



WVJS



VOL XXXVI-#3 WEST VALLEY JOGGERS & STRIDERS Dec 2007

Saturday Workouts

12/08/07	All Courses Day	02/09/08	Farwell/Herriman (4.68 miles)
12/15/07	Short Six (5.74 miles)	02/16/08	Valentine Team Race (5.4 miles)
12/22/07	Valle Vista (3.0 miles)	02/23/08	Farwell (3.54 miles)
12/29/07	All Courses Day	03/01/08	4 x 1.46-mile WVC Loop Relay
01/05/08	Triangle Run (4.76 miles)	03/08/08	Short Six (5.74 miles)
01/12/08	6 x 1600 Relay	03/15/08	Valle Vista (3.0 miles)
01/19/08	Dou/Sar/Frtvle (2.75 miles)	03/22/08	18 x 0.33-Mile Tennis Court Loop Relay
01/26/08	5K on the track	03/29/08	Triangle Run (4.76 miles)
02/02/08	8 x 0.66M Tennis Court Loop Relay	04/05/08	16 x 300 Relay

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

12/16/07 Xmas Relays (1.0)

Racer of the Year

Fastest Farwell Time
Cumulative Saturday Races
Fastest Marathon
Fastest Half Marathon

Other Popular Races

12/31/07 Los Gatos Resolution run-5M
01/13/08 Cal 10 in Stockton
01/26/08 San Juan Bautista 5K,10M

Wednesday Night Workouts

We run Wednesday night workouts on the WVC track at 5:30 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 WVC parking area at 7:00 AM. They run 7-15 miles at 6:30-8:00 pace.

2007 PA/USATF Grand Prix

Open Men

Our open men's team is currently in 5th place. Bryan Chow is in 14th place in the short race division. Aaron Lee is our team captain.

Open Women

Our open women's team is in 4th place. Individually, Missy Sudan is in 9th place in the short race division. Missy is the team captain.

40+ Men

Our 40+ men's team is in 3rd place. Al Murray is our team captain. Individually, Slim Pickens and Al Murray are in 19th and 21st places in the short race division.

40+ Women

Our 40+ women's team is in 11th place. Becki Kriege is in 3rd place in the short race division and Marian Richard is in 24th place in the long race division. Kelly Emo is the team captain.

50+ Men

Our 50+ men's team is in first place. Jim Bordoni and Tom O'Connor are our 50+ team captains. Individually, **Dennis Kurtis is in 1st place**, Brian Davis is in 6th place, Tom O'Connor is in 7th place, Bill

Dunn is in 9th place, Jim Bordoni is in 11th place, and Ron Kiyono is in 13th place in the short race division. Brian is in 2nd place, Tom is in 4th place, Dennis Kurtis is in 6th place, and Joe Johnson is in 15th place in the long race division

50+ Women

Our 50+ women's team is in 5th place. Kat Powell in 10th place in the long race division. Kat is the team captain.

60+ Men

Our 60+ men's team is in 2nd place. Joe Hurtado is the team captain. Individually, Jim Howe is in 6th place, Joe Hurtado is in 7th place, Bill Dunn is in 8th place, and Bob Schmitt is in 12th place in the short race division. Joe Hurtado is in 3rd place, Carl Petersen is in 5th, Jim Howe is in 7th, and Bob Schmitt is in 8th place in the long race division.

70+ Men

Our 70+ men's team is in 2nd place. Eddie Reyna is the team captain. Individually, Eddie is in 2nd and Ed Singleton is in 4th place in the short race division. **Eddie is in first place** in the long race division and Carl Petersen is in 4th place.

1/5/08 – Annual Meeting

I have tentatively scheduled our annual club meeting for 1PM on 1/5/07 -- a Sunday. If I receive enough complaints or suggestions for another date, I will consider them.

The meeting will be at my house at 1124 Kensington Ave in Sunnyvale. Please let me know who is coming so that I can determine whether to put up a large or small tent on my lawn for the meeting.



During our meeting, we will discuss, among other items, which races will be included in the Racer of the Year contest. If club members have any race suggestions, please send them to me and I will publish the list prior to our meeting.

1/26/08 – Annual Club Awards Dinner

Our annual club awards dinner will be held on Saturday evening, 1/26/08. We must guarantee 50 guests and we have to pay for our dinners by 1/19/08, one week before the event. Last year, the entrée choices were prime rib at \$37, salmon at \$31, and lasagne at \$27 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 couple of weeks 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.

Club cross country runners had their second great season in a row with large turnouts for all 9 of the grand prix races.

Our 40+ men's team finished first as they won 5 of the 9 races and finished 2nd in 3 other races. Our 50+ men finished 2nd as they finished first 3 times and 2nd 4 times. Our open men's team finished 8th.

54-year-old Dennis Kurtis was our top cross country runner. He finished 4th in the 40+ competition and finished 1st in the 50+ competition. Bill Dunn finished 2nd in the 60+ competition. Other top 20 finishers included 40+ runners Andy Lief, who finished 7th, Mike Matthews, who finished 9th, Mike Kriege who finished 14th, and Al Murray who finished 20th, 50+ runners Larry Hyde, who finished 5th, Brian Davis, who finished 8th, Tom O'Connor, who finished 9th, Brian Conroy, who finished 9th, Bill Dunn, who finished 15th, and Ron Kiyono, who finished 18th, and open woman runner Laura Melendez, who finished 17th.

Chris Cassell will be part of a 5-person crew inhabiting the Mars Desert Research Station in Southern Utah from December 8th through December 23. The purpose of the stay in Utah is to see how humans react to conditions similar to Mars. A webcam showing of their trip can be seen at <http://freemars.org/mdrscam/> from 12/10 thru 12/21.

Danny and Madelyn Moon will be on their annual two-week Caribbean cruise, starting 12/8. Aaron Lee and Uyenthi Tran will

accompany them for the first week of the cruise and then swim back to shore. When Danny returns from his trip, he will work at Lockheed for one more month and then retire.

Joe Johnson has been running very well lately. His highlight was winning our annual handicap race on August 18th.

Stan DeMartinis, our oldest club member, turned 85 on December 1st.

Cecil Baumgartner has qualified for the 2008 Western States 100. He will be crewed by Todd Hayes.

The Bordonis set a new club family 1600 relay record at the 8/9/07 Los Gatos all-comers meet with a fast 3:58.02. The splits were Mike at 54.2, Jim at 64.8, Jack at 68.7, and Mike at 50.4.

Mark Pasos took home three first-place awards in the 45/49 age division at the Canadian Masters track championships in late July. He finished first in the 100, 200, and 400.

Ron Kiyono turns 60 on 1/12/08 and should greatly help our 60+ team. Ken Noel turns 70 on 3/3/08.

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

As most of you know, we have a club web page. If you haven't checked it out, take a look. **The address is:** <http://www.wvjs.org>

2007 RUNNER OF THE YEAR CONTEST

Contest points are earned by giving each runner one point for every mile run during the year plus 20 points for each Saturday workout attended (30 points if you help with the workout). Scoring 4,000 points wins a gold award, those scoring 3,000+ win a silver award, and those scoring 2,000+ earn a bronze award. Your point totals should be given to Tom Warfel. The point totals through 9/30/07 are as follows:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Totals</u>
Jeff Rohrer	1981	280	2261	Dave Norlander	922	740	1662
Tom Warfel	1391	700	2091	Walt Van Zant	761	730	1491
Jim Bordoni	1290	770	2060	John Peterson *	592	400	992
Joe Hurtado *	1466	480	1946	Chris Cassell	486	420	906
Carl Petersen	1301	620	1921	Mike Bordoni **	651	220	871

* Totals for just the first half of the year.

** Totals for just the first quarter of the year.



2007 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 19 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. The standings to date for 2007 for all who scored in four or more races are as follows:

Elite Division

Mike Bordoni (8)	200
Bob Pickens (8)	194
Dennis Kurtis (8)	191
Scott Bang (8)	191
Al Murray (8)	184
Brian Davis (8)	184
Dave Piazza (8)	170
Bryan Chow (6)	148
Becki Kriege (6)	119
Rob Nast (5)	114
Mike Kriege (5)	107
Ole Agesen (4)	94
Andy Williams (4)	86

A Division

Tom O'Connor (8)	200
Jeff Rohrer (8)	199
Jim Bordoni (8)	195
Missy Sudan (8)	192
David Woodruff (8)	182
Bill Dunn (8)	174
Ron Kiyono (8)	174
Norry McAllister (8)	173
Mike Smith (6)	161
Aaron Lee (8)	156
Dino Delyani (8)	155
Alp Mimaroglu (6)	140
Laura Melendez (6)	120
Brian Conroy (6)	115
Ron Blancas (5)	98

B Division

Jim Howe (8)	200
Art Mitchum (8)	197
Dave McIntyre (8)	196
Joe Hurtado (8)	195
Bob Schmitt (8)	188
Mike Kolesnik (8)	181
Steve Chamberlin (6)	171
Carol Bednar (8)	167
Mark Goldman (5)	114
Dick Chimenti (4)	91
Neal Chappel (4)	90

C Division

Joe Johnson (8)	200
Carl Petersen (8)	199
Rich Hahn (8)	188
Mike Krey (7)	174
Helen Wong (8)	174
Kelly Emo (8)	171
Marion Richard (6)	148
Jeff Bedolla (6)	129
Norm Takeuchi (5)	109
Danny Moon (4)	84

D Division

Dave Norlander (8)	197
Kat Powell (8)	197
Uyenthi Tran (8)	196
Chris Cassell (8)	192
John Peterson (7)	151
Mandy Benham (6)	137
Jim Myers (5)	110
Tom Warfel (5)	108
Dena Noble (4)	84
	67

E Division

Eddie Reyna (8)	200
Chris Blue (8)	195
Georgia Riley (8)	186
Ed Singleton (8)	186
Tim Riley (8)	182
Ruby Hurtado (8)	176
Elaine Erickson (4)	98

SATURDAY WORKOUT RESULTS

7/21/07-Dou/Sar/Frtvale-2.75M

1	Mike Bordoni	14:52	17	Dave Norlander	20:45	Phantom Dick Barrett Trophy Winner – Bill Dunn
2	Jean Harris	15:39	18	Matt Kriege	20:50	
3	Jeff Candello	16:33	19	Kelly Emo	21:15	
4	Dave Woodruff	16:41	20	Rosa Hellen	21:15 PR	It was slightly warmish this morning. Despite the weather conditions, there were many good performances. Mike Bordoni ran at moderate effort while saving himself for the Wharf to Wharf race tomorrow but still won easily and came within 15 seconds of his PR. Jeff Candello led the 50+ runners. Dave McIntyre ran his 5th consecutive PR. Steve Chamberlin PRd by 12 seconds. Helen Wong ran her best time on this course in 3 1/2 years. Jeff Bedolla ran his best for this course in 2 years. Liz Nast posted the 8th best-ever women's 45+ time for this course. Rosa Hellen knocked 70 seconds off her PR. John Peterson ran his best time on
5	Bill Dunn	16:46	21	John Peterson	21:48	
6	Missy Sudan	17:21	22	Jim Myers	22:04	
7	Magnus Wiklund	17:24	23	Paul Rodriguez	22:24	
8	Brian Conroy	17:35	24	Kat Powell	23:01	
9	Dave McIntyre	17:42 PR	25	Dena Noble	23:42	
10	Steve Chamberlin	18:38 PR	26	Pauline Beatty	23:59	
11	Todd Hayes	18:43	27	Rick Kananen	23:58	
12	Joe Johnson	18:54	28	Mike Kolesnik	24:56	
13	Helen Wong	19:22	29	Ed Singleton	27:36	
14	Jeff Bedolla	19:27	30	Don Packwood	30:35 RW	
15	Tim Rostege	20:00	31	Stan DeMartinis	62:est	
16	Liz Nast	20:27				

this course since his knee surgery and was very pleased to dip under 8-minutes per mile pace. Kat Powell improved her 55+ PR by 39 seconds to move to #6 on the women's 55+ list. Al Murray did a good job of protecting the runners as they crossed Fruitvale and the finish line crew of Jim Bordoni, Becki Kriege, Chris Blue, and Georgia Riley did an excellent job.

7/28/07-Farwell/Herriman-4.68M

1	Dennis Kurtis	26:23
2	Scott Bang	27:03
3	Andy Williams	27:31 PR
4	Al Murray	28:05
5	Bjorn Samson	28:20 PR
6	Tom O'Connor	28:54
7	Missy Sudan	29:03
8	Brian Conroy	30:21
9	Kristina Park	30:34
10	Dave McIntyre	30:45 PR
11	Bill Dunn	30:49
12	Mike Krey	32:40
13	Aaron Lee	32:44
14	Joe Hurtado	32:55
15	Helen Wong	33:58
16	Carl Petersen	34:06 PR
17	Tim Rostege	34:29
18	Todd Hayes	34:39
19	Kelly Emo	34:58
20	Dave Norlander	36:09
21	Uyenthi Tran	36:16
22	Jeff Bedolla	38:14
23	Tom Warfel	38:16
24	Chris Cassell	38:32
25	Jim Myers	38:54
26	Chris Blue	39:41
27	Pauline Beatty	40:09
28	Brian Low	40:15
28	Clem Larson	40:15
30	Georgia Riley	46:52
31	Walt Van Zant	47:57
32	Tim Riley	48:54
	Mike Kolesnik	Got lost

Phantom Dick Barrett Trophy Winner – Dennis Kurtis

53-year-old Dennis Kurtis ran to an easy win this morning while posting the 3rd best-ever time on this course by a 50+ runner. The #1 and #2 times of 25:50 and 26:19 were run by Tim Rostege and

Bill Meinhardt in the same race on 5/18/91. The times were so fast in that race that Bill finished only 8th. Missy Sudan led the ladies this morning. Joe Hurtado led a field of 9 60+ men runners, improving his 65+ best by 23 seconds. Bjorn had the biggest PR – 107 seconds – followed by Dave McIntyre at 68 seconds. Helen Wong missed her PR by 31 seconds but said that she was not running all out. Members of the handicap committee should remember this comment when rating her for our annual handicap race on 8/18.

8/4/07-One Mile Runs on the Track

Heat #1 – 6:30 and Up

1	Joe Johnson	6:14.5
2	Jeff Bedolla	6:41.5
3	Uyenthi Tran	6:45.5
4	Carl Petersen	6:49.5
5	Jim Myers	6:55.9
6	Tom Warfel	7:21.7
7	Kat Powell	7:40.9
8	Tim Riley	8:41.7
9	Madelyn Moon	8:50.4
10	Don Packwood	10:07.3 RW
11	Stan DeMartinis	15:10.x

Heat #2 – 5:45 to 6:29

1	Norry McAllister	5:38.8
2	Jim Anderson	5:47.7
3	Cecil Baumgartner	5:50.8
4	Dino Delyani	5:55.5
5	Don Wagner	5:57.1
6	Neil Gelblum	6:03.1
7	Mike Kolesnik	6:07.7
8	Joe Hurtado	6:21.8
9	Helen Wong	6:23.4
10	Danny Moon	6:33.6
11	Carol Bednar	6:40.7
12	Bob Schmitt	6:46.0

Heat #3 – 5:44 & Under

1	Bjorn Samson	4:50.1 PR
2	Bob Pickens	4:51.4
3	Scott Bang	5:02.0
4	Dennis Kurtis	5:02.4
5	Jim Bordoni	5:13.3
6	Al Murray	5:21.2
7	Missy Sudan	5:22.6
8	Tom O'Connor	5:25.2
9	Aaron Lee	5:37.9

Dick Barrett Trophy Winner – Bjorn Samson

8/11/07-12 x 600 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Warfel/Delyani	:50	31:15
2	Noel/Hurtado	:15	33:04
3	Rostege/Harris	7:45	33:19
4	M.Moon/Gelblum	-0-	33:28
5	VanZant/D.Moon	-0-	33:37
6	Myers/Goldman	5:15	33:53
7	Norlander/Murray	7:45	34:22
8	Blue/Dunn	5:30	34:47
9	White/Bedolla	5:15	35:27

Dick Barrett Trophy Winners – Tim Rostege

Although the Delyani and Hurtado teams finished first and second, their leadoff runners were given generous ratings. So, the Harris team was given the weekly trophy. Jean Harris had the best average at 1:47+.

8/18/07-36th Annual Shettler Handicap Race 3.06 Miles

<u>Pl</u>	<u>Runner</u>	<u>Finish Time</u>	<u>Start</u>	<u>Actual Time</u>
1	Joe Johnson	32:03	11:30	20:33
2	Danny Moon	32:12	9:50	22:22
3	Scott Bang	32:16	15:30	16:46
4	Brian Conroy	32:22	13:40	18:42
5	Jorn Jensen	32:25	15:40	16:45
6	Brian Low	32:28	9:50	22:38
7	Norry McAllister	32:29	13:50	18:39
8	Mike Kriege	32:31	15:30	17:01
9	Todd Hayes	32:32	12:30	20:02
10	Andy Williams	32:33	15:10	17:23
11	Tom O'Connor	32:34	14:30	18:04
12	David Woodruff	32:36	14:00	18:36
13	Becki Kriege	32:39	13:50	18:49
14	Bill Dunn	32:40	14:00	18:40
15	Frank Prabel	32:41	13:50	18:51
16	Jeff Bedolla	32:45	11:10	21:35
17	Mike Krey	32:49	12:10	20:39
18	Mike Bordoni	32:49	16:20	16:29
19	Al Murray	32:50	15:00	17:50
20	Jeff Rohrer	32:51	14:40	18:11
21	Kat Powell	32:51	7:40	25:11
22	Matt Kriege	32:54	12:30	20:24
23	Jim Bordoni	32:56	14:20	18:36
24	Dennis Kurtis	32:57	16:00	16:57
25	Tom Warfel	32:59	9:00	23:59
26	Dave McIntyre	33:00	13:20	19:40
27	Dino Delyani	33:01	13:10	19:51
28	Missy Sudan	33:02	14:40	18:22

29	Kristina Park	33:03	14:40	18:23
30	Tim Rostege	33:04	11:00	22:04
31	Don Packwood	33:06	-0-	33:06
32	Jim Howe	33:08	13:50	19:18
33	Jim Myers	33:18	9:50	23:28
34	Carl Petersen	33:20	11:40	21:40
35	Neil Gelblum	33:26	13:40	19:46
36	Walt Van Zant	33:29	4:30	28:59
37	Rick Kananen	33:35	9:50	23:45
38	Ed Singleton	33:43	4:30	29:13
39	Jake White	33:54	10:20	23:34
40	Pauline Beatty	33:58	8:30	25:28
41	Chris Cassell	34:14	9:50	24:24
42	Madelyn Moon	34:38	3:00	31:38
43	Diane Bordoni	34:58	6:00	28:58
44	Helen Wong	35:13	12:10	23:03
45	Georgia Riley	35:50	7:00	28:50
46	Alex Williams	36:00	9:00	27:00
47	Tim Riley	36:42	6:40	30:02
48	Mary Blake	36:47	14:40	22:07
49	Debbie Powell	43:58	4:30	39:28

Joe Johnson, who won the worst-performance award last year, won this morning by about 40 yards over Danny Moon. Mike Bordoni had the fastest scratch time at 16:29. Missy Sudan had the fastest scratch time for the ladies, nipping Kristina Park by 0.7 seconds. Jorn won the predicted time contest, missing his predicted time by 0.4 seconds. Don Packwood, Ed Singleton, and Walt Van Zant started the last lap in 1st, 2nd, and 3rd place and then finished 31st, 38th, and 36th. Don had the lead with about 200 yards to go and still finished 31st. He averaged 10:49 per mile while race walking the entire race.

Thanks to Rich & Judy Collins for letting us use their house as the starting point for the race and again preparing a great breakfast. Mark Winitz, Fran Winitz, Aaron Lee, Uyenthi Tran, Joe Hurtado, John Peterson, and Paul Rodriguez did a superb job at the finish line.

8/25/07 – Farwell – 3.54 Miles

1	Scott Bang	19:57.1
2	Norry McAllister	22:07.7 PR
3	Frank Prabel	22:30.5
4	Becki Kriege	22:37.6
5	Dave McIntyre	23:02.8 PR
6	Dino Delyani	23:33.5

7	Mark Goldman	23:52.7
8	Todd Hayes	24:06.4
9	Dimitrios Stefani	24:15.0
10	Steve Chamberlin	24:23.1 PR
11	Kristina Park	24:26.2
12	Dick Chimenti	24:49.5
13	Carl Petersen	25:03.1 PR
14	Bob Schmitt	26:22.2
15	Helen Wong	26:35.5
16	Matt Kriege	26:43.1
16	Jake White	26:43.1
16	Rich Stiller	26:43.1
19	Alp Mimaroglu	26:52.3
20	Dave Norlander	27:38.2
21	Arturo Rodriguez	27:55.3
22	Joe Hurtado	28:30.5
23	Chris Cassell	28:43.8
24	Tom Warfel	28:46.1
25	Chris Blue	29:37.8
26	Kat Powell	30:03.5 PR
27	Rick Kananen	31:00.5
28	Dena Noble	32:49.5
29	Ken Noel	33:53.3
30	Roger Lobbes	34:31.1
31	Don Packwood	39:21 RW
31	Verna Rodriguez	55:28.5
	Ed Singleton	49:35.1

Dick Barrett Trophy Winner – Scott Bang

Scott Bang sprinted the last 100 meters to get under 20:00, winning by over two minutes. Five PRs with Steve making the biggest improvement at 34 seconds. Three runners got lost. Alp ran the popular 4.19-mile course as he missed the Douglas turnoff and ran down to the library at Saratoga and Fruitvale. Verna Rodriguez and Ed Singleton were tricked by the "Trail" sign in the double-gate area. The city built a new trail in the double-gate area that leads out to Los Gatos/Saratoga Road. Ed and Verna had never run this course before. So, when they saw the "Trail" sign that pointed out to Los Gatos/Saratoga Road, they followed the sign. Verna eventually turned around but Ed went all of the way out to the road and then came back via Farwell. Don Packwood improved his race walking best for this course by 29 seconds. Danny Moon, Madelyn Moon, Paul Rodriguez, Stan DeMartinis, and

Mike Kolesnik did a great job of helping with the run.

9/1/07- 36 x 200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Gelbl/Casse/Schmitt	2:00	26:32
2	Van Zant/Bang/Burke	1:30	26:58
3	Pow/Bordoni/Moon	1:30	28:07
4	Warfel/Noble/Noel	-0-	29:25
5	K.Powell/Norlandr/Kan	1:00	31:47

Dick Barrett Trophy Winner – Debbie Powell

Small turnout this morning for this unpopular relay. All teams were rated to finish at 28:15. The first two teams were given favorable ratings. The first legit team was the Danny Moon team. So, they won the weekly trophy. Good timing job by Paul Rodriguez, Mike Krey, and Carl Petersen.

9/8/07-Short Six-5.74M

1	Scott Bang	33:56
2	Adam Prince	33:57
3	Jim Bordoni	37:29
4	Steve Chamberlin	40:18 PR
5	Dave McIntyre	40:43 PR
6	Missy Sudan	41:24
6	Becki Kriege	41:24
8	Aaron Lee	41:29
9	Joe Hurtado	42:21
10	Carl Petersen	43:28
11	Helen Wong	44:56
12	Brian Low	45:09
13	Uyenthi Tran	45:11
14	Bob Schmitt	45:32
15	Dave Norlander	45:37
16	Chris Cassell	48:35
17	Chris Blue	49:10
18	Dena Noble	49:31
19	Kat Powell	50:51
20	Tom Warfel	52:46
21	Georgia Riley	56:35
22	Don Packwood	65:43

Close race between Scott and Adam. PRs for Steve Chamberli and Dave McIntyre. Kat broke her 55+ best by 28 seconds.

9/15/07 – 4 x 1.46M WVVC Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Beatty/Bedolla	:45	44:50
2	Campbell/Prabel	7:00	45:05
3	D.Moon/Bang	9:00	45:24

4	Collins/Conroy	3:00	45:26
5	K.Powell/Russell	3:15	46:40
6	Noel/Samson	5:30	47:06
7	Norlander/Rostege	4:45	47:30
8	Lobbess/Hayes	5:00	48:00
9	Packwood/D.Powell	9:45	60:06

9/22/07-18 x 0.33M Tennis Court Loop Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Packwood/Russell/Myers	-0-	43:28
2	VanZant/Prabel/Blue	2:00	43:36
3	Beatty/Wong/G.Riley	:45	44:48
4	Lee/Delyani/McIntyre	10:00	45:46
5	T.Riley/Norlander/Collin	1:30	47:21
6	D.Powell/Conroy/Hahn	3:00	51:30

Dick Barrett Trophy Winner – Don Packwood

Jim Myers passed Chris Blue about 100 yards into the last run and went on for the win. Ray Russell had the best cumulative time at 10:43. We last ran this relay on 3/24/07 and 8 out of the 13 teams were under par, some by whopping amounts. So, this time I was a little harsher on the ratings and we had the reverse problem as 4 out of 6 teams ran over par (44:00), most by significant amounts. I tried to rate the runners a little slower than their estimated 8 by 400 splits as the distance is about the same for both workouts – 2 miles. It did not work.

9/29/07 – Valle Vista – 3.0 Miles

1	Scott Bang	16:55
2	Al Murray	17:50
3	Norry McAllister	18:10 PR
4	Becki Kriege	18:21
5	Jim Bordoni	18:38
6	Kristina Park	19:13
7	Dino Delyani	20:05
8	Chris Baker	20:25
9	Mark Goldman	21:03
10	Joe Hurtado	21:15
11	Carl Petersen	21:31
12	Mike Kolesnik	21:34
13	Danny Moon	22:05
14	Dave Norlander	22:50
15	Helen Wong	24:00
16	Chris Cassell	24:19
17	Rick Kananen	24:50
18	Kat Powell	24:55

19	Paul Rodriguez	25:16
20	Dena Noble	26:02
21	Tom Warfel	28:03
21	Rich Stiller	28:03
21	Ken Noel	28:03
21	Jim Myers	28:03
25	Don Packwood	32:56 RW

Dick Barrett Trophy Winner -Norry McAllister

Scott Bang ran to an easy win this morning as he broke 17:00 on this hilly 3-mile course for the first time in 4 years. Norry McAllister at age 50 broke his overall PR by 26 seconds. Chris Baker ran with us for the first time in a couple of years. Kat Powell recorded the #5 best-ever time for a 55+ woman runner. Don Packwood knocked 58 seconds off his race-walking best for this course.

10/6/07 –Step Up & Down Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	K.Powell/McAlli	1:00	35:14
2	Warfel/Hurtado	1:45	35:50
3	Taylor/McIntyre	6:15	36:10
4	Norlander/Burke	4:00	36:16
5	Hayes/Prabel	4:15	36:17
6	Petersn/Bordoni	5:45	36:49

Dick Barrett Trophy Winner = Kat Powell & Norry McAllister

10/13/07 – 6 x 1600 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Warfel/McIntyre	4:15	45:48
2	Collins/Norlander	-0-	45:53
3	Noel/Emo	-0-	46:05
4	M.Moon/Stefanidis	:15	46:19
5	Wong/Hurtado	5:45	46:22
6	Rostege/D.Moon	6:00	47:13
7	Cassell/Taylor	6:00	48:12
8	Beatty/Kananen	:30	48:29

Dick Barrett Trophy Winner – Rich Collins & Dave Norlander

Two of the original founders of the club, Bob Blonder and Len Edholm, came to watch us today. They along with Carl Petersen did an excellent timing job. The race was fairly close as Dave McIntyre came from 3rd place to 1st during his

final leg. The workout was unique in that not a single runner broke 6 minutes. It is amazing to see the depths to which some of us have sunk.

10/20/07-Triangle-4.76 Miles

1	Becki Kriege	29:03
2	Bob Pickens	29:05
3	David Woodruff	29:47
4	Norry McAllister	29:59 PR
5	Frank Prabel	30:23 PR
6	Bill Dunn	30:38
7	Jeff Rohrer	30:54
8	Kristina Park	31:04
8	Missy Sudan	31:04
10	Dino Delyani	31:46
11	Toff Hayes	32:42
12	Aaron Lee	32:52
13	Jeff Bedolla	34:55
14	Tim Rostege	36:58
15	Tom Warfel	38:21
16	Pauline Beatty	40:56
17	Chris Cassell	41:37
18	Don Packwood	53:52
19	John Peterson	54:49
	Paul Taylor	DNF

Dick Barrett Trophy Winner – Becki Kriege

Small turnout but a couple of outstanding performances this morning. Becki Kriege, broke the women's 40+ record, set by Sue Francis 14 years ago, by 51 seconds. Bill Dunn broke the men's 60+ course record, set by Ralph Poole 8 years ago, by 5 seconds. Norry and Frank PR'd and Don Packwood knocked 25 seconds off his race walking best for this course. Paul Taylor took a step toward winning the brown-bag award when he dropped out due to an achilles injury.

10/27/07 – 12 x 800 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Beatty/Rostege	0:15	42:22
2	Noel/Park	2:45	42:48
3	Powell/Norlandr	-0-	44:10
4	Hurtado/Prabel	7:30	44:15
5	Napier/Russell	2:30	44:27
6	Myers/McIntyre	4:15	44:42
7	G.Riley/D.Moon	0:45	44:43
8	Blue/Petersen	0:30	44:48
9	T.Riley/Delyani	1:15	44:59

Dick Barrett Trophy winner = Noel & Park

11/3/07-Dou/Sar/Frtvle-2.75M

1	Scott Bang	15:09
2	Norry McAllister	16:36PR
3	Frank Prabel	17:06
4	Jim Howe	17:07
5	Missy Sudan	17:30
6	Dino Delyani	17:38
7	Aaron Lee	17:40
8	Dimi Stefanidis	18:12
9	Paul Taylor	18:37
10	Dave McIntyre	18:56
11	Kristina Park	18:59
12	Tim Rostege	20:07
13	Brian Low	20:18
14	Uyenthi Tran	21:02
15	Carl Petersen	21:11
16	Kat Powell	22:30PR
17	Jim Myers	23:17
17	Rich Stiller	23:17
19	Roger Lobbes	24:49
20	Don Packwood	30:47RW
21	Joan Simon	36:14
21	Linda Legregni	36:14
23	Stan DeMartinis	47:15
	Mike Krey	DNF

Dick Barrett Trophy Winner-Kat Powell

11/10/07-8 x 0.66M Tennis Court Loop
Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Van Zant/Bedolla	-0-	40:09
2	B.Kriege/Prabel	9:30	40:11
3	M.Sudan/Dunn	9:30	40:15
4	Delyani/Bambury	9:30	40:39
5	Gelblum/Murray	9:15	40:40
6	Emo/Bang	9:30	40:44
7	A.Lee/Rohrer	9:45	40:50
8	Tran/Myers	3:00	40:53
9	Conroy/Park	9:45	40:57
10	McIntyre/Stefanidis	8:00	41:05
11	Blue/Beatty	1:00	42:06
12	D.Moon/J.Bordoni	9:15	43:17
	T.Riley/Mintz		38:58

Dick Barrett Trophy Winner – Jeff Bedolla

11/17/07 – Farwell/H – 4.68M

1	Scott Bang	26:20
2	Mike Bordoni	27:02
3	Magnus Wiklund	29:10
4	Kristina Park	30:10
5	Jim Bordoni	30:38

6	Neil Gelblum	31:34
7	Becki Kriege	31:46
8	Paul Taylor	32:08
9	Tim Rostege	34:20
10	Bob Schmitt	35:05
11	Dave McIntyre	36:54
12	Nave Norlander	38:39
13	Kat Powell	38:54 PR
14	Jim Myers	39:15
15	Joe Hurtado	41:32
15	Dena Noble	41:32
17	Tim Riley	45:45
18	Tom Warfel	49:53
19	Don Packwood	51:59 RW

Dick Barrett Trophy Winner – Scott Bang

Scott ran his fastest time on this course since he PRd with a 25:55 8 years ago to lead all runners this morning. Kat Powell knocked 4 minutes off her PR, set 3 years ago, to move to #4 on the women's 55+ list. Dave Norlander, who has run this course many times over the years, went mentally to sleep and ran right by the college entrance about a quarter mile from the end of the race. He realized the error of his ways about 100 yards later and got back on course in time to nip Kat.

11/24/07-8 x 1200 Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	K.Powell/A.Lee	---	41:10
2	Cassell/Murray	2:45	41:14
3	Tran/J.Bordoni	4:00	41:56
4	Myers/Petersen	---	42:01
5	Schmitt/Taylor	3:15	42:04
6	R.Norlander/Bedolla	---	42:07
7	Noble/Hurtado	---	42:15
8	Wong/Roh/B.Kriege	4:15	42:17
9	Delyani/McAllister	6:45	42:20
10	Noel/Stefanidis	---	42:24
11	D.Norlander/Dunn	4:15	42:39
12	Burke/Bang	8:00	42:42
13	Blue/D.Moon	---	44:29
	P.Rodriguez/Conroy	---	40:00
	Collins/Pala	---	40:47

Dick Barrett Trophy Winner – Aaron Lee

Close win for the Kat Powell/Aaron Lee team. Scott Bang led the guys with a

3:52+ average. Al Murray was next at 4:04+. Becki Kriege led the ladies at 4:17+.

12/1/07-Farwell-3.54M

1	Scott Bang	20:04
2	Aaron Sommer	21:11
3	Al Murray	21:14
4	Darren Rouse	21:31
5	Becki Kriege	21:43
6	Jeff Rohrer	21:55
7	Brian Conroy	22:37 PR
8	Stephanis Bambur	22:56
9	Dino Delyani	22:59
10	Kristina Park	23:04
11	Aaron Lee	23:18
12	Paul Taylor	23:24
13	Joe Johnson	24:06
14	Dimitri Stefanid	25:01
15	Dave McIntyre	26:00
16	Tim Rostege	26:18
17	Brian Low	27:29
18	Uyenthi Tran	27:51 PR
18	Danny Moon	27:51
20	Dave Norlander	28:36
21	Paul Rodriguez	29:27
22	Chris Blue	29:57
23	Tom Warfel	29:57
24	Mandy Benham	30:02
25	Ken Noel	31:37
26	Becky Norlander	32:04
27	Rich Collins	36:08
28	Don Packwood	39:25 RW

Dick Barrett Trophy Winner – Uyenthi Tran

Very cold weather this morning (35 degrees), which was not conducive to fast running on a short course. Scott Bang scored his third consecutive Saturday road run win. Uyenthi ran easy but still PRd by 21 seconds. Oldie Brian Conroy improved his PR that he set 3+ years ago by one second. Dino Delyani missed his overall PR by 9 seconds but improved his 50+ PR by 33 seconds. Don Packwood missed his race walking PR for this course by 4 seconds. Ken Noel had by far his best Saturday road run of the year.

RACE RESULTS

4/22/07-Santa Cruz Half Marathon

Chris Blue 2:00:47
 Elaine Erickson 2:04:38
 Kat Powell 2:08:56

5/12/07-See Jane Run Half Marathon

Kat Powell 2:01:24

6/23/07-Double Dipsea-13.7M

Kat Powell 3:32:43 2nd-55+

7/15/07-Jungle Run Half Marathon

Kat Powell 2:05:02

7/28 & 7/29/07-Canadian Masters Track

Championships

100M – 45+

1 Mark Pasos 11.98

200M – 45+

1 Mark Pasos 24.92

400M – 45+

1 Mark Pasos 58.02

400M Relay – 40+

Mark brought his team from last to 2nd place during his 3rd leg and his anchor runner held on for the win.

8/2 thru 8/6/07 – US Natl Masters Track

Championships

100M – 45+

7 Mark Pasos 12.12

200M – 45+

5 Mark Pasos 24.64

400M Relay – 40+

Mark's team finished 2nd but was then DQd for a passing zone infraction.

7/29/07 – SF Marathon

Dino Delyani 3:27:30
 Kat Powell 4:29:10 PR

8/4/07-Skyline 50K

22 Cecil Baumgartner 4:55:37
 26 Marion Richard 4:57:13
 52 Todd Hayes 5:28:10

8/4/07 – TBF Summer Duathlon #3

9 Kelly Emo 1:37:10 1st-40+

This race consisted of a 3-mile run and a 16-mile bike.

8/5/07 – Alameda 10K

39 Jim Howe 39:36 1st-60+
 Ed Singleton 59:26 1st-70+

8/11/07 – Dammit Race – 5 Miles

Men

11 Mike Matthews 30:30 1st-40+
 12 Dennis Kurtis 30:37 1st-50+
 13 Scott Bang 30:49 1st-35+
 22 Bob Pickens 31:42 1st-45+
 32 Jeff Rohrer 33:04 4th-45+
 46 Tom O'Conner 34:36 5th-50+
 49 Tony Scardina 34:51 2nd-50+
 59 Frank Prabel 35:25
 60 Ron Kiyono 35:28 4th-55+
 61 Alp Mimaroglu 35:31
 67 Norry McAllister 35:48
 75 Brian Conroy 36:21
 85 Dave McIntyre 37:14 2nd-Clyd
 90 Art Mitchum 37:29 5th-55+
 128 Mike Kolesnik 39:52
 129 Carl Peterson 39:55 1st-65+

Women

61 Dena Noble 46:34
 83 Kat Powell 48:43 2nd-55+

8/11/07 – Susan B Anthony 5K

19 Missy Sudan 18:34 4th-35+
 36 Becki Kriege 19:21
 48 Laura Melendez 19:52
 87 Kelly Emo 22:15
 105 Uyenthi Tran 23:13
 156 Mary Kriege 25:40 3rd
 202 Julie Sobczak 28:03

8/12/07 – Santa Cruz Sprint Triathlon

Tim Riley finished 3rd in the 60+ division of this race that consisted of a half mile swim, 13-mile bike and a 5k run.

8/18/07 –Hammond Bridge Half Marathon

9 Kelly Emo 1:45:48

Kelly said that there were so many runners in this race near Eureka that she couldn't count that high but stopped at 21.

8/18/07-Felton 10K

Kelly Emo 51:52 1st-40+

8/19/07 – San Diego Half Marathon

Joe Hurtado 1:37:23 1st-65+

8/25/07-Empire XC-3.43M

Master Men's Race

8 Andy Lief 19:50
 14 Mike Kriege 20:20
 15 Brian Davis 20:23 4th-50+
 18 Al Murray 20:48
 23 Larry Hyde 20:58
 25 Jeff Rohrer 21:16
 26 Tom O'Connor 21:25
 32 Bill Dunn 22:06 2nd-60+
 33 David Woodruff 22:15
 36 Brian Conroy 22:26
 39 Tony Scardina 22:32
 41 Ron Kiyono 22:39
 61 Joe Johnson 25:25
 62 Jeff Bedolla 25:31

Women's Race

11 Laura Melendez 22:37

This was the initial race of the 2007 XC grand prix. Good start for our men's 40+ and 50+ teams as the 40+ team finished 1st and our 50+ team finished 2nd.

8/25/07- Marshall Clark 4-Miler

12 Jim Bordoni 25:01 1st-50+

9/1/07 –Santa Cruz XC Race-4M

Master Men's Race

27 Mike White 22:57 4th-40+
 30 Mike Matthews 23:18 5th-40+
 32 Dennis Kurtis 23:24 1st-50+
 36 Andy Lief 23:41
 41 Mike Kriege 23:55
 42 Andy Williams 23:55
 47 Al Murray 24:31
 48 Brian Davis 24:35 3rd-50+
 51 Larry Hyde 24:54 5th-50+
 54 Jeff Rohrer 25:23
 59 Tom O'Connor 26:02
 61 Bill Dunn 26:06 1st-60+
 62 Tony Scardina 26:10
 66 David Woodruff 26:27
 68 Frank Prabel 26:38
 70 Bob Pickens 26:57
 71 Brian Conroy 26:59
 73 Ron Kiyono 27:01
 79 JimAnderson 28:16
 81 Aaron Lee 28:30
 90 Joe Johnson 29:48

93	Jeff Bedolla	30:38		Norry McAllister	18:46		59	Tom O'Connor	37:52				
94	Rich Hahn	30:39		Bill Dunn	18:50	2nd-60+	72	Dave Woodruff	38:55				
Our men's 40+ and 50+ teams both finished first.				Jim Howe	19:04	4th-60+	79	Bill Dunn	39:06	4th-60+			
				Mike Smith	19:06		87	Jim Howe	39:31	5th-60+			
				Ron Kiyono	19:23	5th-55+	91	Jim Bordoni	40:09				
				David McIntyre	20:07		94	Ron Kiyono	40:23				
9/8/07-Olivia's Miles-1M				Aaron Lee	20:11		113	Neal Chappell	42:48	2nd-65+			
Kelly Emo	6:34	1st-Wom		Mark Goldman	20:22		116	Joe Hurtado	43:03	3rd-65+			
9/8/07-Olivia's Miles-5K				Art Mitchum	20:51		117	Joe Johnson	43:28				
Kelly Emo	22:46	4th-40+		Neal Chappel	20:59	2nd-65+	131	Bob Schmitt	46:13				
				Joe Hurtado	21:04	3rd-65+	154	Kat Powell	53:16				
9/8/07-GG Park XC Race-4M				Joe Johnson	21:04		161	Eddie Reyna	56:57	1st-75+			
Master Men's Race				Bob Pickens	21:18		163	Glynn Wood	57:53	2nd-70+			
5	Mike Matthews	22:55		Carl Petersen	21:27	4th-65+	169	Ed Singleton	62:56	3rd-75+			
8	Mike White	23:06		Norm Takeuchi	21:36			Ruby Hurtado	67:38				
14	Dennis Kurtis	23:33	2nd-50+	Bob Schmitt	22:06		Our men's 50+, 60+, and 70+ teams finished first and our men's 40+ team finished third.						
17	Andy Lief	23:45		Ed Reyna	28:17	1st-75+	9/28/07-Moonlight Run-5K						
18	Mike Kriege	23:47		Our 50+ and 60+ teams finished first, our open team finished 6th, and our 40+ team finished 4 th .			Kelly Emo	22:52	1st-40+				
24	Brian Davis	24:18	4th-50+				9/29/07-Mermaid Duathlon-Aptos						
29	Andy Williams	24:37					Kelly Emo	1:13:06	1st-40+				
30	Al Murray	24:43					This race consisted of a 1.5M run, an 11.5M bike, and a 2.5M run. Kelly was the 3rd woman finisher overall.						
33	Bob Pickens	24:54		Women			9/29/07-Garrin Park XC Race-5K						
38	Larry Hyde	25:06		Becki Kriege	18:39	2nd-40+	Men's Race						
40	Ken Hsu	25:08		Laura Melendez	18:56	5th-20+	23	Mike Matthews	17:58	5th-40+			
41	Ben Rosales	25:16		Missy Sudan	19:08	3rd-35+	25	Dennis Kurtis	18:09	1st-50+			
44	Jeff Rohrer	25:20		Helen Wong	21:51		26	Andy Lief	18:16				
51	Tom O'Connor	25:49		Lesley Muller	22:39		31	Mike Kriege	18:29				
59	David Woodruff	26:17		Kelly Emo	22:17		44	Jeff Rohrer	19:23				
61	Bill Dunn	26:23	2nd-60+	Mandy Benham	23:53		45	Larry Hyde	19:26				
64	Tony Scardina	26:33		Uyenthi Tran	23:54		53	Bob Pickens	19:41				
70	Frank Prabel	26:54		Ruby Hurtado	32:37	5th-65+	54	Ben Rosales	19:45				
72	Brian Conroy	26:57		Janneth V-Mitchum	36:00		56	Alp Mimaroglu	19:49				
75	Ron Kiyono	27:20		Our open women finished 5th.			60	Tom O'Connor	20:03				
83	Jim Anderson	27:51		9/23/07-Almaden Times 2-Miler			63	Tony Scardina	20:07				
94	Joe Johnson	29:30		1	Mike Bordoni	9:57	1st-19+	65	David Woodruff	20:14			
106	Jeff Bedolla	31:00		3	Jeff Candello	10:59	1st-50+	68	Frank Prabel	20:32			
Our men's 40+ team scored their 3rd consecutive win and our 50+ team finished 2nd.				4	Tony Scardina	11:07	1st-40+	72	Mike Smith	20:49			
				7	Michael King	11:31	2nd-40+	74	Ron Kiyono	21:03			
				10	Art Mitchum	12:05	2nd-50+	76	Brian Conroy	21:07			
				17	Rich Hahn	13:14	5th-40+	83	Aaron Lee	21:55			
9/9/07-Pacific Grove Sprint Triathlon				4	Kelly Emo	13:18	1st-40+	86	Joe Johnson	22:09			
Kelly Emo	1:07:32	2nd-40+		24	Chris Cassell	14:13	5th-50+	100	Jeff Bedolla	23:29			
This race consisted of a 500-yard swim, a 12.4M bike, and a 2M run, which Kelly ran in 13:39.				14	Dena Noble	14:39	4th-40+	Our 40+ men finished first and our 50+ men finished second.					
				58	Jan Mitchum	21:29		9/30/07-Trailblazer 5K					
9/16/07 – Banana Chase 5K				9/23/07-Almaden Times 10K			Alice Isaacson				23:01	1st-40+	
Men				7	Jorn Jensen	34:52	3rd-30+	Debbie Powell				37:36	
Bryan Chow	16:04	2nd-16+		17	Norry McAllister	36:59	2nd-50+	9/30/07-Trailblazer 10K					
Dennis Kurtis	16:48	1st-50+		47	Carl Petersen	42:03	1st-60+	Kat Powell	52:02	1st-50+			
Al Murray	17:29			55	Tim Rostege	43:01	2nd-60+						
Brian Davis	17:30	3rd-50+		9/23/07-National Masters 10K									
Ben Rosales	18:04			Championships									
Alp Mimaroglu	18:11			21	Dennis Kurtis	34:31	1st-50+						
Tom O'Connor	18:13			47	Brian Davis	36:53							
David Woodruff	18:40			48	Al Murray	37:02							
Jim Bordoni	18:40												

This was a PR for Kat.

10/1/07-Stanford XC Invitational

Men's Short Course Race-4K

49 Bryan Chow 13:32

10/6/07-Napa Valley Triathlon

Kelly Emo 1:37:38 5th-40+

This race consisted of a 700-yard swim, 16M bike, and a 4M run, which Kelly ran in 29:56.

Kelly finished 9th in a field of 536 women.

10/6/07-Presideo XC Race-3.55M

Women's Race

11 Laura Melendez 25:11

Master Men's Race

7 Dennis Kurtis 21:56 1st-50+
 8 Andy Lief 21:59
 12 Adam Prince 22:32
 15 Brian Davis 22:45 4th-50+
 16 Mike Kriege 22:46
 23 Jeff Rohrer 23:21
 24 Larry Hyde 23:29
 25 Bob Pickens 23:33
 40 Tony Scardina 24:49
 41 Dave Woodruff 24:53
 47 Tom O'Connor 25:23
 51 Brian Conroy 25:40
 59 Jim Anderson 27:15
 61 Dino Delyani 27:20
 69 Jeff Bedolla 28:23
 70 Joe Johnson 28:26

Our 40+ men's team finished first and our 50+ team finished second.

10/7/07-Run For The Bulls 5K

Kelly Emo 22:06 1st-40+

10/13/07-Shoreline XC Race-4.6M

Men's Race

22 Dennis Kurtis 24:33 1st-50+
 24 Mike Matthews 24:40 4th-40+
 35 Andy Lief 25:33
 38 Andy Williams 26:03
 39 Bob Pickens 26:07
 44 Al Murray 26:26
 46 Larry Hyde 26:49 3rd-50+
 47 Ken Hsu 26:51
 51 Jeff Rohrer 27:03
 54 Tom O'Connor 27:20 5th-50+
 58 Tony Scardina 27:43
 59 Dave Woodruff 27:54
 60 Brian Conroy 27:58
 63 Norry McAllister 28:24
 68 Frank Prabel 28:52
 69 Jim Bordoni 29:03

71 Dino Delyani 29:52
 74 Aaron Lee 30:16
 77 Dave McOntyre 30:57
 81 Jeff Bedolla 31:43
 85 Joe Johnson 33:24

Our men's 50+ team finished first and our 40+ team finished second.

10/14/07-Golden State Sprint Triathlon

Tim Riley 2nd-60+

The race consisted of a half mile swim, a 15M bike, and a 3M run.

10/21/07-Humboldt Half Marathon

Dennis Kurtis 1:19:31 1st-50+
 Brian Davis 1:20:49 2nd-50+
 Tom O'Connor 1:24:16 6th-50+
 Joe Hurtado 1:35:04 2nd-65+
 Joe Johnson 1:38:32 5th-55+
 Carl Petersen 1:38:40 4th-65+
 Kat Powell 1:56:05 7th-55+

Our men's 50+ team finished first. We had no other complete teams.

10/21/07-Nike Women's Marathon

756 Uyenthi Tran 4:29:22

10/27/07-Tamalpa XC Race-4.25M

Open Men

38 Alp Mimaroglu 27:29

Master Men's Race

3 Mike Matthews 24:40
 12 Dennis Kurtis 25:43 2nd-50+
 19 Andy Williams 26:10
 23 Al Murray 26:30
 29 Ken Hsu 26:55
 31 Larry Hyde 26:57
 38 Ben Rosales 27:27
 43 Dave Woodruff 27:39
 47 Tony Scardina 27:54
 48 Mike Kriege 28:00
 50 Tom O'Connor 28:02
 52 Bill Dunn 28:09 2nd-60+
 55 Bob Pickens 28:39
 86 Joe Johnson 31:47
 87 Jeff Bedolla 31:49
 92 Kristian Petersen 32:40

Our 40+ team finished second and our 50+ team finished third.

10/28/07 - Hollister Road Mile

1 Scott Bang 4:51
 3 Dennis Kurtis 5:05 1st-50+
 5 Jim Bordoni 5:08 2nd-50+
 7 Tom O'Connor 5:14 3rd-50+

9 Becki Kriege 5:24 1st-Wom
 10 Dimitrios Stefanid 5:26 2nd-40+
 14 Joe Johnson 5:59
 15 Danny Moon 6:02 1st-60+
 19 Kelly Emo 6:13 2nd-40+
 21 Carl Petersen 6:18 1st-70+
 27 Jake White 6:36 2nd-60+
 30 Chris Cassell 6:39
 53 Walt Van Zant 8:04
 58 Ken Napier 8:19 2nd-70+
 63 Madelyn Moon 8:30 1st-60+
 68 Ed Singleton 8:46 3rd-70+

11/3/07-Fleet Feet XC Race

Women's Race-3.15M

5 Becki Kriege 19:36

Master Men's Race-8K

3 Dennis Kurtis 27:59 3rd-50+
 16 Al Murray 29:47
 18 Ken Hsu 30:01
 20 Larry Hyde 30:16
 27 Bob Pickens 30:43
 29 Tom O'Connor 30:52
 30 Tony Scardina 30:56
 31 David Woodruff 31:00
 33 Bill Dunn 31:24 1st-60+
 38 Brian Conroy 32:05
 39 Mike Kriege 32:14
 43 Ron Kiyono 32:31
 62 Joe Johnson 35:44
 65 Jeff Bedolla 36:33
 71 Kristian Petersen 38:44

Our 50+ team finished first and our 40+ team finished fourth.

11/4/07 - Santa Clarita Marathon

Cecil Baumgartner 3:24:16

11/4/07-New York City Marathon

Joe Hurtado 3:22:53 3rd-65+
 Chris Blue 5:46:22
 Georgia Riley 5:46:22

11/11/07-Clarksburg 30K

11 Brian Davis 1:54:38 1st-50+
 35 Tom O'Connor 2:04:01 3rd-50+
 38 Jim Howe 2:06:26 2nd-60+
 46 Dave Piazza 2:08:54
 82 Laura Melendez 2:19:15 3rd-20+
 83 Joe Hurtado 2:19:59 5th-60+
 105 Carl Petersen 2:28:24 1st-70+
 110 Joe Johnson 2:29:59
 166 Bob Schmitt 2:55:55
 170 Kat Powell 3:01:27
 185 Eddie Reyna 3:16:57 3rd-70+



Our men's 50+ and 60+ teams finished first and our men's 40+ team finished sixth.

11/11/07 – Salmon River 5K

Cecil Baumgartner 20:47 4th-40+
 Sue Francis xxxx 1st-50+
 Cecil ran 14 miles the day before this race.

11/18/07-PA XC Championships-GG Park

Open Men's Race-6M

62 Matt Thompkins 36:01
 78 Alp Mimaroglu 39:22

Women's Race-4M

101 Joann Dahlkoetter 31:02 6th-50+

Master Men's Race-6M

7 Dennis Kurtis 35:21 1st-50+
 14 Mike Matthews 35:49
 19 Andy Lief 36:19
 21 Adam Prince 36:23
 31 Brian Davis 37:06 8th-50+
 45 Mike Kriege 37:59
 46 Al Murray 38:00
 47 Larry Hyde 38:02
 53 Ken Hsu 38:31
 65 Jeff Rohrer 39:12
 66 Tony Scardina 39:13
 67 Tom O'Connor 39:21
 70 David Woodruff 39:27
 83 Bill Dunn 40:08 2nd-60+
 87 Frank Prabel 40:32
 90 Ron Kiyono 41:00
 91 Brian Conroy 41:13
 117 Joe Johnson 44:29
 125 Jeff Bedolla 45:35
 141 Rich Hahn 49:06

Our men's 40+ team finished second and our 50+ team finished fourth.

11/22/07-Thanksgiving Day Races-SJ

5K-Elite Men Race

38 Bryan Chow 15:48
 46 Matt Tompkins 16:32
 49 Dennis Kurtis 16:53 1st-50+
 53 Brian Davis 18:12 2nd-50+
 54 Tony Scardina 18:16
 56 Tom O'Connor 18:42 3rd-50+

5K-Elite Women Race

12 Becki Kriege 18:25 2nd-40+
 14 Missy Sudan 19:02
 24 Helen Wong 22:39

5K-Non-Elite Race

18 Jim Howe 19:36 1st-60+
 21 Aaron Lee 20:00 5th-30+
 23 Ron Kiyono 20:04 2nd-50+
 Joe Johnson 20:49
 90 Rich Hahn 23:09
 99 Uyenthi Tran 23:20 3rd-30+
 229 Mandy Benham 26:34

10K Race

4 Ole Agesen 35:27 1st-40+
 30 Norry McAllister 39:20 1st-50+
 337 Catherine Frye 50:43

11/25/07-Reg 14 Jr Olympics XC-5K

2 Bryan Chow 16:07
 Matt Petrillo, formerly of Los Gatos HS, won this race in 15:50.

12/2/07 – Cal Intl Marathon

65 Andy Williams 2:46:33 6th-45+
 204 Magnus Wiklund 2:59:22
 311 Matt Bronson 3:06:28
 307 Tom O'Connor 3:06:31
 383 Jim Howe 3:09:09 3rd-60+
 423 Dave Woodruff 3:11:02

536 Missy Sudan 3:16:07
 562 Joe Hurtado 3:17:44 2nd-65+
 635 Todd Hayes 3:19:52 10th-55+
 1026 Carl Petersen 3:32:06 1st-70+
 1144 Jim Magill 3:32:42
 3714 Kat Powell 4:37:56
 4058 Eddie Reyna 4:59:11 2nd-75+

12/2/07-Rocketman Downhill Mile

1 Scott Bang 4:30.5
 2 Norry McAllister 4:59.2
 3 Dimitrios Stefan 5:28.2
 4 Danny Moon 5:32.9
 5 Mike Kolesnik 5:33.4
 6 Aaron Lee 5:36.0
 7 Dave McIntyre 5:42.5
 8 Kelly Emo 6:05.7
 9 Chris Cassell 6:12.9
 10 Walt Van Zant 7:22.7
 11 William Rue 8:05.0
 12 Chris Rue 9:48.2
 13 Stacy Rue 9:49.3

Scott set the course record for this downhill mile on Fruitvale Ave as he blazed to a 4:30.5. 50-year-old Norry McAllister continued to run well as he broke 5:00 in the mile for the first time. Danny Moon came from 20 yards behind during the last 100 yards to nip Mike Kolesnik. Kelly Emo flew in from Barcelona, Spain just for this race. Rich Stiller, Danny Moon, and Madelyn Moon did a great job of organizing the run. They were ably assisted by Uyenthi Tran, Rich Hahn, Jim Bordoni, Russ Kinsch, and Tom Warfel.

2007 LOS GATOS SUMMER ALL-COMER MEET RESULTS

	Summer	Jun. 21	Jun. 28	Jul. 5	Jul. 12	Jul. 19	Jul. 26	Aug. 2	Aug. 9
'07 Best									
60 METERS									
Dave McIntyre	8.90								8.90
Chris Cassell	8.96						9.01		8.96
Helen Cassell	9.51	9.51							
Matthew Campbell	10.13			11.20	10.13	11.23		11.10	
Amie McDonald	11.44		11.44	11.74	12.43				
Scott McIntyre	13.91							13.91	
Dave McIntyre	8.90								8.90
Chris Cassell	8.96						9.01		8.96

100 METERS

Mark Pasos	11.98	11.98			12.15		
Chris Cassell	14.43	14.49			14.61		14.43
Helen Cassell	15.28	15.28	15.63				
Mike Kolesnik	15.66				15.66		
Matthew Campbell	17.84			18.64			17.84 17.96
Amie McDonald	19.55		19.55	20.48	20.23		
Sean Williams	20.01				20.01		

200 METERS

Mark Pasos	24.58	24.68		24.84		24.58		
Dave McIntyre	28.75						31.85	28.75
Chris Cassell	30.11	30.67				30.99	30.11	30.32
Danny Moon	30.52	31.33	31.51	30.52				
J. P. Campbell	30.69				31.21	30.69		31.41
Mike Kolesnik	32.19						32.19	
Matthew Campbell	38.15							38.15
Sean Williams	41.43			44.00	41.43			

400 METERS

Mark Pasos	0.56.97	0.57.71		0.56.97	0.58.16			
Scott Bang	0.58.31							0.58.31
Robert Pickens	1.01.75	1.02.37			1.07.73		1.01.75	
Dave McIntyre	1.04.52			1.04.78	1.05.72	1.04.52		1.05.08
Dave Woodruff	1.05.99		1.05.99	1.06.37				
Jim Bordoni	1.06.14					1.06.14		
Danny Moon	1.06.94	1.09.93	1.08.44	1.06.94				
Chris Cassell	1.10.85	1.14.89	1.10.85				1.12.28	1.11.48
Mike Kolesnik	1.10.95					1.13.83	1.12.02	1.10.95
Tom O'Connor	1.13.16							1.13.16

800 METERS

Scott Bang	2.12.53							2.12.53
Robert Pickens	2.12.87	2.14.26		2.14.14	2.14.25		2.12.87	
David Woodruff	2.25.97	2.29.52	2.25.97	2.27.84	2.29.03			
Aaron Lee	2.32.80			2.32.80				
Tom O'Connor	2.38.30							2.38.30
Mike Kolesnik	2.40.74						2.46.15	2.46.82 2.40.74
Alexander Williams	3.15.48					3.15.48		
Sean Williams	3.26.16			3.26.16				

1500 METERS

Robert Pickens	4.29.73							4.29.73
Scott Bang	4.31.90							4.31.90

MILE

Matt Bordoni	4.32.50				4.32.50			
Mike Matthews	4.49.94					4.58.91	4.49.94	4.55.09
Scott Bang	4.52.36				4.52.36			
Dennis Kurtis	4.57.57		4.57.57				4.58.80	5.01.97
Bjorn Sampson	4.57.93							4.57.93
Robert Pickens	5.13.12			5.13.12				
Jim Bordoni	5.14.66						5.14.66	



Andy Williams	5.15.23		5.26.05	5.15.23	5.22.89	5.16.48		
Paul Skokowski	5.20.03				5.20.03			
Dave Woodruff	5.24.31	5.35.58		5.31.49	5.24.31			
Tom O'Connor	5.24.40		5.29.26	5.28.36			5.24.40	
Missy Sudan	5.25.33	5.36.40	5.35.19		5.26.33	5.33.05	5.25.33	
Dimitrios Stefanidis	5.30.18	5.30.70	5.30.18	5.32.92				
Aaron Lee	5.36.93		5.44.61		5.36.93			
Brian Conroy	5.41.04					5.41.04		
J. P. Campbell	5.48.91			5.53.27	5.48.91		5.57.87	
Dave McIntyre	5.58.92						5.58.92	
Matt Campbell	6.28.81		6.56.71	6.47.14	6.48.53		6.42.92	6.28.81
Alex Williams	6.49.37		6.56.71	6.49.37				
Sean Williams	7.28.98		7.28.98	7.44.13				

2-MILE

Bryan Chow	9.46.49			9.46.49				
Mike Matthews	10.22.30				10.38.00	10.22.30	10.25.14	
Robert Pickens	11.05.34		11.05.34					
Andy Williams	10.52.00	11.21.18	11.29.87	11.14.50	10.52.00	10.52.88		
Brian Conroy	11.55.29					12.15.39	11.55.29	
Tom O'Connor	11.54.34			11.54.34				
Dave Woodruff	12.04.06	12.13.59	12.04.06					
Laura Melendez	12.17.24			12.17.24				
Dimitrios Stefanidis	12.37.29	12.37.29						
Mike Kolesnik	14.00.58					14.00.58		

5000 METERS

Dennis Kurtis	16.54.50							16.54.50
Robert Pickens	17.26.81							17.26.81
Tom O'Connor	18.41.14							18.41.14
Joe Johnson	21.38.34							21.38.34

LONG JUMP

Amie McDonald	4' 4"	4' 4"
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4 x 400 RELAY

Team Bordoni	3:58.02	Mike-54.2	Jim-64.8	Jack-68.7	Matt-50.4		3:58.02
Masters Team	4:37.4h	Mac-71.1	Cassl-72.5	Conroy-72.8	Matthews- 61.0		4:37.4h