



WVJS



VOL XXXVIII-#4 WEST VALLEY JOGGERS & STRIDERS Dec 2009

Saturday Workouts

01/09/10	All Courses Day	03/13/10	Valle Vista (3.0 miles)
01/16/10	Dou/Sar/Fruitvale (2.75 miles)	03/20/10	18 x 0.33mile Tennis Court Loop Relay
01/23/10	5K on the track	03/27/10	Triangle Run (4.76 miles)
01/30/10	8 x 0.66-Mile Tennis Court Loop Relay	04/03/10	16 x 300 Relay
02/06/10	Farwell/H (4.68M)	04/10/10	Dou/Sara/Frtvle (2.75 miles)
02/13/10	Farwell (3.54 miles)	04/17/10	Step-up & Step-down Relay
02/20/10	Valentine Team Race (5.4 miles)	04/24/10	Farwell/H (4.68M)
02/27/10	4 x 1.46 mile WVC Loop Relay	05/01/10	36 x 200 Relay
03/06/10	Short Six (5.74 miles)	05/08/10	16 x 400 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

Not yet published

Racer of the Year

Fastest Farwell Time
 Fastest Marathon
 Fastest Half Marathon
 Fastest of 2 Designated Track Miles
 Fastest of 2 Designated Track 5Ks
 Remaining races to be determined
 At annual club meeting

Other Popular Races

01/10/10 Cal 10 in Stockton
 01/30/10 San Juan Bautista 10M
 01/17/10 Ft.Ord 5K/10K
 02/14/10 Together With Love 5K/10K
 02/15/10 President's Day 5K
 02/20/10 Juana Run – 8K
 03/14/10 Vasona Park 5K/10K

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.

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.

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>

Kat Powell ran the difficult 28.4M Quad Dipsea race one week prior to the Cal International Marathon. She recommends that club members not do this as she was far from fresh when she ran the Cal Intl.

79-year-old Eddie Reyna took a bad tumble at the PA XC championships on 11/28. He tripped on a rock part way through the 2nd lap of the 3-lap race, hit his head hard and may have temporarily blacked out. He also hurt his left shoulder, arm, and leg. And, worst of all, he also smashed his watch that he was using to time himself. But, after he was bandaged to stop the bleeding, he got up and finished the race. He then drove to the hospital, getting a CT scan, getting re-bandaged, and getting a tetanus shot. But, his watch could

not be repaired. He then ran the Cal International Marathon a week later.

12 club members showed up for the annual Xmas Eve Quicksilver Park run. I believe that the runners run 4+ miles to the top, sing Xmas carols, and then run back to the start. Some of the club members seen at the run included Liz Nast, Dave McIntyre, Glenn Kishi, Dena Noble, Bob Schmitt, Bill Meinhardt, Jeff Bedolla, Kat Powell, Tim Riley, Georgia Riley, Magnus Wiklund, and Cecelia Wiklund.

Several club members coached high school teams during the cross country season and others were members of their cross country teams. Mary Kriege was the top runner on the Mitty team, finishing 3rd at her league finals and earning honorable mention on the Mercury-News All-County team. Sophomore Jack Bordoni was a member of the Bellarmine varsity team that finished as the 2nd ranked team in the entire Central Coast Section. Freshman Heather Rohrer was the top runner on the Fremont team, breaking the 20-minute barrier on the difficult Crystal Springs course at the section meet. Matt Kriege was a member of the Prospect varsity team that finished 8th in their division at the section meet. Stephanie Bambury coached her team to a first place finish at the North Coast Section finals, which qualified them to run in the State Meet. Mandy Benham's St. Francis girls team surprised by finishing 3rd at the section meet, which qualified them for the State Meet. Jake White, Mike White, Dick Chimenti, and Danny Moon coached runners who made it to the State Meet.

2009 PA/USATF Road Grand Prix

Open Men

Our open men's team finished in 8th place. Aaron Lee is our team captain. Individually, Duncan Weru finished in 2nd place in the short race division .

Open Women

Our open women's team finished in 3rd place. Missy Sudan is the team captain. Individually, Johanna Fogolin and Missy Sudan finished in 22nd and 23rd places in the short race division. Johanna finished in 36th place in the long race division.

40+ Men

Our 40+ men's team finished in 3rd place. Al Murray is our team captain. Individually, top 50 finishers included Scott Bang at 25th, Jeff Rohrer 27th, Magnus Wiklund 30th, Matt Nolan 35th, Tony Scardina 47th, and Bob Pickens 49th in the short race division. Matt Nolan finished 7th, Scott Bang 26th, Magnus Wiklund 30th, Tim Souza 36th, Mike Smith 41st, Bob Pickens 42nd, and Ken Camet 50th in the long race division.

40+ Women

Our 40+ women's team finished in 7th place. Kelly Emo and Carol Benar are the team captains. Individually, Becki Kriege and Carol Bednar finished in 6th and 40th places in the short race division.

50+ Men

Our 50+ men's team finished in 2nd place. Tom O'Connor is our 50+ team captain. Individually, top 50 finishers included Brian Davis at 5th, , Dave Piazza 17th, Norry McAllister 18th, Jim Bordoni 22nd, Dave Woodruff 26th, Scott Graham 39th, Mike Krey 46th, and Neil Gelblum 49th in the short race division. Brian, Dave Woodruff, Neil,

Todd Hayes, Dave Piazza, Tom, and Dan Anerson, finished 2nd, 9th, 10th, 11th, 18th, 22nd, and 49th places in the long race division.

50+ Women

Our 50+ women's team finished in 4th place. Kat and Pauline Beatty are the team captains. Pauline Beatty finished 37th in the short race division. Christine Kennedy, Kat Powell, and Pauline Beatty finished in 9th, 12th, and 39th in the long race division.

60+ Men

Our 60+ men's team finished in 1st place. Joe Hurtado is the team captain. Individually, top 50 finishers included Bill Duun, Jim Howe, Joe Hurtado, Bob Schmitt, and John Pickens in 2nd, 6th, 9th, 33rd and, 38th places in the short race division. Bill, Joe, Dwight Cornwell, Ron Kiyono, Jim, and Bob Schmitt finished in 2nd, 4th, 5th, 11th, 12th, and 18th places in the long race division.

60+ Women

Our 60+ women's team finished in 4th place. Chris Blue is the team captain. Individually, Victoria Kros, Chris Blue, and Marcia Morrison finished 3rd, 5th, and 16th places in the short race division. Chris finished in 18th place in the long race division.

70+ Men

Our 70+ men's team finished in 1st place. Eddie Reyna is the team captain. Individually, Carl Petersen, Neal Chappell, Dave Norlander, Bob Lord, Carl Tuck, Eddie Reyna, Glynn Wood, George Moss, and Ed Singleton finished 3rd, 4th, 6th, 8th, 9th, 10th, 11th, 17th, and 20th places in the short race division. Dave, Bob, Eddie, Carl, and Carl finished in 2nd, 3rd, 4th, and 5th places in the long race division.

2009 Cross Country Grand Prix Summary – by Jeff Rohrer

Our dual goals for the 2009 season were to score teams at each race and get as many runners to each race as possible. We met our goals. We have scored a 40+ men's team in every race during the past four years (and 5 of the last 6 with a team choice in 2005 not to go to Rocklin). This year we also scored 50+ and 70+ teams at every race, and a 60+ team 6 times. We helped the Open team score a few times and we scored 8 40+ B and 1 50+ B teams. This year we had an amazing 46 different 40+ runners run at least one race for us, shattering our record of 31 set in 2007 and 2008. 24 of those runners ran at least 5 of the 9 races, exceeding the 20 in 2008. We had 6 runners compete in all nine races: Robert Pickens, Dave Piazza, Glenn Kishi, Eddie Reyna, Dave Norlander, and Carl Peterson. Three of the 6 are 70+ runners. Four other runners ran 8 races. It was the 2nd year in a row that Dave Piazza ran all the races. Tom O'Connor missed a race for the first time since we restarted XC to attend a special graduation ceremony for one of his sons. For the season our 40+ team was 4th, the 50+ team was 2nd, the 60+ team was 2nd, and the 70+ team 1st. The 70+ team won 6 meets, the 60+ team won 2, and the 50+ team won 2. It was the first year since 2005 that the 40+ team did not win. I believe this was more a reflection of the quality of the competition this year rather than the quality of our team. I believe we had a greater amount of bad luck and key injuries compared to years past, but even if everything went perfect, I do not believe we would have finished any higher than 2nd. Perhaps the shortage of PA-USATF road races this year led to more teams competing hard in the XC series. In his online column Lynn Walker continually noted that there were record fields this year. Or, maybe some of the other teams got sick of us showing up to a lot of races and winning the season championship. Whatever the reason(s), it is a better series when there are big fields and lots of good runners.

Individually, four of our 40+ runners finished in the top 20 . Andy Lief was 10th, Scott Bang, Adam Prince, and Matt Nolan were 17th, 18th, and 19th. I am sure Andy would have finished a bit higher had he not gotten injured and missed the last two meets. Up until then he was really leading our weekly effort. In the 50+ competition, Brian Davis, Dennis Kurtis, and Dave Piazza finished 3rd, 4th, and 5th. Bill Dunn won the 60+ competition and Carl Peterson won the 70+ by 6 points over Dave Norlander.

We started the year with an incredible number of runners at the meet in Santa Cruz. Including the Open and Women runners I believe we had 48 club members race. We had nearly 100-degree heat at Empire, which was a sharp contrast to some years when there was a marine layer and good racing conditions. The Golden Gate Open had some rare early September rain before the race along with some lightning. There were two new courses on the schedule this year. Some of us went to Folsom to run the Willow Hills course and really enjoyed it. Although I am not fond of traveling so far for a race, I would like to see it on the schedule again next year. Since we ran it, I discovered that it is the site of one of the high school sectional meets that precedes the state meet. There was also a new course in the Marin Headlands for the Tamalpa Challenge. I believe most of us preferred the new course to the one at China Camp State Park. We ended the year with some rain at the Championships and a muddy course. The schedule certainly delivered a variety of courses and weather conditions.

Several club members ran when they were in less than their best condition . Dave Woodruff and Dennis Kurtis came back from bouts with the flu and competed when they were not fully recovered. Tony Scardina ran his final race of the season trying to deal with an injury, but ultimately had to shut it down for the year. Scott Graham



was battling a bad knee for a few meets before he needed to give it a chance to heal. Tom O'Connor was my inspiration. For those that do not know, Tom was undergoing medical treatments that severely weakened him. Together with his running injury, this left him a good deal slower than the great season he had in 2008. Tom still came out and raced and supported the team. That pushed me to get out there and race at less than my best and every week I was glad I did.

This year we also had more participation from the WVJS women and our Men's Open team. We had eight open runners. Jon Kimura and Scott McLeod each ran 7 meets. Jon finished 30th in the overall standings. Despite only running 4 races and missing the championship race, Duncan Weru finished 20th overall. Jon Harris, John Weru, Aaron Paterson, Aaron Lee, and Matt Tompkins also ran at least one meet. The team scored in 4 meets and had a team for the Championship race, but did not finish high enough to score points

in what was a very competitive race. For the season the team was 10th.

Fifteen different women ran at least one race. They scored Masters teams at six races and a Seniors team at one race and the Masters team finished 4th for the season. Mary Vidovich ran all 9 meets and finished 13th among all Masters women for the season. Christine Kennedy ran 5 of the first 6 meets, winning the Senior division in each race before she went to Ireland to run a marathon. An injury left her unable to finish the season and score in the Championship race and she ended up in second for the season. She was 4th overall Master and 15th overall among all women. Kat Powell ran 6 meets, Missy Sudan ran 5, Carol Bednar ran 4, and Helen Wong ran 3. The other 9 runners ran 2 or less meets. Overall this was the best participation by both the Men's Open team and the Woman's team in many years. It was good to see all those WVJS singlets at the races.

2009 RUNNER OF THE YEAR CONTEST

Contest points were 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 at the end of each quarter.

2009 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 17 designated events. The top finisher in each division for each event receives 25 points, the second finisher receives 24 points, etc. Since you can only use your best 8 performances, the maximum score is 200 points (8 x 25). Grand Prix races included in the events count double. **You must compete in at least 7 different events in order to be eligible for an award.** The standings to date for 2009 for all who have scored in five or more races are as shown below. The first number shown in parenthesis is the number of races scored, including the double-scored races as two races. The 2nd number is the total number of events competed in.

Elite Division

Duncan Weru (8-7)	200
Brian Davis (8-12)	192
Scott Bang (8-12)	191
Matt Nolan (8-8)	189
Bob Pickens (8-10)	172
Magnus Wiklund (8-7)	170
Dave Piazza (8-9)	162
Tom O'Connor (8-6)	153

A Division

Jeff Rohrer (8-11)	200
Ken Camet (8-10)	195
Scott McLeod (8-8)	194
Neil Gelblum (8-12)	194
Tony Scardina (8-5)	186
Christine Kennedy (8-6)	185
Bill Dunn (8-12)	182
Norry McAllister (8-5)	180
David Woodruff (8-12)	174
Becki Kriege (8-8)	166
Johanna Fogolin (8-5)	156
Aaron Lee (8-12)	154
Jim Bordoni (7-5)	149
Miissy Sudan (8-8)	149

B Division

Dino Delyani (8-10)	195
Todd Hayes (8-9)	195
Tim Souza (8-9)	194
Mike Krey (8-7)	186
Joe Hurtado (8-14)	186
Carol Bednar (8-8)	172
Brian Conroy (7-5)	170

C Division

Glenn Kishi (8-13)	198
Rich Hahn (8-8)	197
Helen Wong (8-8)	191
Carl Petersen (8-12)	188
Kelly Emo (7-5)	159

D Division

Uyenthi Tran (8-9)	200
Dave Norlander (8-11)	200
Bob Schmitt (8-8)	190
Bob Lord (8-7)	187
Pauline Beatty (8-7)	182

E Division

Kat Powell (8-9)	200
Chris Blue (8-8)	195
Eddie Reyna (8-11)	194
Carl Tuck (8-5)	182
Georgia Riley (8-8)	155
Tim Riley (6-5)	111

2009 All-Comer Meets Grand Prix



This is the second year that we are holding a track Grand Prix based upon results at the Los Gatos winter and summer all-comer meets. We scored your best four events out of eight possible events – 60M, 100M, 200M, 400M, 800M, 100M/Mile, 2 miles, and 5K. Each event was scored using the WAVA age-graded performance tables. Shown below are the scores for all who competed in three events or more.

Event Scores

PI	Runner	Total	60M	100M	200M	400M	800M	1500/Mile	2 Mile	5K
1	Mark Pasos	49	349.6	89.86	85.73	88.55	85.41	77.93	71.23	
2	Dimitri Stefanidis	51	342.5			83.96	86.84	86.96	84.75	72.96
3	Jim Bordoni	56	328.3				79.73	85.69	83.09	79.81
4	Danny Moon	61	325.0			81.13	79.02	81.73	83.11	
5	Robert Pickens	49	315.7	76.89		76.23	75.31	78.94	83.65	76.11
6	Scott Bang	41	308.0				76.38	77.68	77.01	76.95
7	Jeff Rohrer	49	306.7					77.71	76.89	75.57
8	David Woodruff	51	305.2				73.06	78.32	78.17	75.69
9	Chris Cassell	54	294.9	79.52	76.43	72.60	66.34			
10	Bob Lord	70	282.9			65.34	69.82	73.47	74.26	
11	Rich Hahn	47	262.3					63.74	65.32	66.49
12	Aaron Lee	35	256.7					65.17	65.30	63.22
13	Jonathan Kimura	29	233.1						78.24	76.99
14	Brian Conroy	53	230.3						77.45	77.64
15	Frank Prabel	49	222.4					73.75	74.72	73.91
16	Ken Camet	48	222.0			69.23		75.54	77.23	
17	Tim Souza	49	216.8					71.28	73.06	72.49

Children of WVJS members, & Non-Member WVJS Associates:

Heather Rohrer	14	272.3	64.29				69.87	68.08		70.08
Hank Lawson	54	209.5				69.01	69.65	70.87		
Matthew Campbell	13	201.3	70.14		61.85			69.27		

Event Times *

PI	Runner	Total	60M	100M	200M	400M	800M	(1500)/Mile	2 Mile	5K
1	Mark Pasos	49	349.6	7.98	12.72	25.13	57.59	2:27.92	5:54.44	
2	Dimitri Stefanidis	51	342.5			13.16	25.99	57.33	2:18.37	5:48.82
3	Jim Bordoni	56	328.3				64.63	2:22.68	5:21.83	11:54.37
4	Danny Moon	61	325.0			29.77	67.33	2:35.67	(5:18.48)	
5	Robert Pickens	49	315.7	9.26		29.19	64.86	2:26.03	4:59.40	11:47.20
6	Scott Bang	41	308.0				60.89	2:18.18	5:08.17	17:20.92
7	Jeff Rohrer	49	306.7					2:28.34	5:28.35	11:52.33
8	David Woodruff	51	305.2				68.24	2:29.73	(5:11.00)	12:02.75
9	Chris Cassell	54	294.9	9.34	14.74	31.74	76.66			
10	Bob Lord	70	282.9			39.49	84.50	3:08.52	6:49.54	
11	Rich Hahn	47	262.3					2:57.71	6:20.42	13:16.82
12	Aaron Lee	35	256.7					2:35.61	5:48.27	12:46.94
13	Jonathan Kimura	29	233.1						4:44.52	10:16.50
14	Brian Conroy	53	230.3						5:36.70	11:56.13
15	Frank Prabel	49	222.4						5:37.89	12:08.31
16	Ken Camet	48	222.0			70.56		2:31.27	(5:06.35)	
17	Tim Souza	49	216.8					2:41.72	5:45.54	12:22.52

Children of WVJS members, & Non-Member WVJS associates:

Heather Rohrer	14	272.3	11.21					2:55.34	6:32.39	13:40.40
Hank Lawson	54	209.5				73.70		2:52.68	6:11.03	
Matthew Campbell	13	201.3	10.08		35.02				6:01.29	

* If a 1500m time is used, that time is (in parenthesis)

Final 2009 Grand Prix Cross Country Scoring

Men						
1	Bill Dunn	553.30	10 Scott Bang	499.29	19 Tom O'Connor	468.69
2	Dave Piazza	550.02	11 Mike Kriege	495.92	20 Glenn Kishi	452.20
3	Dennis Kurtis	536.41	12 Brian Conroy	495.66	21 Dino Delyani	447.28
4	Dave Norlander	528.94	13 Art Mitchum	494.88	22 Frank Prabel	445.25
5	Carl Petersen	525.20	14 Adam Prince	483.89	23 Scott McLeod	437.05
6	Bob Pickens	521.74	15 Jeff Rohrer	481.24	24 Andy Lief	417.89
7	Brian Davis	520.41	16 Andy Williams	476.53	25 Carl Tuck	382.97
8	Matt Nolan	513.68	17 Eddie Reyna	473.83		
9	Jon Kimura	508.08	18 Dave Woodruff	470.89		

Women



1 Mary Vidovich	516.86	3 Kat Powell	415.29
2 Christine Kennedy	485.52	4 Missy Sudan	374.54

Scoring in this competition is based upon age-graded points earned in your best 5 of the 8 regular season races, age-graded points earned in the championship race, bonus points earned for competing in more than 5 regular season races, and bonus points earned for competing in far-away races – Empire, Tamalpa, and Willow Hills. You must compete in at least 5 of the regular season races in order to score.

SATURDAY WORKOUT RESULTS

10/17/09 – Triangle Run – 4.76 Miles

1	Andy Williams	28:39
2	Norry McAllister	29:07 PR
3	Dennis Kurtis	30:30
4	Missy Sudan	30:53
5	Frank Prabel	31:11
6	Paul Taylor	32:09
7	Tom O'Connor	35:08
8	Carol Bednar	35:19
9	Helen Wong	36:15
10	Brian Low	36:17
11	Rosanna Kennedy	36:39
12	Tim Rostege	37:40
13	Debbie Follmar	38:27
14	Don Packwood	43:15
15	Dave McIntyre	43:54
16	Alvin Jackson	44:22 PR
17	Tim Riley	45:14
18	Tom Zades	45:19
19	Tom Warfel	57:06
	Walt Van Zant	DNF

Dick Barrett Trophy Winner – Andy Williams

Small field this morning but a high percentage of notable performances. Andy Williams scored an easy win while improving his 45+ PR by a couple of seconds. Norry knocked 52 seconds off his PR. Missy led the ladies. Brian Low lowered his 65+ PR by 73 seconds to move to #13 on the 65+ list. Rosanna Kennedy ran the #7 time by a club 50+ runner. Alvin Jackson PRd by 66 seconds. Pablo Rodriguez got lost, running down Three Oaks instead of Fruitvale at the end of the run. Tim Riley improved his 65+ best by 12 seconds and Tom Zades improved his 65+ best by nearly 3 minutes. Alas, they are still last and second to last on the 65+ list.

10/24/09 – 12 x 800 Relay

Pl	Team	Start	Finish
1	Schmitt/Jackson	1:00	44:35
2	Zades/Bloesch	-0-	45:53
3	T.Riley/Beatty	-0-	46:27
4	Noble/Gelblum	4:00	46:40
	McIntyre/L.Nast	1:00	27:56

Dick Barrett Trophy Winner – Alvin Jackson

The Jackson team took the lead halfway through the race and then pulled away to win by nearly a lap. Neil Gelblum was the star of the day with a 2:57 average. The Liz Nast team did not finish because her partner had to leave early and had told us so before he started.

10/31/09-Dou/Sar/Frtvle – 2.75 Miles

1	Paul Taylor	17:18 PR
2	Neil Gelblum	17:45
3	Dave McIntyre	20:06
4	Tim Rostege	20:54
5	Alvin Jackson	22:13 PR
6	Pauline Beatty	22:25
6	Joe Hurtado	22:25
8	Don Packwood	23:48
9	Tom Zades	24:24
9	Tom Warfel	25:24
11	Tim Riley	25:25
12	Joyce Takaki	25:30
12	Danny Moon	25:30
14	Jim Myers	26:26

Dick Barrett Trophy Winner – Paul Taylor

Paul Taylor improved his PR by 23 seconds as he won by about 150 yards over Neil Gelblum. Alvin knocked 31 seconds off his PR, Don improved his 65+ best by 102 seconds, and Tom improved his PR by 14 seconds.

11/7/09 – 8 x 0.66-M ile Tennis Court Loop

Pl	Team	Start	Finish
1	Zades/Kurtis	-0-	37:17
2	Jackson/Emo	1:15	37:59
3	Tran/Krey	2:30	38:07
4	Beatty/Lee	2:15	38:33
5	Wong/Rostege	1:30	38:52
6	Collins/Bednar	:15	38:56
7	Takaki/Pickens	1:00	38:58
8	Myers/Delyani	:30	38:58
9	Kennedy/McIntyre	2:30	40:07
10	Noble/Moon	:30	43:25

Dick Barrett Trophy Winner – Dennis Kurtis

The Kurtis team started first and never gave up the lead. Dennis Kurtis edged Bob Pickens by 1 second for the best time. Carol Bednar and Kelly Emo led the ladies. Both were rated at 17:45 and both ran 17:48. Dena Noble and Danny Moon combined to run what may be the worst ever performance in a relay as they ran 5 minutes and 10 seconds over their rating. Dena said that she could have run faster but gave up after she saw Danny's pathetic performance on his first run.

11/14/09-Farwell/H – 4.68M

1	Andy Williams	28:03
2	Norry McAllister	28:49 PR
3	Scott McLeod	29:28
4	Paul Taylor	29:47 PR
5	Brian Conroy	29:49 PR
6	Missy Sudan	30:15
7	Ken Camet	30:21
8	Frank Prabel	30:26
9	Todd Hayes	30:33
10	Neil Gelblum	31:06
11	Dino Delyani	31:26
12	Scott Graham	31:27
13	Bill Dunn	31:44
14	Mike Krey	33:04
15	Glenn Kishi	34:39 PR
16	Time Rostege	36:00
17	Dave McIntyre	36:29
18	Bob Pickens	37:03
19	Carl Petersen	37:22
20	Rosanna Kennedy	37:28 PR
21	Dave Norlander	37:57
22	Mike McMahan	38:33
23	Pablo Rodriguez	39:22
24	Alvin Jackson	39:39 PR
25	Kat Powell	40:45
26	Don Packwood	42:00
27	Rich Collins	42:42
28	Dena Noble	43:38
29	Tom Zades	43:58
30	Joyce Takaki	44:19
31	Julie Ritter	45:21
32	Walt Van Zant	46:54

33 Tom Warfel 50:10
Scott Bang 23:35

6 Scott McLeod 22:22
7 Frank Prabel 22:35
8 Becki Kriege 22:48
9 Brian Conroy 23:02
10 Neil Gelblum 23:07
11 Paul Taylor 23:11
12 Bill Dunn 23:13
13 Aaron Lee 23:15
14 Carol Bednar 24:54
15 Rich Hahn 25:02
16 Liz Nast 25:53
17 Norm Takeuchi 26:20
18 Helen Wong 27:11
19 Joe Hurtado 27:30
20 Carl Petersen 27:48
21 Mike McMahon 27:50
22 Rosanna Kennedy 27:51
23 Tom Warfel 31:42
24 Tim Riley 32:45
25 Georgia Riley 33:22
26 Dena Noble 33:35
27 Tom Zades 33:54
28 Jim Myers 34:19

3 Kevin Brite 18:26
4 Missy Sudan 19:21
5 Georgia Riley 27:50
6 Chris Cassell 31:39

Dick Barrett Trophy Winner = Glenn Kishi

Many good performances this morning – 6 overall PRs and 3 age-group PRs. And, Scott Bang ran a new course. He cut over at Douglas, knocking ¾ of a mile off the course. Glenn Kishi took home the weekly trophy because he knocked 161 seconds off his PR. Norry McAllister, Paul Taylor and Brian Conroy, three 50+ runners, improved their all-time PRs by 10, 58 and 32 seconds. Rosanna and Alvin improved their PRs by 110 and 98 seconds. Neil Gelblum improved his 55+ best by 8 seconds. Norry improved his 50+ best by 10 seconds. Dave Norlander, 6 days after running the Clarksburg 30K, improved his 70+ best by 13 seconds to move into 4th place on the 70+ list. Mike McMahon ran the #6 70+ time. And, Rosanna moved to #9 on the 50+ list. Your editor completed his 4th Saturday course as a 70+ runner and is now in last place on the 70+ list on all of these courses. Let me at those remaining two courses.

11/21/09 - 8 x 1200 Relay

Pl	Team	Start	Finish
1	G.Ritter/Jim Bordononi	1:30	42:02
2	Noble/Taylor	1:30	44:22
3	Zades/Gelblum	1:30	44:30
4	Collins/Jackson	:15	44:46
5	Kahlon/Hurtado	3:30	45:10
6	Upadhyay/Krey	3:15	45:16
7	R.Kennedy/Tran	2:15	45:24
8	Beatty/Rostege	2:00	46:40

Dick Barrett Trophy Winner – Dena Noble

The Bordononi team took the lead during the 2nd leg and then went on to win by nearly 600 meters. There was a very good race for 2nd place as Neil Gelblum pulled to within 15 meters of Paul Taylor with a lap to go but could not get any closer during the final lap and, in fact, lost ground. Three 50+ runners had the best splits as Jim Bordononi averaged 4:24, Paul Taylor averaged 4:25, and Neil Gelblum averaged 4:34.

11/28/09-Farwell-3.54M

1	Scott Bang	20:20
2	Rob Nast	21:18
3	Norry McAllister	21:19.3 PR
4	Andy Williams	21:19.7
5	Magnus Wiklund	21:32

Farwell-3.54M

1	Dick Chimenti	26:09
2	Helen Wong	26:22
3	Tim Rostege	27:48
4	Carl Petersen	29:46
5	Rich Collins	31:39

Farwell/H-4.68M

1	Frank Prabel	29:58
2	Becki Kriege	30:05
3	Jim Bordononi	33:31

Triangle-4.76M

1	Walt Van Zant	56:34
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Short Six – 5.74 Miles

1	Paul Taylor	37:59 PR
2	Mike Krey	42:35
3	Bill Dunn	43:28
4	Jo Ann Dahlkoetter	43:30
5	Rosanna Kennedy	47:40
6	Brajesh Upadhyay	48:14
7	Pauline Beatty	49:18
7	Jeff Bedolla	49:18
9	Garrett Ritter	49:53

Phantom Dick Barrett Trophy Winner – Scott McLeod

Due to the fact that the WVC campus will be closed from 12/19/09 thru 1/3/10, we changed the workout this morning from the campus loop relay to an all-courses day. The notable performances this morning included Scott McLeod improving his PR by 1 minute for Valle Vista and Paul Taylor improving his Short Six PR by 39 seconds. Dick Chimenti ran a rare Saturday workout, recording the #10 time by a 65+ runner for Farwell. Jo Ann ran the #2 time by a 55+ woman runner for the Short Six course. Rosanna ran the #7 time by a 50+ woman for the same course.

12/12/09 – All Courses Day

Dou/Sar/Frtvle-2.75M

1	Glenn Kishi	23:11
2	Don Packwood	25:27
5	Tom Warfel	32:26

Valle Vista-3.0M

1	Scott Bang	17:38
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Dick Barrett Trophy Winner – Scott Bang

Good turnout this morning. Easy win for Scott. Norry ran the only PR, improving his best by 48 seconds and taking the lead in the A division of the Cum Sat contest. Carol Bednar ran the #8 time by a women 40+ runner, Mike McMahon recorded the #5 time by a 70+ runner, Rosanna recorded the 5th best-ever time by a 50+ woman runner, Liz Nast ran the #8 women's 45+ time while improving her 45+ PR by 31 seconds, and Georgia Riley become the club's first 65+ woman runner to complete this course. Tim Riley improved his 65+ best by 170 seconds and Rich Hahn improved his 45+ best by 23 seconds. Dena ran a PW but that was still good enough to put away her arch rival – Tom Zades.

12/5/09-All Courses Day

Dou/Sar/Frtvle-2.75M

1	Carol Bednar	18:55
2	Tom O'Connor	20:28
3	Brian Low	21:36
4	Pablo Roriguez	24:06
5	Tom Warfel	37:28

Valle Vista-3.0M

1	Scott McLeod	18:08 PR
2	Norry McAllister	18:09



2	Rob Nast	18:35
3	Dave Woodruff	19:43
4	Carol Bednar	21:05
5	Brian Low	23:50
6	Dave Norlander	26:23
7	Tom Zades	71:xx

4	Upadhyay/R.Nast	1:45	34:10
5	Mar.Kriege/Ja.Bord	5:45	34:24
6	Cassell/Wiklund	:15	34:27
7	T.Riley/Breit	-0-	34:45
8	Zades/McLeod	:15	34:53
9	C.Petersen/Sudan	2:15	34:58
10	R.Kennedy/Conroy	2:00	35:04
11	U.Tran/B.Kriege	2:30	35:13
12	Beatty/Taylor	2:15	35:36
13	Wong/D.Moon	2:45	36:10
14	Norlander/Gelblum	2:30	37:44

1	Sobczak/Woodruff	1:30	31:21
2	Beatty/Wong	1:00	31:37
3	McMahon/Krey	1:30	31:56
4	Benham/Tran	2:00	32:04
5	Ji.Bordoni/Ja.Bord.	8:45	32:08
6	Powell/Hurtado	-0-	32:23
7	Petersen/Rostege	1:00	32:28
8	Taylor/Conroy	6:15	32:33
9	Cassell/Delyani	1:30	33:09
10	T.Riley/Bloesch	-0-	34:10
11	Moon/Lo	6:30	34:15

Farwell/H-4.68M

1	Jorn Jensen	28:18
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Triangle-4.76M

1	Rich Hahn	35:41
2	Rosanna Kennedy	38:59
3	Dave McIntyre	43:03
4	Chris Cassell	49:47

Short Six – 5.74 Miles

1	Kevin Breit	36:30
2	Frank Prabel	38:25
3	Neil Gelblum	40:53
4	Scott McLeod	41:09
5	Kat Powell	52:04
6	Jeff Bedolla	53:18
7	Tim Riley	57:52
8	Georgia Riley	57:59

Dick Barrett Trophy Winner – Scott Bang

This was our second consecutive all-courses day. The weather was much warmer than last week (mid 50s) but we did have light rain. The most notable performance of the morning was Georgia Riley breaking Ruby Hurtado's 65+ course record for women. Also, Tom Zades made several horrendous mistakes while attempting to run the Valle Vista course, running more than twice the intended distance.

12/19/09 - Step Up & Down Relay

Pl	Team	Start	Finish
1	Benham/Ji.Bordoni	1:30	33:30
2	Kishi/Woodruff	2:15	33:41
3	Krey/Hayes	3:00	33:59

Dick Barrett Trophy Winners – Mandy Benham & Jim Bordoni

Due to the closure of the WVC campus, we ran our workout at Prospect high school this morning. Mandy Benham made her first appearance at a club workout in two years and aided by her partner, Jim Bordoni, led her team to an easy win. Nine of the fourteen teams beat the par rating of 35:00. Jack Bordoni led all of the guys with a 76.0 per lap average, including a 59.1 on his last lap. Missy Sudan led the ladies with an 88.8 per lap average. Danny Moon was obviously paid to take a dive as he ran a remarkable 82 seconds slower than his time when we last ran this workout on 10/3/09. He claimed that he did not gain any weight during his recent Carribean cruise but the stop watch – and not his custom scale - indicates otherwise. Neil Gelblum and Dave Norlander ran terrible but Neil was saving himself for a race tomorrow and 70+ Dave is still recovering from the Cal International marathon. Glenn Kishi surprised with a series of good runs. The timing crew of Aaron Lee (recording runners), Scott Bang (on the stop watch), and Carol Bednar (calling out the names) did a superb timing job of this difficult to time workout.

12/26/09 - 12 x 600 Relay

Team	Start	Finish
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Dick Barrett Trophy Winner = Dave Woodruff

Good race for first place this morning. Pauline Beatty put her team into the lead during the 7th leg and they held the lead until Woodruff took over the lead during the 10th leg. Pauline put her team back into the lead during the 11th leg. Alas, Dave was too strong for Helen Wong on the last leg. Jim Bordoni probably suffered more than any of us as he was paired with his son, Jack, who averaged 1:47 per run. Jim, who had the 2nd best average of the morning really struggled with the lack of rest in between runs. Uyenthi Tran and Helen Wong ran very well for the second week in a row to finish as the top two women. George Lo celebrated his 40th birthday by running with us for the second time since he joined the club. Unfortunately, he was given a bad handicap and was teamed with Danny Moon. So, his team finished last. Danny ran much better than last week but still has not recovered from his Caribbean cruise. He needs to get his high school team to start training so that he can improve by running with them. Tim Riley ran slow because he hasn't recovered from his pre- Christmas run at Quicksilver Park. Tom Zades, who also ran at Quicksilver two days ago, had the good sense to drive straight to the restaurant for breakfast rather than attend the workout. Thanks to Aaron Lee and Tom Warfel for their timing efforts.

RACE RESULTS

9/13/09-Stevens Creek 50K

Kat Powell	8:46:27
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9/20/09-Berlin Marathon

Joe Hurtado	3:28:57	3rd-65+
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10/4/09-Rock & Roll Half Marathon

Jorn Jensen	1:20:03	3rd-40+
Todd Hayes	1:25:08	2nd-55+
George Lo	1:28:50	
Ron Kiyono	1:33:02	2nd-60+

Brian Low	1:47:29	1st-65+
Chris Blue	1:55:46	2nd-60+
Alvin Jackson	1:57:29	
Victoria Kros	1:58:47	4th-60+
Kat Powell	2:01:50	
Roger Lobbes	2:07:32	
Dena Noble	2:18:36	

10/10/09 –Willow Hills XC Race - 5K

23	Jon Kimura	17:01
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Men's Open Race

Women's Race

9	Chris Kennedy	19:49
38	Mary Vidovich	21:05

Men's Master Race

19	Dave Piazza	18:59
23	Bob Pickens	19:38
24	Ken Camet	19:40
29	Jeff Rohrer	20:01
33	Bill Dunn	20:19

42	Tim Souza	20:57
44	Dave Woodruff	21:13
46	Art Mitchum	21:28
66	Neal Chappel	23:01
69	Tom O'Connor	23:13
71	Glenn Kishi	23:16
76	Dave Norlander	23:37
91	Carl Petersen	24:43
107	Eddie Reyna	31:02

10/10/09 – Dick Collins Firetrails 50M

Kat Powell	13:09:44
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10/11/09 – Royal Victoria Mar

Rich Hahn	3:34:06
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This is a new 45+ PR for Rich.

10/17/09-Gualala River Run-10K

Todd Hayes	43:44	1st-50+
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Todd said that he was not cherry picking when he selected this well-known race. I believe that he said that he had to drive for 10 hours once that he reached the entrance to the forrest that this race was held in.

10/18/09 – Humboldt Half Marathon

19	Matt Nolan	1:17:14	1st-45+
31	Brian Davis	1:19:14	3rd-50+
60	Neil Gelblum	1:26:32	3rd-55+
65	Bill Dunn	1:28:05	2nd-60+
66	Bob Pickens	1:28:21	5th-45+
81	Tim Souza	1:32:02	
90	Dave Woodruff	1:33:48	
97	Joe Hurtado	1:35:27	1st-65+
124	Glenn Kishi	1:40:47	
175	Dave Norlander	1:50:10	2nd-70+
181	Bob Lord	1:51:26	3rd-70+
189	Carl Petersen	1:52:53	4th-70+
227	Kat Powell	1:57:34	
327	Eddie Reyna	2:09:53	1st-76+
370	Bob Schmitt	2:16:59	

10/18/09 – Oregon Half Marathon

Becki Kriege	1:39:21
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Becki flew up to Oregon to jog through this half marathon with her former high-school teammate.

10/18/09-Golden State Triathlon

Tim Riley	2:13:42
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Tim finished 7th in the 65+ division but would have finished 2nd in the 60+ division if he had been a year younger.

10/25/09 - Silicon Valley Races

5K

1	Brian Davis	17:47	1st-50+
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2	Kelly Emo	22:44	1st-40+
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Half Marathon

21	Norry McAllister	1:25:04	1st 50+
37	Paul Taylor	1:33:00	2nd-50+
40	Ron Blancas	1:33:16	
62	Aaron Lee	1:39:21	
91	Matt Campbell	1:44:54	1st-15-
442	Gail Campbell	2:12:08	2nd-60+

Marathon

8	Ken Camet	2:59:32	2nd-45+
20	Todd Hayes	3:07:50	1st-50+
89	Dino Delyani	3:29:48	3rd-50+
213	Lisa Low	3:53:22	

10/25/09 – Dublin,Ireland Marathon

Chris Kennedy	3:20:18
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Although Christine had an injured hamstring, she still ran this race in a respectable 3:20.

10/31/09 – Tamalpa XC Race

Women's Race – 3.77 Miles

33	Laura Melendez	24:33
43	Missy Sudan	25:08
57	Mary Vidovich	26:30
61	Carol Bednar	26:50
80	Helen Wong	28:59
101	Kat Powell	32:44

Master Men's Race – 4.25 Miles

14	Matt Nolan	24:32
17	Adam Prince	24:40
28	Brian Davis	25:28
29	Mike Kriege	25:35
32	Scott Bang	25:47
33	Dennis Kurtis	25:49
34	Dave Piazza	25:54
48	Bob Pickens	27:23
50	Jeff Rohrer	27:29
52	Bill Dunn	27:39
55	Brian Conroy	27:47
63	Todd Hayes	28:22
66	Dave Woodruff	28:45
70	Dino Delyani	28:52
78	Frank Prabel	29:29
87	Art Mitchum	29:46
94	Rich Hahn	31:20
103	Dave Norlander	32:09
108	Glenn Kishi	32:35
111	Tom O'Connor	32:58
115	Carl Petersen	33:30
135	Eddie Reyna	41:29
136	Carl Tuck	43:58

Open Men's Race - 4.25 Miles

27	Jon Kimura	23:18
64	Scott McLeod	27:01
75	Aaron Lee	29:09

This was an event in our Racer of the Year contest because the distance was supposed to be the same for both the men and the women. However, a marking error was made for the women's race that caused them to run a shorter distance. I will convert the women's time to the 4.25-mile distance by multiplying their times by the ration of 4.25/3.77 and then adding a few seconds because they would have run at a slower rate if the distance had been 4.25 miles rather than 3.77 miles.

11/1/09-US Half Marathon

Kelly Emo	1:43:55	10th-40+
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11/8/09-Santa Clarita Marathon

22	Cecil Baumgartner	3:20:38	2nd-50+
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11/8/09-Santa Clarita Half Marathon

Sue Francis	1:53:04	3rd-55+
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11/8/09-Clarksburg 30K

18	Brian Davis	1:53:53	2nd-50+
33	Matt Nolan	1:58:11	2nd-45+
44	Kari Cornwell	2:02:20	2nd-40+
45	Ken Camet	2:02:39	5th-45+
52	Todd Hayes	2:05:02	1st-55+
59	Dave Piazza	2:06:50	9th-50+
61	Dwight Cornwell	2:07:25	1st-60+
64	Neil Gelblum	2:07:41	2nd-55+
67	Jim Howe	2:08:03	2nd-60+
68	Mike Smith	2:08:22	8th-40+
78	Tim Souza	2:10:48	10th-50+
82	Bill Dunn	2:11:21	4th-60+
103	Dave Woodruff	2:17:10	
118	Glenn Kishi	2:24:16	
138	Joe Hurtado	2:31:31	1st-65+
147	Dave Norlander	2:35:00	2nd-70+
196	Bob Lord	2:55:42	3rd-70+
199	Kat Powell	2:58:11	7th-55+
215	Eddie Reyna	3:10:35	2nd-75+

11/15/09 – Big Sur Half Marathon

Tim Riley	2:22:14
Georgia Riley	2:31:05

11/15/09-Stanford Habitat For Humanity

5K

Carol Bednar	20:59	1st-40+
Rich Hahn	22:16	5th-40+
Alice Isaacson	22:32	1st-50+
Kelly Emo	22:45	2nd-40+

11/21/09-Santa Cruz Turkey Trot 5K

Tim Riley	28:19	1st-65+
Georgia Riley	28:29	1st-65+

11/22/09-PA XC Championships
Women's Race-4.04 Miles

80 Missy Sudan	27:17
100 Mary Vidovich	28:35
106 Carol Bednar	29:17
131 Helen Wong	31:21
134 JoAnn Dahlkoetter	31:46
159 Kat Powell	36:04

Master Men's Race-6.06 Miles

20 Matt Nolan	36:13
33 Adam Prince	36:57
35 Scott Bang	37:00
38 Brian Davis	37:18
46 Andy Williams	37:40
49 Magnus Wiklund	37:53
55 Mike White	38:09
57 Dave Piazza	38:21
59 Dennis Kurtis	38:58
65 Mike Kriege	39:19
66 Bob Pickens	39:24
72 Norry McAllister	40:05
73 Marc Ostrowski	40:10
84 Frank Prabel	40:48
89 Jeff Rohrer	41:09
95 Bill Dunn	41:25
98 Brian Conroy	41:47
101 Dave Woodruff	42:01
103 Ron Kiyono	42:16
112 Todd Hayes	42:54
119 Art Mitchum	43:30
125 Dino Delyani	43:56
147 Tom O'Connor	46:24
148 Rich Hahn	46:25
152 Glenn Kishi	47:18
158 Carl Petersen	48:51
161 Dave Norlander	49:04
182 Carl Tuck	64:21
185 Ed Reyna	68:16

Open Men's Race

81 Jonathan Kimura	35:46
83 Matt Tompkins	35:52
103 Scott McLeod	38:44
104 Jean Harris	38:56
119 Aaron Lee	42:38

11/28/09-Quad Dipsea-28.4M

195 Kat Powell	8:01:18
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12/5/09 – Bah Humbug 5K

14 Ken Camet	18:26	4th-45+
25 Jim Howe	19:22	1st-60+
32 Ron Kiyono	20:29	2nd-60+

12/6/09-Cal Intl Marathon

Magnus Wiklund	2:48:44	
Brian Davis	2:55:18	9th-50+
Kari Kornwell	2:58:42	8th-40+
Todd Hayes	3:08:06	7th-55+
George Lo	3:08:08	
Dwight Cornwell	3:13:49	1st-60+
Ron Blancas	3:14:00	
Mike Smith	3:18:00	
Dave Woodruff	3:21:20	
Jeff Rohrer	3:23:38	
Glenn Kishi	3:29:43	
Joe Hurtado	3:35:27	1st-65+
Aaron Lee	3:48:36	
Dave Norlander	3:58:15	3rd-70+
Bob Lord	4:32:09	
Kat Powell	4:43:07	
Eddie Reyna	5:04:29	

12/6/09-Las Vegas Rock & Roll Half Mar

Kelly Emo	1:45:23
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12/12/09-Old School 1600M-Saratoga
Track

3 Jack Bordoni	4:51.4
14 Jim Bordoni	5:35.2
21 Danny Moon	6:16.1

12/13/09-Lake Merced Xmas -Relays
4.464M per leg
50+ Men A (2nd)

Norry McAllister	27:00
Dave Piazza	26:18
Mike Kriege	27:29
Brian Davis	<u>26:36</u>
	1:47:23

Open Men (10th)

Late Start	2:09
Aaron Paterson	26:11
Scott McLeod	27:21
David Rios	26:51
Jean Harris	<u>27:10</u>
	1:49:42

50+ Men B (3rd)

Brian Conroy	28:41
Dave Woodruff	29:03
Dan Anderson	28:32

Paul Taylor	<u>28:42</u>
	1:54:58

40+ Men A (10th)

Mike Smith	xx:xx
Glenn Kishi	xx:xx
Ken Camet	27:25
Ken Hsu	<u>29:14</u>
	1:57:51

60+ Men A (2nd)

Joe Hurtado	32:48
Bill Dunn	29:53
Ron Kiyono	xx:xx
Jime Howe	<u>xx:xx</u>
	2:01:22

50+ Men C (7th)

Mike Krey	xx:xx
Mark Isaacson	xx:xx
Jeff Rohrer	29:59
Tom O'Connor	<u>32:54</u>
	2:06:11

Open Women (11th)

Uyenthi Tran	33:39
Helen Wong	32:53
Heather Rohrer	31:18
Johanna Fogolin	<u>28:50</u>
	2:06:41

70+ Men A (3rd)

Carl Tuck	44:25
Walt Van Zant	46:58
Time lost at exchange	2:17
George Moss	46:28
Carl Petersen	<u>34:53</u>
	2:55:01

The Bordoni family won the family division with a time of 1:49:15 and Ken Hsu (28:10 and Al Murray (30:54) were members of the winning corporate team.

12/20/09-Miracle Mile in Golden Gate Park

Scott Bang	4:37	1st-40+
Neil Gelblum	5:30	1st-50+
Mary Vidovich	5:49	1st-40+
Ken Bloesch	6:08	

This is the yearly downhill mile race in the Golden Gate Park.