



WVJS



VOL XXXVIX-#4 WEST VALLEY JOGGERS & STRIDERS Dec 2010

Saturday Workouts

01/08/11	Triangle Run (4.76 miles)	03/12/11	Valle Vista (3.0 miles)
01/15/11	Doug/Sar/Frtvle (2.75 miles)	03/19/11	18 x 0.33mile Tennis Court Loop Relay
01/22/11	5K on the Track	03/26/11	Triangle Run (4.76 miles)
01/29/11	8 x 0.66mile Tennis Court Loop Relay	04/02/11	16 x 300 Relay
02/05/11	Farwell/H (4.68 miles)	04/09/11	Doug/Sar/Frtvle (2.75 miles)
02/12/11	Farwell (3.54 miles)	04/16/11	Step-up & Step-down Relay
02/19/11	Valentine Team Race	04/23/11	Farwell/H (4.68M)
02/26/11	4 x 1.46-mile WVC Loop Relay	04/30/11	36 x 200 Relay
03/05/11	Short Six (5.74 miles)	05/07/11	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

03/05 NorCal 10-Mile (1.0)
 03/20 Across The Bay 12K (1.0)
 *04/17 Zippy 5K (1.0)
 05/01 Big Sur 5K (1.0)
 05/30 Marin 10K (1.0)
 06/05 San Rafael Road Mile (1.0)
 10/16 Humboldt Half Marathon (1.5)
 11/13 Clarksburg Half Marathon (1.5)
 11/24 Silicon Valley 5K Turkey Trot (2.0)
 12/04 Cal Intl Marathon (2.0)
 12/18 Christmas Relays (2.0)
 *Might change to 4/24

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 events to be determined at
 The 1/8 annual club meeting

Other Races

01/29/11 Mission 10M, 5K-San Juan Bautiis
 02/13/11 Together With Love 10K
 02/21/11 President's Day 5K/10K
 03/12/11 Juana Run – 8K
 03/13/11 Los Gatos 5K/10K/Half Marathon

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>

Club dues of \$20 per individual or \$25 per family for 2011 are now due.

John Yamagata had a great year for us. He finished 3rd in the 60+ division of the XC Grand Prix, 2nd in the short race division of the Road Grand Prix for 60+ runners, 1st in the long race division of the long race division, and he topped off his season by finishing 1st in the Natl USATF Road Championships in Buffalo.

Jack Bordoni, competing for Bellarmine high school, had a very good junior XC season. He finished 2nd at his league finals, 4th at the Division 1 Sections finals, had the 9th best CCS time at the State Meet, and was voted to the 2nd team All-County Mercury-News XC team.

Mary Kriege, competing for Mitty high school, also had a very good XC season in her senior year. She finished 4th at her league finals, 5th at the Division 2 Section Meet, had the 21st best CCS time at the State Meet, and was voted to the 1st team All-County Mercury-News XC team.

Bill Dodson broke the Cal International Marathon record for 75+ runners by 8 minutes this year. This marathon has been run for 28 years. One of his other highlights for the year was finishing first in the 70+ division of the Ultra Grand Prix.

Other runners who did well in the Ultra Grand Prix included **Cecil Baumgartner**, who finished 7th in the 50+ division, **Todd Hayes**, who finished 9th in the 60+ division, and **Kat Powell**, who finished 2nd in the women's 50+ division. Kat has now joined the Quicksilver RC so that she can compete with their ultra teams. Our mixed women and men team finished 4th for the year.

We began our Cum Sat contest in 1985. Since that time, **Tom Warfel** and your editor are the only club members to complete all of the courses in each of the 26 years that we have held the contest. We began running all six of the courses for the first time in 1979. Those who completed all of the courses that year were Ron Nelson (2:21:16), Walt Van Zant (2:21:35), Rich Stiller (2:27:30), Ken Napier (2:28:21), Rich Collins (2:29:06), Jim Wurm (2:30:09), Art Brookman (2:39:36), Dick Barrett (3:04:23), and Joe Sordi Sr (3:07:01). Inasmuch as the Cum Sat was not an official contest in 1979, not all



of the above-listed runners ran the courses as well as they could. As an example, Rich Stiller ran the Short Six course in 39:14, which was a terrible time for his ability level at that time (but, he would now be delighted with the time).

being in a cast for two months. He just recently started walking without the cast and was able to complete on the Cum Sat courses by walking the Farwell/H course in a blazing 76:15 on December 26.

Jim Bordoni, while coaching his high school team at a meet in Fresno, turned his ankle, breaking a bone, which resulted in his

2010 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 3,500 points wins a gold award, those scoring 2,500+ win a silver award, and those scoring 1,500+ earn a bronze award. Your point totals should be given to Tom Warfel. The final scores for 2010 for those who reported their scores prior to the preparation of this club bulletin are:

<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>		<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	
Joe Hurtado	2,747	1,040	3,787	Gold	Tom Warfel	1,609	790	2,399	Bronze
Glenn Kishi	2,882	670	3,552	Gold	Rosanna Kennedy	1,713	660	2,373	Bronze
Tom O'Connor	2,959	520	3,479	Silver	Kevin Breit	2,226		2,226	Bronze
George Lo	2,870	590	3,460	Silver	Kat Powell	1,534	640	2,174	Bronze
Neil Gelblum	2,794	590	3,384	Silver	Rich Hahn	1,643	350	1,993	Bronze
Jeff Rohrer	2,674	520	3,194	Silver	Jim Bordoni	1,223	650	1,873	Bronze
Ken Camet	2,777	140	2,917	Silver	Dave Norlander	881	970	1,851	Bronze
Carl Petersen	1,737	860	2,597	Silver	Walt Van Zant	883	950	1,833	Bronze
Missy Sudan	2,093	500	2,593	Silver	Todd Hayes	992	310	1,302	
Norry McAllister	1,965	560	2,525	Silver	Ken Napier	514	40	554	

Previous winners have been:

1978 Phil Sanfillipo	4865	1989 Jake White	3841	2000 Joe Hurtado	4260
1979 Phil Sanfillipo	5022	1990 Tom Warfel	4231	2001 Joe Hurtado	3972
1980 Phil Sanfillipo	5659	1991 Tom Warfel	4118	2002 Joe Hurtado	3946
1981 Ted Pawlak	7103	1992 Jim Whalen	3603	2003 Joe Hurtado	4119
1982 Ted Pawlak	6405	1993 Tim Rostege	3928	2004 Joe Hurtado	4027
1983 Mike Hicks	5355	1994 Joe Hurtado	4037	2005 Joe Hurtado	4242
1984 Don Dugdale	5004	1995 Tom Warfel	4113	2006 John Mintz	5920
1985 Don Dugdale	4084	1996 Tom Warfel	3961	2007 Joe Hurtado	4053
1986 Bob Herndon	4303	1997 Tom Warfel	4089	2008 Joe Hurtado	4044
1987 Don Dugdale	4341	1998 Joe Hurtado	4012	2009 Neil Gelblum	3621
1988 Frank Ruona	4032	1999 Joe Hurtado	3881		

2010 PA/USATF Road Grand Prix

Open Men

Our open men's team finished in 5th place. Aaron Lee is our team captain. Individually, John Munene and John Weru finished in 33rd and 62nd places in the short race division. Ivan Medina finished 18th, Juan Gomez finished 32nd, and John Munene finished 48th in the long race division.

Open Women

Our open women's team finished 14th. We had no open division scorers in the short race division. Laura Melendez finished 38th in the long race division.

40+ Men

Our 40+ men's team finished in 2nd place. Al Murray is our team captain. Individually, Scott Bang finished in 12th place, Mike Smith finished in 38th place, and Ken Camet finished in 57th place in the

short race division. Ken Camet finished in 11th place, Matt Nolan finished in 21st place, Mike Smith finished in 29th place, Tony Scardina finished in 51st place, and Glenn Kishi finished in 61st place in the long race division.

40+ Women

Our 40+ women's team finished in 3rd place. Carol Bednar is the team captain. Individually, Becki Kriege finished in 7th place, Missy Sudan in 11th place, Carol Bednar in 33rd place, Kari Cornwell in 44th place, and Kelly Emo in 93rd place in the short race division. Kari Cornwell finished 34th, Missy Sudan 69th, and Carol Bednar 95th in the long race division.

50+ Men

Our 50+ men's team finished in 1st place. Tom O'Connor is our 50+ team captain. Individually, **Brian Davis finished in 3rd place**, Tim Souza finished in 8th place, Tom O'Connor finished in 9th place,

Dave Woodruff in 11th place, Norry McAllister in 12th place, Jim Bordoni and Dennis Kurtis in 18th place, Dave Piazza in 22nd place, Neil Gelblum in 26th place, Dan Anderson in 56th place, and Mark Isaacson in 78th place in the short race division. **Brian Davis finished in 3rd place.** Tom O'Connor in 6th place, Tim Souza in 8th place, David Woodruff in 12th place, Neil Gelblum in 14th place, Dennis Kurtis in 33rd place, Norry McAllister in 35th place, Dave Piazza in 53rd place, Jeff Rohrer in 70th place, Dino Delyani in 90th place, Dan Anderson in 93rd place, and Norm Takeuchi in 113th place in the long race division.

50+ Women

Our 50+ women's team did not field a complete team in any race this year. Individually, Marian Richard and Diane Bordoni finished in 9th and 27th places in the short race division. Marian finished in 14th place in the long race division and Kat Powell finished 23rd.

60+ Men

our 60+ men's team finished in 1st place. Joe Hurtado is the team captain. Individually, **John Yamagata and Ron Kiyono finished in 3rd and 4th places.** Joe Hurtado in 9th place, Bill Dunn in 10th

place, and Fred Martin in 14th place in the short race division. **John Yamagata, Todd Hayes, and Joe Hurtado finished in 1st, 2nd, and 4th places.** Bill Dunn in 12th place, Ron Kiyono in 14th place, and Jim Howe in 29th place in the long race division.

60+ Women

Our 60+ women's team finished in 5th place. Chris Blue is the team captain. Individually, Victoria Kros and Georgia Riley finished in 9th and 21st places in the short race division and Victoria finished 18th in the long race division.

70+ Men

Our 70+ men's team finished in 2nd place. Eddie Reyna is the team captain. Individually, **Carl Petersen and Dave Norlander finished in 2nd and 4th places.** Bob Lord is in 6th place, Bill Dodson in 10th place, Glynn Wood in 13th place, and Eddie Reyna in 15th place in the short race division. **Carl Petersen, Bill Dodson, and Bob Lord finished in 3rd, 4th, and 5th places.** Eddie Reyna in 11th place, and Dave Norlander in 16th place in the long race division.

2010 Cross Country Grand Prix Summary – by Jeff Rohrer

This was an amazing season as I would never have predicted the results we achieved or how we achieved them. Winning the 40+ title was a total surprise and turned out to be a true team effort. Even the 50+ team triumph was not how I envisioned it back in June. The 60+ team got contributions from different runners at seemingly every meet on their way to sharing a championship with Tamalpa. The 70+ team had another fine season but had to contend with Hans Schmid this year which was tough to overcome. Overall a very successful season or as Tom O'Connor wrote to me after we realized we would not share the 50+ title, "Not too bad for a bunch of guys who just want to go out and run." I could not have said it better myself. Remember, the number one goal is to get out, have fun, and score teams. If we do that every year we are always winning in my book.

This year we had even more XC than usual with a 10-race schedule, which was one more than our typical schedule and 2 more than what we had in 2008. This ended up working to our advantage, especially in the 40+ competition where it allowed us to improve our place in the standings late in the season.

Our success over the past five years has been built in large part by outstanding participation. This year we had 20 teammates who ran six or more meets. Four runners ran all 10 races: Tom O'Connor, Glenn Kishi, Joe Hurtado, and Dave Norlander. Dennis Kurtis ran 9 meets. Three runners ran 8 meets: Dave Woodruff, Brian Conroy, and Scott Bang. Mike Kriege, Adam Prince, Todd Hayes, Tony Scardina, Tom Fahey, and I ran 7 meets, and we had another 6 runners run 6 meets. Those runners were Carl Peterson, John Yamagata, Tim Souza, Ken Camet, Marc Ostrowski, and Jorn Jensen. With this high level of participation we were able to score 40+ and 50+ teams at every meet, and 60+ and 70+ teams at 9 of 10 meets. We also scored 40+ B teams at Golden Gate, Tamalpa, and the Championships, 50+ B teams at Santa Cruz and the Championships, and helped to score an Open team at all three meets we ran together. Only one other team (Empire) scored a 40+ team at every meet and only one other team (River City) scored a 50+ team at every meet. We had 50 different runners run at least one race for us. Again, this is the outstanding participation that fuels our success. In addition to the season titles, our 50+ team won 6 meets, our 60+ team won 5 meets, our 70+ team 3 meets, and our 40+ team 2 meets. Of course all the participation in the world is no good if you do not have good runners, and as you will see when I cover the individual results later, we have a number of good runners.

I am going to start with our surprising 40+ team that brought home our 4th Championship in the past 5 years. First, this would not have

been possible without two runners that joined us during the season. Tom Fahey joined us after Santa Cruz and was often in our top 5. Jose Pina joined us at Garin and of course this really helped us. As a high finisher, he lowered our score at least 20 points every meet he ran. This helped us win two meets and beat out Empire at the Championship Meet. The solid core of our team was Scott Bang, Adam Prince, and Jorn Jensen. They are all excellent runners and were in our top 5 every meet they ran. The key was that they ran a lot of meets. Adam ran more meets for us this year than any other year since he joined. Jorn, in his 2nd year on the team, ran more than last year. Scott was our first runner a few times. Marc Ostrowski also had a big impact. Marc missed the first two meets while he finished his recovery from an injury, and after that he ran 6 of the last 8. He kept improving as the year went on, especially from Presidio on. This was the best Marc has run for us. Mike Matthews ran the first 3 meets for us and was needed every meet as he scored in all 3. Two of those meets would be in the 5 we scored for our season point total. Andy Lief ran with an injury the first meet and scored in that meet which was one of the 5 we scored. Matt Nolan ran 4 meets this year and scored in a couple of them. We also had scoring and displacing contributions from Ken Camet, Andy Williams, Tony Scardina, and Glenn Kishi. Tony came back from a surgery that ended his season last year and another surgery just a few days before the Santa Cruz meet. Then there was the impact that the 50+ team had on this championship. In both 40+ meets that we won we dropped 50+ runners to score as 40+ runners. At Garin we dropped Dennis and at Ancil Hoffman we dropped Mike Kriege, Tom O'Connor, and Dennis. Of course this takes other 50+ runners running well so that we can drop those runners down. We also won the 50+ competition at both of those meets.

While our 50+ team won 6 meets, a solo (non-shared) season championship was in doubt down to the last meet. The season did not unfold the way I envisioned it back in June. I remember reviewing the results from the road mile and thinking that with Tom O'Connor, Tim Souza, Norry McAllister, Brian Davis, Dave Piazza, and Dennis running well and Mike Kriege getting ready for XC I would be lucky to be 8th man. That was a good thing because we would finally be able to challenge Tamalpa for the title. Of course XC is not run in June. By the time we lined up in August, Tim and Norry were injured, and Dave ran the first meet injured. When Dave and I finished together far behind our 3rd runner (Tom), I started thinking we might be in some trouble. We won the meet but the gap between Tom and I was well over a minute, which is too much to expect further success. I also knew that Dave was probably not going to race again for awhile. Over the next few days, I resolved to hit the hills to get ready for the

meets in the middle of the season. We did not win at Empire and it exposed our gap problem. In the end the team was able to close the gap in important meets and that made the difference. Tom and Dennis were consistently strong performers and the three other meets that Brian Davis ran gave us the top 3 we had in Santa Cruz. Those 3 and Dave Woodruff gave us a win at Golden Gate. At Garin Park my extra work showed signs of paying off as I closed the gap some between Tom and I. Though Mike had a tough meet, Tim, in his first meet of the season, ran well and we were able to secure the win without Dennis, who dropped down. Mike started his move up the standings at Presidio. Despite a lot of good performances, including Norry in his first meet of the season, we lost to Tamalpa by 1 point. With Mike continuing to improve, Dennis, Mike, Tom, and I were just fast enough to beat Tamalpa by 2 points in Folsom. At Shoreline, Norry was our fourth with Dennis, Tom, and Mike to win another meet. Despite some good performances we were well back of Tamalpa at their meet. In the 40+ summary you heard about how we were able to drop 50+ runners to win in Sacramento. That was possible due to fine races by Tim, Dave Woodruff, and Brian Conroy. In that meet Mike ran well and won the 50+ division and Dennis ran through an injury to give us a finish we sorely needed. If he does not finish we cannot win both the 40+ and 50+. You might recall that Dennis ran with the same injury two weeks later and finished just high enough for us to claim the season championship. I'd be remiss if I did not note that we won this championship without three runners that have helped us immensely in the past – Al Murray, Dave Piazza, and Bob Pickens. Al and Dave each ran a meet but they were far back from where they would usually be.

The 60+ team got contributions from a number of runners. They seemed to have a different 3 scoring each week. That said, the two major scorers were John Yamagata and Todd Hayes. Joe Hurtado was always there and scored in a number of meets. Joe Johnson was there for the first five meets, but fell and hurt himself at Willow Hills. Bill Dunn, Ron Kiyono, and Fred Martin ran less meets but usually scored when they were there. It was a real team effort to bring home a share of the season championship.

The 70+ team had six runners contributing throughout the season

with Dave Norlander the one constant as he ran all the meets. Joining Dave were Carl Peterson, Carl Tuck, Bill Dodson, Eddie Reyna, and Bob Lord. They had a number of close battles with Tamalpa, but in the end came in second for the season.

Given that XC is a team sport, I do not like to spend a lot of time focusing on individual accomplishments, but individual efforts are scored by the PA-USATF and we obviously would not be successful as a team without successful individual runners. In the top 20 of the 40+ men, Jose was 7th, Adam 10th, Scott 14th, and Jorn 18th. In the top 10 for the 50+ men, we took 2nd, 3rd, and 4th, with Dennis, Tom, and Mike in that order. Brian Davis was 8th and I was 10th. In 60+, John was 3rd and Todd was 4th and in the 70+ category Carl P. was 2nd and Dave was 4th.

Dennis won the 50+ competition at Shoreline and Mike won it at Ancil Hoffman. Carl Peterson won the 70+ at Garin and Presidio. Jose won the 40+ at Ancil Hoffman. John Yamagata won the 60+ at Empire. Other age group podium (top 3) finishes this season: Dennis was 2nd at Santa Cruz, Bill Dunn and John Yamagata were 2nd and 3rd at Santa Cruz, Dave Norlander was 3rd at Santa Cruz, Carl Peterson was 3rd in the Vets at Empire, Brian Davis was 3rd at Golden Gate, John 2nd, and Dave 3rd. At Garin Jose was 2nd; Dennis was 2nd, Todd Hayes 3rd, and Dave 2nd. Dave was 3rd at Presidio. John was 2nd at Willow Hills (I believe he actually won it) and Carl and Dave were 2nd and 3rd. Jose, Tom O'Connor, and Dave each finished 3rd at Shoreline. Brian was 3rd and Carl 2nd at Tamalpa. In addition to Jose and Mike's wins at Ancil Hoffman, Tom was 3rd, John 2nd, and Carl and Dave 2nd and 3rd. At the Championship Meet John and Todd were 2nd and 3rd and Carl was 2nd.

Next year we hope to have some of our injured runners healthy and back running with us along with some of the runners that have raced with us in past years. We will have Ken Camet moving up to help the 50+ and Joe Hurtado moving up to help the 70+. Neil Geldblum turns 60 and should help our 60+ team. Until then we will try to win team races on the roads, like our 50+ and 60+ did last weekend at the Lake Merced Christmas Relays.

2010 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are 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). 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 final standings for 2010 for all who have scored in four 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

		Mike Kriege (5-4)	104
Scott Bang (8-9)	197	Andy Williams (5-4)	98
John Weru (8-5)	195		
Brian Davis (8-10)	192		
Dennis Kurtis (8-7)	179		
John Munene (7-4)	171		
Jorn Jensen (6-4)	128		

A Division

Kevin Breit (8-11)	200	Todd Hayes (8-8)	139	Kari Cornwell (5-4)	111
Tim Souza (8-12)	194	Missy Sudan (8-9)	138		
Tom O'Connor (8-13)	192	Scott MeLeod (6-4)	136		
Ken Camet (8-13)	188	Bill Dunn (8-7)	136		
Dave Piazza (8-7)	183	Dan Anderson (8-4)	122		
Norry McAllister (8-8)	183	Brian Conroy (7-5)	117		
Mike Smith (7-4)	169				
Jeff Rohrer (8-7)	165	B Division			
Becki Kriege (8-7)	162	George Lo (8-13)	200		
Jim Bordonni (8-7)	160	Dino Delyani (8-10)	196		
David Woodruff (8-12)	158	Ron Kiyono (8-6)	196		
Neil Gelblum (8-9)	158	Aaron Lee (8-6)	190		
John Yamagata (8-9)	156	Carol Bednar (8-8)	184		
		Dave McIntyre (8-7)	175		

C Division

Glenn Kishi (8-11)	200
Joe Hurtado (8-13)	193
Rich Hahn (8-7)	191
Marian Richard (8-6)	190
Mike Krey (5-4)	122
Kelly Emo (5-4)	108

D Division

Carl Petersen (8-14)	200
Helen Wong (8-7)	200
Dave Norlander (8-9)	190
Bill Dodson (8-6)	186
Bob Lord (8-9)	184
Rosanna Kennedy (5-5)	107
Jeff Bedolla (4-4)	83
Pauline Beatty (4-4)	76

E Division

Eddie Reyna (8-9)	196
Tim Riley (8-9)	192
Kat Powell (8-8)	188
Georgia Riley (7-5)	141
Ken Bloesch (4-4)	99
Alvin Jackson (4-4)	94
Chris Cassell (4-4)	78

SATURDAY WORKOUT RESULTS

10/9/10-6 x 1600M Relay

Pl	Team	Start	Finish
1	Rostege/Conroy	:15	40:58
2	Warfel/Breit	-0-	41:16
3	Krey/Pala	4:15	42:00
4	Jackson/A.Lee	2:15	42:05
5	Wong/Sudan	4:30	42:21
6	Kennedy/McAllister	3:00	42:22
7	Rodriguez/Graham	2:45	42:58
8	Stiller/Van Zant	7:55	43:05
9	Kananen/Delyani	1:15	43:38
10	Packwood/Taylor	:30	43:48
11	Collins/Gelblum	2:15	46:01
12	Moon/McIntyre	4:15	46:20

Dick Barrett Trophy Winner – Tim Rostege

We ran this relay exactly a year ago and a member of the winning relay that time was Tim Rostege and history repeated itself as Tim was on the winning team again today. Kevin Breit led the guys with a 5:29 average and Missy led the ladies with a 5:54 average.

10/16/10 Triangle – 4.76M

1	Norry McAllister	28:57
2	Jeff Rohrer	29:59
3	Missy Sudan	31:20

4	Des Knuckey	32:28 PR
5	Paul Taylor	32:49
6	Dick Chimenti	35:04
7	Dave McIntyre	35:25
8	Matt Kriege	37:43
9	Jeff Bedolla	38:14
10	Rosanna Kennedy	39:02
11	Pablo Rodriguez	39:36
12	Helen Wong	39:44
13	Pauline Beatty	39:45
14	Kat Powell	40:37
15	Rich Collins	40:43
16	Tim Rostege	41:06
17	Don Packwood	43:08
18	Tom Warfel	45:20
19	Chris Cassell	49:10
20	Walt Van Zant	51:03
20	Rich Stiller	51:03

Dick Barrett Trophy Winner – Jeff Rohrer

Easy win for 50+ runner, Norry McAllister. All-time PR for Des, who will turn 60 in less than 2 months. Age-group PRs for Jeff Rohrer (17 seconds), Missy Sudan (61 seconds), Rich Collins (21 seconds), Chris Cassell (37 seconds), and Walt Van Zant (5+ minutes). Tim Rostege recorded the #7 best-ever time for a 70+ runner. Dick Chimenti recorded the #13

65+ best-ever. Although Missy improved her 40+ PR by 66 seconds, she stayed #5 on the women's 40+ list. Timing was done by the three Ds – Dave Norlander, Dimitrios, and Danny Moon.

10/23/10 – 12 x 800 Relay

Pl	Team	Start	Finish
1	Packwood/Chimenti	:30	44:30
2	Rostege/Moon	2:30	45:20
3	Bloesch/Jackson	3:30	45:41
4	T.Riley/Wong	-0-	46:11
5	Warfel/Taylor	3:30	47:04

Dick Barrett Trophy winner – Don Packwood & Dick Chimenti

No close races this morning. Paul Taylor had the fastest average at 2:59.

10/30/10-Dou/Sar/Fruitvle-2.75 Miles

1	Scott Bang	15:34
2	Kevin Breit	15:46 PR
3	Rob Nast	16:41
4	Des Knuckey	18:04 PR
5	Neil Gelblum	18:09
6	Paul Taylor	18:29
7	Liz Nast	19:46
8	Norm Takeuchi	19:52

9	Dave McIntyre	20:04	20	Kat Powell	41:03	21	Joe Hurtado	30:43
10	Rosanna Kennedy	21:37	21	Pauline Beatty	41:14	22	Dave Norlander	31:00
11	Danny Moon	21:40	22	Don Packwood	41:25	23	Pauline Beatty	31:02
12	Alvin Jackson	21:43 PR	23	Dena Noble	47:02	24	Kat Powell	31:49
13	Tim Rostege	21:45	24	Chris Blue	47:03	25	Don Packwood	32:00
14	Pablo Rodriguez	23:20	25	Ken Bloesch	47:05	26	Chris Blue	34:35
15	Kat Powell	23:24	26	Jim Myers	47:08	27	Tom Warfel	34:54
16	Katherine Frye	24:24				28	Chris Cassell	39:00
17	Don Packwood	24:29						
18	Todd Welke	25:30						
19	Tom Warfel	25:36						
20	Walt Van Zant	36:07						

Dick Barrett Trophy Winner – Brian Conroy

Andy won by nearly a quarter of a mile. Brian Conroy came within 25 seconds of his all-time PR at the advanced age of 55. He also slipped by Jim Bordon and Danny Moon by 2 seconds on the 55+ list to move into 17th place on that list. Mike Krey let out a Kat Powell-like screech to edge Scott Graham by half a second. This improved Mike's 55+ by 42 seconds. Helen Wong ran her fastest time on this course in nearly 3½ years. Kristina recorded the #11 best by a club 40+ runner. Rich Hahn improved his 45+ best by 16 seconds. Tim Rostege and Don Packwood ran the #9 & 10 70+ bests for this course. Our expert timers were Aaron Lee and Danny Moon.

11/20/10 – 8 x 1200 Relay

Pl	Team	Start	Finish
1	Souza/Sudan	:15	40:30
2	Collins/Garza	-0-	40:35
3	Bloesch/Wong	-0-	41:56
4	Kennedy/Taylor	1:15	43:21

Dick Barrett Trophy Winner – Missy Sudan

11/27/10 - Farwell - 3.54 Miles

1	Norry McAllister	21:41
2	David Garza	21:56
3	Tim Souza	22:18
4	Missy Sudan	23:41
5	Dino Delyani	23:53
6	Brian Conroy	24:02
7	Neil Gelblum	24:13
8	Aaron Lee	24:40
9	Scott Graham	24:41 PR
10	George Lo	25:56
11	Helen Wong	26:17
12	Demetrios Stefanidis	27:02
13	Dave McIntyre	27:24
14	Carol Bednar	28:09
15	Marian Richard	28:12
16	Ken Bloesch	29:25
17	Bob Lord	29:41
18	Carl Petersen	30:04
19	Rosanna Kennedy	30:14
20	Rich Collins	30:43

Dick Barrett Trophy Winner - Norry McAllister

Only one PR because of the rain.

12/4/10-4x1.46M WVC Campus Loop Relay

Pl	Team	Start	Finish
1	Bloesch/Delyani	:45	41:06
2	Jackson/Knuckey	2:15	43:05
3	R.Kennedy/Conroy	1:30	43:08
4	Warfel/McAllister	1:00	43:15
5	Lawson/Bang	1:15	43:28
6	Packwood/Lee	1:00	44:00
7	Norlander/Graham	2:15	44:00
8	Collins/Lo	-0-	44:09
9	Noble/Garza	:30	44:11
10	Blue/Sudan	-0-	45:15
11	Rostege/Wong	1:00	45:56
12	Welke/McIntyre	-0-	47:00

Dick Barrett Trophy Winner – Ken Bloesch

Easy win for the Delyani team as a big mistake was made when rating his partner. Fairly close races for places 2 through 9. Scott Bang led the guys with an 8:02 average and Missy led the ladies with a 9:21 average.

12/11/10-Short Sxi-5.74 Miles

1	David Garza	37:39
2	Tim Souza	37:51
3	Neil Gelblum	40:24
4	George Lo	41:13
5	Des Knuckey	41:14
6	Aaron Lee	41:38
6	Scott Graham	41:38 PR
8	Todd Hayes	42:12
9	Jeff Bedolla	46:32
10	Carl Petersen	48:35
11	Rosanna Kennedy	48:53
12	Alvin Jackson	49:16 PR
13	Joe Hurtado	51:02
13	Helen Wong	51:02
13	Becki Kriege	51:02
16	Kat Powell	51:05
17	Tom Warfel	54:59
18	Don Packwood	55:51
19	Dena Noble	58:51

Dick Barrett Trophy Winner – Kevin Breit

2-man battle for first this morning with Scott getting the win and Kevin getting a 6-second PR. Des PRd by 26 seconds and Alvin by 30 seconds. Tim Rostege recorded the #5 best-ever time for a 70-year-old on this course. Norm Takeuchi visited us from Fresno.

11/6/10 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Welke/McAllister	-0-	36:49
2	Da.Williams/Knuckey	2:45	37:38
3	Moon/E.Williams	3:15	38:42
4	Rodriguez/Delyani	2:30	39:21
5	Bloesch/Krey	3:30	39:33
6	Jackson/McIntyre	3:15	40:12
7	Rostege/Gelblum	2:45	40:16
8	Noble/Sudan	1:00	41:01

Dick Barrett Trophy Winner – Todd Welke & Norry McAllister

11/13/10-Farwell/H – 4.68 Miles

1	Andy Williams	29:05
2	Brian Conroy	30:14
3	Missy Sudan	30:32
4	Dino Delyani	30:50
5	Paul Taylor	31:31
6	Matt Kriege	32:15
7	Mike Krey	32:22
8	Scott Graham	32:22
9	Helen Wong	34:13
10	Kristina Park	34:18
11	Becki Kriege	34:18
12	Rich Hahn	34:47
13	Dimitrios Stefa	35:19
14	Dave McIntyre	35:27
15	George Lo	36:25
16	Carol Bednar	37:59
17	Dave Norlander	39:55
18	Tim Rostege	40:01
19	Rosanna Kennedy	40:05

Dick Barrett Trophy Winner – Alvin Jackson

David Garza pulled away from Tim Souduring the last mile to win this morning. Scott Graham and Alvin Jackson had the only PRs. Newly-turned 60+ runner, Kat Powell, ran the 2nd best-ever 60+ time for a club woman runner. Tom Warfel knocked 12+ minutes off his yearly best for this course. Dena improved her yearly best by 2+ minutes and was wondering where Tom Zades was. There may not be a winner in the Elite division of the Cum Sat contest this year. Just two runners have run 5 of the 6 courses – Brian Davis and Andy Williams. No ther Elite Division runner has a chance to complete all of the courses. Thanks to Ken Bloesch and Jim Bordoni for timing the club workout.

12/18/10-Valle Vista-3.0 Miles

1	Scott Bang	17:21
2	Kevin Breit	17:34
3	Tom O'Connor	18:05
4	Norry McAllister	18:07
5	Jeff Candello	18:40
6	Jeff Rohrer	18:54
7	Ken Camet	19:21
8	Scott Graham	19:27 PR
9	Dino Delyani	19:36
10	Brian Conroy	19:42
11	Missy Sudan	19:45
12	Aaron Lee	20:00
13	Mike Krey	20:49
14	Kristina Park	20:59
15	Helen Wong	21:34
16	Todd Hayes	22:02
17	Dave McIntyre	22:08
18	Joe Hurtado	22:14
19	Dwight Cornwell	22:15
20	Hank Lawson	22:25
21	Bob Lord	24:15
22	Dave Norlander	24:33
23	Rich Collins	25:31
24	Catherine Frye	26:21
25	Pauline Beatty	26:29
26	Alvin Jackson	26:40
27	Tom Warfel	26:54
28	Chris Cassell	30:41
28	Don Packwood	30:41
30	Ken Bloesch	32:19
30	Chris Blue	32:19
30	Walt Van Zant	32:19

Dick Barrett Trophy Winner – Scott Graham

Good weather for our run this morning. It rained hard overnight but the temperature was about 55 degrees and the most that we got during the run was a light drizzle. As can be seen from the above results, Scott Bang scored an easy win. Scott Graham took home the weekly trophy as he PRd by 63 seconds. Missy Sudan led the ladies. Tom O'Connor ran the #6 best-ever 55+ time, behind Bill Meinhardt and just in front of Jeff Candello. Kristina Park recorded the #9 best-ever time for a club female 40+ runner. Chris Cassell knocked 58 seconds off his 55+ best despite a near collision with a car as he roared around the turn into the campus. Tom Warfel knocked 20 minutes off his Cum Sat times during the past two weeks and expects to make an even more dramatic improvement next week to move past Tim Riley. Thanks to Glenn Kishi, Becki Kriege, and Kari Cornwell for timing the run.

12/26/10 – All Courses Day

Dou/Sar/Fruitvale-2.75M

1	Ken Bloesch	21:42
2	Rich Collins	23:04
3	Todd Welke	25:21 PR
4	Chris Blue	25:36
4	Don Packwood	25:36
6	Chris Cassell	28:14

Farwell-3.54M

1	Norry McAllister	21:28.7
2	Des Knuckey	24:08.7
3	George Lo	24:55.3 PR
4	Carl Petersen	29:06.4
5	Tim Rostege	29:21.4
6	Dave McIntyre	29:58.1
7	Tim Riley	35:29.5
8	Becki Kriege	53:58 RW
9	Kari Cornwell	53:58 RW

Farwell/H-4.68M

1	Neil Gelblum	32:52
2	Jeff Bedolla	37:04
3	Alvin Jackson	38:56 PR
4	Tom Warfel	48:32
5	Jim Bordoni	76:15 RW

Triangle-4.76M

1	Scott Bang	28:33
2	Ken Camet	31:45
3	Dino Delyani	31:46
4	Dena Noble	50:19

Short Six-5.74M

1	Bruk Assefa	36:12
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2	Tom O'Connor	36:34
3	Brian Davis	38:42
4	Glenn Kishi	44:07 PR
4	Ken Bloesch	48:13 PR
5	Catherine Frye	52:27

Got Lost

Dwight Cornwell
Kat Powell

Dick Barrett Trophy Winner – Norry McAllister

This was our last Saturday run of the year (but run on a Sunday) and our last chance to improve on weak times run during 2010 or to complete all of the six courses for the Cum Sat contest. Eight club members took advantage of this chance to complete all of the courses. We had no rain but it was a bit cold (high 40s). But, there were still several good performances.

Ken Bloesch PRd by 79 seconds on the Short Six course, George Low PRd by 61 seconds on the Farwell course, Alvin Jackson PRd by 43 seconds on the Farwell/H course, Glenn Kishi PRd by 21 seonds on the Short Six, and Todd Welke PRd by 9 seconds on the Douglas course. Des Knuckey, fresh from a vacation in Las Vegas, ran a club run for the first time as a 60-year-old, recording the 16th best-ever time by a 60+ runner out of the 45 super seniors who have run the Farwell course. Tom O'Connor recorded the 4th best-ever time by a 55+ runner on the Short Six course, one second in front of Joe Hurtado. Brian Davis completed the last of the six Saturday courses to win the Elite Division of the Cum Sat contest. Tim Rostege recorded the 9th best-ever time by a 70+ runner on the Farwell course. Dwight Cornwell got lost on the Short Six course and Kat Powell got lost on the Triangle course. Glenn Kishi started ahead of time on the Short Six course but did not get a time as his watch stopped. Jim Bordoni, who has been in a cast for aboaut two months with a broken bone in his foot, walked the Farwell/H course in order to complete all of the courses for the year. Injured runners Becki Kriege and Kari Cornwell walked Farwell. This gave Becki 7 events in the Racer of the Year contest, the minimum number needed to qualify for an award in that contest.

1//11 – 6 x 1600M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Camet/Eng	4:15	42:18
2	Warfel/Delyani	-0-	43:42
3	Knuckey/Lo	4:00	43:53

Dick Barrett Trophy Winner – Ken Camet

6 helpers and 4 general agitators showed up on this cold (high 40s) and rainy morning to run

1600s on a wet track. Fortunately, it did not rain during the workout. Ken was the star of the morning with a 6:07 average. Thanks to Ken Bloesch for the timing and to Rich Hahn and Norry McAllister for their cheering.

RACE RESULTS

3/14/10-Shamrock Half Marathon

6 Jean Harris 1:15:26 2nd-20+

7/4/10 - 4 on 4th

2 Jean Harris 23:22
10 Tony Scardina 25:55

10/9/10-Firetrails 50M

231 Kat Powell 13:40:49

10/17/10-Humboldt Half Marathon

6 Ivan Medina 1:11:38 3rd-19+
14 Juan Gomez 1:14:30 4th-19+
39 Brian Davis 1:21:14 2nd-55+
41 Tom O'Connor 1:21:32 3rd-55+
47 Tim Souza 1:23:07 5th-50+
54 Matt Nolan 1:23:59 8th-45+
58 Ken Camet 1:24:27 9th-45+
59 Neil Gelblum 1:26:14 4th-55+
65 Todd Hayes 1:27:53 1st-60+
69 John Yamagata 1:28:03 2nd-65+
70 Tony Scardina 1:28:22
76 David Woodruff 1:29:48 8th-50+
82 Kari Cornwell 1:31:36 5th-30+
83 Dwight Cornwell 1:31:51 3rd-60+
118 Glenn Kishi 1:39:02
120 Joe Hurtado 1:39:25 2nd-65+
206 Carl Petersen 1:50:19 5th-70+
232 Bill Dodson 1:54:00 1st-75+
507 Eddie Reyna 2:35:32 2nd-80+

10/23/10-Shoreline XC Race-Men-4.6M

3 Jose Pina 24:37 3rd-40+
11 Jorn Jensen 25:25
12 Scott Bang 25:28
14 Adam Prince 25:32
16 Dennis Kurtis 25:42 1st-50+
60 Kevin Breit 26:07
21 Tom O'Conner 26:19 3rd-50+
26 Marc Ostrowski 26:47
28 Matt Nolan 26:57
33 Norry McAllistr 27:12 8th-50+
34 Andy Williams 27:16
40 Jeff Rohrer 27:40
45 Ken Camet 28:00
63 Brian Conroy 28:49
65 Tony Scardina 29:08
73 Bill Dunn 29:33 4th-60+
85 Aaron Lee 30:01

83 Scott Graham 30:30
86 Mike Krey 31:08
90 Glenn Kishi 32:09
95 Rich Hahn 32:50
96 Dave McIntyre 32:58
102 Joe Hurtado 33:41 9th-60+
109 Jeff Bedolla 35:10
113 Dave Norlander 36:42 3rd-70+
115 Bob Lord 37:24 4th-70+
127 Carl Tuck 44:16 8th-70+
129 Eddie Reyna 48:31

10/23/10-Shoreline XC Race-5K

Marian Richard 21:23 6th-50+

10/24/10- Bang Road Mile in Los Gatos

2 Scott Bang 4:44.9 1st-40+
3 Bjorn Samson 4:52.3 1st-30+
4 Jose Pina 4:58.9 1st-18-
6 Kevin Breit 5:05.8 2nd-30+
7 Dennis Kurtis 5:09.4 1st-50+
8 Norry McAllister 5:09.7 2nd-50+
10 Dino Delyani 5:38.7 3rd-50+
12 Des Knuckey 5:43.9 4th-50+
14 Dave McIntyre 6:04.9 2nd-40+
17 Alvin Jackson 6:30.0 1st-60+
24 Rick Kananen 7:38.7 2nd-60+
25 Chris Cassell 7:51.9 5th-50+
27 Kelly Emo 8:51.9 3rd-40+
29 Paul Taylor 8:52.4 6th-50+

10/24/10-Whiskeytown 50K

24 Bill Dodson 7:34:42
Bill won the 70+ division in this race that featured 30 stream crossings and 5120 feet of accumulated climbs. Bill said that it took him 30 minutes plus two coffees at Burger King before he stopped shivering.

10/30/10-Tamalpa XC Race-4.25M

Women's Race

61 Marian Richard 30:03

Men's 40+ Race

12 Adam Prince 24:51
15 Brian Davis 25:03 3rd-50+
17 Marc Ostrowski 25:12
23 Matt Nolan 25:44
24 Tom O'Connor 25:45 5th-50+

27 Tom Fahey 26:01
29 Mike Kriege 26:07 8th-50+
40 Jeff Rohrer 26:33
41 Norry McAllister 26:34
61 Brian Conroy 27:43
62 Tim Souza 27:46
63 Casey Reinking 27:50
71 David Woodruff 28:15
78 Tony Scardina 28:31
81 Todd Hayes 28:51
103 Glenn Kishi 31:51
105 Carl Petersen 32:14 2nd-70+
107 Richard Hahn 32:20
112 Joe Hurtado 32:39
118 Kristian Petersen 33:45
120 David Norlander 33:59
128 Bill Dodson 37:17
136 Carl Tuck 42:03

10/31/10-Silicon Valley 5K

24 Kelly Emo 22:59 1st-45+
31 Jose Pina Jr 23:35
77 Tim Riley 27:51 1st-65+
122 Georgia Riley 31:49 1st-65+

10/31/10-Silicon Valley Half Marathon

28 Missy Sudan 1:33:45 1st-40+
86 Aaron Lee 1:45:00

10/31/10-Silicon Valley Marathon

44 Dino Delyani 3:21:22 2nd-50+
49 Ken Camet 3:22:41

11/6/10-Helen Klein 50M

Kat Powell 12+ hours
Kat got to the start late, got lost, running 50+ miles, and ended up as an unofficial finisher.

11/6/10-Ancil Hoffman XC Race-6K

1 Jose Pina 19:53 1st-40+
7 Scott Bang 20:39 7th-40+
14 Mike Kriege 21:19 1st-50+
18 Tom O'Connor 21:38 4th-50+
21 Dennis Kurtis 22:01 6th-40+
24 Tom Fahey 22:29
26 Tim Souza 22:46 8th-50+
35 Brian Conroy 23:50
36 David Woodruff 24:06

40	John Yamagata	24:33	2nd-60+	167	Bill Dodson	53:52	5th-70+	1006	Glenn Kish	3:30:42
41	Tony Scardina	24:39		170	Alvin Jackson	56:20		1081	Joe Hurtado	3:33:03 1st-65+
62	Fred Martin	26:23	5th-60+					1841	Carl Petersen	3:51:29 2nd-70+
63	Glenn Kishi	26:32						2605	Bill Dodson	4:08:23 1st-75+
71	Joe Hurtado	27:44		147	Carol Bednar	31:46		4491	Kat Powell	4:54:20
72	Carl Petersen	27:52	2nd-70+	170	JoAnn Dahkoetter	33:58		5713	Eddie Reyna	5:58:24 1st-80+
77	David Norlander	28:51	3rd-70+	189	Kat Powell	37:31				

Women-4.0M

147	Carol Bednar	31:46
170	JoAnn Dahkoetter	33:58
189	Kat Powell	37:31

12/12/10-Xmas Relays (4.464M per leg)

WVJS-Open Men - 7th

John Weru	23:35
David Rios	25:30
Kevin Breit	26:13
John Munene	<u>23:51</u>
	99:09

11/7/10 – Morgan Hill Half Marathon

3	John Munene	1:14:55	2nd-20+
5	Aaron Patterson	1:19:48	2nd-30+
19	Jorn Jensen	1:28:59	
180	Kelly Emo	1:58:15	

11/25/10 – San Jose Turkey Trot

Elite Men's Race

42	Jose Pina	15:56
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Elite Women's Race

24	Kari Cornwell	19:17	1st-40+
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WVJS-50+A Men - 1st

Brian Conroy	28:16
Jeff Rohrer	28:26
Norry McAllistr	27:08
Brian Davis	<u>26:40</u>
	110:30

11/7/10 – Morgan Hill Marathon

1	John Weru	2:37:39
7	Mike Matthews	3:04:23 2nd-40+

Open 5K Race

69	Des Knuckey	20:48	1st-55+
113	Rich Hahn	22:02	9th-45+
147	Mark Isaacson	22:27	8th-50+
150	Ajay Pala	22:29	
227	Alice Isaacson	23:36	3rd-50+
233	Kelly Emo	23:44	3rd-45+
285	Jose Casillas	24:28	6th-55+

WVJS-60+ Men - 1st

Joe Hurtado	33:01
Ron Kiyono	29:52
Bill Dunn	29:44
John Yamagata	<u>29:17</u>
	121:54

11/24/10-Feed The Hungry 5K-Sacto

193	Glenn Kishi	22:57
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Open 10K Race

8	Aaron Patterson	35:48	4th-30+
18	Kevin Breit	36:54	1st-35+
22	Marc Ostrowski	37:26	3rd-45+
28	Ken Camet	38:10	4th-45+
29	Jose Pina	38:15	1st-10+
75	Andy Williams	40:48	6th-45+
76	Alexa Williams	40:48	8th-14+
157	Mike Krey	43:14	2nd-55+
745	Tim Rostege	51:12	1st-70+

WVJS-40+ Men - 9th

Glenn Kishi	32:44
Tony Scardina	29:21
Rich Hahn	33:02
Mike Smith	<u>27:56</u>
	123:03

11/21/10-PA XC Cahmpionships

Open Men-6.0M

108	Kevin Breit	37:55
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12/4/10-Morgan Hill Jingle Bell 5K

7	Jorn Jensen	17:33	2nd-40+
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Master Men-6.0M

6	Jose Pina	35:27
19	Jorn Jensen	36:45
22	Adam Prince	36:52
27	Scott Bang	37:17
37	Brian Davis	37:45 6th-50+
39	Mike Kriege	38:07 7th-50+
40	Marc Ostrowski	38:09
49	Tom Fahey	38:51
52	Matt Nolan	39:01
55	Tom O'Connor	39:10
67	Andy Williams	39:50
71	Dennis Kurtis	40:02
78	Norry McAllister	40:26
85	Jeff Rohrer	40:47
89	Ken Camet	41:09
90	Tom Souza	41:13
100	John Yamagata	42:33 2nd-60+
101	David Woodruff	42:41
105	Todd Hayes	42:53 3rd-60+
108	Brian Conroy	43:01
110	Ron Kiyono	43:28 5th-60+
113	Dino Delyani	43:34
116	Bill Dunn	43:52 7th-60+
120	Tony Scardina	44:19
139	Fred Martin	46:47 10th-60+
143	Glenn Kishi	47:21
146	Carl Petersen	48:26 2nd-70+
148	Rich Hahn	48:45
153	Jeff Bedolla	49:29
158	Joe Hurtado	50:31
163	Dave Norlander	52:11 4th-70+

12/4/10-Bah Humbug 5K

25	Scott Graham	19:10	1st-55+
44	David Furst	20:48	2nd-60+
62	Greg Burke	21:23	4th-60+
131	Tom Mota	24:34	1st-70+
210	Carl Tuck	27:35	4th-70+

WVJS-50+B Men - 3rd

Tom O'Connor	30:47
Mike Krey	30:50
Jose Casillas	35:37
Dino Delyani	<u>29:32</u>
	126:46

12/5/10 – Cal International Marathon

114	Juan Gomez	2:45:43
194	Ken Camet	2:54:08 9th-45+
214	Tom O'Connor	2:55:43 2nd-55+
274	Brian Davis	2:59:27 6th-55+
345	Mike Smith	3:03:30
352	Tim Souza	3:03:45
392	Neil Gelblum	3:06:27
434	John Yamagata	3:09:03 1st-60+
520	Laura Melendez	3:12:34
648	Todd Hayes	3:18:35 2nd-60+
888	Dave Woodruff	3:27:39

WVJS-40+ Women - 5th

Marian Richard	30:04
Kari Cornwell	35:19
Carol Bednar	34:17
Becki Kriege	<u>30:55</u>
	130:35

WVJS-70+ Men - 2nd

Mike McMahon	35:34
Tim Rostege	36:38
Bill Dodson	36:59
Dave Norlander	<u>34:46</u>



143:57				94	Pauline Beatty	45:09	3rd-50+
<u>WVJS-Open Women - 20th</u>		<u>1/1/11-Los Gatos Resolution Run-5M</u>		118	Kat Powell	46:51	1st-60+
Uyenthi Tran	37:00	3	Jon Kimura	29:10			
Kelly Emo	35:43	4	Scott Bang	29:35			
Helen Wong	32:32				<u>1/11/11-Rio Grill Resolution Run-6.3M</u>		
Catherine Frye	<u>39:51</u>			117	Victoria Kros	53:04	1st-60+
145:06				262	Chris Blue	62:58	
					<u>1/11/11-Rio Grill Resolution Run - 3M</u>		
<u>12/19/10-Zombie Runner Trail Half</u>		7	Kevin Breit	30:45	101	Tim Riley	30:32
<u>Marathon</u>		16	Scott Graham	33:34	118	Glynn Wood	31:36
5	Neil Gelblum	1:37:59	1st-55+	36			4th-70+
Mud, rain, wind, large puddles. What		59	Jeff Bedolla	40:33			
more could a demented trail runner want.		65	Norm Gould	41:12			