jogger during a particularly grueling workout.

The Annual Club Handicap race was another resounding success with a scrumptious breakfast once again prepared by Rich and Judy Collins. Rick Kananen held off a fast charging Joe Hurtado for the win. Helen Wong won the coveted bottle of "Cheap Red Wine" by finishing last. Chris Hallen beat Helen by about an inch. The 4-man handicap



committee had a bad day as they finished 11th, 28th, 30th, and 36th.

Once again, the club had their annual Thanksgiving Day 7 mile run on a beautiful, clear sunny day. The top ten finishers were awarded fabulous stick figure artwork designed by Walt and crew. This year, several WVJS'ers, who have not been seen in a while showed up to participate. It was great to have Bob Schuck, Ralph Poole, and Danielle Zelinski join us again. The club had over 30 people show up for this annual fun way to earn your turkey.

George Moss, who is now 67, recently sent the club an update on his health problems as follows:

I want to tell you that with a little help from Dr. Dillingham and Gina at Active Care (and about \$10,000), I have managed to rehab my arthritic left knee to the extent that it can be rehabilitated. Although there is not a lot of clinical data to support my claim, and the FDA will not allow manufacturers to claim that it does; I believe that my taking daily doses of Glucosamine/Chondroitin Sulfate with MSP for years has restored flexibility and stopped further erosion to the miniscus and cartilage in the lateral compartment of my left knee. I had an MRI of the afflicted knee area recently--there is no inflammation and it is pain free! And with a little help from Dave Hannaford, I

have also managed to restore my chronically inflamed right Achilles tendon. It is healthy and normal for the first time in years.

Glynn Wood, the former American 40+ record holder in the mile, recently had back surgery and will not be running for six months. He will turn 70 in a little over a year from now.

Don Packwood reports that he once ran over Diamond Head when on a vacation. He decided to go out for a run and thought it would be neat to run over Diamond Head. He was running along when he realized that he was at the tail end of a race in progress. He passed person after person until much to his surprise he was up with the leader. He ran with him and encouraged him on, and when they came to the finish line he bowed out and cheered him on to his win. He felt pretty good about being so competitive in that race until he learned it was a race for people with various disabilities. Don said that it was just like running with some of his club mates – Walt, Ken, Stan, Howard, etc.

Joe Hurtado finished 6th in the 2002 cross country grand prix.

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>

8/31/02 – 31st Annual Shettler Handicap Race – 3.06 Miles

Pl	Runner	Finish	Start	Actual	Pl	Runner	Finish	Start	Actual
1	Rick Kananen	31:25	11:40	19:45	20	Mike Corrick	32:25	10:40	21:45
2	Joe Hurtado	31:31	11:50	19:41	21	Ken Noel	32:29	10:30	21:59
3	Dave McIntyre	31:36	11:40	19:56	22	Madelyn Moon	32:31	5:30	27:01
4	Missy Sudan	31:48	11:30	20:18	23	Danny Moon	32:31	14:00	18:31
5	Rich Stiller	31:53	12:00	19:53	24	Jeff Rohrer	32:34	15:10	17:24
6	Jake White	31:59	10:30	21:29	25	Dena Noble	32:35	9:30	23:05
7	Jim Bordoni	32:03	14:40	17:23	26	John Peterson	32:42	11:40	21:02
8	Al Murray	32:06	13:40	18:26	27	Mike Kriege	32:55	15:00	17:55
9	Becki Kriege	32:07	14:00	18:07	28	Walt Van Zant	33:00	9:30	23:30
10	Bob Pickens	32:08	16:10	15:58	29	Pauline Beatty	33:14	9:40	23:34
11	Don Dugdale	32:14	9:40	22:34	30	Ken Napier	33:20	7:30	25:50
12	Don Packwood	32:16	10:30	21:46	31	Chris Cassell	33:36	8:20	25:16
13	Dave Norlander	32:17	11:40	20:37	32	Todd Hayes	33:43	14:20	19:23
14	Bob Schmitt	32:18	12:20	19:58	33	Tom Zades	33:47	10:00	23:47
15	Andy Lief	32:19	15:40	16:39	34	Ash Mirza	33:48	10:20	23:28
16	Kelly Emo	32:20	12:00	20:20	35	Jonathan Lee	34:18	13:40	20:38
17	Kristina Mathias	32:20	14:10	18:10	36	Stan DeMartinis	34:33	-0-	34:33
18	Jim Myers	32:21	11:00	21:21	37	Chris Hallen	34:49	8:20	26:29
19	Georgia Riley	32:23	7:40	24:43	38	Helen Wong	34:50	10:20	24:30

Rich and Judy Collins hosted our annual handicap race for the 5th year in a row at their home in Saratoga. As usual, they provided a very nice breakfast for all of us after the race.

Rick Kananen, Joe Hurtado, and Dave McIntyre started within 10 seconds of each other and battled all of the way. Joe started 10 seconds behind Rick and Dave and caught them during the 2nd loop of the 4-loop race and briefly took the lead. But, Rick rallied and took a 5-second lead over Joe going into the last loop. Rick passed Madelyn early in the last loop to take the overall lead and held his slight edge over Joe the remainder of the way. Dave followed in third.

Bob Pickens broke the course record with a fast 15:58. He kept getting faster each lasp, opening with a 4:05, following it with a 4:03, then a 4:00, and then a finishing loop of 3:50.

Becki Kriege led the ladies with a scratch time of 18:07. Kristina Mathias finished in 18:10.

Don Packwood won the predicted time contest by running within 1 second of his predicted time.



Helen Wong won the coveted bottle of "Cheap Red Wine" by finishing last. Chris Hallen beat Helen by about an inch.

The 4-man handicap committee had a bad day as they finished 11th, 28th, 30th, and 36th.

2002 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 received 25 points, the second finisher received 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 events or more for this year.

<u>Elite Division</u>		<u>B Division</u>		<u>D Division</u>	
Bob Pickens (8)	200	Cecil Baumgartner (8)	197	Ed Gavin (3)	68
Jim Bordoni (8)	188	Rich Hahn (8)	191	Helen Wong (3)	65
Becki Kriege (8)	171	Joe Hurtado (8)	187	Fely Castillo (3)	61
Jeff Rohrer (7)	154	Sue Francis (8)	179		
Scott Bang (6)	140	Dave McIntyre (8)	179		
Christian Saucedo (4)	90	Kelly Emo (8)	173		
Brian Davis (3)	72	Dave Norlander (7)	143		
Andy Lief (3)	70	Rich Stiller (7)	138		
		Bob Schmitt (6)	137		
		Tim Rostege(6)	127		
		Rick Kananen (5)	95		
		Robert Salinas (4)	68		
		John Peterson (3)	51		
		Marian Richard (3)	45		
<u>A Division</u>		<u>C Division</u>		<u>E Division</u>	
Todd Hayes (8)	192	Don Packwood (8)	196	Georgia Riley (8)	199
Danny Moon (8)	192	Jim Myers (8)	191	Madelyn Moon (8)	183
Tom Warfel (7)	146	Tom Zades (8)	186	Ken Napier (6)	142
Dimitrios Stefanidis (6)	133	Norm Saucedo (5)	123	Annette McPhail (5)	115
Bill Dunn (5)	117			Antonina Ettare (4)	100
Al Murray (5)	116			Stan DeMartinis (5)	100
Dick Chimenti (4)	86			Dave McCarten (4)	81
Missy Sudan (4)	84				
Mark Isaacson (3)	62				

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+ wins a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The scores for 2002 for the first 9 months are:

Joe Hurtado	2146	780	2926	Todd Hayes(6mos)	1090	360	1450
Tom Warfel	2181	680	2861	Jeff Rohrer(6 Mos)	1290	100	1390
Jim Myers	1271	620	1891	Stan DeMartinis	512	780	1292
Jim Bordoni	1239	640	1879	Ken Napier	399	640	1039
Rich Hahn	1320	420	1740	Bill Dunn (3 mos)	575	260	835
Dave Norlander	986	640	1626	Mark Winitz(6mos)	759	20	779
Don Packwood	763	760	1523	Bob Pickens(3mos)	420	280	700
Walt Van Zant	800	680	1480	Bill Flodberg(3mos)	481	40	521

SATURDAY WORKOUT RESULTS

8/24/02 – 4 x 1.46-Mile WVC

Loop Relay

Pl	Team	Start	Finish
1	Myers/Peterson	7:15	47:07
2	Noble/Sauceco	7:15	48:14

3	Nast/D.Moon	12:15	48:46	9	Van Zant/Beatty	6:00	50:33
4	McPhail/Zades	3:00	49:07	10	DeMartinis/Sudan	-0-	50:34
5	Noel/Murray	10:30	49:16	11	Mirza/Packwood	7:15	50:42
6	Napier/McIntyre	6:15	49:17				
7	Corrick/Mathias	12:15	50:07				
8	Bordoni/Pickens	17:30	50:29				

Dick Barrett Trophy Winner – John Peterson

Easy win for the Peterson team this morning as the first four teams were widely separated. The first place team won by over a minute as they ran 143 seconds under their rating. The 2nd place team ran 76 seconds under their rating. And, the 3rd place team ran 44 seconds under their rating. We had a good battle for 5th place as Al Murray passed Dave McIntyre with 100 yards to go and then barely withheld Dave's comeback attempt. There was also a good battle for last place as Slim Pickens passed three teams during the last 200 yards to move from last to 8th and poor Don Packwood was relegated to last place. Jim Bordononi led all of the men with a 8:12.5 average. Kristina Mathias led the ladies with a 8:39.5 average. Norm Saucedo led the seven 60+ runners with a 9:35.0 average, running a remarkable 95 seconds under his rating.

9/7/02-Farwell/Herriman-4.68M

1	Bob Pickens	27:52	
1	Dave Piazza	27:52	PR
3	Todd Hayes	28:39	
4	Al Murray	30:17	
5	Becki Kriege	30:34	
6	Chris Baker	31:21	
7	Mark Isaacson	31:37	
8	Rich Hahn	31:47	
9	Liz Nast	32:09	PR
10	Dave McIntyre	32:17	PR
11	Kelly Emo	32:24	
12	Jim Myers	33:20	
13	Don Packwood	34:08	
14	John Peterson	34:59	
15	Don Dugdale	36:09	
16	Ken Noel	36:29	
17	Ash Mirza	36:31	
18	Dave Norlander	37:16	
19	Tom Zades	37:36	
20	Dena Noble	37:48	
21	Georgia Riley	38:30	
22	Ken Napier	39:31	
23	Rich Stiller	40:16	
23	Rick Kananen	40:16	
25	Chris Hallen	41:11	
26	Marcia Morrison	45:08	

Dick Barrett Trophy Winner – Todd Hayes

Bob Pickens paced Dave Piazza to a 3-second PR this morning. Becki led the ladies. Georgia's time put her #2 on the women's 55+ list.

9/14/02 – 18 x 0.33-Mile Tennis

Court Loop Relay

Pl	Team	Start	Finish
1	Made/Myers/Norland	-0-	40:04
2	Cassell/Chim/Bordononi	6:30	40:16
3	J.Picken/Peters/R.Pickn	5:30	40:59
4	DeMartin/Emo/Schmitt	-0-	41:35
5	VanZant/Kriege/Francis	4:15	41:49
6	Noble/Sudan/Warfel	4:15	42:01
7	Napier/Noble/Aubuchn	5:30	42:37

Dick Barrett Trophy Winner – Jim Myers

The Norlander team, led by a very good performance by Jim Myers, started first and held on to beat the rapidly-closing Bordononi team. Ancient Jim Bordononi ran his best for this workout in quite awhile (1:36 per run). Slim Pickens and Joseph Aubuchon had the best averages for the guys at 1:33. Becki led the ladies at 1:55 per run. Missy Sudan and Kelly Emo also ran very well for the ladies. Bob Schmitt led the 60+ men at 1:57.

9/21/02 – Farwell – 3.54 Miles

1	Slim Pickens	18:58	PR
2	Andy Lief	19:46	
3	Scott Bang	20:07	
4	Dave Piazza	20:34	
5	Kristina Mathias	21:04	PR
6	Jim Bordononi	21:08	
7	Christian Saucedo	21:12	
8	Becki Kriege	21:17	
9	Al Murray	21:57	
10	Todd Hayes	22:07	
11	Dick Chimenti	22:54	
12	Danny Moon	23:03	PW
13	Missy Sudan	23:14	
14	Chris Baker	23:44	
15	Bob Schmitt	23:51	
16	Jim Myers	25:04	
17	Dave Norlander	25:30	
18	Ken Noel	26:40	
19	Cecil Baumgarnter	26:59	
20	John Peterson	27:02	
21	Ed Gavin	27:26	
22	Sue Francis	27:34	
23	Helen Wong	27:40	
24	Don Packwood	27:43	
25	Kelly Emo	27:54	
26	Walt Van Zant	28:11	PW
27	Tim Rostege	28:26	
28	Chris Cassell	28:49	
29	Pauline Beatty	29:07	
30	Tom Warfel	30:44	

31	Madelyn Moon	32:55
32	Jim Wurm	33:12
33	Rick Kananen	33:15
34	Rich Stiller	33:22
35	Eddie Reyna	35:25
36	Georgia Riley	35:43
37	Annette McPhail	36:03
38	Stan DeMartinis	42:09

Dick Barrett Trophy Winner – Slim Pickens

Bob Pickens started fast and never saw another runner until after he finished. He had mile splits of 5:21-10:48-16:09 enroute to his PR. His time moved him into a 9th place tie with Ron Nelson on the all-time 40+ list. Kristina Mathias improved her PR by 2 seconds while leading all of the ladies. Madelyn established a new women's 60+ course record. Eddie Reyna, Georgia Riley, and Annette McPhail ran the popular 4.25-mile Got-Lost course.

9/28/02 – Step Up & Down Relay

Pl	Team	Strt	Finish
1	Myers/McIntyre	3:30	34:01
2	Saucedo/Kananen	3:00	34:38
3	Mathias/Kriege	7:00	34:56
4	Sudan/Lief	8:00	35:27
5	Warfel/Bang	7:30	35:31
6	Norlander/Peterson	3:30	35:56
7	Rostege/Noble	1:30	36:18
8	Wong/Noel	2:30	37:16
9	McPhail/Zades	-0-	37:28

Dick Barrett Trophy Winner – Missy Sudan

10/5/02 – All Courses Day

1	Kristina Mathias	17:58	VV
2	Becki Kriege	18:07	VV
3	Kelly Emo	18:54	Do
4	Rich Hahn	21:54	VV
5	Don Packwood	22:06	VV
6	Ken Napier	23:08	Do
7	Bob Shuck	24:15	Do
8	Rick Kananen	24:43	VV
9	Madelyn Moon	26:12	Do
10	Pauline Beatty	28:40	Far
11	Georgia Riley	29:47	Far
12	Missy Sudan	30:44	FH
13	Todd Hayes	30:45	FH
14	Dave McCarten	31:40	VV
15	Scott Bang	34:14	SS
16	Jose Casillas	34:31	FH

17	Tim Rostege	35:45	FH	1	Andy Lief	16:47		<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finsih</u>
18	Christian Saucedo	35:49	SS	2	Christian Saucedo	17:20		1	Rostege/Browne	9:30	47:43
19	Jim Bordoni	36:21	SS	3	Jim Bordoni	17:21		2	Myers/VanZant	8:15	48:09
20	Dick Chimenti	37:45	SS	4	JT Jensen	17:39		3	Zades/Chimenti	9:30	48:21
21	John Pickens	40:46	Tri	5	Al Murray	17:47		4	Noel/Saucedo	9:15	48:58
22	Tom Warfel	41:47	SS	6	Kristina Mathias	17:48		5	Noble/Hurtado	8:15	48:59
23	Jim Myers	42:08	SS	7	Todd Hayes	18:04		6	Shaner/McPhail	-0-	49:08
24	Norm Saucedo	42:18	SS	8	Danny Moon	18:41		7	Francis/Peterson	9:15	49:10
25	Dave Norlander	42:22	SS	9	Chris Baker	19:19	PR	8	Ettare/Pickens	12:30	49:34
26	John Peterson	45:01	SS	10	Missy Sudan	19:43		<u>Others</u>			
27	Ken Noel	52:34	SS	11	Bob Browne	20:51			DeMartinis/Bronson		45:38
				12	Tim Rostege	21:07			Warfel/Baker		45:51

Dick Barrett Trophy Winner – Dick Chimenti

We were originally scheduled to run the Short Six today. But, then someone reminded me that at our annual meeting that we had agreed to have two all-courses day – one at the start of the last quarter and then again on the last Saturday of the year.

As can be seen, three women came across the finish line before any men with Kristina pulling away from Becki on the Valle Vista course during the final downhill mile. Kristina won the Valle Vista race, Kelly Emo won the Douglas course race, Pauline Beatty won the Farwell course race, Missy Sudan won the Farwell-Herriman course race, John Pickens won the Triangle course race, and Scott Bang won the Short Six course race.

10/12/02 – 6 x 1600 Relay

Pl	Team	Strt	Finish
1	McPhail/Zades	1:00	47:16
2	Corrick/VanZant	5:30	47:25
3	Hayes/Jensen	14:15	47:47
4	Saucedo/Packwood	8:45	47:53
5	Chimenti/Lief	14:45	48:04
6	Murray/Bordoni	14:15	48:22
7	DeMartinis/Kriege	-0-	48:52
8	Rostege/Norlander	9:00	49:13
9	Noel/Francis	8:30	49:51

Dick Barrett Trophy Winner – J.T. Jensen

The Zades team took the lead during the third leg and then held on for the win. Andy Lief had the best average at 5:14 per run. Becki led the ladies at 5:56.

10/19/02 – Valle Vista – 3.0M

13	Cliff Bell	21:17
14	Sue Francis	21:18
15	Don Packwood	21:21
16	Dave Norlander	21:26
17	Mike Corrick	21:39
18	John Peterson	21:43
19	Chris Cassell	22:58
20	Rich Hahn	23:05
21	Dena Noble	24:19
22	Georgia Riley	24:49
23	Ken Napier	25:07
24	Pauline Beatty	25:13
24	Jim Myers	25:13
26	Jim Wurm	26:09
27	Madelyn Moon	27:08
28	Tina Shaner	28:54
29	Dimitrios Stefani	29:49
29	Rich Stiller	29:49

Dick Barrett Trophy Winner – Kristina Mathias

There were several good times this morning with 6 runners breaking 18:00 and Andy leading the way at 16:47. Kristina Mathias was the top woman finisher. She has been running very well lately and came within 10 seconds of her all-time best. Jim Bordoni was the first 40+ men's finisher and Sue Francis was the top woman 40+ finisher. Todd Hayes led the 50+ men while knocking 24 seconds off his 50+ best. Georgia Riley led the 50+ ladies. Tim Rostege led a tightly-packed group of four 60+ runners (36 seconds separated the group). Madelyn Moon established a new woman's 60+ record for this course. Don Packwood improved his 60+ PR by 45 seconds. Danny Moon recorded the #9 all-time best for a 55+ runner on this course.

10/26/02 – 12 x 800 Relay

Phantom Dick Barrett Trophy Winner – Bob Browne

Easy win for the Rostege/Browne team this morning as Tim averaged 3:13 per run and Bob averaged 3:09. Slim Pickens led all of us with a 2:30 average, finishing with runs of 2:19 and 2:23. Sue Francis, who would turn 50 the next day, led the ladies with a 3:17 average. Bill Meinhardt visited us and ran a few 800s. Due to knee problems, Bill is primarily a bicyclist now.

11/2/02 – Triangle Run – 4.76M

1	Andy Lief	26:59
2	Scott Bang	27:58
3	Jim Bordoni	28:30
4	Christian Saucedo	28:39
5	Al Murray	28:49
5	Bob Pickens	28:49
7	Kristina Mathias	30:12
7	Becki Kriege	30:12
9	Danny Moon	30:43
10	Missy Sudan	31:30
11	Bob Schmitt	32:00
12	Cecil Baumgartner	32:51
13	Joe Hurtado	33:17
14	Rich Hahn	33:32
15	Tim Rostege	33:52
16	Mike Corrick	34:48
17	Dave Norlander	35:47
18	Cliff Bell	35:49
19	Norm Saucedo	36:03
20	John Peterson	37:04
21	Jim Myers	37:08
22	Chris Cassell	37:19
23	Ken Noel	37:27
24	Tom Zades	38:32
25	Antonina Ettare	38:33
26	Dave Greenberg	39:02
27	Dena Noble	39:06

28	Georgia Riley	39:12	
29	Marcia Morrison	43:47	
30	Sue Francis	44:38	SS
30	Kelly Emo	44:38	SS
32	Madelyn Moon	45:10	
33	Tom Warfel	49:55	
34	Stan DeMartinis	57:55	

Dick Barrett Trophy Winner – Bob Schmitt

It was a bit cold this morning but still good weather for running. Scott Bang opened fast for the first downhill mile but then Andy took over and ran to an easy win. Jim Bordoni led the men 40+ runners with his 3rd place finish. Danny Moon led the 50+ men while recording the #13 time by a 55+ runner. Bob Schmitt led the 60+ men while posting the #6 best-ever time by a 60+ runner. Kristina and Becki did not feel sharp this morning. So, they coasted to a tie. Missy improved her PR by 11 minutes (her previous run on this course was when she was pregnant) while moving to #11 on the women's all-time list. Antonina led the 40+ ladies, Georgia led the 50+ ladies, and Madelyn established a new 60+ standard for the women. Christian Saucedo's run today meant that he had completed all of the Saturday courses for the year and put him into 2nd place in the Cum Saturday contest. Chris Cassell improved his PR by nearly 3 minutes. Tom Warfel strained his hamstring muscle and had to walk to the finish in order to avoid being charged with a DNF.

11/9/02 – 8 x 0.66-Mile Tennis

Court Loop Relay

Pl	Team	Strt	Finish
1	VanZant/Cassell	:15	37:22
2	Mathias/Chimenti	6:45	37:22
3	Nast/McIntyre	4:15	37:38
4	Norlander/Piazza	5:45	37:49
5	Corrick/Bordoni	5:45	38:04
6	Francis/Sudan	4:15	38:08
7	Myers/Hayes	5:15	39:12
7	McPhail/Emo	:15	39:12
9	J.Pickens/Zades	:15	39:17
10	Collins/Rostege	:45	40:34
11	M.Moon/D.Moon	-0-	40:39

Dick Barrett Trophy Winner – Chris Cassell

The Mathias/Chimenti team started last and came within an inch of winning. Dick Chimenti started 42 seconds behind Chris Cassell on the last loop and almost caught Chris. The trophy was given to Chris because he sprinted very hard to hold off the hard charging Chimenti. Jim Bordoni and Dave Piazza led the men with 3:38 and 3:39 per run averages. Kristina led the ladies with a 3:48 average. Danny Moon, who was saving himself for an assault on the 5-minute mile the next day, led his team to a last place finish.

Individual Times

11/16/02–Dou/Sara/Frtvl–2.75M

1	Scott Bang	15:22	
2	Dave Piazza	15:30	
3	J.T. Jensen	15:42	
4	Ray Russell	16:11	
5	Danny Moon	16:48	
6	Slim Pickens	17:13	
7	Dick Chimenti	17:14	
8	Cliff Bell	17:59	
9	Dave McIntyre	18:10	PR
10	Joe Hurtado	18:34	
11	Dave Norlander	18:37	
12	Missy Sudan	18:47	
13	Tim Rostege	18:51	
14	Sue Francis	18:53	
15	Cecil Baumgartner	18:53	
16	Mike Corrick	19:21	
17	Ranjeet Sudan	19:35	
18	John Peterson	20:14	
19	Chris Cassell	20:38	PR
20	Dena Noble	20:56	
21	John Pickens	22:02	
22	Rich Collins	22:52	
22	Pauline Beatty	22:52	
24	Georgia Riley	23:01	
25	Annette McPhail	23:19	
26	Norm Saucedo	23:26	
27	Dave Greenberg	24:07	
28	Don Packwood	24:31	
29	Madelyn Moon	24:36	
30	Tina Shane	25:01	
31	Jim Myers	25:46	
32	Rich Stillier	25:48	
33	Tom Warfel	35:22	

Dick Barrett Trophy Winner – Scott Bang

Scott took the lead immediately and Dave followed closely, hanging on all of the way until the final 300 yards, when

Scott finally sprinted away to victory. Mr. Saturday, Ray Russell, made a rare appearance and looked respectable with his 4th place finish. Danny led the 50+ runners while recording the #8 time on the 55+ list. Dave McIntyre knocked 7 seconds off his PR. Joe Hurtado scored a close win over Dave Norlander to lead the 60+ runners. Missy Sudan pushed her baby jogger all of the way and still beat over half the field. Sue led the 40+ ladies while running the #3 time by a 55+ lady runner. Chris Cassell improved his PR by 2 1/2 minutes. Madelyn Moon tied her own 60+ women's course record. Tom Warfel walked the entire course because of a hamstring injury. An unidentified older runner dropped out after running only 200 yards but the club members in attendance took pity on him and voted not to count it as a DNF.

11/23/02 – 8 x 1200M Relay

Pl	Team	Strt	Finish
1	M.Moon/Francis	:15	43:47
2	Baumgartnr/D.Moon	10:40	45:55
3	Peterson/Kriege	8:45	46:10
4	Myers/Hayes	10:15	46:21
5	Napier/J.Pickens	:30	46:27
6	Kananen/Sudan	8:30	46:30
7	DeMartinis/Chimenti	-0-	46:38
8	Saucedo/Bordoni	10:45	46:40
9	Noble/Rostege	5:45	46:45
10	Norlander/B.Picknes	11:45	46:49
11	Wurm/Schmitt	5:45	46:52
12	Cassell/Stefanidis	8:45	47:20
13	Beatty/Hurtado	5:45	47:23
14	McPhail/Van Zant	2:15	47:25

Phantom Dick Barrett Trophy Winner – Madelyn Moon

The Francis team, blessed with a generous rating for Madelyn Moon, took the lead on the first lap of the race and extended it to 2 minutes by the end of the race. Slim Pickens led all of the runners with a 3:53 average. Becki Kriege and Missy Sudan led the ladies with averages of 4:19 and 4:28. Bob Schmitt led a field of nine 60+ runners with an average of 4:41. The VanZant team lost 6 places during the final leg. After the race, we celebrated Stan DeMartinis' coming 80th birthday at Carol's with a cake.

11/30/02–Farwell/Herriman–4.68M

1	Slim Pickens	26:23	
2	Lenin Zapata	27:08	
3	Scott Bang	28:15	
4	Al Murray	28:26	
5	Becki Kriege	28:34	
6	Jim Bordoni	29:14	
7	Todd Hayes	29:22	
8	Kristina Mathias	29:54	
9	Danny Moon	30:16	
10	Missy Sudan	30:32	PR
11	Dave Fergus	31:38	
12	Danielle Zelinski	31:48	
13	Dave McIntyre	31:53	PR
14	Joe Hurtado	32:33	
15	Tim Rostege	32:46	
16	Sue Francis	32:53	
17	Cecil Baumgartner	32:54	
18	Dave Norlander	34:37	
19	Jim Myers	35:21	
20	Mike Corrick	35:41	PR
21	Chris Cassell	35:49	
22	Helen Wong	36:55	
23	Tom Zades	36:57	
24	Walt Van Zant	37:29	
25	John Peterson	37:36	
26	Antonina Ettare	40:37	
27	Ken Napier	40:55	
28	Rich Collins	43:08	
29	Rick Kananen	43:09	
30	Rich Stiller	43:21	
31	Tom Warfel	49:22	
32	Stan DeMartinis	55:04	

Dick Barrett Trophy Winner – Sue Francis

There were many good performances this morning. Slim and Lenin ran together until there was a mile to go. Then, Slim unleashed a 5:14 for the final uphill mile to claim the win. His winning time moved him to #14 on the 40+ list. Scott Bang, after running with the leaders for awhile, fell back to 3rd. But, his time moved him into the lead in the Cum Saturday contest. Al Murray had a good battle with Becki until the final mile, when he gradually began to pull away. This was his best performance on this course in 3 1/2 years. Danny Moon's time put him #13 on the men's 55+ list. Missy improved her PR by 12 seconds while moving to #11 on the women's all-time list. Danielle missed her PR by 4

seconds. Dave McIntyre improved his PR by 24 seconds. Sue Francis broke the women's 50+ course record by 30 seconds. Helen Wong and Tom Zades duked it out throughout the race. Tom finally faded during the last mile and Helen passed him near the baseball field to claim the win. Stan DeMartinis, one day shy of turning 80, ran his best time on this course in over a year.

12/7/02 – 4 x 1.46M WVC Loop Relay

Pl	Team	Start	Finish
1	McPhail/T.Wong	6:15	49:23
2	McIntyre/Sudan	12:45	49:31
3	Burke/Hayes	14:30	49:47
4	Warfel/Norlander	-0-	49:53
5	Collins/Cassell	5:00	50:03
6	Bragg/White	9:45	50:08
7	Chimenti/Mathias	14:45	50:17
8	Noble/Piazza	11:45	50:37
9	DeMartinis/Francis	-0-	50:41
10	Corrick/Rostege	10:15	50:59
11	Beatty/Bordoni	11:45	51:06
12	Napier/Zades	5:15	51:13
13	Shaner/Kriege	7:30	53:24
14	Powers/Kananen	6:15	55:06

Dick Barrett Trophy Winner = Annette McPhail

Terry Wong started the last lap 17 seconds out of the lead and ran strong to get the win for his team. Missy passed four runners during her last lap but came up 8 seconds short of catching Terry. Howard, who ran this workout in 23:03 just 14 months ago, made his first appearance in quite awhile and ran 28:02. Dave Piazza had the best splits of the day at 8:08 and 8:15. Jim Bordoni, one month shy of turning 50, had the second best splits at 8:17 and 8:31. Missy Sudan led the ladies with a total time of 18:12. Jake White ran seven 400s and one 800 on the Los Gatos track and then came over to run with us and still ran well for his two loops. Tina Shaner ran off course on her first run to gain points in the "Pathfinder" contest.

12/14/02 – Farwell – 3.54M

1	Lenin Zapata	19:11
2	Scott Bang	20:39

3	Slim Pickens	20:47
4	Mike Hegglund	21:03
5	Al Murray	22:01
6	Kristina Mathias	22:34
6	Becki Kriege	22:34
8	Dick Chimenti	23:42
9	Tim Rostege	25:04
10	Paul Bragg	25:21
11	Joe Hurtado	25:22
12	Jake White	25:45
13	John Peterson	27:21
14	Chris Cassell	27:46
15	Dave Norlander	28:18
16	Rick Kananen	30:33
17	Tom Warfel	30:34
18	Annette McPhail	32:04
18	Rich Stiller	32:04
20	Rich Collins	33:07
21	Stan DeMartinis	47:55

Dick Barrett Trophy Winner – Chris Cassell

21 rugged competitors showed up for the run this morning. We had a big storm overnight but, fortunately, very little rain during the race. However, the winds were extremely strong and, obviously, slowed the times considerably. Lenin left everyone during the first few yards and won by about a quarter of a mile. Slim Pickens and Joe Hurtado, who ran the Cal Intl Marathon, 6 days earlier, ran respectably. Slim led the 40+ runners and Joe was the 2nd 60+ runner. Kristina and Becki led the ladies. Tim Rostege showed that he is getting in better shape. He led the six 60+ runners while improving his last effort on this course by 3 1/2 minutes. Jake White ran this course for the first time as a 60+ runner, improving his last run on this course in July 2001 by 75 seconds. Chris Cassell improved his PR by 63 seconds. Dave Norlander ran with a huge knob on his shin (from hitting it with a hammer while attempting to knock the wooden stand off a Xmas tree). Annette improved her 50+ PR by 4 minutes. Stan completed his first Saturday course as an 80+ runner, establishing a new 80+ record for the Farwell course. Five intelligent runners avoided the adverse weather conditions by helping at the finish line.

12/21/02 – Short Six – 5.74M

1	Lenin Zapata	31:57		24	Terry Wong	49:37.1		seconds as he moved into a 19 th place tie with Jake White on the 50+ list. Al Murray recorded his best time on this course since he ran 36:22 four years ago. Kristina led all of the lady runners. Bob Schmitt ran the 5 th best-ever time by a 60+ runner. This put him into 4 th place in the B division of the Cum Sat contest behind Cecil Baumgartner, Tim Rostege, and Joe Hurtado. If he runs the Valle Vista course on all-courses day next Saturday, he will take over the lead. Dave McIntyre improved his PR by nearly two minutes. Rich Stiller improved his 55+ best by a minute while running his best time on this course since he ran 41:55 eight years ago. Helen Wong took home the weekly trophy because she improved her PR by four minutes. Stan established his second 80+ course record.
2	Slim Pickens	32:04		25	Norm Saucedo	53:12		
3	Mike Hegglund	34:35	PR	26	Pauline Beatty	53:20*		
4	Scott Bang	34:38		26	Georgia Riley	53:20*		
5	Todd Hayes	36:18		28	Don Packwood	53:57*		
6	Al Murray	36:31		29	Annette McPhail	54:04		
7	Kristina Mathias	37:50		30	Stan DeMartinis	66:10*		
8	Dick Chimenti	38:14		*Actual time but these runners started ahead of time				
9	Jim Bordoni	38:44		Dick Barrett Trophy Winner – Helen Wong				
10	Bob Schmitt	38:50		Lenin Zapata became the 22 nd runner in the approximately 30-year history of this course to crack 32 minutes as he narrowly beat Slim Pickens. Slim, who previously broke 32 on this course with a 31:52, took over the lead in the Cum Sat contest with his 32:04 performance. Mike Hegglund knocked 33 seconds off his PR to narrowly edge Scott. Todd Hayes improved his 50+ PR by 55				
11	Dave McIntyre	40:19	PR					
12	Joe Hurtado	41:06						
13	Tim Rostege	41:21						
14	Jake White	42:38						
14	Rich Stiller	42:38						
16	Kelly Emo	42:58						
17	Helen Wong	44:14	PR					
18	Rick Kananen	44:56						
19	Chris Cassell	45:08						
20	Tom Warfel	47:25						
21	Walt VanZant	47:53*						
22	Tom Zades	48:13						
23	David Emmert	49:37						

RACE RESULTS

8/24/02 – National 50K Trail Championships

Todd Hayes finished 44th in a field of 218 and 6th in the 50+ division with a time of 5:02:16. Todd said that this was the most competitive ultra race that he has competed in. The race was run in Marin County.

8/24/02 – Santa Cruz XC Race – 4M

Women

15 Danielle Zelinski 28:17

Men

Jim Angelopoulos 24:36
 Arturo Rodrigz 25:43 1st-50+
 Greg Burke 27:56
 Nick Butterfield 28:22
 Joe Hurtado 30:23 4th-60+
 Dave Norlander 30:29 5th-60+
 Jake White 31:58 6th-60+

Our 60+ team won their division. Arturo runs for the Santa Cruz TC and Greg and Nick run for the Spartans.

8/25/02 – Golden State Triathlon

Georgia Riley won this race with a time of 1:58. The race consisted of a half mile swim, a 15-mile bike, and a 5K run.

9/7/02 - Golden Gate Park 4M XC race

Dan Sauers 24:03 1st-50+
 Craig Whichard 24:26
 Jeff Rohrer 24:31
 Dick Chimenti 26:36
 Greg Burke. 27:16*
 Jose Casillas 28:22
 Joe Hurtado 28:54 4-60+
 Robert Salinas 30:41

- Competes for the Spartans

Our 40+ team finished 7th in this race.

9/14/02 – Crystal Springs XC Race – 4.19M

Joe Hurtado 29:04 4th-60+

9/14/02 – Banana Run – 5K

Brian Davis 17:05 2nd-40+
 Dave Pizza 17:38 6th-40+

9/14/02 – Pacific Grove Triathlon

Bill Meinhardt 72:14 3rd-60+
 Georgia Riley 81:47 3rd-55+

This race consisted of a quarter mile swim in the ocean, a 12-mile bike ride, and a 2-mile run. This was Bill's debut as a triathlete. He did well except for the swimming. Bill finished 12 seconds out of 2nd in his division after leading off with a swim that ranked him 294 out of 312 (including all sexes and divisions).

9/20/02 – Palo Alto Moonlight Run – 5K

Kelly Emo 16:46 3rd-30+

The race director said that the course was anywhere from a quarter mile to a half mile short.

9/21/02 – Nevada Endurance Run – 53.2M

Todd Hayes 9:29:20 1st-50+
 Todd finished 7th overall.

9/21/02 – Aggie XC Race – 8K

Jeff Rohrer 30:11
 Joe Hurtado 35:18

9/29/02 – Sentinel Triathlon

Kelly Emo 2:45:27

This race consisted of a mile swim, a 24.7 mile bike and a 10K run. Kelly ran her 10K in 46:29.

**9/29/02 - Heritage Oaks Bank
10K in Paso Robles**

Bob Pickens	32:53	5th-40+
Craig Whichard	35:44	
Brian Davis	35:58	4th-45+
Al Murray	37:24	
Bill Dunn	37:41	5th-55+
Art Mitchum	40:58	
Marian Richard	41:49	6th-40+
Bob Schmitt	41:57	4th-60+
Joe Hurtado	42:00	5th-60+
Pauline Beatty	49:58	
Ed Reyna	51:42	1st-70+
Mark Winitz	52:08	
Georgia Riley	52:13	2nd-55+
John Pickens	52:48	
Christine Hallen	53:45	3rd-50+
Marcia Morrison	55:53	4th-50+

Our 60+ men's team finished first, which put us into the lead in the yearly team competition. The women's 50+ team finished 3rd and the men's 40+ team finished 4th.

**9/29/02 – Carousel to Coaster
5K**

Becki Kriege	17:47	1 st -Wom
Greg Burke	18:19	1 st -50+
Walt Van Zant	22:37	2 nd -60+

Obviously, this was course was short.

**10/1/02 – Kennedy Dr. Downhill
Mile**

Danny Moon	5:08
Dave McIntyre	5:13
Rich Stiller	5:57
Don Packwood	5:58

**10/5/02 – Presidio Challenge
XC-3.55M**

Craig Whichard	22:44
Joe Hurtado	28:30

10/20/02-Humboldt Half Mar

Bob Pickens	1:14:12	4th-40+
Bob Schmitt	1:33:01	2nd-60+
Joe Hurtado	1:33:49	3rd-60+
Ed Gavin	1:43:25	
Ed Reyna	1:56:25	1st-70+

As per Bob Pickens, we had ideal weather conditions – not too cold or not too hot. Overcast until awards time. Our 60+ men's team finished 1st.

10/20/02 – Chicago Marathon

Rich Hahn	3:22:45
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This was Rich's 2nd best-ever marathon time.

10/26/02 – Home Run 5K

Don Hogue	18:10	3 rd -30+
Kelly Emo	21:34	1 st -30+

This was Don's first race in over a year.

10/26/02 – Home Run 10K

Don Hogue	47:31
Kelly Emo	47:31

**10/26/02 – Shoreline XC Race –
4.55M**

Mark Winitz	38:31
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10/27/02 - Silicon Valley Mara

Todd Hayes	3:04:25	1st-50+
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10/27/02 - Silicon Valley 10K

Sue Francis	44:19	1st-50+
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10/27/02 - Silicon Valley Relay

Dave Norlander and Kelly Emo ran on relay teams that finished 26th and 40th. Dave ran 1:39+ for his half marathon leg and Kelly ran 1:49+. Jonathan Lee and Dave Piazza also ran on relay teams, recording splits of 1:37+ and 1:22+.

10/27/02 - Hollister Road Mile

Bob Pickens	4:33	1 st -40+
Scott Bang	4:45	1 st -30+
Jim Bordoni	4:55	2 nd -40+
Danny Moon	5:08	1 st -50+
Dimitrios Stefanidis	5:14	3 rd -40+
Cecil Baumgartner	5:32	
Dave McIntyre	5:33	
Rich Stiller	5:53	2 nd -50+
Don Packwood	5:57	1 st -60+
Pauline Beatty	6:28	1st-40+
Georgia Riley	6:59	1st-50+
Madelyn Moon	7:42	1 st -60+

(Writeup by Danny Moon)

There were 12 WVJS runners who went to Hollister on this perfect day to race the famous Hollister road mile. The fastest male ran 4:27 (19 years old) and the fastest woman ran 5:35 (12). Both had youth on their side. Slim Pickens

didn't get lost during his warm up this year as he did last year. Scott Bang started off slow with the youth and then moved up to capture 3rd place. Jim Bordoni surprised himself with a strong 2nd half, breaking 5 minutes for the first time this year. Danny Moon went out very quickly but was then passed by Scott at the quarter mile and Jim Bordoni at the half mile. Still, Danny finished strong with his best mile of the year. Dave McIntyre ran a great race but it wasn't good enough to beat Cecil, who drafted on Dave until just before the finish. Cecil got 25 points in the B division for this race and Dave got 24. Rich Stiller ran well while pacing Don Packwood in his successful attempt to break 6 minutes. Pauline was very pleased when she saw the clock several yards from the finish. This was her best mile of the year. Georgia also ran her best mile of the year just finishing under the seven minute barrier. Madelyn started in the back of the pack, almost running over two young girls who stopped to tie their shoes. But she did recover to smash her goal of running under 8 minutes, finishing just ahead of the first baby jogger. Dete Kraus came all the way from Arnold to challenge Walt VanZant but chose not to run when Walt failed to show. Rich Stiller has issued a challenge to Dete for next years race.

**10/27/02 – Halloween 5K in
Oregon**

Len Edholm	23:15
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Len was trying to break but came up a bit short.

**11/2/02 – Tamalpa Challenge XC
Race – 4.612M**

Brian Davis	27:25
Craig Whichard	27:27

11/10/02 - Clarksburg 30K

Bob Pickens	1:53:50	7th-40+
Joe Hurtado	2:15:33	2nd-60+
Bob Schmitt	2:23:39	5th-60+
Ed Reyna	2:50:52	1st-70+

Our 60+ men's team finished first.

11/10/02 – WVJS Downhill Mile

Danny Moon	4:51
Dimitrios Stefanides	4:57
Dick Chimenti	5:10



Dave McIntyre 5:25
Kelly Emo 5:41
Rick Kananen 5:53
Sue Francis 6:10
Pauline Beatty 6:24
Georgia Riley 6:54
Stan DeMartinis 8:25

(Writeup by Rich Stiller)

Under cloudy, grey November skies, Rocketman ran again. Running on a specially designed down hill course, 10 elite WVJS members (all of whom met the prior qualifying time standard of 12 minutes for the mile) competed in the inaugural Howard Powers Downhill Mile Race. The course started up at the top of Fruitvale and Highway 9 and finished on the West Valley College Campus.

Danny and Dimitrios took off fast, going through the first quarter in 69 seconds. Danny kept up the pressure with Dimitrios coming up on his shoulder three times until finally Danny was able to pull away for the win, crossing the line in 4:51. Dimitrios also broke the magic five minute barrier, running 4:57. Dick Chimenti was third in 5:10.

The first woman was Kelly Emo who was battling a cold and marathon training (what's that?) but she still ran a 5:41 which is a PR. Sue Francis was the second woman in 6:10.

Danny Moon broke 5 minutes for the mile for the 23rd consecutive year! We had considered the option of dropping Danny from an airplane one mile up or throwing him off Mount Everest. This race seemed a better choice. This was also the first time Dimitrios had broken 5 minutes too. Dick's run was also startling. He ran Saturday's workout all out. So did Sue Francis.

We had plenty of help putting on this boutique event. Ken Napier helped with the start and Madelyn Moon and Tom Warfel helped with the finish. We also had such notables as Linda Legregni,

Ron Hankison and Rich Collins cheering the runners on.

Everyone got a medal and the first male and female across the line got a free breakfast.

We hope to make this a regular annual event.

11/24/02 – PA XC

Championships – 6M

Brian Davis 36:38
Craig Whichard 36:47
Bill Dunn 38:27

12/1/02 Run to the Farside 10K

Bill Dunn 36:59 1st-50+
Bill was very happy to break 37:00 as a 55-year-old.

12/8/02 – Honolulu Marathon

Kelly Emo 3:54:02

(Writeup by Kelly Emo)

Over 26,000 runners ran the 30th annual Honolulu marathon-- and 16,000 were from Japan. Hawaii is gorgeous in December, temperatures range in the 70-80's with relative humidity around 60-70% and nice stiff trade winds. Perfect weather for a vacation, beach combing and sailing. Not quite so optimal for running but it was gorgeous none the less.

They call the race the people's marathon and that is the truth because you really see all kinds. Lot's of walkers, large charity groups (I was with one of them, the Team in Training, fast runners, slow runners and lots of costumes).

The course is beautiful -- through downtown Honolulu in the dark (the race starts at 5:00 am) and through lots of Christmas lights, then down Waikiki, over Diamond Head (the first mile long formidable hill at mile 8), then down the coast, around a lake and back, back over Diamond Head (at mile 24 just for grins...) and into a park for the finish. I

was able to see the leaders at the 11 mile mark (I think they were at mile 18) and it was an exciting finish -- one Kenyan hanging off the shoulder of another for the whole race, only to sprint by and take the win in the last 50 meters... a really exciting finish. I ran most of the race with Spider man.

I had the delusion that I was going to be able to run the race at 8 minute pace but that was definitely not a reality as I had my reality check up the first Diamond head hill and I had to drop to 9 minute pace to finish the race comfortably in the heat and humidity. I held 9 minute pace through the last 16 miles to dip under the 4 hour mark but not make the Boston qualifier (that would have taken a 3:45 and I did 3:54) so now I'm gonna have to run Napa :-)) hee hee

I finished 49th out of 1200 in my age group so that made up for the slower time...

I highly recommend the race for those looking for an excuse for a great vacation but not really looking for a PR.

12/8/02 - Cal Intl Marathon

Bob Pickens 2:48.57
Joe Hurtado 3:11.02 3rd-60+
Bob Schmitt 3:21.45 6th-60+
Cecil Baumgartner 3:33.16
Ed Reyna 4:39.42 1st-70+

12/14/02 – National Masters XC Championships

Brian Davis 38:26
Craig Whichard 38:47
Bill Dunn 40:40 6th-55+
Jeff Rohrer 41:56
Neal Chappell 44:47 7th-60+

The race was run at Sierra College in Rocklin (20+ miles north of Sacramento) on a muddy course with extremely strong winds.



Cumulative Saturday Standings

Elite Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL
Pickens,Bob	0:14:21 0:33:46	0:17:39 0:37:22	0:18:58 0:33:52	0:26:23 0:35:16	0:28:49 0:37:31	0:32:04 0:33:54	2:18:14
Bang,Scott	0:15:22 0:36:10	0:16:57 0:35:53	0:20:07 0:35:55	0:28:15 0:37:46	0:27:58 0:36:25	0:34:14 0:36:11	2:22:53
Bordoni,Jim	0:15:48 0:37:11	0:17:21 0:36:44	0:20:30 0:36:36	0:27:35 0:36:53	0:28:10 0:36:41	0:35:17 0:37:18	2:24:41
Saucedo,Christian	0:15:55 0:37:28	0:17:20 0:36:41	0:21:12 0:37:51	0:28:23 0:37:57	0:28:39 0:37:18	0:35:49 0:37:52	2:27:18
Russell,Ray	0:16:11 0:38:05	0:17:17 0:36:35	0:20:47 0:37:07	0:29:46 0:39:48	0:29:12 0:38:01	0:35:36 0:37:38	2:28:49
Kriege,Becki	0:16:46 0:39:28	0:18:07 0:38:21	0:21:17 0:38:00	0:28:29 0:38:05	0:29:24 0:38:17	0:36:22 0:38:27	2:30:25
Gerhardt,Floyd	0:16:05 0:37:51	0:18:14 0:38:36	0:21:21 0:38:07	0:28:15 0:37:46	0:29:15 0:38:05	0:40:53 0:43:13	2:34:03
Spink,Katy	0:16:46 0:39:28	0:17:58 0:38:02	0:21:46 0:38:52	0:28:59 0:38:45	0:28:57 0:37:42	0:40:53 0:43:13	2:35:19
Cassell,Chris	0:20:38 0:48:34	0:22:58 0:48:37	0:27:46 0:49:35	0:35:49 0:47:53	0:37:19 0:48:35	0:45:08 0:47:43	3:09:38
Adams,Tenaya	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	0:35:55 0:37:58	0:00:00
Aubuchon,Joseph	0:15:38 0:36:48	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
Fergus,Dave	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:31:38 0:42:17	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Hegglund,Mike	0:00:00 0:00:00	0:00:00 0:00:00	0:21:03 0:37:35	0:30:35 0:40:53	0:00:00 0:00:00	0:34:35 0:36:33	0:00:00
Lief,Andy	0:00:00 0:00:00	0:16:47 0:35:32	0:00:00 0:00:00	0:00:00 0:00:00	0:26:59 0:35:08	0:00:00 0:00:00	0:00:00
Piazza,Dave	0:15:30 0:36:29	0:00:00 0:00:00	0:00:00 0:00:00	0:27:52 0:37:15	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Rohrer,Jeff	0:15:45 0:37:04	0:17:22 0:36:46	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
A Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL
Hayes,Todd	0:17:13 0:40:31	0:18:04 0:38:15	0:21:32 0:38:27	0:28:12 0:37:42	0:28:27 0:37:03	0:36:18 0:38:22	2:29:46
Mathias,Kristina	0:16:24 0:38:36	0:17:48 0:37:41	0:21:04 0:37:37	0:29:12 0:39:02	0:30:12 0:39:19	0:37:50 0:40:00	2:32:30
Moon,Danny	0:16:48 0:39:32	0:18:41 0:39:33	0:22:42 0:40:32	0:30:16 0:40:28	0:30:43 0:40:00	0:37:43 0:39:52	2:36:53
Chimenti,Dick	0:17:02 0:40:05	0:19:30 0:41:17	0:22:24 0:40:00	0:29:50 0:39:53	0:30:32 0:39:45	0:37:45 0:39:54	2:37:03
Warfel,Tom	0:17:42 0:41:40	0:19:42 0:41:42	0:24:09 0:43:07	0:31:12 0:41:43	0:32:06 0:41:48	0:39:42 0:41:58	2:44:33
Sudan,Missy	0:18:47 0:44:13	0:19:43 0:41:44	0:23:14 0:41:29	0:30:32 0:40:49	0:31:30 0:41:01	0:47:01 0:49:42	2:50:47
Baker,Chris	0:00:00 0:00:00	0:19:19 0:40:53	0:23:44 0:42:23	0:31:21 0:41:55	0:31:43 0:41:18	0:00:00 0:00:00	0:00:00
Butterfield,Nick	0:00:00 0:00:00	0:19:42 0:41:42	0:00:00 0:00:00	0:31:09 0:41:39	0:31:49 0:41:26	0:38:47 0:41:00	0:00:00
Casillas,Jose	0:00:00 0:00:00	0:19:56 0:42:12	0:23:59 0:42:50	0:34:31 0:46:09	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Dunn,Bill	0:16:07 0:37:56	0:17:46 0:37:36	0:24:07 0:43:04	0:00:00 0:00:00	0:29:00 0:37:46	0:36:26 0:38:31	0:00:00
Gerhardt,Amanda	0:00:00 0:00:00	0:19:51 0:42:01	0:24:59 0:44:37	0:31:18 0:41:51	0:00:00 0:00:00	0:41:43 0:44:06	0:00:00
Hovancik,Stephan	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:30:01 0:40:08	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Isacson,Mark	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00 0:00:00	0:31:37 0:42:16	0:00:00 0:00:00	0:00:00 0:00:00	0:00:00
Kurasch,Steve	0:00:00 0:00:00	0:19:08 0:40:30	0:00:00 0:00:00	0:00:00 0:00:00	0:31:31 0:41:02	0:00:00 0:00:00	0:00:00
Lee,Jonathan	0:00:00 0:00:00	0:19:23 0:41:02	0:23:55 0:42:43	0:00:00 0:00:00	0:32:24 0:42:11	0:39:39 0:41:55	0:00:00
Murray,Al	0:00:00 0:00:00	0:17:47 0:37:39	0:21:57 0:39:12	0:28:26 0:38:01	0:28:49 0:37:31	0:36:31 0:38:36	0:00:00
Stefanidis,Dimitrios	0:00:00 0:00:00	0:29:49 1:03:07	0:24:31 0:43:47	0:00:00 0:00:00	0:38:36 0:50:16	0:00:00 0:00:00	0:00:00
Zelinski,Danielle	0:00:00 0:00:00	0:00:00 0:00:00	0:24:11 0:43:11	0:31:48 0:42:31	0:00:00 0:00:00	0:43:17 0:45:45	0:00:00
B Div	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL
Baumgartner,Cecil	0:19:19 0:45:28	0:19:50 0:41:59	0:23:49 0:42:32	0:32:54 0:43:59	0:32:51 0:42:46	0:40:43 0:43:02	2:49:26
Rostege,Tim	0:18:11 0:42:48	0:20:25 0:43:13	0:25:04 0:44:46	0:32:46 0:43:48	0:32:47 0:42:41	0:41:21 0:43:43	2:50:34
Hurtado,Joe	0:18:26 0:43:23	0:21:14 0:44:57	0:24:59 0:44:37	0:32:33 0:43:31	0:32:44 0:42:37	0:41:06 0:43:27	2:51:02
Schmitt,Bob	0:18:13 0:42:53	0:27:35 0:58:23	0:23:51 0:42:35	0:31:36 0:42:15	0:32:00 0:41:40	0:38:50 0:41:03	2:52:05
Norlander,Dave	0:18:37 0:43:49	0:20:24 0:43:11	0:25:30 0:45:32	0:32:10 0:43:00	0:33:50 0:44:03	0:42:22 0:44:47	2:52:53
Francis,Sue	0:18:46 0:44:10	0:20:17 0:23:53	0:23:53 0:42:39	0:33:52 0:45:17	0:34:14 0:44:34	0:44:38 0:47:11	2:55:40
Emo,Kelly	0:18:54 0:44:29	0:23:20 0:49:23	0:25:49 0:46:06	0:32:14 0:43:06	0:35:42 0:46:29	0:42:58 0:45:25	2:58:57
Peterson,John	0:19:42 0:46:22	0:21:43 0:45:58	0:27:02 0:48:16	0:34:45 0:46:27	0:37:04 0:48:16	0:45:01 0:47:35	3:05:17
Stiller,Rich	0:17:54 0:42:08	0:19:45 0:41:48	0:29:17 0:52:18	0:35:09 0:47:00	0:41:43 0:54:19	0:42:38 0:45:04	3:06:26
Boyle,Brian	0:00:00 0:00:00	0:22:10 0:46:55	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
Browne,Bob	0:00:00 0:00:00	0:20:51 0:44:08	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
Hahn,Rich	0:18:10 0:42:45	0:21:54 0:46:21	0:00:00 0:00:00	0:31:47 0:42:29	0:33:13 0:43:15	0:40:48 0:43:08	0:00:00
Kananen,Rick	0:00:00 0:00:00	0:24:43 0:52:19	0:24:26 0:43:38	0:31:58 0:42:44	0:33:50 0:44:03	0:44:56 0:47:30	0:00:00
McIntyre,Dave	0:18:10 0:42:45	0:00:00 0:00:00	0:24:26 0:43:38	0:31:53 0:42:37	0:34:11 0:44:31	0:40:19 0:42:37	0:00:00
Nast,Liz	0:18:14 0:42:55	0:20:14 0:42:50	0:00:00 0:00:00	0:32:09 0:42:59	0:32:18 0:42:03	0:00:00 0:00:00	0:00:00
Salinas,Robert	0:00:00 0:00:00	0:00:00 0:00:00	0:25:19 0:45:13	0:00:00 0:00:00	0:39:02 0:50:49	0:00:00 0:00:00	0:00:00



Douglass	Valle Vista	Farwell	Far- Herr	Triangle	Short Six	5K	5 Mile	10 K	12 K	15 K	10 Mile	20 K	1/2 Marth	Marth
0:12:45	0:14:10	0:16:48	0:22:32	0:23:13	0:28:25	0:14:32	0:23:54	0:30:00	0:36:20	0:45:58	0:49:32	1:02:27	1:06:08	2:21:34
0:12:58	0:14:25	0:17:05	0:22:55	0:23:36	0:28:54	0:14:46	0:24:18	0:30:30	0:36:56	0:46:44	0:50:21	1:03:29	1:07:14	2:23:56
0:13:10	0:14:39	0:17:22	0:23:17	0:24:00	0:29:22	0:15:01	0:24:41	0:31:00	0:37:32	0:47:30	0:51:11	1:04:32	1:08:20	2:26:17
0:13:23	0:14:53	0:17:38	0:23:40	0:24:23	0:29:50	0:15:15	0:25:05	0:31:30	0:38:09	0:48:16	0:52:00	1:05:34	1:09:26	2:28:39
0:13:36	0:15:07	0:17:55	0:24:02	0:24:46	0:30:19	0:15:30	0:25:29	0:32:00	0:38:45	0:49:02	0:52:50	1:06:36	1:10:32	2:31:00
0:13:49	0:15:21	0:18:12	0:24:25	0:25:09	0:30:47	0:15:44	0:25:53	0:32:30	0:39:21	0:49:48	0:53:39	1:07:39	1:11:38	2:33:22
0:14:01	0:15:35	0:18:29	0:24:47	0:25:32	0:31:16	0:15:59	0:26:17	0:33:00	0:39:58	0:50:34	0:54:29	1:08:41	1:12:44	2:35:44
0:14:14	0:15:50	0:18:46	0:25:10	0:25:56	0:31:44	0:16:13	0:26:41	0:33:30	0:40:34	0:51:20	0:55:19	1:09:44	1:13:50	2:38:05
0:14:27	0:16:04	0:19:02	0:25:32	0:26:19	0:32:13	0:16:28	0:27:05	0:34:00	0:41:10	0:52:06	0:56:08	1:10:46	1:14:57	2:40:27
0:14:39	0:16:18	0:19:19	0:25:55	0:26:42	0:32:41	0:16:42	0:27:29	0:34:30	0:41:47	0:52:52	0:56:58	1:11:49	1:16:03	2:42:48
0:14:52	0:16:32	0:19:36	0:26:17	0:27:05	0:33:09	0:16:57	0:27:53	0:35:00	0:42:23	0:53:38	0:57:47	1:12:51	1:17:09	2:45:10
0:15:05	0:16:46	0:19:53	0:26:40	0:27:29	0:33:38	0:17:11	0:28:17	0:35:30	0:42:59	0:54:24	0:58:37	1:13:54	1:18:15	2:47:31
0:15:18	0:17:00	0:20:10	0:27:03	0:27:52	0:34:06	0:17:26	0:28:40	0:36:00	0:43:36	0:55:10	0:59:26	1:14:56	1:19:21	2:49:53
0:15:30	0:17:15	0:20:26	0:27:25	0:28:15	0:34:35	0:17:40	0:29:04	0:36:30	0:44:12	0:55:56	1:00:16	1:15:58	1:20:27	2:52:15
0:15:43	0:17:29	0:20:43	0:27:48	0:28:38	0:35:03	0:17:55	0:29:28	0:37:00	0:44:48	0:56:42	1:01:05	1:17:01	1:21:33	2:54:36
0:15:56	0:17:43	0:21:00	0:28:10	0:29:01	0:35:32	0:18:09	0:29:52	0:37:30	0:45:25	0:57:28	1:01:55	1:18:03	1:22:39	2:56:58
0:16:09	0:17:57	0:21:17	0:28:33	0:29:25	0:36:00	0:18:24	0:30:16	0:38:00	0:46:01	0:58:14	1:02:44	1:19:06	1:23:46	2:59:19
0:16:21	0:18:11	0:21:34	0:28:55	0:29:48	0:36:28	0:18:39	0:30:40	0:38:30	0:46:37	0:59:00	1:03:34	1:20:08	1:24:52	3:01:41
0:16:34	0:18:25	0:21:50	0:29:18	0:30:11	0:36:57	0:18:53	0:31:04	0:39:00	0:47:14	0:59:46	1:04:23	1:21:11	1:25:58	3:04:02
0:16:47	0:18:40	0:22:07	0:29:40	0:30:34	0:37:25	0:19:08	0:31:28	0:39:30	0:47:50	1:00:32	1:05:13	1:22:13	1:27:04	3:06:24
0:17:00	0:18:54	0:22:24	0:30:03	0:30:58	0:37:54	0:19:22	0:31:52	0:40:00	0:48:26	1:01:18	1:06:02	1:23:15	1:28:10	3:08:46
0:17:12	0:19:08	0:22:41	0:30:25	0:31:21	0:38:22	0:19:37	0:32:15	0:40:30	0:49:03	1:02:04	1:06:52	1:24:18	1:29:16	3:11:07
0:17:25	0:19:22	0:22:58	0:30:48	0:31:44	0:38:50	0:19:51	0:32:39	0:41:00	0:49:39	1:02:50	1:07:41	1:25:20	1:30:22	3:13:29
0:17:38	0:19:36	0:23:14	0:31:10	0:32:07	0:39:19	0:20:06	0:33:03	0:41:30	0:50:15	1:03:36	1:08:31	1:26:23	1:31:28	3:15:50
0:17:51	0:19:50	0:23:31	0:31:33	0:32:30	0:39:47	0:20:20	0:33:27	0:42:00	0:50:52	1:04:22	1:09:21	1:27:25	1:32:35	3:18:12
0:18:03	0:20:05	0:23:48	0:31:56	0:32:54	0:40:16	0:20:35	0:33:51	0:42:30	0:51:28	1:05:08	1:10:10	1:28:28	1:33:41	3:20:33
0:18:16	0:20:19	0:24:05	0:32:18	0:33:17	0:40:44	0:20:49	0:34:15	0:43:00	0:52:04	1:05:54	1:11:00	1:29:30	1:34:47	3:22:55
0:18:29	0:20:33	0:24:22	0:32:41	0:33:40	0:41:13	0:21:04	0:34:39	0:43:30	0:52:41	1:06:40	1:11:49	1:30:33	1:35:53	3:25:17
0:18:42	0:20:47	0:24:38	0:33:03	0:34:03	0:41:41	0:21:18	0:35:03	0:44:00	0:53:17	1:07:26	1:12:39	1:31:35	1:36:59	3:27:38
0:18:54	0:21:01	0:24:55	0:33:26	0:34:27	0:42:09	0:21:33	0:35:27	0:44:30	0:53:53	1:08:12	1:13:28	1:32:37	1:38:05	3:30:00
0:19:07	0:21:16	0:25:12	0:33:48	0:34:50	0:42:38	0:21:47	0:35:51	0:45:00	0:54:30	1:08:58	1:14:18	1:33:40	1:39:11	3:32:21
0:19:20	0:21:30	0:25:29	0:34:11	0:35:13	0:43:06	0:22:02	0:36:14	0:45:30	0:55:06	1:09:44	1:15:07	1:34:42	1:40:17	3:34:43
0:19:33	0:21:44	0:25:46	0:34:33	0:35:36	0:43:35	0:22:16	0:36:38	0:46:00	0:55:42	1:10:30	1:15:57	1:35:45	1:41:24	3:37:04
0:19:45	0:21:58	0:26:02	0:34:56	0:35:59	0:44:03	0:22:31	0:37:02	0:46:30	0:56:19	1:11:15	1:16:46	1:36:47	1:42:30	3:39:26
0:19:58	0:22:12	0:26:19	0:35:18	0:36:23	0:44:32	0:22:45	0:37:26	0:47:00	0:56:55	1:12:01	1:17:36	1:37:50	1:43:36	3:41:48
0:20:11	0:22:26	0:26:36	0:35:41	0:36:46	0:45:00	0:23:00	0:37:50	0:47:30	0:57:31	1:12:47	1:18:25	1:38:52	1:44:42	3:44:09
0:20:24	0:22:41	0:26:53	0:36:03	0:37:09	0:45:28	0:23:15	0:38:14	0:48:00	0:58:08	1:13:33	1:19:15	1:39:55	1:45:48	3:46:31
0:20:36	0:22:55	0:27:10	0:36:26	0:37:32	0:45:57	0:23:29	0:38:38	0:48:30	0:58:44	1:14:19	1:20:04	1:40:57	1:46:54	3:48:52
0:20:49	0:23:09	0:27:26	0:36:48	0:37:55	0:46:25	0:23:44	0:39:02	0:49:00	0:59:20	1:15:05	1:20:54	1:41:59	1:48:00	3:51:14
0:21:02	0:23:23	0:27:43	0:37:11	0:38:19	0:46:54	0:23:58	0:39:26	0:49:30	0:59:57	1:15:51	1:21:43	1:43:02	1:49:06	3:53:35
0:21:15	0:23:37	0:28:00	0:37:34	0:38:42	0:47:22	0:24:13	0:39:49	0:50:00	1:00:33	1:16:37	1:22:33	1:44:04	1:50:13	3:55:57
0:21:27	0:23:51	0:28:17	0:37:56	0:39:05	0:47:50	0:24:27	0:40:13	0:50:30	1:01:09	1:17:23	1:23:23	1:45:07	1:51:19	3:58:19
0:21:40	0:24:06	0:28:34	0:38:19	0:39:28	0:48:19	0:24:42	0:40:37	0:51:00	1:01:46	1:18:09	1:24:12	1:46:09	1:52:25	4:00:40
0:21:53	0:24:20	0:28:50	0:38:41	0:39:52	0:48:47	0:24:56	0:41:01	0:51:30	1:02:22	1:18:55	1:25:02	1:47:12	1:53:31	4:03:02
0:22:06	0:24:34	0:29:07	0:39:04	0:40:15	0:49:16	0:25:11	0:41:25	0:52:00	1:02:58	1:19:41	1:25:51	1:48:14	1:54:37	4:05:23
0:22:18	0:24:48	0:29:24	0:39:26	0:40:38	0:49:44	0:25:25	0:41:49	0:52:30	1:03:35	1:20:27	1:26:41	1:49:17	1:55:43	4:07:45
0:22:31	0:25:02	0:29:41	0:39:49	0:41:01	0:50:13	0:25:40	0:42:13	0:53:00	1:04:11	1:21:13	1:27:30	1:50:19	1:56:49	4:10:06