



WVJS



VOL XXXIII-#3 WEST VALLEY JOGGERS & STRIDERS December 2003

Saturday Workouts

01/03/04 Valle Vista (3.0 miles)	03/06/04 4 x 1.46-mile WVC Loop Relay
01/10/04 6 x 1600 Relay	03/13/04 Short Six (5.74 miles)
01/17/04 Triangle Run (4.76 miles)	03/20/04 18 x 0.33-Mile Tennis Court Loop Relay
01/24/04 Doug/Sara/Frtvle (2.75 miles)	03/27/04 Valle Vista (3.0 miles)
01/31/04 8 x 0.66-Mile Tennis Court Loop Relay	04/03/04 16 x 300 Relay
02/07/04 5K on the track	04/10/04 Triangle Run (4.76 miles)
02/14/04 Farwell/Herriman (4.68 miles)	04/17/04 12 x 600 Relay
02/21/04 Valentine Team Race (5.4 miles)	04/24/04 36 x 200 Relay
02/28/04 Farwell (3.54 miles)	05/01/04 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

01/11/04 Cal 10 (1.0)
03/06/04 Redding 10-miler (1.5)
03/21/04 Across The Bay 12K (2.0)
04/18/04 Hewlett Packard 10K (2.0)
04/25/04 Big Sur 5K (1.0)
05/09/04 Zippy 5K (1.0)
05/31/04 Pacific Sun 10K (1.0)
06/19/04 Shriner;s 8K (1.0)
07/11/04 Fleet Feet Mile (1.0)
09/19/04 Jamba Juice 5K (2.0)
09/26/04 Heritage Oaks 10K (3.0)
10/17/04 Humboldt Half Mar (1.5)
11/07/04 Clarksburg 30K (2.0)
12/05/04 Cal Intl Marathon (2.0)
12/12/04 Xmas Relays (1.0)

Racer of the Year

Fastest Farwell Time
Cumulative Saturday Races
Fastest Marathon
Fastest of 2 one-milers on the track
Fastest of 2 5Ks on the track
02/01/04 Home Depot half Marathon
03/21/04 Across the Bay 12K
04/04/04 The Great Race
04/18/04 Hewlett Packard 10K
05/09/04 Zippy 5K
06/xx/04 Run For The Law 5K
07/11/04 Fleet Feet Mile
08/08/04 Alameda 10K
09/19/04 Jamba Juice 5K

Other Popular Races

01/01/04 Rio Resolution 6.8M-Carmel
01/01/04 Resolution Run-5M-LG
02/01/04 Superbowl 10K-Santa Cruz
02/07/04 Mission 10-Miler
02/08/04 Together With Love 5K/10K
02/28/04 Juana Run- 8K/1M
03/14/04 Stanford 50+ Race-8K
03/21/04 Mercury-News 10K
04/25/04 Run For Lupus 5K-Saratoga
05/02/04 Devil Mountain 5K/10K
05/08/04 Human Race 5K/10K-MtVw
07/10/04 Bonfonte Garden 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 group leaves from WVC parking area at 7:00 AM. They run 7-15 miles at 6:30-8:00 pace.

2003 PA/USATF Grand Prix

Open Men

We probably finished 8th for the 2003 season. Jake Roberts will be our open team captain for 2004.

Open Women

We finished 6th for the 2003 season. Becki Kriege and Missy Sudan were are top finishers in the individual short-race competition, finishing 10th and 13th. Becki, Johana Wans, and Missy finished 7th, 12th, and 15th in the long-race competition. Becki is the team captain.

40+ Men

We finished 4th for the 2003 season. Bob Pickens and Al Murray were our top finishers in the individual short-race competition at 13th and 15th places. Bob and Al finished 8th and 18th in the long-race competition. Al Murray is our 40+ team captain.

40+ Women

We finished 6th for the 2003 season. Marian Richard was our top dog for the 40+ women, finishing 5th in the short-race competition and 7th in the long-race competition. Pauline Beatty has decided to take a rest from her team captain duties. So, we need a new team captain. Any volunteers?



50+ Men

We finished 3rd for the 2003 season. Jim Bordoni and Bill Dunn were our top finishers in the short-race competition, finishing 4th and 14th. Jim finished 3rd in the long-race competition. Jim is our 50+ team captain.

50+ Women

We finished 3rd for the 2003 season. Sue Francis, Georgia Riley, and Christine Blue finished 11th, 16th, and 18th in the short-race competition and Sue finished 11th in the long-race competition. Georgia Riley is the team captain.

60+ Men

We finished 2nd for the 2003 season, one point behind Tamalpa. Joe Hurtado, Bob Schmitt, Dick Chimenti, and Neal Chappell finished 2nd, 3rd, 6th, and 11th in the short-race competition. Joe and Bob finished 2nd and 3rd in the long-race competition and John Peterson finished 10th. Joe Hurtado will be the team captain for 2004.

70+ Men

We finished 3rd for the 2003 season. Eddie Reyna and Stan DeMartinis finished 5th and 6th in the short-race competition and Eddie and Jack Friedlander finished 5th and 8th in the long-race competition. Bill Flodberg will be the team captain for 2004.

1/24/04 – Annual Club Awards Dinner

Our annual club awards dinner will be held on Saturday evening, 1/24/04. We must guarantee 50 guests and we have to pay for our dinners by 1/17/04, one week before the event. Last year, the entrée choices were prime rib at \$34, salmon at \$27, and lasagne at \$21 and the dinner started at 6:30PM and the social hour at 5:30PM. I assume that the cost and time will be the same this year as it was last year.

The committee handling the event will meet within a week to discuss the agenda and the details of the dinner. In the meantime, all who intend to attend the dinner should notify Walt Van Zant and give their payment to him (make check payable to the WVJS).

Miscellaneous Drive!

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$40 each. The summer fee is \$20. The fine for parking without a permit is \$30.

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

Club dues of \$15 per person or \$20 per family are now payable. If you joined the club on 11/1/02 or later and paid your dues at that time, you are paid through 2004.

Long-time club member Don Dugdale has moved to Wilmington, North Carolina to take an editing job with the local newspaper.

Dick Chimenti, who retired from IBM awhile ago but continued to work for them on a temporary basis, will finally retire for good and will be moving to his cabin in the Sierra-Nevada mountains. However, he will continue to maintain our website.

Ken Napier intends to put his house up for sale in the spring and move to the mountains to spend the remainder of his time fishing.

Bob Ebert turns 50 in May. If he decides to compete after that (and, Ray Russell says that he will), he should be one of the top 50+ runners in the Pacific Association.

Charles Lighty turns 50 in March.

Ken Noel has been commuting to Los Angeles on Monday of each week and returning on Friday night. And, he is still able to run well for a 65-year-old runner.

Bob Rea (Thumper), who moved to New Zealand a while back, visited his in-laws in Oregon recently. Guess, who he met in a gym in Ashland? Another club member who moved away – Bob Shuck. Bob has not been able to run much during the past couple of years due to a variety of injuries. However, he was able to run 38:17 in a 10K race on his 50th birthday. This was good enough to win the 50+ title in the club championships.

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>



Triathletes' Corner (by Kelly Emo)

Sept. 14th Tri for Real (Pleasanton)
-- 700 yd swim, 18 m bike, 4 mile run:

2. KELLY EMO 1:36:25

This is a fun triathlon in Pleasanton. It is the finish of the series of Tri for Funs where they make the course a bit longer and add awards. They didn't get splits on the clock but by my watch my swim was around 14 minutes, bike was 48 minutes (rumor is the course was actually 16.8 miles not 18) and the run was around 30:00. It was a very hot day; so, we all suffered on the run. I ended up 2nd in the 35/39 category which was a nice surprise.

Sept. 28th, Sentinel Triathlon (Santa Cruz)
-- 1.5k swim, 40k bike, 10k run

7 KELLY EMO 2:33:54
28:32/3:48/1:15:53/1:43/43:58

2:33:54 was overall time, the other times are swim, transition 1, bike, transition 2, and run)

Sentinel was really fun this year -- overcast weather, over 1000 competitors, calm ocean with small waves, a great race. I was 7th 35/39, not overall)

9/6/03 – 32nd Annual Shettler Handicap Race – 3.06 Miles

Pl	Runner	Finish	Start	Actual	Pl	Runner	Finish	Start	Actual
1	Dena Noble	31:11	8:10	23:01	23	Madelyn Moon	32:02	4:50	27:12
2	Tom Zades	31:14	7:30	23:44	24	Jim Wurm	32:05	6:50	25:15
3	Marcia Morrison	31:21	6:10	25:11	25	Al Murray	32:07	14:40	17:27
4	Norm Saucedo	31:26	11:10	20:16	26	Ken Noel	32:07	9:30	22:37
5	Dave Norlander	31:28	11:10	20:18	27	Kelly Emo	32:12	11:40	20:32
6	Bob Pickens	31:32	15:20	16:12	28	John Pickens	32:29	8:10	24:19
7	Ranjeet Sudan	31:35	12:20	19:15	29	Stan DeMartinis	32:32	-0-	32:32
8	Jim Bordoni	31:36	14:30	17:06	30	Dimtr Stefanidis	32:33	13:00	19:33
9	Gil Flores	31:37	14:30	17:07	31	Georgia Riley	32:34	7:50	24:44
10	Bob Schmitt	31:39	12:20	19:19	32	Hank Lawson	32:37	14:20	18:17
11	Neil Gelblum	31:40	13:20	18:20	33	Ben Sigrist	32:40	10:27	22:13
12	Helen Wong	31:41	11:18	20:23	34	Danny Moon	32:41	13:30	19:11
13	Chris Cassell	31:45	10:00	21:45	35	Don Packwood	32:49	9:50	22:59
14	Ken Napier	31:47	6:00	25:47	36	Dave McCarten	32:55	4:50	28:05
15	Dwight Cornwell	31:47	14:30	17:17	37	Mark Isaacson	32:57	12:40	20:17
16	Jake Roberts	31:50	14:10	17:40	38	Mike Kriege	33:35	14:10	19:25
17	Missy Sudan	31:51	14:10	17:41	39	Jake White	33:41	11:10	22:31
18	Dave McIntyre	31:54	12:10	19:44	40	Tina Shaner	34:01	5:40	28:21
19	Stephanie Hovanck	31:54	13:50	18:04	41	Scott Bang	34:06	15:10	18:56
20	Joe Hurtado	31:56	12:20	19:36	42	Joe Sigrist	34:06	12:00	22:06
21	Becki Kriege	31:58	14:20	17:38	43	John Peterson	34:44	10:30	24:14
22	Dave Piazza	32:00	15:00	17:00	44	Patrick Rowland	37:22	13:00	24:22

Rich and Judy Collins hosted our annual handicap race for the 6th year in a row at their home in Saratoga. As usual, they provided a very nice breakfast for all of us after the race.

Dena ran a great race to beat her arch rival, Tom Zades. Bob Pickens had the fastest scratch time. The top three women - Becki Kriege, Missy Sudan, and Stephanie Hovancik -- all broke the women's course record of 18:07 with times of 17:38, 17:41, and 18:04.



2003 WVJS RACER OF THE YEAR CONTEST

Placings in this contest were based upon your best 8 performances in 16 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). The results to date for 2003 for all who have scored in four or more races are as follows:

Elite Division

Bob Pickens (8)	196
Dave Piazza (8)	194
Al Murray (8)	191
Scott Bang (8)	184
Jim Bordoni (8)	183
Gil Flores (8)	173
Jeff Rohrer (8)	166
Gary Waggoner (8)	162
Andy Lief (5)	125
Brian Davis (4)	90
Jorn Jensen (4)	88
Ray Russell (4)	88
Mike Toney (4)	86
Neil Gelblum (40)	74

A Division

Becki Kriege (8)	197
Jake Roberts (8)	193

Missy Sudan (8)	191
Danny Moon (8)	183
Dick Chimenti (8)	180
Bob Schmitt (8)	177
Ron Kiyono (6)	138
Johanna Wans (5)	123
Dimitrios Stefanidis (5)	113

B Division

Joe Hurtado (8)	200
Dave McIntyre (8)	192
Rich Hahn (8)	190
Marion Richard (8)	190
Kelly Emo (8)	186
Rich Stiller (4)	88

C Division

Sue Franks (8)	200
John Peterson (8)	194

Norm Saucedo (8)	186
Chris Cassell (8)	184
Helen Wong (7)	168
Pauline Beatty (7)	148
Walt Van Zant (4)	78

D Division

Georgia Riley (8)	198
Elaine Erickson (4)	98
Ken Napier (4)	89

E Division

Marcia Morrison(8)	195
Madelyn Moon (8)	190
Stan DeMartinis (8)	187
Chris Blue (6)	150
Eddie Reyna (4)	98

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. Results for 2004 are not available. The final 2004 standings will be shown in the next club bulletin.

SATURDAY WORKOUT RESULTS

8/30/03 – Farwell – 3.54 Miles

1 Dave Piazza	20:14	19 Helen Wong	25:13	38 Annette McPhail	31:44
2 Jim Bordoni	20:27	20 Rich Stiller	25:19	39 Tina Shaner	34:23
3 Dwight Cornwell	20:35	21 Mark Isaacson	25:19	40 Dave McCarten	35:09
4 Becki Kriege	21:00	22 John Peterson	25:35 PR	41 Stan DeMartinis	39:03
4 Missy Sudan	21:00 PR	23 Dave McIntyre	24:39*	* Dave McIntyre started 1 minute behind everyone and Bob started 7 minutes behind everyone.	
6 Mike Toney	21:09 PR	24 Chris Cassell	25:51 PR	Dick Barrett Trophy Winner – Stan DeMartinis	
7 Jake Roberts	21:12 PR	25 Norm Saucedo	26:03		
8 Ray Russell	21:24	26 Ken Noel	26:43		
9 Hank Lawson	21:57	27 Bob Pickens	19:52*		
10 McKayla Plank	22:18 PR	28 Ben Sigrist	27:58		
11 Neil Gelblum	22:34	29 Joe Sigrist	28:01		
12 Dick Chimenti	22:41	30 Tim Rostege	28:10	We had a surprisingly large turnout on this overcast morning. There were so many excellent performances that it will be difficult to mention all of them.	
13 Todd Hayes	23:10	31 Don Packwood	28:45		
14 Danny Moon	23:10	32 Dena Noble	29:14		
15 Bob Schmitt	23:16 PR	33 Tom Zades	29:20		
16 Joe Hurtado	24:14	34 Ann Loree	30:13		
17 Dave Norlander	24:22	35 Marcia Morrison	30:31	Dave Piazza led the pack this morning, coming within one second of his all-time best. Jim Bordoni, who has an all-time	
18 Kelly Emo	24:34	36 John Pickens	30:35		
		37 Chndlee Harrell	30:36		

best of 18:33, ran the 6th best-ever 50+ time to finish second. Tim Rostege, who ran 28:10 today, has the record at 19:31. Dwight Cornwell visited us from Denver and broke the 55+ course record of 21:02, previously held by Ken Napier, by 27 seconds. Becki Kriege and Missy Sudan ran together all of the way as Missy moved to #2 on the women's list with 21:00. This is 27 seconds behind Becki's record of 20:33. The two of them were so eager to let the other cross the line first that they slowed and missed cracking 21:00. This equaled Becki's best time since she set the record 13 years ago. Jake Roberts continued his phenomenal improvement of late by bettering his PR by 77 seconds. McKayla's time moved her to #8 on the all-time women's list. Dick Chimenti came within one second of tying Ralph Poole's #2 60+ time of 22:40. Norm Saucedo holds the 60+ record at 22:18. Bob Schmitt improved his PR by 35 seconds as he moved to #5 on the 60+ list. 64-year-old Dave Norlander ran his fastest time on this course in 4 years. Rich Stiller improved his 55+ best by 4 minutes. Chris Cassell improved his PR by 78 seconds. Ken Noel knocked 30 seconds off his 65+ best. Tim Rostege, who has been out with an injury, ran with us for the first time in many months. Marcia Morrison recorded the #5 time by a 55+ woman runner. John Pickens improved his 55+ PR by 67 seconds. Tina Shaner improved her PR by 10 minutes and, thus, escaped last place on the all-time women's list while moving past 4 runners. Stan DeMartinis improved his 80+ course record by 5 minutes.

9/13/03 – 18 x 0.33M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	McCartJ.Sigrst/Row	1:15	40:48
2	Gelblum/D.Moon/Piaz	10:15	41:33
3	Rbrts/Russell/R.Pickns	12:45	41:50
4	M.Moon/Hay/Carchidi	1:30	41:53
5	Murray/Bordoni/Bng	12:45	42:00
6	B.Sigrst/Norlandr/Nast	6:00	42:04
7	Cassell/Wong/Schmitt	6:30	42:11
8	DeMarti/Pack/McIntyre	:15	42:42
9	Tom Warfel	-0-	42:49
10	Toney/Stefanidis/Isaa	10:15	43:11
11	McPhail/J.Pickns/Riley	-0-	43:58

Dick Barrett Trophy Winner – Dave McCarten

Very warm weather this morning. Easy win for the Rowland team. Good battle between the two teams that started last with Ray Russell and Slim Pickens pulling away from the Scott Bang team on the last lap.

9/20/03 – Short Six – 5.74M

1	Andy Lief	35:19	
2	Jorn Jensen	35:38	
3	Missy Sudan	35:38	PR
4	Becki Kriege	35:38	
5	Kristina Park	38:45	
6	Todd Hayes	38:50	
7	Helen Wong	42:09	PR
8	Dimitri Stefanidis	42:25	
9	Jake White	42:25	
10	Chris Baker	43:04	
11	Bob Browne	45:48	
12	Don Packwood	47:37	
13	Jim Myers	47:48	
14	Norm Saucedo	48:41	
15	Mark Isaacson	48:41	
16	Al Murray	48:41	
17	Pauline Beatty	49:02	
18	Dena Noble	49:51	
19	Georgia Riley	50:01	
20	Patrick Rowland	51:59	
21	Amelia Carchidi	51:59	
22	Tina Shaner	59:41	
23	Dave McCarten	59:51	
24	Ruby Hurtado	66:51	

Phantom Dick Barrett Trophy Winner – Missy Sudan

Andy Lief had a big lead this morning when he erroneously turned up Chester rather than staying on Sobey until he reached Ten Acres. This meant that he ran an unknown extra distance plus encountering more hills. This put him behind the threesome of Jensen, Sudan, and Kriege. He overcame the deficit and won by about 100 yards. Missy Sudan moved to #3 on the women's all-time list for this course with her performance this morning. Helen Wong improved her PR by over 2 minutes.

9/27/03 – 8 x 0.66-Mile Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Lawson/Russell	18:00	46:36
2	Stefanidis/Gelblum	15:45	46:49

3	Piazza/Bang	18:30	46:58
4	Z.Casillas/J.Casillas	9:30	47:11
5	DeMartinis/McPhail	-0-	47:19
6	Delyani/B.Sigrst	14:30	48:22
7	Norlander/Rostege	11:45	48:25
8	Carchidi/Zades	9:30	49:21
9	Swanson/McCarten	9:00	52:21

Dick Barrett Trophy Winner – Hank Lawson & Ray Russell

We were scheduled to run the step-up and step-down relay this morning. However, we decided to run the tennis court loop relay because the track was flooded (sprinkler system apparently was on all night). Ray Russell led his team to victory by running his last lap in 3:17 to take the lead.

10/4/03 – Valle Vista – 3.0 Miles

1	Andy Lief	16:32	
2	Dave Piazza	16:53	
3	Al Murray	17:06	
4	Ray Russell	17:07	
5	Gary Waggoner	17:18	
6	Scott Bang	17:33	
7	Mike Toney	17:39	PR
8	Jake Roberts	17:51	PR
9	Becki Kriege	17:59	
10	Jorn Jensen	18:12	
11	Neil Gelblum	18:31	
12	Danny Moon	18:49	
13	Dick Chimenti	19:26	
14	Joe Hurtado	19:31	
15	Mark Isaacson	19:32	
16	Dino Delyani	19:51	
17	Helen Wong	20:19	PR
18	Liz Nast	20:27	
19	Dave Norlander	21:20	
20	Ben Sigrst	21:47	
21	Tim Rostege	22:00	
22	John Peterson	22:35	
23	Joe Sigrst	22:40	
24	Patrick Rowland	23:14	
25	Amelia Carchidi	23:21	
26	Rich Stiller	23:22	
27	Georgia Riley	24:22	
28	Rich Collins	24:58	
29	Dave McCarten	28:27	

Dick Barrett Trophy Winner – Al Murray

Andy Lief ran to an easy win this morning, missing his PR by 12 seconds. Becki Kriege led the ladies. Dave Piazza topped

a good field of 40+ runners. Dick Chimenti improved his 60+ PR while edging Joe Hurtado. Al Murray improved his 45+ PR by 14 seconds. Ray Russell ran this course for the first time as a 45+ runner. Gary Waggoner's time was a great performance by him. Jake Roberts continued to improve as he knocked 100 seconds off his PR. Danny Moon came within 8 seconds of his 55+ PR. Helen Wong ran 51 seconds under her PR. Liz Nast ran within 27 seconds of her PR.

10/11/03 – 6 x 1600 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Collins/Nast	2:00	43:05
2	Van Zant/Noel	:25	44:02
3	Riley/Russell	5:00	44:05
4	Bordoni/Piazza	11:45	44:08
5	Gelblum/Lief	11:45	44:18
6	Park/Jensen	11:15	44:24
7	Norlander/Delyoni	6:00	44:39
8	Schmitt/Stefanidis	8:30	44:50
9	J.Pickens/Packwood	2:00	45:02
10	Hurtado/Hayes	8:30	45:30
11	M.Moon/D.Moon	2:45	45:52
12	McPhail/Rowland	-0-	46:03

Dick Barrett Trophy Winner – Rich Collins

We had cool, crisp weather at the start this morning, which made for fast times. The Nast team led by 4 seconds at the start of the last run and Liz lengthened the lead to 57 seconds at the end. Liz would probably have gotten the weekly trophy but left before the trophy presentation. Rich Collins, who had not won the trophy in years, was extremely happy to win it. He had tears in his eyes and was still thanking his many friends as we left the track. Andy had the best average of the day at 5:08. Dave Piazza led the 40+ men at 5:15, Jim Bordoni led the 50+ men at 5:32, and Bob Schmitt led the 60+ men at 6:08. Two Aggies led the women – Kristina led all of the women at 5:38 and Liz Nast led the 40+ women at 6:12, 18 seconds per run under her rating. Georgia Riley led the 50+ women at 7:40 and Madelyn Moon was the fastest 60+ woman at 8:38. Thanks to Chris Cassell and Jim Wurm for their timing and recording efforts.

10/18/03–First All Courses Day

Douglas- 2.75M

1	Ray Russell	15:42
2	Scott Bang	17:19
3	Greg Burke	18:03
4	Liz Nast	18:34
5	Dick Chimenti	18:38
6	Helen Wong	18:42
7	Kelly Emo	18:46
8	Ben Sigrist	18:54
9	Dave Norlander	19:56
10	Patrick Rowland	20:18
11	Vicki Garcia	20:48
12	Joe Sigrist	21:38
13	Georgia Riley	22:51
14	Madelyn Moon	25:21
15	Tom Warfel	27:46
16	Stan DeMartinis	32:22

PR

Valle Vista – 3.0M

1	Todd Hayes	19:14
2	Chris Cassell	24:38

Farwell –3.54M

1	Gary Waggoner	21:30
2	Dave McIntyre	24:36
3	Jake Roberts	24:39
4	Jim Myers	27:24
5	Rick Kananen	31:49

Farwell/Herriman – 4.68M

1	Mike Toney	28:13
2	Mark Isaacson	31:58
3	Don Packwood	36:55

Triangle Run – 4.76M

1	Katy Spink	30:21
2	Kristina Park	30:32
3	Stephanie Hovancik	30:45
4	Amanda Gerhardt	31:21
5	John Pickens	38:09

PR

Short Six – 5.74M

1	Dave Piazza	34:17
2	Dennis Kurtis	37:00
3	Neil Gelblum	37:22
4	Danny Moon	38:56
5	Dino Delyani	40:27
6	Tim Rostege	46:29

Dick Barrett Trophy Winner – Dave Piazza

Good turnout for our first all-courses day of the year (the next will be on 12/27). Dave Piazza took home the weekly trophy as he was the first finisher of the Short Six runners. His time was #14 on the 45+ list and we've had many fine 45+ runner run this course. All of the fast ladies ran the

Triangle course with Katy Spink coming home the winner. Ray Russell led the large contingent that ran the Douglas course. Helen Wong and John Pickens ran PRs. Dave and Vicki Garcia visited us from Las Vegas. Dave appears to be recovering well from his back surgery and hopes to run the Las Vegas half marathon in March.

10/25/03 – 12 x 800 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Warf/Chim-Waggoner	-0-	39:52
2	B.Sigrist-Roberts	6:45	41:21
3	Rowland-Saucedo	4:00	41:34
4	J.Pickens-J.Sigrist	1:45	41:42
5	Peterson-Wong	4:00	41:52
6	McCarten-Schmitt	:30	42:20
7	Noble-Noel	1:45	43:03
8	Hayes-Kananen	5:45	43:06
9	Rostege-Murray	7:30	43:41
10	Myers-Hurtado	6:45	45:11
11	DeMartinis-Bordoni	-0-	45:22
12	Zades-Piazza	7:45	46:13
13	Delyani-Gelblum	10:15	46:25

Dick Barrett Trophy Winner – Jake Roberts

The Waggoner team started first this morning, briefly gave up the lead, and then stormed to an easy win because of the efforts of its shameless leadoff runners (Tom Waffle and Dick Chimenti) who had promised to run slow. The last-place team started last and held its ground throughout the race. Congratulations. The weekly trophy was given to the Roberts team because they were the best legit team. The fastest running of the day was done by Dave Piazza at 2:33 per run, Gary Waggoner at 2:35 per run and 50-year-old Jim Bordoni at 2:38 per run. Helen Wong led the ladies at 3:05. Dena Noble destroyed her former arch rival (she noted that he is so slow now that she no longer considers him a rival) by over 2 minutes.

11/01/03–Triangle Run–4.76M

1	Bob Pickens	26:36
2	Gary Waggoner	27:42
3	Al Murray	27:48
4	Mike Toney	27:49
5	Jim Bordoni	28:32
6	Jake Roberts	28:32
7	Becki Kriege	28:34
8	Neil Gelblum	29:53
9	Todd Hayes	30:25
10	Danny Moon	30:49
11	Kristina Park	30:55
12	Dick Chimenti	31:31

PR

PR

13	Joe Hurtado	31:35	
14	Bob Schmitt	31:38	PR
15	Mark Isaacson	31:55	
16	Ranjeet Sudan	32:05	
17	Liz Nast	32:52	
18	Dino Delyani	33:31	
19	Helen Wong	33:44	PR
20	Dave McIntyre	34:37	
21	Tim Rostege	34:59	
22	Brian Low	35:22	
23	Ben Sigrist	36:15	
24	Dave Norlander	36:31	
25	Joe Sigrist	37:26	
26	Christina Wilks	37:26	
27	Ken Noel	37:47	
28	Patrick Rowland	38:22	
29	Missy Sudan	38:35	
30	Rich Stiller	38:37	
31	Dena Noble	39:02	
32	Tom Zades	41:20	
33	Marcia Morrison	41:35	
34	Rich Collins	43:16	
35	Dave McCarten	43:29	
36	Betty Root	46:46	
36	Tom Warfel	46:46	
38	Stan DeMartinis	59:21	

7	Park/Rohrer	13:15	43:04
8	Wong/Russell	12:15	43:12
9	Myers/Rowland	7:45	44:01
10	McPhail/Beatty	1:15	44:04
11	B.Sigrist/Waggoner	12:15	44:12
12	G.Riley/Noel	5:00	44:18

35	Joe Sigrist	19:48	PR
36	Brian Low	20:10	
37	Chris Cassell	20:18	
38	John Peterson	20:44	
39	Ken Noel	21:01	
40	Don Packwood	21:07	
41	Tom Warfel	22:34	
42	Rich Stiller	22:35	
43	Rich Collins	22:44	
44	Dave McCarten	24:15	
45	Kat Powell	25:08	
46	Madelyn Moon	25:34	
47	Betty Root	28:44	
48	Stan DeMartinis	31:42	

Dick Barrett Trophy Winner – Walt Van Zant

Christina Wilk and Liz Nast ran very well this morning to easily win the relay. Ray Russell, Dave Piazza, and Gary Waggoner led the guys with averages near 3:30. Dave PRd by 23 seconds despite running the Douglas course at hard effort just prior to our relay. Kristina Park led the ladies with a 3:45 average. Liz Nast PRd by 25 seconds and Helen Wong by 19 seconds.

What a great turnout for this cold, wet, and windy day. How about that pack of super lady runners – 5 in the top 17, closely followed by Tina in 21st and Liz, Kelly, and Helen in 26th, 27th, and 28th. It really was a great race today – 48 finishers – wow.

11/15/03-Doug/Sara/Fruitvle-2.75M

1	Slim Pickens	14:30	
2	Mike Bordoni	14:37	PR
3	Andy Lief	14:51	PR
4	Dave Piazza	15:21	PR
5	Jorn Jensen	15:23	
6	Gary Waggoner	15:27	PR
7	Ray Russell	15:31	
8	Al Murray	15:40	
9	Mike Toney	15:43	PR
10	Rob Nast	15:56	
11	Jeff Rohrer	16:04	
12	Missy Sudan	16:19	PR
12	Becki Kriege	16:19	
14	Katy Spink	16:25	
15	Kristina Park	16:33	
16	Neil Gelblum	16:38	
17	Amanda Gerhardt	16:39	
18	Floyd Gerhardt	16:52	
19	Todd Hayes	17:12	
20	Mark Isaacson	17:25	PR
21	Tina Lount	17:40	
22	Dick Chimenti	17:44	
23	Joe Hurtado	17:51	
24	Bob Schmitt	17:52	
25	Dino Delyani	17:58	
26	Liz Nast	18:06	
27	Kelly Emo	18:20	
28	Helen Wong	18:41	PR
29	Rich Hahn	18:51	
30	Ben Sigrist	19:09	
31	Dave McIntyre	19:15	
32	Patrick Rowland	19:20	
33	Dave Norlander	19:34	
34	Tim Rostege	19:45	

11/22/03 – 8 x 1200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Root/Noel	-0-	48:04
2	Rowland/Hurtado	9:45	48:06
3	Rostege/Schmitt	9:45	48:11
4	B.Sigrist/Isaacson	12:00	48:24
5	Wilk/B.Pickens	13:45	48:27
6	McIntyre/Park	13:15	48:35
7	DeMartinis/Emo	-0-	48:44
8	Chimenti/Russell	15:15	48:57
9	Collins/Packwood	5:15	49:11
10	Toney/Bang	16:30	49:21
11	J.Sigrist/Stefani	11:15	49:27
12	Gelblum/Lief	17:00	49:27
13	M.Moon/D.Moon	6:45	49:46
14	Cassell/Kananen	8:15	50:25
15	McCarten/Riley	2:45	51:25

Dick Barrett Trophy Winner – Ken Noel

Joe Hurtado started 37 seconds behind Ken Noel at the start of the last leg, caught Ken with about 120 meters to go, but couldn't get by him as Ken showed his former-1:48 half mile speed to pull away for the win. Slim Pickens led the men with a 3:42 average. This is the best average for this workout since Jose Palalia and Ray Russell ran 3:29 and 3:40 in 1998. Kristina led the ladies with her PR, a 4:12 average. Danny Moon led the 50+ men at 4:17, Dick Chimenti led the 60+ men at 4:26, and Georgia Riley led the 50+ women at 5:53.

11/29/03 – Farwell/Herriman

Dick Barrett Trophy Winner – Al Murray

Tough morning to decide who should get the weekly trophy. Bob Pickens won with a very good time. Gary Waggoner PRd by over 2 minutes, Jake Roberts PRd by 4 minutes, and Helen Wong PRd by one minute. Al Murray won the battle of the 45+ runners with a sprint that carried him by Mike Toney in the last few yards. Becki Kriege came within 11 seconds of her own course record for women. Dick Chimenti, Joe Hurtado, and Bob Schmitt finished within seconds of each other as they recorded the #s 4, 5, and 6 60+ time. Ken Napier is 3rd at 31:13. Marcia Morrison recorded the #4 time by a woman 55+ runner. Danny Moon did not run a PW. Dena Noble drubbed Tom Zades again.

11/08/03–8 x 0.66-Mile Tennis Court

Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Wilk/Nast	7:45	41:41
2	DeMartinis/D.Moon	--	42:26
3	M.Moon/Van Zant	:30	42:37
4	Norlander/Piazza	11:00	42:38
5	Powell/Noble	:30	42:38
6	Rostege/J.Sigrist	7:45	42:59

1	Andy Lief	26:15	PR
2	Dave Piazza	26:50	PR
3	Mike Toney	27:08	PR
4	Al Murray	27:59	
5	Todd Hayes	28:29	
6	Robert Pickens	29:29	
7	Floyd Gerhardt	29:44	
8	Neil Gelblum	29:52	PR
9	Becki Kriege	30:11	
10	Missy Sudan	30:11	
11	Dick Chimenti	30:13	
12	Bob Schmitt	31:06	
13	Dave Fergus	31:39	
14	Danny Moon	31:39	
15	Joe Hurtado	31:55	
16	Dino Delyani	31:55	
17	Helen Wong	33:27	PR
18	Tim Rostege	34:23	
19	Scott Bang	34:24	
20	Christina Wilk	34:24	PR
21	Patrick Rowland	34:37	
22	Dave Norlander	34:42	
23	Chris Cassell	35:51	
24	Ken Noel	37:01	
25	Don Packwood	37:27	
26	Kelly Emo	37:27	
27	Tom Warfel	39:01	
28	Jim Myers	39:02	
29	Marcia Morrison	39:17	
30	Dena Noble	39:20	
31	Rich Collins	39:46	
32	Dave McCarten	43:05	
33	Kat Powell	44:39	
34	Demetri Stefanids	44:45	
35	Rich Stiller	44:47	
36	Stan DeMartinis	57:21	

Phantom Trophy Award Winner: Dave Piazza

We had a good turnout and everyone was in good spirits for a Thanksgiving weekend. We even waited for Neil Gelblum to run up from the lower parking lot before the start. Although the clock did not start, both Jim Bordononi and Madelyn Moon started the timer and synchronized watches for the official timing. This was a good day with 6 PRs, with Dave Piazza improving his time by 62 seconds and Helen Wong with a spectacular improvement of 3:09 minutes. The holiday spirit was in the air and we had 7 buddy pairs running together. Dave Piazza received the Phantom Trophy finishing 2nd to Andy Lief. Becki Kriege and Missy Sudan were the first women and first couple to finish. A large group had breakfast at Carrow's where we celebrated Stan the Man's 81st birthday with a special

rendition of Happy Birthday from Michael Moon, aka Mikey.

12/6/03-4 x 1.46-M WVC Loop Rel

Pl	Team	Start	Finish
1	Gavin/J.Pickens	:15	45:27
2	McCarten/Norlander	1:15	46:12
3	Collins/Warfel	1:30	46:27
4	Cassell/L.Nast	6:15	46:39
5	Rohrer/Piazz-Russell	13:45	46:49
6	McPhail/Noel	:45	46:56
7	Dugdale/Noble	:15	46:59
8	Park/Lowe	12:45	47:03
9	Delyani/Murray	11:30	47:05
10	Schmitt/Bang	11:15	47:10
11	DeMartinis/B.Pickens	-0-	47:32
12	Powell/Rowland	1:00	49:41

Dick Barrett Trophy Winner - Dave Norlander

Easy win for the Gavin/John Pickens team this morning but we gave the weekly trophy to Dave Norlander of the second place team because Ed Gavin, who had not been to a club workout in a very long time, was given a too generous rating. In general, the times were slow (due to the strong wind?) but Dave Piazza, Slim Pickens (who loafed on his first run), John Pickens, and Liz Nast were still able to run PRs. Slim led the guys with splits of 8:00 and 7:32. Kristina Park led the ladies with runs of 8:50 and 8:34. Sadly, this will be Don Dugdale's last run with us for awhile as he is moving to Wilmington, North Carolina to take an editing job with the sole Wilmington newspaper. Don joined us in 1982 and said that the workout that he ran with us today was the first relay that he ran with the club. He ran it in 15:11 that day (later, improved to 15:04). Today, he ran 24:38.

12/13/03-Farwell-3.54M

1	Andy Lief	19:42	PR
2	Ray Russell	20:29	
3	Gary Waggoner	20:36	PR
4	Ivan Lowe	21:09	
5	Mark Isaacson	23:07	
6	Neil Gelblum	23:14	
7	Jake Roberts	23:29	
8	Mike Toney	23:30	
9	Greg Burke	23:41	
10	Scott Bang	24:17	
10	Kristina Park	24:17	
10	Hank Lawson	24:17	
10	Dave Fergus	24:17	
10	Bob Pickens	24:17	
15	Patrick Rowland	25:38	
16	Tim Rostege	25:56	

17	Kelly Emo	25:59	
18	Ben Sigrist	26:20	PR
19	Joe Sigrist	26:36	PR
20	Dave Norlander	26:43	
21	Christina Wilk	26:50	
22	Rich Stiller	27:14	
23	Jim Myers	27:23	
24	John Peterson	28:50	
25	Tom Warfel	29:31	
26	Jim Wurm	35:34	
26	Dave McCarten	35:34	
28	Stan DeMartinis	45:21	

Phantom Dick Barrett Trophy Winner – Gary Waggoner

Good run for Andy as he PRd by 4 seconds. Gary improved his PR by 54 seconds.

12/20/03 – Short Six – 5.74M

1	Gary Waggoner	34:50	PR
2	Jake Roberts	35:48	PR
3	Jim Bordononi	36:06	
4	Amanda Gerhardt	36:58	PR
5	Katy Spink	37:04	
6	Floyd Gerhardt	37:30	
7	Jeff Rohrer	38:18	
7	Missy Sudan	38:18	
9	Dino Delyani	38:30	PR
9	Bob Pickens	38:30	
11	Dave Fergus	38:39	
12	Bob Schmitt	38:47	PR
13	Dick Chimenti	38:55	
14	Joe Beyers	38:56	
15	Kristina Park	39:53	
15	Becki Kriege	39:53	
17	Amelia Donaldson	40:15	
17	Marty Eng	40:15	
19	Mark Isaacson	40:22	
20	Joe Hurtado	41:54	
21	Christina Wilk	42:14	PR
22	Dave Norlander	42:39	
23	Tim Rostege	45:00	
24	Patrick Rowland	45:30	PR
25	Ben Sigrist	45:45	
26	Joe Sigrist	46:06	
27	Chris Cassell	48:16	PW
28	Jim Myers	49:29	
29	Marcia Morrison	51:56	
30	Walt Van Zant	53:22	PW
31	Dave McCarten	54:47	
32	Kat Powell	61:55	
33	Stan DeMartinis	73:16	PW

Dick Barrett Trophy Winner – Gary Waggoner

Good run for Gary this morning as he PRd by 53 seconds. I think that this is the first time that he has won a Saturday road race. Amanda was the top woman runner, scoring a narrow win over Katy Spink. Jake Roberts improved his PR by 139 seconds and Kristina Wilk improved her PR by 119 seconds.

Valle Vista-3.0 Miles

1	Missy Sudan	18:41
2	Kristina Park	19:00
3	Dave Fergus	19:15
4	Mark Isaacson	19:50
5	Bob Schmitt	20:22
6	Marcia Morrison	26:53

1 Amanda Gerhardt 29:17
Missed the turnoff onto Douglas.

Farwell/Herriman-4.68 Miles

1	Jake Roberts	28:32	PR
---	--------------	-------	----

Triangle Run-4.76 Miles

1	Floyd Gerhardt	29:17
2	Dino Delyani	32:50

12/27/03 – All Courses Day

Douglas-2.75 Miles

1	Greg Burke	18:39	
2	Patrick Rowland	18:59	PR
3	Danny Moon	17:56*	
4	Dave Norlander	19:58	
5	Christina Wilk	20:00	
6	Chris Cassell	20:54	
7	Ken Noel	20:59	
8	John Peterson	21:16	
9	Rick Kananen	23:26	

Farwell-3.54 Miles

1	Bob Pickens	19:45	
2	Jorn Jensen	20:04	PR
3	Al Murray	20:51	
4	Dave Piazza	21:33	
5	Joe Beyers	25:31	
6	Tim Rostege	25:58	
7	Tom Warfel	27:52	
8	Joe Hurtado	32:49	

Short Six-5.74 Miles

1	Todd Hayes	36:55
2	Kelly Emo	44:41
3	Rich Collins	51:07
4	Amelia Donaldson	?

Dick Barrett Trophy Winner – Todd Hayes

*Started two minutes late.

Farwell+-4.19 Miles

RACE RESULTS

8/3/03 – SF Marathon

Dave Piazza 3:07:02

8/23/03 – Wasatch Front 100-Miler

Damon Lease 33:44:45

Damon finished 87th of 218 starters and 135 finishers. If anyone in the club wants to read a long race report about a long race, here is a link to Damon's story about the race:

<http://pws.prserve.net/usinet.dlease/2003/Wasatch.htm>

9/8/03 – Livermore Half Mar

17	Rick Reitz	1:23:29	6-30+
25	Jim Reitz	1:28:23	3-50+

9/8/03 – Livermore 5K

2	Brian Davis	16:52	1st-45+
6	Michael King	18:34	4th-35+
16	Kelly Emo	20:31	3rd-Wo

Kelly ran the 10k unofficially afterwards in just a bit under 50:00, which would have placed her 2nd in her division if she had entered the race officially.

9/14/03-Jamba Juice 5K

36	Bob Pickens	16:14	4 th -40+
67	Jim Angelopoulos	17:09	
80	Al Murray	17:21	4 th -45+
83	Gil Flores	17:21	5 th -45+

98	Dave Piazza	17:32	
105	Jim Bordoni	17:43	3 rd -50+
111	Scott Bang	17:55	
115	Gary Wagogner	17:59	
128	Jeff Rohrer	18:08	
143	Jake Roberts	18:18	
177	David Woodruff	18:48	
183	Neil Gelblum	18:54	
216	Neal Chappell	19:31	3 rd -60+
233	Dick Chimenti	19:48	4 th -60+
239	Joe Hurtado	19:52	5 th -60+
243	Danny Moon	19:55	
258	Bob Schmitt	20:10	
277	Carol Mendoza	20:34	
282	Marian Richard	20:37	
286	Dave McIntyre	20:40	
432	Chris Cassell	23:04	
449	Ken Noel	23:23	
788	Madelyn Moon	28:14	
1121	Stan DeMartinis	34:53	1st-80+

Our 40+ men finished 4th, our 50+ men finished 4th, and our 60+ finished first.

9/28/03 – Heritage Oaks 10K (Masters)

15	Bob Pickens	33:23
30	Brian Davis	35:32
31	Al Murray	35:41
46	Gil Flores	36:43
54	Jeff Rohrer	37:40
55	Jim Bordoni	37:47

63	David Woodruff	38:43	
78	Joe Hurtado	40:26	2nd-60+
87	Bob Schmitt	40:56	3rd-60+
	Neal Chappell	41:18	4th-60+
93	Marian Richard	41:35	
96	Ranjeet Sudan	41:49	
146	Ken Noel	47:40	
153	John Pickens	49:22	
156	Pauline Beatty	49:35	
166	Georgia Riley	52:14	4th-55+
172	Elaine Erickson	53:45	
194	Ruby Hurtado	67:09	

Our 40+ men finished 5th, our 40+ women finished 7th, our 50_ men finished 6th, our 50+ women finished 3rd, and our 60+ men finished 1st.

9/28/03 – Heritage Oaks 10K (Open)

63	Becki Kriege	36:54	4th-35+
64	Missy Sudan	36:55	PR 6th-30+
82	Johanna Wans	39:25	5th-18+
95	Helen Wong	42:43	

10/5/03-Twin Cities Marathon

Marcia Morrison 4:22:04 PR

10/12/03-Almaden Times 10K

Mike Toney	35:48	2nd
John Peterson	48:32	1st-60+

10/12/03-Almaden Times 2-Miler

Dena Noble	16:40	2nd-40+
Tom Zades	17:37	2nd-50+

Dena and Tom gave conflicting reports about this race. Tom claims that the course was in fact close to 3 miles. Dena says that the course was about 2.4 miles. Tom claims that he ran better than Dena. Dena says that the facts speak for themselves – she kicked his butt.

10/18/03-Blue Lake Run-5K

Len Edholm	24:34	2nd-60+
------------	-------	---------

10/19/03 – Humboldt Half Marathon

14	Bob Pickens	1:13:53	2nd-40+
40	Al Murray	1:21:14	6th-45+
61	Jim Bordoni	1:25:42	3rd-50+
81	Joe Hurtado	1:28:31	2nd-60+
97	Bob Schmitt	1:31:53	3rd-60+
101	Marian Richard	1:33:10	3rd-40+
246	John Peterson	1:53:41	11-60+
502	Dave McCarten	2:27:18	23-55+

Our 60+ men finished 2nd behind Tamalpa.

10/26/03 – Hollister Mile

2	Bob Pickens	4:35	1st-40+
4	Ray Russell	4:49	2nd-40+
6	Scott Bang	4:52	2nd-30+
8	Dimitr Stefanidis	5:08PR	3rd-40+
9	Danny Moon	5:22	1st-50+
10	Dave McIntyre	5:33	4th-40+
22	Walt VanZant	6:38	
42	Madelyn Moon	7:44	1st-60+

11/9/03-Clarksburg 30K

16	Bob Pickens	1:51:44	4th-40+
28	Mike Toney	1:56:29	5th-50+
34	Ken Hsu	1:59:05	
39	Neil Gelblum	2:01:43	2nd-50+
46	Al Murray	2:03:38	
52	Jake Roberts	2:05:34	
53	Becki Kriege	2:06:35	1st-35+
56	Missy Sudan	2:07:18	4th-30+
58	Todd Hayes	2:07:25	3rd-50+
60	Johanna Wans	2:07:53	2nd-20+
71	Joe Hurtado	2:10:01	1st-60+
81	Jim Bordoni	2:13:06	4th-50+
113	Bob Schmitt	2:20:25	4th-60+
145	Rick Reitz	2:26:00	
146	Jim Reitz	2:26:01	5th-60+
150	Marian Richard	2:26:33	9th-40+

217 John Peterson 2:42:03 9th-60+

There were a lot of good performances. Our 50+ and 60+ men's teams took first. Our 40+ men's team finished 4th behind Hoys, Aggies, and the Pacific Striders. Our open women finished 2nd behind the Impalas.

11/16/03-Fruitvale Downhill Mile

1	Danny Moon	4:55.6
2	Slim Pickens	4:56.0
3	Dimitrios Stefanidis	4:56.4
4	Dave McIntyre	5:17.0
5	Dick Chimenti	5:25.9
6	Patrick Rowland	5:49.7
7	Chris Cassell	5:59.4
8	Walt Van Zant	6:26.5
9	Tom Warfel	6:50.2
10	Ken Napier	6:58.0
11	Stan DeMartinis	8:57.9

Rich Stiller ably directed our second annual downhill mile in an attempt to get Danny under 5:00 for the 24th year in a row. Danny was up to the task as he opened with splits of 65 and 2:24 (3rd quarter not available) on his way to a 4:55 mile. Slim ran beside him all of the way and then slowed at the finish line. Dimitrios broke 5:00 for the second time in his career (both on this course). All 11 elite runners won their division. So, Danny and Madelyn bought them breakfast at Carrow's after the race.

As Danny continues to slow with age, he will soon begin his training to build up callouses on the top of his toes so that Rich can drag him down hill in his car next year.

11/16/03-Big Sur Half Marathon

Georgia Riley	1:55:48	7th-55+
Dena Noble	1:57:62	

11/22/03 – Davis 10K

19	Gary Waggoner	36:32
20	Jake Roberts	36:36

12/7/83 - Cal Intl Marathon

63	Mike Toney	2:50:22	2nd-45+
82	Neil Gelblum	2:54:09	3rd-50+
126	Missy Sudan	3:00:34PR	
274	Joe Hurtado	3:15:51	2nd-60+
373	Becki Kriege	3:22:22	
	Jake Roberts	DNF	

Mike Toney said that he lost about 30 seconds when he had to stop and wait for a train. Becki started walking at 16 miles due to a variety of ailments. Jake quit because of a pre-race injury.

12/7/03 - Tuscon Marathon

John Peterson 4:19:35

This was a quad buster with about a 2500-foot elevation drop. As a result, John now has 3 black toenails. John held the same time pace through 30K as he did at Clarksburg but it was all downhill after that (Literally too.) But, his survival shuffle worked. John averaged 25 miles per week for the 10 weeks prior to the race, which is definitely not the training mileage recommended for a marathoner.

12/14/03-Lake Merced Xmas Relays-4 x 4.464M
40+Men A-2nd in Div

Dave Piazza	25:44
Brian Davis	25:52
Al Murray	25:32
Bob Pickens	24:01
	1:41:09

50+Men-3rd in Div

Paul Armstrong	31:15
Jim Bordoni	27:23
Todd Hayes	27:50
Ron Kiyono	28:08
	1:54:36

60+Men-2nd in Div

Joe Hurtado	29:55
Dick Chimenti	28:23
Bob Schmitt	29:31
Jim Reitz	30:23
	1:58:12

40+Men B-10th in Div

Dino Delyani	30:20
Norry McAllister	30:46
Rich Hahn	30:58
Jeff Rohrer	27:14
	1:59:18

70+Men-8th in 60+ Div

Dick Laine	43:30
Bill Flodberg	48:14
Robert Golter	?
Dave Bouley	?
	3:26:41

2003 CUMULATIVE SATURDAY STANDINGS

Elite Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Lief, Andy	0:14:51	0:34:57	0:16:30	0:34:56	0:19:42	0:35:11	0:26:15	0:35:06	0:26:53	0:35:00	0:33:38	0:35:33	2:17:49
Piazza, Dave	0:15:21	0:36:08	0:16:52	0:35:42	0:20:14	0:36:08	0:26:50	0:35:52	0:27:19	0:35:34	0:34:17	0:36:14	2:20:53
Pickens, Bob	0:14:30	0:34:08	0:17:21	0:36:44	0:19:45	0:35:16	0:27:10	0:36:19	0:26:36	0:34:38	0:36:16	0:38:20	2:21:38
Jensen, Jorn	0:15:23	0:36:12	0:18:03	0:38:12	0:20:04	0:35:50	0:26:43	0:35:43	0:28:17	0:36:50	0:33:49	0:35:45	2:22:19
Toney, Mike	0:15:43	0:36:59	0:17:39	0:37:22	0:21:09	0:37:46	0:27:08	0:36:16	0:27:49	0:36:13	0:34:12	0:36:09	2:23:40
Waggoner, Gary	0:15:27	0:36:22	0:17:18	0:36:37	0:20:36	0:36:47	0:28:13	0:37:43	0:27:42	0:36:04	0:34:50	0:36:49	2:24:06
Murray, Al	0:15:34	0:36:38	0:17:06	0:36:12	0:20:51	0:37:14	0:27:35	0:36:53	0:27:48	0:36:12	0:35:35	0:37:37	2:24:29
Bordoni, Jim	0:15:45	0:37:04	0:17:22	0:36:46	0:20:27	0:36:31	0:27:51	0:37:14	0:28:32	0:37:09	0:36:06	0:38:10	2:26:03
Bang, Scott	0:15:28	0:36:24	0:16:44	0:35:25	0:20:11	0:36:02	0:26:39	0:35:38	0:33:36	0:43:45	0:35:09	0:37:09	2:27:47
Gerhardt, Floyd	0:16:38	0:39:09	0:17:17	0:36:35	0:21:27	0:38:18	0:29:41	0:39:41	0:29:17	0:38:08	0:36:44	0:38:50	2:31:04
Gelblum, Neil	0:16:38	0:39:09	0:18:31	0:39:12	0:22:34	0:40:18	0:29:52	0:39:56	0:29:53	0:38:55	0:37:22	0:39:30	2:34:50
Hayes, Todd	0:17:12	0:40:29	0:19:14	0:40:43	0:23:10	0:41:22	0:28:29	0:38:05	0:30:25	0:39:36	0:36:55	0:39:01	2:35:25
Fergus, Dave	0:17:46	0:41:49	0:19:15	0:40:45	0:24:17	0:43:22	0:31:39	0:42:19	0:29:54	0:38:56	0:38:39	0:40:51	2:41:30
Bordoni, Mike	0:14:37	0:34:24	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
Carchidi, Amelia	0:00:00	0:00:00	0:23:21	0:49:26	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:51:59	0:54:57	0:00:00
Cornwell, Dwight	0:00:00	0:00:00	0:00:00	0:00:00	0:20:35	0:36:45	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Delyani, Dino	0:17:58	0:42:17	0:19:51	0:42:01	0:00:00	0:00:00	0:31:55	0:42:40	0:32:50	0:42:45	0:38:30	0:40:42	0:00:00
Kepner, Tom	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:14	0:44:26	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kriege, Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:21:46	0:38:52	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lanoisellee, Patr	0:00:00	0:00:00	0:00:00	0:00:00	0:21:03	0:37:35	0:28:28	0:38:03	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Lawson, Hank	0:00:00	0:00:00	0:18:24	0:38:57	0:21:57	0:39:12	0:29:41	0:39:41	0:29:27	0:38:21	0:00:00	0:00:00	0:00:00
Nast, Rob	0:15:38	0:36:48	0:17:09	0:36:18	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Powell, Kat	0:25:08	0:59:09	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	1:01:57	1:05:29	0:00:00
Rohrer, Jeff	0:16:04	0:37:49	0:17:51	0:37:47	0:00:00	0:00:00	0:28:06	0:37:34	0:29:22	0:38:14	0:38:18	0:40:29	0:00:00
Rowland, Patrick	0:18:59	0:44:41	0:23:14	0:49:11	0:00:00	0:00:00	0:00:00	0:00:00	0:38:22	0:49:57	0:51:59	0:54:57	0:00:00
Russell, Ray	0:15:31	0:36:31	0:17:07	0:36:14	0:20:29	0:36:35	0:27:50	0:37:13	0:29:43	0:38:42	0:00:00	0:00:00	0:00:00
Sigrist, Ben	0:18:54	0:44:29	0:21:47	0:46:07	0:26:20	0:47:01	0:00:00	0:00:00	0:36:15	0:47:12	0:45:45	0:48:22	0:00:00
Sigrist, Joe	0:19:48	0:46:36	0:22:40	0:47:59	0:26:36	0:47:30	0:00:00	0:00:00	0:37:26	0:48:44	0:46:06	0:48:44	0:00:00
Zapata, Lenin	0:00:00	0:00:00	0:16:17	0:34:28	0:00:00	0:00:00	0:00:00	0:00:00	0:26:41	0:34:45	0:32:26	0:34:17	0:00:00
A Div.	DOUGLASS	VALLE VISTA	FARWELL	FARWEL HERR	TRIANGLE	SHORT SIX	TOTAL						
Roberts, Jake	0:16:30	0:38:50	0:17:51	0:37:47	0:21:12	0:37:51	0:28:32	0:38:09	0:28:32	0:37:09	0:35:48	0:37:51	2:28:25
Sudan, Missy	0:16:19	0:38:24	0:18:07	0:38:21	0:21:00	0:37:30	0:28:33	0:38:10	0:29:40	0:38:38	0:35:38	0:37:40	2:29:17
Kriege, Becki	0:16:19	0:38:24	0:17:59	0:38:04	0:21:00	0:37:30	0:30:11	0:40:21	0:28:34	0:37:12	0:35:38	0:37:40	2:29:41
Spink, Katy	0:16:25	0:38:38	0:18:20	0:38:48	0:21:16	0:37:59	0:28:08	0:37:37	0:30:21	0:39:31	0:36:44	0:38:50	2:31:14
Gerhardt, Amanc	0:16:39	0:39:11	0:19:14	0:40:43	0:22:11	0:39:37	0:29:14	0:39:05	0:31:21	0:40:49	0:36:58	0:39:05	2:35:37
Park, Kristina	0:16:33	0:38:57	0:19:00	0:40:13	0:24:17	0:43:22	0:29:45	0:39:46	0:30:32	0:39:45	0:37:04	0:39:11	2:37:11
Chimenti, Dick	0:17:02	0:40:05	0:19:25	0:41:06	0:22:41	0:40:30	0:30:13	0:40:24	0:30:48	0:40:06	0:38:55	0:41:08	2:39:04
Moon, Danny	0:17:30	0:41:11	0:18:49	0:39:50	0:23:10	0:41:22	0:31:39	0:42:19	0:30:49	0:40:08	0:38:56	0:41:09	2:40:53
Schmitt, Bob	0:17:52	0:42:03	0:19:42	0:41:42	0:23:16	0:41:33	0:30:45	0:41:07	0:31:38	0:41:11	0:38:47	0:41:00	2:42:00
Park, Kristina	0:16:33	0:38:57	0:19:00	0:40:13	0:24:17	0:43:22	0:29:45	0:39:46	0:30:32	0:39:45	0:37:04	0:39:11	0:00:00
Baker, Chris	0:00:00	0:00:00	0:19:41	0:41:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:43:04	0:45:32	0:00:00
Baumgartner, Ce	0:18:24	0:43:18	0:20:15	0:42:52	0:00:00	0:00:00	0:34:03	0:45:31	0:33:35	0:43:44	0:00:00	0:00:00	0:00:00
Hilton, Tony	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:06	0:44:15	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Kurasch, Steve	0:00:00	0:00:00	0:19:14	0:40:43	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:38:32	0:40:44	0:00:00
Lee, Jonathan	0:00:00	0:00:00	0:19:32	0:41:21	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:40:08	0:42:25	0:00:00
Lount, Tina	0:17:40	0:41:35	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
Plank, McKayla	0:00:00	0:00:00	0:00:00	0:00:00	0:22:18	0:39:49	0:31:29	0:42:05	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Stefanidis, Dimit	0:19:07	0:45:00	0:00:00	0:00:00	0:00:00	0:00:00	0:32:00	0:42:47	0:00:00	0:00:00	0:42:25	0:44:50	0:00:00
Wans, Johanna	0:17:02	0:40:05	0:21:05	0:44:38	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:39:15	0:41:29	0:00:00

2003 CUMULATIVE SATURDAY STANDINGS

B Div	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Isaacson, Mark	0:17:25	0:41:00	0:19:06	0:40:26	0:22:54	0:40:54	0:31:58	0:42:44	0:31:14	0:40:40	0:39:05	0:41:19	2:41:42
Hurtado, Joe	0:17:51	0:42:01	0:19:31	0:41:19	0:24:14	0:43:16	0:30:57	0:41:23	0:31:35	0:41:07	0:41:54	0:44:18	2:46:02
McIntyre, Dave	0:18:20	0:43:09	0:19:43	0:41:44	0:24:27	0:43:40	0:31:58	0:42:44	0:33:14	0:43:16	0:42:15	0:44:40	2:49:57
Emo, Kelly	0:18:20	0:43:09	0:20:44	0:43:53	0:24:34	0:43:52	0:34:27	0:46:03	0:33:01	0:42:59	0:44:41	0:47:14	2:55:47
Warfel, Tom	0:20:32	0:48:20	0:20:39	0:43:43	0:27:52	0:49:46	0:32:49	0:43:52	0:41:24	0:53:54	0:42:02	0:44:26	3:05:18
Myers, Jim	0:21:00	0:49:26	0:24:37	0:52:06	0:25:45	0:45:59	0:38:13	0:51:06	0:34:57	0:45:30	0:47:48	0:50:32	3:12:20
Packwood, Don	0:21:07	0:49:42	0:23:04	0:48:50	0:26:53	0:48:00	0:36:55	0:49:21	0:39:26	0:51:21	0:47:37	0:50:20	3:15:02
Stiller, Rich	0:20:40	0:48:39	0:20:14	0:42:50	0:25:19	0:45:13	0:41:12	0:55:05	0:38:37	0:50:17	0:55:01	0:58:09	3:21:03
Casillas, Jose	0:00:00	0:00:00	0:21:13	0:44:55	0:25:21	0:45:16	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Hahn, Rich	0:18:51	0:44:22	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:33:13	0:43:15	0:00:00	0:00:00	0:00:00
Kananen, Rick	0:21:54	0:51:33	0:27:13	0:57:37	0:31:49	0:56:49	0:00:00	0:00:00	0:00:00	0:00:00	0:54:59	0:58:07	0:00:00
Nast, Liz	0:18:06	0:42:36	0:20:00	0:42:20	0:24:29	0:43:43	0:32:22	0:43:16	0:32:52	0:42:48	0:00:00	0:00:00	0:00:00
Sudan, Ranjeet	0:18:51	0:44:22	0:00:00	0:00:00	0:00:00	0:00:00	0:31:44	0:42:25	0:32:05	0:00:00	0:00:00	0:00:00	0:00:00
C Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Francis, Sue	0:18:24	0:43:18	0:20:15	0:42:52	0:24:06	0:43:02	0:32:08	0:42:58	0:33:27	0:43:33	0:40:09	0:42:27	2:48:29
Wong, Helen	0:18:41	0:43:58	0:20:19	0:43:00	0:24:36	0:43:56	0:33:27	0:44:43	0:33:44	0:43:55	0:42:09	0:44:33	2:52:56
Norlander, Dave	0:18:48	0:44:15	0:21:19	0:45:07	0:24:22	0:43:31	0:34:15	0:45:47	0:34:32	0:44:58	0:42:05	0:44:29	2:55:21
Rostege, Tim	0:18:59	0:44:41	0:21:00	0:44:27	0:25:56	0:46:19	0:34:23	0:45:58	0:33:25	0:43:31	0:45:00	0:47:34	2:58:43
Cassell, Chris	0:19:56	0:46:55	0:22:14	0:47:04	0:25:51	0:46:10	0:35:17	0:47:10	0:35:30	0:46:13	0:44:32	0:47:05	3:03:20
Saucedo, Norm	0:19:27	0:45:47	0:20:53	0:44:12	0:24:57	0:44:33	0:35:10	0:47:01	0:36:02	0:46:55	0:48:41	0:51:28	3:05:10
Peterson, John	0:19:49	0:46:38	0:22:35	0:47:48	0:25:35	0:45:41	0:34:34	0:46:13	0:35:48	0:46:37	0:51:48	0:54:45	3:10:09
Noel, Ken	0:20:46	0:48:53	0:23:03	0:48:48	0:26:43	0:47:43	0:37:01	0:49:29	0:37:44	0:49:08	0:49:00	0:51:48	3:14:17
VanZant, Walt	0:20:49	0:49:00	0:23:00	0:48:41	0:28:14	0:50:25	0:36:51	0:49:16	0:38:10	0:49:42	0:53:22	0:56:25	3:20:26
Armstrong, Paul	0:00:00	0:00:00	0:20:46	0:43:58	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
Beatty, Pauline	0:00:00	0:00:00	0:23:27	0:49:38	0:00:00	0:00:00	0:38:13	0:51:06	0:38:50	0:50:34	0:49:02	0:51:50	0:00:00
Browne, Bob	0:00:00	0:00:00	0:00:00	0:00:00	0:26:19	0:47:00	0:34:30	0:46:07	0:35:57	0:46:49	0:45:48	0:48:25	0:00:00
Corrick, Mike	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:36:28	0:47:29	0:00:00	0:00:00	0:00:00
Dugdale, Don	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:42:32	0:56:52	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Gavin, Ed	0:20:18	0:47:47	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Low, Brian	0:20:10	0:47:28	0:00:00	0:00:00	0:27:04	0:48:20	0:37:34	0:50:13	0:35:22	0:46:03	0:00:00	0:00:00	0:00:00
Meinhardt, Bill	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:30	0:50:08	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
White, Jake	0:00:00	0:00:00	0:20:38	0:43:41	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:42:25	0:44:50	0:00:00
Wilk, Christina	0:20:00	0:47:04	0:00:00	0:00:00	0:26:29	0:47:17	0:34:24	0:45:59	0:37:26	0:48:44	0:42:14	0:44:39	0:00:00
D Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Noble, Dena	0:21:36	0:50:50	0:24:13	0:51:16	0:28:13	0:50:23	0:38:58	0:52:06	0:39:02	0:50:49	0:49:51	0:52:42	3:21:53
Riley, Georgia	0:22:51	0:53:47	0:23:56	0:50:40	0:29:07	0:52:00	0:39:08	0:52:19	0:39:29	0:51:25	0:50:01	0:52:52	3:24:32
Napier, Ken	0:23:32	0:55:23	0:25:37	0:54:13	0:31:23	0:56:02	0:41:57	0:56:05	0:41:56	0:54:36	0:51:03	0:53:58	3:35:28
Ettare, Antonina	0:00:00	0:00:00	0:25:27	0:53:52	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
Flodberg, Bill	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:37:38	0:50:19	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Knutzen, Nancy	0:23:17	0:54:48	0:24:23	0:51:37	0:30:01	0:53:36	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Loree, Ann	0:21:47	0:51:16	0:23:44	0:50:14	0:28:29	0:50:52	0:39:35	0:52:55	0:00:00	0:00:00	1:00:26	1:03:53	0:00:00
Pickens, John	0:21:20	0:50:13	0:00:00	0:00:00	0:30:35	0:54:37	0:37:54	0:50:40	0:38:09	0:49:40	0:00:00	0:00:00	0:00:00
Valles, Dave	0:22:45	0:53:33	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
Wurm, Jim	0:00:00	0:00:00	0:25:29	0:53:57	0:35:34	1:03:31	0:00:00	0:00:00	0:00:00	0:00:00	0:54:56	0:58:04	0:00:00
Zades, Tom	0:00:00	0:00:00	0:00:00	0:00:00	0:29:20	0:52:23	0:00:00	0:00:00	0:41:20	0:53:49	0:00:00	0:00:00	0:00:00
E Div.	DOUGLASS		VALLE VISTA		FARWELL		FARWEL HERR		TRIANGLE		SHORT SIX		TOTAL
Collins, Rich	0:22:27	0:52:50	0:24:58	0:52:51	0:29:20	0:52:23	0:39:46	0:53:10	0:43:16	0:56:20	0:51:07	0:54:02	3:30:54
Morrison, Marcia	0:23:41	0:55:45	0:26:13	0:55:30	0:30:31	0:54:30	0:39:17	0:52:31	0:41:35	0:54:09	0:51:56	0:54:54	3:33:13
Shaner, Tina	0:24:13	0:57:00	0:26:17	0:55:38	0:34:23	1:01:24	0:43:52	0:58:39	0:44:46	0:58:17	0:54:24	0:57:30	3:47:55
McCarten, Dave	0:24:15	0:57:05	0:28:27	1:00:13	0:35:09	1:02:46	0:43:05	0:57:36	0:43:29	0:56:37	0:54:47	0:57:55	3:49:12
Moon, Madelyn	0:25:21	0:59:40	0:27:22	0:57:56	0:35:02	1:02:34	0:44:54	1:00:02	0:45:44	0:59:33	0:56:26	0:59:39	3:54:49
DeMartinis, Stan	0:30:03	1:10:44	0:32:44	1:09:17	0:39:03	1:09:44	0:54:00	1:12:12	0:51:12	1:06:40	1:09:46	1:13:45	4:36:48
Hurtado, Ruby	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	1:06:51	1:10:40	0:00:00
McPhail, Annette	0:23:18	0:54:50	0:00:00	0:00:00	0:31:44	0:56:40	0:43:50	0:58:36	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Powell, Kat	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:44:39	0:59:42	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Root, Betty	0:28:44	1:07:38	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:46:46	1:00:54	1:03:40	1:07:18	0:00:00