



WVJS



VOL XXXI-#4 WEST VALLEY JOGGERS & STRIDERS December 2012

Saturday Workouts

01/12/13	Triangle Run (4.76M)	03/23/13	18 x 0.33M Tennis Court Loop Relay
01/19/13	Doug/Sar/Frtvle (2.75M)	03/30/13	Triangle Run (4.76M)
01/26/13	5K on the Track	04/06/13	16 x 300 Relay
02/02/13	8 x 0.66M Tennis Court Loop Relay	04/13/13	Doug/Sar/Frtvle (2.75M)
02/09/13	Farwell/H (4.68M)	04/20/13	Step-Up & Step-Down Relay
02/16/13	Valentine Team Race (5.4M)	04/27/13	Farwell/H (4.68M)
02/23/13	Farwell (3.54M)	05/04/13	36 x 200 Relay
03/02/13	4 x 1.46M WVC Loop Relay	05/11/13	16 x 400 Relay
03/09/13	Short Six (5.74M)	05/18/13	Farwell (3.54M)
03/16/13	Valle Vista (3.0 miles)	05/25/13	8 x 0.66M Tennis Court Loop 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

03/02/13	NorCal 10M (1.5)
03/17/13	Across the Bay 12K (1.0)
04/07/13	Sacto 10M (2.0)
04/21/13	Zippy 5K (1.0)
05/04/13	Pacific Ther 5K (1.0)
05/27/12	Marin 10K (1.0)
07/21/13	San Rafael Mile (1.0)
10/20/13	Humboldt Half Marathon (1.5)
11/10/13	Clarksburg Half Marathon (1.5)
11/28/13	Sil Val 5K (2.0) – Open only
12/08/13	Cal Intl Marathon (2.0)
12/15/13	Xmas Relays (1.0)

Racer of the Year

	Fastest Farwell Time
	Fastest Marathon
	Fastest Half Marathon
	Fastest of 2 Designated Track Miles
	Fastest of 2 Designated Track 5Ks
03/17	Across The Bay 12K
04/07	Sacto Credit Run 10M
04/21	Zippy 5K
04/28	Sar/Los Gatos Great Race
05/27	Marin 10K
06/16	Holy City Race
07/21	San Rafael Road Mile
08/?	Dammit Race
08/?	Santa Cruz XC Race

Other Races

01/26	San Juan Bautista 10 Mile
02/03	SF Half Marathon
02/03	Santa Cruz 3K/5K Super Bwl Runs
02/09	Campbell Valentine 5K/10K
02/09	Mardi Gras 5K in San Jose
02/10	Together With Love 5K/10K
02/23	Vasona Lake 5M/Half Marathon
02/24	NorCal Half Marathon-Fremont
03/02	Juana Run-8K-Palo Alto
03/02	Woodside 5M/Half Marathon
03/10	Jenny Light 5K/10K-Los Gatos
03/10	408k Run-8K-San Jose
04/07	Santa Cruz Half Marathon
04/14	Wildflower 5K/10K-Morgan Hill

Miscellaneous Drivel

The parking fee at West Valley College is \$2 per day every day of the week from 7AM to 10PM. The Fall and Spring parking fees are \$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>

Our annual awards dinner will be held on Saturday, 1/19/13, at the Fairbrae Swim Club in Sunnyvale (696 Sheraton Drive), with the social hour beginning at 6PM and dinner at 7PM.

Annual club dues of \$20 per person or \$30 per family (\$1 for students) are now due. Members who joined the club after 10/31/12 are paid through the end of 2013.

Neil Gelblum has been out of action for awhile with a bad knee. He hopes to start running again in February.

Catherine Frye has also been out of action due to fractured fibula. She hopes to be ready to run in our Valentine race on 2/16/13.

Brian Davis finished as our top runner in our Racer of the Year contest for the second year in a row. He also finished 2nd in the PAUSATF 50/59 age division of the road grand prix. This is a significant accomplishment in that he is 7 years into that age category.

Congratulations to **Carol Bednar** for finishing as the top woman in our Racer of the Year contest for 2012.

Carl Petersen turned 76 on 10/24/12 and has been trying to better all of the Saturday 75+ course records since then. He now has the Douglas, Valle Vista and Farwell records but came up a bit short on his try for the Triangle record. Running in Grand Prix races has prevented him from taking shots at the other two course records.

Five club members – **Jose Pina**, **Jose Pina Jr**, **Brian Davis**, **Ken Camet**, and **Bill Dunn** won their age divisions in the first annual Pleasanton road race. This event consisted of a 10K race, followed by a short rest, and then followed by a 5K race. The club earned \$1,000 from this race as 11 club members led by **Rich Stiller** provided course monitoring help.

Dwight Cornwell and **Kari Cornwell** have moved back to Colorado.

Dave Piazza has won so much money in the club Pro Football pool that he has reportedly offered to treat all 11 members of the pool to



dinner at a restaurant of our choice and to pay for the flight of Jurm Wurm from New Orleans to attend the dinner.

accidents. One brother lived in Utah and the other was club member **John Pickens**, who lived in Newark. All who knew John recognized what a very nice person that he was. Several club members attended his memorial service on December 22nd.

I'll end this segment of the club bulletin on a sad note. **Bob Pickens** lost two brothers within the space of a few weeks to freakish bike

2012 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 (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 2012 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>		Walt Van Zant	1,006	1,050	2,056	Bronze
George Lo	3,111	830	3,941	Gold	<u>Runner</u>	<u>Miles</u>	<u>Sat Pts</u>	<u>Total</u>	
Joe Hurtado	2,356	920	3,276	Silver	Carol Bednar	1,636	340	1,976	Bronze
Ken Camet	2,710	140	2,850	Silver	Dave Norlander	780	1,040	1,820	Bronze
Jim Bordoni	1,755	660	2,415	Bronze	Jim Howe	1,650	140	1,790	Bronze
Carl Petersen	1,458	770	2,228	Bronze	Norry McAllister	927	520	1,447	
Rosanna Kennedy	1,173	500	1,673	Bronze					

Previous winners have been:

1978 Phil Sanfillipo	4865	1990 Tom Warfel	4231	2002 Joe Hurtado	3946
1979 Phil Sanfillipo	5022	1991 Tom Warfel	4118	2003 Joe Hurtado	4119
1980 Phil Sanfillipo	5659	1992 Jim Whalen	3603	2004 Joe Hurtado	4027
1981 Ted Pawlak	7103	1993 Tim Rostege	3928	2005 Joe Hurtado	4242
1982 Ted Pawlak	6405	1994 Joe Hurtado	4037	2006 John Mintz	5920
1983 Mike Hicks	5355	1995 Tom Warfel	4113	2007 Joe Hurtado	4053
1984 Don Dugdale	5004	1996 Tom Warfel	3961	2008 Joe Hurtado	4044
1985 Don Dugdale	4084	1997 Tom Warfel	4089	2009 Neil Gelblum	3621
1986 Bob Herndon	4303	1998 Joe Hurtado	4012	2010 Joe Hurtado	3787
1987 Don Dugdale	4341	1999 Joe Hurtado	3881	2011 George Lo	4264
1988 Frank Ruona	4032	2000 Joe Hurtado	4260		
1989 Jake White	3841	2001 Joe Hurtado	3972		

2012 PA/USATF Road Grand Prix

Open Men

Our open men's team finished in 13th place for 2012. Aaron Lee is our team captain

Open Women

Our open women's team did not field a complete team in any races this year.

40+ Men

Our 40+ men's team finished in 7th place. Jorn Jensen is our team captain.

40+ Women

Our 40+ women's team finished in 11th place.

50+ Men

Our 50+ men's team finished in 2nd place. Ken Camet is our 50+ team captain. Individually Brian Davis finished in 6th place, Ken Camet 18th place, Bob Pickens 20th place, Jim Bordoni 25th place, Dave Woodruff 28th place, Dino Delyani 31st place, and Mike Krey 47th place in the short race division. Brian Davis finished in 2nd place, Ken Camet in 3rd place, Dino Delyani in 36th place, and Glenn Kishi in 44th place in the long race division.

50+ Women

Our 50+ women's team did not field a complete team in any races this year.

60+ Men

Our 60+ men's team finished in 2nd place. Scott Graham is the team captain. Individually, Bill Dunn, Ron Kiyono, Scott Graham, Art Mitchum, and Dan Anderson finished in 3rd, 14th, 26th, 27th and 29th places in the short race division. Bill Dunn, Ron Kiyono, Scott Graham, and Todd Hayes finished 14th, 18th, 20th, and 25th in the long race division.

60+ Women

Our 60+ women's team did not field a complete team in any races this year. Individually, Victoria Kros, Kat Powell, and Chris Blue finished 18th, 20th, and 24th in the long race division.

70+ Men

Our 70+ men's team finished in 2nd place, 0.5 points out of first. Eddie Reyna is the team captain. Individually, Dave Norlander, Joe Hurtado, Bob Lord, Richard Cottrell, Carl Petersen, Bill Dodson, Eddie Reyna, and Carl Tuck finished 3rd, 4th, 5th, 6th, 11th, 11th, 14th and 15th places in the short race division. Joe Hurtado, Bill Dodson, Carl Petersen, Dave Norlander, Bob Lord, Mike McMahon, and Eddie Reyna finished 3rd, 5th, 6th, 7th, 9th, 20th, and 21st in the long race division.

80+ Men

2012 WVJS RACER OF THE YEAR CONTEST

Placings in this contest are based upon your best 8 performances in 15 designated events. The top finisher in each division for each event 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 have competed in at least 7 different events in order to be eligible for an award.** The remaining events included in this contest are listed on page 1. . The final standings for 2012 for all who scored in five or more races is 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

Brian Davis (8-8)	199 Gold
Scott Bang (8-12)	196 Silver
Bob Pickens (8-11)	194 Bronze
Calvin Do (5-4)	122

A Division

Ken Camet (8-10)	200 Gold
Jorn Jensen (6-5)	172
Roberto Palos (5-4)	118
Mike Kriege (5-4)	109
David Garza (5-5)	107

B Division

Dave Woodruff (8-8)	191 Gold
Bill Dunn (8-9)	189 Gold
George Lo (8-9)	189 Gold
Dino Delyani (8-8)	189 Gold
Jim Bordoni (8-7)	179 Silver
Geoff Bradley (7-6)	175
Ron Kiyono (7-4)	157
Neil Gelblum (7-7)	132 Bronze
Laura Melendez (5-3)	124
Aaron Lee (5-5)	118
Scott Graham (5-3)	101
Dan Anderson (5-3)	99
Todd Hayes (5-4)	88
Jeff Rohrer (5-4)	80

C Division

Mike Krey (8-9)	200 Gold
Robert Navarette (8-6)	191
Joe Hurtado (8-11)	187 Gold
Rich Hahn (8-9)	185 Silver
Glenn Kishi (8-7)	181 Silver
Carol Bednar (8-7)	179 Bronze
Dave McIntyre (8-8)	162 Bronze
Jeff Bedolla (5-5)	112
Art Mitchum (6-3)	111
Rob Jacobson (5-5)	109

D Division

Carl Petersen (8-12)	200 Gold
Dave Norlander (8-11)	198 Silver
Bob Lord (8-8)	193 Bronze
Alvin Jackson (5-5)	106
Rosanna Kennedy(5-5)	106
Pauline Beatty (5-5)	102

E Division

Bill Dodson (8-8)	200 Gold
Eddie Reyna (8-6)	194
Chris Blue (7-6)	163
Tom Warfel (6-6)	143
Tim Riley (6-5)	125
Mike McMahon (5-4)	120

SATURDAY WORKOUT RESULTS

12/8/12 – 4 x 1.46M WVC Campus Loop
Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	J.Rohrer/Zelinski	1:30	42:21
2	Warfel/Bang	-0-	43:15
3	Collins/Samson	:30	43:22
4	Frye/Graham	2:45	43:27
5	Rosenblum/McAllister	3:45	43:29
6	Spink/McIntyre	1:30	43:31
7	Petersen/Mi/Kriege	3:00	44:37
8	Norlander/Park	3:15	44:39
9	Packwood/Delyani	1:30	45:25
10	Gavin/Bordoni	3:15	46:28
11	Dodson/Wong	1:30	46:30
12	Blue/B/Kriege	1:30	47:07

Phantom Dick Barrett Trophy Winner – Jeff Rohrer & Danielle Zelinski

The Zelinski team took the lead during the 2nd run and went on to win by over 200 meters. The battles for 2nd through 6th places, 7th and 8th places, and 10th and 11th places were fairly close. Bjorn Samson led the guys with an 8:38 average and Kristina Park led the ladies with a 9:07 average. Thanks to Slim Pickens for doing the timing.

12/15/12 – Sort Six – 5.74M

1	Ken Camet	37:17 PR
2	Norry McAllister	37:40
3	Scott Graham	39:56
4	Gary Waggoner	40:48
5	Jim Bordoni	41:14
6	Mike Krey	41:29
7	Des Knuckey	43:41
8	Robert Navarette	43:42

9	Mark Goldman	45:15
10	Jeff Bedolla	46:08
11	Catherine Frye	46:17
12	Ed Gavin	46:51
13	Dave McIntyre	47:16
14	Glenn Kishi	47:49
15	Bob Lord	49:51
16	Chris Blue	53:05
17	Kat Powell	56:26
18	Rich Collins	57:27
19	Tom Warfel	71:50

Ken Camet improved his PR by 2 minutes while winning our race this morning. He did this despite taking a wrong turn onto Chester from Sobey Rd, which added about two tenths of a mile to the run. Scott Graham knocked 3 minutes off his 60+ best to record the 15th best-ever 60+ time for this course.

Robert Navarrete got lost. Catherine Frye missed her PR by 11 seconds. Bob Lord ran the 9th best-ever time by a 70+ runner.

12/22/12-Valle Vista – 3.0 Miles

1	Norry McAllister	18:35
2	Casey Reinking	19:06 PR
3	Scott Bang	19:12
4	Suraj Jagota	19:19
5	Kristina Park	19:22
6	David Garza	20:25
7	George Lo	20:27
8	Phil Spink	21:28
9	Danielle Zelinski	21:48
10	Marian Richard	22:29
11	Dave McIntyre	23:06
12	Todd Hayes	23:49
13	Joe Hurtado	24:27
14	Carl Petersen	24:50
15	Dave Norlander	24:53
16	Kat Powell	28:06
17	Don Packwood	28:53
18	Tom Warfel	40:36

Phantom Dick Barrett Trophy Winner – Carl Petersen

18 hardy souls showed up to run on this less-than-ideal-weather morning. The temperature was okay (low 50s) and the heavy overnight rain stopped during our warmup but then it began to rain again and it rained heavily on the late finisher. Still, there were many notable accomplishments. 55+ runner, Norry McAllister, ran to an easy win while improving his 55+ best by 81 seconds and recording the #11 best-ever time by a 55+ runner. Casey Reinking improved his all-time course PR by 98 seconds to finish 2nd. Kristina Park led the ladies while finishing at the end of a tightly-packed group of runners finishing 2nd through 5th. Danielle Zelinski ran her fastest time on this course since she PRd with a 19:08 9 years ago. Marian Richard recorded the 6th best-ever 50+ time for a woman runner with her 22:29. Todd Hayes ran for the first time in a month, recording a respectable 23:49. Carl Petersen broke the 75+ course record (25:25) set 11+ years ago by Howard Powers. This gave him

a 20-second lead in the D division of the Cum Sat contest with one week to go in the year. Tom Warfel got drenched and was nearly drowned by the splash of the cars of late finishers driving home after their warmdown. Thanks to Dannhy Moon for doing the timing.

12/29/12 – All Courses Day

Dou/Sar/Fruitvale-2.75M

1	Ed Gavin	21:03
2	Matt Kriege	23:27
3	Chris Blue	24:11
4	Dave Norlander	26:10
5	Alvin Jackson	27:13
6	Chris Cassell	33:06

Valle Vista-3.0M

1	Dino Delyani	20:18
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Farwell-3.54M

1	Kristina Park	23:07.6
1	Becki Kriege	23:07.6
3	George Lo	24:15.2
4	Jeff Rohrer	25:47.2
5	Pauline Beatty	30:45.7

Farwell/H-4.68M

1	Scott Bang	28:57
2	Norry McAllister	29:22
3	Andy Williams	30:42
4	Mike Krey	32:48
5	Robert Navarrete	33:51
6	Jim Howe	34:09
7	Bob Lord	41:11
8	Don Packwood	44:32

Triangle-4.76M

1	Dave McIntyre	37:02
2	Jeff Bedolla	38:49
3	Carl Petersen	39:58

Short Six-5.74M

1	Geoff Bradley	39:13
2	Kat Powell	62:22

Dick Barrett Trophy Winner – Dino Delyani

No rain during our last Saturday run of the year but somewhat cold (low 40s). Dino Delyani was the first runner across the line.

So, he got the Dick Barrett trophy. Several of our other runners had notable accomplishments. Norry McAllister knocked 76 seconds off his 55+ best for the Farwell/H course to move to #10 on the 55+ list. Pauline Beatty improved her Farwell 55+ PR by 2 minutes to move up to #10 on the women's 55+ list. Jim Howe ran the Farwell/H course for the first time as a 65+ runner, recording the 12th best-ever time for this age group, just 3 seconds out of 10th place. Dave McIntyre improved his 50+ best by 3 minutes. Bob Lord tied Don Packwood for the 11th best time by a 70+ runner on the Farwell/H course. Robert Navarrete missed his all-time PR by 7 seconds. Thanks to Danny Moon and Jim Bordoni for doing the timing.

1/5/13 – 6x1600M Relay

<u>Pl</u>	<u>Team</u>	<u>Start</u>	<u>Finish</u>
1	Wong/Williams	4:00	42:30
2	Blue/B.Kriege	-0-	42:53
3	Tran/Garza	2:30	43:27
4	Norlander/McAllister	3:30	43:31
5	Spink/Lee	4:15	43:33
6	Russell/Samson	3:00	44:01
7	Zelinski/Navarrete	3:00	44:05
8	Goldman/Pickens	3:00	44:17
9	Packwood/Bang	2:15	44:36
10	Bedolla/Lo	4:15	44:49
11	McIntyre/Krey	3:15	45:03
12	Beatty/Waggoner	3:00	45:20
13	Moon/Bordoni	4:15	45:29
14	Rosenblum/Delyani	4:15	45:54

Dick Barrett Trophy Winner – Norlander & McAllister

Big turnout for a track workout this morning. The Williams team won handily. Thereafter, there were several close finishes. Bjorn Samson led the guys with a 5:39 average and Becki Kriege led the ladies with a 6:09 average.

RACE RESULTS

10/28/12-Morgan Hill Half Marathon

12	Ray Rodriguez	1:28:52	1st-50+
35	Jorn Jensen	1:35:03	5th-40+

60	Aaron Lee	1:41:26	9th-30+
339	Uyenthi Tran	1:52:44	

10/28/12-Morgan Hill Marathon

1500	Kat Powell	5:05:34	2nd-60+
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11/24/12-Quad Dipsea Race-28.4 Miles

Kat Powell 8:35:57

Kat was very pleased to finish this race that included 2,752 stairs to climb, gargantuan roots and jogged rocks, and a slippery and muddy steep section on each of the 4 sections.

12/16/12-Xmas Relays (4.464M per leg)**WVJS-40+A Men – 3rd**

Jorn Jensen 25:16
Barry Farrara 25:44
Roberto Palos 26:31
Calvin Do 25:43
113:43

WVJS-40+B Men – 7th

Geoff Bradley 26:28
Dino Delyani 29:16
Dennis Kurtis 27:42
Brian Davis 26:34
110:02

WVJS-50+ Men – 6th

Glenn Kishi 32:45
Kristian Petersen 36:30
Dan Anderson 30:45
Norm Takeuchi 32:56
133:13

WVJS-70+ Men – 1st

Joe Hurtado 35:06
Bill Dodson 36:19
Dave Norlander 35:53
Carl Petersen 37:18
144:37

12/23/12 –Pleasanton Double Road Race

18 Jose Pina Sr 51:55 1st-40+
24 Jose Pina Jr 54:20 1st-19-
30 Brian Davis 56:38 1st-55+
52 Ken Camet 59:38 1st-50+
81 Bill Dunn 63:42 1st-65+
101 Dan Anderson 66:09 6th-60+
121 Maneesh Agarwal 67:58 8th-40+
172 Jim Howe 72:48 2nd-65+
220 Joann Dahlkoetter 76:35 3rd-55+
243 Art Mitchum 77:48 9th-60+
319 Bob Lord 82:24 2nd-70+

422 Kat Powell 87:59 2nd-60+

This event consists of running a 10K and a 5K and then combining the times in order to determine the finishing places.

12/23/12 – Pleasanton 5K

29 Omar Pina 23:11 8th-19-

1/1/13-LG Resolution Run-5M

4 Roberto Palos 30:47 2nd-40+
9 Scott Bang 32:34 4th-40+
36 Scott Graham 36:49 1st-60+
38 Dan Anderson 36:55 2nd-60+
53 Mark Goldman 38:03 5th-60+
101 Norm Gould 43:17
115 Pauline Beatty 44:39 5th-50+
124 Jonathan Lee 45:16
305 Dan Duston 70:02

End World Hunger 10K in Palo Alto

17 George Lo 42:42 4th-40+

