



WVJS



VOL XXXIV-#2 WEST VALLEY JOGGERS & STRIDERS Dec 2015

Saturday Workouts

12/26/15	All Courses Day	03/12/16	Valle Vista (3.0 miles)
01/02/16	6 x 1600M Relay	03/19/16	18 x 0.33M Half Tennis Court Loop Relay
01/09/16	Doug/Sara/Frtvle (2.75M)	03/26/16	Triangle Run (4.76M)
01/16/16	8 x 0.66M Tennis Court Loop Relay	04/02/16	16 x 300 Relay
01/23/16	5K on the track	04/09/16	Doug/Sara/Frtvle (2.75M)
01/30/16	Farwell/H (4.68M)	04/16/16	Step-up & Step-down Relay
02/06/16	Farwell (3.54M)	04/23/16	Farwell/H (4.68M)
02/13/16	12 x 800 Relay	04/30/16	36 x 200 Relay
02/20/16	Valentine Team Race (5.4 miles)	05/07/16	16 x 400 Relay
02/27/16	4 x 1.46M WVC Loop Relay	05/14/16	8 x 0.66M Tennis Court Loop Relay
03/05/16	Short Six (5.74M)		

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 College track.

Upcoming Races

PA-USATF Championships

The 2016 race schedule is not yet available.

Racer of the Year

Fastest Farwell Time
 Fastest Marathon
 Fastest Half Marathon
 Fastest of 2 Designated Track Miles
 Fastest of 2 Designated Track 5Ks
 The remaining races will be decided at our Annual meeting

Other Races

01/01	Los Gatos Resolution Run-5M
01/01	Rio Grill's Resolution Run-3M/6.8M
01/10	Super Bowl 5K in Santa Clara
01/24	Foster City 10M
01/30	San Juan Baustista 5K/10M
02/06	Campbell Valentine 5K/10K
02/14	Kaiser Half Marathon in SF

Miscellaneous Drive!

Our annual cub meeting will be held at the Van Zant residence at 1124 Kensington Ave in Sunnyvale on 1/10/15 at 1PM. **All club members** are welcome to attend this meeting but all attendees should let me know that they are coming.

Dick Chimenti recently noted in an email that **Ralph Poole** ran very well for us before he moved to Washington. He broke 5 of the 6 Saturday course records for 65/69 runners, three of them by over two minutes. And, we have had several good 65+ runners run these courses. Approximately thirty 65+ runners have run each of the courses.

Bob Rea visited us in late June as part of his annual trek to the Northern Hemisphere (he now lives in New Zealand). He would continue his vacation trip by traveling to Turkey and Kyrgystan for a variety of hiking trips in the mountains. Bob turns 62 in August. He has been limited by an injured knee since shortly after he turned 60 but still was able to run a 6:02 mile on the track when he visited us. His present training consists of running at 12:00 per mile pace on uphill climbs and on a treadmill set at an incline of 15 degrees. This puts less stress on his knees.

Don Packwood won the 44th annual Jim Shettler handicap race in September.

Bill Dodson broke his own men's 80+ course record for the Triangle course in October by 65 seconds. Bill holds the 80+ record for both the Farwell and Triangle courses.

Bob Lord broke the 75+ course record for the Short Six course by 15 seconds on 12/5/15. He now holds the 75+ record for all of our courses except Triangle. He took a shot at that record but came up short by 18 seconds last Saturday. He trails Bill Dodson and Carl Peterson for the Triangle course.

Kat Powell broke the women's 65+ Triangle course record last Saturday by 69 seconds.

Jim Howe turns 70 in February.

Rosa Gutierrez, a very fast 50+ runner, has joined our club.

The club had a big day at the Clarksburg Half Marathon in November as four club members won their division – **Ray Rodriguez** won the 50+ division in 1:20:18, **Brian Davis** won the 60+ division in 1:28:31, **Todd Hayes** won the 65+ division in 1:39:25, and **Bill Dodson** won the 80+ division in 1:55:35.

Several of the club members had good coaching seasons this past season.

Jake White coached his Lynbrook boys and girls to 3rd place finishes in the very strong DeAnza league. His boys finished 5th in the division 2 CCS section finals and his girls finished 6th. Section 2 was the strongest division in the CCS this year. His top boy was voted the most valuable runner in the CCS and finished with the fastest time of all Northern California runners at the State Meet. His top two girls qualified for the State Meet and one was voted honorable mention for the all-Nor Cal team.

Kevin Breit coached his Prospect girls to a first place finish in the 24-team BVAL League (primarily San Jose schools). They then qualified to run in the State Meet with their 3rd place finish in the CCS division 3 race.

Scott Bang in his first season as a coach led his Saratoga boys team to a 4th place finish in the DeAnza league and then a first place finish in the CCS division 3 race, which qualified them to run in the State Meet.

Paul Armstrong coached both his boys and girls to a 6th place finishes in that difficult DeAnza league but their times were so fast that they both qualified to run in the CCS meet because they ran under the at-large standards. His top girl finished 3rd at the CCS meet, which qualified her to run in the State Meet. She finished 32nd in a field of 201 runners at the State Meet.

Danny Moon coached the Saratoga girls to qualifying for the CCS meet.

Matt Tompkins coached his King's Academy girls to a 2nd place finish in the WBAL (West Bay Athletic League) league finals and his boys to a 5th place finish. The girls missed winning the league finals by a mere 2 points. The girls finished 5th in the CCS division 4 finals.

As best that I can determine, we had 3 of club member kids running collegiate cross country - Jose Pina Jr., Jack Bordonni, and Mary Kriege.

Jose Pina, a freshman, ran for San Jose St. He finished as their top runner in their last two races of the season – the league finals and Western Regional NCAA Meet. He had a best 8K (4.97M) time of 24:06.

Jack Bordonni, a senior at Stanford, ran on a team that finished 3rd at the NCAA Division 1 finals. Even though he had an 8K best time of 24:07 this year, the Stanford team was so good that he was able to compete as part of their top 7 varsity runners just a few times during the season.

Mary Kriege, a senior at Santa Clara, was their most valuable runner her first three seasons, red-shirted last year due to an injury, and finished her last season in the same fashion as Jose – the top runner for her team at both the league finals and the Western Regional NCAA Meet. She had a best 6K (3.73M) time for the season of 20:50

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>

SUMMARY OF 2015 CROSS COUNTRY SEASON (by Jeff Rohrer)

Another Pacific Association USATF Cross Country Season is in the books. This was the 11th consecutive season that the WVJS Masters Men have made a concerted effort to field teams in this competition. I hope everyone that ran this year had fun. That is always the major goal. In terms of winning meets and our places in the final standings, we achieved less this year than anytime since we started this activity mid way through the 2005 season. That's not meant as a criticism of our efforts, but rather as a statement of fact. I will discuss this more at the end of this summary, but first the results and highlights.

Our 40+ team was 5th of 8 teams. This is not bad as we really lack teammates in this age group. Matt Tompkins joining us mid-season really helped. In general we usually filled out the team with older runners. A 40+ team requires 5 runners to score while the 50+, 60+, and 70+ teams only require 4, 3, and 3 respectively.

Jorn Jensen really led this team running 8 of the 10 meet this year. Jorn was easily our top runner in terms of both performance and participation. He finished 9th among all Masters Men in the series. That is outstanding for a 46 year old competing against some runners over 5 years younger. Calvin Do ran 4 of the first 5 races and was always near Jorn, but then I believe he had an injury. The Masters team did win the Empire Open meet by scoring Seniors Ray Rodriguez and Roberto Palos with Jose Pina, Calvin, and Jorn.

The 50+ team tied for 4th of 11 scoring teams. Ray was our top runner and ran in 7 of the 10 meets. He finished 4th among all 50+ runners. This year's team was hurt by Barry Farrara being out all year with an injury, and the significant number of Sunday meets which prevented Roberto from racing more. The other runners that typically scored for this team were Ken Camet, Norry McAllister, Dino Delyani and at the end of the season Adam Prince and Robert Plumeau.

The Super Seniors finished 4th of 11 teams. This team was a bit shorthanded at the beginning the season but we had 3 good runners age up during the season so that we had a team that finished 3rd at the Championship Meet. Those 3 were Brian Davis, Tom O'Connor, and Brian Conroy. Tom was one of our more reliable runners this year running 7 meets. He also finished 6th in 60+ division. Before those runners aged up, Dan Anderson, who ran 8 meets, Mark Goldman, Mike Krey, Art Mitchum, and Todd Hayes were usually our scorers.

The 70+ team only fielded full teams at two meets this year and hence finished 3rd of 4 teams. The three runners were Bob Lord, Bill Dodson, and Dave Norlander, all over 75 and one 80 (Bill). The Vets did win the Willow Hills Open.

There are two major factors that have impacted our performance and they are somewhat related, participation and aging. As noted before, we certainly need more runners that are in their 40s, especially 40-44, While we had a number of runners race for us this year - 39 to be exact - we only had 10 runners run at least half the races with only 4 (featured above) running 7 or more. Of course as we age it takes longer to heal and it takes longer to recover from injuries and that certainly reduces our participation. Long term injuries have certainly kept a number of our club members from racing or, like myself, reduced the number of races their body is able to tolerate. With a higher participation level we would have had better results as there were a number of meets that having some additional runners, especially some of our better runners, would have made a big difference. Though in fairness, you can survey the meet results and see it would have been difficult for us to win a season title in any of the four divisions.

The last paragraph is not intended to be overly critical. As the manager of this endeavor I feel it is my responsibility to present my opinion on the state of the team. For those that desire to be on a more successful team, then recruiting more runners, especially good ones, and running more races is the path to that goal. Personally, while I have enjoyed the successful seasons, I most enjoy getting out there on a late summer or fall weekend and running XC with a team. It is more enjoyable than all those years I was one of the few from the club running in the series. In the end, this is what you make of it. With that said I want to thank two teammates in particular, Jorn Jensen and Tom O'Connor. This year they both ran a number of races as they have over a large number of seasons. This year they also recruited runners just as they have done over the last 5 years. Jorn also organized carpools and generally helped get runners to meets. When I was traveling or nursing an injury, Tom got me the meet results before they were posted. They are responsible for a lot of our success. Finally, thanks to all those that toed the line for WVJS XC this year.

2015 KEN NAPIER MILE CONTEST (Final Results)

Men

Pl	Runner	Age	Time	Points	Pl	Runner	Age	Time	Points
1	Jorn Jensen	46	5:00.9	81.94	17	Mark Goldman	65	6:53.9	69.93
2	Norry McAllister	58	5:42.9	79.32	18	Hank Lawson	60	6:39.4	69.29
3	Dino Delyani	58	5:45.3	78.77	19	Al Murray	57	6:33.1	68.61
4	Bob Lord	76	7:05.9	78.16	20	Alp Mimaroglu	26	5:25.1	68.47
5	Brian Conroy	59	5:53.8	77.55	21	Dave Norlander	76	8:18.3	66.80
6	Bob Rea	61	6:02.6	77.01	22	Dave McIntyre	53	6:26.5	66.75
7	Bill Dodson	80	7:52.8	76.70	23	Aaron Lee	41	6:05.2	64.98
8	Ken Camet	54	5:44.1	76.42	24	Tim Souza	55	6:52.7	64.25
9	Gary Waggoner	52	5:37.3	76.07	25	Slim Pickens	54	6:54.8	63.40
10	Todd Hayes	65	6:29.4	74.33	26	Tim Rostege	75	8:45.9	62.17
11	Robert Navarrete	59	6:10.5	74.06	27	Jeff Bedolla	61	7:30.3	62.01
12	Mike Krey	60	6:21.8	72.49	28	Glenn Kishi	53	7:13.1	60.21
13	Geoff Bradley	45	5:39.8	72.00	29	Don Packwood	74	8:59.0	59.65
14	Paul Taylor	58	6:26.9	70.30	30	Phil Spink	28	6:19.9	58.60
15	Jeff Rohrer	55	6:17.3	70.28	31	Tom Warfel	67	8:23.5	58.56
16	Joseph Aubuchon	34	5:23.1	70.02	32	Matt Kriege	24	6:22.8	58.15

Women

Pl	Runner	Age	Time	Points	Pl	Runner	Age	Time	Points
1	Kristina Park	45	5:29.9	85.20	4	Helen Wong	43	6:57.6	65.74
2	Kat Powell	64	8:16.3	73.04	5	Heather Rohrer	20	6:39.1	63.07
3	Danielle Zalinski	31	6:21.2	66.19	6	Nancy Kirk	63	10:02.8	59.41

As can be seen, Jorn Jensen led the men and Kristina Park led the ladies in this contest. The placings are based upon age-graded performances in the two track miles that we ran on 6/27/15 and 8/21/15.

RUNNER OF THE YEAR CONTEST RESULTS

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. Point totals for 2015 will be shown in the next club bulletin.

WVJS RACER OF THE YEAR CONTEST RESULTS

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 standings to date for 2015 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. This contest ends on 12/31/15. It appears that the only events that can change your score are running the Farwell course next Saturday or running a half marathon or marathon race before midnight on 12/31.

A Division

Jorn Jenbsen (8-7)	199
Ray Rodriguez (8-8)	197
Ken Camet (8-11)	184
Norry McAllister (8-9)	184
Scott Bang (6-5)	129
Juan Rivera (4-3)	123
Gary Waggoner (4-4)	96
Calvin Do (4-3)	94
Geoff Bradley (4-4)	83
Joseph Aubuchon(3-3)	71
Brian Davis (3-3)	70
Jose Pina Sr (1-1)	50
Omar Pina (1-1)	42
Matt Tompkins (1-1)	25
Andy Williams (1-1)	24
Tom Lockhart (1-1)	20

B Division

Dino Delyani (8-12)	200
Tom O'Connor (8-5)	198
Robt Navarrete (8-10)	187
Mike Krey (8-6)	168
Jeff Rohrer (7-5))	148
George Lo (6-5)	136
Bill Dunn (6-4)	133
Brian Conroy (5-5)	117
Becki Kriege (3-3)	90
Aaron Lee (4-3)	85
Jim Bordonni (3-3)	75
Casey Reinking (2-1)	50
Kristina Park (2-2)	49
Bob Pickens (2-2)	32
Scott Graham (3-3)	54
Maneesh Agarwal(1-1)	24

C Division

Mark Goldman (8-8)	198
Norm Takeuchi (8-5)	198
Glenn Kishi (8-8)	187
Joanne Dahlkoet(8-5)	171
Dave McIntyre (7-7)	158
Jeff Bedolla (7-6)	131
Dan Anderson (4-2)	96
Todd Hayes (4-4)	93
Al Murray (4-3)	88
Helen Wong (4-3)	82
Paul Taylor (3-3)	66
Scott Graham (3-2)	58
Dave Piazza (2-2)	50
Marian Richard (2-1)	50
Matt Kriege (2-2)	48
David Woodruff (2-1)	44
Rob Jacobson (2-2)	41
Heather Rohrer (2-2)	39
Phil Spink (2-1)	25
Des Knuckey (1-1)	19
Tim Souza (1-1)	18
Liz Nast (1-1)	15

Rich Hahn (2-1)	46
Mike Kolesnik (2-1)	44
Danielle Zelinski (1-1)	25
Carolyn Benson (1-1)	24
Uyenthi Tran (1-1)	24

D Division

Dalila Rodriguez (8-8)	200
Bob Lord (8-11)	196
Kat Powell (8-11)	192
Carol Bednar (6-3)	140
Catherine Frye (4-2)	96
Ida Rosenblum (2-2)	48

E Division

Bill Dodson (8-10)	200
Dave Norlandr (8-10)	197

Eddie Reyna (8-5)	187
Joe Hurtado (6-3)	148
Tom Warfel (3-3)	65
Don Packwood (3-3)	64
Tim Rostege (2-2)	44

Walt Van Zant (2-2)	40
Chris Blue (1-1)	23
Dena Noble (1-1)	19
Alvin Jackson (1-1)	17

2015 PA/USATF Road Grand Prix

40+ Men

Our 40+ men's team finished in 8th place. Jorn Jensen is our team captain. Jorn finished in 10th place in the short race division for 40+ runners. Jose Pina ifinished in 37th place

40+ Women

Our 40+ women's team finished in 6th place. Becki Kriege is the team captain. Dalila Rodriguez, Becki Kriege, Helen Wong, and Carol Bednar finished in 45th, 65th, 77th, and 89th places in the short race division and Dalila finished in 27th place in the long race division.

50+ Men

Our 50+ men's team finished in 1st place. Ken Camet is our 50+ team captain. Individually, Ray Rodriguez, Dino Delyani, Ken Camet, Norry McAllister, Tom O'Connor, Robert Navarrete, Glenn Kishi, Jeff Rohrer, and Rich Hahn, in 7th, 12th, 14th, 20th, 21st, 38th, 47th, 68th, and 94th places in the short race division. Ray Rodriguez, Brian Davis, Ken Camet, Dino Delyani, Robert Plumeau, Robert Navarrete, Thomas Lockhart, and Glenn Kishi finished in 4th, 18th, 25th, 30th, 41st, 48th, 49th, and 86th places in the long race division.

60+ Women

We did not score in this division during 2015. Individually, Kat Powell ifinished in 10th place in the long race division.

60+ Men

Our 60+ men's team ifinished in 2nd place. Tom O'Connor is the team captain. Individually, Norm Takeuchi, Mark Goldman, Mike Krey, Jim Bordoni, Bill Dunn, Scott Graham, and Dan Anderson finished in 11th, 15th, 19th, 24th, 34th, 40th, and 40th places in the short race division. Brian Davis, Todd Hayes, Bill Dunn and Norm Takeuchi finished in 5th, 8th, 40th and 46th places in the long race division.

70+ Men

Our 70+ men's team finished in 2nd place. Eddie Reyna is the team captain. Individually, Bob Lord, Bill Dodson, Dave Norlander, Joe Hurtado, and Eddie Reyna finished in 3rd, 7th, 7th, 12th, and 15th places in the short race division. Bill Dodson, Joe Hurtado, Eddie Reyna, and Bob Lord, finished in 2nd, 4th, 10th, and 18th places in the long race division.

80+ Men

Bill Dodson and Eddie Reyna finished in 2nd and 3rd places in the short race division. Bill and Eddie finished 1st and 3rd in the long race division.

SATURDAY WORKOUT RESULTS

7/18/15 – Farwell/H – 4.68M

1 Gary Waggoner	29:45
2 Norry McAllister	29:51
3 Ken Camet	30:35
4 Dino Delyani	30:54
5 Kristina Park	31:22
6 Geoff Bradley	33:04
7 George Lo	33:15
8 Robert Navarrete	33:25 PR
9 Paul Taylor	33:47
10 Dave McIntyre	37:38
11 Heather Rohrer	38:14
12 Jeff Rohrer	38:16
13 Bob Lord	38:47 PR
14 Kat Powell	42:22
15 Dave Norlander	46:55
16 Tim Rostege	47:40
17 Don Packwood	49:04
18 Rom Warfel	49:13

the first time as a 45-year-old, recording the #2 best-ever time for women 45+ runners. Her time also put her into 2nd place in the B division of the Cum Sat contest, 67 seconds behind Dino. Robert Navarrete was overheard after the race mentioning that Mike Krey did not show for the run because he knew that Robert was ready to outrun him this morning. Thanks to Carl Peterson for helping at the finish line.

7/25/15-5K on the Track

1 Brian Davis	18:53.4
2 Joseph Aubuchon	18:59.9
3 Gary Waggoner	19:10.0
4 Tom O'Connor	19:22.5
5 Ken Camet	19:24.9
6 Dino Delyani	19:56.7
7 Bjorn Samson	20:26.0
8 Geoff Bradley	20:29.1
9 Brian Conroy	20:31.1
10 Aaron Lee	21:11.3
11 Mike Krey	21:21.4
12 Robert Navarrete	21:25.4
13 Dave Piazza	21:33.1
14 Jeff Rohrer	21:58.2
15 Todd Hayes	22:30.2
16 Ida Rosenblum	23:03.7
17 Heather Rohrer	23:25.1
18 Helen Wong	23:52.5
19 Slim Pickens	24:48.2

20 Kat Powell	26:22.0
21 Dave Norlander	29:07.4
22 Don Packwood	33:29.3
23 Walt Van Zant	36:11.7
24 Tom Warfel	45:34.1 RW

Dick Barrett Trophy Winner – Brian Davis

Joseph broke away from a pack of 4 runners and pulled away to a lead of 50 yards. But, Brian staged a comeback during the last two laps to get the win. Ida, after trailing Heather for about half the race, came on strong to lead the ladies. Thanks to Danny Moon, Jim Bordoni, and Scott Graham for helping at the finish line.

8/1/15 – One Mile on the Track

Heat #1 (6:30 & Slower)

1 Matt Kriege	6:22.8
2 Jorn Jensen	6:23.5
3 Dino Delyani	6:54.0
4 Helen Wong	7:02.7
5 Glenn Kishi	7:13.1
6 Slim Pickens	7:20.5
7 Bob Lord	7:25.9
8 Bill Dodson	8:05.1
9 Kat Powell	8:17.9
10 Dave Norlander	8:18.3
11 Don Packwood	8:59.0
12 Nancy Kirk	10:09.1

Dick Barrett Trophy Award Winners – Bob Lord & Robert Navarrete

Close win by Gary over Norry. Two of the four PRs that have been run by club members this year were run by Robert Navarrete and Bob Lord. The prior three PRs were run by Roberto Palos (January and May) and Joseph Aubuchon (May). The weekly club trophy was given to Robert and Bob for their accomplishments. Kristina ran this course for

13 Tom Warfel 14:12 RW
Walt Van Zant DNF

3 Dodson/Bang 1:00 30:11
4 Knuckey/Conroy 2:30 30:17
5 Benson/Waggoner 2:15 30:43
6 Norland/Aubuchon :15 30:46
7 Wong/Matt Kriege 2:00 31:41

Close race for first place. Norry gained 8 seconds on Geoff Bradley on his 7th run but could only gain 1 second on Geoff on his last run, despite running a 74. The Bradley team won by about 5 yards. Joseph Aubuchon had the best average at 74, Gary Waggoner was 2nd at 79, and Norry McAllister had the 3rd best average at 81. Thanks to Danny Moon, Jim Bordoni, Chris Blue, Becki Kriege, and Glenn Kishi for their help at the finish line.

Heat #2

1 Alp Mimaroglu 5:25.1
2 Jorn Jensen 5:32.9
3 Ken Camet 5:44.1
4 Dino Delyani 5:52.3
5 Brian Conroy 5:54.1
6 Aaron Lee 6:05.2
7 Robert Navarrete 6:10.5
8 Jeff Rohrer 6:17.3
9 Mike Krey 6:21.8 PW
10 Paul Taylor 6:26.9
11 Dave McIntyre 6:30.7
12 Heather Rohrer 6:39.2

Dick Barrett Trophy Winner - Scott Bang

Kristina Park put her team into the lead on her last leg with a 1:59 and Geoff Bradley held the lead for a 60-yard win for his team. Joseph Aubuchon had the best time with a 1:58 average, Gary Waggoner averaged 2:04, Scott Bang averaged 2:06, and Kristina averaged 2:06. We were able to get all of the splits because Jim Bordoni got all of the times on the other side of the track. Don Packwood did the timing at the start/finish line.

9/5/15 - 4 x 1.46M WVC Loop Relay

Pl	Team	Time
1	Krey/Camet	38:52
2	Lawson/McAllister	39:58
3	Knuckey/Delyani	40:05
4	Goldman/Hayes	42:54
5	Wong/Graham	43:36
6	Bang/Park	44:31 *
7	Norlander/Taylor	47:22
8	Blue/Kishi	53:09

Dick Barrett Trophy Winner - Matt Kriege

Easy win for Matt in heat #1. Jorn and Dino ran this heat as a warmup for the 2nd heat.

Alp, running with us for the first time in a long time, blazed to a 67 first lap as the pack behind him came through in 82. He slowed to an 83 on the second lap but lengthened his lead to 20 seconds. Alp slowed even more on the 3rd lap with a 90 but still held a significant lead with a lap to go. Jorn cut significantly into Alp's lead on the last lap but Alp held on to win by about 40 meters. Thanks to Danny Moon, Chris Blue, and Douglas Robinson for helping at the finish line.

8/22/15 - Farwell-3.54M

1	Joseph Aubuchon	22:16.4
2	Kristina Park	23:33.7
3	Ken Camet	24:11.6
4	Paul Taylor	25:57.8
5	Dave McIntyre	26:43.4
6	Scott Graham	27:39.9
7	Carolyn Benson	29:14.5
8	Liz Nast	29:26.9
9	Walt Van Zant	45:28.6 PW
10	Alvin Jackson	45:31.4
11	Tom Warfel	53:32.8 RW

* Started 5 minutes late. Actual time was 39:31

Dick Barrett Trophy Winner Blue & Kishi team

All teams started together this morning with no close races except the battle for 2nd place. The Krey/Camet team took the lead during the first leg and held it the remainder of the way. Kristina Park, Ken Camet, and Norry McAllister had the best splits at 18:04, 18:21, and 18:39. Thanks to Danny and Madelyn Moon for handling the start/finish line.

8/8/15 - 36 x 200 Relay

Pl	Team	Start	Finish
1	Bradley/Goldman/Park	:15	26:23
2	Camet/Taylor/Waggoner	1:00	26:33
3	Delyani/Benson/Norland	-0-	27:25

Joseph took off fast at the start and ran away to an easy win, despite briefly running off course in the double-gate section of the course. Kristina recorded the #4 best-ever time by a club 45+ woman runner and Carolyn Benson recorded the #7 time by a 55+ runner. Alvin Jackson improved his 65+ best by 90 seconds. Thanks to Danny Moon, Jim Bordoni, and Don Packwood for helping at the finish line.

9/12/15-Short Six - 5.74M

1	Joseph Aubuchon	39:03
2	Paul Taylor	43:39
3	Geoff Bradley	46:22
4	Ida Rosenblum	46:48
5	Helen Wong	47:36
6	Carolyn Benson	48:42
7	Ken Camet	48:56
8	George Lo	48:56
9	Glenn Kishi	52:21
10	Dave Norlander	56:09

Dick Barrett Trophy Winner = Kristina Park

The Park team, led by Kristina, who had the fastest splits of the day at 7:24, took the lead during the 17th interval and then held off the fast-closing Waggoner team to win by about 50 meters. Those who averaged under 40.0 for the workout (excluding Kristina and Gary) included Dino and Norry at 38.5 per run and Geoff Bradley at 39.0. We had many helpers this morning - Jim Bordoni, Carl Petersen, Scott Bang, Robert Navarrete, Mike Krey, and there may have been others.

8/29/15 - 16 x 400M Relay

Pl	Team	Start	Finish
1	Rosenblum/Bradley	1:15	24:46
2	Knuckey/McAllister	1:30	24:47
3	Navarrete/Ma.Kriege	1:45	25:08
4	Taylor/Conroy	1:45	25:10
5	Lo/Waggoner	2:30	25:19
6	Norlander/Aubuchon	-0-	25:22
7	Goldman/Delyani	1:00	26:14

Dick Barrett Trophy Winner - Joseph Aubuchon

Small crowd, easy win for Joseph, Carolyn recorded the all-time #5 best for a 55+ woman runner.

8/15/15-12 x 600M Relay

Pl	Team	Start	Finish
1	Moon-Park/Bradley	2:00	29:15
2	Nast/McAllister	-0-	29:23

Phantom Dick Barrett Trophy Winners - Ida Rosenblum & Geoff Bradley

9/19/15 - 18 x 0.33M Half Tennis Court Loop Relay

Pl	Team	Time
1	Taylor/Krey/Navarrete	37:59

2 Norlander/Delya/Wagg 38:22
 3 Nast/Benson/Park 38:34

Dick Barrett Phantom Trophy Winner –
 Carolyn Benson

16 Dena Noble 57:06
 17 Tom Warfel 57:56

No handicapping today. But, whoever put the teams together did a good job as the three teams finished within 35 seconds of each other. Our helpers were Danny Moon and Jim Bordoni. The splits shown above are as per Jim Bordoni. Garry Waggoner had the fastest splits with a total time of 10:57 and was closely followed by Kristina Park at 11:59. Dave McIntyre also ran but we did not get his splits. The campus entrance was closed off at the tennis courts entrance because of a 5K race being run at the same time as our event. So, Danny Moon had to carry in the display clock from the street.

Becki Kriege put the teams together, doing a fairly good job as only one team got lapped and the top three teams were very close. She reported that Carolyn Benson was given the weekly trophy because she ran very hard on her final leg to hold off the fast-closing Paul Taylor. Alvin Jackson discovered after running his first leg that he was not up to running with Kristina. So, Danny and Dave McIntyre pitched in to run several legs in place of Alvin. Kristina had the fastest splits for the ladies with a total time of 14:41 and Joseph led the men at 13:48.

Dick Barrett Trophy Winner – Joseph Aubuchon

I wasn't present for the finish but Danny reported that Scott Bang was on call for his job in case emergency repairs required him to get to work immediately. So, he ran with his phone and sure enough he got a call while running the course. Thus, he picked up the pace in order to get to work sooner and in the process finished a close 2nd and bettered his 45+ PR by 16 seconds. Joseph improved his all-time PR by nearly 2 minutes. Mike Krey broke his 60+ PR by 2+ minutes. Bill Dodson broke his own 80+ course record by 65 seconds. Dena Noble missed her 50+ best by 8 minutes. And, Tom Warfel joined me as a member of the 200% club as he more than doubled his PR of 26:52. However, Tom has been suffering from a couple of ailments lately and I'm not sure whether he ran all-out – a requirement to join the exclusive 200% club.

9/26/15 – Valle Vista – 3.0M

1 Joseph Aubuchon 19:35
 2 George Lo 21:09
 3 Dave McIntyre 22:04
 4 Des Knuckey 22:20
 5 Matt Kriege 22:52
 6 Helen Wong 22:57
 7 Danielle Zelinski 23:09
 8 Phil Spink 24:10
 9 Geoff Bradley 24:16
 10 Carolyn Benson 24:38
 11 Chris Blue 28:55
 12 Don Packwood 30:00
 13 Alvin Jackson 34:28

10/10/15 – 6 x 1600M Relay

	<u>Start</u>	<u>Finish</u>
1 Kirk/Waggoner	3:00	39:53
2 Packwood/Lo	-0-	40:08
3 Matt Kriege/Delyani	3:00	40:55
4 Taylor/Conroy	3:00	41:16
5 Graham/Aubuchon	3:00	41:21
6 Goldman/Navarrete	-0-	41:41

Dick Barrett Phantom Trophy Winner – Nancy Kirk & Gary Waggoner

All were originally scheduled to run 3 x 1600 meters in this relay but we decided to make some adjustments. Don Packwood and Nancy Kirk were told to just run 1200M on their legs. However, when it was seen that this rating was unfair to the Kirk/Waggoner team, we let Nancy run just two laps on her last run. Gary Waggoner took full advantage of the revision and came from 27 seconds back at the start of the last leg to win by 15 seconds. Joseph Aubuchon had the best average at 5:38, followed by Gary at 5:47. Matt Kriege had one of his better days with a 6:27 average.

10/24/31-Dou/Sar/Frtvle-2.75M

1 Joseph Aubuchon 16:50
 2 Dino Delyani 17:29
 3 Kristina Park 17:49
 4 Brian Conroy 18:17
 5 Matt Kriege 18:47
 6 Geoff Bradley 18:52
 7 Robert Navarrete 18:55
 8 George Lo 19:39
 9 Des Knuckey 20:00
 10 Ida Rosenblum 20:28
 10 Bjorn Samson 20:28
 12 Jim Bordoni 21:26
 13 Jim Howe 21:54
 14 Liz Nast 22:06
 15 Don Packwood 28:09
 16 Alvin Jackson 30:27
 17 Tom Warfel 43:38

Phantom Dick Barrett Trophy Winner – Alvin Jackson

Writeup by Danny Moon

Good day to race was sort of cool when the pack started and a bit warmer when they finished as can be seen by the times with no PRs.

We gave Alvin Jackson the Phantom Trophy since his goal was to beat Walter which he did, with elation he threw his arms up when crossing the finish. We forgot to let him know that Walter was only there in spirit! Timer Danny Moon was grateful that the runners did not come in all at one time.

10/17/15 – Triangle – 4.76 M

1 Gary Waggoner 30:15
 2 Scott Bang 30:16
 3 Joseph Aubuchon 31:37 PR
 4 Dino Delyani 31:45
 5 George Lo 33:27
 6 Mike Krey 33:52
 7 Robert Navarrete 34:14
 8 Paul Taylor 34:18
 9 Geoff Bradley 35:06
 10 Scott Graham 36:40
 11 Dave McIntyre 38:28
 12 Carolyn Benson 39:46
 13 Bob Lord 40:05
 14 Bill Dodson 41:59
 15 Dave Norlander 46:13

Dick Barrett Trophy Winner – Dino Delyani

Joseph ran to an easy win this morning. Dino won the weekly trophy for coming within 4 seconds of his 55+ best. Kristina's time tied her for 3rd place on the women's 45+ list with Becki Kriege. Robert Navarrete ran within 9 seconds of his all-time PR. Thanks to Danny Moon, Aaron Lee, Carl Peterson, and Mike Kriege for helping at the finish line.

10/3/15 – Step Up & Step Down Relay

<u>Team</u>	<u>Time</u>
1 Matt Kriege/Lo	31:15
2 Aubuchon/Benson	31:30
3 Conroy/Taylor	31:32
4 Jackson/Park	32:49

10/31/15 – 8 x 0.66M Tennis Court Loop Relay

Pl	Team	Start	Finish
1	Rosenblum/Samson	:45	35:06
2	L.Nast/Camet	-0-	35:36
3	Graham/Matt Kriege	:30	35:54
4	Benson/Delyani	:45	36:15
5	Taylor/McAllister	3:15	36:41
6	Goldman/Navarrete	-0-	37:53

Dick Barrett Trophy Winner –Norry McAllister

Bjorn ran a 3:48 on his first run to put his team into the lead and they kept pulling away to win by 30 seconds. Norry had the best average at 3:56. Bad handicapping for Ida (67 seconds under her rating), Mark Goldman (93 seconds over his rating), and Paul Taylor (43 seconds over his rating). Thanks to Dave Norlander for his timing job at the start/finish line.

11/7/15 – Farwell/H – 4.68M

1	Joseph Aubuchon	28:47	PR
2	Scott Bang	29:04	
3	Gary Waggoner	29:05	
4	Adam Prince	30:41	
5	Ken Camet	30:43	
6	Norry McAllister	30:47	
7	Kristina Park	31:26	
8	Brian Conroy	31:44	
9	Mike Krey	32:49	
10	Matt Kriege	34:29	
11	Mark Goldman	34:57	
12	Dave McIntyre	35:06	
13	Jim Howe	37:41	
14	George Lo	37:43	
15	Kat Powell	41:48	
16	Chris Blue	46:54	
17	Don Packwood	51:21	
18	Tom Warfel	57:47	

Dick Barrett Trophy Winner – Scott Bang

Joseph Aubuchon knocked 4½ minutes off his all-time PR, winning by about 100 meters over Scott Bang and Gary Waggoner. Scott took home the weekly trophy because he has been running very well lately and improved his 45+ PR by 1½ minutes this morning. Brian Conroy ran a Saturday course for the first time as a 60+ runner. His time put him in 14th place on that list, a few seconds in front of Des Knuckey. Thanks to Danny Moon, Jim Bordononi, and Dave Norlander for helping at the finish line.

11/14/15 – 8 x 100M Relay

Pl	Team	Start	Finish
1	Wong/Camet	-0-	42:42
2	Navarrete/Aubuchon	7:30	43:44
3	Prince/Park	9:00	44:08

4	Delyani/McAllister	8:45	44:37
5	Dodson/Knuckey	:30	44:39
6	Taylor/Waggoner	7:45	44:39

Dick Barrett Phantom Trophy Winner – Robert Navarrete & Joseph Aubuchon

Helen Wong with a tear in her eye asked to be rated at 8:30 per mile (25:30), was then rated at 25:00 and still ran 2:19 under her rating to lead her team to an easy victory. Joseph Aubuchon continued to improve, averaging 4:06 per mile, to lead his team to a second place finish. Runners with the best averages behind Joseph included Gary Waggoner at 4:18 and Adam Prince, Kristina Park, and Norry McAllister, all at 4:23. Helpers at the finish line included Jim Bordononi and Carl Petersen.

11/21/15 – Farwell – 3.54M

1	Joseph Aubuchon	21:12.8	PR
2	Gary Waggoner	21:55.6	
3	Norry McAllister	22:46.0	
4	Becki Kriege	24:27.5	
5	Mike Krey	24:36.5	
6	Robert Navarrete	25:00.6	
7	Matt Kriege	25:22.5	
8	George Lo	25:27.0	
9	Paul Taylor	25:29.7	
10	Dave McIntyre	26:16.1	
11	Scott Bang	26:24.5	
12	Mark Goldman	27:40.6	
13	Geoff Bradley	29:58.0	
14	Bill Dodson	31:14.2	
15	Kat Powell	33:18.8	
16	Chris Blue	33:52.3	
17	Tom Warfel	35:04.3	
18	Nancy Kirk	37:31.9	
19	Tim Rostege	38:00.6	
20	Dena Noble	41:17.4	
20	Don Packwood	41:17.4	

Dick Barrett Trophy Winner – Joseph Aubuchon

Joseph Aubuchon continued his big improvement with a 64-second PR this morning and a win over Gary Waggoner. Becki Kriege led the ladies. Some notable accomplishments included – Mike Krey improved his 60+ PR by 32 seconds. Dave McIntyre at age 54 missed his 50+ best by just 16 seconds. Robert Navarrete at age 59 missed his all-time PR by 10 seconds. This was his fastest time on this course since February 2012.. Tom Warfel improved his last time on this course in August by 18 minutes. It was his best Farwell run since November

2013. Nancy Kirk became the 7th club 60+ woman runner to complete the Farwell course. Tim Rostege became one of the few club runners to run 200% of their PR. Tim ran 18:56 as a 44-year-old runner and a few months later ran the same time as a 45-year-old runner. He also holds the club 50+ record for this course at 19:31. As can be seen, his PR was so fast that it was easier for him to hit the 200% standard. Tim recently turned 75. Thanks to Danny Moon, Dave Norlander, and Jim Bordononi for helping at the finish line and to Des Knuckey for helping at the crossing of Douglas and Fruitvale.

11/28/15 – 4 x 1.46M WVX Loop Relay

Pl	Team	Start	Finish
1	Delyani/McAllister	8:30	45:23
2	McIntyre/Park	4:45	45:40
3	Norlander/Camet	-0-	46:19
4	Krey/Navarrete	4:00	46:41
5	Graham/Conroy	5:15	46:46

Dick Barrett Trophy - Dino Delyani & Norry McAllister

first through fifth place teams finished within 83 seconds. Thanks to Danny Moon and Tom Warfel for helping at the finish line.

12/5/15 – Short Six – 5.74M

1	Gary Waggoner	36:37	
2	Scott Bang	37:12	
3	Norry McAllister	38:07	
4	Dino Delyani	38:26	
5	Joseph Aubuchon	38:52	PR
6	Geoff Bradley	42:38	
7	Becki Kriege	42:45	
8	George Lo	42:58	
9	Paul Taylor	43:13	
10	Mark Goldman	46:20	
11	Glenn Kishi	47:30	
12	Bob Lord	49:00	
13	Dick Chimenti	49:42	
14	Kat Powell	54:39	
15	Dave Norlander	56:58	
16	Chris Blue	57:31	
17	Nancy Kirk	61:25	PR
18	Tom Warfel	66:17	
19	Dena Noble	70:47	
20	Don Packwood	74:24	
21	Alvin Jackson	75:54	

Dick Barrett Trophy Winner – Bob Lord

First Saturday road win for Gary in a couple of months. Gary ran well but missed his 50+ best by 6 seconds. Scott Bang improved his 45+ best by 7 seconds. Dino at age 58 broke

his 55+ PR by 5 seconds and came within 21 seconds of his all-time PR. Joseph broke his PR by 11 seconds despite donating blood this week. Becki ran her longest run since July and was pleased to finish her run without getting injured. Bob Lord broke the course 75+ course record held by Bill Dodson by 15 seconds and came within 8 seconds of his all-time PR. Kat Powell jogged the course but still came within 10 seconds of the women's 65+ record. Nancy Kirk knocked 7 minutes and 25 seconds off her PR. Dick Chiminti visited us from his home in the Sierras for the first time in a while. Don Packwood ran the course in 74:24 today but holds the course walking record of 65:43, which he set 8 years ago when he was a kid of 67. Thanks to Danny Moon and Jim Bordoni for helping at the finish line.

12/12/15 - Valle Vista – 3.0M

1	Joseph Aubuchon	19:19
2	Dino Delyani	19:34
3	Kristina Park	19:44
4	Geoff Bradley	21:23
5	Paul Taylor	21:29
6	Dave McIntyre	21:50
7	Ida Rosenblum	21:52 PR
7	Bjorn Samson	21:52

9	Des Knuckey	22:10
10	Helen Wong	23:42
11	Catherine Frye	24:17
12	Todd Hayes	28:04
12	Kevin Omeara	28:04
12	Tim Souza	28:04
15	Tim Rostege	29:15
16	Nancy Kirk	31:16
16	Chris Blue	31:16

Dick Barrett Trophy Winner – Dave McIntyre
Cold morning for running (low 40s). Joseph (still recovering from his donation of blood) won. Dino (otherwise known as Mr. Consistency) finished 2nd. His two runs on this course prior to today were 19:34 and 19:33, Kristina finished 3rd with the 4th best-ever 45+ time for a woman on this course. Ida tied her PR. Tim Rostege took 2½ minutes off his time on this course from his run in March. Thanks to Don Packwood for recording the times.

12/19/15 – Triangle – 4.76M

1	Gary Waggoner	30:11
2	Joseph Aubuchon	31:10 PR
3	Todd Hayes	35:43
4	Dave McIntyre	36:14

5	Helen Wong	38:20
6	Geoff Bradley	38:40
7	Robert Navarrete	38:41
8	Jim Howe	39:02
9	Tim Souza	40:01
10	Bob Lord	40:07
11	Kat Powell	43:22
12	Chris Blue	46:08
13	Dave Norlander	46:41
14	Tim Rostege	47:35
15	Tom Warfel	47:42
16	Don Packwood	50:52
17	Dena Noble	56:59

Dick Barrett Trophy Winner- Gary Waggoner

Seventeen runners showed up this morning to run in the light rain. Gary won by about 300 yards over Joseph, who PRd by 27 seconds. Kat Powell broke the women's 65+ record, previously held by Chris Blue. Todd Hayes improved his 65+ best by 6 seconds and Dave McIntyre missed his 50+ best by just 6 seconds. Thanks to Jim Bordoni and Carl Petersen for helping at the finish line.

RACE RESULTS

7/11/15 – Marin Mile

40+ Men's Race

7	Jorn Jensen	4:52	2nd-45+
23	Scott Bang	5:31	

50+ Men's Race

18	Norry McAllister	5:30	3rd-55+
25	Dino Delyani	5:42	5th-55+
36	Robert Navarrete	6:09	10th-55+
46	Norm Takeuchi	6:41	10th-60+
49	Bob Lord	7:14	2nd-75+
52	Bill Dodson	7:33	1st-80+
57	Dave Norlander	7:51	4th-75+

7/19/15 – Palo Alto Double Race-5K/3K

3	Jose Pina	16:58/10:16	1st-45+
4	Roberto Palos	17:28 /10:35	1st-50+
11	Omar Pina	19:06/11:36	2nd-14+
53	Kat Powell	26:43/16:53	2nd-60+
69	Kelly Emo	25:16/21:53	5th-50+

8/2/15-Golden Gate 8K Double-5K/3K

56	Kat Powell	26:37/16:42	2nd-60+
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8/8/15-Skyline 50K

Kat Powell	7:50:12	2nd-60+
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8/9/15-Bang Road Mile

5	Alp Mimaroglu	5:10.1	2nd-19+
7	Scott Bang	5:20.5	1st-40+
8	Norry McAllister	5:22.2	2nd-50+
9	Geoff Bradley	5:25.3	2nd-40+
12	Brian Conroy	5:41.0	3rd-50+
13	Ken Camet	5:43.0	4th-50+
15	Dave McIntyre	6:11.3	6th-50+

8/22/15-Santa Cruz XC Race – 4.0M

Women's Race

58	Marian Richard	31:18
73	Dalila Rodriguez	33:24
80	Catherine Frye	34:22
81	Carol Bednar	34:50

Men's Masters Race

9	Jorn Jensen	23:56
15	Calvin Do	24:43
16	Ray Rodriguez	25:04
26	Jonathan Slater	25:44
34	Scott Bang	26:56
40	Norry McAllister	27:48
43	Andy Lief	28:02
45	Tom Lockhart	28:24
46	Casey Reinking	28:28
51	Dino Delyani	28:59
58	Brian Conroy	29:58
59	Jeff Rohrer	30:06
60	Aaron Lee	30:10
67	Robert Navarrete	31:21
68	Mike Krey	31:34

69	Al Murray	31:39
71	Dan Anderson	31:42
72	Dave Woodruff	32:03
75	Mark Goldman	32:49
88	Mike Kolesnik	37:56
89	Bob Lord	38:32
92	Dave Norlander	40:05

Men's Open Race

24	Juan Rivera	23:46
35	Alp Mimaroglu	25:45

Our men's 40+ team finished 3rd, our men's 50+ team finished 2nd, our men's 50+ B team finished 6th, our men's 60+ team finished 3rd, and our women's 40+ team finished 5th.

8/22/15-San Jose Double 15K

6	Jose Pina	54:05	2nd-45+
7	Roberto Palos	54:48	1st-50+
11	Brian Davis	60:01	1st-55+
13	Tom O'Connor	60:57	2nd-55+
91	Kat Powell	84:29	3rd-60+

8/29/15 – Empire Cross Country Meet- 3.43M

Women's Race

89	Dalila Rodriguez	27:19
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Men's Masters Race

3	Jose Pina	19:15
6	Jorn Jensen	19:42
9	Calvin Do	19:55
10	Roberto Palos	20:00 2nd-50+
14	Ray Rodriguez	20:24 4th-50+
33	Scott Bang	21:45
46	Ken Camet	22:53
72	Jeff Rohrer	25:13
73	Aaron Lee	25:14
76	Dan Anderson	25:51
90	Art Mitchum	27:28

Our men's 40+ team finished 1st and our men's 50+ team finished 6th.

8/29/15-Tamalpa Headlands 50K

196 Kat Powell 8:11:28 2nd-60+

As per Kat, this event was treated as two races -- a regular race and the National 50K trail championship. Kat finished 2nd overall of 3 runners in the 60+ division. However, the runner that beat her did not have a USATF card. So, Kat was the National champion. Kat said that the conditions were difficult as it was raining at the start of the race. She had to run in her Vibram Fivefingers because she forgot to bring her trail shoes. This made it difficult for her on the muddy and slippery downhill.

9/7/15 - 44th Annual Shettler Handicap

Race-3.06M

Pl	Runner	Finish Time	Actual Start	Actual Time
1	Packwood,Don	34:34	5:10	29:24
2	Powell,Kat	35:23	10:00	25:23
3	McAllister,Norry	35:31	18:50	18:41
4	Bang,Scott	35:33	17:20	18:13
5	Do,Calvin	35:35	18:30	17:05
6	Goldman,Mark	35:37	13:40	21:57
7	O'Connor,Tom	35:39	16:50	18:49
8	Hayes,Todd	35:41	14:10	21:31
9	Jensen,Jorn	35:43	18:30	17:13
10	Delyani,Dino	35:45	16:00	19:45
11	Conroy,Brian	35:47	15:40	20:07
12	Waggoner,Gary	35:51	17:20	18:31
13	McIntyre,Dave	35:57	13:40	22:17
14	Davis,Brian	35:58	17:20	18:38
15	Frye,Catherine	36:04	12:10	23:54
16	Kriege,Matt	36:06	15:40	20:26
17	Dodson,Bill	36:07	10:10	25:57
18	Taylor,Paul	36:13	14:30	21:43
19	Slater,Jonathon	36:19	18:00	18:19
20	Krey,Mike	36:20	15:10	21:10
21	Howe,Jim	36:23	12:10	24:13
22	Navarette,Robert	36:29	15:30	20:59
23	McAllister,Nicky	36:30	10:50	25:40
24	Wong,Helen	36:41	13:10	23:31
25	Nast,Liz	36:47	12:10	24:37
26	Lee,Aaron	37:07	15:40	21:27
27	Lo,George	37:18	16:30	20:48

28	Norlander,Dave	37:32	10:50	26:42
29	Rohrer,Jeff	37:56	15:30	22:26
30	Lawson,Hank	38:15	15:10	23:05
31	Jackson,Alvin	38:45	2:40	36:05
32	Do,Gwyneth	42:56	9:40	33:16
33	Tran,Alissa	42:56	9:40	33:16

Don Packwood, after finishing 2nd the last two years, won by a whopping 49 seconds. If anyone has seen the movie "The Sting." They will recognize how well he performed the portion of the movie called "The Setup." Don did not run in a club Saturday workout since he ran a mile on the track in 8:59 on August 1st. He did jog around the track while we were running on the missed Saturdays, feigning slowness. He then went so far as to predict a time that was 2 minutes slower than he actually ran in a successful attempt to fool the handicap committee. And he was successful. Congrats Don on three consecutive years of very high finishes.

Another person who merits comment is Norry McAllister. Here is a copy of an email that was allegedly mailed by Norry's dying great grandmother from her deathbed --

"Norry has not been at all well and won't be able to run very fast at your handicap race. He has a very delicate disposition and would be so disappointed if he did not get a fair handicap, say around 8-minute miles.

"Could you be a sweetie and fix that for him, he's such a lovely boy."

The Handicap Committee immediately became suspicious when they noticed that the email was mailed from Norry's email address. If you look at the race results, Norry finished in a very high 3rd place, just behind two well-known white-collar crime criminals -- Don and Kat - while averaging 6:06 per mile, a slight difference from the 8:00-minute per mile request. The committee is now launching an investigation into Norry's alleged age of 58. His birth certificate has been requested but Norry claims that he came from a 3rd world country with no records -- the United Kingdom.

As regards the organization of the race, Rich and Judy Collins again hosted this race, cooked the breakfast, and provided some of the awards. They have been doing this ever since 1998, even now when Rich's running ability has rapidly deteriorated. Thank you Rich and Judy.

The chief organizers of this event were Missy Sudan, Becki Kriege, and Ken Camet. They did a great job and aside from the fact that the race

was won by 49 seconds there were many close finishes. The clumping of finishing runners was so dense that it was difficult to keep track of them.

9/12/15-PCTR Endurance Run-75M

Kat Powell 25:29:18

Kat said that this race consisted of three very demanding 25-mile loops.

9/13/15-Golden Gate Park XC-4M

Women

100	Marian Richard	31:15
115	Dalila Rodriguez	32:12
133	Carol Bednar	34:25

Open Men

68	Juan Rivera	23:32
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Master Men

16	Jose Pina	23:51
21	Calvin Do	24:02
25	Ray Rodriguez	24:24
46	Scott Bang	26:02
55	Tom O'Connor	26:56
61	Ken Camet	27:11
65	Norry Mcallister	27:22
77	Dino Delyani	28:23
81	Tom Lockhart	28:44
91	Brian Conroy	29:12
105	Aaron Lee	29:55
113	Jeff Rohrer	30:22
115	Robert Navarrete	30:41
117	Dan Anderson	30:50
125	Mark Goldman	31:32
129	Scott Graham	32:08
144	Bill Dodson	36:24

Our men's 40+ team finished 4th, our men's 50+ team finished 4th, and our men's 60+ team finished 7th.

9/19/15San Juan Bautista Double Road

Race-5K/10K

5	Jose Pina	53:45	2nd-40+
10	Brian Davis	58:10	1st-60+
12	Tom O'Connor	59:06	1st-50+
14	Rosa Gutierrez	59:24	1st-50+
17	Robert Plumeau	62:14	2nd-50+
40	Kat Powell	82:08	3rd-60+
47	Roberto Palos	89:13	5th-50+

9/26/15-Garin Park XC-5K

Men's 40+ Race

7	Jorn Jensen	18:12	6th-40+
29	Scott Bang	19:41	
31	Brian Davis	19:49	3rd-60+
33	Gary Waggoner	19:56	
43	Andy Lief	20:44	
46	Tom O'Connor	20:55	5th-60+

48	Norry McAllister	20:58	
56	Dino Delyani	21:38	
79	Robert Navarrete	23:04	
85	Dan Anderson	23:37	
89	Todd Hayes	24:08	
91	Scott Graham	24:31	
96	Kristian Petersen	25:18	
110	Bill Dodson	29:05	1st-80+
116	Dave Norlander	30:20	5th-70+

Women's Race

106	Kat Powell	29:53	6th-60+
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Our 40+ team finished 5th, our 50+ team finished 4th, and our 60+ team finished 2nd, losing by 1 point to the Empire TC.

9/27/15-San Jose Rock 'n' Roll Half

Marathon

78	Calvin Do	1:18:45	1st-45+
106	Ray Rodriguez	1:22:48	1st-50+
266	Maneesh Agarwal	1:34:03	
271	Thomas Lockhart	1:34:11	8th-50+
397	Mark Goldman	1:38:22	2nd-65+
854	Rob Jacobson	1:47:11	
2324	Kat Powell	2:02:24	10th-60+

10/3/15-San Bruno Mt XC-5K

Open Men's Race

64	Alp Mimaroglu	19:51	
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Women's Race

67	Marian Richard	24:11	
75	Dalila Rodriguez	24:44	
98	Kat Powell	29:23	8th-60+

Men's 40+ Race

7	Jorn Jensen	18:03	6th-40+
10	Calvin Do	18:11	8th-40+
16	Ray Rodriguez	18:51	4th-50+
27	Gary Waggoner	19:53	10th-50+
39	Norry McAllister	21:04	
48	Dino Delyani	21:46	
64	Jeff Rohrer	23:14	
65	Dan Anderson	23:22	
68	Mike Krey	23:25	
69	Robert Navarrete	23:27	
71	Todd Hayes	23:31	
80	Art Mitchum	25:01	
94	Dave Norlander	29:34	5th-70+

10/10/15-Willow Hills XC-5K

40+ Men's Race

27	Tom O'Connor	20:49	3rd-60+
55	Todd Hayes	23:44	
60	Kristian Petersen	24:00	
78	Bob Lord	26:54	4th-70+
82	Bill Dodson	28:58	1st-80+
83	Dave Norlander		5th-70+

Our 50+ men finished 5th and our 70+ men finished 1st.

10/18/15 - Humboldt Half Marathon

46	Brian Davis	1:23:56	1st-60+
59	Ken Camet	1:26:44	5th-50+
216	Kat Powell	1:58:02	5th-60+

10/24/15-Aggie XC-4.2M

Open Men's Race

67	Alp Mimaroglu	26:30	
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Women's Race

83	Dalila Rodriguez	31:13	
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Men's 40+ Race

10	Matt Tompkins	23:37	10th-40+
11	Jorn Jensen	24:04	
13	Ray Rodriguez	24:15	2nd-50+
26	Roberto Palos	25:26	8th-50+
36	Tom O'Connor	26:31	4th-60+
38	Ken Camet	26:39	
43	Norry McAllister	26:51	
76	Mike Krey	29:32	
80	Todd Hayes	29:53	
85	Mark Goldman	30:36	
86	Dan Anderson	30:47	
92	Art Mitchum	31:44	
106	Glenn Kishi	34:45	
115	Dave Norlander	37:59	4th-70+

Our men's 40+ team finished 5th, our men's 50+ team finished 2nd (one point behind Strawberry Canyon, and our 60+ team finished 3rd.

11/1/15-Lawson XC-4.25M

Women's Race

123	Dalila Rodriguez	34:20	
147	Kat Powell	39:07	

40+ Men's Race

11	Jorn Jensen	24:23	
22	Ray Rodriguez	25:12	5th-50+
43	Adam Prince	26:54	
57	Tom O'Connor	27:48	5th-60+
114	Dan Anderson	32:19	
139	Glenn Kishi	35:23	
151	Bill Dodson	38:37	1st-80+

Our 40+ team finished 4th.

11/8/15 - Clarksburg Half Marathon

35	Ray Rodriguez	1:20:18	1st-50+
67	Brian Davis	1:28:31	1st-60+
78	Dino Delyani	1:29:45	6th-55+
107	Robert Navarrete	1:38:14	8th-55+
113	Todd Hayes	1:39:25	1st-65+
151	Dalila Rodriguez	1:46:33	9th-40+
175	Glenn Kishi	1:52:28	
184	Bill Dodson	1:55:35	1st-80+
227	Kat Powell	2:05:11	7th-60+
412	Eddie Reyna	3:04:47	3rd-80+

Wow! Four of our ten runners won their divisions, five others finished in the top ten and Glenn missed the top ten in his division by one

place. Our 50+ men won their division and our 60+ men finished 3rd.

11/15/15-Rebels XC Challenge-6K

Men's 40+ Race

28	Tom O'Connor	23:54	2nd-60+
41	Robert Plumeau	25:17	
54	Art Mitchum	28:09	

Our 50+ team finished 4th.

11/22/15-PA XC Championships

Women's 6K Race

12	Rosa Gutierrez	24:38	
37	Dahlia Rodriguez	27:54	
83	Kat Powell	35:01	

Men's 60+ 8K Race

2	Brian Davis	31:51	
9	Tom O'Connor	32:57	
21	Brian Conroy	35:21	
27	Dan Anderson	36:35	
46	Art Mitchum	39:20	
50	Jim Howe	40:53	
60	Bob Lord	43:11	
65	Bill Dodson	44:35	
74	Dave Norlander	49:59	

Men's 40+ 10K Race

15	Matt Tompkins	35:47	
26	Jorn Jensen	36:58	
44	Ray Rodriguez	38:20	
69	Adam Prince	41:07	
75	Ken Camet	41:53	
87	Tom Fahey	42:54	
100	Bob Plumeau	43:55	
107	Dino Delyani	44:30	
129	Jeff Rohrer	48:23	
137	Glenn Kishi	52:51	

Men's Open 10K Race

155	Alp Mimaroglu	41:17	
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11/26/15 - Silicon Valley Turkey Trot

5K

42	Omar Pina	18:17	
132	Jim Angelopoulos	20:33	6th-50+
194	Des Knuckey	21:52	1st-60+
305	Zoe McAllister	23:29	
317	David Garza	23:35	
426	Marc Ostrowski	24:48	
551	Nicky McAllister	25:33	
968	Rich Hahn	27:48	

Elite 5K

29	Jose Pina Jr	14:54	
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10K

6	Jose Pina	34:52	1st-45+
13	Ray Rodriguez	36:20	2nd-50+
15	Roberto Palos	36:34	3rd-50+
24	Jonathan Slater	37:45	2nd-45+
46	Gary Waggoner	39:15	5th-50+
67	Norry McAllister	40:04	2nd-55+
94	Robert Plumeau	41:28	
183	Mike Krey	43:38	1st-60+
351	Mark Goldman	45:52	1st-65+
448	Rob Jacobson	47:04	
1327	Bill Jones	53:37	3rd-70+

2624 Jose Casillas 59:53

11/26/15-Mt.View HS Turkey Trot 5K

Dave Norlander 28:26

12/6/15 – Cal Intl Marathon

Ray Rodriguez 3:04:07

Robert Plumeau 3:17:01

Todd Hayes 3:50:20 5th-65+

Dalila Rodriguez 3:56:34

Bill Dodson 4:15:59 1st-80+

